

Body Positive
Cheshire & North Wales

Annual Report 2005-06



Working together to
improve the quality of
life for people living
with or affected by
HIV and AIDS

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Foreword from the Chair

The most significant development at BPCNW this year, was the securing of new premises in Macclesfield and obtaining an Awards for all lottery grant to refurbish & furnish the site. Although predominantly used by the Outrite sexual health project, it has provided the HIV social care service with an alternative site to engage with clients in East Cheshire.

This year saw an increase in new clients of 10.36% (18.95% 04/05 19.65% 03/04), our lowest increase in 3 years for HIV Social Care. The Outrite project saw a significant increase in clients accessing the volunteer lead counselling service. This increase corresponds to figures suggesting a 70% increase in anxiety & depression amongst adolescents (The relationship Centre Warrington August 2006). The organisation has continued to provide an excellent array of services across Cheshire and North Wales despite the year on year increases in client numbers, and the additional challenges these increases continue to pose. We will look forward to a challenging year ahead.

Financially, we have significantly reduced the overspend from 20004/2005 to a balanced budget, and maintained a stable level of reserves. Overall we begin the new financial year with a surplus, providing a safety net for the forthcoming year.

Finally, it is time to thank the all-important supporters of the organisation. Firstly our clients, the primary reason for our existence, we will continue to review service provision to ensure we meet the majority of changing needs. The Management Committee, staff & Volunteers, who have supported us tirelessly throughout the year, last but by no means least, the principle funders, the 6 Primary Care Trust's for the County of Cheshire, all the Social Services departments, the 6 Local Health Boards of North Wales and Wrexham Social Services, without whom we would not be able to continue to provide services.

I am pleased to present the Annual Report and Financial Statements for 2005/2006.

Michelle Simpson Chair September 2006.

Introduction

Our Mission statement 'working together to improve the quality of life for people living with or affected by HIV/Aids' does not reflect the holistic range of services we offer, these include a gay & bisexual men's sexual health project (East & Central Cheshire), the Cheshire Cheese monthly news letter and a county wide HIV Services Directory.

The Management Committee continues to provide excellent guidance from committed voluntary trustees, all with vital skills and diverse backgrounds, contributing to the strategic future direction of the organisation. During the year the number of staff members remained static, consisting of; a General Manager (full time), Administrator & Cheshire Cheese co-ordinator (full time), two Client Support workers (both full time), two Outrite Project workers (full time), three counsellors (on a self employed basis), Three volunteer Counsellors and three Complimentary Therapists (on a self employed basis).

Financially, we are still standing on firm ground. 05/06 is the second year of the 3 year Service Level Agreement with all our principle funders in Cheshire. We are again reviewing service delivery and hoping to make further improvements regarding access over the next 12 months. Overall service delivery is still exceeding all targets, and we expect to continue this trend.

Summary of Activity

This breaks down into 6 major areas:

- 1. Administration & services from our main base in Crewe.**
- 2. Work undertaken by the Client Support workers**
- 3. Hardship Fund allocation**
- 4. Outrite (Gay & Bisexual men's sexual health project)**
- 5. Production of the Cheshire Cheese newsletter**
- 6. Production of the Cheshire wide HIV Services Directory.**

1. Administration & Services

All the operational administration is carried out at our main office in Crewe. We have now completely settled into our new building and despite some issues with our IT network, have continued to provide a wide range of services and contribute to the strategic development of services and service redesign across Cheshire. Since our move in December 2003, we have been able to offer a much-improved environment to all clients attending the Crewe base. The drop-in operated on a weekly basis, 106 sessions in total with an average of 3/4 attendees.

Complimentary Therapies form the back-bone of this drop-in service supporting people to stay mobile & healthy, as such 424 sessions were made available, 404 were used, with only 20 no-shows. The therapies now on offer include:

- o Reflexology (Foot massage)
- o Aromatherapy massage (massage using essential oils)
- o Indian Head Massage
- o Reiki (A spiritual & physical healing method)
- o Acupressure (using pressure points on the body for healing)

Full details of any of these therapies can be obtained from our Therapists or Client Support Workers.

