



www.eddystone.org.uk

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--World AIDS Day Press release--

The Eddystone Trust – HIV and Sexual Health Services in the South West

There are more people than ever living with HIV in the South West. The numbers of people testing positive for HIV increase every year. 26% of these people are undiagnosed. This takes our regional total to approximately 3781 people.

According to the HPA (Health Protection Agency):

- Ⓜ In 2010, as reported to end of June 2011, there were 255 new HIV diagnoses.
- Ⓜ The 2010 figure represents a 60% increase on the 159 new diagnoses in 2001.
- Ⓜ The overall UK increase since 2001 was 29%
- Ⓜ Figures for 2010 are likely to rise as further reports are received. In 2010, an estimated 19% of newly diagnosed individuals acquired their infection heterosexually and were of black African ethnicity (UK average 31%) and 45% acquired their infection through sex between men and were of white ethnicity (UK average 37%).

3001 are diagnosed in the South West living with HIV. Of these, 2485 are receiving treatment.

Nearly 30% of people living with HIV in the South West are over 45 years of age.

Key messages from The Eddystone Trust:

1. Addressing Stigma, taking responsibility

Stigma still gets in the way of us openly talking about HIV. Stigma is the reason why people do not test, why they can be reluctant to seek treatment and to tell others and get support.

We still have people who do not want their GP to know because they are fearful of the reaction. We also have clients who would rather go to London for treatment than attend a local clinic for fear of bumping into people they may know.

Stigma gets in the way of prevention messages – it is thought of as someone else's problem, in some other part of the world. HIV still affects all people living in the South West, young, old, straight or gay, black or white – HIV does not discriminate.

2. Issues for people living with HIV

Issues for people living with HIV will vary. Some live very healthy, active and positive lives. You may work with someone who is HIV positive and not know it.

Treatment – treatment improves every year, but treatment burden can be difficult to manage for some clients.

People who may stop working because of ill health often get better with new HIV treatments. However, the side effects can prevent a successful return to work.

Night sweats, diarrhoea and fatigue are common symptoms and are not easy to spot, so people may look well but are struggling to keep on top form.

Sarah Aston from The Eddystone Trust says “Fear of disclosure still exists for many – to family, friends, and employers – because the Stigma is still out there. At The Eddystone Trust, we try to help people cope with disclosure and to find the right time, if there is a right time. The Eddystone Trust is committed to advocating for and empowering the lives of HIV positive people.”

Other medication – medications create side effects which lead to new problems, which leads to new treatment, which has to be balanced with the original treatment. It’s a constant struggle to manage medication.

Mental Health – in a 2007 study of patients, 2/3 reported symptoms of depression and over 70% of anxiety.

Other issues include self confidence, difficulties sleeping and difficulty negotiating relationships. When would you tell a new partner you are HIV positive? What reactions might you get?

Depression is the strongest single predictor of non adherence to treatment. Numerous studies from France, South Africa and Australia show us that people who are depressed or anxious are more likely to have unsafe sex.

HIV is a chronic condition, but still treated as terminal by much of the public

3. Issues for older people living with HIV

Sarah Aston for The Eddystone Trust says “There is an increase in the over 60 divorce rate in England. More people are starting new relationships later on in life, and sexual health – including an HIV test – are not always top of the agenda. We would encourage people to get checked out for all sexually transmitted infections in between new sexual partners, including HIV”

People getting older have more complex health needs. If you are HIV positive, you may be more likely to hit these things earlier, i.e. heart disease, dementia, arthritis etc

Long term exposure to strong medication can start to take its toll – in ways we are still trying to understand. Some medications can disproportionately affect the liver and kidneys for example.

Poverty is exacerbated by HIV status – so for example, if due to ill health someone has not paid as much into a pension, then the payout can be lower.

“Lack of funds for my old age - since I was diagnosed in 1985 I regarded this as a death warrant and ceased to make any pension provisions”

(Participant from research into the HIV health care needs for over 50 year olds living with HIV)

Accessing social care can be tricky again – because of a fear of disclosure.

