



Dates for
your Diary

Peter's Sponsored Marathon	Sunday 28th October
Weekly Drop-in at Portsmouth	Tuesday 30th October
World AIDS Day	Saturday 1st December
Christmas Social	Saturday 15th December
Christmas Closure	Friday 21st December
New Year's Opening	Wednesday 2nd January
Volunteer Training Day	Saturday 23rd February

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

World AIDS Day is held on 1st December each year and is an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV and to commemorate those who have passed away.

PA will be involved with lots of events across Surrey and Hampshire around this time. If you would like to know what we're doing or to get involved, please speak to a member of the team or look at our website from early November.

International AIDS conference

I was there!

July this year saw the 19th International AIDS Conference take place in Washington DC, USA. It's the largest gathering of HIV scientists, policymakers, community activists, researchers and people living with HIV in the world – all meeting to share and discuss the latest research. And this year I was one of the 22,000 delegates. I funded myself as I always wanted to go – to pay homage to the AIDS activists whose tireless work I have benefited from, to meet people I have worked for and to learn more about the big themes in HIV. I had also never visited America because of the 22 year-old travel ban on people living with HIV, finally lifted by Obama in 2010.

It was an emotional week: I cried all the way through activist and long-term survivor Linda Scruggs' speech to a session of 7,000 people; I shouted myself hoarse marching behind a banner I designed on the Stop AIDS march to the White House; I shared my story with the Graying with AIDS project; I went to sessions on Women and HIV, aging and HIV, prevention as treatment, activism and art, HIV stigma... I took a lot of photos of my feet (by mistake) and walked a million acres of conference carpet. But one of the best things of the week was being amongst thousands of other HIV-positive people. I felt like I had come home.

Jane, Portsmouth service user

Portsmouth Update

The Portsmouth service is changing.

We are delighted that Portsmouth City Council have increased our funding for the Portsmouth service. This great news means we are now able to offer a weekly drop-in after years of being a bi-weekly service; more on this in a bit.

Unfortunately we have had to move premises as our partners at Inscope have now moved to St Mary's hospital. Therefore our next drop-in will take place at a new location in Portsmouth. From 30th October the drop-in service will be run weekly on Tuesdays from 4pm - 7pm,

supported by a member of the team and our regular volunteers. Information has been sent to Portsmouth service users and there is also some information on the website, however if you would like to know more about the new service, please do make contact.

Complementary Therapies

The further good news is that due to the fundraising efforts from individuals and the receipt of a large, unexpected donation, we will also be providing complementary therapies each week at the drop-in.

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

(Weekly)

Drop-in 4pm-7pm
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...

- The Isobar, Southampton
- Peter Hellawell, Chair of PA
- Carolyn Love, Portsmouth therapist
- The University of Portsmouth Students' Union
- Our Lady Queen of Heaven Church, Frimley
- The matched funding scheme of Capita, Portsmouth
- Those who have donated recyclable items
- Individual donors and members of PA

All of the donated and fundraised monies which are given to us are added to the Community Fund. This money pays for therapies and social events so it's incredibly valuable.

Positive Experiences

What lies beneath These last few months have been dominated by my participation in the Olympic Torch Relay and subsequent engagements. At shopping centres, schools, and hospitals, I have disclosed my HIV status and, reassuringly, from the hundreds of people I met, I had just one less-than-positive response.

After all that I needed a holiday and so headed to Yorkshire. The timing centred round a single activity – access into Gaping Ghyll. This place fascinated me as a child as 400m up Ingleborough a stream winds across the open moor only to plunge into a hole no larger than half a tennis court. It is odd to see water pouring into the ground but what really caught my imagination was what lay beneath. Gaping Ghyll is a 360ft shaft into one of Britain's largest subterranean spaces; the stream that falls into it is our highest unbroken waterfall, the cavern below is the size of York Minster. The experience was exhilarating – the vast descent, the glacial mud and the thunderous vapour that filled the space with a roaring mist.

But what has this got to do with HIV disclosure? I suppose I was reminded of the limits of my imagination. I feared a silent darkness - I found a living wonder and, in the process, I felt the thrill of really being alive .

Peter H

NEWS FROM...

ALDERSHOT

Breathing and relaxation is currently on hold. We will advise you ASAP when this will recommence.

