

the beacon

Newsletter of the Sussex Beacon

Winter 2008



Simon says...

Actor, writer and director Simon Callow talks about HIV, showbusiness and being guest speaker at the Sussex Beacon Gala Dinner



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Welcome

For many people, the summer of 2008 will not just be remembered for being one of the wettest on record, it will be looked back on as a time of serious financial crisis. Quite how things will eventually look once all the dust has settled will only become clear over time, but that ubiquitous phrase 'credit crunch' has become burned into our minds for now.

Curiously, while the global economy has been in turmoil, most people have been doing their utmost to simply get on with their day-to-day lives and keep the wheels turning. And this can very much be said for the Beacon. Irrespective of what is happening in the wider world, we still have very important work to do – and that means delivering high-quality services and also developing new services where they are required.

It is precisely for that reason that we recently launched our Women and Families service. Falling under the remit of our wider Health Management Services, this monthly day service aims to provide women with HIV a safe, confidential and comfortable space in which they can talk about issues that concern them. Formerly run by Open Door, this service is a significant addition to what the Beacon offers – you can find out more on page 10.

Of course, one of the other things that we have to keep doing every day is raising funds in order to ensure the continued success of the Beacon. As always, we are exceptionally grateful for all of the support we receive, from regular donations to one-off fundraising events. And over the coming months we have two major events taking place.

Firstly, on Tuesday 25th November, we are holding a gala fundraising dinner at the DeVere Grand Hotel in Brighton. This promises to be a spectacular evening. Not only is it hosted by Simon Fanshawe, we are also delighted to have the respected actor Simon Callow as our guest speaker for the evening. He was kind enough to speak to this newsletter about the event and broader HIV issues – you can read his interview on page eight.

And as we went to press, we were delighted to hear that comedian Jenny Eclair has also confirmed that she will be speaking at the dinner. So if you would like to attend this special fundraiser, turn to page five to find out how.

And then in February 2009, we will, once again, be running the Sussex Beacon Half Marathon. This event, which is a key date in the UK's running calendar, is the one that raises the most money for the Beacon over the year and has been getting bigger each time. We hope that it will be even more successful this time around. Find out more on page six.

No matter what next year brings in the broader world, you can be sure that the Beacon will still be here, providing important services to those who need it most.

Have a marvellous festive season!
The Management Team



About the Sussex Beacon

The Sussex Beacon is a purpose-built national centre providing specialist care and support for men and women living with HIV. Set in a tranquil location overlooking the South Downs, north of Brighton, the Beacon is a nationally recognised centre of excellence in HIV care. Opened in 1992 as a hospice for people dying of AIDS-related illnesses, it is now one of only two centres of its kind in the country.

For more information:

During office hours
01273 694222

Events information
01273 645691

Email: info@sussexbeacon.org.uk

www.sussexbeacon.org.uk

The Sussex Beacon
Bevendean Road
Brighton BN2 4DE
Charity number: 298388.

News from the Beacon

A great gadabout

One of the regular fundraising fixtures in the Beacon's calendar is the Garden Gadabout, which takes place each July. And like many of the gardens that take part, this event just keeps on growing!

Each year, green-fingered enthusiasts across Brighton & Hove and East Sussex open their gardens to the public over two weekends. This year, there were 42 gardens on display, attracting thousands of visitors. The range of gardens taking part this year were more diverse than ever and five new 'trails' were created.

Each garden charged a £1 entry fee and many also sold homemade cakes, lunches and desserts, as well as plants, vegetables and even works of art. Over the two weekends, a record-breaking grand total of £16,229 was raised. We'd like to thank all of the gardeners for their kindness and support in opening their gardens for this special event, and all the visitors for turning out.

Next year we want to attract over 50 gardens, so if you would like to take part, visit www.gardengadabout.org.uk or call the Fundraising Team on 01273 645691.



Alan does it for the Beacon

The annual Brighton Comedy Festival regularly attracts the great and good of the comedy world, and this October was no different. What was special this year, however, is that there was a charity performance in aid of the Sussex Beacon, hosted by the wonderfully camp rising star, Alan Carr.

Now a familiar face on TV, Alan presented *Alan Carr and Friends* to a packed out Dome Concert Hall. Along with fellow comedians Jeff Green, Sappi Khorsandi, Richard Herring, Craig Hill, Simon Evans and Andy Parsons, the evening was a hoot from start to finish. Highlights included Alan demonstrating how to look gay on a cross trainer, Jeff Green wanting to know whether Brighton has one café per resident and Shappi Khorsandi talking about the pitfalls of being a mum and Iranian at US Immigration. And who could forget Alan introducing the Beacon's General Manager Kat Williams as a stripper!

