



Welcome to our Autumn newsletter, in which we are celebrating 30 years of Brigstowe!!!

What a milestone! We've shared some highlights from the last 30 years over the following pages for you to read about and enjoy.

We've also been providing HIV peer support for 10 years, and it's been 5 years since we created our sister brand, The Peer Partnership, to spread our peer support model far and wide across the UK!

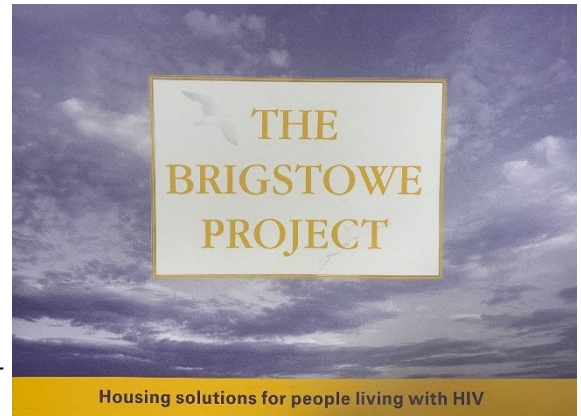
So there's lots to celebrate in this edition. We want to thank all of you for being a part of our journey and helping us carry out the work we do.

Team Brigstowe x



Brigstowe grew out of the 'Bristol HIV & Housing Group', which was comprised of representatives from Bristol City Council Social Services HIV Team & Housing Department, Avon Health, Bristol Churches Housing Association, Bristol Drugs Project and the Aled Richards Trust. The group's aim was to identify and plan for the housing needs of people living with HIV in the area.

In the early 1990s, following a research report commissioned by the group, Bristol Churches Housing Association obtained capital funding to build 8 new purpose-built houses on scattered sites. A development worker was appointed in 1994. After consultation with local people living with HIV, who expressed a strong preference for independent, HIV-specific housing management, The Brigstowe Project registered as a charitable company in 1995. Until March 2010, we managed 12 properties owned by Places for People; this ceased in April 2010, although we still hold nomination rights.



Our charity has changed dramatically over the last 30 years, developing our services to meet the changing needs of people living with HIV, always in consultation with the local community. One very clear evolution is that our early literature never showed people's faces due to the impact of stigma and discrimination, which starkly compares with our



2024 billboard campaign, where our six 'models' proudly showed their faces as part of the campaign, with the tagline **'People taking HIV medication CANNOT pass on the virus'.**

The landscape of HIV has changed dramatically in the past 30 years, not least due to advancements in medication, but sadly, stigma and discrimination still remain, so we continue to educate, campaign and fight against stigma and discrimination.

"Sometimes we have ups and downs and don't know who to turn to, but Brigstowe are sympathetic and they have emotional support that changes things, I can always call." – Support Service Client





Some memories from the past 30 years...

- ◆ An annual client trip away when there was holiday specific funding available via social services



- ◆ Our annual Pride march is always a riot of colour and an occasion for joy



- ◆ We won the GSK Impact Award in 2022, awarded to charities doing excellent work to improve people's health and wellbeing



- ◆ In 2025, we were awarded the Shout Out Radio Listener's Awards for Best Support Organisation

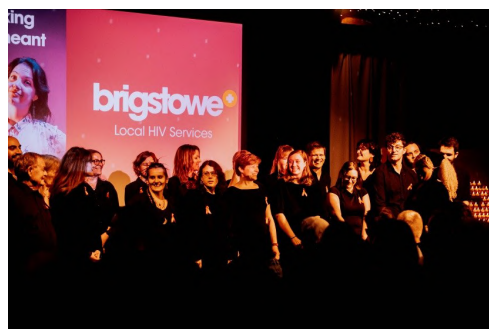


- ◆ Our 25th anniversary in 2022 was a well-attended celebration event with a panel discussion and entertainment





- ◆ **World AIDS Day** is on 1st December every year, and our annual campaign is forever shifting and changing
- ◆ In the past, we've worked with partners to get buildings in Bristol lit up red to signify the iconic red ribbon, the international symbol for HIV/AIDS awareness and support for people living with the virus
- ◆ We hold a vigil to remember those lost since the start of the epidemic
- ◆ Our celebration event is a chance to hear latest developments, personal stories and enjoy some uplifting entertainment
- ◆ Our incredible volunteers, clients and staff always pull out the stops to make this a night to remember!



