



annual review

04-05

Waverley
Care 

welcome

Welcome to Waverley Care's annual review for the financial year 1 April 2004 to 31 March 2005. The year was one of consolidation for many of our core services and the continued development of newer services such as our support to Africans in Scotland who are affected by HIV.

The last two years have witnessed record new diagnoses of HIV infection and, whilst some of this reflects a trend towards earlier testing for communities seen to be at risk, it also undoubtedly reflects the fact that HIV is still very much with us and represents a growing cause for concern. In response to this Waverley Care, as a care and support agency, has increasingly looked at its role in prevention and health promotion work. Our Future Plus project, for example, includes health

promotion as well as a substantial education and training component.

Such an approach is endorsed by the Sexual Health Strategy for Scotland, which was finally published in January 2005. In the coming year we will continue to look at the implications of the national strategy, not least that section which invites HIV agencies to broaden their remit within the sexual health arena. This will happen in conjunction with the Blood Borne Virus Strategy for Edinburgh and the Lothians, which is currently being developed by NHS Lothian.

Some notable key achievements in the past year have included presentations to the Scottish Parliament through our representation on the Cross-Party Parliamentary Group on Sexual Health and

the exhibition mounted by our women's support group Isis inside parliament. I am also delighted that Alexander McCall Smith and Kate Copstick agreed to become patrons of Waverley Care in the period under review. Their support is very much appreciated. We also welcomed three new Trustees – Hosanna Msengezi, Brian West and Andrew Marshall-Roberts – who bring a range of expertise and fresh ideas to the Board.

I hope this review gives a flavour of the varied work undertaken within the agency. As ever I would like to thank staff, volunteers, service users and our funders for their support throughout the year.

Gill Stewart
Chair



Waverley Care exists to promote the welfare of people living with HIV and AIDS in Scotland, and to support their relatives, carers and dependants. Our services include:

Waverley Care Milestone
HIV Respite & Community Services
113 Oxfords Road North Edinburgh EH14 1EB
0131 441 6989 milestone@waverleycare.org

Waverley Care Solas
HIV Support Centre
2-4 Abbeymount Edinburgh EH8 8EJ
0131 661 0982 solas@waverleycare.org

Trustees

Shulah Allan • Dr Karin Froebel • Andrew Marshall-Roberts • Lady Cynthia Milligan
Hosanna Msengezi • Hilary Patrick • Pauline Scott
The Right Rev Brian Smith • Gillian Stewart CB (Chair) • David Taylor MBE • Brian West • Dr Helen Zealley OBE
Director: David Johnson

Patrons

Christopher Bell • Kate Copstick • Sir Tom Farmer CBE KCSG • The Lady Jane Grosvenor
Sir Jeremy Isaacs • The Baroness Kennedy of The Shaws
Alexander McCall Smith • Sheena McDonald • Shirley Manson • Christopher Richardson

Services offered in partnership with The City of Edinburgh Council; NHS Lothian; Councils of East, West and Midlothian; The Scottish Executive



The development of work out of Waverley Care Solas with the African community in Scotland continued to be both challenging and exciting. We published the report on the first year of research looking at the health needs of Africans living in Scotland and completed the interview schedule for the subsequent research, gathering more in depth material on the experiences of HIV positive Africans living in Scotland. This project has generated widespread interest and considerable publicity, including a main feature article in "The Scotsman" magazine. The findings from the research have been presented at national and international conferences and are already influencing practice in service delivery within Waverley Care and externally.

We received funding through Edinburgh Youth Social Inclusion Partnership for a part time post to develop work with African families and this

was delivered alongside the Children and Families Worker and the African Support Worker.

Waverley Care is a key community member of the Lothian/Zambia Partnership and has co-ordinated the representation from positive people. The Solas Treatment Information Worker and the African Support Worker both travelled to Zambia as part of the Lothian delegation.

