

# brigstowe<sup>+</sup>

positive change together



Winter is definitely on the way and as we make our way through November that can mean only one thing.....

**WORLD AIDS DAY 2019**

**Sunday 1st December**

We have a packed programme of events starting with a flag raising and during this time Bristol will be signed as a Fast Track City ([www.fast-trackcities.org](http://www.fast-trackcities.org)), one of 7 other UK cities that are declaring their commitment to ending HIV/AIDS...







Simplyhealth

great  bristol  
10k



If you fancy taking on the Great Bristol 10k in 2020 then you're in luck! Next year's 10k takes place on Sunday 3 May 2020 and is now open for entries! Set yourself a 2020 challenge today... We hope to see you on the start line!

Starting on Anchor Road near Millennium Square and Bristol Cathedral it runs parallel to the historic Bristol Harbour before continuing along Avon Gorge and taking in the iconic Clifton Suspension Bridge. The return route takes in Spike Island and the Cumberland Basin before heading along Prince Street and the Centre, finally finishing on Anchor Road close to the start line so that runners can meet up with family and friends and make the most of the bars, restaurants and attractions at the Harbourside.

Brigstowe has a set number of spaces that have been allocated to us and we would love to fill them up! If you would like to register as a runner for Brigstowe or require more information then please call or email Aled on:

**0117 9555 038 or [aledosborne@brigstowe.org](mailto:aledosborne@brigstowe.org)**



## Picks of the Programme!

Event	Date	Where
Annual General Meeting (AGM)	Wednesday 13 November 5.45—8pm	<b>DAC Beachcroft</b> <a href="https://brigstowe2019agm.eventbrite.co.uk">https:// brigstowe2019agm.eventbrite. co.uk</a>
Red Ribbon Flag Raising	Friday 15 November 1pm	<b>Outside City Hall</b> College Green
ShoutOut Brigstowe Takeover	Thursday 21 November 7—8pm	<b>Listen from Home</b> BCfm– 93.2fm
The Grass Is Always Grindr– Film Screening & Panel Discussion	Friday 22 November 7—9pm	<b>Watershed</b> <a href="https://thegrassisalwaysgrinder.eventbrite.co.uk">https:// thegrassisalwaysgrind- er.eventbrite.co.uk</a>
Diversity Trust Event	Thursday 28 November 6—9pm	<b>Grimsbury Farm</b> <a href="https://www.eventbrite.co.uk/e/world-aids-day-event-facts-fiction-myth-busting-tickets-78597161225">https://www.eventbrite.co.uk/ e/world-aids-day-event-facts- fiction-myth-busting-tickets- 78597161225</a>
World AIDS Day Vigil & Procession	Saturday 30 November 5.15—5.40pm	<b>St James' Priory</b> Meet here to light candles and reflect before the walk to Watershed
World AIDS Day Celebration	Saturday 30 November 6—8.30pm	<b>Watershed</b> <a href="https://worldaidsday2019.eventbrite.co.uk">https:// worldaidsday2019.eventbrite.co.uk</a>



# POSE

If you are not watching this, then POSE is one to add to your current catch up list.

Currently on BBC iPlayer , POSE is an American drama television series about New York City's African-American and Latino LGBTQ and gender-nonconforming ballroom culture scene in the 1980s and, in the second season, early 1990s.

As well as an insight into the world of ball culture and LGBTQ+ equality, the series highlights ACT UP! and the HIV/AIDS epidemic.

Created by Ryan Murphy, Brad Fulchuk, and Steven Canals the series stars an ensemble cast including Billy Porter, Indya Moore, Mj Rodriguez and Dominique Jackson.

Both seasons were met with critical acclaim and received numerous award nominations with Billy Porter winning the Emmy for 'Outstanding Lead Actor in a Drama Series.'



## **Jodie, Dave and Annie head up Brigstowe's Advice and Support Team.**

Whilst Brigstowe cannot provide you with accommodation we can explore your housing options with you as well as advise around all tenancy sustainment issues.

We advise around financial matters including income maximisation and managing repayment arrangements

We support around your care in the community needs, increasing your independence, reducing social isolation and exploring meaningful occupation.

