



Spring is in the Air!

In this edition we will be sharing some helpful tips on how to save money on food during this cost of living crisis. We also have some exciting information on our new office move.

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

Team Brigstowe x

What's coming up...



Bristol 10k

Sunday,

19th May

Bristol City Centre



We need you!



There are still 3 charity spaces remaining, if you're interested in taking part. If running isn't your thing please come help us cheer on the day! We need lots of enthusiastic people to cheer on our runners! Please email janemcgoldrick@brigstowe.org if you would like more info.

Celebrating Ramadan

Ramadan is the 9th month of the Islamic calendar and is the most sacred month of the year. The Islamic calendar is based on lunar cycles, so the exact dates of Ramadan change every year. In 2024, it begins on 11th March and ends on 9th April, depending on the sighting of the moon.



Ramadan is a time for spiritual reflection, contemplation, and celebration for Muslims all over the world. Healthy adult Muslims fast during the month of Ramadan from dawn until dusk. This includes abstaining from drinking, eating, immoral acts and anger. Other acts of worship such as prayer, reading the Quran and charity are also encouraged during the holy month.

Celebrating Ramadan (Cont'd...)

Did you know that it is also a time for great acts of charity? According to the latest stats, the number of people donating to charity at Christmas increases by about 5%, whereas during Ramadan, Muslim giving increases by **50% or more!** In the UK, it's estimated that the Muslim community gave a record-breaking £150m to charity. Furthermore, in the UK, Muslims are on average less well off than others, yet they give at a higher value.

We want to thank our Muslim communities for their generosity, which is keeping the charity sector afloat, and we wish everyone a blessed and peaceful Ramadan.



brigstowe

Local HIV Services

Friends and Family Workshop

Saturday 13th April - 11am – 2pm
Easton Community Centre, BS5 6AW

This workshop provides a friendly and safe environment for family, friends and partners to learn more about HIV, 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 needed when they shared their diagnosis with a loved one. This workshop is open to people living with HIV and either their partner, friend or family member. **Lunch is provided and is fully wheelchair accessible.**



Ageing and HIV

Thursday 6th June - 11am – 2pm
Easton Community Centre BS5 6AW

Join us for a workshop where we will explore what it means to be ageing and living with HIV. In this session we will be discussing any concerns you may have, be it the menopause, managing different medications or other illnesses, as well as providing information to help you age well. This session is open for anyone living with HIV, no matter what age you are. **Lunch is provided and is fully wheelchair accessible.**



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**



Lost and Found: Falling out of HIV care



It is no small miracle that medical science has advanced to where people living with HIV, receiving regular care and medication, can expect as long and healthy a life as anyone. A simple daily dose of meds, a handful of clinic visits per year – it seems a trifling effort to make for such a rich reward. Yet, so many of us struggle to maintain that commitment, often becoming part time patients, or even falling away from our HIV care entirely.

The reasons why so many of our community struggle to adhere to meds or appointments are as complex and diverse as the individuals themselves – and often have little to do with HIV itself. In clinical language, these individuals are sometimes referred to as “Lost to Follow-Up”, which is fast becoming one of the most talked about topics in HIV care circles.

Lost and Found: Falling out of HIV care (Cont'd..)

In January, Brigstowe's newly created Engagement Support Service, set up in partnership with the Brecon Clinic at Southmead, put the spotlight on this worrying issue. We played host to an online gathering of professionals determined to encourage people to re-engage with their HIV care. Attendees included: GPs, sexual health workers, support charities, and even the UK government's Health Security Agency.

From across the country, we shared some of the latest support services available, and brainstormed recommendations for removing as many barriers as possible for patients. Fear of stigma, disclosure; loss of relationships, caring responsibilities, confidence, or mental health; or anxieties around housing, employment, immigration, or financial issues – these can all affect why we lose touch with our HIV care. And ultimately, that can lead to serious health issues which go unchecked.