Older care services are not always set up to meet the needs of HIV positive people. We are encouraging them to do so through support with policies, training and staff and organisational development.

“I also fear that in case I need to be cared for, the carer would be as ill-informed and prejudiced about HIV as the rest of the general public”

(participant from recent research into the HIV health care needs for over 50 year olds living with HIV)

People still don't want others to judge them about their HIV status, so opportunities to support and help older people, can be missed by service providers.

4. Prevention challenges in the South West

- 🚫 HIV is everybody's business - Know about HIV – update your knowledge a lot has changed since the 1980's!
- 🚫 Wear a Red Ribbon or WEAR RED!!!
- 🚫 Know your status, test, test - test!

If you want to know more, are worried, please go to: www.eddystone.org.uk or call us on **0800 328 2508** for help, support or advice, anywhere in the South West. Or email info@eddystone.org.uk

The Eddystone Trust is a charity based in Plymouth, Devon, Torbay, Cornwall and Somerset supporting people living with HIV. The Eddystone Trust was formed in 1987 by people affected by the virus and has grown into a regional charity which now employs 19 people. The Eddystone Trust is supported by local NHS Trusts and Local Authorities and voluntary donations.

More information:

1. HIV quick facts
2. The Eddystone Trust activities across the South West
3. Participating agencies and schools
4. The Red Ribbon
5. World AIDS Day theme 2011

For more information or interviews, please contact Sarah Aston.
sarah@eddystone.org.uk or on 01752 257077

The Eddystone Trust free phone number for The South West
0800 328 3508
www.eddystone.org.uk



**THE
EDDYSTONE
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HIV and Sexual Health Services

QUICK FACTS:

- 🚫 HIV was first diagnosed 30 years ago by a French and American scientist
- 🚫 In the UK, there have been over 115,000 infections since 1981
- 🚫 Every 77 minutes, someone is diagnosed with HIV
- 🚫 Approximately a quarter of people living with HIV do not know they have it
- 🚫 A lifetime of HIV treatment can cost around £350,000
- 🚫 Condoms are one of the most cost effective ways to save money and health!
- 🚫 For every £1 spent on HIV prevention, the savings are estimated to be over £30
- 🚫 HIV tests are free in the UK and available through GUM Departments in Hospitals and many GP's now offer HIV testing
- 🚫 HIV is NOT passed on through:
 - Playing sport
 - Kissing
 - Using the same toilet
 - Insect bites
 - Shaking hands
- 🚫 You CAN get HIV by:
 - Having unprotected sex with an infected person (without a condom)
 - Mother to Baby transmission
 - Receiving infected blood (i.e. from blood transfusion)

**PLEASE CONTACT THE EDDYSTONE TRUST FOR MORE
INFORMATION ON EVENTS ON 0800 328 3508**

There are a number of activities taking place to mark World AIDS Day, Please come along and show your support or run your own. The Eddystone Trust can support you with resources and advice. If you would like a red ribbon please visit one of our offices where we will be happy to supply you with one. Please read on for further information on the work of The Eddystone Trust and World AIDS Day.

Date and Place	Event:

<p>1st December Plymouth</p>	<p><u>Plymouth University:</u></p> <p>11am to 3pm <u>WAD information stall</u> Medical students group “Medsin” and “Sexpressions” with The Eddystone Trust Prevention Team will run a stall and collect money within the university and promote Wear Something Red.</p> <p>5-6pm <u>HIV lecture</u> Sarah Aston from the Eddystone Trust will deliver a HIV lecture to medical students.</p> <p>8pm <u>HIV Film Night</u> Medsin and Sexpressions will play a HIV related film “And the Band Played On” in the Roland Levinsky Building.</p>
<p>1st December</p>	<p><u>Plymouth City Centre and University:</u></p> <p>6.45pm to 8pm Plymouth Pride Forum, The Eddystone Trust, Medsin and Sexpressions come together for a “Minute of silence and noise”.</p> <p>Meet at the Roland Levinky building at 6.45pm; please wear something red to form a human ribbon on the steps at 7pm, where we will hold a minute’s silence. We will then proceed through the city centre towards the Civic Centre with candles and lanterns. The evening will culminate at 7.30pm with a minute of “noise”!</p> <p>HOMEMADE SOUP AND ROLLS AT THE END!!</p>
<p>1st December Taunton</p>	<p><u>St. Mary Magdalene Church Service:</u></p> <p>12 – 2.30pm 11.00am - Holy Communion in St Andrew's Chapel</p> <p>12.00 - 1.30pm - Soup and roll in the Coffee Shop</p> <p>12.00 - 1.30pm - A time of reflection in church (<i>not in the chapel</i>) with music, readings, a prayer and light a candle. Paul Tullett and Sheila Murray will be reading out the names of individuals, situations or organisations who we have been asked to remember in prayer.</p> <p>Donations will go to support the work of the Eddystone Trust.</p>
<p>1st December</p>	<p><u>Exeter College:</u></p>