Proceeds from the night raised £25,000 and the audience were as generous as the performers – bucket collections after the show raised over £450 for the Beacon. And we would like to thank all the comedians for a great night out.

As Alan said: "I always enjoy helping the Sussex Beacon because it's such a brilliant cause. Plus it gives me the added bonus of coming to the seaside to eat fish and chips, and basically flirt with all the sailors. So it's not all give, give, give you know!"

Alan has continued to support the Sussex Beacon by donating his fee of £5,000 from the Cheltenham Book Festival – thanks so much Alan!



Antiques a go-go

The weather may have done its best to try and spoil the party, but our recent Antiques Valuation Day still managed to attract some enthusiastic collectors. Antiques expert Mark Stacey and his team valued a number of items, including a 1950's saucy lady hot water bottle! And a team of bargain hunters had been trawling the local tips and turned up some literary gems worth several hundred pounds.

All in all, a total of £450 was raised for the Beacon on the day. Thanks to Hollingbury Golf Course for their support and to Mark and his team for their expertise.

Christmas is a-coming...

The latest Sussex Beacon Christmas cards are now available. Local artist Richard Walker has generously donated two images – Brighton Dome and Brighton Pavilion (see below). You can buy the cards online at www.sussexbeacon.org.uk and from the Beacon shop on St James' Street. You can also pick them up at both Cards for Good Causes shops – at Jubilee Library, Jubilee Street, Brighton and St Andrew's Church, Church Road, Hove. Both shops are open Monday to Saturday. The cards are blank inside for your message and are £3.25 for a pack of five.



Flora London Marathon 2009

Arguably the biggest and best marathon in the world, the next Flora London Marathon takes place on Sunday 26th April 2009. As in previous years, the Beacon has five gold bond places available – they guarantee entry into the race itself and runners need to raise a minimum of £1,500 for the Beacon.

We already have one eager and willing participant in the shape of CJ de Mooi from TV's *Eggheads*, who says: "I volunteered for the Sussex Beacon and would encourage others to do the same. The work is so rewarding and worthwhile and I'm delighted to be able to continue my support by running the London Marathon!"



CJ, who is supporting the Sussex Beacon and

Amnesty International by running the marathon, hopes to raise £30,000 which will be split between the two organisations.

If you want to find out more about getting a gold bond place, email fundraising@sussexbeacon.org.uk or call 01273 645691.

Body Shop gets painting



On 21st October, the Beacon was delighted to welcome a team of 15 volunteers from the Body Shop. They came from as far afield as Salisbury and helped the Beacon to repaint a room for the newly opened

Women's Service (see page 10 for details), rejuvenated the garden as well as decorating the fundraising portakabin a beautiful Sussex Beacon blue. Most importantly they provided some of the Day Care clients with luxurious treatments and therapies. We'd like to thank them for giving their time and energy so generously.

Have your say

People with HIV face a distinct set of challenges – from psychological and social issues to drug treatments and in-patient care. Making sure that they receive exactly the type of care and services they require is very important to everyone at the Beacon. That's why we have launched a new initiative to get Service Users and their families, carers and friends to have more influence on the services they receive.

We are starting this with regular, independently facilitated Service User Forums, where anyone that benefits from using the Beacon is invited to take part. The structure for the Forums is yet to be confirmed and we welcome suggestions as to how to take this forward. We are also looking for Service User Reps to take forward the views of anyone that has something to contribute but cannot attend and to work with Senior Managers to make changes.

What's more, we are also looking for new Trustees, who will have a specific role representing Service Users needs and views at Board meetings. The Board is encouraging anyone who has benefited directly or indirectly from receiving HIV services in the City – including partners, carers, families, friends and advocates – to apply to be a Trustee.

You don't need previous experience for either role because the Beacon is offering training and mentoring. You just need enthusiasm and the ability to commit a few hours every couple of months.

Anyone that wants to be part of our exciting new Service User initiative can contact Sean Skinner on 01273 645695 for an informal chat, or email sean.skinner@sussexbeacon.org.uk

The Sussex Beacon

Gala Dinner

A star studded evening with Simon Callow and Simon Fanshawe as our Host.

Champagne reception with a three-course dinner. An auction with antiques expert Mark Stacey and the night will finish with comedian Jenny Eclair. Don't miss out on this glittering evening.



Guest Speaker

Simon Callow CBE



Hosted by

Simon Fanshawe



Perrier Award winning comedian

Jenny Eclair



TV Antiques Expert

Mark Stacey

Tuesday 25th November at 6.30pm
The De Vere Grand Hotel, Brighton

tickets £60 each

book online at www.sussexbeacon.org.uk



registered charity 296388

Ready, steady, go!

The 2009 Sussex Beacon Half Marathon is only a matter of months away – but that still gives you time to get on your running shoes and help raise some valuable funds!

