



Dates for  
your Diary

<b>Please note that we are not open for the Bank Holidays.</b>	
<b>Spring Lunch</b>	<b>Friday 23rd March</b>
<b>Volunteer Induction Training</b>	<b>Saturday 31st March</b>
<b>Walk for Life</b>	<b>Sunday 20th May</b>
<b>Summer Party</b>	<b>Sunday 29th July</b>
<b>Autumn Supper</b>	<b>Tuesday 25th September</b>
<b>Volunteer Training Workshop</b>	<b>Saturday 29th September</b>

# Embrace

*A quarterly publication of news and information from Positive Action*

FOR THE LATEST INFORMATION ON PA PLEASE VISIT [WWW.POSITIVEACTION.ORG.UK](http://WWW.POSITIVEACTION.ORG.UK)

## Carrying the Torch for HIV!

**STOP PRESS!** We have received confirmation this morning that Peter Hellawell, Chair of Positive Action, has been chosen to carry the Olympic Torch in July. Peter was nominated to carry the Torch both by Positive Action and by a friend in recognition of his commitment to running whilst living life with HIV, and for his voluntary support of Positive Action. Tens of thousands of nominations were made and after a careful selection process over 7,300 inspiring Torchbearers have now been confirmed.

Peter will be carrying the Torch through part of Bridport, Dorset, on Thursday 12th July. It is great news that Positive Action will be part of the Olympic legacy and we are delighted that Peter's achievements and support to the organisation have been recognised by this fantastic honour.

Peter hopes that through publicity of this honour we will have opportunities to raise further awareness of HIV in our community and to encourage an understanding that people with HIV can and do live fulfilling lives, and to diminish some of the stigma and discrimination still surrounding the virus.

## Fundraising News

We now have the final total raised for World AIDS Day 2011. Thank you to those who gave generously and helped raise £2980.

### Fundraise for Free!

We have recently developed a number of sustainable fundraising schemes which will help us top up our community fundraising income throughout the year.

### Recycling

We can now receive cash back from recycling used ink and toner cartridges, mobile phones, CDs and DVDs. Collection points are available in each centre for you to bring your unwanted items.

### Spend & Raise

Positive Action has signed up to **Spend & Raise** (S&R), an online eStore that gives commission from online shopping to charities and another great way for you to fundraise **for free!** S&R includes hundreds of retailers including Debenhams, Boots, Amazon and many more. Each time you shop with one of these retailers via the PA eStore, a commission is generated for the charity. It's really simple, all it takes is a few extra seconds to shop through the PA S&R site

using the link below and in turn you will be helping us raise essential funding for the charity.

[www.spendandraise.com/positiveaction](http://www.spendandraise.com/positiveaction)

Don't forget to save the link to your favourites and use it every time you shop.

### Marathon Runner

Peter Hellawell, Chair of PA, will be completing two marathons this year in aid of PA. Not only will he be running the London Marathon on 22<sup>nd</sup> April but also the Frankfurt Marathon on 28<sup>th</sup> October. To be able to complete two marathons in one year will be a significant achievement and Peter is investing a huge amount of time and energy to be able to run both marathons in very competitive times.

For more information please have a look at Peter's fundraising page below. [www.bmycharity.com/positiveactionpetersrun](http://www.bmycharity.com/positiveactionpetersrun)

### Cost Savings

We would like to thank all service users for adapting to changes brought about by reduced budgets for travel expenses and catering. These have had a significant impact on spending during the 2011/2012 financial year and have saved approximately £3000.

## 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

#### April

10th and 24th

#### May

8th and 22nd

#### June

19th only

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 ...

- Farnborough Rotary Club
- Waitrose, Farnham
- Waitrose, Fleet
- The Isobar, Southampton
- Barton Peeverill College
- Those who have donated recyclable items
- 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 are added to the Community Fund. This is the money which usually pays for therapies and social events so it's incredibly valuable.