If your enquiry falls outside of their range of expertise, we will direct you to specialist services and assist you in accessing them.

Get in touch. We are always happy to hear from you

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### **Living with HIV and need someone to talk to?**

Then come and talk to one of our highly trained peer mentors.

Our Peer Support services allows you to meet regularly with a mentor who is living with HIV and understands the struggles of a diagnosis. They can share experiences, be a listening ear and discuss coping strategies.

Brigstowe also provides peer support at Southmead HIV Clinic (Gate 36) once a fortnight. Please contact the office if you would like to know the dates that they will be in clinic.



### **Christmas Market**

Christmas Market and Fayre being held at Easton Community Centre (ECC) on: 13 December—11am to 3pm

Please contact ECC Reception if you would like to book a stall

Cost is £15 per table – if you wanted to share a table that is fine.

You can bring your own table or ECC can provide one.

# 100,000 Steps in One Day

Keir Gravil and Ben Trappe

“I love a good walk” were the words that sparked the challenge to complete 100,000 steps in one day. I’d been perusing the pages of the internet, reading stories of people’s FitBit records and challenges and this one stood out. I thought – naively – that I could do this relatively easily and walking such a distance might leave me a little bit sore and tired, but that I’d be able to do it in good time. How wrong I was. My friend Ben and I started this challenge to raise money to support the fantastic work that Brigstowe does, and we certainly earned every penny that so many kind people gave us.



*Keir (r) and Ben (l) on the Bristol-Bath cycle path near the start of the journey*

It began earlier in the year in June; Brigstowe has been a charity that I’ve supported for a little while and I wanted to do something more. Like many, I recognised the importance of the work they do in helping those living with HIV but also combatting the stigma associated with it. Brigstowe and I first crossed paths during an event held with PROUDBristol and Osborne Clark in 2017. I specifically remember Aled’s presentation about his diagnosis, which gave a powerful message about HIV and the journey he went through. It struck a chord because I remember the poor education I received at school and the way I learned about sexual health through the bravery of those like Aled standing up in front of people and telling their own story. Ben and I wanted to give something back and help a charity that selflessly helps so many around Bristol.

We started at 4:00am on Saturday 24 August, and for anyone who knows me well they'll understand that this was a significant challenge in itself; I'm not a morning person. Walking along the Bristol-Bath Railway Path in the darkness we were in a chipper mood, excited to get going and keen to reach our destination 17 hours and 100,000 steps later. The route we'd chosen was picturesque, and – so I thought – relatively flat. We exited Bristol as the sun rose on an August morning and reached our first destination, Bath, a few hours later. Our first major hurdle was Widcombe Hill in Bath and after already walking about 15 miles this was a tough little climb, but it wasn't the last.

We were bowled over by the support we received along our route both online and in person; in Bradford-on-Avon a local café owner at the Tithebarn Workshops donated the cost of our lunch to our cause and we chatted to many people on our route about the walk we were doing and about our chosen charity Brigstowe. We walked from Bath along the canal to Bradford-on-Avon and then onwards through Trowbridge. We were nicely surprised by people's reactions to what we were doing and for whom we were doing it; everyone was genuinely supportive and wished us well. We also got a lot of support online; Ben's prolific use of Instagram and the team at Brigstowe following our posts online as we walked gave us a much-needed morale boost at times.

As time progressed we realised that we had been a bit overly optimistic about the time we would reach Stonehenge. Time was ticking on, and we were many miles behind where we were supposed to be. This was a result of the searing heat slowing us down (it was approaching 30 degrees for most of the day), and the fact that our bodies eventually started to fail us. I got shin splints just north of Edington in a field of intimidating cows and both of us started getting very painful joints about two-thirds of the way into the walk. This wasn't helped by the huge hill that I'd conveniently ignored when planning the route; a few miles of climbing were now on the cards and we were very broken at this point. We were both pretty silent here, a clear indication that this hill climb (called Salisbury Hollow) was taking up all our energy and focus. After persevering for a few miles we stopped and thought the best option was to change our destination to end up at a pub; a decision we made pretty easily. Stonehenge would have been closed by the time we were due to arrive, so we gladly set a course for somewhere with beer instead.

