



**We hope you are all enjoying the sunshine!**

**In our Summer newsletter we welcome 4 new Trustees to the Brigstowe Team, we celebrate our involvement at Bristol Pride and we say farewell to a few amazing colleagues.**

**Stay safe, stay positive and let's all work together for one fabulous Summer.**

**Team Brigstowe x**





# Update

We are recruiting for the following part-time employment roles and volunteer roles:

- HIV Peer Support Coordinator
- Executive Assistant
- Long COVID Peer Support Volunteer
- Common Ambition Bristol Community Crew Member

To find out more about these roles please follow the link below

<https://www.brigstowe.org/support-our-work/recruitment/> or call us on 0117 955 5038

Brigstowe wants a diverse workforce which is representative of the clients we serve. We strongly encourage applications from people of African or Caribbean heritage as they are currently under-represented in our staff team. We also encourage applications from people living with HIV or other long term health conditions.

# Farewell to Kieran...



Brigstowe is very sad to have to say goodbye to Kieran Sharkey, one of the Specialist HIV nurses at the HIV clinic at Southmead.

Lots of you will know Kieran as he has worked at Southmead for 25 years and has been a Specialist HIV nurse at the Brecon Unit since 2001 who is a truly valued professional member of the HIV community.

Over the years Kieran has worked very closely with Brigstowe, helping us develop and deliver our services and has always been really active in referring patients to us when they need support. Kieran has been instrumental in many ways, one of which was helping us to set up Clinic Peer Support in 2017, where Southmead was one of the few HIV clinics in the country to have trained mentors living with HIV available at clinic to talk to patients. Over the years Kieran has also been key in our workshops for people recently diagnosed where he has, often in his own personal time, delivered sessions on understanding HIV as a health condition and medication/treatment updates.

Kieran told us he has really enjoyed working at the HIV clinic over the years & there have been many highlights, 3 of which are:

- “setting up nurse led services such as the ‘early access clinic’ which is the clinic for people newly diagnosed. This has been very rewarding and has been really valuable in starting therapeutic relationships with new patients.”
- “U=U has been a huge highlight – this has made such a difference to many of our clients lives”
- “Working with Brigstowe with peer support and workshops, has been really enjoyable coming in and chatting about HIV, services, treatments etc. and has really kept me on my toes!”

Kieran says “I will really miss my colleagues and the service users, it has been really hard telling people that I’m going and the response I’ve had has been so lovely. I’ve never had so many hugs (social distancing allowing!). I am moving up north, hopefully will stay within HIV, but having a new adventure, and will be nearer family and friends.”

GOOD LUCK Kieran we wish you well in your next adventure – from all our clients, volunteers and staff we are so grateful for all your work over the years and will miss you! Keep in touch!



# Welcome to our new Trustee:

Matthew



Matthew joins us as a new Trustee on 1st September. Matthew is passionate about the charity and our vision. Having been diagnosed as HIV positive in 2014, Matthew knows first-hand the importance of community support for people living with HIV. Matthew started his journey with Brigstowe as a Peer Mentor, supporting newly diagnosed people locally. Matthew believes in the importance of connection and community and encouraging conversations about HIV as a way to reduce stigma and prejudice.

Matthew has worked in the health and social care sector across the South West for 17 years and is currently the Patient Experience and Voluntary Services manager at University Hospitals Bristol and Weston NHS Foundation Trust. Matthew brings experience in partnership development, community engagement, strategic planning and volunteering and is really keen to ensure services are inclusive for everyone.

# brigstowe

## Local HIV Services

### Living Well Workshop

Sat 24th September

10am – 4pm

Bristol Central Quaker Meeting House

We will be exploring all aspects of what it means to be living with HIV; U=U, relationships, legal rights and more.

Co-delivered with people living with HIV. Open to both anyone recently diagnosed or those diagnosed for sometime and may benefit from hearing updates. This is a confidential and safe space to talk and learn. Refreshments and lunch provided.



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### Friends and Family Workshop

Sat 12th November

1 – 5pm

Easton Community Centre

This workshop provides a friendly and safe environment for family, friends and partners to learn more about the condition, to ask questions they may otherwise be too afraid to ask and to share experiences.

You will hear from people living with HIV who will share what support they wanted when they shared their diagnosis with a loved one. Refreshments provided.



For more information on these workshops and to book your space please call Brigstowe on: **0117 955 5038** or email directly at: **[info@brigstowe.org](mailto:info@brigstowe.org)**



# Welcome to our new Trustee:



**CAROLE**

Being of Afro Caribbean descent and growing up in Easton Bristol, I attended the local schools and always carried a deep concern and awareness of social injustices and inequalities.

