



It's Pride Month!

It has been baking hot recently and we're getting ready to fire on all cylinders this summer!

This edition celebrates Pride Month and has all the details of Bristol's epic Pride celebrations.

This edition also includes a feature about **Volunteers' Week**, a final call for our Summer Celebration, upcoming training at Brigstowe, and details on how you can raise funds for Brigstowe while you shop!

Enjoy, and thanks for reading,
Team Brigstowe x

Why do we need Pride Month?

At its best, **Pride** month honours the LGBTQ+ members who risked their lives, lost their lives, and endured a lifetime of suffering in the hopes that one day their community would be treated with the dignity and respect that every human deserves. **Pride** is a call to action; it narrows the collective attention on the most pressing needs of the LGBTQ+



community and provides a resurgence of determination to fight for a better tomorrow. **Pride** is a time for radical queer joy, an opportunity to be encompassed by community members and allies so that, for even a moment, we can take a breath from the perpetual violence and breathe in a wave of hope, relief, and celebration.

It's no longer illegal to be LGBTQ+, nor is it classed as a mental health disorder (since 1992), and the Equalities Act 2010 protects some, though not all, of the LGBTQ+ community against discrimination. Same-sex marriage and LGBTQ+ adoption is legal. Section 28 was repealed, and local authorities can talk about LGBTQ+ lives. In the 2021 census, LGBTQ+ people could self-identify for the first time. We have made major strides in terms of rights. However, we still face many challenges, and rights that have been hard fought for can be taken away, as we have seen in the USA with the barrage of anti-LGBTQ+ legislation in



many states. In Europe, anti-LGBTQ+ laws have been passed in Russia and Hungary, as well as in Africa, most recently in Uganda.

In the UK, we have seen our ranking in terms of LGBTQ+ rights slip in the European rankings accessed by ILGA-Europe. Conversion therapy is still legal, and LGBTQ+ hate crime has increased, as have attacks on education being inclusive of LGBTQ+ lives. Most worryingly, we have seen continued attacks on the transgender and non-binary communities and a return to rhetoric last seen in the 1980s to justify Section 28. It's fair to say that for many LGBTQ+ people, we are exhausted, frustrated at having our lives debated, and concerned as to where this may lead.

Bristol Pride Parade

Saturday 8th July 2023, Castle Park

Bristol Pride is only a few weeks away - padam!

We're looking for more people to join the Brigstowe team at the Pride Parade! If you want to bring children/friends/loved ones/pets, please feel free - the more the merrier! Flags, banners and whistles will be available, of course.

Our lovely HIV Peer Mentor Coordinator, Tash, will be coordinating on the day, so please arrive at the bandstand in Castle Park around **10 am** ready to start marching from 10:45 am. The parade will take at least an hour and travels from Castle Park to Millennium Square.

Please email info@brigstowe.org now to sign up!



Bristol Pride - The Festival

After the Parade, Bristol Pride moves to The Downs to carry on the celebrations. A full festival with over five stages, a Youth Area, Family Area and Community Area, there is lots to do for everyone.

Acts include Jake Shears from Scissor Sisters, Natalie Imbruglia, Ra' Jah O'Hara, Tia Kofi from Ru Paul's Drag Race, and many more.



Brigstowe will be in the Community Area, so please pop down to say hi and help us spread the word that **U=U!**

Pride is still a donation entry festival, ensuring people from any background can attend. If you can, please purchase a supporter wristband starting from **£7**. It offers discounts on food and drink, a dedicated entry gate, and FREE BUS TRAVEL all Pride Day.

Visit www.bristolpride.co.uk/wristbands/ to get yours!

Brigstowe's Summer Celebration!

Wednesday 5th July 2023

9:45 am - 3 pm

**Chantry Community and Arts Centre,
52 Castle Street, Thornbury, BS35 1HB**

Would you like to attend Brigstowe's annual celebration event for clients, volunteers and staff? Please call us on 0117 9555 038 or email info@brigstowe.org by **Monday 26th June** if you'd like to register your place.

The event is held in the award-winning gardens of the Chantry Community and Arts Centre. It is a day of relaxing with entertainment and a luxurious lunch.

This event is free of charge and fully wheelchair accessible. We will be providing travel to and from the venue, so meet us at Easton Community Centre, Kilburn Street, BS5 6AW, at 9.45 am. We will return there at about 3 pm.



Boundaries in the VCSE Workplace training

Tuesday 1st August, 9:30 am - 1:30 pm

With the cost of living crisis, many organisations have experienced a greater number of people attending their centres and services, and those visiting often come with more complex circumstances than we can manage. This can have a significant impact on us as service providers.

