



Issue Number 54
June 2008

LASS NEWSLETTER

Welcome to the new LASS.

If you have visited LASS recently you will see, and experience, the amount of change and development going on. We have agreed a new mission and vision statement, re-structured the staffing and moved all staff to the first floor and begun refurbishment of the building.... More about that on page 2. Many thanks to all the volunteers and staff who have helped maintain our level of support to service users and delivery of prevention work throughout all the upheaval, and also to those who joined in our sponsored walk. I do apologise though for the long time it has taken so long to put together this new edition of the Ribbon.

In the last 2 weeks we have begun a sewing group on a Friday morning and we are discussing with service users how to put in place their ideas for other activities and new groups that will increase help and support in managing health and well-being issues related to HIV. We have plans to open a drop in service in Loughborough and have approached the PCT about community HIV testing. We are working with our partners, Trade and Faith to plan together for World AIDS Day and have reviewed the procedures for supporting volunteers, but really this is only the beginning and its part of an ongoing evolutionary process. I need your ideas and views on an ongoing basis to make sure that LASS is providing services that make a difference for positive people and ensure that more people access HIV testing and address stigma and discrimination.

Many thanks for your continued support and commitment,

Jenny Hand
CEO

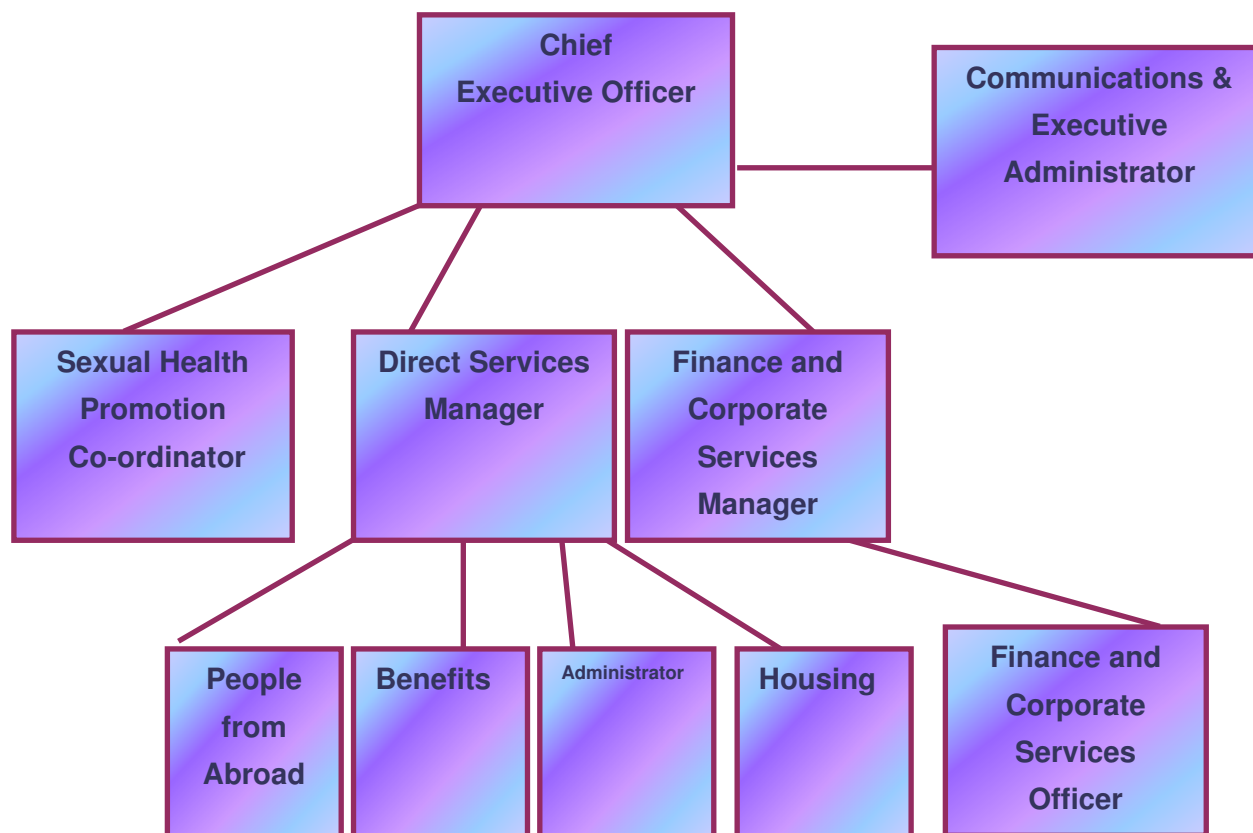
Mission

'LASS provides support, information and advocacy to people affected by HIV/ AIDS. LASS works in partnership with others to promote positive sexual health, raise awareness about HIV/ AIDS, and to empower people who are affected to live safe and fulfilling lives.'

Vision

'Supporting and empowering people affected by HIV/ AIDS, promoting positive sexual health and combating stigma and discrimination.'

