



Dates for
your Diary

| | |
|--------------------------|---|
| Christmas Party | Friday 16th December |
| Christmas Closure | 3pm Friday 23rd December |
| New Year Opening | Tuesday 3rd January |
| Inset Day Closure | Thursday 16th February |
| Spring Social | Friday 23rd March |

For further information on our Christmas closure dates or what to do if you need urgent support over the Christmas period please see the article on page 3

Embrace

A quarterly publication of news and information from Positive Action

FOR THE LATEST INFORMATION ON PA PLEASE VISIT WWW.POSITIVEACTION.ORG.UK

World AIDS Day

This years World AIDS Day was a great success for PA with a record number of different events and activities happening over Hampshire and Surrey. From church services to college fundraisers, lots of people got involved to help raise awareness and much needed funds for PA.

We received some great media coverage including local papers, regional radio and regional television. Links to some of the items can be found on our website.

The first ever 'global' Health Day was held in 1988. Since then a World AIDS Day on December 1st has become an annual opportunity for people to unite worldwide in the fight against HIV, show their support for people living with HIV and to commemorate people who have died. There are now more people than ever living with HIV in the UK – more than 90,000 – with around a quarter of those unaware they have the virus.

We would like to thank all those who have supported PA over World AIDS Day. To all of the volunteers who gave so generously of their time and skills and also those who organised events on our behalf in many different venues to help raise awareness and much needed funds. A fantastic amount has been raised so far and we are still awaiting a number of donations.

A special thank you to...

- Alton College
- South West Trains
- Tropics, Portsmouth
- Frimley Park Hospital
- Hampshire Boulevard, Portsmouth
- The London Hotel, Southampton
- The ISOBAR, Southampton
- Barton Peveril College, Eastleigh
- South Downs College, Havant
- Sparsholt College, Winchester
- Farnborough Sixth Form College
- Cams Hill School, Fareham
- UCA Farnham
- Southampton Solent University
- Community Parish of The Holy Angels, Portsmouth
- St Marys Church, Guildford
- Basingstoke Voluntary Services
- Andersons Restaurant, Farnham
- The LGBT society of Portsmouth Students' Union
- Winchester LGBT Society
- ITV Meridian News
- BBC Surrey & Sussex Radio
- The Daily Echo
- The Aldershot News Group
- Individual donors and members of Positive Action



Thank you to all those who supported PA's 'Act Aware' campaign and to those who wore a red ribbon on World AIDS Day to demonstrate the importance of support for HIV positive individuals and to generate awareness of living with the reality of HIV.

Christmas Greetings!

The Trustees and staff team wish you - our service users, volunteers, commissioners, colleagues and friends - a very merry Christmas and a happy and joyful 2012.



OPENING HOURS

Aldershot

Mondays

By appointment
9.30am - 7pm
Drop-in 7pm-10pm

Tuesdays

By appointment
9.30am-5.30pm

Wednesdays

By appointment
9.30am - 1pm
Drop-in 1pm-6pm

Thursdays

By appointment
9.30am-5.30pm

Fridays

Drop-in 10am-4pm

Portsmouth

Tuesdays (fortnightly)

Drop-in 4pm-7pm

January

3rd, 17th and 31st

February

14th and 28th

March

13th and 27th

Appointments are available at other times.

Southampton

Mondays

By appointment
9.30am - 5pm

Tuesdays

By appointment
9.30am - 3pm
Drop-in 3pm - 9pm

Wednesdays

By appointment
9.30am - 5pm

Thursdays

By appointment
9.30am-11am
Drop-in 11am - 4pm

Fridays

By appointment
9.30am - 5pm

Thanks

We'd like to say a big thank you to those who have supported us over the last few months.

Thank you especially to ...

- Random House Group
- BAE Systems , Farnborough
- Pink Broadway, Southampton
- Our new and existing volunteers
- Individual donors and members of PA

All of the donated and fundraised monies which are given to us throughout the year and around World AIDS Day are added to the Community Fund. This is the money which usually pays for therapies and social events so it is incredibly valuable to us.

The amounts raised recently have given us a great head start on the therapy funding for next year - the amounts are being added to the website as we receive them - but the final figure will be confirmed in the Spring 'Embrace'.

Positive Experiences

Another year, another WAD. Thank you to all who helped out: our staff who went that extra mile, the volunteers providing rail commuters with red ribbons; to the venues and establishments that supported us and, of course, to the many people who gave our 'awareness raising' the added bonus of a bit of 'fundraising'. I did my stint at Southampton station and was impressed by the number of people who made a conscious choice to stop. One woman actually turned against the flow of the crowd and juggled bike, rucksack and shopping just to donate. It was also heart-warming to see people heading home, a twist of red emblazoned on their lapel, having carried the message into their workplace. I came away with a sense of growing community acceptance of HIV – a very welcome feeling.