The Counselling service has finally settled into it's new format, we currently have several Counsellors based around the county available to see clients in a more local setting and able to make arrangements directly with clients rather than through us a third party.

2. Work undertaken by Client Support Workers

Client Support, one of the most active services offered by BPCNW, has seen a steady workload this year. Working out of our primary bases, the two Support workers travel extensively around the geographical area we cover, meeting with clients & professional's within the field of HIV, providing invaluable support & onward referral where necessary meeting the diverse needs of our clients. They keep us up-to-date with medical developments, drug therapies, welfare

benefits & a myriad of other topics, as well as keeping BPCNW on the agenda of other organisations & institutions.

Putting figures to the amount of work they do is difficult & would be unrepresentative of the content & invaluable contribution they make to the effectiveness of the day-to-day business of the organisation. Not only can they be contacted via the office, but also they can be found regularly at Chester Warrington, Leighton Hospital, Macclesfield and Wrexham GUM Clinics, supporting the Medical staff & offering our clients easier face-to-face access to our services.

3. Hardship Fund

Since the review of the administration of the Hardship fund in 2001/2002, all claims for 'white goods' have been channelled through the Crusaid fund, relieving the pressure on our own overstretched resources. This fund now primarily acts as a pool of money to support claims for emergency cash aid (£50 maximum) in those moments of crisis, and other urgent requirements.

All donations received by BPCNW are placed into the Hardship fund & used entirely to cover those costs identified above. Thank you to all those who have donated in the last financial year, in total we granted £1412.29 in grant aid during 05/06

4. Outrite

Primarily focused on gay & bisexual men's sexual health, the project has evolved over the years, to provide a more holistic approach to health in general. They have adopted the mission statement of 'healthy sexuality' to more accurately reflect the wide range of services on offer.

As previously mentioned, a new space was opened in Macclesfield in August 2005, thanks to a £5000 grant from the Awards for All lottery fund. A total of around 270 individuals have visited the space since it opened. Here they are able to access a range of safer sex material, workshops, groups and direct sessions with project workers and volunteer counsellors.

The underpinning objectives of the project are to reduce the incidence of HIV and other sexually transmitted infections, whilst also taking into account the wide range of issues and needs of the client base.

As part of the community development approach to health promotion, funding for the project also includes the production of a monthly newsletter 'Cheshire Cheese' helping to reduce the sense of isolation for those clients unable to travel to the bases in Crewe & Macclesfield.

5. Cheshire Cheese Newsletter

The Cheese newsletter is produced for the Lesbian, Gay & Bisexual market, predominantly based in Cheshire, but it is also sent via mail to the wider markets in the North West of England, to help keep people up to date with the activities of the diverse community groups offering services to the target audience.

The current print run stands at 1600 copies per month, bringing the yearly total to 19200 copies. Plus it is available on the BPCNW website for download.

The primary goal of the cheese is to reduce isolation & bring a sense of community & community development to Cheshire residents. The back page known as the 'Cheese board', gives listings of all the social groups, commercial venues & sexual Health providers in the region.

The Cheshire Cheese has continued to feature news & promotional material for the many LGB/Health projects & venues throughout the county and is a useful tool for professionals in key roles to either introduce themselves or learn about the variety of services available.

The editorial team is lead by the BPCNW Administrator in conjunction with the Outrite Project workers, with input from many contributing agencies and more importantly groups & individuals. All contributions are always welcome & should be sent via BPCNW.

6 Services Directory

The directory is now in its seventh edition & has become a vital tool for contacts in the HIV field across the County of Cheshire. Funded by the Primary Care Trusts, it provides listings & contacts for all organisations providing services to people or professionals working in the field of, or affected by HIV & AIDS.

In total 800 copies of the directory were produced & distributed in 05/06 and it is also available as a PDF download on the BPCNW website.

