



ACET

EDUCATING AND CARING

Annual Report 2013

**AIDS Care Education
and Training**

ACET Ireland 2013

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Paypal donations can be made directly from our website.



CEO's Report

2013 was another exciting year in the story of ACET Ireland. We saw ongoing social welfare cuts for our clients, increasing incidence of HIV in Ireland, increasing social impact of polydrug use in the community and cuts to some elements of our funding base, so the challenge and the need to remain consistent in our support for those most vulnerable and to keep our education & training work relevant was significant. However, we met this challenge head on and this report details the positive impact we had on the lives of so many people.

As for most small charities the past few years have proved extremely difficult for us on the financial front. With depleted resources we have had to cut back on expenditure all the time while attempting to maintain the same level of service. The good news is that **in 2013 we succeeded in stabilising our deficit**, not least through increasing our income. However, there are still many challenges as we look to improve our position and address the needs of those we work with.



Lighting the World AIDS Day candle in Mansion House. *Left to right:* Hugh Fahey, Dublin City Council; Brona Cousins, Dublin AIDS Alliance; Sandy Preston, Positive Now; Dublin Lord Mayor Oisín Quinn; Erin Nugent, Dublin AIDS Alliance; Richard Carson; Declan Hayden, Dublin City Council.

As the picture of HIV incidence in Ireland becomes clearer we have developed our education and training work insignificant ways. During 2013 we formed a new partnership with the **Community Foundation Ireland** in initiating a project exploring the interface of LGBT & Faith. We are really excited about how we can bring our values of engaging with those who have been marginalised to this important area. Also our partnership with **Prof. Adebola Adedimeji of the Albert Einstein College of Medicine, New York**, flourished during 2013 as we built the capacity of our work with migrants and particularly Migrant-led Churches.

HIV =
Everyone has a HIV status

Get tested and **STAMP OUT** Stigma
HIV testing is **FREE**
www.dublinaidalliance.ie

WORLD AIDS DAY - Dec 1st 2013

cont'd on page 11



ACET CARE Update

At the start of 2013, the ACET care team, **Olivia James and Phillip McKinley**, noted a positive attitude among many clients who were seeking to improve in areas of their life such as adhering to HIV medication, lowering levels of methadone maintenance, giving up smoking and bettering other areas of general health. In line with this, ACET's staff and volunteers continued to provide practical and emotional client-centred care to 25 families with 63 adult and youth clients needing

intensive or medium support, and to 29 families (40 individuals) who needed low levels of support, all affected by HIV, Hepatitis C and poly drug use, among other issues. The support included:

- **563 home care visits** (373 by care staff and 190 by volunteers)
- Accompaniment to **43 clinic and medical appointments**
- **64 sessions of bereavement support, crisis intervention and counselling**
- **Numerous respite days** (individual and family) with therapeutic elements
- **22 quilt group meetings**

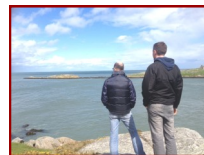
A significant challenge that presented during the year was the normalising of drug debt and intimidation among client families. The prevalence of high strength cannabis, tablets and alcohol affected finances and dynamics of many of our client families. This resulted in a substantial amount of no-shows and inability to make appointments. Staff were challenged by repeated attempts to engage with clients affected by this situation. Subsequently, they worked to connect these clients with their local addiction services, to resource family members and reassess individual care plans specific to substance misuse.

More specific to ACET's core work, staff noted the negative impacts this problematic cycle had on adherence to HIV medication, attendance at clinic appointments, and a return to unsafe drug-using behaviour. In many cases we were able to develop adherence plans, engage with local clinics and provide an inter-agency response. In addition, there were many notable hospitalisations and medical crises which highlighted the complexities of the health needs of those we work with, including TB, pleurisy, pneumonia and other general immune-compromised conditions.

Following the success of a pilot women's morning in March, we held a second women's event in July which focused on a holistic look at nutrition and healthy living. The reason behind this focus was a direct result of emerging issues of food poverty and the implications this has on physical and mental health. The good weather during the summer months also provided an opportunity for individually focused and varied



respite days for clients. We enjoyed day trips to Dun Laoghaire, Bray, Botanic Gardens and Howth, in addition to making use of local community gardens and parks in the city centre.