Currently, even the most conservative figures estimate the number of people in the UK not engaging with their HIV care at well over 10,000. Brigstowe is contributing to the national conversation to find, support and improve the lives of these individuals. You never have to live alone with your diagnosis; there is strength to be had from being part of this amazing community.

If you are finding it difficult to take your medication regularly, attend appointments, or another aspect of your diagnosis, please telephone Brigstowe on 0117 955 5038 or speak to Brecon staff for more info on the ENGAGEMENT SUPPORT SERVICE.

TOP TIPS TO AVOID GETTING 'LOST':

1. Always update your GP and HIV clinic with any changes to personal info such as phone number, address or emergency contacts.
2. Ask your clinic about medication home delivery services to ensure you never run out.
3. Don't rely on getting treatment or meds 'when you need it' via the A&E department at hospital; this can lead to drug resistance, permanently making your meds ineffective in treating HIV.

Brigstowe is moving!

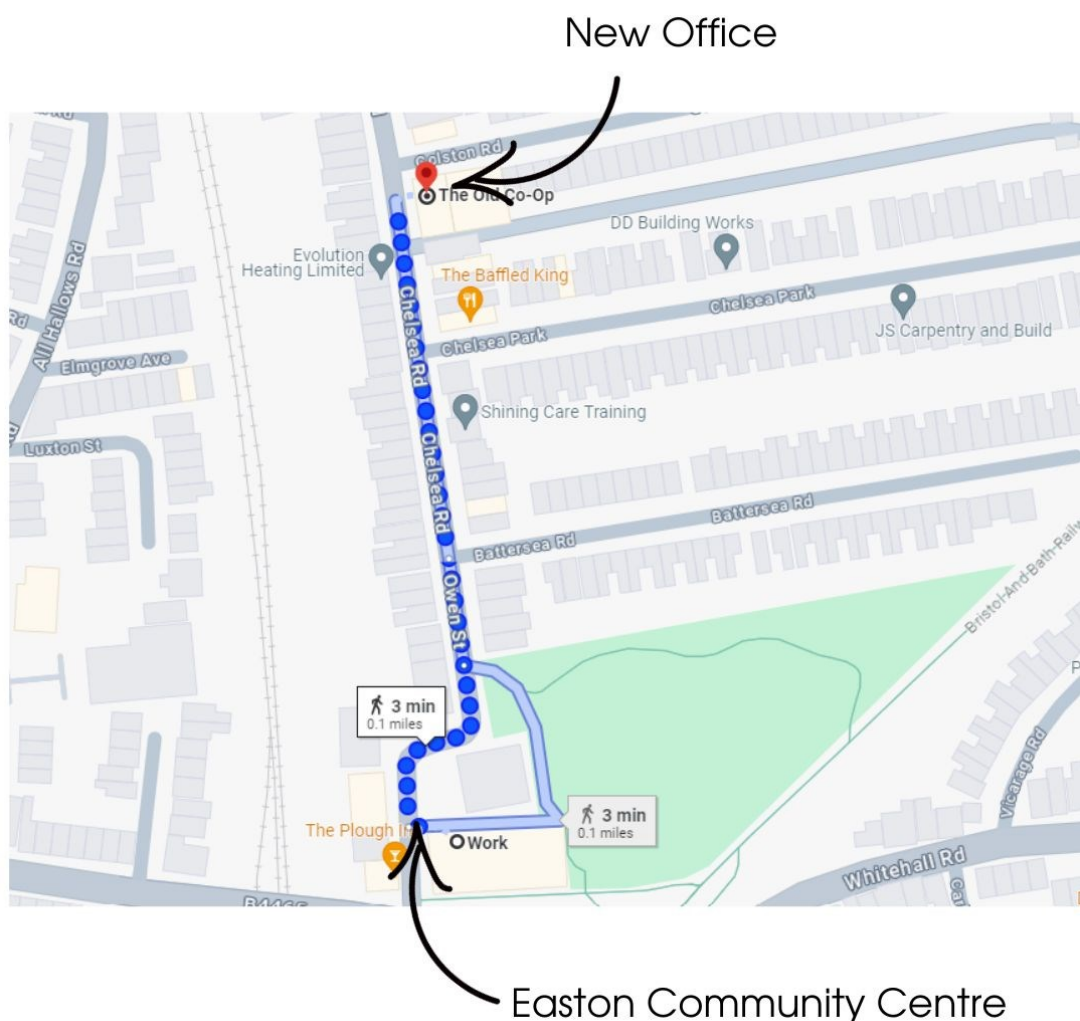


Brigstowe have some exciting news to share. We are moving premises and will be leaving Easton Community Centre. Don't worry we are not moving far, we will be in The Old Co Op, 40 – 42 Chelsea Road, Easton, BS5 6AF. This is a 3-minute/ 0.1 miles walk from Easton Community Centre. We will be seeing clients in the new building from Tuesday 2nd April 2024.



Brigstowe move (Cont'd...)

The week commencing 25th March is when we will be moving. All staff will be helping with the move on Monday 25th and Tuesday 26th March and will therefore be unavailable. You will not be able to access either office on these days and the phones may also be out of action during this time. Your worker will contact you directly if this is going to affect any appointments.



Brigstowe move (Cont'd...)

Why are you moving?

Although we have loved our time at Easton Community Centre, the Brigstowe Team has grown. We now need more space and our new office has more meeting rooms.

Is it accessible?

Yes, the new office is fully accessible and is all on the ground floor.

What about my meetings with my worker or my volunteer meetings?

The new office provides us with much more space, so these meetings will be held in the new office.

Is there parking available?

Chelsea Road office does not offer a car park. However, there is free on road parking on the streets outside and surrounding the new office.

