



Autumn has arrived!

In this edition we have the wonderful Aisha sharing with us what Black History Month means to her. We also have lots of exciting, upcoming events so please add the dates to your diaries. We would love to see you all there!

Enjoy reading, and we look forward to seeing you soon.

Team Brigstowe x



What's on this Autumn..



19th October

Regional History Talk—Black History Month

M Shed, BS1 4RN

<https://www.bristolmuseums.org.uk/m-shed/whats-on/regional-history-talk-black-history-month-remembering-the-bristol-bus-boycott-campaign-of-1963/>



Book your free ticket using the link above.

25th November

Trans Pride South West Community Day!

The Station, Silver Street, BS1 2AG

<http://tpsw.co.uk/>



Claim your free bus pass on your birthday month



Enjoy free travel on participating bus services on your birthday month.

Anyone from the age of 5 living in the West of England is now eligible to apply for free bus travel on participating services for the month their birthday falls in.

All you have to do is apply at least 7 days before the first day of your birthday month. But you can still apply after that – right up to the 15th, and still get a pass for the rest of that month.

The Birthday Bus Pass will then be delivered to you via post, to use during your birthday month. Don't delay, apply using the link below

<https://travelwest.info/tickets-travelcards/free-bus-travel-on-your-birthday-month/>



October is of course Black History Month and this years global theme is **#salutingoursisters** - this gives us a wonderful opportunity to champion all the excellent women who are a part of the Brigstowe family and so we hand over to our Common Ambition Bristol lead Aisha-monic to tell us what BH means to her.

As a woman of African descent October is always a month that fills me with pride, pride in who I am, in my ancestry, in my work, my life and my ability to continue to make sure that Black communities are at the forefront of the work that I do. Common Ambition Bristol was created to address the inequalities that our community faces in HIV and sexual health. So, it is quite poignant that this year's theme is one of celebrating Black women and their impact on the world. It gives a chance to recognise the women who have silently and not so silently been at the centre of the global HIV epidemic, there are some heavy hitters on that list: Winnie Byanyima, LáDeia Joyce, Bakita Kasadha, Susan Cole-Hayley, Angelina Namiba to name but a few.



Black History month cont'd...

Black women are disproportionately affected by HIV Globally and in the UK. We have the highest number of diagnosed cases in women. We face daily inequalities in medical access, treatment and support. Even with all of the barriers in our way we are at the forefront of championing not just for our rights but for the rights of all, both in the HIV field and beyond. Women of African and Caribbean heritage have long been the least supported, most affected, least cared for and most unheard voices in history. BUT they have also been the strongest, loudest, most consistent and patient voices in history. I am proud to say that I am living the dreams of my ancestors, and I along with all the incredible African and Caribbean heritage women I know, will continue to ensure that our undeniable legacy is championed not just each day in October but each and every day of our lives.

I would like to take this opportunity to give a special outpouring of respect, love and solidarity to all the African and Caribbean heritage women either accessing support, using their voices, or supporting the work of Brigstowe. To you and the phenomenal women involved directly or indirectly with Common Ambition Bristol, I give thanks and praise - without you we would not have achieved all that we have, and we would not be continuing to rise. I salute you – my sista's.

Common Ambition Bristol

If you would like to know more about the work of Common Ambition Bristol head to www.commonambitionbristol.org.uk or search and follow them on all social media platforms.

You can also see the team on Outreach throughout the city or at one of their 2 walk in clinics:

First Thursday of each month 1:30-6:00pm @ Montpelier Health Centre BS6 5PT

Last Thursday of every month 1:30-5:00pm @ Charlotte Keel Medical Practice BS5 6AW





Call for Participants!

- Were you born outside of the UK & EU and are now living in Bristol?
- Do you have stories about trying to access support from charities and the city council?
- Do you want to share your experiences of integrating and trying to make Bristol your home?

The Migrant Integration & Local Welfare System Project, led by Phd student, Ryan Lutz, is researching how the council and charities in Bristol help the integration process. I am looking for any non-EU migrants at any stage of integrating into Bristol who want to fill out a survey and partake in an interview. **As a thank you, vouchers will be offered.** Vouchers will be £8 for those who fill out the survey (for the first 100 respondents) and £20 for those who wish to do an interview.