The Sussex Beacon Half Marathon has become a very familiar sight for residents of Brighton and Hove. Every February, thousands of runners take to the streets – come sun, rain, wind or snow – in one of the most popular half marathons in the country, with crowds lining the streets, shouting encouragement all the way.

But it's possible to become a victim of your own success! Each time it is run, the race gets bigger and better, so every year we have to outdo ourselves once again. And this coming year looks set to be no different.

The 2008 race not only saw more than 3,700 runners finish the course, but a grand total in excess of £120,000 was raised. For 2009, we have set an incredibly ambitious target of 6,000 runners and aim to beat the amount raised by as much as we can.

The route remains unchanged for the 2009 race – starting at Madeira Drive, taking in the Lanes in the heart of the City before heading out to Hove Lagoon, then turning round and heading out past the Marina before returning to the start point.



And in addition to the half marathon itself, this year there will be two youth races. For 8-10 year olds there will be an 800m race, while 11-16 year olds can take part in a 2.5km race. Both of these will be run on Madeira Drive.

As always, we remain incredibly grateful for the support of St John's Ambulance, Brighton and Hove Council, and Sussex Police who help to make the day what it is. We are also grateful to our 2009 sponsors for their invaluable support.

Volunteers needed

The Sussex Beacon Half Marathon relies heavily on the generous participation of volunteers. If you would like to be a steward, race marshal, or simply help with the handing out of medals and goody bags, then give our Half Marathon Volunteer Coordinator, Cath Mattos a call on 01273 694222 or email cath.mattos@sussexbeacon.org.uk.



Enter Now!

The 2009 Sussex Beacon Half Marathon

9.45am, Sunday 22nd February,
Madeira Drive, Brighton

Entry for the 2009 race opened in September 2008 and already we have been swamped with runners signing up for the big day. So in order to guarantee that you will be on the starting line, you need to book your place as soon as possible.

If you would like to enter, then the easiest way to do so is online through our dedicated website – www.beaconhalf.org.uk - it's quick and easy and you'll get confirmation of your place straight away.

Alternatively you can download a print version and send in your details and payment, or call us on 01273 645691 and request an application form.

The website is the repository for everything you need to know about the race. As well as being able to register or download the appropriate forms, you will also find:

- A route map – so, if you are a first timer, you will find out what you are letting yourself in for!
- Travel information – how to get to the start point and whether there are planned road or rail works that could get in the way
- Information on the day itself – from lost property and toilets to baggage and parking

Half Marathon Entry Fees (non refundable)	Before 31/12/08	From 01/01/09
Sussex Grand Prix members	£17	£17
Affiliated Runners	£20	£22
Non-affiliated Runners	£22	£24
Charity places (incl. donation)	£55	£55

Youth Race Entry Fees (non refundable)	Before 20/02/09	On 22/02/09
8-10yrs 800m Race	£7	£7
11-16yrs 2.5K Race Affiliated Club Runners	£5	£5
11-16yrs 2.5K Race Unaffiliated/School/ Fun Runners	£7	£7

Please make sure you get your entries in as quickly as possible. Should you have any questions please don't hesitate to contact the Fundraising Team on 01273 645691 or email us at halfmarathon@sussexbeacon.org.uk

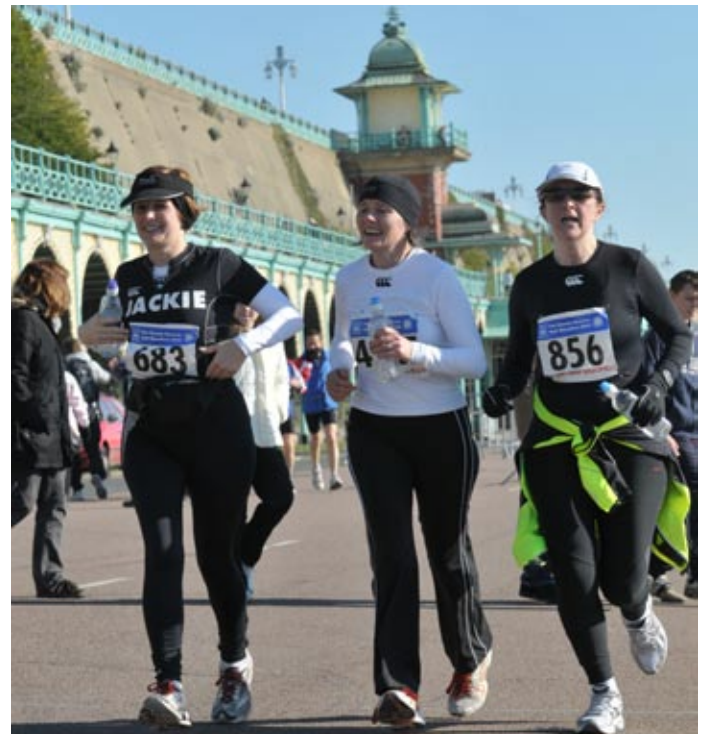
And don't forget, if you are not able to take part, we are looking for volunteers (see left) or simply come along and cheer the runners along on the day.

