

April 2016

Issue 13

"To relieve the suffering and distress of adults and children in Edinburgh and the Lothian area who are infected or affected by HIV/ AIDS and Hepatitis C and their families, friends and carers."



A warm welcome to 2016! The last few months have seen some exciting events and successes for our charity, and we are looking forward to another year of life-changing service delivery. We would like to take this opportunity to thank all of our amazing volunteers for their efforts in 2015, and we look forward to working with you all in 2016!

New Faces

We are very excited to welcome our new office support volunteer Matt to our team! Matt initially joined us as part of a placement through Project Scotland, but he has kindly offered to remain as an office support volunteer. We are thrilled to have Matt on our team, as well as our new social work student, Laura! Both Matt and Laura have been providing us with invaluable support to our transport and children's services. Welcome to the team!

Volunteer News

We have just finished training up our newest intake of volunteers and we are very excited to have some friendly new faces on the volunteer team! We are welcoming approximately 8 new volunteers from this intake, and we can't wait to get them started!

Our next volunteer intake will be in July and we will be specifically looking for volunteers for our befriending and transport services.

We are holding our next volunteer social on **Wednesday 13th April from 7pm at The Outhouse at 12A Broughton St Lane, EH1 3LY.**

The event will be a pub quiz! Buffet provided and plus ones welcome! Please RSVP to your coordinator by 6th April.

Volunteer Awards

We are very excited to announce that Alistair Sim, Nicola West, Ewan Deans, and Blanca Takami Siljedahl have been nominated in the Charity Champion category for the 2016 Scottish Council for Voluntary Organisations awards. Similarly, transport volunteer John Brogan has been nominated for the Volunteer Edinburgh Inspiring Volunteer Award. We thank you all for your incredible efforts, and wish you the best of luck!



Investing in Volunteers

Positive Help is proud to be taking part in the nationally-recognized Investing in Volunteers program. Investing in Volunteers is centred upon ensuring charities have the strongest and most supportive volunteer support practises possible.

We have already completed the initial self-assessment stage of this program and would like to say a special thank you to Jacqui, John, Lucy, Milena, Nick, and Shirley for being on the Investing in Volunteers steering group!



Children's Service Update

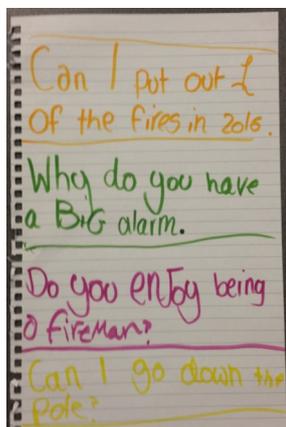


Volunteers and children alike have been enjoying our befriending and Study Buddy group sessions! In December we get the children together to work on some Christmas crafts and reflect on their achievements in 2015.

They also attended a workshop and tour at Gorgie Farm in February where they got to meet some of the animals, learn about food production and even make their own butter from scratch!

In March we were fortunate enough to visit McDonald Road Fire Station for a tour and talk from some of our local fire fighters. The children were able to play with the hoses, ride in the truck, ask questions, and learn about the hard work that goes into becoming a fire fighter.

We are looking forward to a robotics workshop with the Edinburgh Science Festival and a talk from some police officers in the coming months.



Group Learning Sessions

Our next group learning session will be held on the 4th April, where we will hear a talk from an organisation that specialises in decluttering.

We are also arranging sessions focussing on LGBT issues, working with challenging behaviour, and domestic violence awareness for the coming months.

Group learning sessions are an opportunity to not only learn some new skills that might be valuable to your volunteering experience, but also to share your experiences with fellow volunteers, seek support from staff, and have some free pizza! We look forward to seeing you there!

Open Evening

In order to promote our summer volunteer intake, we are holding our first ever Positive Help Open Evening on the **10th May from 6pm!**

We would like to extend an invitation to you to come along and share your experiences as a volunteer! Food and refreshments will be provided.

We will be distributing official information about the evening soon, and we would greatly appreciate it if you are able to pass this information on to anyone you know who may be interested in learning more about volunteering opportunities with us!

Fundraising Corner

Edinburgh Marathon

One of our wonderful befrienders, Ewan, is going to run the Edinburgh half marathon for us on 29th May. You can show Ewan some support at <https://www.justgiving.com/eacdeans> or comment on our Facebook page to encourage him. If this inspires you, but is a bit daunting then maybe you want to join the Positive Help relay team? There will be free cereal bars, a special Positive Help running vest, and as much cheering as we can manage. Get in touch with Gwen if you would like to find out more.



Edinburgh Soup

Maybe you saw us on the 6 o'clock news at the end of February? STV covered a musical fundraising event called Edinburgh Soup, where people come to see bands and donate to a local charity.

We were there to tell the crowd about Positive

Help's Befriending project, and how we need funds and volunteers to keep up the good work. The crowd recognised the importance of the work you wonderful volunteers do, and voted for us to receive the proceeds of the evening: £845. It was an amazing evening with two bands, plenty of soup, and lots of generous people. We'll be going back to let them know how the money helped on the **27th of October**, so save the date if you would like to come along.

Speaking about Stigma

Our Volunteer Coordinator, Shona, recently delivered a training session on the topic of HIV-related stigma to fellow trainees as part of a SCVO (Scottish Council for Voluntary Organisations) Training for Trainers course.

Trainees were asked to plan, design and deliver a one-hour training session on a topic of their choice. Shona chose to focus on HIV-related stigma as, sadly, this is still an issue that many of our service users face and one that has not really improved since HIV became widespread in the 1980s (a time when there was a lot of fear and ignorance surrounding HIV).

The participants seemed to find the session enlightening and thought-provoking, which is great – we are always happy to have the chance to challenge stigma and raise awareness, whilst continuing to deliver practical help to our service users.