To learn more please visit <https://spais.onlinesurveys.ac.uk/migrant-integration-lws-survey>, or email me at eg21663@bristol.ac.uk

**LEARNING FROM EXPERIENCE.
STILL BEING PLAYFUL.**

Celebrating Age Festival

A range of activities and events celebrating later life in Bristol

**Get ready for the annual Celebrating Age Festival,
taking place in Bristol from 1st-31st October 2023.**

**This festival is all about promoting ageing well; challenging
stereotypes of ageing, celebrating older voices and offering
new experiences.**

**There will be a variety of free and low-cost events and activities
taking place from musical performances and art exhibitions, to
disco and shared reading groups, and more.**

**You can read the full programme of events on the Age UK
Bristol website, www.ageukbristol.org.uk or request a
printed programme by calling 0117 929 7537.**

0117 929 7537

www.ageukbristol.org.uk



Festival events include:

Monday 2 October, 2-4pm Celebrating Age Concert.

Come and join us to open the 2023 Celebrating Age Festival with uplifting music from the Windrush Choir, Recovery Orchestra and Dhek Bhal Women's Group. **At City Hall, College Green, BS1 5TR. Free.**

Booking essential,

contact comms@ageukbristol.org.uk or 0117 928 1553.

Friday 6 October, 11am-3pm, Eastside Celebrating Age Event.

An event with fun activities such as bingo, dominoes, crafts and weaving. Plus, activities that share knowledge, talents and interests such as a human library, show and tell with entertainment, and food to buy.

Easton Community Centre, Kilburn St, Easton, BS5 6AW. Free.

No booking required.

Saturday 7 October, 2-5pm, My Vintage Rainbow Story.

An event aimed at LGBTQ+ Elders in Bristol (plus invited family & friends), to celebrate the challenges and achievements of the LGBTQ+ community, through the decades. Southville Centre, Beuley Rd, Bristol, BS3 1QG. Optional donation. **Booking essential, contact Ian Quaife at bopf@ageukbristol.org.uk or 0117 9279222.**

Monday 14 October, 12-4pm, Come and Join the Circus!

Connecting together through food, circus skills and fairground fun. Knowle West Healthy Living Centre, Downton Road. BS4 1WH. **Free. Booking essential, contact Kathleen Woodhouse at kathleenwoodhouse@knowlewesthealthpark.co.uk 0117 377 2255.**

Monday 30th October, 2-4pm, Celebrating Age Talent Show.

The Celebrating Age Talent Show will provide a thrilling afternoon of entertainment and refreshments for the later life community. **St Peters Church Hall, The Drive, Henleaze, Bristol BS9 4LD. Cost is £2. Booking essential, contact Amy Wood at community@haroldstephens.co.uk or 0117 363 6212.**

Spotlight on The Peer Partnership



What is The Peer Partnership?

Following the enormous success of our own peer support service for clients living with HIV, we launched The Peer Partnership in November 2020. The aim of the Peer Partnership is to champion the power of peer support to improve the lives of people with long term conditions and offer a sustainable solution that will influence systemic change across the long term conditions sector.

Our Type 2 Diabetes and Long COVID services

In 2020 we developed our mentoring service for people with Type 2 diabetes, in partnership with Sirona Care & Health. In January 2022, we set up our Long COVID peer support service, also working in partnership with Sirona Care & Health to provide peer support groups and workshops. Sadly, the funding for both these services came to an end this year and we had to say goodbye to two of our wonderful staff members, Hope and Denise. We would like to thank them for all of their hard work, they both excelled in their roles in managing and supporting these services.

In 2022/23 Brigstowe supported 141 with long-COVID and 98 people with type 2 diabetes.

“What I’ve taken from this session is that I am not isolated, that others have had their lives impacted, and that good people are helping us.” – Long COVID Workshop Attendee

“Before the mentoring, I ate what I wanted, sugar and everything. [The mentor] has given me guidance on what to eat and what not to eat. I have lost 20kg through walking, being active and eating well. I take no sugar in tea or coffee now. I am aware that I am young, I have a long time to live with diabetes, and now I really understand it. The mentoring has also really helped me with my mental health. I have been isolated, and [the mentor] has helped me get out and into the community.” – Mentee

We want to say a huge thank you to all of our mentors and mentees who made these services a success. It was a pleasure working with you all!



Call for participants

Are you an older person (approximately 60+) and identify as **LGBTQ+**?

Have you had contact from adult social care in England?

Please participate in our project!

If you:

- identify as lesbian, gay, bisexual, transgender, queer, or another gender or sexual minority (LGBTQ+) and are over 60 years old
- had contact with adult social care (including as a carer of an older LGBTQ+ person)

We are interested in interviewing you!

You can help us to better understand the social care experiences of older lesbian, gay, bisexual, trans, and queer (LGBTQ+) adults.

