

# Body Positive Cheshire & North Wales



Annual Report  
2007-08

[www.bpcnw.co.uk](http://www.bpcnw.co.uk)



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# Foreword from the Chair

Following our successful application to the Big Lottery People and Places Scheme which was approved in March 2007, the services planned for the North Wales area have been launched and are proving to be a vital element in the social care needs of people living with HIV throughout the area.

With the appointment of a full time North Wales Client Support Worker in August 2007 and the securing of a base in Colwyn Bay in January 2008, we find ourselves in the position to be able to provide meaningful, high quality services to the residents of an area that has been poorly served for a very long time. The base provides a bedrock for offering services on an equal basis to those already being delivered throughout Cheshire and the links we have established with the three main Sexual Health clinics along the North Wales coast have enabled us to access clients on a level that is comparable to access in Cheshire. We are very pleased to be able to offer equitable services with the security that the grant provides but are mindful that this is currently short term and additional funding sources must be accessed to ensure the long term development of North Wales services, something we are determined to secure.

The number of new HIV diagnoses continues to rise in North Wales and Cheshire, bringing an ever increasing demand on the services we offer. We now have a regular presence in all Sexual Health clinics throughout our area of benefit with the exception of Halton. It is of some concern that in order to continue to meet the needs of our ever growing client group we need to consider our options for expanding the staff team and service choices in the future to ensure that the quality of services does not suffer. We have approached our existing funders to highlight these issues but are now taking serious steps to look at other options for securing financial assistance from independent grant making bodies, something we intend to tackle through the appointment of a dedicated fundraiser.

**Michelle Simpson, Chair, January 2009**

# 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 newsletter and a Cheshire 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. Following the resignation of the General Manager in March 2007, day to day management duties have been shared by the team of three Operations Managers for Office/Admin, Prevention (Outrite Project) and Social Care (Client Support work) all full time. Additional staff consist of two Client Support Workers (both full time), two Outrite Project workers (part time), five counsellors (on a self employed basis), Three volunteer Counsellors and three Complementary Therapists (on a self employed basis).

2007/08 sees us entering into a new three year contract with Cheshire Primary Care Trusts and Local Authorities and the commencement of the three year Big Lottery People and Places project in North Wales. This ensures a level of stability in the short term but there is increasing awareness that we need to consider additional sources of income through independent grant making bodies and that to achieve this we need to look at options for securing a fundraiser.

## 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.**

## **I. Administration & Services**

All the operational administration is carried out at our main office in Crewe with a second base in Macclesfield and the addition of new premises in Colwyn Bay to serve the communities of North Wales. We have continued to contribute to the strategic development of services and service redesign across Cheshire and now North Wales. Core services are provided from our central bases of operations in Crewe and Colwyn Bay. Drop-ins are operated on a weekly basis, and average a total of 5 to 6 attendees at each location.

Complementary Therapies form the back-bone of this drop-in service supporting people to stay mobile & healthy and are also available through Sexual Health clinics throughout Cheshire. The therapies now on offer include:

- o Reflexology (Foot massage)
- o Aromatherapy massage (massage using essential oils)

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

The Counselling service is provided by several Counsellors based around Cheshire and North Wales who are available to see clients in a local setting and able to make arrangements directly with clients rather than through us as third party.

## **2. Work undertaken by Client Support Workers**

Client Support, one of the most active services offered by BPCNW, has seen an increased workload in the year, mainly due to the addition of a dedicated worker for the North Wales area. Working out of our primary bases, the three 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.

Not only can the Support Workers be contacted via the office, but they can

also be found regularly at Chester, Warrington, Crewe, Macclesfield, Wrexham, Glan Clwyd and Bangor GUM Clinics, supporting the Medical staff & offering our clients easier face-to-face access to our services.

### **3. Hardship Fund**

This fund primarily acts as a pool of money to support claims for emergency cash aid in those moments of crisis, and other urgent requirements. The fund received a welcome boost in the year following a substantial individual donation awarded to us alongside a number of other Body Positive and similar HIV support groups across the country. This donation has helped secure the fund in the short term and will continue to be of benefit to individuals in times of unforeseen financial hardship.

All individual 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.

