



# CWAC

Children With AIDS Charity

Children With AIDS Charity  
 Calvert House  
 5 Calvert Avenue  
 London, E2 7JP  
 Tel: 020 7033 8620  
 Fax: 020 7739 3902  
 Email: info@cwac.org  
 Web: www.cwac.org

## Summer 2010 Newsletter Issue 36

### GOODBYE AND WELCOME

After many years of being Chair of CWAC Peg Belson has retired together with Lesley Naylor, CEO, who has left us after 10 years.

The trustees would like to thank them both for their hard work and effort in helping to make the charity the success it has become and our good wishes go with them for the future.

We would now like to introduce David Tallon as our new chair, David was chair at the inception of the charity and helped to put it on its feet and we wish him every success in the coming years.



David Tallon



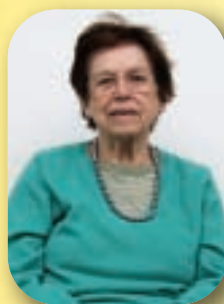
Acting CEO Bev James

she will bring her expertise to the CEO position.

We wish them both every success.

**Barbara Clayman**  
 Vice Chair

### FAREWELLS



Peg Belson

Although CWAC's reach is national, it has always managed to maintain its unique community essence whilst remaining steadfast in its purpose, to assist the youngest of those infected and affected by HIV and poverty.

Peg Belson and Lesley Naylor have been at the forefront, the public faces and voices that have represented the charity and its ethos for twelve and ten years respectively. Throughout the years of growth, both women have provided solid leadership and during more challenging times, they have ensured that the team here at CWAC remained focused on the continuing future of the Charity.

At the end of March after more than a decade of tireless and dedicated service Peg retired from her long and successful tenure as Chair of CWAC. The staff team at CWAC will always be grateful to Peg for her support and endless knowledge and experience. Though we are saying a heartfelt thank you to Peg for all her extraordinary work as Chair of CWAC, it is not quite a goodbye. Peg will remain a continuously invaluable member of

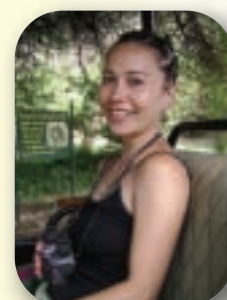
the Hardship and Education Committee.

If Peg was the admiral then Lesley has been the captain of this ship. Lesley resigned from her post as Chief Executive Officer last month and is moving on to pastures new.

Lesley joined CWAC at the beginning of the new millennium and has at times delivered services almost singlehandedly. In her role as Chief Executive Officer, she has been an integral part of the considerable financial growth achieved in the past 10 years. Her inexhaustible energy, efficiency and dedication to the charity has seen her use her many talents to fulfil every facet of her role, writing funding applications, keeping the books, representing her team, writing press releases and the list goes on. All this and never being too grand to play office DJ or muck in, dress up in a duck suit and shake a bucket outside a train station.

The team here at CWAC will miss Lesley, but she too will still have a connection with us as she continues to serve on CWAC's International Committee. Therefore, it is not goodbye but a fond farewell. We wish Lesley success and happiness in her new post and all her future endeavours.

**By Bev James**  
 Acting CEO

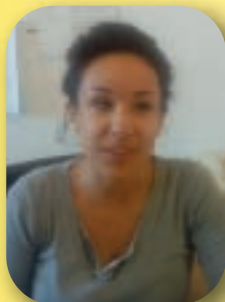


Former CEO  
 Lesley Naylor

# HARDSHIP

## INTRODUCING THE NEW CWAC HARDSHIP TEAM

We are delighted to introduce the new CWAC Hardship Team: Carole Velasquez who is the co-author of the Hardship Children HIV & Poverty research (awaiting publication), will be



*Carole Velasquez*



*Paulina Bravo*

taking on the role of Services Coordinator and Paulina Bravo, a Phd research student has been appointed as Assistant Coordinator.

Busy and challenging times but no doubt as a team we will work hard to continue to raise funds and deliver services that meet the changing needs of children and young people living with HIV and in poverty.