If you have any other questions or concerns then please contact us and we will be happy to help. You can email info@brigstowe.org or phone us on 0117 955 5038.

Study recruiting women who have been living with HIV for at least two years aged 50 or older



Hello,

We are looking for 40 participants for our study on living with HIV in different areas. We are looking for women 50 years and older who have been living in the UK for at least 5 years and have been diagnosed with HIV before 2020.

The aim of this study is to highlight how people living with HIV perceive their local area and their health status in relation to their local community. This is a qualitative study where participants can get involved in either of the following ways:

- by completing the qualitative questionnaire following the link below and answering some written questions. Participants answering the questions will be invited to enter a prize draw for one of ten £20 Amazon vouchers
- by completing a short survey and will be contacted for an interview if spaces are available. The interview will be face to face and it will be conducted using Skype. It is also going to be audio recorded and the recording will be transcribed and anonymised. After the interview, the participant will receive £10 electronic Amazon voucher.

Recruitment for study (Cont'd)...

For more information and to be contacted for the interview, please contact Stefano Licchelli on s.licchelli@surrey.ac.uk

Thank you for your time!

Complete the survey by copying and pasting this link into your browser or scan the QR Code below:

https://surreyfahs.eu.qualtrics.com/jfe/form/SV_0OZWwzbFnRcXxdA



All In Summer Event



Brigstowe's Summer Celebration

Wednesday 10th July 2023

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



This is Brigstowe's annual celebration event for clients, volunteers and staff in the grounds of Chantry Community and Arts Centre. Come join us for a day of relaxing in the award-winning gardens with entertainment and a luxurious lunch. This event is not to be missed! It's free of charge and fully wheelchair accessible. We will also be organising transport to and from the venue.

If you're interested in coming please email info@brigstowe.org or alternatively, call 0117 955 5038 to book your place!

Saving money on food - How to cook well for less!

In these challenging times of ever rising food costs. There are places you can go to receive community support or grab a bargain.



Brigstowe are also able to refer clients who are in crisis to local foodbanks.

Get in touch!

Apps to download on your phone....