The Isis Women's Group exhibited their mixed media project on "Stigma and Discrimination" at the Scottish Parliament for World AIDS Day 2004. The group continues to be a lifeline and a place of acceptance for the women who meet weekly. Isis, together with the Children and Families Service, enjoyed a residential week in Argyle and this was a great time to build friendships and relax away from the stresses of daily life. Two of the women from Isis and the Solas manager were photographed by Mario Testino for the Fashion Fights AIDS publication "Women to Women" and attended the launch event in London.

The Future Plus Skills project completed its three year Scottish Enterprise funding and was successful in securing money from the European Social Fund for the

continuation of the work. This will ensure the development of opportunities for people living with HIV to be included in training, volunteering and employment. A final external evaluation of the project confirmed the value of this approach in supporting people to live well with HIV. Future Plus will also continue to address quality of life issues and the health promotion aspect to the project is a key component in building people's self esteem, particularly in engaging confidently with others.

The Information Service continues to receive many requests for information and help in linking people to appropriate services. Many of these requests link to the growing work with Africans. Finally, thanks to the pharmaceutical companies, we were again able to publish our newsletter and send people living with HIV to conferences, including the World AIDS Conference.



waverley care solas

Fourteen new Buddy volunteers were recruited and trained in the year bringing to 35 the number of Buddies available to befriend people living with HIV. This was still not enough to match with all the referrals to the service.

Many successes have come from individual buddy relationships including helping people access other services such as Daycare, Gay Mens Health, Positive Voice and SATA.

The service has succeeded in engaging with some very isolated service users in the past year. This work has been very rewarding, with one service user going for a five mile walk with their Buddy. A recent card from the service user said the following 'Thank you so much for all your support. You have pulled me together. I want to get up now. I look forward now!'

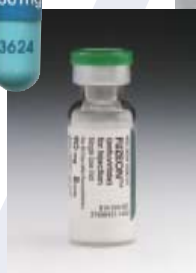
Due to the number of gay men being referred to the service asking for a Buddy for social support, a small group Buddy activity has been piloted. This involves up to four service users and two buddy volunteers meeting in a social setting. The aim of this is to encourage social links between service users and to give a space for service users to discuss issues of concern such as 'disclosure on the scene' in a supportive, social setting.

There continues to be one service user in prison who has a Buddy. His Buddy has been

a huge source of support for him. A number of issues have been highlighted for people living with HIV in prison such as not getting medication on time and not getting the correct diet following weight loss. Waverley Care has been able to raise issues of concern with the prison health centre. The Buddy Service has also developed a closer relationship with the Prison Social Work unit and it is hoped that this will lead to the service receiving more referrals from within the prison service.

Buddy volunteers have used their experience to move onto work or study in a related field including social work, counselling, and charity work abroad.

"I suppose what I get from buddying is really the relationship we've built up together. We met in a contrived way, but it all feels natural now, and we really enjoy our evenings together. We talk about horrible things, funny things, important things, stressful things, but it all feels natural and comfortable now. I just feel lucky that we've met, and that we get on so well, and that she has an extra person in her life who won't feel burdened if she needs to share her worries or problems. That, and I've become hooked on every soap opera going."



buddy service

waverley care milestone

The appointment of Jonathan Creel as manager of Waverley Care Milestone coincided with a number of new developments. The physical surroundings of the unit were improved by the collaborative efforts of service users, volunteers, the new handyman, day care and the arts project. Referral and admission procedures were reviewed, allowing for a more flexible and speedy response which resulted in increased occupancy for the year.

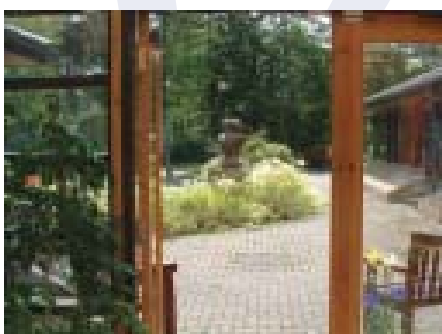
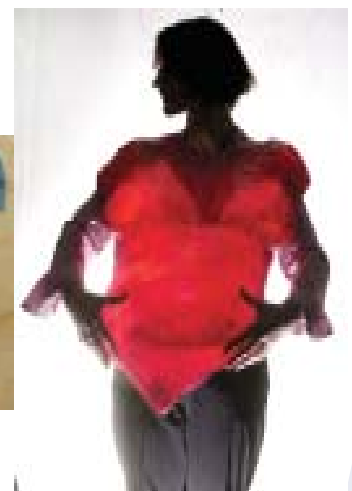
Staff reviewed the service delivery model and looked at the interface between residential and day care. As a result internal secondments led to a more flexible and person centred approach to the delivery of care. This has been further underpinned by fortnightly care meetings which bring together a number of key practitioners within Waverley Care to review individual work.