## OUT WITH OLD IN WITH THE NEW - CHANGES FOR CWAC HARDSHIP FUND

During the latter part of 2009, CWAC's Hardship Fund underwent an intensive review and monitoring process. As a result, the Hardship Fund was closed for 3 months in order to deal with a backlog.

Apart from changing the name of the fund from The Hardship and Respite Breaks Project to CWAC Hardship Fund, new application forms, guidelines and organisation registration forms were drawn up. Whilst some of the old features

remained many new features have been added. The most obvious changes to the forms are:

### ORGANISATION APPLICATION FORM

- Now lists the main contact's responsibilities, the aim of which is to strengthen communication with, feedback and accountability to CWAC.
- Referrer's responsibility also listed to assist with the correct completion of applications.

### HARDSHIP APPLICATION FORM

- The same form can now be used to apply for either Hardship or Respite Breaks.
- Unfortunately, CWAC no longer funds family holidays, however we do provide funding for medically approved respite at recognised respite centres in the UK, short breaks and activities for children and their families. We also fund school trips for children.
- Section 3 of the form- Hardship only has been altered and has three specific questions that must be answered in order to provide us with the correct background information to process a client's application.
- Section 5 if the client pays any of the following expenses directly: rent, mortgage, council tax and water rates, they will be now included in the deduction from income when assessing the clients assistance level.

### ASSISTANCE LEVELS

Assistance levels have been adjusted in line with inflation as they had remained the same since 2005. These changes align the grants more closely with the nationally perceived poverty line.

### GRANT LIMITS

The limits in relation to the amounts that can be granted per application have also been adjusted upwards to reflect the rise in the cost of living.

### GROUP PROJECT APPLICATION

Can now be used to apply for fund for any aspect of group activities relating to children and young people infected or affected by HIV.

### GRANT ACKNOWLEDGEMENT

It is now a requirement for referrers to acknowledge receipt of the grants provided by CWAC. This last step of the granting process is key to our fundraising efforts.

Referrers might either send us a drawing from the child(ren) a picture of the item purchased, and/or an anonymous letter from the parent or a letter from the referrer explaining the impact brought about by CWAC's assistance.

We wish once again to say a big thank you to all referring partners who persevered through the lengthy process of review, closure, re-registration and re-launch.

Thank you to those of you who have pointed out areas on the new forms that have been omitted or unclear, your feedback is greatly appreciated.

## Hardship/Events

We will endeavour to update and address any issues that are brought to our attention. Any changes deemed necessary will be applied to the downloadable forms on the CWAC website.

For more detailed information please go to [www.cwac.org](http://www.cwac.org) where all forms are available for your perusal, or email [carolev@cwac.org](mailto:carolev@cwac.org). You can also phone the CWAC office on 0207 033 8621.



*The new promotional mouse mats used as part of the re-launch of CWAC Hardship Fund and included in the new registration packs designed by Aran Roberts.*

### VITABIOTICS HELPS POSITIVE CHILDREN TO MAINTAIN HEALTHY!



Last March, Vitabiotics Limited “a British company committed to human health and research” represented by its senior brand manager Miss Shah has kindly contributed to CWAC with one year of vitamins. This exemplifies the spirit and mission of Vitabiotics which is currently working with more than 20 charities/organisations in the UK. The donation of 240 boxes of Wellkid chewable vitamins will

cover the supplementation of 20 of our children for a whole year! With this our children will maintain healthier lives with a stronger immune system. The vitamins were also distributed to other organisations such as Positively Parenting and Children, Positively Woman, Body and Soul, Body Positive North West, Luton Community Services and KPS in Cornwall. CWAC is very grateful for this donation and we hope to maintain this partnership in the future with the aim of continuing to support children's health.

**By Paulina Bravo**  
Assistant Hardship Co-ordinator

### WALTZING TO VIENNA

CWAC Hardship Team is extremely pleased to announce that the findings of the research they conducted in 2009 on HIV-affected children have been selected to be presented at the 2010 International AIDS Conference taking place in Vienna from the 18th to the 21st of July.