Sponsor the Beacon!



While the Sussex Beacon makes money from the race entry fees, it is possible to donate even more money by sponsoring us directly. You can book a special Charity Place for £55, which includes a £28/£30 donation directly to the Beacon. Alternatively you can get friends, family and work colleagues to sponsor you for running the race, with all proceeds going to the Beacon. In 2008, forty runners alone raised over £10,000 this way.

For more information visit www.beaconhalf.org.uk - or you can set up your own free fundraising page at www.justgiving.com. Alternatively call our fundraising office on 01273 645691 or email halfmarathon@sussexbeacon.org.uk and we will send forms out to you.



Guess who's coming to dinner?

Simon Callow

With respected actor Simon Callow as its guest speaker, the Sussex Beacon Gala Dinner is set to be a very special event indeed. He took time out to talk to *The Beacon* before the big night.

Famous for his film roles in *Amadeus* and *Four Weddings and a Funeral* and, most recently, his turn as Charles Dickens in BBC's *Doctor Who*, Simon Callow is one of Britain's most instantly recognisable actors. He is also a successful director and writer – with biographies of Orson Welles and Charles Laughton looming large on his CV – and is a patron of the Terence Higgins Trust.

On Tuesday November 25th, he will bring his dulcet tones to the De Vere Grand Hotel in Brighton, where he is guest speaker at the Sussex Beacon Gala Dinner. He spoke to Nick Kirby, Editor of *The Beacon* about his views on HIV and how it has touched his life over the years.

Hello Simon. Tell us how you got involved in the fundraising dinner and are you looking forward to speaking on the evening?

To be honest, the Sussex Beacon just asked me to do it and as I had the time, I said yes. I know what an excellent organisation it is and I am full of admiration for the work it does. As it happens I will be in middle of rehearsals for Peter Pan at

the Richmond Theatre, but it's just before we open, so I was delighted to have the opportunity and hope it will be a lovely and jolly evening – and a valuable one as well.

I'm sure you are invited to speak at a lot of events... Indeed I am, but there were two factors that made me want to do this. Firstly, it is the important work that the Beacon does and which I heartily endorse. But I'm also very fond of Brighton as part of the world, and have a great warmth towards it, the theatre and the whole area. I've acted at the Theatre Royal and directed many plays there over the years.

You say that the work of the Beacon is 'important', how so?

I was involved at the beginning with the London Lighthouse, which was a pioneering organisation for people with HIV and Aids. It was astonishing what the benefits were in terms of dignity and medical care, but more particularly in terms of the way people were treated. It is exactly that type of work that is carried on by the Beacon – providing people with a sense that they are not out on a limb or isolated and that there is time for them. It's terribly important.

Showbusiness was hit quite seriously when HIV and Aids first started showing up – how were you affected personally?

I lost many, many friends. It was the most terrible time in people's lives. It was horrible and ghastly and like some terrible visitation from out of the

“I lost many, many friends. It was the most terrible time in people’s lives.”

blue. No one knew what was going on and it was absolutely shocking. For many of us, memorial services were almost a weekly thing and it was as if one was living in a vale of tears permanently. Thank God that is not the case now. On the other hand people have to think very carefully about what they do with their own bodies knowing what the results can be. Many still put themselves at risk which can be quite despairing. I don’t understand how people can put themselves in a position where they can compromise their possibilities as a human being.

Do you think we have come a long way in the last 25 years or so – in terms of drug treatments and how services have changed?

Yes of course, massively. It’s an entirely different situation nowadays. No one knew what was happening when Aids first ‘erupted’. People including the government and health services did what they could under the circumstances. Of course, you learn more as things change. This is a very different kind of world we live in, but one not without risk. The great thing is that HIV and Aids are no longer the death sentence they were and people have learned to deal with HIV but also to live 100% as well. It is fantastic to see that happen.

Do you think there is a misconception that HIV is still something of a ‘gay disease’?

I think there are a couple of things going on here. There are far too many gay people who are HIV positive, and it has never erupted into the heterosexual population as a general heterosexual problem as much as people feared. As a result the ratio of gay men to straight people can skew people’s perceptions. What is important, however, is that everyone, irrespective of their sexuality or how they contracted HIV, has access to the same quality of services.