There were a number of challenges to our project's work in the autumn but of note was the sudden reduction in the amount of benzodiazepines being prescribed by local GPs. This placed an unexpected stress on a number of our clients, meaning that they often resorted to self-medicating and sharing medications with family and friends. During this time, clients were supported and empowered to communicate honestly with their GP regarding their expectations and medical plan. Where there were apprehensions and questions, ACET staff sought to reassure and encourage clients to appropriately collaborate with their GPs, accompanying them when necessary.

The 2013 budget, which came earlier than expected, affected a number of our clients who receive grants such as mobility or dietary allowance. Practically, staff worked alongside individuals on personal budgeting, helping families with back-to-school needs and advocating to have personal grants restored.

Notably as we come into winter, bereavement and grief issues are prominent and staff respond with additional emotional support and sensitivity, including specific bereavement counselling with staff member **Vivienne Morrow-Murtagh**. Another ongoing way in which we address grief and loss is the ACET Quilt Group which has now been running for 21 years in the Rialto Community Drug Team.

At the end of the year, ACET welcomed a **new Family & Youth Support Coordinator, Hansi Chisnall**. In December, the care team completed the Hamper Project, delivering individually-tailored hampers to all the client families in a manner integrated with their overall care plan, taking time to be with people during this difficult season. This is always a positive way to close off the year and we are extremely appreciative of the donations and help towards it.

— **Olivia James, Adult Support Volunteer Coordinator, olivia@acet.ie**
Hansi Chisnall, Family and Youth Support Coordinator, hansi@acet.ie

ACET Care 2013 highlights:

- Continued work around **parent-to-child communication** and disclosure of HIV status.
- Ongoing goal setting in line with client care plans which saw many individuals committing to adhere to their medication and reduce methadone and other drug use.
- Several **new diverse client referrals** during the year.
- **Client-initiated group respite days** which were significant as our clients are rarely in a place to attend group activities.
- Supporting one client to share their story in a public setting of their journey through addiction and of living with HIV.



Matilda Project

The Matilda Project is a project of ACET Ireland, set up in 2001 as a response to people dying of AIDS in Zimbabwe.

In 2013 the Matilda Project maintained its support for three partners in Zimbabwe, who care for people living with AIDS, and children whose parents died from the virus.

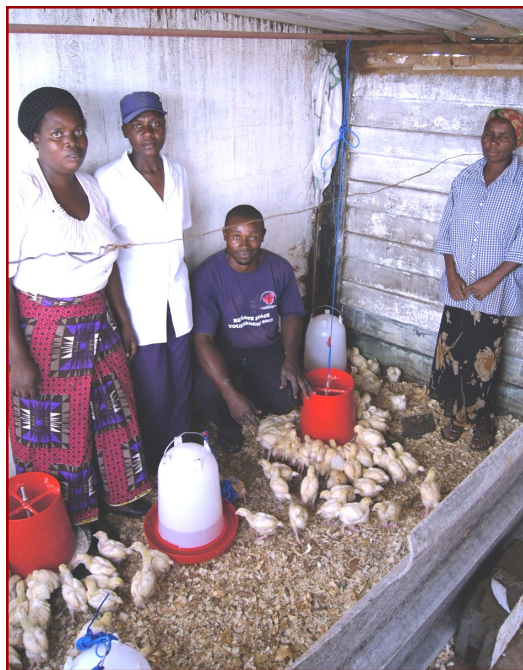
Tshelanyemba AIDS Care and Prevention Programme is based at a rural Salvation Army hospital. 2013 was a particularly tough year for the sick and orphans of the area due to successive droughts and crop failure. Each month 300-400 food packs were distributed to the most destitute families.



Left: at Tshelanyemba, with Gift Moyo in the centre at the home of Rodger (right) and his wife, who live in abject poverty. As an AIDS patient on Anti-retrovirals (ART), the wife is also dealing with psychiatric illness or intellectual disability. She is unable to work or carry out some basic skills, which Rodger does instead. He gets random jobs, like fence repair from neighbours. They benefit from a monthly food pack funded by Matilda Project.

ACET's Community Care Programme, run by Willard Ndlovu, continues to thrive and develop. **ACET UK and Golder Trust for Orphans** have helped to support CCP. ACET UK paid school fees for over 200 orphans, and through a variety of grants helped with the costs of school breakfasts and food packs. Golder has bought bicycles, funded a borehole and electricity supply for the Youth Skills Centre, in which school leavers who are orphans will be trained in dress-making, carpentry and peanut butter grinding. Matilda Project funds home based care supplies, staff costs, diesel for hospital trips, vehicle costs, and the balance of food packs and breakfast supplies. (Just under €50,000 in 2013.)

