Get to the back of the queue!

Working in partnership with our colleagues at Kirklees Healthwatch and Calderdale Healthwatch we managed to scope the experiences of local people with HIV and how they were being treated by some NHS services.

In particular many people reported being put to the end of lists for procedures. There is no reason why this should be the case as long as universal precautions are in place.

Some people only found out that this had happened when they arrived meaning they had to sit around for hours before being seen.

This is clearly unacceptable and our colleagues at Healthwatch wrote to both Calderdale & Huddersfield NHS Trust and Mid-Yorkshire NHS Trust. The feedback from both was far from satisfactory and both Healthwatch and the Brunswick Centre are keen to influence actual change as we have been made aware that this practice is still taking place!

With this in mind we are keen to hear from you even if you took part in the previous discussions and completed a questionnaire so we can build up evidence of experience.

Volunteering opportunities – HIV Prevention roles

We are looking for volunteers for our Prevention service. Do you have an interest in being part of a team promoting HIV prevention across Calderdale and Kirklees? The role is varied and includes condom packing, visiting public sex sites and venues distributing condoms / litter picking disposed condoms (at PSEs), and providing sexual health and HIV prevention information to communities affected by or at risk of HIV. Full training and support will be provided. For further details, see the role description and volunteer application form available on our website. Once your application is received, we will consider you for an informal interview. If you require any further information contact Becky Wakefield Volunteer Co-ordinator 01484 469 691/07545 431 793.

Here’s what one of our current volunteers has to say about volunteering with us:

“By volunteering in prevention I have become much more open minded to the needs and differences of people and I’ve learned how to volunteer safely and sensitively within a team”.

We will be developing more volunteering opportunities in the future so keep an eye on our website, twitter account and newsletter!
Is an intimate partner abusing or hurting you?

If you are being abused or hurt by an intimate partner, there are services locally who can support you (see back of this newsletter). If you ever feel in immediate danger call the police on 999 without delay!

The National Centre for Domestic Violence specialises in providing legal assistance to obtain injunctions to protect people from further abuse.

They are experts in the Family Law Act 2006 and have a target of 24 hours from the time you call to get things in place for you.

The service is free and most people are covered by Legal Aid and they stress that people should not worry about money as their safety is the most important thing.

The service is for you whether you are male, female, straight, gay or lesbian.

Their 24 hour emergency number is:
0844 8044 999

You can text for help by contacting 60777 with ‘NCDV’ as the message.

Referrals can be made online at:
www.referdirect.org.uk
www.ncdv.org.uk

Evening Group forthcoming events

Our evening group for people with HIV runs every other Monday 6-8 pm. Over the coming months we have the following activities planned in:

2 March—Aromatherapy herbs you can plant, grow and use at home
16 March—An introduction to the Expert Patient Programme (see page 4)
30 March tbc—Contact our team or keep an eye out for the Evening Group text message
13 April—The work and role of volunteers at the Brunswick Centre
27 April—Boosting self-esteem

11 May—Preparing aromatherapy products you can use at home

In addition, there are complementary therapy mini sessions available and access to a worker if you need any advice, information or support.

Welcome to our new HIV prevention

We are delighted to welcome Anne Glew as our new HIV prevention coordinator. She joined us in mid-December.

Anne worked for Kirklees Council in the past and has a wealth of experience in community work. She is passionate about social justice and ensuring people get good quality services.

She has not only started to map out what is needed within the HIV prevention agenda but is forging new links and partnership so that our HIV prevention programme has a greater reach. Anne states, ‘I am really excited about the role and looking forward to working towards the challenges ahead, no two days are the same, and I am meeting some amazing people along the way’

If you need any HIV prevention support or information please call Anne on 01422 341 764 / 01484 469 691. You can get free condoms by post by texting your name and address to 07874 643 429. These will be sent to in discreet packaging and we don’t keep your details.

If you or someone you know needs an HIV test we can provide a fast, free and confidential test (results in 20 minutes. We also provide HIV testing at community venues, check out our website for details.

Test for HIV—Know your status

Keep a supply of condoms and use for penetrative sex

Access PEP from A&E or the sexual health clinic if you think you’ve been exposed to HIV

Encourage mates, dates and others to test for HIV so they know their status
Benefits & Welfare Rights News!

