



## **Spring Time is here at last!**

Hello Everyone and welcome to the Spring edition of our newsletter.

As we leave the Winter months behind us and look forward into a bright new chapter of our year, Spring is the perfect time to clear out the negative and clutter and set things in motion for a fabulous Summer .

In this edition we are going to focus on all the various ways in which people can get involved with Brigstowe from volunteering to fundraising. So sit back, enjoy the read and we hope we can ignite all of your creative juices.





## Remember Brigstowe offers a number of services all designed with our clients at the heart of them!

They are:

- ◆ **Advice & Support**– Helping with a range of matters from financial to housing to employment. This service is accredited through the Advice Quality Standard (AQS). Our staff will work closely with you to develop skills and strategies that will help you live independently.

**Update**– We were recently audited by AQS and passed with flying colours! From the report it was said that “There are an impressive number of good practices across every heading of the AQS Standard”

- ◆ **Migrant & Asylum Service**– This specialist service offers individuals seeking asylum or experiencing immigration issues a safe, confidential space. Providing ongoing emotional and practical support as well as some financial support at times of destitution and hardship.
- ◆ **Positive Voices**– This service is utilising the voices of positive people to help other positive people. Providing one-to-one peer support, recently diagnosed workshops and delivering HIV Awareness Training.

**Update**– We recently had an independent evaluation of this service and the results were very positive with some opportunities to reflect and develop. More info to follow soon.

- ◆ **All In**– Life with an HIV diagnosis can be lonely at times. All In is a peer support group where you can meet other people living with HIV.

**Update**– Our next All In Workshop is 14th May 6-7.30pm. This will be on Promoting Positive Sexual Relationships at Barton Hill Settlement. To book call 0117 9555 038 or email [info@brigstowe.org](mailto:info@brigstowe.org)



# Brigstowe Welcomes Aled



Hi Everyone, I'm Aled and I am very excited to be starting a new chapter of my life with Brigstowe.

My relationship with Brigstowe started in 2016 after a lovely meeting with the ever so fabulous Polly which led to me speaking at the first Bristol World AIDS Day Vigil on College Green.

Since then I volunteered with Brigstowe in a number of different capacities from being a Peer Mentor, Positive Speaker, Community Outreach and presenting Brigstowe's monthly Podcast on ShoutOut Radio.

During this time I also took part in the Youth Stop AIDS Speaker Tour 2018 where I visited 4 different cities to mobilise people in joining Youth Stop AIDS to challenge the Government to the Global AIDS response as well as breaking the stigma. I am also

one of the organisers for Bristol Pride.

In my spare time I am a Drag Queen and regularly use this platform to raise awareness of HIV.

2 years on and I am now full time and working for an Organisation that I love and am passionate about.

I'll be looking after Brigstowe's Social Media, continuing with the Podcast, as well as Fundraising to enable Brigstowe to continue with their amazing work.

I'll also be looking after the ever growing and

successful group of Campaign Volunteers.



# Our Unsung Hero's– The Volunteers

There are many ways in which people can get involved with Brigstowe. In the words of Tina Turner our Volunteers are 'Simply the Best'.

From Peer Mentoring, Positive Speaking through to our Campaigns Group they are always there to give a hand or a much needed voice to those who need it. The impact this group of dedicated, passionate individuals has, is truly mind blowing and we will always and forever be eternally grateful.

The amount of hours these incredible people donate to Brigstowe is phenomenal . We would not be able to do half of what we do without them. So to all of you THANK YOU!



# Let's Say Hello to Clare and our Peer Mentors



I'm the HIV Peer Support Coordinator at Brigstowe.

I joined the team in September last year after moving to Bristol from London where I worked on a mentoring service supporting people with insecure immigration status. At Brigstowe, I coordinate the Peer Support Service for people living with HIV.

If you are struggling with something it is so important to feel connected to people and have good information. Our Peer Mentoring Service provides both. It's a very simple idea but it works and being part of one is incredibly rewarding.

People coming to the service for support have either been recently diagnosed or are struggling with an aspect of their diagnosis. I match people with a

trained Peer Mentor Volunteer for one-to-one support.

Speaking to someone who has also been diagnosed with HIV and is living well can be really helpful. Not only is it a safe, confidential space to talk, but the person you are speaking to really understands. A simple coffee and a chat on a regular basis can make a massive difference. Working as the Coordinator, I really see how powerful Peer Support is for both mentor and mentee.

We have 15 amazing Peer Mentors at the moment. Each one is trained in delivering peer support, connected to up-to-date HIV information and brings their own lived experience.

If you are living with HIV and would like to offer support to someone struggling with their diagnosis, please get in touch.

If you would like more information about Peer Support or think it could be helpful for you or someone you know, please contact me.

Call the office on 0117 955 5038 or email me on [clarepeacock@brigstowe.org](mailto:clarepeacock@brigstowe.org)

This is what one of our Mentee's said after receiving the service:

*"My personality came back!"*



# Living with Type 2 Diabetes?



**Bristol  
Community  
Health**

**Are you living with Type 2 diabetes and want to help others? Become a peer mentor!**

This is an exciting new project following from our

previous experience of providing successful peer mentoring programs for people living with long-term health conditions that has helped people to live well after a diagnosis. We are now expanding this model to type 2 diabetes in Bristol to help and support people newly diagnosed with the condition, help them come to terms with their diagnosis and improve both their health outcomes and their personal feelings about living with diabetes.