At our last Board meeting it was humbling to have been entrusted with the role of Chair. May I live up to the high standards set by Anne, and Peter before her. I am grateful to have both their experiences to guide me in the role and for the support of others. After all we're in this together – Board, staff, volunteers, service users – embracing a world where HIV is increasingly accepted as a daily reality; embracing life with HIV. Peter H

NEWS FROM...

ALDERSHOT

We are extremely happy to inform you that therapies have been resumed in Aldershot and will continue until March, at least.

Louise is continuing to run her weekly yoga sessions on Thursday mornings, 10:30am - 12pm and Fiona is back with us delivering Indian Head massage and Reiki appointments on Monday evenings and Wednesday afternoons. We thank both therapists for their flexibility and support.

For more information or to book an appointment please speak to Simon.

PORTSMOUTH

Portsmouth Drop-ins will resume in 2012 on Tuesday January 3rd.

We received some excellent support around World AIDS Day in Portsmouth, from The Hampshire Boulevard, Tropics and The Community Parish of the Holy Angels. Also Portsmouth Student Union LGBT Society are due to hold a fundraising quiz for us on the 12th December. Some of you may have seen the Spinnaker Tower lit up in red to mark the day, if not, take a look at the WAD 2011 picture gallery on our website.

SOUTHAMPTON

Healthcare at Home, Medication Delivery - Southampton Sexual Health Services now offer a confidential service, free of charge, to deliver your medication to: the clinic, your home, a local post office or any other nominated address. **Please contact Jennifer Davis (Pharmacy Technician) - 02380 716772 for more info.**

One of our volunteers, Rob, recently received an award for his outstanding contribution to Positive Action. Rob, who has been supporting the Southampton drop-in, received an award from the Mayor of Southampton in recognition of his valuable support to the voluntary sector.

CAB Update - As many will know Mary, our previous CAB Advisor, sadly left us in October. Mary was a great support to PA and we wish her well in her future career. We are extremely fortunate however to be joined by Alister who some of you will know from holiday cover etc he has provided in the past. Alister has now been in post for a while and is really enjoying meeting service users. Appointments are available in Southampton on Thursdays, in Aldershot on Fridays and can be booked through Simon or Matt.

SURE Announcement

The SURE (Service User Representation & Engagement) group, made up of PA service users, have been meeting monthly with the aim to establish a way to represent service users views and provide individuals with a greater voice within the organisation.

SURE will be hosting a free raffle at the Christmas party on 16th December. This will be a great opportunity to find out a bit more about SURE, what they do and how you can feed into or join the group.

The Trustees and staff hope this will be a valuable opportunity to improve communication with services users and represent the views and opinions of services users throughout the organisation and in developing services.

Also at the Christmas party you will notice lots of information about the **Digital Switchover** - see enclosed leaflet - as we have been awarded a grant towards the event which will help us to promote awareness of the switchover to our service users. We will be able to help you find out when your area is switching and how you can be supported with this.

Christmas Closure

Positive Action will be closed from 3.00pm on Friday 23rd December for the Christmas holidays and will re-open at 9.30am on Tuesday 3rd January. Please note there will be no drop-in in Aldershot on Friday 23rd December.

Drop-ins will resume in Portsmouth and Southampton on Tuesday 3rd January and in Aldershot on Wednesday 4th.

Over the holidays messages may be left on the PA answer-phone to be collected on re-opening. However in an emergency, messages may be left by calling 07554668758. These messages will be checked daily and urgent calls will be responded to.

Please see the back cover of 'Embrace' for other numbers which may be used for information or in an emergency. Please contact your GU clinic for opening times.

Although we are already into the winter season, may we remind you that this season's flu jab is still available from your GP.

CAB advice Column

Christmas is a time of giving but you don't want to give yourself a headache in the New Year with bills and debts you can't afford. Don't let yourself get caught up in the seasonal celebrations & tip your finances into the danger area. If your debt is spiraling out of control, it's essential you don't ignore the problem – the sooner you get advice about debts, the better.

Here are some top tips from the Citizens advice Bureau to help you avoid a Christmas debt Hangover.

- 1. Plan early and budget**, work out how much you are going to spend and stick to it.
- 2. Don't forget the everyday bills** that still need to be paid. Even though it's Christmas, get your priorities right.
- 3. Don't run up an overdraft** without talking to your bank first as it will work out much more expensive.
- 4. Keep things simple** by paying for your goods outright by cash, cheque or debit card, don't be persuaded to take out extended credit agreements unless they really do work out cheaper.
- 5. Shop around** and try as many different places as possible to find the best

price. Buy what you want and not what others say you need.

6. Buy safe to be safe. Whatever the deal don't buy from unauthorised traders and don't borrow from unauthorised lenders. The initial savings and convenience may prove to be false economy.

