

The Ribbons Centre offers a range of services to anyone living with HIV and their partners, families and carers. Children are welcome although parents / guardians are responsible for them at all times whilst in the Centre.

A warm welcome awaits you!

Our services include

- Support for people who are newly diagnosed
- Full Disabled access
- Complementary therapies
- Resource area with an up to date library
- Treatment information and support
- Access to the Internet for research purposes
- Use of office facilities including PC, photocopier, phone etc
- Advocacy service
- Referral to other specialist services
- One to one Support
- Information and support on Immigration, benefits, housing, and employment.
- A confidential Counselling service
- Social Events
- Food
- Training
- Outreach

Centre Opening Times

Mondays Closed

Tuesdays Drop-in 3-9pm

Wednesdays 11am-4pm by appointment

Thursdays Drop-in 11am-4pm

Fridays 11am-4pm by appointment

Positive Women's Group on the first Wednesday of each month.

12.30pm Lunch followed by group session 1.30-2.30pm

P.A.C.T. (Partners and Carers Together) Monthly support group.

Discussion Forum Bi-monthly on the last Thursday of the month.

Zimbabwe Test Case Update

The HS Test Case (also known as Country Guidance Case) has been heard at the Asylum and Immigration Tribunal (AIT) before a panel consisting of Deputy President Mr. Ockleton and Senior Immigration Judges, Storey and Southern.

According to the Refugee Legal Centre in Portsmouth (contact details at the end) the details of the hearing are still being considered at the moment. A decision date has still not been set. A similar case has been heard for the Democratic Republic of Congo and it has a decision date for 17th September. We hope the decision date for Zimbabwe will follow shortly after.

According to The Zimbabwean newspaper, many Zimbabweans have been receiving Case Resolution letters recently. It would be sensible to discuss with your legal representative how best to fill out these questionnaires.

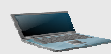
If you don't have a lawyer you can – Visit the local Citizens Advice Bureaux –

023 8022 1406
023 8033 3868
023 8033 9739 - Race Equality
023 8033 6981 - Immigration
3 Kings Park Road
SOUTHAMPTON
Hampshire
SO15 2AT

Contact the Refugee Legal Centre

Venture Tower
West Wing, 2nd Floor
Fratton Road
PORTSMOUTH, Hampshire
PO1 5DL
TEL: 0239 286 1469

Ask us here at the Ribbons Centre
Visit www.refugeecouncil.org.uk



INTERNET CAFÉ at - THE RIBBONS—well almost

We've added to our computer facilities and now you can kick back on the sofas, with a cup of coffee, in the main room and 'surf the net'. Any help required, just ask me (Kevin). We can also provide you with any printouts.



UK Coalition forced to close down

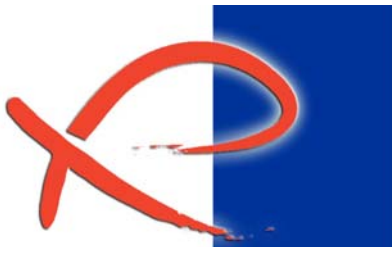
Many of you will have heard the sad news about the closure of the UK Coalition of People living with HIV at the end of July, and the winding up of Positive Nation Magazine. The loss of both of these will have a significant impact on the face of HIV in the UK. The good news is that Positive Nation magazine has been taken over by Sugar media in London and plans are afoot to relaunch it in the next few months. The UKC conference has been postponed and it is hoped that it will run next March. Some of you have contributed towards the focus groups that were held here earlier in the year and the information from these will still be used to shape the conference.

The Way Ahead

A meeting was held at the Centre at the end of August to try to develop a way forward for the Ribbon Centre in relation to Positive Voice and to respond to service user concerns. There was a discussion of recent events, and why the Trust had been unable to accept money given as it was through inappropriate channels and in a manner that blurred boundaries between ourselves and PV. There was also a clarification of the Complaints Procedure and its application. Suggestions to improve the situation were made, including placing an open letter in Southern Scene, asking representatives from the Centre to seek to open direct dialogue with PV and establishing a higher profile in the community. If direct dialogue was unsuccessful, it was decided that it would be necessary to consider some form of mediation. Two Directors, Mich Rice and Rachel Wookey, have been appointed to jointly work towards initiating a dialogue with PV and address service user concerns.