Continue reading for details of our upcoming World AIDS Day 2025 programme of events... !!



World AIDS Day 2025

Monday 24th November to Sunday 7th December

Anti Stigma Digital Campaign - 'There's more to me than HIV'

The campaign will be running for two weeks, so watch out for our fabulous volunteers and their messaging on Facebook and Instagram adverts, plus at bus stops in Bristol and South Gloucestershire and libraries in North Somerset and South Gloucestershire!



Saturday 29th November - World AIDS Day Remembrance Vigil and Celebration at the Watershed

5.15-6:00pm - Vigil: to honour those we've lost and their loved ones, and to show support and solidarity with people living with and affected by HIV today.

www.eventbrite.co.uk/e/world-aids-day-remembrance-vigil-tickets-1856663764299



6.00-8:45pm - Celebration: A glorious mix of music, speakers and community with complementary wine, juice and nibbles.

A huge **THANK YOU** to the **Bank Tavern** for supplying the refreshments for the celebration.

www.eventbrite.co.uk/e/world-aids-day-celebration-2025-tickets-1854463463139

Both the Vigil and Celebration are free to attend. Please use the links above to access our Eventbrite booking pages. If you are coming to both events, please book a ticket for each.



**Monday 1st December - Red Ribbon Flag Raising
10am outside City Hall in Bristol**

After the flag raising we'll go inside for tea and biscuits!! All are welcome!!

Also, City Hall will be lit up red during the hours of darkness on 1st December.



World AIDS Day 2025

**Tuesday 2nd December - Free HIV Awareness Training
10am – midday at the Brigstowe office**

As part of Brigstowe's World AIDS Day programme, we are offering a FREE HIV Awareness Training session for up to 15 people. The session is aimed primarily at professionals who work with people - particularly in health, social care, and support settings. Preferably one person per organisation.

Book your free space on Eventbrite using the link below:

www.eventbrite.co.uk/e/hiv-awareness-training-tickets-1851377894119



**PROUD Bristol's fundraiser for Brigstowe
Tuesday 25th November, 5:30pm, Osborne
Clarke, Halo, Counterslip, BS1 6AJ**

THANK YOU to PROUD Bristol, an LGBT network for professionals working in or around Bristol, who are hosting a Charity Fundraising Quiz to raise funds for Brigstowe!

Book your space via this link:

<https://tinyurl.com/2pe7xpaq>

DTYM Fundraiser

Saturday 29th November, 9pm – 2am, Wake the Tiger

DTYM is a monthly LGBTQ+FRIENDS night in Bristol. They are hosting a fabulous Brigstowe fundraiser this year at Wake the Tiger! **THANK YOU** to DTYM for organising this on our behalf! You can find the flyer overleaf or visit Headfirst to book your place:

www.headfirstbristol.co.uk/whats-on/wake-the-tiger/sat-29-nov-dtym-world-aids-day-fundraiser-139400

PLUS there's a really exciting special guest to be announced for the night; check their Instagram account for updates!!

www.instagram.com/clubdtym/

And finally, a huge **THANK YOU** to the School of Civil, Aerospace and Design Engineering at the **University of Bristol** who have organised a charity scavenger hunt to raise funds for us as well as hand out red ribbons and raise awareness!