Too Good To Go App

Use the app to explore shops and restaurants in your local area and save Surprise Bags of surplus food from going to waste at a great price.



Olio App

Olio is a mobile app for sharing by giving away, getting, borrowing or lending things in your community for free, aiming to reduce household and food waste. It does this by connecting neighbours with spare food or household items to others nearby who wish to pick up those items



Saving money on food - How to cook well for less! (Cont'd..)

Websites to check out:

BBC Good Food

https://www.bbc.co.uk/food/collections/1_dinners

ASDA

<https://www.asda.com/good-living/article/cheap-budget-meals-under-one-pound>

Lidl - Too Good To Waste Boxes

<https://corporate.lidl.co.uk/sustainability/food-waste/too-good-to-waste>

ALDI

<https://groceries.aldi.co.uk/en-GB/grocery-offers/amazing-savings/budget-recipes>

FEEDING BRISTOL

<https://www.feedingbristol.org/support-in-bristol/community-food-support/>



Fundraise for Brigstowe – we need your help!

We currently have a £100,000 deficit for this upcoming financial year 2024/25. We need to raise funds to ensure that we can keep on delivering our HIV services.



Can you help?

It will cost Brigstowe £125 to support one Migrant and Asylum Support Service (MASS) client for a month.

Just £31 could support one MASS client for a week.

Due to the current cost of living crisis, we have seen an increased demand for financial support. We help clients with budgeting, paying bills and securing entitled benefits. We also help to secure travel cards, prescription cost exemptions, and essentials, such as food and clothing, through our work with local supermarkets and food banks.

We are finding it harder to secure funding for our HIV services as funding opportunities are becoming more and more competitive. We are determined to continue our HIV services to support our most vulnerable clients who are disproportionality affected financially and most of whom do not have recourse to public funds. You can support Brigstowe by organising your own fundraiser.

Schools, Colleges and Universities Do you have any connections to schools, colleges or universities? Get in touch and ask them to fundraise for Brigstowe

Employer Your employer may consider supporting Brigstowe

Friends Sometimes the best connections are through your own personal networks

And finally... You! We would love to help you organise your own community fundraising event or support you with a challenge. If there's anything that you would like to do, please get in touch. In the past we have had supporters organise club nights, birthday fundraisers on Facebook and concerts in aid of us. Anything that interests you that you can fundraise for would be a great support to us!



If you would like to fundraise for us, please email janemcgoldrick@brigstowe.org

Why not... organise a Come Dine for Brigstowe event and organise a dinner party with each person donating to Brigstowe!

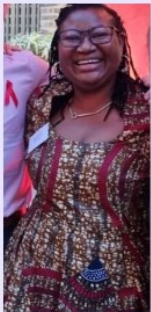
Get creative and set your own challenge..

Whether that's giving up something or taking on something new you can raise funds for Brigstowe!

THANK YOU!

We would like to thank Sheila, Alison, Jeremy, Tom, Matt and Vicky for their long service to Brigstowe. Thank you for all of your hard work, we are lucky to have you all as part of Team Brigstowe!

Long Service Awards



Sheila



Alison



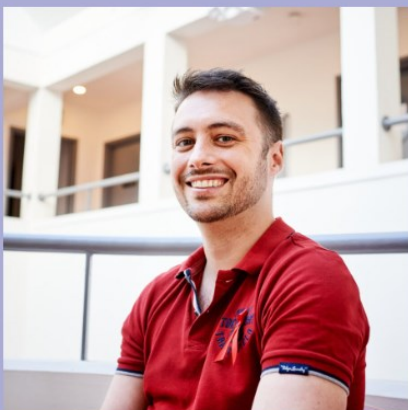
Jeremy



Tom



Vicky



Matt



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

f @BrigstoweInfo
t @BrigstoweInfo
i @Brigstowe

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Want to join in with our activities and most recent updates? There are a whole load of platforms for you to engage in conversation.



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