



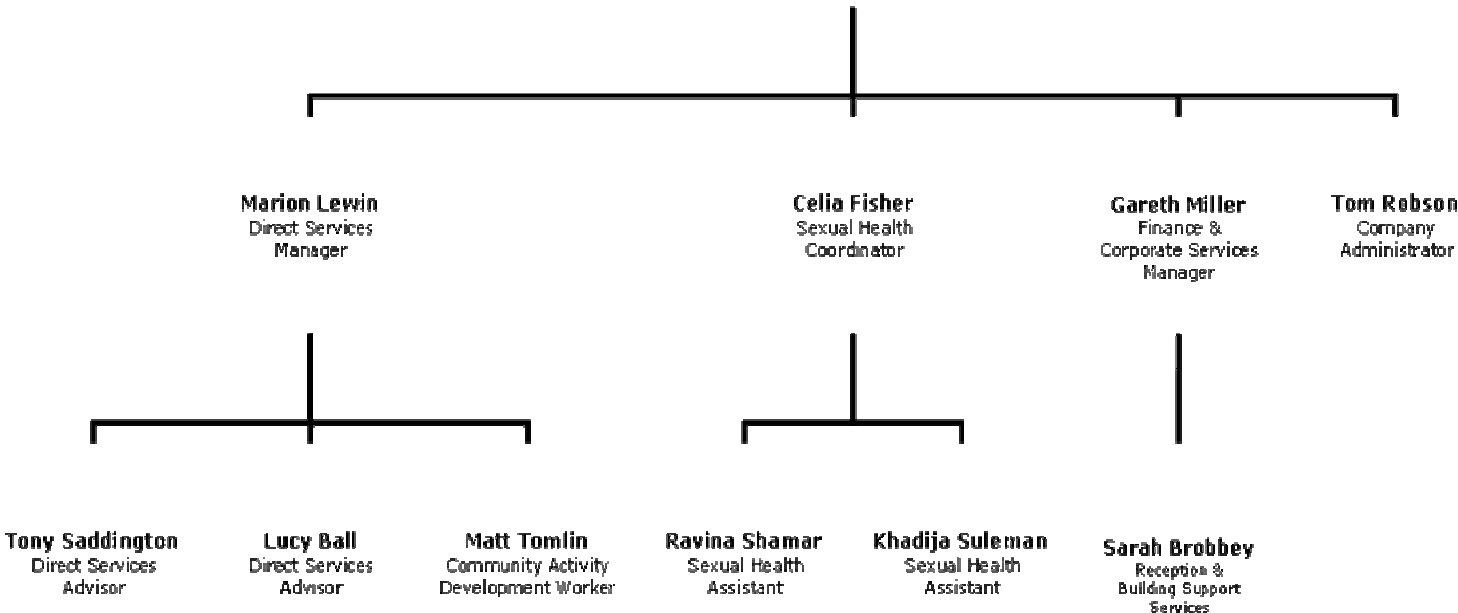
Welcome and many thanks for your continued interest in LASS, as ever life here is full of changes. This edition of the Ribbon introduces you to our new staff team and structure. We also celebrate volunteers week and thanks the enormous 100's of volunteers who have kept LASS going over the past 21 years. LASS gained the valuing volunteering award for the time period of October 2008 to 2010.

Our most significant venture is the launch of HIV testing at LASS with 17 volunteers trained to carry out HIV tests supported by a clinical guidance group.

If you haven't visited LASS recently we hope you will come and join in the fun, fitness and wellbeing day on 13th June (from 10:30 to 16:00). This has been organised together with Faith in People with HIV as part of the events for refugee week. As ever your feedback and ideas are welcome.



Jenny Hand
 CEO
Jenny Hand
 Chief Executive Officer



Community Testing Update

(Started Monday, 1st June at 12:00)

17 of us, staff and volunteers, had our training in using the test kits on Tuesday 19th May – the last session of several for some of us to prepare us to be good testers.

You can see the new publicity here – one of 2 designs that we are using.