This has motivated me to pursue roles which positioned me to better serve the most vulnerable and disadvantaged groups. This has included working as a primary school teacher and also a social worker, serving as both school governor to four schools consecutively and hospital governor for University Hospitals Bristol NHS Foundation Trust; also as a Bristol Magistrate and Deputy Bench Chairman for all Magistrates across Avon and Somerset and serving as Local elected Councillor and Deputy Lord Mayor. representing as Chair of the Equalities and Communities task and finish group, BME Officer and Women's Officer for the elected Labour Group.

My on going vision is to lay firm foundations, to sow seeds which create a climate and legacy of positive change and improvements that impact future generations to re-address the current societal imbalances and inequalities in our city, including those living with HIV/AIDS. To raise awareness and increase equity and equal life chances across all communities.

# Sexual Health Assessment Needs Survey

The Sexual Health Needs Assessment survey is entirely anonymous and takes 10-15 minutes to complete. The information from the survey will help gain insights into how people use and view sexual health services in the area. The survey is also open to people who have never used sexual health services before and is aimed at both the public and professionals.

The Clinical Commissioning Group (CCG) and councils in Bristol, North Somerset and South Gloucestershire are responsible for making sure that sexual health services are high quality, and the aim of this survey is to learn where and how improvements can be made. Find out more about sexual health services in your area on the CCG website.

**The survey is now live until Sunday 31 July and can be completed online.**

If you would like to access this survey in another format including easy read or a printed copy, please email [sexualhealthsurvey@bristol.gov.uk](mailto:sexualhealthsurvey@bristol.gov.uk)

Please complete the survey yourself and share it with your networks. You can access the survey through scanning this QR Code.



# Farewell to Clare

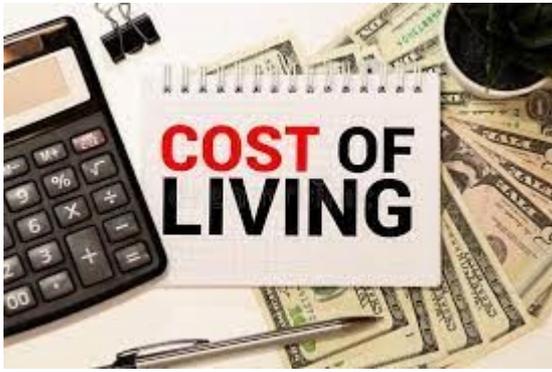
Clare, our wonderful HIV Peer Support Coordinator, is sadly leaving Brigstowe at the end of July. She has been the peer support coordinator of our HIV Peer Support service since October 2018 and my word has she done a lot!



Not only has Clare carried out many successful matches between mentors & mentees, Clare was also responsible for transitioning our peer support service from face-to-face to being digital support during the initial lock down. This meant people who were either newly diagnosed, or struggling with their diagnosis, were able to continue to meet with another person who is also living with HIV. Clare has really enjoyed her time at Brigstowe and says she has learnt so much and is truly inspired by all the mentors she has had the opportunity to work with and supervise.

Clare has taken on a new role at Bristol Refugee Rights where she has also been working part time whilst at Brigstowe. All of us at Brigstowe; staff, mentors & clients wish Clare all the best, we will truly miss her, and know she will be as excellent at Bristol Refugee Rights as she has been with us.

If you're interested in becoming our next HIV Peer Support Coordinator then have a look at our Recruitment page in this newsletter & [our website!](#)



## What are you entitled to?

The cost of living is rising and affects everything, from fuel, utilities, food, goods, and services. The government have put the following schemes in place to ease the impact and you may meet the eligibility criteria for some or all of these.

Everyone will get £400 off their winter fuel bills via the Energy Support Scheme. Official guidance says: Energy suppliers will deliver this support to households with a domestic electricity meter over six months from October. Direct debit and credit customers will have the money credited to their account, while customers with pre-payment meters will have the money applied to their meter or paid via a voucher.

If you are receiving a means-tested benefit - Universal Credit, ESA, Tax Credits you will get a payment of £650 payable in two lump sums. £325 in July, £325 by the end of year.

If you are receiving a disability benefit - such as Personal Independence Payment, Disability Living Allowance or Attendance Allowance you will receive £150.

Pensioners eligible for the winter fuel payment, will get an extra £300 paid on top of their normal winter fuel payment from November 2022.

Be warned, there is a noticeable increase in scammers trying to get personal details from people.