The research, which was funded by the Elton John AIDS Foundation looked comprehensively for the first time in fifteen years into the circumstances and living conditions of HIV-affected children and their families living in the UK. It lifted the lid on an utterly worrying situation that sees children continuing to be disproportionately disadvantaged and deprived, with a disturbingly high percentage of families not receiving any income, living in an accommodation presenting hygiene issues and having no access to healthcare. These cumulative predicaments, which carry long-term

consequences, trigger the most detrimental trickle-down effect on children.

The International AIDS Conference remains the world's largest HIV/AIDS platform and will bring together more than 20,000 participants from all over the globe, including the most high-profiled experts and policy-makers. It therefore represents an invaluable opportunity to make the voices of these children heard and to alert the international community to some pitfalls stemming from gaps and failings in policies and practises that endure even in the most developed countries.

This presentation will be the occasion to initiate a fruitful dialogue with stakeholders coming from a great variety of backgrounds as well as to reach a large audience. But it will also represent the first milestone of a new ongoing process for the CWAC Hardship Fund, which is set to develop its research and advocacy activities by shedding light on the difficulties experienced by one of the most impaired and marginalised group, and pointing out the changes to be made.

Amena Zaman (Education & Outreach Manager) and Bev James (Acting CEO) will be representing CWAC at the International AIDS Conference.

The full findings from the research undertaken by Carole Velasquez & Bev James are due to be published in a report later this year.

**By Bev James**  
Acting CEO

## Events / Education

### DUCKS OUT IN FORCE AT FINSBURY PARK STATION.

Amena Zaman and Lesley Naylor dressed in duck suits going CWACKERS for CWAC and collected donations made by the generous public in North London.



*Education and Outreach Manager,  
Amena Zaman*

CWAC would like to say a big thank you to Mike's Caffe near the station that were very kind and allowed us to use their facilities.



*Former CWAC CEO, Lesley Naylor with staff  
from Mike's Caffe.*

### BHIVA (MANCHESTER) & CHIVA (BRIGHTON) CONFERENCES 2010

Bev and Amena set up information stalls at both conferences this year. Bev was able to hand out the new Hardship mouse mats, which were created by young designer Aran

Roberts, as well as hand out hardship registration and applications to new organisation.

Amena handed out free learning resources, which were designed by young people during the work experience programme and promoted CWAC's latest publication Me, My Health and My medicines workbook.

## Ally Capellino

Ally Capellino, a Shoreditch accessories design company continues to support CWAC this year. We have designed 5 limited edition Leather Tote bag called 'Timothy', showcased in our shop and Shoreditch House. A film of the 'Timothy' being carried around London was also screened. Four have already been bought, one of which is gracing the shoulder of a gentleman living in Japan! The final bag has just been sold to a lady in Seattle, USA. This is great news for CWAC & Ally Capellino. All of the proceeds will be donated to CWAC.

In addition to this special project, we worked alongside Amena during our biannual Sample Sale. All visitors paid an entrance fee of £2 and a total amount £445.78 was donated to CWAC. It's a pleasure to work with and support CWAC and we shall continue to do so with future events.



*Timothy Leather Tote*

For more information and deliciously designed bags and accessories visit <http://allycapellino.co.uk>

**By Michelle Noel,**  
Sales Manager for Ally Capellino

### BEING AT SCHOOL

I have been bullied when I was at school. I thought it was never going to end. I was diagnosed with TB and submitted into hospital for a month and half. I wasn't in school for two months because of the illness. At first the doctors didn't have a clue about why I was in that condition but then they took some tests and found out it was TB.

The doctors asked my mum if it would be okay for them to let the school know about me having TB for the students to be tested out and made sure that they were clear. My mum accepted but said as long as it was to be kept confidential especially the students knowing it was me and the doctors agreed.

A few days after the head teacher announced to everyone in assembly about a student that was diagnosed with TB in the school, gossip amongst the children began. Students trying to work out who had not been in school for that period of time and the whole situation created became a panic.