If you would like to participate in an individual interview at a location of your choice, please get in touch with Dora Jandric on djandric@bham.ac.uk or on 07521207427

For more information about the study, please visit
www.birmingham.ac.uk/loasca

You will receive a £20 voucher as a token of appreciation for taking part.

Advice Drop Ins

St Pauls Advice Centre - Somali Youth Voice - Cost of living drop in - Every Tuesday from 12.30pm - 2.30pm

St Pauls Advice Centre - Debt advice - 2nd Tuesday of the month 10 – 12pm

St Pauls Advice Centre - Welfare advice - 4th Tuesday of the month 10 – 12pm

Housing Matters (CHAS) - Housing advice - 1st and 3rd Tuesday of the month 10 - 12pm

Citizens Advice Bureau - cost of living advice and general advice - every Thursday 1 - 3pm

Easton Community Centre - IT support drop in - every Friday 12.30 - 2.30pm



HIV Awareness Training

Brigstowe's HIV Awareness Training empowers professionals with the skills and knowledge they need to work confidently with people living with, affected by or at risk of HIV.

Sessions will:

- Clarify the definitions and differences between HIV & AIDS.
- Explain HIV prevention and transmission.
- Provide up-to-date information on treatment.
- Explore stigma and prejudice.
- Outline testing services.
- Inform participants of support available.
- Promote best practice when working with a person living or affected by HIV.

"Such clear, concise & informative training"

(training participant)

All sessions will include a guest speaker living with HIV who will share their experience in order to help trainees better understand what it is like to live with HIV. Resources and ribbons are also provided for participants to take away.

For more information on costs, how to book & anything else please get in touch.

Brigstowe has been providing support for people living with HIV in the Bristol & surrounding areas since 1996.



For more information scan



Easton Community Centre
Kilburn Street
Bristol, BS5 6AW

0117 9555 038
info@brigstowe.org
www.brigstowe.org

Facebook @BrigstoweInfo
Twitter @BrigstoweInfo
Instagram @Brigstowe

Southmead Hospital research study

Southmead Hospital is recruiting for a new research study for patients currently taking an HIV medication called **Biktarvy**.

Duration of study: 2 years & 2 months.

For: Patients seen at Southmead Hospital, Clinical Research Dept. and/or Gate 36.

Requirement: Patients need to have been on Biktarvy for **3 months** when they come in for their screening visit and will be required to attend the hospital approximately once every 3 months.

Reimbursement: Patients will receive reimbursement from the study sponsors (not NHS or NBT) to cover the inconvenience and their time - £75 for the screening visit and £50 for all subsequent visits.

Total number of planned study visits: 11 (plus any necessary unscheduled visits).

DEXA scans (bone density scans): Patients will get 3 scans during the study (at the beginning, then at 12 and 24 months) to assess their bone density. These are not routinely available to patients and are used to assess for conditions such as osteoporosis or the risk of fracture. Scans will be performed by a trained technician. The patient will be fully clothed and required to lay still on a hospital couch for approximately 30 minutes.

If you are interested in taking part in the study, please get in touch with Louise & Gosia, the Research Nurse Team at Southmead's Clinical Research Centre: **Louise:** Louise.Jennings@nbt.nhs.uk, **Gosia:** Malgorzata.Slowinska@nbt.nhs.uk, Tel: 0117 414 8133.

The deadline to sign up is 30th November 2023, but this may be extended if study numbers still need to be reached.



