



Spring 2010 Newsletter

Service Update

Welcome to our Spring newsletter!

Since the last newsletter we have had some exciting developments, including the recruitment of two new members of staff, the expansion of our support groups, increased outreach in

Edinburgh and Lothian's and the successful delivery of three Open Days.

We continue to provide 1-1 and group support to a large number of people and have now trained our Volunteers to assist at our support groups; where they are able

to offer peer support.

In addition we are continuing to provide Hepatitis C awareness raising workshops throughout Lothian and are delighted to announce our World Hepatitis Day event in May (details in Future Events section)

New Faces at C Plus

We would like to welcome two new members of staff. Scott Fleming and Marc Simpson started in February 2010 and have been a welcome addition to the C Plus team.

Scott

"I have been involved in care work since I was 18 but most

recently I spent 6 years working in the mental health sector doing tenancy support. In that time I have worked with a variety of individuals, some of whom were affected by Hepatitis C. I really enjoyed working with these clients through the course of their

treatment and it was great to see them move into a better place. I hope to help and support more people towards better places through C Plus"



Scott Fleming
Support Worker



Marc Simpson
Support Worker

Marc

“I have been employed in addiction services/rehab in the city for the past 3 years and during this time I have supported many clients who have had Hepatitis C. I now hope to support and help people with Hepatitis C as well as raise awareness and reduce the stigma attached to the virus”

Scott and Marc join Alison and Sharon to complete the C Plus team. We would also like to announce that after seven years of working with us (and previously Capital C) Julia Reid (Support Worker) has retired from C Plus. We would like to wish Julia all the best for her retirement.

Service User Support

C Plus offers information, support and advice to people who are affected by or are at risk of becoming infected by Hepatitis C across Edinburgh and the Lothian's.

Our mission is to help people live positively with Hepatitis C and to support healthy communities.

C plus offers a variety of services which we hope will cover the needs of the people who come to us for support and or information.

C Plus Services:

- One to one support
- Support groups (see timetable below)

- Signposting and referral to other organisations; including treatment clinics
- Support to access testing and treatment clinics
- Peer support and peer education
- Lifestyle change and information
- Access to complementary therapies

New Developments with Support Groups

Exciting new developments with our Support Groups!

We have launched a new evening group, which is facilitated by our Volunteers.

The evening group takes place on the last Thursday of every month and light snacks will be provided. It is hoped that complimentary therapies will be available at the group in future.

In addition we have extended the length of our Wednesday support group to 3:30pm and increased the length of time available for complementary therapies.

Support Group Timetable:

Women's Group	Monday	1:00 – 3:00pm
Group Support	Every Wednesday New extended support group	12:00 – 3:30pm
Complimentary Therapies	Every Wednesday New extended times for therapies (at special rate £5)	11:00 – 4:00pm
Evening Group	Every last Thursday	6:00 – 8:00pm
Walking Group	Thursdays and every third Saturday	

If you would like more information about any of our Support Groups please contact Scott Fleming on (0131) 478 7929 or email sfleming@mainliners.org.uk

Awareness Raising Workshops

As part of our goal to promote healthy communities in Edinburgh and Lothian; we can provide Hepatitis C awareness raising workshops to local voluntary and statutory agencies. These workshops are free and can be tailored to meet

and reflect the needs of your client group.

Workshops cover:

- What is Hepatitis C (HCV)
- How HCV affects people
- How to keep safe from HCV
- Where to access testing, treatment & support

If you would like to book a Hepatitis C awareness raising workshop or chat about the content of the workshops; please contact Sharon Smillie on (0131) 478 7929 or email ssmillie@mainliners.org.uk

Future Events



World Hepatitis Day Event
County Hotel, Dalkeith
Friday 21st May 2010
9:30 – 3:00pm

For the annual launch of World Hepatitis Day in May we will be delivering an exciting event in Dalkeith on Friday 21st May.

The event is open to service users and anyone working in local voluntary and statutory agencies who wish to know more about hepatitis

Event will include:

- Information about Hepatitis, its local and global impact
- Information and workshops on testing, treatment, support and living with Hepatitis
- Personal stories
- Networking opportunities

Lunch and complementary therapies will be available.

Bookings and further information can be accessed through the [C Plus website](#).

C Plus

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<http://www.mainliners.org.uk/pages/cplus.html>

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