We will have cards and posters available at LASS to publicise and raise awareness about the service. Please spread the word far and wide about this – and put posters and postcards wherever you can.

Tim Rideout, Chief Executive of NHS Leicester City, added “Early diagnosis of HIV has got a number of advantages for patients.

It can help prevent them developing AIDS, as well as helping to ensure that the infection is not passed onto others.


The sooner an individual is diagnosed with HIV the quicker treatment can begin, and with that comes a higher likelihood of a better prognosis.

We welcome the introduction of this service and would encourage as many sexually active people as possible to take the test.”

Know your status
Get a free, simple & confidential HIV test

"I know my status. Do you?"

Book a test today - Call 0116 255 9995
Or visit www.lass.org.uk
Mondays - 12 - 2 and 3.30pm - 5.30pm
Wednesdays - 5.30pm - 7.30pm
Charity Number: 1023914

LASS 
Responding to the challenges of HIV & AIDS

Welcome - to the new Staff at LASS

Get Involved - Welcome Matt!

My name is Matt and I work in the Direct Services Team.

My role will involve organising trips and activities for service users to provide opportunities to gain greater awareness of each other and the various cultures that we represent, to develop friendships and peer support between service users, to experience new activities and to develop skills and confidence for everyday living.

I am also responsible for service user feedback and service user involvement within the organisation.

You may have already seen me around as I completed my university placement at LASS on a part-time basis, however I am now looking forward to starting this new position and developing work within my role to address some of the issues that being HIV positive can bring.

Looking toward the future - Welcome Tom!

I'm pleased to introduce myself, Tom Robson. I joined LASS on 11th May as the Company Administrator working full time on site at Regent Road.

I've worked within administration for most of my career, and have previously worked for a charitable organisation who assist the homeless and those in need of urgent housing advice.

I was a central administrator to the team, enabling them to work smarter, more efficiently and of course harder ;-). I've always enjoyed the Human Resource aspect of my work and developed a career as a HR Administrator for a large drinks manufacture. Within this role, I became qualified with the Chartered Institute for Personnel and Development.

I got home-sick after a while and decided to move home to Leicester and at the same time wanted to combine my Administrative and Human Resource skills.

LASS's need for a Company Administrator addresses these requirements and I will be responsible for:

- Company Wide Administration
- Providing Personal Assistant services to the CEO
- IT Support
- Human Resource advice and services

I look forward to the challenges ahead and I'm sure that together, we can all make a difference.

Continued overleaf →

Welcome new staff (Continued)

A Great Honour - Welcome Sarah!

I'm Sarah Brobbey. I did Information Advice and Guidance level 2, I joined LASS to do placement as well as volunteer in August 2008. It has been a great honor to be given the opportunity to work with such a wonderful and helpful team.

I became aware of the Vacancy: Reception and Building Support Services at LASS, I couldn't wait to apply for it so that I can continue working with such generous and warm hearted people.

Thankfully, I was accepted and began working at LASS on 1st June and I continue to volunteer for events that are run by the organisation. I sincerely hope that many people have the opportunity to get involved and do voluntary work with us to experience the marvelous job we do for other people to make their life's a fulfilling one.



Clockwise from top left: Tom, Matt, Sarah, & Ravina,

Keen & Passionate - Welcome Ravina!

My name is Ravina and I work in the Sexual Health Promotion team. After I graduated in Health Studies & Psychology degree at De Montfort University, I joined LASS as a Sexual Health Awareness Assistant on a part-time basis. My role involves working to prevent the spread of HIV and other sexually transmitted infections and promoting positive sexual health through information stalls, displays, awareness raising sessions.

I've always had a keen and passionate interest in Sexual Health Promotion and therefore consider myself very fortunate to be doing something I enjoy very much. I am very excited about starting my new full time position and expanding my knowledge and experience of working with a range of different people to promote positive sexual health.

Celebrating Volunteers Week 1st - 7th June

LASS benefits greatly from the involvement of our volunteers, and thank every one of them for keeping LASS going. We really couldn't provide all we do without volunteers.