QUOTE OF THE MONTH

'The trouble with always trying to preserve the health of the body is that it is so difficult to do without destroying the health of the mind.' ~G.K. Chesterton
'Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.' ~Doug Larson
'Life is too important to be taken seriously.' ~Oscar Wilde



The Ribbons Centre Newsletter

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The Ribbons Centre is a project
of the Charlotte Jackson Trust.

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• 3371661

Registered Charity No:

• 1062865

In this issue:

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events

Investing in Volunteers

New directors appointed

Walk for Life - the blistering
truth.

Pret a Manger provides healthy support for the Ribbons Centre

We are really pleased to announce that from the end of August we will now be receiving donated food from Pret a Manger. The sandwich chain has recently opened in Southampton, and uses natural ingredients avoiding preservatives. Sandwiches are freshly made throughout the day in their own kitchen and not from a big sandwich factory. They have spent years earning respect and building their ongoing success and have an excellent attitude to supporting the community. Throughout the year Pret supports dozens of charities by offering unsold sandwiches at the end of each day. The Centre will be collecting from them at the end of the day and offering this food during drop in times as usual. We need help to collect this food so please get in touch if you can spare a little free time, and hurry to check out what tasty food Pret is serving up!

It was the wettest June on record, July wasn't much better, and finally we had a Summer, but it didn't dampen our spirits, nor has it for all of those who have been coming to The Centre. All the time we've been moving ahead, always looking to improve, develop and extend our services. We've had a new kitchen, new air conditioning, new double glazing, added to our IT resources and we've even given the Ribbons main room a new makeover, all thanks to a Capital Grant from the Department of Health in cooperation with Southampton City Council. Look at the sparkling difference. It's amazing what a good lick of paint can do to warm your heart on a typical British summer's day!! **That's not all that's new.** I'm quite new, having taken over from



Martin in the Admin & Voluntary Support role a couple of months back...if you didn't know already. Monica, Marina and Shaun are our newest volunteers, doing a fine job and Raych (long-term volunteer) has just become a Director.



UKC Our Lives and Voices
Our Health and Services
UK Coalition of People Living with HIV and AIDS

The board of directors of the UK Coalition of People Living with HIV and AIDS Limited regret that the organisation ceased operations at 5pm on Friday 25th July 2007 and is now working towards winding up the organisation due to insolvency.

Uncertain Future for Positive Nation magazine as UKC goes under See back page.

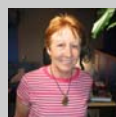
Zimbabwean Test Case to decide Asylum Seeking outcome in Britain.....

Months of waiting and still no outcome for the case that will effect thousands. **See back page**

Management Changes at Ribbons

Having been at the Centre since the very beginning as the only paid worker when Ribbons opened, I have overseen so many new developments which have all shaped the services we provide today. As times change, so the organisation must develop to look towards the future. With this in mind the directors have asked me to spend the coming months doing research and development for the organisation to ensure its long term viability. This will mean that I will be on secondment from my current post, and a team leader will be appointed to manage the day to day running of the Centre and support the staff and volunteer team. I will continue to have overall responsibility for the Centre but will be available much less to do client work. I hope you will all support the new team leader and continue to use the service to get support. Without this vital work to identify future funding and development, we cannot continue to progress. If anyone is interested in applying for this new post, the job ad is included in this newsletter. I hope the new project that I am undertaking, is successful to ensure that we continue to provide excellent services in the future to local people living with HIV. *Ginny Transhaw*

MONICA



MARINA



SHAUN



RAYCH



Job Advert Team Leader (10 month duration)

The Ribbons Centre is an established and expanding HIV support service in Southampton. Due to an internal secondment of the Centre Co-ordinator, an opportunity has arisen to join this friendly and supportive team as team leader for a ten month period, with a possibility of extension at the end of this period. You will be responsible for managing the operations of the Ribbons Centre delivering and developing services for people living with HIV and their families. Accountable to the Centre Co-ordinator, you will support the staff team and also facilitate the development of the volunteer team.