Professional and personal boundaries are key to keeping service-users, staff, and organisations safe, effective, and professional. They help us to utilise our skills in the most appropriate ways within our professional roles and ensure consistency of service and management of the expectation of service-users.

This workshop is designed to support staff and organisations in voluntary, community, and social enterprises (VCSEs) to consider, plan, and implement personal and professional boundaries in the workplace.

Participants will not require any prior knowledge of boundaries to participate. There will be a maximum of 15 participants per workshop to allow for meaningful engagement.

“Excellent Training. Some of the best I’ve been on for a long time.”

“Loved the discussions. I’ve got more understanding on how different team members feel about dealing with different visitors, and how to put boundaries in place.”

To find out more about the training and register your place, please visit our Eventbrite page:

www.eventbrite.co.uk/e/boundaries-in-the-vcse-workplace-tickets-650716609897.

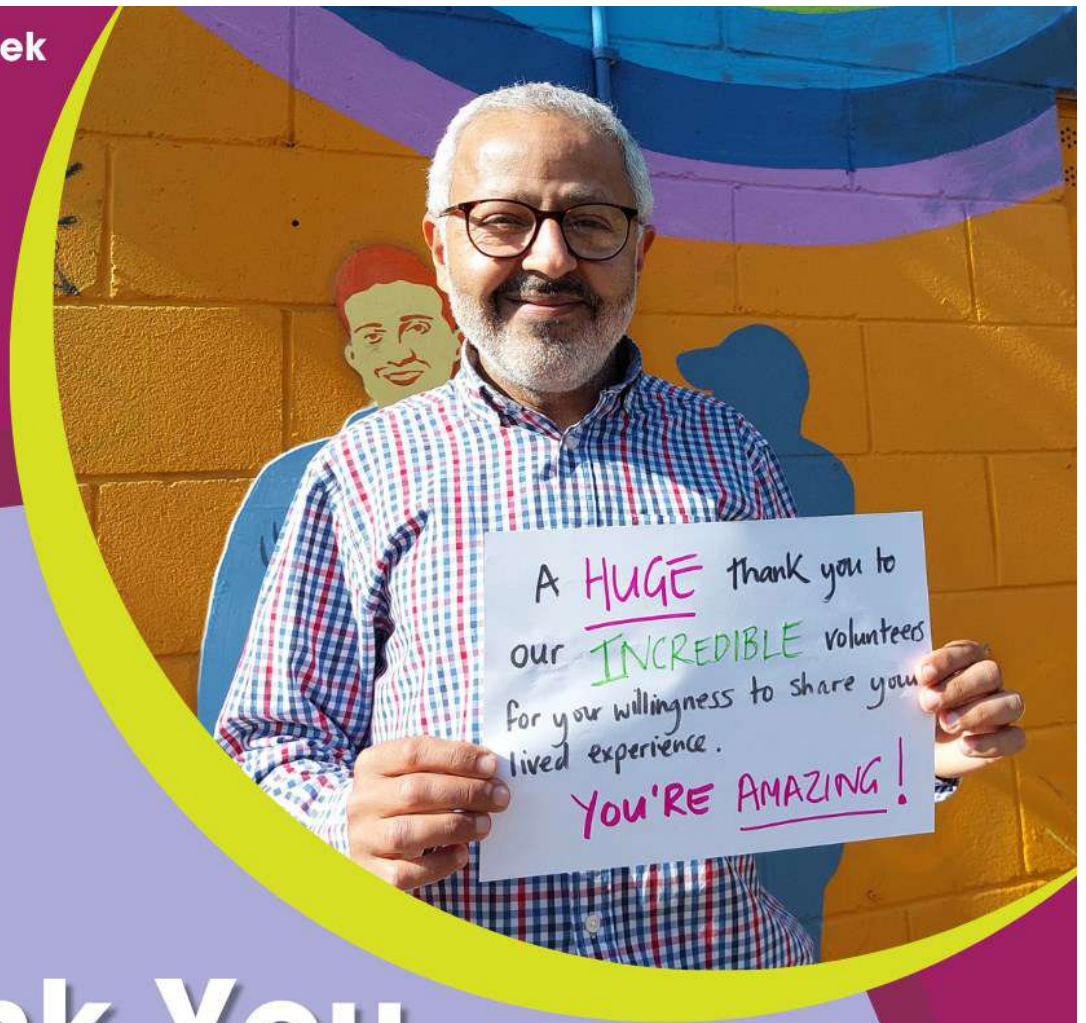
If you'd like to arrange a session specifically for your organisation, please call us on **0117 9555 038** or visit www.peerpartnership.org.