Curiously, I think that attitudes towards homosexuality may have changed for the better because of HIV. Gay people were very good at organising themselves. We didn’t sit around while our friends were dying waiting for people to do something. For instance with the Lighthouse, gay people created paradigms which proved useful for the whole of the population in dealing with HIV and Aids. People saw how strong they were in facing up to and dealing with this condition. Secondly – and

it’s easy for me to say this in my metropolitan world working in the theatre – but it does seem to me that the general population has become infinitely more accepting and indeed ‘celebratory’ of gay people. Think of the number of openly gay people in all forms of entertainment in this country, in the media and indeed in the cabinet. It would have been inconceivable 20 years ago. People no longer think it is weird when people are gay.

You are active in LGBT rights and are a patron of the THT – is HIV work something you would like to do more of?

Unfortunately at the moment it is impossible to do everything I have to do in my life as it is! Although I am tremendously interested and want to endorse and support work in any way I can, I’m not qualified to do it and it’s not something I’m contemplating. I’m as vocal as I can be, but simply can’t be ‘hands on’.

And finally, do you look forward to a time when HIV is consigned to history?

Oh of course, absolutely. It’s proving curiously resistant to an easy solution, but we have to keep researching, researching, researching, in the fervent hope that something will be found. If we could turn the clock back it would, of course, be marvellous. But even then we could never rest. It’s in the nature of the human system to be constantly vulnerable to things, nothing can be taken for granted, nothing is forever, nothing is permanent, none of us is invulnerable. And we are reminded of that always.

Simon Callow will be guest speaker at the Sussex Beacon Gala Dinner on Tuesday 25th November. For more information turn to page five.





This woman's work

The launch of the new Women and Families Service at the Beacon will provide a safe and confidential space for women with HIV in the region. Nick Kirby learns more

Every person with HIV has a unique experience of living with the virus. How to handle issues of disclosure, reactions of family and friends, response to drug treatments, periods of illness and so on, all vary from person to person. However, across subgroups – be it gay men, drug addicts or women with HIV, for instance – there are commonalities and individuals will have had similar experiences or face the same problems.

For women living with HIV, this is especially true. To begin with, simple biological differences mean that HIV and HIV treatments affect women in a different way to men. And for many single HIV positive women with children there are social and family concerns that are similar.

These are just a couple of the reasons that the Sussex Beacon opted to launch its Women and Families Service in October of this year.

Opening the door

Technically speaking, this is not an entirely new service. The closure of Open Door – the community

support service in Brighton and Hove for people affected by HIV – left many people without access to a range of services central to their continued wellbeing. Of course, the services and unique nature of Open Door cannot be replicated. The PCT, however, identified that their Women's Service should continue and the Beacon committed itself to building on the good work that Open Door achieved over the years in developing this new Women and Families service.

So just why has the Beacon taken on the baton and what can women using the service expect?

Paula Goldsmith, Women & Families Service Coordinator (pictured above), says: "It's all about achieving good health and quality of life. Many women living with HIV have particular issues that are different from men. There is often a lot of vulnerability and lack of power both in general and in relationships.

"For many women there are also financial difficulties, especially if they are raising children on their own. Then there are issues of whether to

disclose or not and how treatment may affect daily life. Sometimes, it helps to have people who understand what you are going through.”

As Paula explains, it's also important to have a space in which you can talk to those people, where you feel safe. “I think that we are trying to create a space that women can feel confident in coming into, where they are not going to be judged, will gain peer support, and be able to speak openly about what their issues might be. What the Beacon can offer is somewhere that is a very holistic, calm, relaxing space to be in where they can cut off from their normal everyday life.”

Safe Haven

Latest statistics from the Health Protection Agency show that over 25,000 women have been diagnosed with HIV in the UK up until the end of June 2008. And as Jackie Tittley, Head of Health Management Services at the Sussex Beacon points out: “Research has also shown that when HIV+ women access a women-only support group, the majority feel less ashamed about having HIV and drug adherence rates increase significantly.”

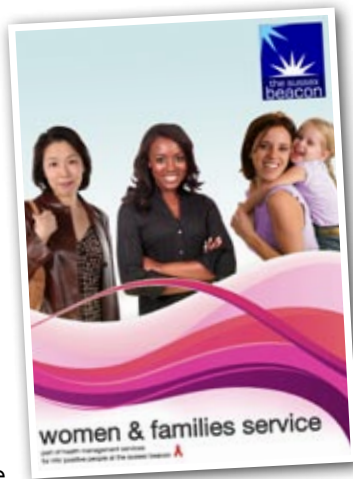
So the need for this service seems pretty clear cut.

It's about achieving good health and quality of life

To begin with the Women and Families Service will run once a month at the Beacon and will offer:

- A safe, confidential space for women to meet other women who are HIV positive
- Complementary therapies
- Lunch, coffee and tea
- An opportunity to meet health care/advice workers from other agencies
- A crèche facility

In addition to the monthly day service, Paula Goldsmith will be available to provide one-to-one help and support for women three days a week. This can be either at the Sussex Beacon or at a more convenient city centre venue. As well as offering support, Paula will be able to source information for women and point them in the



direction of other agencies and services.