### **4. Outrite**

Outrite is the prevention arm of Body Positive Cheshire and North Wales. The project's primary focus is to improve the sexual health of gay and bisexual men and reduce the incidence of new HIV infections. The project uses a community development model to which it takes a holistic approach to health to achieve its aims. The project provides weekly support and social groups, 121 support, advocacy and counselling services from its bases in Crewe and Macclesfield. Outrite has also developed effective detached and outreach projects: working within the 'community' in public sex venues, colleges, universities commercial venues and public spaces. Aside from the direct work with established clients and the 'public' the project also acts as a consultancy base for LGB issues and provides training and practical support to other organisations in order that they can better meet the needs of the target group.

## 5. Cheshire Cheese Newsletter

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

The print run in the year was 1800 copies per month. In addition to this the newsletter is available via email on request. The newsletter is also available to view or download from [www.cheshirecheese.org.uk](http://www.cheshirecheese.org.uk).

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

The Cheshire Cheese has continued to feature news and promotional material for the many LGB/Health projects and 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 Operations Manager for Office/Admin in conjunction with the Outrite Project workers, with input from many contributing agencies and more importantly groups and individuals. All contributions are always welcome and should be sent via BPCNW.

## 6 Services Directory

The directory is now in its eighth 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.

Although a printed version of the directory is still produced and distributed to interested agencies and individuals we continue to highlight the directory's availability as an online download to help reduce the increasing cost of production whilst hopefully increasing overall availability and circulation. The directory can be downloaded as a PDF from [www.bpcnw.co.uk/directory](http://www.bpcnw.co.uk/directory).

# Accounts

## Extract from the Full Financial Statements

**Body Positive Cheshire and North Wales**  
**Statement of Financial Activities**  
**for the year ended 31 March 2008**

	Unrestricted funds	Restricted funds	2008	2007
Note	£	£	£	£
<b>Incoming resources</b>				
<i>Incoming resources from generated funds</i>				
2	25,116	-	25,116	6,707
	-	-	-	250
	4,124	-	4,124	3,723
<i>Incoming resources from charitable activities</i>				
3	158,250	85,745	243,995	160,958
	-	81,699	81,699	79,597
<b>Total incoming resources</b>	<b>187,490</b>	<b>167,444</b>	<b>354,934</b>	<b>251,235</b>
<b>Resources expended</b>				
4	-	-	-	-
<i>Charitable activities</i>				
	101,571	49,128	150,699	178,753
	49,128	80,219	129,347	96,813
	2,694	-	2,694	3,140
<b>Total resources expended</b>	<b>153,393</b>	<b>129,347</b>	<b>282,740</b>	<b>278,706</b>
<b>Net incoming/(outgoing) resources for the year</b>	<b>34,097</b>	<b>38,097</b>	<b>72,194</b>	<b>(27,471)</b>
Transfer between funds	-	-	-	-
<b>Net movement in funds</b>	<b>34,097</b>	<b>38,097</b>	<b>72,194</b>	<b>(27,471)</b>
Funds at 31 March 2007	74,962	15,887	90,849	118,320
<b>Funds at 31 March 2008</b>	<b>£ 109,059</b>	<b>£ 53,984</b>	<b>£ 163,043</b>	<b>£ 90,849</b>

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 2008**

	Note	2008		2007	
		£	£	£	£
<b>Fixed assets</b>					
Tangible assets	9		4,987		6,242
<b>Current assets</b>					
Debtors	10	24,061		6,777	
Cash at bank and in hand		138,001		86,993	
		162,062		93,770	
<b>Creditors: amounts falling due in less than one year</b>	11	(4,006)		(9,163)	
<b>Net current assets</b>			158,056		84,607
<b>Total assets less current liabilities</b>			£ 163,043		£ 90,849
<b>Reserves</b>					
Unrestricted funds					
Designated funds	12	17,051		-	
General funds		92,008		74,962	
Subtotal			109,059		74,962
Restricted funds	13		53,984		15,887
			£ 163,043		£ 90,849

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

Michelle Simpson (Chair)

*MSimpson*

Date 01.09.08

# 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.





## Crewe

01270 653150

PO Box 321  
Crewe  
CW2 7WZ

## Colwyn Bay

01492 532943

PO Box 164  
Colwyn Bay  
LL29 0BX

### Email

[contact@bpcnw.co.uk](mailto:contact@bpcnw.co.uk)

### Website

[www.bpcnw.co.uk](http://www.bpcnw.co.uk)

**Registered Charity No.**

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INVESTOR IN PEOPLE



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