People started to realize that two or three people were not in school and that included me. I had students coming up to me asking me "was it you?" I got so scared, paranoid and I cried every night before I went to sleep. I denied it to everyone who asked me, even my close friends because I thought if I told them, they will spread it around to everyone else.

## Education

And then the day came when the secret of who was diagnosed with TB came out during an English lesson. Students from my form class thought well if the person is not going to admit then we will then ask the teachers.

The English teacher that lesson was Mr Paza (not his real name) revealed to the class that it was me. It went across the whole school that it was me and the names I got called were so horrible. I got names such as TB girl, dirty diseased girl, dirty slag and all sorts from the students.

The teachers themselves started to distance themselves away from me, pretending to keep the same attitude they had with me before. I felt like I was receiving a different vibe from them and the separation not only from the teachers but also from my friends as well felt weird and everything changed and I just couldn't wait to leave school and move on.

Even today the subject about me having TB is still being spoken about but only by a few people. Two girls from school turned everybody against me. Everywhere I go I get the weird looks and even the name calling continues.

Everybody else moved away but my two best friends stuck by me. I wanted to be in the same class as them because the bullying and exclusion I was getting in my own form class was too much. I felt so alone and isolated and no one wanted to talk to me.

I was all on my own. My form tutor suggested for me to move to another class to where my two best friends were. I just couldn't cope being in that class and every tutorial, it was the same thing

again and again, name calling and the two girls getting me so angry and looking for a fight at the same time.

**By Vicki Glass**



### **NOW I AM TRULY POSITIVE....**

I have been HIV positive all my life. This August it would have been two years since I have found a reason, an intense emotion that makes me have a positive outlook on life. This reason is love, I don't know how I found it or what I did to deserve it but I am lucky enough to be in love.

Having someone in my life who is so positive and loving her so much. It is only natural for her positivity to have an effect on me, and it works its way into nearly every aspect of my life.

I am in a relationship with someone who is HIV positive also, I was shocked to find that no matter what had happened to her she still managed to have a positive mentality. I didn't think it was possible to find another young person who was HIV positive, who I found attractive and had a beautiful personality. However I managed to find that girl who for along time was nothing but a figment of my imagination.

We are like a normal couple, we have our ups and downs, our great

moments and memories and our not so impressive arguments.

Although we have had to overcome some massive hurdles. She found it hard to trust and didn't know how to let me in emotionally. I also found it hard to place my trust in someone else and I was so used to seeing destructive relationships.

Unfortunately back then I was a product of my environment and that caused me to react with anger instead of love, dismissal instead of sympathy and lies instead of honesty.

On paper we looked like we were doomed from the start, incompatible and equally messed up in our own ways. However we found something in each other that was missing from our lives, I would be lying if I said I could tell you exactly what I love about her or what makes me love her so much.

I didn't know that anyone could care for me as much as she does let alone love me back. She believed in me when no one else did, not only investing her time but her heart in me.

At the beginning I was not perfect boyfriend material and me and prince charming were on opposite sides of the scale, but she still wanted me. I am not sure what exactly she saw in me in the beginning, the first weeks we spent together, all I knew is that I had a big heart and something inside of me was sure she was the one. The first time I held her I never wanted to let her go.

Not many people associate HIV with love it's usually the opposite emotion hate. However, it's ironically brought me love,

## Education

laughter, hope, happiness and what I believe to be a soulmate. This illness brought us together it allowed us to look past what others wouldn't be able to. Maybe because of the cruelty that we have been shown due to this illness we showed each other kindness.

I have to thank CWAC for introducing us because without them we would still be two strangers and I would not truly be positive.

**By Anthony Turner**



### BITTER SWEET LIFE

This life is short, never take anything for granted because tomorrow maybe too late. These last couple of months have been so emotional; I have faced so many trials and tribulations that have got me so low, I don't even know where to start.

Let me start by saying I am ever so grateful for all the support I have received over the last few months from CWAC and friends. This support has helped me realise that I have a lot of life and strength within me, and all I need to do is start believing that I am an amazing young woman who has learnt a lot about life and the struggles we all face regardless of our health status.