As Paula explains: “This is still a new service, so we are still finding our feet, but it is also incredibly exciting. It's an opportunity for the women to access the facilities at the Beacon, but also to be with other women, which is a powerful forum in itself.

“But there will also be the opportunity to do some fun things. Women using the service will be able to get complementary therapies, but we will also look at doing some creative work if that's what they would like to do. We are also exploring the possibility of doing yoga and some relaxation classes. And I'm also hoping to look at doing self-confidence groups as a lot of these women are in a position where their self-confidence may be very low.”

Paula is hopeful that the service will be able to attract more funding so that it can eventually be offered more than once a month.

With a background as a day manager at Body Positive and working for St Peter's House project in Redhill, Paula is looking forward to getting her feet under the table. “From my experience of working in the HIV sector, my key passion is around women and families,” she says. “I'm a mother myself and I feel quite privileged being in the position of being able to run the Women's Service.”

If you would like to find out more about the Women & Families Service, please call the Sussex Beacon on 01273 645698, or email paula.goldsmith@sussexbeacon.org.uk

Nick Kirby is Editor of The Beacon newsletter.





Is World Aids Day still important?

As 1st December approaches once more, we took to the streets of Brighton and Hove to find out if World Aids Day still has relevance these days.

This year, World Aids Day celebrates its 20th Anniversary. The concept originated at the 1988 World Summit of Ministers of Health on Programmes for Aids Prevention. Since then, it has been taken up by governments, international organizations and charities around the world.

With HIV infection in Africa and the developing world growing at alarming rates, it is understandable that attention in recent years has been drawn away from developed nations. However, figures from the Health Protection Agency for the UK in 2007 show the highest rate of HIV infection on record, at 7,734 new diagnoses.

Even with these facts in mind, does World Aids Day actually really matter in this country any more? We asked a cross-section of people in Brighton and Hove for their thoughts, and the results were somewhat surprising.

“I think it should have considerably more prominence and importance than it does, but I think a lot of people really don't give it much thought. Many just put a pound in a collecting tin and wear their red ribbon for a few days and then forget about HIV and Aids for the rest of the year. We have become inured to seeing sick children in Africa and complacent about protecting ourselves when having sex. The younger, sexually active generations in the UK are an HIV disaster waiting to happen.”

Nick – Editor of The Beacon newsletter



“I think it's less important now and you really don't seem to hear much about it. It's just one day out of the year and there are so many ribbons nowadays. I think that because HIV was not as devastating in this country as people thought it would be, there is a lack of interest. People are still having unsafe sex and World Aids Day is not going to change that I'm afraid.”

Terry – works at Sussex University



“World Aids Day is only going to stay relevant if people do more with it. At the moment it is just another day, like non-smoking day. And people really do have charity fatigue. It has totally lost its impact. In the 80s there were very prominent advertising campaigns, now there is nothing. HIV has not gone away, but I get the feeling that people don't care as long as it doesn't affect them.”

Mark – works at Sussex University



“I think World Aids Day is still important as it brings the community together so we can all take a moment to remember our friends, partners and people we have sadly lost and easily forgotten. It's also a great time for everyone to be able to catch up on the progress and information about the services within your area.”

John – reception volunteer at the Beacon

“Yes, World Aids Day is as important as it ever was. The HIV and Aids figures continue to rise so we must keep momentum to the fore. It's vital that the support services are able to continue their invaluable work, particularly with the recent funding cuts.”

Maureen – fundraising volunteer at the Beacon



“Yes I believe it is important. The awareness of HIV and Aids, in this country at least, has definitely dropped off the radar. Much more needs to be done to warn people of the dangers both in Africa and in our own backyard – but one day a year simply isn’t enough.”

Niki – Insurance Underwriter



“I think it is important. It helps raise awareness and can also help remove the stigma and negative attitudes that there often are around people with HIV. If anything, it needs to be a much bigger event than it has been in recent years.”

Jenny – Student



“I don’t see why it wouldn’t be important. It’s a good way of raising awareness and people need reminding that Aids is still out there.”

Stacy – Shop Fitter

“I tend to forget that it is even happening – you really don’t see World Aids Day figuring all that much these days. The only time is when you go to a bar or club and they are holding an event. You hardly even see anything about it in the papers or on TV – people have become very apathetic about it.”

Brian – Book Shop Manager



“I don’t think it really matters. It just seems like another day in the calendar, like Brighton Pride, that people can take or leave. People are no longer dying as they did in the 80’s and, as a result, HIV is not in the public eye any more.”