Amanda Ruck - the Surrey Education, Training & Employment Co-ordinator - will be running workshops at the Centre. The first, on 31st October, will be focussed on **'Discovering your Skills'**. On 28th November Amanda will be running a basic level course on **using Microsoft Word**.

We are pleased to welcome Charlotte Broughton back to PA. Charlotte is a **HIV Clinical Nurse Specialist** and will regularly attend Wednesday drop-ins to provide clinical advice and support. Please contact Simon for more information.

PORTSMOUTH

As you will have seen from the article on the front page, things are changing in Portsmouth and for the better! It is sad for us to lose the Centre which we have based ourselves in for the last few years but this is outweighed by the fabulous news that we can now have a **weekly drop-in**. This will create a more consistent support service for service users within the City and the surrounding areas.

We would like to say a big thank you to Carolyn who completed her 100 lengths **sponsored swim** back in June. Carolyn raised a fantastic £213 for the Portsmouth service which deserves a big well done and thank you!

SOUTHAMPTON

Women's Group is changing to 'Women's Coffee & Cake'. Still facilitated by Groundswell, the group will meet in the Southampton Centre on the 3rd Wednesday of the month but at the new time of 10:00am - 11:30am.

The roof is fixed! Southampton City Council has fixed the leaking roof, hurrah! They will also be carrying out some internal work to repair the damage caused by the leaks. We will let you know as soon as possible if this will have any impact on the service, which will be kept to a minimum.

Thank you to everyone who attended and helped out at the **Autumn Supper**. It was a fun evening, with some delicious food - thank you Rob! - and good company as always!

SURE Information

SURE (Service User Representation and Engagement) welcomed our first female Service User from the Portsmouth Centre. We now have a total of five representatives and a member of our staff team on-board.

Our first anniversary is upon us since the formation of the group in August 2011, so it is now timely to reflect back and review our progress. Much of our time was spent forming the group, creating our identity and aims all with the help and support of PA staff. Our fund-raising events have so far raised a total of £569 (including gift aid) that will be used for a specific purpose such as helping with social events. Various other fund raising events are planned during the remainder of 2012 for which we encourage Service User's to participate in.

Do contact us if you have any particular comments, views or feedback for PA or if you would like to be involved with SURE.

HIV in the News

Free HIV treatment for all who need it

The removal of charges for undocumented migrants and non-UK citizens accessing HIV treatment and care in England has now come into effect. From now on, HIV treatment will be provided free of charge to all who need it, regardless of citizenship or immigration status. Health ministers have justified the change on the grounds of public health, pointing to the impact that HIV treatment has on onward transmission.

Although it was initially proposed that free HIV treatment should only be available to people who have been living in the UK for more than six months, this requirement has not been retained in the legislation. While treatment in HIV clinics will always be free of charge, migrants needing hospital treatment for another health condition, such as diabetes or who require antenatal care, may still be subject to charging regulations.

CAB Advice Column

Have your say on proposals for new council tax reduction scheme

The Government has announced that council tax benefit is to be abolished from April 2013. It will be replaced by a local scheme providing support for council tax for residents on low income. Funding for the new local scheme will be provided to councils by the Government but will make up only 90% of the current amount spent on council tax benefit.

This means that Councils will need to decide on how to find savings for the remaining 10%. These savings will need to come from any of the following:

- reduced council tax support for some existing benefit claimants
- reduced council tax exemptions and discounts for empty and second homes
- other savings in the Council's budgets
- increase in council tax level
- take further steps to reduce fraud - making sure only those who are entitled get support under the scheme

- a combination of the above

Local authorities are consulting residents in their areas now. It is important that you make your views known to them in order for them to best represent their area as a whole.

Below are links to some of the main councils in the area. The questionnaires are not long and are very easy to fill in!

Waverley Borough Council

www.goo.gl/rdU7g

Southampton City Council

www.goo.gl/1Z5YV

Eastleigh Borough Council

www.goo.gl/U9kn0

Hart District Council

www.goo.gl/YCYvz

Rushmoor Borough Council

www.goo.gl/fmSN7

Surrey Heath Borough Council

www.goo.gl/gG8J7

For help to access your local council's questionnaire, for further information on this topic or to arrange an appointment with the in house CAB Advisor please contact a member of the team.

Women's Group:



The Southampton meetings will be on
Wednesdays
 17th October
 21st November
 19th December
 from 10am - 11.30am
 and will be facilitated
 by Groundswell.