Being HIV positive, I believe makes life much harder because of the social exclusion I face at times. I know this may sound ridiculous,

but I do wonder how living without HIV really feels like. I say this because I am sometimes jealous of some of my friends who know about my status, who don't take medication and have never been to the hospital in their entire life. I sometimes pray that one day God will take away my suffering just so I can get a taste of normal life.

Please do not get me wrong I am grateful I am in a place where I can get treatment, care, love and support, which I know is not available to everyone around the world.

I have a bitter sweet relationship with myself, and sometimes find it hard not to condemn myself. This is partly to do with the day-to-day battles I face. I do wish I could make it all go away.

As I am getting older I have started to look into my future much more and started to craft what the future holds for me.

I feel there is no future because I will forever have a widely stigmatised virus, which is not easy to disclose because of the fear of being a castaway.

This fear does not come from hearsay alone, but also from my own personal experiences. For example, I disclosed my HIV status a few months back to one of my relatives who I love and adore so much. It was not easy to disclose to her, and I later regretted it because within a week every member of the family and knew about it. I started to receive hate mail and threatening texts and calls, this led to me informing the police, changing my number, and losing most of my friends and family.

Since this social exclusion and

discrimination I have gone from bad to worst. I am so angry with myself and feel alone. I have become scared of being too close to anyone. In my head I know I should be strong and not allow anyone to bring me down, but I just can't. This has impacted on my sleeping, emotions, and general wellbeing.

I always try to stay positive in my mental attitude and remain thankful that I am still living. But sometimes, I do not see the point in trying to see the light at the end of the tunnel.

I have friends who I willingly told about my status and have handled it so well, and cannot believe that I entrusted them with such information. I am totally grateful that I have them in my life. However, I am physically and emotionally torn apart because none of them live in London, which gets me down quite a lot as I do not make friends easily.

Also I am so resentful and paranoid towards myself that I do find it hard being around them which causes me to spend a lot of time on my own in a lonely house, with my mind constantly thinking and questioning my purpose in life. I am completely confused on whether to scream, shout, cry, laugh, hide, run away, feel numb, scared, lonely, or just end the death penalty before it ends me.

**By Raychelle**



## Education



### MY LIFE SO FAR...

I don't know how to begin, as before this my thoughts and feelings regarding this topic, have always stayed in my head and not been seen. I am HIV positive and the thought of this can sometimes be disturbing when I think about the people around me and not being able to emotionally survive with the attitudes of people in the outside world. I have always tried to remain positive and understand that our current technology has meant that HIV is not a sentence to death but merely a condition that we learn to live with.

I am a 22 year old young women who was born in Africa. I contracted the HIV virus through my mother at birth, which is something I don't blame her for and which I certainly don't show any sign of bitterness towards. When I found out about the virus at the age of 11, I never really directly addressed it but just accepted it. I was very healthy and felt no need to label myself with it; hence, the reason the virus has remained a secret between me and my mum. Realising that I have this condition has instead made me more ambitious and focussed into making a success for myself, I would like to be able to fulfil my dreams and know that my health had no influence in inconveniencing me.

Dealing with HIV has meant that I have had to try and fight the virus, not physically but mentally. It is my fear of living out the "stereotypical" views, seen by people of being ill and not being able to achieve success such as a HIV negative person would, whether it is physical appearance, career-wise or relationships. I don't want to succumb to this and feel that, this was me.

I have always wanted to play professional tennis, and be able to demonstrate that having HIV is not a disability. I dreamt of competing and raising my status and educating people on fact that people viewed as typically "normal" can be HIV and have no limitations such as a HIV negative person. This however was not a dream of mine that became reality. Before starting treatment, it was decided that the only way for me to compete at a higher level professionally was for me to move abroad, this however was not possible as CD4 count lowered and my mother was financially restricted. Although, this could not be said out loud I understood that some dreams aren't just meant to be.