Barry – Railway Worker



What do you think? Is World Aids Day still relevant? World Aids Day itself certainly does not have the prominence that it once had and we know that HIV has also slipped off the general public’s radar.

At the Beacon this is a very real concern, especially as infection rates are rising year on year. Make sure you wear a red ribbon on Monday December 1st and show your support.

World Aids Day events

The Sussex Beacon is holding collections over the weekend of 29th November to 1st December at Somerfield in Brighton and Sainsburys in Newhaven. Other events in Brighton and Hove include:

Revenge Red Weekend

Revenge, Old Steine, Brighton.

Friday 28th - Sunday 30th November.

Queens Arms Cabaret Charity Spectacular

Queens Arms, George Street, Brighton.

Saturday 29th November from 8.30pm.

World Aids Day Mega Cabaret

Queens Arms, George St, Brighton.

Saturday 29th November 9pm.

100 Artists for World Aids Day

New Steine, Kemptown.

Sunday 30th November, 1.30pm.

Gay Elderly Mens Society WAD Concert

St Mary’s Church, Upper Rock Gardens, Brighton

Sunday 30th November, 6pm.

World Aids Day at Legends

Sunday 30th November from 8pm.

Global Strong Trust auction on E-Bay

Monday 1st December

THT Open House

THT, 61 Ship Street, Brighton.

Monday 1st December, 11am - 4pm.

WAD Service of Remembrance and Hope

St Mary’s Church, Upper Rock Gardens, Kemptown.

Monday 1st December, 8pm.

Wild Fruit Red Party

Tru Nightclub, West Street, Brighton.

Sunday 7th December, 10pm-3am.

Check out your local listings magazines and websites for other World Aids Day events.

The Sussex Beacon 15th Anniversary Raffle

The raffle is being drawn on World Aids Day, so there is still time to get hold of tickets. Top prizes include:

- First prize - A week’s holiday for two to Arinsal, Andorra
- Second prize - Tickets to Glyndebourne
- Third prize - A range of Clarins beauty products
- Plus other fabulous prizes

Tickets are a bargain at only £1 each. They are available from the Sussex Beacon shop on St James’s Street, you can request tickets online at www.sussexbeacon.org.uk or you can call the fundraising team on 01273 694222.

A very big thankyou

We remain exceptionally grateful for the thoughtfulness, enthusiasm and imagination that people put into raising funds for the Beacon. A huge thank you goes out to the following efforts.

How to support us

The Sussex Beacon is an independent charity. We generate around 30% of our income through fundraising. As a result, we rely upon the support and kindness of many people who provide vital funds in a variety of ways. Your support is essential if we are to continue providing a high standard of care.

It's easy to support the Sussex Beacon. You can:

- Set up a monthly direct debit
- Make a one-off donation online
- Leave a Legacy – a gift in your will
- Give a gift in kind – we have a wish list available on our website. You can also buy gifts directly from the website
- Organise a fundraising event – anything from a cake day to cabaret
- Take part in a Beacon event, such as the Garden Gadabout or the Sussex Beacon Half Marathon
- Visit the Beacon shop on St James's Street, Brighton
- Donate the proceeds of your sales on eBay
- Support the Give a Plant Appeal, you can even buy plants online via the plant wish list
- Place a collecting box in your shop, bar, venue or wherever you work
- Use www.everyclick.com as your web homepage

Call **01273 694222** and ask for the Fundraising Team (office hours) or call our events line on **01273 645691** (answerphone outside office hours)

Website: www.sussexbeacon.org.uk

Email: fundraising@sussexbeacon.org.uk

Sam McLuckie

Sam works on the Residential Unit at the Beacon and raised £550 through a sky dive at the end of August.

Brighton Pride

Raffle tickets and donations made around this year's Pride raised £644, the most ever. Donations from the Out Loud Fest also raised £120. And Preston Road Travel Lodge charged £1 a pee at Pride and raised £495.

Eastbourne Rocks!

A screening of the *Rocky Horror Show* at Cineworld in Eastbourne, and a performance of the Producers show by the boys from The Hart, raised £410.

Brighton University RAG Society

For the second time this year, Brighton University students supported the Beacon, raising an amazing £1200.

Waitrose

Waitrose nominated the Beacon for their new Community Matters scheme, where customers place green tokens in a charity box of their choice. The Beacon received an impressive £411.

No Back Door

The folks at No Back Door raised £385 through their Open House at this year's Brighton Festival.

Karren Urben

Karren donated £325 from the sale of her painting 'From David to Maisie' this summer.

Brighton Parties

Norman Williams from Brighton Parties donated £100.