QUEER POP LGBTQ+ FRIENDS club night @

THE OUTERVERSE

**9PM-
2AM**



**FUNDRAISER
FUNDRAISER
FUNDRAISER
FUNDRAISER
FUNDRAISER**

**WAKE
THE
TIGER**



29.11.25



TICKETS AVAILABLE ON
HEADFIRST
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TICKETS FROM £20

Welcome



Hi, I'm Chris. I volunteer a couple of days each week in reception helping with calls/emails but most importantly welcoming people who visit the Brigstowe office. I tend to work on a Tuesday and Thursday so we may well meet if you visit on these days. I am originally from Hampshire and I worked in insurance for many years. In 2024, I decided to make big changes and relocated to Bristol and am taking some time out of paid work. I live in Kingswood with some housemates, but I am still relatively new to Bristol so feel free to send me any recommendations on things to do/places to visit (particularly restaurants – I love food!). I previously did a lot of work with a calculator at home, alone and I really wanted to get out more and also do something that really helps people – which is why I landed here at Brigstowe! I love what Brigstowe stands for and does and I am thrilled I am involved 😊



Hello, my name is Julia. I am an Engagement Support Worker. I have been working for Brigstowe since July, and I am loving every minute of it! My days working for Brigstowe are never the same and I am being led by my clients' day to day needs and aspirations. I am also trying to bring down the barriers for them to access the treatment they need. This could be from managing medication to attending the clinic in Southmead Hospital to supporting someone to open a bank account.

I am from Spain and came to this country when I finished university, aged 23, planning to stay three months before starting a PhD in Madrid. This is now over 30 years ago! Wonder where time goes! I have been working in the Voluntary and Community sector, and based in Bristol since 1998, in a wide variety of roles community based, both as an employee and as a volunteer. I have worked as a practitioner since the start of my career with people with complex/multiple needs and realised that many people with one or more needs have experience of trauma and are more likely to come into contact with services. I would like to say that my hobbies are very extreme and unusual, but truth to be told, I just like reading and socialising with my friends and taking part in causes I feel passionate about.

I am so looking forward to meeting you all at some point. I am sure of it. Love and peace 😊

Welcome



Hi, I'm Kate. I am the new Peer Mentoring Coordinator, having joined the team at the end of July.

I have a genuine passion for Peer Support and its transformative power, and I come to Brigstowe with 15 years of experience in developing and leading on Peer Support projects. I have a background in Peer Support in mental health services, having worked for Oxfordshire Mind where I developed and established a countywide peer volunteering programme supporting a network of Peer Support groups. After returning to my hometown of Bristol, I worked for Second Step, where I was part of a team leading on the introduction of Peer Workers into NHS mental health services.

Most recently, I have spent the last six years with Victim Support as the Training and Development lead for the Peer Support element of the National Homicide Service. I

designed, developed and delivered training to peer supporters bereaved by homicide. I also led on reflective practice sessions, as well as coordinating one-to-one mentoring matches and supporting volunteers to deliver online and in-person Peer Support groups.

In my free time I love being in nature, amongst trees and next to rivers and canals. I am also an amateur artist so can often be found in my home studio painting, drawing or working on multi-media collages. One of my proudest moments was having one of my pieces featured as part of an exhibition at Paintworks. I live in Bristol with my husband and our elderly cat. We enjoy eating out, visiting National Trust gardens, and Cornish holidays, but also enjoy a cheeky takeaway whilst binge watching the latest Netflix series.

Everyone at Brigstowe has been super friendly and welcoming, helping me to feel very much 'at home' very quickly. I'm really excited about working here, contributing to Brigstowe's work and supporting the amazing team of Peer Mentors.

Brigstowe has been delivering peer support for 10 years now, and we're very happy to welcome Kate as our new Coordinator. To give you a flavour of what the service does, here's a quote from a recent mentee on what improvements and changes they've experienced in their life since accessing mentoring:

"I think a lot of changes, I can do anything without fear. I don't need to hold myself back. I feel I learned about eating healthily and how to socialise with others. And if I want to share my status with a friend or with a partner, I now know how I might go about it. I feel confident now that I can have kids and can even have a partner who is negative. I can lead a normal life and I didn't quite understand this before." – Peer Support Mentee



Brigstowe's Client Christmas Party!!!!!!
Thursday 18th December 2025, 4:30 to 6:30pm,
Easton Community Centre, Kilburn Street, BS5 6AW

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 delicious food, games for adults and children, a raffle, and lots more fun.