## **We need you!**

We're looking to recruit 10 enthusiastic and motivated volunteers living with Type 2 diabetes in Bristol who can listen, share experiences and motivate people newly diagnosed with type 2 diabetes. We are interviewing immediately and until 3rd May for mentors. You will be training in May and the planned start for mentoring is in May/June 2019.

## **Not sure if this is the role for you?**

You don't need to be an expert in diabetes and you don't need to have the perfect lifestyle. If you have been living with type 2 diabetes, have struggled to understand the condition, had setbacks and obstacles that have caused you to

struggle on the way, you are ideal for this project. Your personal experience in having had these problems makes you a great person to help someone else avoid those same issues. Still not sure, contact us and have a chat!

## **As a peer mentor you will:**

- Receive full training and ongoing support
- Develop your knowledge of type 2 diabetes
- Meet other people living with type 2 diabetes
- Have all expenses relating to mentoring reimbursed

## **To apply for this role you will need to be:**

- Living with Type 2 diabetes
- Able to commit an hour a week to provide mentoring in Bristol and attend a monthly supervision session
- Available for training on 10th-12th May

## **We look forward to hearing from you.**

## **How to Apply:**

Contact Sean on 01179555038 or email [diabetes@brigstowe.org](mailto:diabetes@brigstowe.org)



# Campaigns Group

Over the last 2 years this Group has gone from strength to strength.

Changing the conversation surrounding HIV in Bristol for the better as well as telling people about Brigstowe's services and the amazing work that is done here!

This group again is run by a team of enthusiastic volunteers every day challenging stigma so more individuals can live well with HIV.

U=U, PrEP, PEP and services Brigstowe provide are what the Group talk about the most.

These topics combined are educating the population with immense effect.

This Group won Best Community Stall at last year's Bristol Pride Awards— an award voted for by the public!

U=U—Undetectable=Untransmittable

PrEP—Pre Exposure Prophylaxis

PEP— Post Exposure Prophylaxis



## Fancy Joining?

**We need more voices! You do not need to be HIV+ to join or open with your Status (if you are positive).**

### Email

[aledosborne@brigstowe.org](mailto:aledosborne@brigstowe.org)

**Call: 0117 955 5038**



# Support our Work

In addition to volunteering, there are a variety of ways you can support our work financially. All of the donations we receive will directly help people living with HIV as well as raising awareness amongst the general public.

## Become a Friend

Being a friend of Brigstowe means a regular monthly donation. Monthly giving enables you to spread your donations throughout the year. This is funding we can count on and plan for allowing us to make long-term commitments. You will receive our newsletters and invitations to Brigstowe's events.



## Make a One-Off Donation

Unrestricted funds are a life line to a small charity like Brigstowe. Your one off donations will give us a much needed boost of funds. As with a monthly donation this can be an amount of your choosing. One off donations allow you to make a gift as and when your budget allows.

*“ I feel so lucky to be in this city where we have Brigstowe. You see other people going through the same thing and you see that they're normal and you think “I can do that too!””*



## Fundraise for Us

Enjoy running? Then take part in the Bristol 10K in May or The Flying Monk 10K in Malmesbury in August.

Running not your thing then why not hold a coffee morning or a bake sale?

Invite your friends, mobilise your colleagues and have fun whilst in the knowledge it's all for a good cause.



**Facebook-** Have a birthday coming up? Then set up a Birthday Fundraiser choosing Brigstowe as your nominated charity.

**Amazon Smile-** Shop on Amazon? Use Amazon Smile, set Brigstowe as your charity and Amazon will donate a % of the cost of the product to Brigstowe at no extra cost to you



## Corporate/ Work Support

Supporting Brigstowe can help your company or organisation reach its social responsibility targets.



71% of employees would likely chose a job with a company with a commitment to the community.

Organise a dress down day. Run a bake sale. Nominate Brigstowe as your Charity of the Year/Quarter. During World AIDS Day, sell our red ribbons.

Check if your company offers a match giving scheme.

## Legacy Gift



Legacies provide around £1.9 billion income for charities every year. In 2017 legacy gifts increased by 5.1%

The story of HIV has changed. Together let's make sure it continues to do so. Your legacy will help make a more positive future. You can do this by leaving a financial donation, part of your estate or a physical gift.

*“Family, kindness, comforting, empathy, confidential, professional, practical, are all words that come to mind whenever I talk about Brigstowe. They’ve been my life line”.*



## Payroll Giving

*give as you earn*

If your Employer uses the CAF- Charity Aid Foundation or similar platform then



**CAF** Charities Aid Foundation

why not chose Brigstowe as your nominated charity.

With payroll giving (or workplace giving) you're providing Brigstowe with regular income, to allow us to plan and budget for the future.

Donations are taken before tax, which means we get more of your donation and it costs you less.

Your donation is calculated after your National Insurance contribution, but before Income Tax is deducted; this means part of your donation comes from money that would otherwise have been taken by HMRC.



# Follow Us

## Join in and follow all of the action

Want to join in with our activities and most recent updates then there are a whole load of platforms for you to engage in conversation.

Join us for our monthly podcast. Aired on the first Thursday of every month on ShoutOut– The LGBTQ+ show on BCFM-



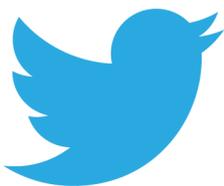
93.2FM between 7-8pm. Miss the show? Don't worry you can catch up either on ShoutOut's website or on ours.

[www.shoutoutradio.lgbt](http://www.shoutoutradio.lgbt) / [www.brigstowe.org](http://www.brigstowe.org)

## Social Media



**@BrigstoweInfo**



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