Changes to the Personal Independence Payment timetable for Huddersfield area

A major change to the timetable introducing Personal Independence Payments (PIP) has been made in Huddersfield. The change will affect all those living in a HD postcode but does not yet impact on anyone in Calderdale or North Kirklees.

Since 17th November, the following people will not be able to claim Disability Living Allowance (DLA) but will instead have to claim PIP:

- Young people turning 16 years old who already receive DLA
- People aged 16-64 already claiming DLA who report a change in their health condition or disability
- Existing DLA claimants aged 16-64 who voluntarily chose to make a PIP claim

In addition, those who currently claim DLA and whose fixed term DLA award is due to end after 06.04.15, will be ‘invited’ to claim PIP rather than receive a DLA renewal form. It is very important that anyone in this situation makes a claim for PIP within the 4 weeks period given by the DWP (you will receive a letter from the DWP giving the date that your DLA claim will end and how you can claim PIP). Your DLA should then continue to be paid until a decision is made on your PIP award.

Anyone who fails to claim within 4 weeks is likely to go several months without money whilst their PIP claim is considered (this could be well over a year if it goes to appeal). This could also reduce some other benefits, including Housing Benefit, Carers Allowance, Tax Credits and ESA.

Anyone of working age making a new claim for Disability Benefit has already had to claim PIP since last year.

For further information or advice on ESA, PIP, or any other welfare benefits please contact our Benefits & Welfare Rights Worker, Billy Durrant. Billy usually works all day Monday & Tuesday and Wednesday (until 12.30pm). Ring 01422 341 764 or 01484 469 691 or 07738 719 504 or email him at: billy@thebrunswickcentre.org.uk

International Women’s Day Event

“I have come to believe that caring for myself is not self-indulgent. Caring for myself is an act of survival.”  Audre Lorde

In recognition of International Women’s Day 2015 we are planning an event for women living with HIV on Saturday 7th March. We want the day to be a supportive and nurturing event. Once we have finalized the detail we will be promoting the event to service users.

In the meantime if you are woman living with HIV and you would like to something specific cover at the event or you would like to contribute please get in touch with our HIV Support Team.

By us/For us : UK Stigma Index 2015 Survey

Leading sexual health charity FPA and Public Health England invite people with HIV to take part in The People Living With HIV Stigma 2015 Index. The study aims to identify how people living with HIV in the UK experience HIV-related stigma and discrimination. Your participation will provide valuable insight into the experiences of people living with HIV in the UK. Individual responses will remain strictly anonymous and confidential and the Brunswick Centre encourages anyone living with HIV in Calderdale or Kirklees to consider taking part. The survey takes between 20—30 minutes to complete and you will need internet access. If this an issue for you, you can use a computer at the Brunswick Centre. Call us to book in! You can find the survey at the website www.stigmaindexuk.org
Looking after your health and well-being at the Brunswick Centre: get involved!

The New Year and Spring are great times to get back into exercise and improve your fitness and well-being levels.

There are many benefits to exercise, including:

- Lowering blood pressure and improving circulation
- Improving sleep
- Weight management
- Boosting low mood
- Strengthening muscles, improving flexibility and improving back and joint pain

We have lots of opportunities at the Brunswick Centre to help you get back into fitness, even if you’ve not done any exercise since you left school! Here are some of the things you can do …

**Dru Yoga class.** Wednesdays 4.30 – 5.30pm: Join our fun & friendly group. A great way to relax & unwind, whilst improving health and wellbeing. We also have a short “Yoga for Women” course coming up soon. Keep an eye out or contact Isabel for details.

**Fitness sessions.** Following the popular “Getting back to Fitness” workshop we now run an hour’s fitness session on the third Saturday of the month. Each time Personal Trainer Kim Tomlin will take you through a routine that you can practice at home and you can even have a video of the routine to remind you what to do. The next 2 dates are February 21st and March 21st – book your place now!

**Walking Group.** As the weather starts to warm up there will be chance to get out walking again with the Brunswick Centre. A chance to be out in the fresh air (and hopefully sunshine!), keep fit and be with your Brunswick Centre friends. Keep an eye out for details.