## Positive Experiences

For those living with HIV one of the thorniest issues is disclosure. As part of the HIV training I deliver I talk about my experience of living with HIV. My decision to go public was taken 20 years ago and I have never doubted that it was right for me at the time. However at a recent training session I was asked, if I was diagnosed now, would I make the same decision again? Being open about my HIV has brought many benefits, which were only appreciated retrospectively so formed no part of my reasoning to disclose. Back then it was more about confronting the wall of stigma that surrounded the condition. It was also about potential: I *could* disclose (I had a supportive family and work that would be unaffected) in contrast to those I saw who were unable to do so.

Now HIV is a chronic, as opposed to a terminal, condition; effective treatments are widely available; HIV is covered by anti-discrimination legislation; front-line staff are informed and deliver a professional service. Now there would be no NEED to disclose - it would be a choice. The irony is that during my training, it is always my personal disclosure that has the most impact. And I cannot help but wonder, how will the stigma lessen if HIV remains veiled in secrecy and perceived as somehow different to almost every other condition?  
Peter H

## NEWS FROM...

### ALDERSHOT

Amanda Ruck has joined the Surrey team to provide support to service users who wish to access education, training and/or employment.

Amanda can help with CV writing, completing application forms and preparing for interviews. Amanda is also able to assist with helping to cope with problems at work such as disclosure or redundancy. Amanda will regularly attend the Centre or can be contacted on 07739341531.

### PORTSMOUTH

Carolyn (Portsmouth therapist) will be doing a sponsored swim for PA, swimming 100 lengths in one week at the end June. If you would like to sponsor Carolyn please let us know or approach her at the Portsmouth drop-in. Good luck Carolyn.

Two representatives from Portsmouth have joined our Services User Forum, SURE and would be happy to chat to others about the group. Please ask Zoë for more information or be introduced.

### SOUTHAMPTON

The 'Living Life To The Full' course has just started in Southampton, however it's not too late to sign up.

This fun, interactive course is suitable for everyone and aims to help you tackle the everyday problems we all face and learn key life skills that will help you feel better, happier and more in control of your life. The eight week course started on Tuesday 20th March, and will run every Tuesday until the 8th May. For more information about the course please speak to Matt.

**Sexual health services** for residents of Hampshire have changed by bringing together a range of different sexual health services across Hampshire, Portsmouth and Southampton. Although you may see no obvious changes, all local services are now run by one overarching organisation (Solent NHS Trust) and will allow more convenient access to local community based services. Sexual health services in Hampshire and Portsmouth are now accessible through a single local phone number: **0300 300 2016** whilst the phone number in Southampton remains unchanged: **0300 123 7399**. To find updated clinic details text **clinic1** plus your postcode to **66777** or visit **www.letstalkaboutit.nhs.uk**.

## SURE Announcement

The SURE (Service User Representation and Engagement) group now has two representatives from the Aldershot and Portsmouth services and one from Southampton. An additional service user from Southampton would be very welcome to join us.

SURE made its debut 'public' appearance at the Christmas Party by hosting a free raffle. Our thanks go to all who kindly donated prizes and especially to Simon for making it a fun part of the party!

SURE have received an invitation from the Board to attend their Trustees' meeting, which we have kindly accepted, and SURE representatives will attend at least two meetings during the course of the year. This will be a valuable opportunity to improve the communication between service users and the Trustee Board.

Do contact us if you have any particular comments, views or opinions on the organisation or if you'd just like to help us in anyway. Don't forget to check the SURE notice boards for regular updates.

## HIV in The News

Last month the Government announced, in response to an Amendment moved by Lord Fowler in the House of Lords, that they will end charging for HIV treatment for all individuals in England. It is expected the rules will come into force on 1st October 2012 - until then HIV treatment will remain chargeable for relevant migrant groups (mainly refused asylum seekers, visa overstayers and other undocumented migrants).

