

Cultural Cafe at the Michael Wood Centre

For a long time LASS has had the idea of running a Cultural Café; this would consist of people coming together to enjoy different foods from around the world, often cooked by people whose origins were of the same country, to meet up and share stories and views. With lots of hiccups and problems along the way, we did for the first time on the 16th October enjoy an African/Caribbean meal together at LASS. Though many of the women were African it was interesting to hear that in different countries the same food was cooked in different ways, that in comparison to how fish may be cooked for one person, another would experience it as too salty or too dry. Some women came in their national dress, others brought dresses to try on; lots of laughing and a little singing.

Working together, LASS and Faith in Women had at last managed to get the idea off the ground and we, along with the women, are looking forward to the next meal which will be celebrating Diwali. Other cultural meals on the list include Fish and Chips, Thai, Italian and Spanish food. In future we are hoping that this event can be opened up to all our HIV positive service users. Watch for announcements!

Marion Lewin, Direct Services Manager

Ribbon Recipe

Hi there! My name is Eleanor Donaldson and I am an HIV Dietician based at Leicester Royal Infirmary. Here we go with another Ribbon Recipe, this one is a real 'Winter Warmer'

'Eat Well and Feel Well'

In this edition you can make a tasty Bean and Vegetable Pie. It's starting to get colder outside so try a tasty, filling meal to warm you up. Go on, give it a try!

Ribbon Recipe – Bean and Vegetable Pie (serves 4)

You will need:

- 1 tablespoon oil
- 1 onion, chopped
- 2 cloves of garlic, chopped
- 1 green pepper, chopped
- 100g carrots, chopped (fresh or

tinned)

- 1 tin of baked beans
- 250g mushrooms
- 100g swede
- 100g potato
- 1 tbsp dried mixed herbs

Here is how you do it...

Chop the swede and potato, boil until soft. Meanwhile fry the onions and garlic in the oil until they are soft. Add the carrots and peppers and cook for about 10 minutes, stirring occasionally. Add the mushrooms, baked beans and herbs. Cook for about 7 minutes. Spoon into an ovenproof dish. Drain the swede and potatoes and mash together. Spread the mash on top of the bean and vegetable mixture and sprinkle with a teaspoon of dried herbs. Grill for about 7 minutes or until the mash starts to turn brown. You could serve this with extra vegetables

such as broccoli or peas. This main meal gives you 2 of the recommended 5 portions of fruit and vegetables each day.

Top Tips:

Instead of baked beans you could use chick peas, ham, chicken, beef or bacon

You could use frozen vegetables instead of fresh

Make extra and freeze some for another day

You can spice this dish up by adding chilli powder or other flavours

How about grating some cheese on the top before grilling?

You can access nutrition information online at www.lnds.nhs.uk

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CHRISTMAS OPENING TIMES

Mon 24th	Open until 1pm
Tues 25th	CLOSED
Wed 26th	CLOSED
Thurs 27th	CLOSED
Fri 28th	Open: Drop in as usual
Mon 31st	CLOSED
Tue 1st Jan	CLOSED

The **LASS AGM** is being held on Thursday 29th November from 7pm to 9pm at the 'Y' Theatre in East Street, Leicester. The AGM marks the start of celebrations of 20 years of LASS. Come and hear guest speaker, Elvis Donkoh from Ghana and also join us in a discussion of ideas for LASS for the coming 20 years. Tea, coffee and biscuits will be available.



Issue Number 53

THE NEWSLETTER OF LEICESTERSHIRE AIDS SUPPORT SERVICES

LASS and the future



JENNY HAND

I am really pleased to be able to introduce myself to you all. It's a great privilege to have been appointed to lead an organisation with so much potential and where the ground work has been firmly established through the years of dedication and hard work by Linda, the staff, volunteers and Board.