7. Read the small print and check for any hidden extras in credit agreements. Ensure that monthly installments are within your budget before signing.

8. Do your own credit checks. If you're going to use a credit card, shop around and compare terms. Some cards charge high interests rates, but provide interest free periods or discounts. Budget for all these costs and put the payment dates in your diary.

9. Be organised. There is a lot to remember at Christmas. If you've borrowed money don't forget that it won't be long before you have to make a payment.

10. Start planning and saving for next Christmas. Once Christmas is over it's worth looking at what you did well and learn from your mistakes.

Remember you can get accurate, free debt advice from Alister, our in-house CAB adviser - speak with Simon, Matt or Zoe for an appointment - or at any CAB.

Women's Groups:

The Aldershot meetings are temporarily on hold. If you are interested in facilitating the group please let us know as training and support can be provided.



The Southampton meetings will be on Wednesdays
18th January
15th February
21st March
from 12.00pm-3.00pm
and will be facilitated by Groundswell.



Yoga Groups:

Yoga is taught at both Centres.

Thursdays from 10.30am - 12.00pm in Aldershot.

(Classes are temporarily on hold in Southampton)

Please speak to Matt or Simon if you would like further information.



Positive Action Client Support Limited
Registered Charity Number: 1099146
Registered Company Number: 04610678
Head Office:
P O Box 237, Aldershot, Hampshire, GU11 3XP
Freephone: 0800 980 1990
Aldershot: 01252-345019
Southampton: 02380-225511
Email: info@positiveaction.org.uk
Web: www.positiveaction.org.uk

The Trustee/Directors of Positive Action are:
Chairperson: Peter Hellowell
Treasurer: Matthew Plumridge
Secretary : David Pointet
Peter Robinson
Ann Woolley
Frances White
Rachel Wookey
James Crawford

The staff members are:
Chief Executive: Donna Bone
Services & Development
Manager: Brian Bridger
Support Services Co-ordinators:
Aldershot: Simon Cooke
Hampshire & Portsmouth: Zoë Collingwood
Southampton: Matt Williams
Emotional Wellbeing Support
Co-ordinator, Surrey: Mary Elliott
Support, Time & Recovery
Worker, Hants: Matt Williams
Community Engagement
Co-ordinator: Andy Wheeler
Administrator: Sally Priest
Please address all comments about this publication and
future articles to our usual address.
The copy deadline for the next edition is 9th March 2012.

The Positive Action Trustee Board advise that all articles appearing in this publication represent the individual views of the contributors which do not necessarily represent the views of the Board or the organisation. As such, the board does not accept responsibility for any loss or consequence arising from any article appearing in this publication however caused.

Other Support Organisations and Helplines

In addition to ourselves the following groups provide services and support:

HIV/AIDS Support

Body Positive Dorset, Bournemouth

01202-297386

Groundswell, Southampton
02380-631651

St Peters House Project, Redhill
01737-763000

Thames Valley Positive Support, Reading

0118-9503375

Thames Valley Positive Support, Slough
01628-603400

THT South, Woking
01483-263160

GUM/Sexual Health Clinics

Basingstoke

01256-313333

Bordon

01420-488801

Chertsey

01932-722669

Frimley Park Hospital

01276-604105

Guildford

01483-537007

Portsmouth

02392-866796

Southampton

02380-82 5438

Winchester

01962-828372

Community Clinical Nurse Specialists

Jane Butt, Portsmouth

07932713608

Charlotte Broughton, Surrey

07789941289

Felicity Oakley, Surrey

07771772111

John Quirk, Surrey

07971864433

Ruth Sim, Surrey

07825680776

Liz and Katrina, Southampton

02380-900219

HIV Social Worker

Dawn Scully, Surrey

01372-832360

National Helplines

i-BASE (treatment info)

020-7407-8488

NHS Direct

0845-4647

Sexual Health Line

0800-567123

THT Direct

0845-1221200

Sexuality Support

Gay Men Harm Reduction,
Surrey

01932-355533

HIV Prevention Service, Hants

0300-1239117

Gay Community Health, So'ton

02380-515238

Inscape, Portsmouth

02392-298950

African/BME Support

African AIDS Helpline

0800-0967500

SHEA, Hants

0800-0751057

THT, Surrey

01483-263160

Useful websites

www.aidsmap.com

www.nat.org.uk

www.tht.org.uk

www.hivaware.org.uk

www.myhiv.org.uk

www.mambo.org.uk

www.hants.gov.uk

www.getiton.nhs.uk

www.surrey.gov.uk

www.southampton.gov.uk

www.portsmouth.gov.uk

www.shoutloud.org.uk

www.sheahampshire.net

If you have been exposed to HIV, PEP (Post Exposure Prophylaxis) is available through GUM clinics and A&E departments but must be taken within 72 hours - call or visit immediately after exposure.