<p>3rd December Torquay</p>	<p style="text-align: center;"><u>The Harbour View Café:</u></p> <p style="text-align: center;">8pm – late!</p> <p>Drag/entertainment night – launch of the café entertainment nights. The Eddystone Trust prevention team will run a WAD stall and launch the new CHAPS “Clever Dick” campaign.</p>
<p>5th December Exeter</p>	<p style="text-align: center;"><u>The Eddystone Trust Client Day:</u></p> <p style="text-align: center;">11am to 3pm</p> <p>A day for clients that access the Eddystone Trust from all over the South West peninsula. A mixture of structured workshops, creativity, therapy taster sessions, lunch, chill out areas and an opportunity to meet other people, access peer support and meet members of The Eddystone Trust.</p>
<p>5th December Exeter</p>	<p style="text-align: center;"><u>The Phoenix Centre:</u></p> <p style="text-align: center;">8.30 – 11.30pm</p> <p>Kino Queerling Film Night. Playing 3 HIV related films: Jeffery.</p>

Other World AIDS Day events:

GP Surgery Mail out

Letters with information about World AIDS Day, Wear Something Red and HIV were sent to all GPs in the Devon area and there was a big response for red ribbons and Wear Something Red posters.

World AIDS Day Resource Packs

Packs (leaflets, wear something red posters, red ribbons, posters etc) were sent out to youth and community projects and some business in the Devon area. The following will have a display on the day or during the week:

The Zone, Plymouth
 Health Wise, Torquay
 Candyfloss night club, Torquay
 Steamer Quay Sauna, Torquay
 Key West Resort, Torquay
 The Rainbow Ball, Torquay
 The Harbour Centre, Plymouth
 Age UK, Plymouth
 Morley Youth Club, Plymouth
 Estover Youth Club, Plymouth
 The Intercom Trust, Exeter
 Careers South West, Exeter

South Devon College, Torbay
Exeter College, Exeter
Plymouth City College, Plymouth
Platform 51, Plymouth
Plymouth Homeless Project
Plymouth GUM
Torbay GUM
Exeter GUM
Taunton GUM
Tiverton GUM
Sidwell Street Walk in Centre, Exeter
The Cumberland Centre, Plymouth
YES Youth Project, Barnstaple
The MET office, Exeter
Young Devon, Barnstaple
PETROC College, Barnstaple, Okehampton and Tiverton
Exeter University
Hawkins Pub, Plymouth
Zeros Nightclub, Plymouth
The Vaults Pub, Exeter
Channing Woods Prison MSM Group, Newton Abbot
Devon Drug Service, Newton Abbot
Devon and Cornwall Police
Young Peoples Sexual Health Team, Torbay
Plymouth City Council
Devon County Council
Highbury Trust, Plymouth
Racial Equality Council, Plymouth
Torbay Youth Parliament
My Space Youth Project, Torbay
Checkpoint, Torquay
The Phoenix Centre, Exeter

SCHOOLS

A National AIDS School pack was sent out all secondary schools in the South West to deliver assemblies, awareness raising and to wear something red
The following schools will hold events on the day or week:

Torquay Grammar School for Girls
Paington Community College
Heles School, Plymouth
Torbridge High, Plymouth
Brixham Community College

Contact was made with many schools pledging an interest for 2012. Contact will be made in early 2012 to be included early in the curriculum and possible training will be undertaken to empower teachers and pupils to deliver their own WAD events and awareness.