World AIDS Day 1st December

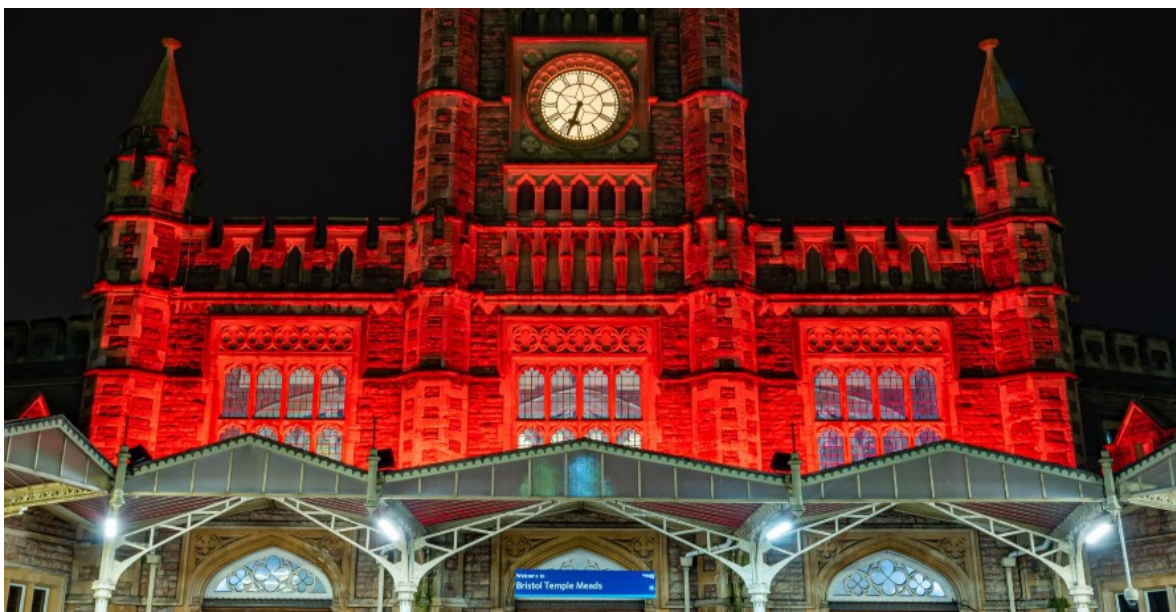


We have some more important dates for your diaries. Please email info@brigstowe.org for more information on any of the events or call us on 0117 955 5038.

Monday 20th November – 6.30pm – Hamilton House – Our Stories Told By Us. Join 2 of the authors from the first book of its kind to explore the contribution African individuals and communities have made to the fight against HIV.

Wednesday 22nd November – 12 -12.30pm – City Hall – Red Ribbon Flag Raising with The Mayor.

Friday 1st December – 6.30pm - 8pm – St. James Priory – World AIDS Day Remembrance Vigil





positive
FAITH

Please join us for an hour of prayer and sharing on **Sunday 3rd December** to mark **World AIDS Day**.

This Service will take place **online** and it will mark the third and final event of CAPS & *PositiveFaith*'s 20th anniversary year.

Our World AIDS Day service will be an opportunity for all of the people connected in some way to CAPS, the Church, or the HIV & healthcare sector to come together and share their experiences and thoughts.

With contributions from CAPS members, theologians & clergy, healthcare professionals & other speakers, this year's service promises to be as interesting as it will be prayerful and spiritually uplifting.

If you would like to join us for this 20th year celebratory event, please book your space now by clicking on the link below. **Everyone is welcome!**

<https://www.eventbrite.com/e/world-aids-day-online-service-tickets-615922941097>



Client Christmas Party



Wednesday 13th December

The Harbourside Pavillion

We invite you, your partner or significant friend and children to our annual gathering to celebrate Christmas and enjoy a social time together. There will be festive food, games for adults and children, a raffle and lots more!



The **Harbourside Pavillion** is on the waterfront of the harbour, to the side of the Lloyds Amphitheatre – if you were to walk from Millennium Square away from the mirrored globe towards the water, you would

walk across the amphitheatre with the building on your right, to the end of the Lloyds building where you can see the end of a smaller building in front of you. Make your way to the back of this building, away from the waterfront. It's above a restaurant called Spitfire Barbecue. A member of staff will be greeting people at the entrance.



Client Christmas Party Cont'd



If you're driving to the Pavilion, please be aware that the venue is within Bristol's Clean Air Zone.

You can check whether you need to pay this charge here: <https://www.bristol.gov.uk/residents/streets-travel/bristols-caz/charges-and-vehicle-checker>

If you're driving and you'll need a disabled parking space, please call the office in advance and we will help.

Please ring Brigstowe on 0117 9555 038 to reserve your space. We look forward to seeing you there!



**A picture of the entrance to
The Pavillion**

**The Harbourside Pavillion,
1 Hannover Quay,
Bristol,
BS1 5JE**

Easton Community Centre Room Hire

Easton Community Centre offers a range of affordable and flexible facilities for you to hire at great hourly rates.

They welcome meetings, conferences, group classes, birthday parties, socials and all kinds of get-togethers!

Please see some images below of the spaces for hire at Easton Community Centre, Kilburn Street, Bristol, BS5 6AW.

MAIN HALL



ACTIVITY ROOM



FOYER + CAFE AREA



For all queries, please call **0117 9541 409** or email contact@upourstreet.org.uk.

You can find all the details online at:

www.eastsidecommunitytrust.org.uk/our-places/venue-hire/.

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