Monthly social events and community weekends attracted a number of old and new faces to the service and helped maintain a feeling of vibrancy within the unit. Several student

placements for both nurses and social workers helped in this process.

Three of our support workers successfully completed SVQ level 3 and two other members of the care team completed the workplace assessor qualification.

Day care services remained exceptionally busy and the team re-focused their work during the course of the year. This resulted in the delivery of 1,750 hours of one to one support and 1,382 hours of group support involving 68 service users. Demand continued to outstrip our ability to provide day care services to all those referred for care.



volunteering

Volunteers are an essential part of our staff team and increase the pool of skills, knowledge and experience that is available within the organisation. Volunteers work at Waverley Care Solas, Milestone or with the Fundraising Team. Our Board of Trustees are all volunteers, as are our Buddies. Volunteers are valued and respected for the time and effort they contribute (however large or small) in maintaining and enhancing our services.

We currently have volunteers working at Solas in the café, reception and information centre and at Milestone at reception and in the gardening group. This year volunteers have also been involved in an arts and crafts group, delivered smoking cessation sessions and supported service users' participation in writing groups. In the last financial year volunteers working in Milestone and Solas alone worked just under 4,000 hours in total.

During the last year volunteers have also developed their skills base through opportunities available to them in Waverley Care and some have started their own businesses, gone on to further education, found full time work and left Edinburgh to volunteer overseas for a year.

"Feeling needed and valued" and "enjoying the camaraderie with staff, other volunteers and

service users" are among the comments we have received in feedback from volunteers.

We thank them all.



chaplainscy

The role of the chaplain in Waverley Care is three fold:

- Spiritual and pastoral care for people living with HIV, their families and carers
- Support for staff and volunteers within Waverley Care
- Outreach to the faith communities

2004 saw a growth in the community based focus for the chaplaincy service with more of the work based in people's homes. Most of this work was one to one pastoral counselling covering a wide range of issues including loss and bereavement; abuse; substance misuse; managing treatment failure; 'survivor guilt'; parenting. The unique place of chaplaincy within a

multi-disciplinary team, coupled with the level of confidentiality inherent in talking to a priest, makes this a valued and valuable resource for the community.

Our chaplain is responsible for two significant events during the year - an annual celebration of World AIDS Day which has taken place in St John's, Princes Street for the past two years and Candlelight Memorial, a summer event which gives an opportunity to remember loved ones and meet up with other members of the HIV community. Our chaplain has also been very involved in the creation and upkeep of 'Life Tribute', a permanent memorial on the Water of Leith walkway in Edinburgh.

fundraising

The Fundraising and Development Team had another successful year:

Patron, Shirley Manson, got 2004 off to a glittering start by hosting Waverley Care's first ever ball, "Tartan & Tiaras", to celebrate 25 years of Klownz Hair. Prestonfield, Edinburgh, welcomed 230 revellers to a champagne reception followed by dinner and an auction. The tartan birkled and the tiaras twinkled as the assembled company danced until the wee small hours, helping us to raise a fantastic £35,000. We are indebted to the enthusiastic organising committee: Gerry Burke; Alison Craig; Fiona Duff; Nicola Lee; Pippa Macleod; Sonya Moore and Joan Ross.