This event is free of charge and fully wheelchair accessible.

Please ring Brigstowe on 0117 955 5038 to reserve your space.



Scam Alert: Winter Fuel Allowance

A text scam about claiming the winter fuel allowance has been doing the rounds recently. These texts encourage recipients to click a link to apply for the allowance as they have been identified as eligible. They often impose an upcoming deadline to scare people into clicking without thinking.

In reality, anyone entitled should receive the allowance automatically and if they have questions they should contact the DWP directly through their official channels or the Support Services at Brigstowe.



HomeChoice Bristol

HomeChoice Bristol are making some changes to the way they operate, and a major change is that every HomeChoice account will need to have an email address associated with it.

If you have a live HomeChoice account, and do not have an e-mail address, please contact your support worker for support in setting one up. Or if you don't have a support worker at the moment, please call the office on 0117 955 5038 or email info@brigstowe.org to request some help!



Please rate our office space!

We would really value your feedback on our office space, which we moved into in April 2024. **Please follow the QR code or link provided below** and take just a few minutes to give us your honest opinions on the space and any ideas for how we can make it more welcoming.

Thank you!



<https://tinyurl.com/5n7brub9>

Ways to support us

There are many ways that you can support Brigstowe with its fundraising efforts – your creativity and determination can help us! So **get in touch** at info@brigstowe.org or on **0117 955 5038** if you are keen to help out. We can support you by providing fundraising equipment and helping you spread the word on social media.

Here are some fundraising ideas!

- ♥ **Host a charity dinner party**
- ♥ **Do a sponsored swim/walk/run/etc.**
- ♥ **Hold a gig/quiz night/club night with proceeds going to Brigstowe**
- ♥ **Arrange a 'wear red' day at work for World AIDS Day on 1st December**
- ♥ **Set up a Facebook Birthday Fundraiser for your next birthday, choosing Brigstowe as your nominated charity**

Run in our flagship event, the Great Bristol Run

Fancy a challenge in 2026? Why not join Team Brigstowe and run 10 kilometres or a half marathon in our flagship event, the Great Bristol Run, taking place on **Sunday 10th May 2026**.

To join, we ask you to pay an entry fee (which we can waive for anyone who needs it) and we set a reasonable fundraising target of £200 plus give you advice and support to reach it. It's a great day out! The atmosphere is electric, and you get to run past some iconic sights in the city centre!

Email us at info@brigstowe.org to sign up!



You spend, brands donate.

Sign up to easyfundraising to easily raise funds for Brigstowe just by doing your shopping. There are lots of

brands included, such as **Amazon, Etsy, eBay, M&S and Argos**. It's easy to do and there's no extra cost to you.

Follow this link for more information: www.easyfundraising.org.uk

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<https://x.com/brigstoweinfo>

@BrigstoweInfo

Donate



Become a Friend of Brigstowe

Everyone needs friends and we at Brigstowe are no different.

Just £10 a month (the price of a cup of coffee a week) could be used to provide transport costs to one of our most destitute clients to access community services.

To donate please visit:

www.brigstowe.org/donate

Support people living with HIV and help raise awareness of HIV in Bristol by making a regular monthly donation to Brigstowe.



Brigstowe has been delivering specialist HIV support services in Bristol, North Somerset and South Gloucestershire for 30 years, and we don't want to stop now. We need your support to ensure that people living with HIV can access the help they need.

Giving regularly means that we can carry on working to achieve our vision: a world in which people living with HIV live long, healthy lives, free from stigma, discrimination and poverty.

Any amount you can give will make a huge difference to us. Become a **Friend of Brigstowe** today by visiting this link: www.brigstowe.org/donate