



Grab a mince pie and have a quick break to read our **Christmas Newsletter**, which includes all the information you need to know this festive period, including Brigstowe's and the HIV Clinic's opening hours, and some useful numbers for when we're closed.

Wishing you joy and happiness this festive season and a great New Year.

See you in 2024,
Team Brigstowe x



Brigstowe Opening Times

Please find below the Brigstowe office opening hours over Christmas and New Year. We will have at least 2 staff members in the office on the days we are open.

Easton Community Centre will be closed to the public from 23rd December and will reopen on 3rd January 2024. **During this period, all clients and visitors should ring the office on 0117 9555038 to be let into the building.**

Monday 18th to Thursday 21st December

Open 9am - 5pm

Friday 22nd December

Open 9am - 4 pm

Monday 25th December (Bank Holiday)

CLOSED

Tuesday 26th December (Bank Holiday)

CLOSED

Wednesday 27th and Thursday 28th December

Open 9am - 5pm

Friday 29th December

Open 9am - 4 pm

Monday 1st January 2024 (Bank Holiday)

CLOSED

Tuesday 2nd January 2023

Open As Usual



HIV Clinic Opening Times

Christmas day 25th Dec (Bank Holiday) - CLOSED

Tuesday 26th Dec (Bank Holiday) - CLOSED

Monday 1st January (Bank Holiday) - CLOSED

During this time, patients can contact the clinic nurses
via Brecon.nurses@nhs.net or leave a message on
01174146400

Southmead Pharmacy

Sat 23rd & Christmas Eve (24th December) -

Open 10am to 4pm

Christmas Day (25th December) - Open 10am to 1pm

Boxing Day (26th December) - Open 9am to 4pm

30th Dec, New Year's Eve & New Year's Day -

Open 9am to 4pm

All normal weekdays - Open 9am to 6pm



Other Support Available

Brigstowe is not a crisis service and we have limited opening hours, however, we understand that Christmas can be a difficult time. If you have an emergency or need someone to talk to, there is help available over the Christmas period.

Below is a list of organisations who can provide support:

Samaritans 24-hour helpline (to talk about anything difficult): **call 116 123**

Social Services Helplines (Connecting Care): **call 0800 073 0907 or 0117 900 2655**

Bristol Mental Health Crisis Line: **call 0300 555 0334**

Bristol City Council Homelessness and Housing Advice:
call 0117 352 6800



SAVE THE DATE

Have your say at our next AGM!



Date: 24th January 2024

Location: DAC Beachcroft Offices,
Portwall Place, Portwall Ln, Redcliffe,
Bristol, BS1 6NA

5.30pm arrival for a 6pm start

If you're interested in attending please email
info@brigstowe.org

BEN: Getting ready for winter

Our friends and Community Climate Action partners at Bristol Energy Network (BEN) have put together this handy guide as a reminder about what to do this winter to reduce energy bills and energy usage.



The Energy Price Cap (the amount of money that a company can charge you for electricity and gas) has fallen which is good news but last year we were paying an artificially lower amount for our energy because the government put protections in place for householders. And this year we're not going to get the £400 (£67/month) energy support we got last year.



In the end, bills will be slightly cheaper, however, it will still be an expensive winter.

If you use prepayment meters and haven't topped up much over the summer, the standing charge will come off in one go when you top up. For example from 1st June to 1st October that would be £36 for Gas and £72 for electricity in Bristol so make sure you know it's coming if you haven't topped up for a while.

If you or anyone in your household is considered vulnerable due to age, medical needs, disabilities, mental health or accessibility needs you can register for the **Priority Services Register** with both National Grid and your energy company. Give them a call or register online to let them know you might need some extra support.

THERE ARE SOME THINGS WE CAN DO AT HOME TO SAVE ENERGY...

PLEASE SEE THE NEXT PAGE...