St Helen's Church, Hove

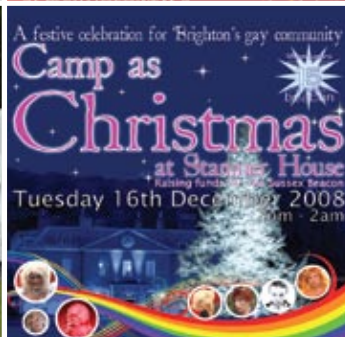
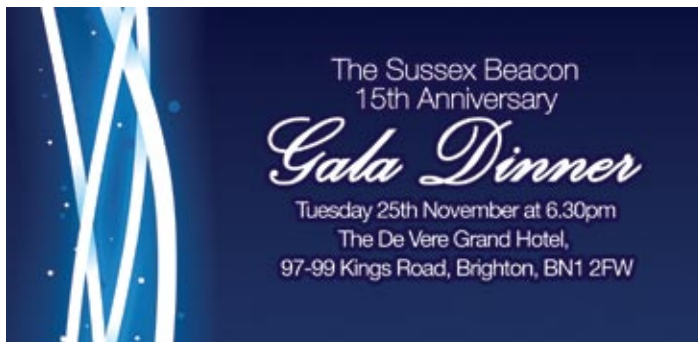
The Beacon was one of the church's nominated charities and received a cheque for £125.

Bizarre Bazaar

Once again, this event at the Beacon Shop is St James' Street turned up trumps, raising £1,500 through the sale of all sorts of fetish gear.

Collecting Boxes

Over £1200 has been raised in the last three months from collecting boxes around the South Coast.



Diary of events

15th Anniversary Gala Dinner

Tuesday 25th November from 6.30pm
De Vere Grand Hotel, Brighton

This culmination of the Beacon's 15th Anniversary celebrations is hosted by Simon Fanshawe with special guest speaker. Book online at www.sussexbeacon.org.uk or turn to page five for more information.

Sussex Symphony Orchestra Christmas Spectacular

Saturday 13th December, 7.30pm
St Bartholomew's Church, Ann Street, Brighton

A special concert to kick off the festive season, with the SSO, soloists and guests including members of the celebrated children's theatre group, Shine. Tickets from 01273 709709 or www.ssomusic.co.uk

Sussex Beacon Carol Concert

Tuesday 16th December, 7.30pm
St Paul's Church, West Street, Brighton

Come along and join us for mince pies, mulled wine, and enjoy the first performance of two specially commissioned pieces of music by Andrew Toovey and Shinuh Lee. The event is free with an exit collection for the Sussex Beacon.

Camp as Christmas

Tuesday 16th December, 7pm
Stanmer House, Brighton

Hosted by Dave Lynn with cabaret from Connie Conway, Lady James, Jamie Watson & Mercedes Bends. Tickets from Clone Zone or Prowler.

Dick Whittington

Sunday 21st to Tuesday 23rd December
The Hart, Cavendish Place, Eastbourne
Come along enjoy an evening of camp fun and hilarity. Call 01323 643151 for tickets.

Sinderfella

19th February to 1st March 2009
Pavilion Theatre, Brighton
More camp double entendres from Dave Lynn, Miss Jason, David Raven, Pat Cruise and Co. Tickets £16 on 01273 709 709

Sussex Beacon Half Marathon

Sunday 22nd February 2009
One of the biggest races on the South Coast. Turn to page six for more information.

support us



Yes, I would like to support The Sussex Beacon with a regular gift

Title	First Name	Surname
Address		
		Postcode
Telephone		
Email		

Gift Aid Declaration

I wish the Sussex Beacon to treat all donations I have made for the six years prior to this year and all donations I make from the date of this declaration until I notify you otherwise, as Gift Aid donations. I confirm that I am a taxpayer who will pay an amount of Income tax or Capital Gains Tax during the year equal to, or at least, the tax reclaimed by the Sussex Beacon in each tax year.

Signature	Date
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Please inform us if your address changes, you no longer pay enough tax or if you wish to cancel this declaration.

Please choose one of the following methods of payment

Cheque – I enclose a cheque (made payable to The Sussex Beacon) for:

£5 £10 £15 other £

Standing Order – To the Manager (your bank)

Bank
Address
Postcode
Name of Account Holder

Account Number	Sort Code
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Please pay £ on the first day of (Month/Year)

and then the same day in each succeeding month/year (delete as appropriate).

Payment is for the credit of The Sussex Beacon

Signature	Date
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Thank you for sending me this newsletter but I'd prefer not to receive another one.

My name/address are wrong, please update your records with the correct one above.

Please contact me about (tick all relevant)

Volunteering

Leaving a legacy

Information about the services of The Sussex Beacon

Information about taking part in events

I would like to organise an event, please contact me.

Please return this completed form to The Sussex Beacon, Bevendean Road, Brighton BN2 4DE