After almost 17 hours of walking, and with the sun firmly below the horizon, we reached our destination and our salvation – The Churchill Arms. However our ordeal wasn't over; we'd only got to 95,000 steps and by this point we were exhausted and our patience had worn out. We were genuinely gutted that we had to continue, but we did. We found a loop in the village and walked around it continuously until we hit the magical 100,000 steps, the hardest 5,000 steps we've ever had to do. My Fitbit ticked over to the 100,000 mark and we could rest, finally. After almost 9,000 calories burned and 78.3km (48.7 miles) walked, we ordered the most delicious pint we've ever tasted and were happily driven back to Bristol.

The walk raised £1,525 (£1,722.50 including GiftAid) for Brigstowe, and we are incredibly grateful for the support people gave us. It means a lot and we know that the pain of the walk was definitely worth it. Every single person who donated will help improve someone's life through the help that Brigstowe provides to those diagnosed with HIV. Thanks to you all for breaking the stigma and stepping forward.

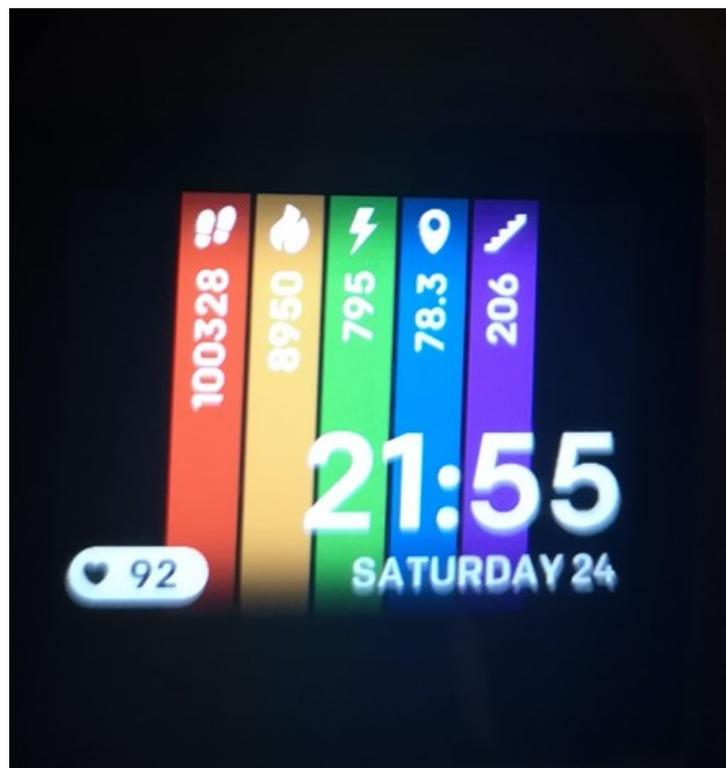
Special thanks must go to:

Stonehenge, who offered to waive our entry fee. If only we'd been faster and managed to get there before closing time, we'd have taken some photos at our original planned destination.

Ben's sister, who kindly drove us all the way back from the pub to Bristol and was very patient waiting for us to arrive.

Our employers for their support, Frazer-Nash Consultancy and Avanade UK, who helped to raise money and contributed to the fundraising effort. We're lucky to work for such open-minded and forward-thinking companies.

We're going to start thinking about our next challenge, but one thing is for sure, I think it might be a while before we walk that distance again. There's a reason that 100,000 steps in a day is the highest award you can get on FitBit, because it's really difficult to do.



*Figure 1: The magical 100,328 steps*

# Follow Us

## Join in and follow all of the action

Want to join in with our activities and most recent updates? 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-



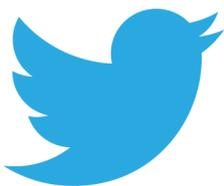
93.2FM between 7-8pm. Missed the show? Don't worry you can catch up either on ShoutOut's website or on ours.

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

## Social Media



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