

Waverley Care Arts Project

Background

Waverley Care is Scotland's leading charity providing support to people living with, or affected by, HIV and hepatitis C.

The people we work with face a number of physical, emotional and social challenges linked to living with chronic and highly stigmatised conditions.

This can undermine a person's self-confidence and skills in engaging in everyday life, and can lead to feelings of depression, isolation and exclusion.



'Being part of a group makes me feel more accepted and has helped me come to terms with my HIV diagnosis.'



'I really enjoy learning new things; the workshops are always fun and very relaxing too.'



'When I first started coming I thought I didn't have a creative bone in my body, but I've been so surprised at what I've done. It's made me see a whole new side to myself.'

Waverley Care Arts Project

Our art project works with a number of sessional artists, and gives people access to a range of creative activities, including painting, photography, music and drama.

Through these activities, service users are supported and encouraged to express what living with HIV or hepatitis C means to them, while accessing valuable peer support.

The project helps people to build their self-confidence, learn new skills in a safe, relaxed environment, and build resilience to the challenges posed by living with HIV or hepatitis C.

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**Providing support to people in
Scotland living with HIV or Hepatitis C**

www.waverleycare.org



Scottish Charity No. SC036500