If you are eligible:

- You will **not** need to apply for the payment
- You will **not** need to call DWP
- The payment to you is automatic
- DWP will never ask for personal details by SMS or email

Sources:

<https://www.gov.uk/government/publications/cost-of-living-support/cost-of-living-support-factsheet-26-may-2022>

<https://www.gov.uk/winter-fuel-payment/how-much-youll-get>

If you want advice on how to reduce your utility use you can get advice and assistance through The Centre of Sustainable Energy.

[www.cse.org.uk](http://www.cse.org.uk)



**GAS**



**ELECTRICITY**



**WATER**

# MONKEYPOX

**CAN BE PASSED ON  
THROUGH CLOSE CONTACT  
INCLUDING SEX**

Information accurate at time of publishing.

Source: <https://www.tht.org.uk/news/>

Latest monkeypox information:

- There have been a number of confirmed cases of monkeypox in the UK. Although monkeypox can affect **anyone**, the majority of those cases are among gay and bisexual men.
- Monkeypox is transmitted through close contact, so is likely being passed on during sex rather than sexual transmission.
- **Everyone** is being asked to be aware of the monkeypox symptoms, but it's important gay and bisexual men are alert as it's believed to be transmitting through sexual networks.
- If you have new unexpected or unexplained spots, ulcers or blisters anywhere on your body (including the face and/or genitals) or any of the other symptoms [found here](#), then contact your local sexual health service by phone – not in person – or call 111 for advice.
- Symptoms include fever, headache, muscle aches, backache, swollen glands, chills and exhaustion.
- All calls to your GP, a clinic, 111 or the THT Direct helpline about monkeypox will be treated sensitively and confidentially, but it is important you are tested for monkeypox and cases are found.

There is a lot of mis-information being shared regarding Monkeypox. For more information and or advice please use verified and trusted UK sources.

THT Helpline: 0808 802 1221

<https://www.tht.org.uk/news/monkeypox-uk>

<https://prepster.info/>



**Thank you so much** to all of our wonderful volunteers who marched in the Parade and supported us with our stall at the Bristol Pride event. We loved spending the day with you and appreciated your support!



# Welcome to our new Trustee:



*Jonathan*

Jonathan is originally from Sunderland and has lived in Bristol since 2015. In that time, he has worked as a campaigns assistant and policy advisor for senior local leaders, specialising in adult social care, public health, education and transport. He is passionate about reducing inequality and improving health outcomes across communities.

When not working, Jonathan plays as an enthusiastic but erratic defender for Bristol City Panthers FC – a local LGBTQ+ football club. He has in the past been persuaded to take up running (but only really enjoyed it when raising funds for charities like Brigstowe!).

**We need you!**



Bristol's much-loved running event returns to the city's streets in 2022, and this year it's all about the celebration. The route takes in the vibrant waterfront, follows the beautiful Avon Gorge, and passes iconic landmarks such as Clifton Suspension Bridge.

We have a few remaining running places! They will be allocated on a first come first serve basis.

### **Great Bristol 10k**

**Event date: Sun 25th Sept 2022**

#### **Interested?**

If you want to register your space with Brigstowe, please get in touch with Jane ASAP.

**T: 0117 955 5038**

**E: [janemcgoldrick@brigstowe.org](mailto:janemcgoldrick@brigstowe.org)**



# Welcome to our new Trustee:



**MARK**

Mark Hubbard is an experienced leader, collaborator and strategic thinker. Educated first in science, then in marketing and management he brings professionalism, experience, curiosity and commitment.

Mark works with many social enterprises, community and public organisations, creating, developing and implementing successful strategies, projects and programmes and delivering high impact services to a wide range of clients.

Mark's work has been recognised with a Leadership award.

Key skills: Partnerships/collaboration; Project/programme management; Strategic development; Leadership; Facilitation and group work; Creative solutions.

# Support Brigstowe today!

## 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. Visit [www.brigstowe.org](http://www.brigstowe.org) or call us!



**Facebook/Instagram**– Have a birthday coming up? An easy way of raising money is to add the donation feature on Instagram or start a fundraiser on Facebook asking people to donate for your special day. As an example, Aled last year raised £600 on a birthday fundraiser!



**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



# 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-



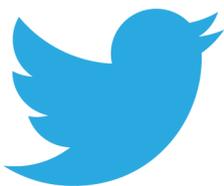
93.2FM between 7-8pm. Missed the show? Don't worry you can catch up either on ShoutOut's website or on ours.

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

## Social Media



**@BrigstoweInfo**



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