Now that my HIV is stable and I am in control of what I am doing, I aim to carry on positively and pursue a career

within Marketing, I am studying towards a Business & Marketing Degree, which I finish in June

2010, which might I add I am expecting a minimum grade of 2.1. With this degree, I aim to further myself by working and completing a US internship.

**Susan**



### BEWARE

of fake door to door collections on behalf of CWAC, under the Make a Child Smile Appeal.

It has been brought to our attention that two young men attempting to solicit funds for a 'Make a Child Smile Appeal' by knocking on doors. CWAC's Make a Child Smile Appeal has never advocated door-to-door fundraising or street collecting. We would like to advise anybody who is approached to call the police to report the incident. CWAC's charity number is 1027816 and the bogus appeal is apparently using the number 1062275.



# Make a Donation

I would like to help children infected / affected with HIV / AIDS by making a regular donation to **Children With AIDS Charity**.



**CWAC**  
Children With AIDS Charity

To make a regular donation please ask your bank or use your internet banking to set up a regular standing order for £3 a month, or the amount of your choice.

Our bank details: Sort Code 203229 and Account Number 60076473.  
Once you have done this please return this form to inform us of your donation and Gift Aid it (see below). Our address is:

**CWAC, Calvert House, 5 Calvert Avenue, London, E2 7JP**

Title \_\_\_\_\_ First Name \_\_\_\_\_  
Surname \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Postcode \_\_\_\_\_  
Telephone \_\_\_\_\_  
Email address \_\_\_\_\_

## Gift Aid Declaration

Using Gift Aid means that for every pound you give, we get an extra 28 pence from the Inland Revenue, helping your donation go further. This means a £10 donation can be turned into £12.80, just so long as donations are made through Gift Aid. It doesn't cost you a penny extra. So if you want your donation to go further, Gift Aid it. It's that simple.

**I want the charity to treat as a Gift Aid donation:**

- The donation of £..... which I made on ...../...../.....  
 All donations I have made since 6 April 2000 and all donations made from the date of this declaration until I notify them otherwise.

Tick as appropriate

Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

We would like to add your details to our database of supporters. We will use this information to send future newsletters about our work and notification of events to raise funds for and awareness of our work. If you would prefer not to be contacted, please tick this box.

If you would prefer to receive information by email please ensure you complete your email address above and tick this box.

## How You Help CWAC

**£1** allows us to send safer sex leaflets to a class of 40 children.

**£1** allows us to send out five newsletters to our supporters and donors.

**£2** allows an emergency access telephone call to an Outreach Worker.

**£3** gets a young person a return travel journey to attend a clinic.

**£4** lets us support a fundraiser by sending them CWAC resources.

**£5** allows us to distribute resources, free publications and condoms.

**£10** produces and mails out Talking With Children booklets to five affected families.

**£10** enables a child infected/affected by HIV to go on a respite day trip.

**£15** pays for one copy of our educational video Problem?, including a teacher's handbook and one copy of our HIV: Risky Business video.

**£20** enables a child infected/affected by HIV to go on a specialist residential overnight stay.

**£25** prints and distributes interactive worksheets for a class of 10 children.

**£50** pays for essential school items and clothing for two children.

## WOULD YOU LET YOUR CHILD PLAY WITH A CHILD THAT YOU KNEW WAS HIV+?

Even when you know how hard it is to transmit the virus following universal standards of hygiene?

Children who are HIV+ have to deal with stigma and isolation on a daily basis. They also face prejudice, poverty, adoption, bereavement and the uncertainty of growing up in a world where bouts of prolonged illness are best kept hidden.

Legacy gifts are essential to the work of Children With AIDS Charity (CWAC) helping us to help children and their families face a brighter future without fear or discrimination. With your help we are able to provide better care for children and young people affected by HIV and AIDS. And while there is still no cure, we strive to make children and young people aware of the risks as they start their adult lives.

If you would like to find out more about leaving a legacy please visit [www.cwac.org](http://www.cwac.org) or call/email Bev on 020 7033 8620 or [bev@cwac.org](mailto:bev@cwac.org)