Our BEINGHERE project, which had started with the publication of a book of Stanley Reilly's celebrity photographs, culminated in an auction in the magnificent setting of Harvey Nichols' Forth Floor Restaurant. This also marked the conclusion of a successful year as Harvey Nichols' Charity of the Year. This was our first 'Charity of the Year' partnership and we are immensely grateful to Harvey Nichols for helping us raise over £9,000.

Our relationship with the Pleasance continues to go from strength to strength, raising awareness of HIV amongst Fringe-goers, and bringing in £17,000 through bucket collections and our annual Tartan Ribbon Comedy Benefit.

Other activities have included our ever-popular 'come and sing' concerts, including our third "Viva l'Opera!" event; participation in outdoor activities including the Edinburgh Marathon, Great Scottish Walk and the West Highland Way and benefit performances by musical and theatre groups including the Dunedin Consort; Purves International Puppets; the Linton Singers and St Mary's Cathedral Choir and Frank's Pants' presentation of 'The Rocky Horror Picture Show'. Our thanks are due to the many people who give so generously of their time, energy and resources.



Independent Auditor's Statement to the Trustees of Waverley Care Trust

We have examined the summarised financial statements of Waverley Care Trust.

Respective responsibilities of Trustees and auditors

The Trustees are responsible for preparing the summarised financial statements in accordance with the recommendations of the charities SORP.

Our responsibility is to report to you our opinion on the consistency of the summarised financial statements with the full financial statements and Trustees' Annual Report. We also read the other information contained in the summarised annual report and consider the implications for our reports if we become aware of any apparent misstatements or inconsistencies with the summarised financial statements.

Basis of our opinion

We conducted our work in accordance with Bulletin 1999/6 "The auditors' statement on the summary financial statement" issued by the Auditing Practices Board for use in the United Kingdom.

Opinion

In our opinion the summarised financial statements are consistent with the full financial statements and the Trustees' Annual Report of Waverley Care Trust for the year ended 31 March 2005.

Chiene & Tait CA, Registered Auditors
61 Dublin Street, Edinburgh EH3 6NL 25th August 2005

For a more complete understanding of the financial affairs of Waverley Care Trust a copy of the full annual report and financial statements can be obtained from the Director, Waverley Care, 58a Queen Street, Edinburgh EH2 3NS.

Waverley Care Trust Summarised Financial Statements For the year end 31 March 2005

Income and Expenditure Account

	2005	2004
Income	£1,448,082	£1,313,370
Expenditure	£1,411,276	£1,307,369

Surplus for year	£36,806	£6,001
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Fixed Assets	£811,554	£859,390
Net Current Assets	£562,562	£470,073

Total Assets less Liabilities	£1,374,216	£1,329,463
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Financed by: Unrestricted Funds

- General	£116,658	£76,639
- Designated	£404,725	£394,468

Restricted Funds Capital Reserve	£71,272	£8,291
	£781,561	£850,065

	£1,374,216	£1,329,463
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Approved by the Trustees on 25th August 2005
Dr Karin Froebel, Vice Chair

Waverley Care gratefully acknowledges the following trusts, companies and community organisations who have supported our work so generously:

360degree Events; Arkangel; ASUS; Banks Florists; Balerno High School; The Basement Bar; BBC Children in Need Appeal; The Baillie; Beep Beep; Beeslack Community High School; Boehringer Ingelheim Ltd; Belinda Robertson Cashmere; Beluga; Bell Lawrie White; The Bohemians' Lyric Opera Company; Boroughmuir High School; Braes High School; Bristol Myers Squibb Pharma Company; Broughton St Mary's Parish Church; burly; CC Blooms; Caledonian Hilton; Canongate Youth Project; The Carlton Hotel; Cartier; Charity Ceilidhs; Church of Scotland - Edinburgh Presbytery; Circus Café; Claire's Beauty; Classic Car Club; Cockburns of Leith; The Columbans; Community of the Transfiguration; The Martin Connell Charitable Trust; Complement your Health; The Condé Nast Publications Ltd; The Courant; Fund for Children; Cowan Print; Craiglockhart Church; Cruden Foundation Ltd; Cruise; CVAC; Daniels Bistro; David Bann's; Deans Community High School; Diego; Dovecot Studios; Dundas & Wilson; Dunedin Consort; EU Stop AIDS Campaign; Earlston High School; East Lothian Council Community Services; Eden; Edinburgh Floatarium; Edinburgh International Jazz & Blues Festival; Edinburgh Methodist Mission; Edinburgh Playhouse; Edinburgh Presbytery of Church of Scotland; Edinburgh Royal Choral Union; Edinburgh Stage & Screen Orchestra; Eleanor Barton Trust; Elton John AIDS Foundation; Escape Skincare; Feelgood Therapies; Espora Health Club; The Extra Inch; EU Country Dance Society; Fisher's in the City; Festival City Theatres Trust; Filmhouse; FLAGS; Forrester High School; Forte Hotels; Free World Trading Ltd; GNER; gadgetshop; Garbage; George Heriot's School; Gordon Fraser Charitable Trust; Gilead Sciences Ltd; The Glasshouse; GlaxoSmithKline; Gleneagles Village Apartments; William Grant & Sons; Dr Guthrie's Association; Habana; Hadrian's Restaurant; Harvey Nichols; Help the Hospices; HIV Scotland; Holmes Place Health Club; The Hope Trust; Hopscotch; Hôtel de Russie; Rome; Hotel Savoy; Florence; The Inchcape Foundation; Howie's Restaurants; Inverarity Vaults Ltd; Inverkeithing High School; Jedburgh Grammar School; John Watson's Trust; Joseph Bonnar Jewellers; JSF Pollitzer Charitable Trust; Kelly's Heroes; Klownz; Knockhill Racing Circuit; Leith Academy; The List; Limited Edition by Virgin; The Linton Singers; Living Well; Livingston Old Parish Church; Lush Retail Ltd; The Lyndhurst Settlement; MAC AIDS Fund; MAC Cosmetics; Macintyre's Wholesale Jewellers; Mackay & Bevan; The Mainhouse Charitable Trust; Meldrum Primary School; Milestone Foxy Ladies; Millennium Hotels & Resorts; Morningside United Church; Mussel Inn; Palmerston Place Church; Musselburgh Grammar School; The Monument Trust; NEDAC; The Nancie Massey Charitable Trust; National Library of Scotland; The Nationwide Foundation; The Netherdale Trust; Newbattle High School; Newtown Bar; No. 18; North British Hotel Trust; Off the Kerb Productions; OPI; Orange; Out of the Blue; The Pentland Singers; Plaisir du Chocolat; Pleasance Theatre Festival Ltd; Ponton House Trust; Prestonfield; The Queen's Hall; RSA MID; Rebus Tours; The Regent Bar; Regular Concerts; Ritz; The Robertson Trust; Roche Products Ltd; Royal Lyceum Theatre; The Russell Trust; Sala Café Bar; Scottish Courage; ScotsGag; St Augustine's RC High School; St George's School for Girls; St Margaret's School; St Margaret's RC School, Livingston; St Mark's Unitarian Church; St Mary's Episcopal Cathedral; St Mary's Music School; St Paul's & St George's Church; St Peter's Episcopal Church; Scottish Business Achievement Award Trust (SBAAT); Scottish Enterprise; Scottish Episcopal Church; Signet PB; South Leith Parish Church; Stag & Turret; Standard Life; Ster Century Cinemas; Stockbridge Church; SUSU; Tesco Stores; Galashiels; Penicuik; Wester Hailes; The Townhouse Group; Thomson, Roddick and Medcalf; Thistle Hotels; Transco; Universal; UVAF; Valvona & Crolla; Victoria Hospital; Virgin Radio; Virgin Trains; The Wardrobe Doctor; Watch; The Waverley Singers; Waverley Wanderers; West Lothian Drug & Alcohol Service; West Lothian Youth Theatre; Western Chrysler Jeep; white dental care; Widowers' Children's Home Trust; The Withney by the Castle; www.catherineaitken.com; Zen Lifestyle and our many hundreds of individual supporters.



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