Over the last 20 years, more than 450 local people have given their time to become actively involved with LASS as a Volunteer, whether supporting people affected by HIV/AIDS; helping to raise awareness; getting involved with fundraising; or assisting in a variety of other ways.

Volunteers have always been a significant and important element of LASS, bringing a wide range of skills, interests, life experiences and cultural backgrounds that strengthen and benefit our work and the lives of the people we support.

In the last 4 months alone, volunteers have contributed more than 906 hours to various activities such as painting, cooking, gardening, reception, mentoring and research. We welcome people who are genuinely interested in HIV/AIDS; are open-minded, non-judgmental, trustworthy and wanting to help make a difference, so are you up for it??

Visit our website or speak to a member of staff if you're interested.

Volunteers Speak Out

To mark the occasion of National Volunteer Week, we asked Betty, one of our volunteers a few questions on what it's like to volunteer here at LASS.

Q) How Long Have You Been Volunteering?

A) For 21 years, in the second intake of volunteers in the middle of 1988.

Q) What got you interested in volunteering?

A) 1988 was the year when AIDS was campaigned about heavily on the TV and my son had come out [as homosexual]. My son knew Warren (a founder member of LASS) and he invited me to the first volunteer training session. Now I take part in everything, reception, outreach stalls and anything they need assistance with.

Q) What are the primary benefits to YOU as a volunteer?

A) Meeting people who need help, helps us to learn about ourselves and of course I enjoy helping others. LASS also offers training and learning opportunities.

Q) If someone was thinking about volunteering, what advice would you give them?

A) Go ahead and get involved and also take up the training that LASS will offer you. It's not always easy work, and there are highs and lows but you will enjoy working with them. There is life after a HIV diagnosis, see our short film online at www.lass.org.uk

What it means to volunteer at LASS

Hi, I'm Eric and I'm almost a permanent volunteer, here at LASS. I've been in contact with LASS since August 2008 and began volunteering in January 2009. I became aware of LASS via Refugee Action and, personally, I have benefited a lot with my contact with this organisation.

My duties at LASS are mostly admin, reception, switchboard and any other tasks that are assigned to me by any member of staff.

I am currently undergoing HIV testing training as well as mentoring and befriending. I enjoy every minute here as all members of staff are a delight to work with.

LASS are able to reference for me now which I used for my immigration interview and this contributed to my success in my status application. Last but not least, I enjoy Tuesday's and Friday's as they have 'Yummy Yummy' drop-in lunches.



Eric

Regular Giving

LASS provides a range of services to local people affected by HIV/AIDS, and four of our services rely solely on donations: The David Manley Fund is a hardship fund for people with HIV who face extreme financial crisis; Winnie's Fund helps meet the needs of local children affected by HIV; the Foodbank provides those living on less than the lowest benefit level with £10.00 worth of food vouchers per week and the Tim Aubrey Complementary Therapies Fund gives people access to therapies for pain relief.

To keep these services going at their current pace, LASS needs to raise at least £20,000 a year.

Your knowledge and support of our work is greatly appreciated and I wonder if you're able to help us? Would you make a regular, tax-free donation to LASS? A £5 donation through Payroll Giving would cost you just £4 at the standard tax rate. Your employer would send your donation, each time you are paid, to a Payroll Giving Agency who in turn would pass it on to LASS. Your donation can be made confidentially; your employer does not need to know where the money is going. Equally LASS does not need to know the donation is from you. If your employer isn't part of a Payroll Giving scheme it's easy to arrange and we would be happy to help.

An alternative way of making a regular donation is to set up a standing order with your bank. Using this method, you would not benefit from tax relief, so, a £5 donation would cost you £5. However, we would be able to claim Gift Aid, and your £5 donation would effectively be worth £6.25 to LASS.

If you would like to discuss the possibility of donating money to LASS, please telephone me on 0116 255 9995 or email gareth@lass.org.uk

Gareth Miller Finance and Corporate Services Manager

Vinyasa Krama Yoga (From 21st July).