We are really pleased to announce that we will soon be delivering the Expert Patient Programme (EPP) in house at the Brunswick Centre in partnership with Kirklees Council. This is great news, because it means that participants can ask questions about HIV in complete security that the information will be kept confidential, and the advice given during the course can be tailored to the unique needs of those living with HIV.

This fantastic self-management course is aimed at people with chronic disease and offers practical, tried and tested techniques on a range of subjects including:

- Understanding and managing symptoms
- Managing your medicines
- Making treatment decisions
- Making your wishes known
- Planning for the future: Fears and Reality

The course runs for 7 weeks, 10am – 12.30pm, starting Wednesday 1st April. Refreshments and course materials will be provided. This really is a great opportunity and places are limited, so please do take advantage and get in touch and book your place now.
Older LGBT social group in Todmorden

AgeUK Todmorden, in partnership with AgeUK Calderdale and Kirklees, and a group of older lesbian, gay, bisexual and transgender (LGBT) people, are setting up a new social group for LGBT people who are aged 50+.

The group plans to meet every Sunday afternoon (1-4) at an accessible venue in Todmorden. The aim is to be self-run but under the aegis of, and with support from, AgeUK.

It is hoped there will be a programme of activities including, for example, films, presentations, discussions, quizzes, etc., which members themselves will organize and facilitate.

The new group will be launched on Sunday, 15th February (February is LGBT History Month).

For further information call 01707 817 926 or email: admin@ageuktodmorden.org.uk

What is Child Exploitation?

People under 18 encouraged or forced into a sexual relationship or situation by an adult. It involves young people being offered something such as alcohol, cigarettes, mobile phones, money, drugs and love, in return for performing sexual acts. Child sexual Exploitation (CSE) is widespread. It happen to boys and girls from all communities across the 11–18 age range and sometimes to even younger children. For help and support contact:

- The Police 999 for immediate attention.
- Calderdale Councils Emergency Duty Team 01422 288 000
- Safe Hands 01422 430 495
- Childline 0800 11 11
- Calderdale Multi-Agency Screening Team (MAST) 01422 393 336
- NSPCC (if you’re an adult worried about a child, even if unsure) 0808 800 5000
- www.ceop.police.uk

Children and Parents Support Group

Our children and Families Support Group runs monthly offering support, friendship and well-being support to families affected by HIV across Calderdale and Kirklees.

Meeting in an excellent well equipped community building there are fun activities and resources for the children and comfortable facilities for the parents and guardians.

At the 14th March group we will be running children’s yoga (with some for the parents too) and at the 11th April group there us an Easter egg Hunt!

The groups runs 1-4pm. Contact us should you require more information or you would like to attend the group.
Useful Contacts

Calderdale

Mental Health Support Services
Healthy Minds 01422 438 722
Halifax Community Mental Health Team 01422 355 626
Lower Valley Community Mental Health Team 01422 383 062

Domestic Violence Support Services
Domestic Violence Support Team (women only) 01422 323 339
Pennine Housing Sanctuary Scheme 01422 392 460
Male victims helpline 0808 801 0327
National Centre for Domestic Violence 0844 8044 999

Sexual Health Clinics
Sexual Health Centre Broad St Plaza 01422 261 370
Todmorden Health Centre 01422 261 370
Brighouse Health Centre 01422 261 370

Drug and Alcohol Support Services
SMS Calderdale 01422 361 111
The Basement (young people) 01422 383 063

Kirklees

Mental Health Support Services
MIND 01484 512 071
Mental Health Matter 01484 516 355
Support and Recovery Huddersfield 01484 539 531
Support and Recovery Dewsbury 01924 485 800

Domestic Violence Support Services
Pennine Domestic Violence Group 0800 052 7222
Women’s Aid 0808 2000 247
Male victims helpline 0808 801 0327
National Centre for Domestic Violence 0844 8044 999

Sexual Health Clinics
Huddersfield GUM 01484 344 311
Dewsbury GUM 01924 816 120

Drug and Alcohol Support Services
Lifeline Kirklees Huddersfield 01484 353 333
Lifeline Kirklees Dewsbury 01924 438 383
The Base (young people) 01484 541 589