LASS STAFF STRUCTURE



Reception photos: before on left, during construction middle, after on right



Temporary Part Time Job Vacancies

6th June 2008

We are currently recruiting for a

Reception Administrator and also a **Sexual Health Awareness Assistant**.

Applications for both must be sent to LASS before the **closing date of Noon Monday 22nd June**

Visit our website for details: www.lass.org.uk

Or ring for further information: 0116 255 9995

Please send completed application forms by post to:

The Michael Wood Centre

LASS

53 Regent Road

Leicester

LE1 6YF

or email : reception@lass.org.uk

Interviews will be held for these positions as follows

Reception post Wednesday 25th June

Sexual Health Awareness post Friday 27th June

LASS SPONSORED WALK

36 friends and supporters of Leicestershire AIDS Support Services (LASS) recently completed a sponsored walk to raise funds for the local charity.

LASS was set up in 1988, so 2008 marks the agency's 20th Anniversary, and walkers chose to walk either 20 miles or 20 kilometres. Despite some very warm weather, 10 people completed the longer distance.

Both routes started and finished in Cropston, and passed through some of the most scenic parts of Leicestershire.

The walk is one of the major events in LASS's 20th anniversary year, and it is hoped to raise a substantial amount of money to maintain and develop the vital work LASS carries out.

"It was a really successful day. The sun shone, and everyone had a great time, walking and chatting to friends old and new. The amount raised has far exceeded our expectations, and we'd like to say a big 'thank you' to everyone who took part."

Money is still coming in, but so far we've received £2,400



Caterpillar and Leicestershire Cares £10,000 and a new kitchen for LASS

Before she left Linda had put in an application for a Caterpillar Cares charity award. In November Jenny took this to the next stage and made a presentation to the Caterpillar Cares Board. As a result of their combined efforts on 11th April representatives from Caterpillar visited LASS to present us with a generous donation of £10,000.

In November and December we consulted visitors to LASS and service users about our building and what they wanted to see here. The whole place was really in need of re-decoration but previous funding had not been enough for this.

The Caterpillar donation has enabled us to move forward much faster than we could have dreamed of, to put in place ideas put forward from everyone in the surveys. The Caterpillar money has already helped to generate other interest and LASS was given an ex-show-room kitchen through Leicestershire Cares scheme and Checkland Kindleysides kitchen design company.

We have already refurbished the ground

floor drop in facilities, therapy room and reception area. This week work starts on the new kitchen and dining room.

Our aim was to double the donation from Caterpillar to complete all our internal plans. If we treble the donation the outside could be painted as well. The kitchen units have helped us on the way but we still need the support from all our fund raisers and friends to complete our plans.

We have invited Caterpillar to the LASS AGM on 27th November when we intend to have a formal opening ceremony of all the refurbished rooms.

If you haven't visited LASS recently please do call in and see the difference for yourselves..... but watch out for wet paint!!!!



World AIDS Day News

This year LASS, Faith in People with HIV and Trade Sexual Health are working together to co-ordinate World AIDS Day 2008 in Leicester, Leicestershire and Rutland.

Our aim is to raise awareness of HIV and AIDS in a wide range of local communities.

All three agencies are planning activities and events leading up to and around World AIDS Day.

World AIDS Day (1st December) is a time when we especially remember all those who have died of AIDS – related illness and all who are living with HIV.

We are looking for individuals and organisations to take an active part in awareness raising and fund raising.

We Need You!

Can you volunteer your time?

Some of the ways YOU can help:

Join the campaign action group

Help to make a new section for the LASS memorial panels

Design posters and other creative artworks

Make a donation

Organise a benefit or an awareness raising event, for example a coffee morning

Come to the events

Volunteer for Health Promotion

Running stalls/ planning events

Distribute red ribbons

Organisations can also contribute in many ways:

Organise and run a fund raising event*

Invite us to speak or run a workshop

Display posters

Distribute red ribbons

Hold a collection*

Window display in a public building or your work place

Include an article in your newsletter or website.

*All fund raising should be focused on awareness raising and/or to support local HIV charities.

Anything else you can think of....new ideas most welcome.

Please contact any of the following:

Celia Fisher –Sexual Health Promotion Co-ordinator

The Michael Wood Centre

53 Regent Road

Leicester

LE1 6YF

Tel: 0116 2559995.

Fax: 0116 2559979

Mobile and Text: 07920234790

Email: celia@lass.org.uk

World AIDS Day 2008 Campaign action group meetings

Tuesday 23rd Sept, 2-4 or
6-8 at Faith

Wednesday 15th October,
2-4 or 6-8 at LASS

Thursday 6 November,
2-4 or 6-8 at Trade

Vegetarian Chilli

Serves 4 people

268 calories per serving

1 tbsp Vegetable oil

1 onion

2 garlic cloves, crushed

½ green chilli, finely chopped

2 teaspoons chilli powder

430g/15oz packs Soya mince

400g/14oz can chopped tomatoes

400g/14oz can red kidney beans, drained

300ml/ ½ pint vegetable stock,

made up with ½ stock cube

1 green pepper, deseeded and chopped

2 tablespoons tomato puree

Black pepper

Ellie's Top Tips

- For meat eaters – use beef, lamb or turkey mince instead of soya mince
 - Serve this with a jacket potato, pitta bread, pasta, crusty bread or rice
 - Different colours of vegetables give us different vitamins and minerals so try to have a variety everyday
- Make some extra portions and freeze them for when you need good food fast!