Classes will introduce the theory and practice of yoga. Students will be introduced to key yoga postures, breathing and relaxation techniques which can enhance the vitality, mobility, general health and emotional well-being of the individual.

Classes provide a valuable quiet and safe space, giving individuals the opportunity to learn at their own pace and grow in confidence.

All levels of experience welcome.

For further details visit www.ekayoga.co.uk or contact Zoe Martin 0781 316 4181 or sundari@ekayoga.co.uk

Standard Rate:
Individual class: £8.50
4 classes £30.00

Upcoming Training

We aim to provide high quality training and accurate up-to-date information about HIV/AIDS, Hepatitis and Sexual Health.

External training promotes knowledge, awareness and understanding; allays fears, tackles myths and misconceptions and helps to reduce prejudice and discrimination. Our training also assists in the prevention of HIV and a less hostile and more sensitive environment for people affected by HIV/AIDS.

We can also offer help, information or training for groups and organisations, either in-house or at our own venue.
courses

Course Title	Date	Brief
A Life & Kicking	3rd June	Raising awareness, challenging the stigma of HIV
So you want to know more about HIV	10th June	Provides a more in-depth knowledge about HIV
Health & Sexuality	17th June	How sexuality impacts on sexual health
Lunchtime Statistics & Trends	19th June	Information about local HIV statistics
Cultural Sensitivities	23rd June	
STIS & Hepatitis	24th June	Provides general information about STIs and Hepatitis

If you would like to attend any LASS training event, please visit www.lass.org.uk or call us for a booking form

Activity Room



As previously reported, our rooms had to be redecorated due to damaged by rain and we would like to thank the kind staff at John Lewis' who helped us to redecorate.

Now, you can now rent our space when we are not using it (please see our website for more details)

We are already developing the rooms in different ways and host teenage pregnancy training, deliver training for HIV testing and for our mentoring and befriending project with action homeless.

We also rent the room for other activities (such as yoga, advertised on the previous page)



DATES FOR YOUR DIARY

Celebrate Leicester's 12th **Riverside Festival**, on 6th & 7th June in a lively weekend of activities for the whole family held at Bede Park. This is one of Leicester's largest outdoor festivals attracting over 15,000 visitors to the city.

Every year the **LeicestHERday** Trust holds an Annual Conference celebrating International Women's Day. This year, the theme is: "Women: Yesterday, Today and Tomorrow" and is being held at the Walkers Stadium on 12th June.

Refugee Week (13th—21st June) is a UK wide programme of arts, Cultural and education events that celebrate the contribution of refugees to the. LASS are celebrating by providing refreshments, yoga, therapies, dance, crafts, music and a treasure hunt. Join us on 13th June at Regent Road.—or please see the flyer attached.

The **Braunstone Carnival** is a colourful community carnival including floats, dance, live music and stalls plus a range of activities aimed at young people. It's being held at Braunstone Park on 4th July

The **Caribbean Carnival** will be celebrated at Victoria Park, Leicester on August 1st this year. It coincides with the anniversary of the Emancipation from Slavery recognised in the Caribbean and other parts of the World as Emancipation Day.

Continued Overleaf →

Dubbed at an unfailingly Hip Festival, the **Summer Sundae** will see over 50 artists and groups perform at De Montfort Hall and Gardens from the 14th August. This years line up includes, The Charlatans, The Streets, The Zutons and Bon Iver amongst others.

The management team of the Village and Quebec are very pleased to announce that Leicester will have a **Gay Pride** event in 2009. The event is provisionally set for Saturday 5th September. Pride 2009 will be different to other years as the parade will leave from High Street and finish on Belgrave Gate for a Street Party.

We will have stands at all the vents above and if you can help us, please Celia, Khadija or Ravina know.

A date for your diary – LASS AGM – Thursday 10 September 2009 at 7pm here at LASS.

Leicestershire AIDS Support Services
Responding to the challenges of HIV & AIDS

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