Do a benefits check to see if you are missing out on any support you are entitled to:

- There are 2 more cost of living payments due of £300 – Autumn 23 and Spring 24 for those in receipt of benefits
- The Warm Homes Discount is £150 off your electricity bills for those on low income or certain benefits. Your energy company will send a letter if you are eligible and automatically credit your account
- Cold weather payments. If it gets below 0°C for 7 days in a row then those in receipt of benefits should get an extra £25 for that week.
- Winter Fuel Payment: If you were born before 25 September 1957 you could get between £250 and £600 to help you pay your heating bills. Automatic, you do not need to apply.

Reduce your home energy use.

The top three biggest savings you can make are:

- Making sure you've got all LED bulbs at home
- Turn down the flow temperature on your boiler to 60°C (or even 50°C).
- Taking shorter showers

Basic draughtproofing:

- Check around your home for cracks and holes around doors and windows and in floors and walls- use filler (putty or powdered) to fill them.
- Don't forget about skirting boards – cold air likes to come up through there – you can use builders caulk to fix those gaps
- Put draught proofing/ insulation tape around your window frames so they shut tight and keep the cold out
- Consider putting in temporary plastic windows to act as secondary glazing or try the glazing film, it's cheap and blocks out the draughts
- Heavy curtains behind doors to the outside and draught excluders along the bottom- you can make one from old trouser legs or tights and stuff it with old plastic or rags
- If you don't have carpets then put down extra rugs.





CALLING ALL RUNNERS!

Do you fancy a challenge in 2024?

Why not run the Great Bristol Run for Brigstowe!

We'd love you to join our team of runners next year. The run is taking place on **Sunday 19th May 2024** and you can choose to run 10k or a half marathon. The route takes you via some of Bristol's stunning views, inspiring history and graffiti murals.

If you run for Brigstowe, we'll book your place and provide help and support along the way, and we'll arrange sponsorship for your running vest from one of our corporate partners.

Email janemcgoldrick@brigstowe.org to find out more or sign up!

Low-Cost Counselling at Brigstowe

Brigstowe, for a limited time only, are really happy to offer clients the opportunity to access **low cost** or **free counselling**.

Are you finding things difficult at the moment? Are you experiencing low mood or anxiety? Would you like to talk about how you're feeling?



Counselling can provide you with a safe, and confidential space to talk about these issues and concerns. You will be listened to along with the counsellor working with you to help you move forward in a way that is best for you.

You do not need to be diagnosed with a mental health condition to meet with a counsellor, anyone can benefit at any time!

- Appointments are available on **Fridays** only, either face-to-face at the Brigstowe office or online.
- Each appointment is 1 hour long and you can meet with the counsellor for up to 18 sessions.
- The cost of each session is £15 which is paid directly to the counsellor. However, if you are on a low income Brigstowe can help you with covering the costs.

If you are interested in taking up this opportunity, or would just like to find out more about it, then you can either talk to your support worker or contact the office on **0117 9555038** or email: info@brigstowe.org

****Please note at the moment Brigstowe is unable to offer counselling as a permanent service and therefore this offer is time limited.**

****Please also note there are limited spaces which will be allocated on a first come first served basis, followed by a waiting list.**

Our Stories Told By Us

We would like to thank everybody who attended our 'Our Stories Told By Us' event at Hamilton House. It was a huge success!

We would like to thank Angelina Namiba and Rebecca Mbewe for speaking on 'Our Stories Told By Us'. They were both inspirational speakers and we felt extremely privileged to have them in attendance.