This is a great opportunity for someone with excellent communication skills, plenty of initiative, as well as energy, flexibility and a commitment to meeting the needs of a vulnerable group in non-judgmental and creative ways. You will need excellent leadership skills and be expected to work independently as well as part of a close team. You should have a good understanding of the issues relating to people living with HIV in the UK today and be experienced in group work and delivering training. A qualification in social care would be an advantage. You will be expected to carry out regular evening and occasional weekend work.

Salary: £24 000 rising to £24 708, pro rata, following a satisfactory 3 month trial period, plus 5% pension contribution.

This post would be suitable for a secondment.
Closing date: Friday 21st September, Interviews Monday 1st October. The successful applicant will be expected to attend a team away day on Saturday 13th October. For more information contact Ginny Cranshaw on 02380 225511. An application pack can be downloaded at: www.ribbons-centre.co.uk or contact The Ribbons Centre, 113A East Street, Southampton SO14 3HD.

Bright Idea from Powergen & Grassroots!!!

Thanks to a donation to Crusaid, we will be receiving 500 free energy saving light bulbs. These will be available at the Centre in about a month to help those on low incomes. Please check with the centre in October to get your free bulbs!



Volunteers' 'Race for Life' Brings Hope to Many



Congratulations to: Raych, Darryl, Gehan, Dan, Mark, Erin, Vicky, Ginny and also Wayne (who raised money without even having to walk!) for raising over £1700 for Crusaid and the Charlotte Jackson Trust.

70% of the money is going into the Ribbons Centre's hardship fund. The remaining money is going towards Crusaid's various projects in the UK and Africa. Projects in the past have included funding a new HIV clinic at Ealing Hospital and setting up Hannan Crusaid Treatment Centre in Guguletu, South Africa. Crusaid also has a hardship fund themselves. In total, Walk For Life raised a respectable £370,000.

Volunteer Vicky speaks of her 'Act of Sufferance'.

Unlike many days this summer, the 10th June was positively idyllic. The sun was shining, the birds were singing and the temperature was a soaring 27 degrees. What a perfect day for a stroll you might say. Unfortunately what I had signed up to, for that day, was a little more than just a stroll! I was to walk a whopping 10 km in aid of Crusaid and the Ribbons Centre. The walk was from 12 at Hyde Park, so 5 of us (me, Ginny, Darryl, Raych and Mark) set off from Southampton Central bright and early that morning to join in the fun. Little did we know that walking in the searing (relatively speaking of course) heat for what may seem to some to be a trivial distance would turn out to be anything but fun.

We picked up 3 more people at Hyde Park and then set off at about quarter past. The walk took in the main sights of the city such as



The Houses of Parliament, The London Eye, Millennium Bridge and the Globe. However, it was a bit difficult to appreciate the sights when I had sore feet and I was tired and hot, and that was after the first 3k! I did find it quite hard to carry on going at times, but I had the other guys around me keeping me going and despite the physical tiredness, there were quite a few up sides. It was good to see so many people turn up to the event; there was good company, the entertainment was 'so so' and most importantly of all, it was good to think that my pain was directly contributing to the fight against HIV and AIDS in this country and abroad. It was with great pride that I was able to collect the sponsorship money over the subsequent weeks.

HEALTH TIPS

Protect yourself this winter..

Don't forget, with the cold season just around the corner, make sure you get a flu jab immunisation. It gives you good protection from flu and lasts for one year. The vaccine is normally available in the autumn and is made from the strain of flu that is expected in the coming winter. In order to remain protected, you need to ensure that you have a flu jab every year. It is free to people living with HIV/AIDS, so make sure you check next time you visit your doctor if you need one.

Farewell Jacqueline.....We'll miss you!