Our thanks once again go to Chris Flewitt, who has produced the directory since its inception and continues to do an excellent job.

Accounts

Extract from the Full Financial Statements

Body Positive Cheshire and North Wales

Statement of Financial Activities for the year ended 31 March 2006

	Note	Unrestricted funds £	Restricted funds £	2006 £	2005 £
Incoming resources					
<i>Incoming resources from generated funds</i> 2					
Voluntary income		10,333	-	10,333	1,132
Activities for generating funds		329	-	329	450
Investment income		3,825	-	3,825	4,345
<i>Incoming resources from charitable activities</i> 3					
HIV social care		169,232	-	169,232	159,770
Sexual health support & development		246	86,526	86,772	81,308
Total incoming resources		183,965	86,526	270,491	247,005
Resources expended 4					
<i>Cost of generating funds</i>					
<i>Charitable activities</i>					
HIV social care		181,946	-	181,946	138,450
Sexual health support & development		-	89,695	89,695	95,495
Support costs		-	-	-	27,880
Governance costs		2,238	881	3,119	2,874
Total resources expended		184,184	90,576	274,760	264,699
Net incoming/(outgoing) resources for the year	6	(219)	(4,050)	(4,269)	(17,694)
Transfer between funds		509	(509)	-	-
Net movement in funds		290	(4,559)	(4,269)	(17,694)
Funds at 31 March 2005		75,323	47,266	122,589	144,943
Funds at 31 March 2006		£ 75,613	£ 42,707	£ 118,320	£ 127,249

The Statement of Financial Activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

Body Positive Cheshire and North Wales

**Balance Sheet
as at 31 March 2006**

	Note	2006		2005	
		£	£	£	£
Fixed assets					
Tangible assets	9		17,813		34,947
Current assets					
Debtors	10	8,430		4,090	
Cash at bank and in hand		106,982		100,356	
		<hr/>		<hr/>	
		115,412		104,446	
Creditors: amounts falling due in less than one year	11	(14,905)		(16,804)	
		<hr/>		<hr/>	
Net current assets			100,507		87,642
			<hr/>		<hr/>
Total assets less current liabilities			£ 118,320		£ 122,589
			<hr/> <hr/>		<hr/> <hr/>
Reserves					
Unrestricted funds					
General funds		75,613		75,323	
		<hr/>		<hr/>	
Subtotal			75,613		75,323
Restricted funds	12		42,707		47,266
			<hr/>		<hr/>
			£ 118,320		£ 122,589
			<hr/> <hr/>		<hr/> <hr/>

Approved by the Management Committee, and signed on their behalf by:

Michelle Simpson
Michelle Simpson (Chair)

6 September 2006
Date

Accessing Our Services

If you would like to find out more about our work and our bases at Crewe and Macclesfield, whether you are thinking about using a service, becoming a volunteer, or simply for your own interest, we'd be more than happy to help. If you'd like to come and see us, please ring us first to arrange a convenient time.

Volunteering

We are always looking to recruit new members to the Management Committee. If you feel that you have skills that may benefit the organisation please get in touch to find out how you might become involved. No previous experience is necessary as training will be given.

Donations

As you will have seen, our projects offer a wide range of services, and in order for us to be able to continue to do so, we need a constant stream of income. If you would like to help us to continue to provide these services we would be grateful for any donation you may be able to make.

Cheques should be crossed and made out to *Body Positive Cheshire and North Wales* and be sent to the address below. If you would like to donate in other ways, please contact us.

Showing your Support

If you would like to show your support every day, you might like to consider wearing the Red Ribbon. The Red Ribbon is the internationally recognised symbol of HIV and AIDS. It shows your understanding, care and support of those living with and affected by the virus world wide. Red Ribbons are made and worn by people of all cultures, genders, sexualities, ages, and creeds, whatever their HIV status. If you would like a Red Ribbon, send a self addressed, stamped envelope to the address below, together with a note to say you like to wear a Red Ribbon.





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