I was fortunate to see the post of CEO with LASS advertised at a time when I was looking for a new career development challenge - one that would enable me to build on my experience, interests and commitments while contributing to local service developments with people in need. After a thorough and what felt like long and testing recruitment process I

was really pleased to be appointed, and took up post on 1st October.

By way of a quick career summary: for the last 6 years I was a senior manager in a larger local public sector organisation working with young people and before that I managed national strategic projects for 9 years while at the National Youth Agency. I am qualified as a teacher and a youth and community worker. The focus of my working life has been to develop services with and for people who are disadvantaged, marginalised and vulnerable. I have been an active member of many local partnerships that link broadly with the work of LASS, and could help promote and expand our work here. I was also Chair of a local charity for a number of years.

LASS was established in 1988 and is celebrating 20 years this year. My role as CEO is to take the organisation forward and ensure we are well prepared for the next 20 years. I will ensure that LASS works in partnership with other local services to:

- ensure people are more aware about the importance of their own sexual health to prevent the on-

going rise of HIV and other sexually transmitted diseases, and

- modernise and develop so that we continue to provide up-to-date information, advice and support to people living with HIV, support other organisations to include people living with HIV, so that they are no longer marginalised or stigmatised.

I am passionate about involving service users in service development and delivery and also seeking the voice of non-users. You will see if you visit LASS that we are already asking for feedback on the use of the building. I'd love to hear from past volunteers and service users about their views of LASS and how they think services need to develop over the next 20 years and also how they can help in this modernisation process. I hope that you will join in some of the 20 year celebrations and events we are planning. Do come to the AGM and help us re-shape the vision and mission for LASS for the future.

I look forward to hearing from you and meeting you all soon.
Jenny Hand, CEO LASS
jenny@lass.org.uk

World AIDS Day

The UNAIDS theme for World AIDS Day this year is "Unite Against AIDS: Leadership" which inspires us all to take the lead in breaking down the ignorance and fear around HIV. The National AIDS Trust theme of "Understanding Through Communication" reinforces this. Both highlight the importance of each of us communicating to break down the silence around HIV, and getting people to talk about HIV. We have to increase understanding and knowledge of those around us.

We want to encourage you to take some action this year on or around World AIDS Day. The calendar below gives an outline

of what we currently have planned so far. It is possible that there will be changes and additions, but we will make sure that updates are posted on the LASS website (www.lass.org.uk).

You can.....

Pass the message on loudly and clearly

..... In your school/college/workplace: Wear a Red Ribbon during the week and take some for other people to wear, put posters up, talk to your colleagues and other staff.

.... In your personal / social life: Will your local shops, cafes, or perhaps your gym, display a poster? Perhaps the staff will wear Red Ribbons? You don't know until you ask.

Come along to any of the events and activities around World AIDS Day, just to say hello or get more involved if you want to

Organise your own event....for

fun or to raise money for LASS (both work well together of course).

We can provide posters, leaflets, red ribbons and other things to support you...just let me know what and when.

Do you have a 1 or 2 line message that you want to share with people this World AIDS Day? Send it to me by email or post and I will include it on the display in the foyer of the Leicester Reference Library. It would be great if anyone would like to come along and assist with any of these stalls / activities. I am also doing stalls at a few businesses and colleges around World AIDS Day and am always pleased to have people along to participate and assist.

CELIA FISHER
Sexual Health Promotion Worker
celia@lass.org.uk

Other World AIDS Day dates and events

21st November: Trade Sexual Health 'Get it on' Stall at Dover Castle from 5.30pm

24th November: Trade Sexual Health Charity Glo Night at Streetlife from 8.30pm

29th November: LASS AGM at Y Theatre East Street. Starts at 7pm

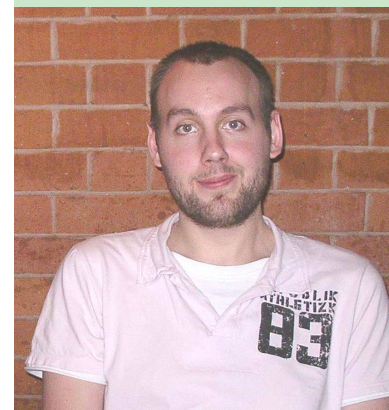
2nd December: Candlelight Gathering at Friends Meeting House, Queens Road 4pm to 7pm