Support Groups:
 Some people have indicated that they would benefit from having specific support groups in addition to drop-in. The groups could be defined by such things as sexuality or ethnicity, or simply for men or for women. We will soon be carrying out a survey on this topic, which we will ask you to consider completing as your feedback is valuable in helping us develop the service.



Breathing and Relaxation Class:

Breathing and Relaxation in Aldershot is currently on hold.

Please speak to Simon if you would like further information.



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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
 James Austin

The staff members are:
 Chief Executive: Donna Bone
 Services & Development
 Manager: Brian Bridger
 Support Services Co-ordinators:
 Aldershot & Surrey: Simon Cooke
 Aldershot & Hampshire: Julie Teare
 Portsmouth & Hampshire: Vacant
 Southampton: Matt Williams
 Community Engagement
 Co-ordinator: Andy Wheeler
 Administrator: Christina Best
 The copy deadline for the next edition is 23rd Nov 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
TVPS, Reading
 0118-9353730
TVPS, 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

Geoff Cook, THT
 01483 263162
Gay Men Harm Reduction, Surrey
 01932-355533
HIV Prevention Service, Hants
 0300-1239117

Gay Community Health, So'ton

02380-515238

Inscape, Portsmouth

02392 680368

African/BME Support

Mabel Okoeki, THT
 01483 263161
African AIDS Helpline
 0800-0967500
SHEA, Hants
 0800-0751057

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.letstalkaboutit.nhs.uk
www.surreycc.gov.uk
http://review.surreyhealth.nhs.uk/getting-help/sexual-health/services
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.

Service User NEWS

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New SURE Representative - Jane recently joined the group from our Portsmouth centre.

Jane was one of the 22,000 delegates who attended the international AIDS 2012 conference in Washington DC, the largest HIV conference in the world. Jane is hoping to share her experience with other PA service users.



Summer Car Boot Sale - We raised a total of £150.20 + 25% Gift Aid at our first car boot sale. Thank you to all those who donated items.

Autumn Car Boot Sale - This will be our next fund raising event in the Aldershot area. Please contact a member of the PA team if you have any items you wish to donate.

Basingstoke Half Marathon - Robert ran this half marathon on Sunday 7 October. He smashed his personal best time and finished 27th out of 1350 runners, in a time of 1h 26min, all in support of PA. You can still sponsor Rob by visiting his fundraising page below.



www.bmycharity.com/basingstokehalf

Frankfurt Marathon - Our best wishes go to Peter Hellowell (Chair of PA) who will be running in this event on 28 October whilst helping to raise funds for PA. See his fundraising page at:

www.bmycharity.com/positiveactionpetersrun

Olympic Torch - Our thanks go to Peter Hellowell for visiting our drop-in's and giving a presentation on his Olympic torch relay. Many service users have expressed good feedback on this event and also appreciated the opportunity to have their photographs taken with his Olympic torch.



Staffing Update

We were sad to see Sally our Administrator leave in May, as her work at Positive Action over the last four years has been greatly beneficial, and we wish her well for the future. We are pleased to now have Christina in post who is settling in well and will often be the first person you speak to when ringing the Aldershot office.

We also want to thank Mel for her interim support after Zoë left back in June. Mel has now returned to University for her final year and we wish her good luck! Becky, who was due to start this week, is now unfortunately no longer able to due to personal circumstances. In the mean time the Portsmouth service and drop-in will be supported by the rest of the team.

We welcome Julie, a new member of the support team, who will be supporting service users in Hampshire whilst having a greater presence in GUM clinics. We were fortunate to be able to recruit for this extra role after bidding for specific funding from Hampshire County Council.

We would like to say a big thank you to Mitch the Aldershot Counsellor who has been with us for over seven years, Mitch has now moved on and we thank her for her constant support. Counsellors Martin and Maggie continue with us and between them have many years of counselling experience within the HIV field.



Christmas Party!



For this year's Christmas Party we will be taking a trip to the theatre!

We will be going to see 'Treasure Island', the Christmas show at the Nuffield Theatre in Southampton, on Saturday 15th December at 7:00pm. We will be meeting at the Southampton Centre from 4:30pm for a snack buffet, before making our way to the show. If you would like to attend and to reserve your ticket please speak to a member of the team.

Further information will be up in the Centres soon... but if you would like to find out more about the show please visit the website below.

www.nuffieldtheatre.co.uk/events/detail/treasure_island