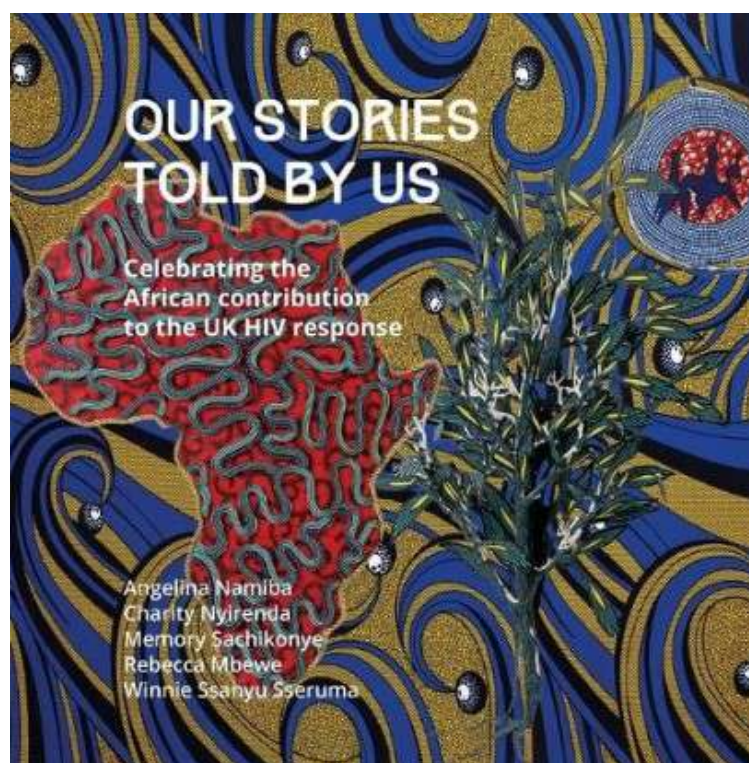
Our Stories Told By Us

We are excited to share that we now own a hardback copy of the book 'Our Stories Told By Us' which will be kept in the Milestone room. We are unable to loan it out but you are more than welcome to have a look at it when seated in the Easton Community Centre.

This book focuses on the UK HIV epidemic, and within that reflects on the HIV experience of African communities through individual stories and reflections rather than HIV statistics.

Please do pop by the ECC and have a look as it's an inspiring read!

<https://ourstoriesoldbyus.com/thebook/>



Bristol Celebrates World AIDS Day 2023

World AIDS Day 2023 was a great success this year.

We raised a whopping £8,073 to date across the week of events! THANK YOU to all of our

supporters, volunteers, clients, corporate partners, and the general Bristol public for uniting in the fight against HIV.



Our hugely successful billboard campaign got everyone talking!



We were lucky to have a number of fundraisers that were organised in support of World AIDS Day with proceeds going to Brigstowe.

We would like to say a HUGE thank you to the following for raising money for Brigstowe!! **We raised £4,287 from all of our fundraisers!!**

Old Castle Green, Proud Bar, DTYM night at the Phoenix, Love Is Love Ball & Seamus O'Donnells!



Aled was our trusty compere at the Celebration Event, which was an emotional and uplifting event. We were all inspired when listening to our positive speakers, and moved by the fantastic performance from Sing Out Bristol. The night was perfectly rounded off with the wonderful Mariana Trench.



We had two very successful bucket collections in Broadmead. Our army of volunteers pulled out all the stops, raising awareness and handing out red ribbons in the cold whilst still smiling. We were so grateful to Bristol Show Choir and Break Out Voices for lighting up the collections with their incredible performances. Thank you to all who were involved!

Both collections raised over £300!



**Break Out Voices
performing some
Christmas classics...**





Bristol Show Choir performed some festive tunes to get shoppers in the Christmas spirit!



WORLD AIDS DAY 23

We held another successful collection at Bristol Temple Meads on World AIDS Day. Thank you to all of our wonderful volunteers for braving the cold to help us raise funds. A huge thank you to all of our helpers from Immersive Labs and Burges Salmon!

We raised £504 from this collection!



Last but not least, the Remembrance Vigil took place at St James' Priory to mark the end of the campaign and provide a space for the community to remember those we have lost to HIV and AIDS. Thank you to our speakers for turning up for this important event.