This is clearly wonderful news and something the HIV sector has been calling for, ever since charges were applied in 2004. The National AIDS Trust (NAT) has taken a leading role in this campaigning, working with Baroness Tonge and Baroness Barker on the Amendment in 2009 which persuaded the Government to review their policy; and then working with Lord Fowler and drafting his Amendment which secured this commitment last month from the Government.

NAT's report 'The Myth of HIV Health Tourism' was also an important contribution to the evidence base for the change.

## CAB Advice Column

### Tax Credits are Changing

If you receive Child Tax Credits or Working Tax Credit, you could be affected by the changes to tax credits that are happening on 6th April 2012.

The changes include the following:

- The limit of how much you can earn and still get Child Tax Credit is going down, from about £41,000 a year to about £26,000 if you've got one child, or about £32,000 if you've got two children. However, this is just a rough guide and it could be different in some circumstances, for example if you're paying for childcare, are disabled or have more children.
- Couples who have at least one child and get Working Tax Credits will have to work at least 24 hours a week between them instead of just 16 hours. One of you must also work at least 16 hours a week.
- If your income goes down by £2,500 or less in a tax year, this won't be taken into account until the next tax year. If it goes down by more than £2,500, HMRC will re-work your tax credits but will ignore the first £2,500. You'll still have to wait till the next tax year for any extra tax credits you might be due as a result of your income going down. However, you should

always tell HMRC about changes in your income straight away.

- If you make a new claim, or have a change in your circumstances which would mean your payments should go up, the extra money you'll get will only be back-dated by one month instead of three months.
- If you get the '50 plus element' of Working Tax Credit, this will stop. Nobody will be able to claim this after 6th April.

These changes mean you may stop getting your tax credits if your income is too high from 6th April, or you may have to work extra hours to continue getting the tax credits.

However, if you have a change in your circumstances which means you may get extra tax credits, for example your income going down by more than £2,500 in the new tax year, or you have a new baby, you should tell HMRC straight away. This may mean you could still be getting your tax credits after 6th April.

For more information about the changes, go to [www.direct.gov.uk](http://www.direct.gov.uk) or book an appointment with Alister, our in-house CAB Adviser. Contact PA for details.

## 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 April  
16th May  
20th June  
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:  
 PO Box 237, Aldershot, Hampshire, GU11 3XP  
 Freephone: 0800 980 1990  
 Aldershot: 01252-345019  
 Southampton: 02380-225511  
 Email: [info@positiveaction.org.uk](mailto:info@positiveaction.org.uk)  
 Web: [www.positiveaction.org.uk](http://www.positiveaction.org.uk)

The Trustee/Directors of Positive Action are:  
 Chairperson: Peter Hellawell  
 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: Vacant  
 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 1st June 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*  
 0118-9353730  
*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  
 Hampshire  
 0300 300 2016  
 Portsmouth  
 02392-866796

*Southampton*  
 0300 123 7399

*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*  
 0808-802-1211

### 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

### Useful websites

[www.aidsmap.com](http://www.aidsmap.com)  
[www.nat.org.uk](http://www.nat.org.uk)  
[www.tht.org.uk](http://www.tht.org.uk)  
[www.hivaware.org.uk](http://www.hivaware.org.uk)  
[www.myhiv.org.uk](http://www.myhiv.org.uk)  
[www.mambo.org.uk](http://www.mambo.org.uk)  
[www.hants.gov.uk](http://www.hants.gov.uk)  
[www.getiton.nhs.uk](http://www.getiton.nhs.uk)  
[www.surreycc.gov.uk](http://www.surreycc.gov.uk)  
<http://review.surreyhealth.nhs.uk/getting-help/sexual-health/services>  
[www.southampton.gov.uk](http://www.southampton.gov.uk)  
[www.portsmouth.gov.uk](http://www.portsmouth.gov.uk)  
[www.shoutloud.org.uk](http://www.shoutloud.org.uk)  
[www.sheahampshire.net](http://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.***