INFORMATION ABOUT THE EDDYSTONE TRUST, WORLD AIDS DAY, WEAR SOMETHING RED AND THE RED RIBBON.

BACKGROUND

Since 1987, The Eddystone Trust has worked with people living with and affected by HIV. At first, our role was to comfort and support people through an unknown virus and the effects it brought about to individuals, relationships, families and communities.

We understand HIV better now. It is a virus which we now know how to stop, we know now how to try to control, we are supporting people to live with HIV and look to their future. Our work is with individuals and groups, we focus not only on people living with HIV but also continuing to spread information about preventing HIV transmission. We work with all people in South West affected by HIV, irrespective of age, gender, sexuality, ethnicity or background.

Wear Something Red

You can help raise awareness of HIV and raise valuable funds for The Eddystone Trust by simply wearing something red for World AIDS Day. In 2009 The Eddystone Trust launched the "Wear Something Red" campaign, an addition to wearing the red ribbon; the international symbol of HIV awareness and solidarity towards people affected by HIV.

It's an excellent way for a workplace, school, college, university or a group to put on an event to raise awareness and funds (dress down days etc.). We can provide resource packs (posters, leaflets, stickers, red ribbons, collecting tins etc.). Please contact us for one or for further fundraising ideas.

WORLD AIDS DAY

World AIDS Day Started on 1st December 1988 and is about increasing awareness, fighting prejudice and improving education. World AIDS Day is important for reminding people that HIV has not gone away, and that there are many things still to be done.

According to UNAIDS estimates, there are now 33.3 million people living with HIV, including 2.5 million children. During 2009 some 2.6 million people became newly infected with the virus and an estimated 1.8 million people died from AIDS.

The vast majority of people with HIV and AIDS live in lower- and middle-income countries. But HIV today is a threat to men, women and children on all continents around the world. For more information about World AIDS Day please visit the Official Site.

<http://www.worldaidsday.org/>

Wear a Red Ribbon

The red ribbon is an international symbol of AIDS awareness that is worn by people all year round and particularly around World AIDS Day to demonstrate care and concern

about HIV and AIDS, and to remind others of the need for their support and commitment.

The red ribbon started as a “grass roots” effort; as a result there is no one official AIDS ribbon manufacturer, and many people make their own. It’s easily done – just use some ordinary red ribbon and a safety pin!

In 1988 a group called Visual AIDS was founded by arts professionals as a response to HIV and the red ribbon was created in 1991 to symbolise support and solidarity for people living with HIV, remember those who have died and to raise awareness. Red was chosen for it’s, “connection to blood and the idea of passion -- not only anger, but love, like a valentine”. In 1992 more than 100,000 red ribbons were distributed during the Freddie Mercury AIDS Awareness Tribute Concert and more than one billion people in more than 70 countries worldwide watched the show on television

WORLD AIDS DAY THEME 2011-2015:

“Getting to Zero”

“Zero new HIV infections. Zero discrimination. Zero AIDS-related deaths”

Getting to zero is this years World AIDS Day theme (and will be until 2015), which is on Thursday^{1st} December. The global HIV response is at a pivotal moment, where huge strides forward are at serious risk and current approaches are reaching their limits. Only one third of the 33 million people living with HIV in need of life long treatment are receiving it. New infections continue to outpace the number of people starting treatment, while the upward trend in resources suffered a serious downturn this year.

Backed by the United Nations the “Getting to Zero” campaign runs until 2015 and builds on last year’s successful World AIDS Day “Light for Rights” The UNAIDS strategy aims to advance global progress in achieving country set targets for universal access to HIV prevention, treatment, care and support and to halt and reverse the spread of HIV and contribute to the achievement of the Millennium Development goals by 2015.

This is a very detailed strategy that will incorporate the push towards the drop in HIV infection rates, discrimination and deaths.



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