Jacqueline started work here as a volunteer in 2003 and has since been involved in various roles for the centre, including as Client Support Worker. Her latest contribution involved working on a project, which created more awareness of HIV/AIDS in local ethnic communities. Sadly this has come to an end, but happily for her she will be moving on to studying for her PhD on HIV/AIDS in Africa. TAKE CARE

WHAT'S ON SEP—DEC

Tuesday 2nd October

Yoga 11-12.30pm & 4.45-5.45pm

Tuesday 2nd October

DVD night, Film showing at 6.30pm. popcorn provided

Wednesday 3rd October

Women's Group 12.30pm lunch followed by group session 1.30-2.30pm.

Wednesday 3rd October

PACT meeting 7pm

Tuesday 9th October

Yoga 11-12.30pm & 4.45-5.45pm

Tuesday 16th October

Yoga 11-12.30pm & 4.45-5.45pm

Wednesday 17th October

AGM 6.30pm

Tuesday 23rd October

Yoga 11-12.30pm & 4.45-5.45pm

Tuesday 30th October

Yoga 11-12.30pm & 4.45-5.45pm

Tuesday 30th October

Halloween Party 7pm

Wednesday 7th November

Women's Group 12.30pm lunch followed by group session 1.30-2.30pm.

Wednesday 7th November

PACT meeting 7pm

Tuesday 6th November

Yoga 11-12.30pm & 4.45-5.45pm

Thursday 15th November

Liz Breadner, Specialist Nurse 12.30 -2pm

Thursday 29th November

Discussion Forum—topic T.B.A.

Saturday 1st December

World Aids Day

Wednesday 5th December

Women's Group 12.30pm lunch followed by group session 1.30-2.30pm.

Wednesday 5th December

PACT meeting 7pm

Its time to vote!



The Charlotte Jackson Trust is holding its Annual General Meeting on Wednesday 17th October at 6.30pm. At this meeting you have a chance to meet the directors and learn about the changes to the membership of the organisation. It is also your chance to choose who you would like to represent you on the management committee, which is responsible for the day to day running of the Centre. Currently it consists of service user representatives (Fred, Faith and Henrietta), 2 volunteer reps (Stephen and Eli), 2 directors (Mich and Maggie), as well as staff. If you would like to contribute to the running of the Centre and represent the views of others in helping the Centre to meet the needs of all service users, please ask Kevin for a nomination form from the office. All those nominated will be advertised in the Centre and the elections will take place at the AGM. You can read more about the committee, including who to contact should you want an issue raised, as well as minutes of the meetings, on the management committee notice board above the tea and coffee station.

New Student Joins The Team

Hello everyone my name is Adam Duggan. In October I will begin working at the centre for five months. I look forward to meeting and working with you all. This is part of my Social Work course which I am studying at Southampton University. I have just moved to the area- next to the university Highfield campus. I feel I will have a lot to learn from everyone so you will probably recognise me as the person always asking questions! I am interested in getting involved in all the different aspects of the centres work- so hopefully we will meet soon! Adam

Investing In Volunteers

If you have ever visited the Centre during drop-in, you will know how important volunteers are; they get the Centre ready, help prepare meals, provide support and spend quite a while clearing up afterwards! Our volunteers also do a lot behind the scenes, helping with things like admin, fundraising and promoting the Centre. We are committed to the work we do with volunteers which is why we have signed up to the Investing in Volunteers scheme run by Volunteering England. Investing in Volunteers is the UK quality standard for all organisations which involve volunteers in their work. The Standard enables organisations to comprehensively review their volunteer management, and also publicly demonstrates their commitment to volunteering. We are busy working towards the standard and hope to achieve it later this year. If you are interested in becoming a volunteer there is more information on our website, or you can call Kevin.



ANNUAL QUESTIONNAIRE NEWS & VIEWS

The Ribbons Centre always tries hard to make sure that its users have a voice in how they feel the Centre is running and any improvements people would like to see. As part of this every year we distribute a questionnaire to give you the chance to have your say. Out of 100 questionnaires we sent out this year, only 18 were returned this year, which is a bit disappointing. However thanks to all those who completed the annual questionnaire, which was very useful feedback. We have processed the responses and have produced a summary report which is now available in the Centre and online. This report will be discussed at the next Management Meeting, with a view to implementing some of the most popular suggestions.