26th November to 7th December: Exhibitions and displays at BBC Radio Leicester Open Space, St Nicholas Place and Leicester Central Reference Library on Bishop Street. The Radio Leicester display features panels for the 40 years of the station. They include one for LASS in 1988 with contributions from volunteers and staff about their work with LASS almost 20 years ago.

7th December....The finale of a week of World AIDS Day related activities by University of Leicester students....

The students are aiming to adorn Victoria Park and the Student Union Building with red ribbons. Come along and add your red ribbon. Come along to the campus (University Road) any time between 8am and 4pm.

Would you like to join us raising funds for LASS and awareness about HIV?



By Graham Ward
LASS Volunteer

for Leicestershire AIDS Support Services because I knew that volunteer work would look good on my C.V. Little did I know that over 3 years later I would still be involved in the organisation. OK, so it takes effort to leave the house to go to a meeting, or to staff a fundraising event or awareness session, but in the grand scheme of things what's a few hours a month? I know that the few hours of my time will make someone think about the sex that they have, it will determine if they use a condom or not, the money raised will go towards food vouchers for clients of LASS. If someone had said to me 3 years ago, that I'd get up at 6 in the morning on a Sunday to help staff a stall at the local car boot sale I think I would have

laughed – but that's the sort of thing you gladly do! So even though it still looks good on the C.V there is so much more to volunteering..... not to mention the people that I have met, the places and events I have been to and the real warm feeling it gives me when I think how I'm giving that something back to the community.

Graham Ward

If you are interested in being involved with awareness raising activities and events or fundraising for LASS contact either Celia or Gareth.

We all lead busy lives and have responsibilities to cope with, but there are times when you probably think that you should give something back to the community. To be honest I first volunteered

WE NEED YOUR HELP PLEASE!

We're looking for a couple of dozen people to help with bag-packing at Marks and Spencer in the City Centre on Saturday 1st December. Last time we were there we collected £1,100 in 6 hours, which is an average of around £30 an hour per person. It's great fun, and you are guaranteed to raise money without having to even ask for it. If you can spare 2 to 3 hours on the day between 10am and 6pm, please contact Gareth: Tel 0116 255 9995 or email gareth@lass.org.uk



Calendar of Events

Saturday 1st December in Leicester.....morning, noon and evening....in collaboration with other organisations in Leicester.....

9.30 till 3pm ish: Leicester Market stall. We'll be under the bridge near The Lloyds Public House.

10 till 6pm: Bag packing at Marks & Spencer, Humberstone Gate shop. We need as much help as possible to enable us to make the most of this fundraising opportunity. Please call (0116 2559995) or email Gareth (gareth@lass.org.uk) if you can spare a couple of hours to help out on World AIDS Day

12 noon: World AIDS day Service at Leicester Cathedral, organised by Faith in People with HIV. Light buffet lunch afterwards in the Guildhall Visitor Centre courtesy of Faith in People with HIV. If possible let Julie or Rev Trevor know that you plan to attend the lunch. (0116 273 3377)

2pm: Guildhall Visitor Centre, Noe Sebisaba, a Christian Aid partner, will talk about his work with "Stop SIDA" in Tanzania and Burundi. There will be an opportunity afterwards for questions and discussion.

5.30pm – 7pm: Bishop St Methodist Church – World Aids Day Reflections and Prayer organised by NewLife Covenant Church

From 8pm: Trade Sexual Health Pre World AIDS day party at The Village

From 10pm: Trade Sexual Health Retro Party at Quebec