Volunteers' Week

1st to 7th June 2023

Volunteers' Week is an important time for us because it's an opportunity to show our incredible volunteers how thankful we are for their endless love, care, commitment, time, energy, and enthusiasm. Without them, we would be nothing, and we can't say thank you enough.

#VolunteersWeek



Thank You

brigstowe+
positive change together

In recognition of Volunteers' Week, we asked our HIV Peer Mentors if they might like to write a story about mentoring. Over the next few pages, you can read stories from two of our longstanding volunteers about what mentoring means to them.

What mentoring means to me...

When I received my HIV diagnosis, I was a full-time carer for a parent who had cancer, and we were living in Somerset.

I myself became very ill over many months between 2002-2003, and after hospital treatment for complex conditions, I received an HIV diagnosis. Unfortunately there was no meaningful support for me or my parent apart from being advised to take meds and get on with life.

We decided to return to Bristol, which we did in 2004.

After my parent passed in 2006, I found myself on my own for perhaps the first time in a long time, and life appeared very scary and bleak.

I needed help and support, and a friend pointed me in the direction of Brigstowe, so I asked them for help. They were there in a heartbeat and began supporting me in so many ways, and it was the beginning of a very long period of recovery for me.

What mentoring means to me... (cont.)

I began volunteering in around 2009, and apart from a couple of breaks for health issues; I still am.

For myself, I think mentoring is what I really want to do. I certainly know that it's something that would have worked for me way back then.

I volunteer with lots of beautiful, funny, and talented people who have incredible compassion for many vulnerable people.

Volunteering is a great way to help others, yourself, and to carry on learning.

Thank you Brigstowe for being there!



What mentoring means to me...

Do you remember back in the dark ages when they had the TV campaign 'Don't die of ignorance'? I was a student, just back from my gap year in Africa, full of new found confidence. Then for me came the devastating diagnosis, it was something of an event at the BRI and my notes were kept in a manilla folder with a gold star on it.

I became retiring, hiding away, expecting to die at some point - in a holding pattern. Life found its own way of happening, though. I went running and worked reasonably well for five years. I knew I needed support though, and I called the Aled Richard Trust from a payphone. I was paranoid so one of the team members agreed to meet me in some allotments.

I started going to a weekly group there, it really helped to talk. Only myself and one other chap were hetero, I guess, we were a minority in a minority, but we were accepted.

We were all expecting to succumb, but it was particularly sad when one guy had his house repossessed beforehand - he already had KS. In those days there was a buddy system, so you didn't take that road alone. Then the new drugs came along, just in time for me, just in time. Years of good health later, that kind of buddying is a thing of the past.

What mentoring means to me... (cont.)

I'm mentoring with Brigstowe, and mentoring for me is about dealing with the lingering 'self stigma', and being 'more alive'!

For me, the mentor training and meeting people at Brigstowe is really helpful - sometimes certain moments or words stick: I remember Lauren talking about a mentee 'finding their Sass' at last - this is what we're trying to do! Sometimes mentees find their Sass midway through the mentoring and you don't see them again!

I also remember the peaceful lighting of candles with Brigstowe in St James' Priory. It was right at the end of Brigstowe's intense campaign week around World AIDS Day. Aled was exhausted by this point, and Lauren had to tell him to take a rest. It's moving to remember those we've lost, but also moving to see those real troopers today like Aled who tackle prejudice and stigma head on. Thanks to this kind of courage, we've come a long way.

I'm not so courageous, but I no longer need to meet people in allotments!

Our heartfelt thanks go to our volunteers for sharing, and to all of our volunteers who keep the cogs whirring at Brigstowe and keep changing lives every day. You are amazing xx

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.

brigstowe⁺
Local HIV Services



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 3rd August 2023, but this may be extended if study numbers still need to be reached.



Brigstowe is registered with **easyfundraising**, which means you can raise FREE donations for us with your everyday shopping. Over 7,000 brands will donate to us when you shop with them – at no extra cost to yourself!

You can use their website or app, and you can install a Donation Reminder on your browser or app to prompt you when brands are offering donations. These donations mount up and make a BIG difference, so we'd appreciate it if you could take a moment to sign up.

Plus, register before the end of June and we could win an extra £500 donation! The more new sign ups we get, the more chances we have to win!

It's completely FREE to sign up and support our cause. Please visit the link below to set up your account:
www.easyfundraising.org.uk/causes/brigstowe/



Turn your weekly shopping into big donations



Great Bristol Run 2023



Thank you to our 10k and half marathon runners who were brilliant and raised **£4,376** for Brigstowe!



And thank you to **Burges Salmon** who sponsored our vests; we couldn't have done it without you.



Do you want to run next year? If you're super keen, register your interest now by emailing us at info@brigstowe.org - we'd love you to join in the fun!

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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