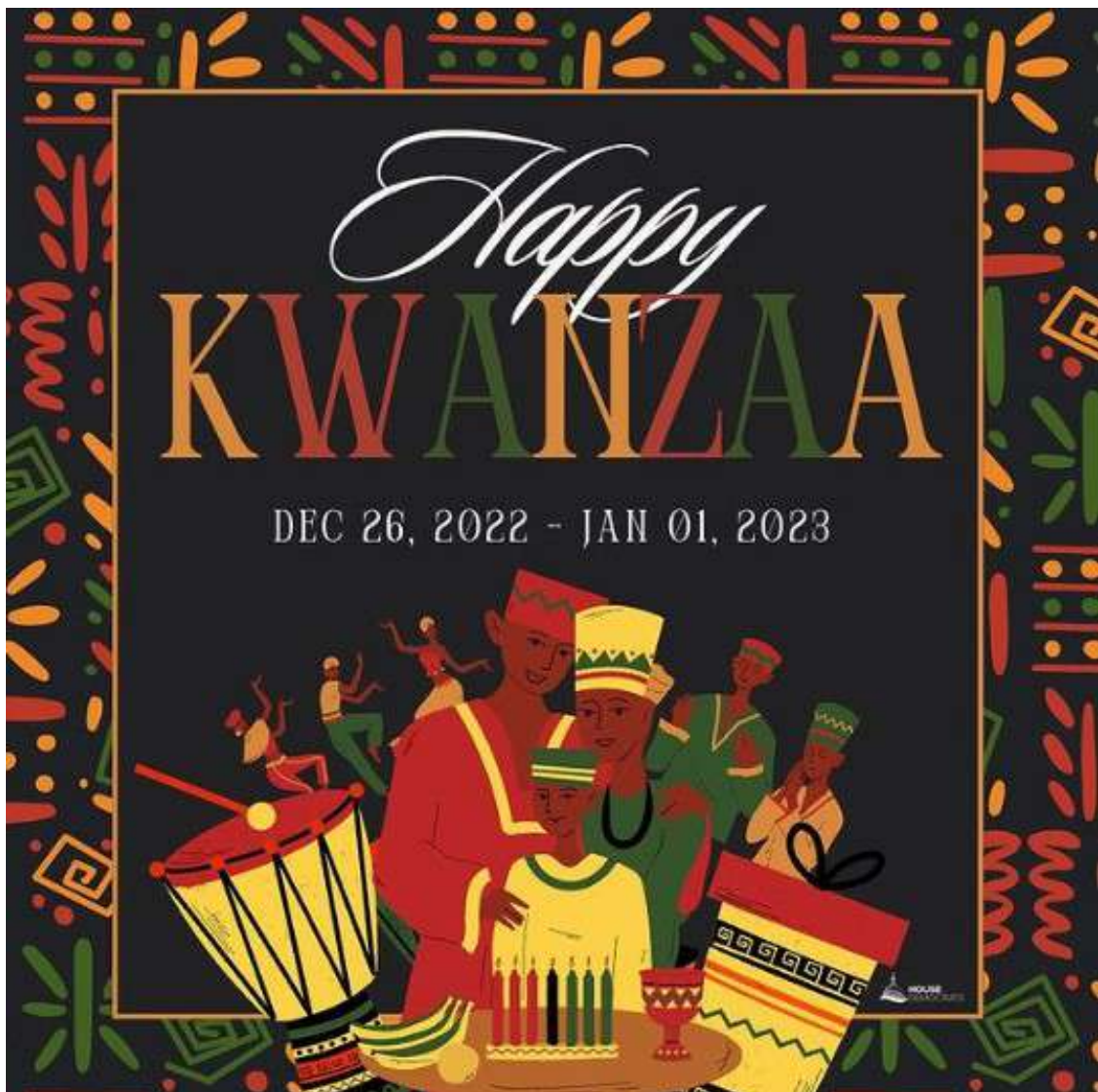
Happy Hanukkah

DECEMBER 7-15, 2023



Happy KWANZAA

DEC 26, 2022 - JAN 01, 2023



Merry
Christmas



Happy
New Year



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.



Follow Us

Join in and follow all of the action

Want to join in with our activities and receive our most recent updates? There is a whole host of platforms for you to engage in conversation so follow us now!



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