

**World AIDS Day
1st December**

School Assembly Pack

**HIV:
SPREAD THE WORD
NOT THE VIRUS**



**THE
EDDYSTONE
TRUST**

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1.The Eddystone Trust & World AIDS Day

December 1st is World AIDS Day

**A day to remember, both those living with HIV,
and those who unfortunately have passed away.**

**Every year since 1988 This day has been used
to raise awareness of HIV, as well as much needed funds
that enable us to continue supporting those affected by HIV.**

**The Eddystone Trust is an independent organisation.
Founded by volunteers in 1987 to provide information,
training & support for anyone affected by HIV/AIDS.**

**Originally focused on the Plymouth area the charity has
since grown and delivers services across the South West.**

**The Eddystone Trust provides practical & emotional support
to people affected by HIV, to raise awareness and
understanding of HIV, thereby contributing to reducing
further HIV infection and to promote & provide
resources for improved health.**



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2. HIV The Global & Local Picture

International Statistics

HIV is increasing in every region of the world.

There are over 33 million people living with HIV & AIDS

Worldwide, of these, there are over 2 million children under 15 years old.

Since AIDS was first identified over 20 years ago, more than 25 million people have died.

There are more than 14 million children in Africa who have lost one or both parents to AIDS.

Worldwide, half of those infected are women.



2. HIV The Global & Local Picture

UK Statistics

More people than ever are living with HIV in the UK and each year more infections occur.

More than 90,000 people are living with HIV in the UK.

There are around 4,300 young people under 19 infected in the UK.

Over a quarter of people living with HIV do not know they are infected.

At least 20,000 children live in a family affected by HIV.

Around 7,000 people are diagnosed with HIV every year.

The South West Statistics

There are an estimated 3,273 people living with HIV in the South West (including the 27% of people who remain undiagnosed).

In 2008 there were 307 people newly diagnosed with HIV.

All figures from the Health Protection Agency report: HIV in the United Kingdom: 2009 Report; UNAIDS and AVERT



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3. Living with HIV, One person's story

I am a heterosexual man living in Plymouth.
I have been living with HIV for 12 ½ years.

When I was first diagnosed I was given a lot of new information: CD4 counts, viral loads and medication that I couldn't even pronounce. But, as I had been very ill when diagnosed, everyone assumed that it was great to go onto medication. But the reality was a lot harder to accept. I had to just accept what I was told to do by doctors etc. I never felt able to question or ask for alternatives or why I needed to be doing something.

All my control had been taken away. I was scared.

As time goes by and you have read all the pamphlets and articles and books - suddenly there is no more information to know. Not at the level that I am interested in anyway, not at the level of living with the virus day to day. Sure there is always new information about medication, possible side effects and some horror stories that if I look too deeply into can really make me feel vulnerable.

But the longer I live with HIV the less I seem to know, nothing moves on.



Because of the stigma of HIV I can't talk about it with just anyone. That's especially true for me because I've got to talk about my past and drugs as well. I can't go to a café with a mate and talk about my HIV because I don't know who the person on the next table is. How will they react if they overhear my conversation. So the options are that I start telling lies or don't go to cafes or work or parties or anywhere where people are going to ask lots of questions. Not being able to communicate leaves me isolated with only my own thoughts. Thoughts that drive me crazy when I can't share them. Am I going to die? What's going to happen in the future? What long term damage are these medications, which keep me alive, going to do to me?

It's all still quite new this 'living with HIV'.

HIV is such a crafty virus, it doesn't just come with physical symptoms. It's all the other stuff; isolation, loneliness, despair. There is no end; nothing changes. It's not like I'm going to get better; this is it for life. I feel locked into fighting the virus which makes me feel really tired and doesn't leave room for much else. I would like to start a new relationship but I don't feel confident enough to disclose, as I have tried before and always had bad experiences.



I am a fighter though and I have good days and bad but there would be many more good days if society would just get educated and take the stigma out of HIV so that I can talk to other people without fear of prejudice.

The only place for me is somewhere where there are other positive people but even then I worry in case there is prejudice about how I got HIV through drug use.

But it's good to have support where I can voice my worries and get help when I need it.



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4. The Red Ribbon and supporting The Eddystone Trust

This year, for World AIDS Day we are supporting The Eddystone Trust by wearing something red, that may be red clothing or accessories and the Red Ribbon.

What is The Red Ribbon & What Does it Stand for?

The Red Ribbon is the international symbol of HIV and **Care and Concern**

Worn by people around the world to demonstrate their care and concern about HIV and AIDS for those who are living with HIV, for those who are ill, for those who have died and or those who care for and support those directly affected.

Hope

The Red Ribbon is intended to be a symbol of hope - that the search for a vaccine and cure to halt the suffering is successful and the quality of life improves for those living with the HIV virus.

Support

The Red Ribbon offers symbolic support for those living with HIV, for the continuing education of those not infected, for maximum efforts to find effective treatments, cures or vaccines, and for those who have lost friends, family members or loved ones to AIDS.

Anyone can wear a Red Ribbon. You don't have to be gay, or HIV positive to demonstrate that you have an understanding of the issues surrounding HIV and AIDS.

For those of you have not yet purchased a red ribbon today, you will be able to get them from your teacher after assembly. Every penny we raise will go to The Eddystone Trust to support those people living with HIV, here in the South West of England.



5. One Minute of Noise

This year we ask you to celebrate the fact that the majority of people living with HIV, in the developed world are fortunate enough to have access to treatment. With treatment they are able to live full and active lives.

However, we also want you to remember, that not everyone is able to get the medicines they need.

They need you to speak for them and to remember that there is still much to be done to eradicate this life threatening disease.

Historically a one minute, silent vigil is held on **World AIDS day** to remember those who have died of AIDS related illnesses.

We are now going to have one minute of noise!

If you have brought in an instrument, we want you to shake it, bang it or play it.

If you do not have an instrument, then please join in by stamping your feet or clapping your hands.

Thank you for taking part and have a great day.

The Eddystone Trust