Method

1.Heat the oil in a large frying pan and fry the onion, garlic, chilli and chilli powder for 3 minutes. Add the mince and fry for a further 5 minutes.

2.Stir in the tomatoes, kidney beans, stock, pepper, and tomato puree and season to taste.

3.Bring to the boil and simmer gently for 20-25 minutes.

LASS volunteers and fund-raisers group

These semi-formal meetings are for all our volunteers, fundraisers and helpers. We will give an update on all areas of our work and ask you for your ideas. Refreshments will be provided and we hope you will enjoy meeting each other, here at LASS. You can choose to go to the afternoon or the evening sessions.
 10 July 2008, 2-4 or 6-8pm
 9 October 2008, 2-4 or 6-8pm
 12 February 2009, 2-4 or 6-8pm

LASS young people's awareness campaign group Saturday 12 July 2008 12-2 at LASS

LASS AGM 7.00 27 November 2008 at LASS

LASS 20th Anniversary Christmas Charity Ball 6 December 2008

We intend to organise an open day at LASS in September – contact Melissa at LASS if you are able to help.

Refugee Week 2008

11th June 2008

Refugee Week 2008 is a week of raising awareness about, and celebrating the achievements of, asylum seekers and refugees! These are some of the events which are taking place locally.

From Saturday 14th June to 12th July during normal opening hours at the Central Library on Belvoir Street, including an invitation evening on Monday 16th June - "The Missing Pen", an exhibition of digital artwork by Anwar Badrie. Simon / Central Library: 0116 2995448.

Monday 16th June, 5-7.30pm at the De Montfort University Clephan Building on Bonners Lane - Conflict, Flight, and Sanctuary? An opportunity to explore the journey of an asylum seeker, with an International Red Cross presentation about conflicts around the world, Navigating Safety - an activity to experience the options faced by those needing to flee, and The Destitution of Refused Asylum Seekers - a dvd which highlights the 'sanctuary' experienced by those denied permission to work and who do not have any entitlement to benefits or housing. Places are limited and can be reserved,

Gill / Leicester, City of Sanctuary: 07716 073403 / leicester@cityofsanctuary.com.

Monday 16th to Saturday 21st June during normal opening hours at LUSH on Gallowtree Gate - LUSH cosmetics and toiletries store staff will be distributing awareness raising booklets to customers.

Tuesday 17th June, 5-8pm at 120a Hartopp Road - "I Came Here: 1939 to Present Day", an open evening with a showing of a short film about people who have moved to Leicester. Places must be booked by 12th June, Chris / Soft Touch: 0116 2702706 / chris@soft-touch.org.uk.

Thursday 19th June, 10am-1pm at 21 St Martins - Welcome Project 'open morning'. An opportunity to find out about the weekly drop-in for asylum seekers and refugees.

Friday 20th June, 9.15am-4pm at the Business School building at Loughborough University - Women and Migration Conference: Art, Politics and Policy. Places are limited, registration forms are available from r.bessell@lboro.ac.uk and v.l.dhaliwal@lboro.ac.uk.

Saturday 21st June, 10am-5pm at St Margaret's

Pastures - International Football Tournament with 20 teams representing countries from around the world, and organisations from around Leicester. Volunteers needed - Rayhana / Refugee Action: 0116 2616200.

Saturday 21st June, 12noon-4pm at the Newarke Houses Museum - Connecting Cultures, Celebrating Diversity including stalls and performances, arts and crafts, workshops and food.

And after Refugee Week: Thursday 3rd to Fri 4th July at Loughborough University - Making the Connections Conference: the Arts, Migration and Diaspora. Places are limited, registration forms are available from r.bessell@lboro.ac.uk.

LASS Training Consultancy

LASS is looking for experienced HIV and sexual health awareness trainers to deliver the following 1/2 day sessions –
 HIV, STIs and BBVs
 HIV and addressing stigma
 HIV, asylum and immigration

Each session will be delivered 3 times to groups of 25 people working and volunteering in education, community settings, housing and social care agencies and organisations between September 2008 and March 2009. Please submit your C.V. and no more than 1 page of A4 indicating your plans for the training and associated costs, to **Jenny Hand CEO by 12.00 noon Monday 30 June 2008.**

Contact: Leicestershire AIDS Support Services, The Michael Wood Centre, 53 Regent Road, Leicester, LE1 6YF
 Tel: (01162559995) Fax: (01162559979) Mobile and Text: (07920234790)
 email: reception@lass.org.uk website: www.lass.org.uk , Charity No. 1023914