— Wendy Phillips, matildaproject@gmail.com



Visiting one of Nehemiah Project's support groups for people affected by HIV and AIDS in Bula-wayo city. This newly started poultry project is in a squatter camp with over 500 people and one tap. The group members hope to raise enough to send their children to school. Matilda Project funded the support group worker, some medication for group members on ART with opportunistic infections, and the set-up costs for small income generation projects.



In the Youth Skills Centre beside Willard's home in Gulati, Matopas. Over 200 volunteers work through the year to cook porridge in eight primary schools so that 2,732 children are fed every day at school. This was the day that the volunteers came to receive a "token of appreciation" for their year's work, consisting of a bag of sugar, flour, rice and a bottle of cooking oil.



Migrants and HIV

Since 2007 we have been intentionally working with migrant-led churches across Ireland in addressing HIV. During 2013 we consolidated and developed this work in conjunction with **Prof. Adebola Adedimeji of the Albert Einstein College of Medicine, New York**. After

much networking, reflecting, training and researching we now have a robust project that allows us to equip these important community settings for migrants in a range of health areas, including HIV. We also provide ongoing support to a number of migrants living with HIV as part of our main care project.

During the year we also continued our relationship with **Pastor Amos Nguigi of Acts of Compassion Projects** in supporting asylum seekers in direct provision accommodation centres on sexual health and mental health issues.

LGBT and Faith

During 2013 we formed a new partnership with the **LGBT Communities Fund of Community Foundation Ireland**. This allowed us to begin to explore the interactions of LGBT (Lesbian, Gay, Bisexual, Transgender) issues and faith for individuals and institutions in Ireland. Having naturally worked in this area for a number of years we could now begin to think about how our values of bringing those at the margins to the centre and those at the centre to the margins might apply particularly in relation to those whose personal experience lies in this area.



ACET Ukraine's Annual Conference, Zhitomir, October 2013. *Left to right:* Peter Fabian, ACET UK; Anna Bortnikova (ACET Ukraine); Richard Carson; Fiona

In October, I went to **ACET Ukraine's Annual Conference**. Delegates from Russia, Belarus and Lithuania as well as all regions of Ukraine joined speakers from the UK, Jersey and Ireland. I had the opportunity to share about our work, as well as provide workshops on sexual health education and our approach to practical and emotional care.

— **Richard Carson, ACET Education Director, richard.c@acet.ie**

Fundraising 2013

Thank you to everyone who took part in fundraising for ACET in 2013!

Philip McKinley performed on two evenings in Third Space, 'Music 4 HIV', supported on one evening by Maureen Gatharia. Raffles were held on both evenings with some amazing prizes donated by **Jennifer Slattery Textiles, Cineworld, Savoy Cinema, 101 Talbot, Pichet, Wright's Anglers' Rest, The Laugh-ter Lounge, Claddagh Records, City Sightseeing Dublin and Eason**. This event not only raised funds, but raised awareness of our work as well. **Third Space** also initiated a suspended coffee programme on our behalf, in which patrons are invited to pay for a second cup of coffee, which is then 'suspended' until ACET staff or volunteers claim it during care visits.



In early September, **Maureen Gatharia** launched her CD, *Magnetic Power*, with all the proceeds donated to ACET. This is a gift that keeps giving, as proceeds continue to come in. Her album is available from Footprints in Dun Laoghaire or on iTunes.

Valerie Carson motivated people to host coffee mornings for ACET, providing packs that included **Bewley's** tea, coffee, and hot chocolate, and biscuits from **Supervalu Sundrive Road**. Coffee morning hosts were entered into a draw to receive a **Fergus A Ryan** limited edition giclée print, *House Sparrow*, which was won by Clair Breen. We hope to have more coffee mornings this autumn: please contact the office for more information.



University College Cork International Development Society donated the results of their fundraising from HIV awareness week.



Another ongoing fundraiser is the postal survey through **Pricewaterhouse Coopers**. Participants either post or receive mail each week and record details, returning the information to PWC. Each participant earns €125/year for us: last year we received €2,009 from this endeavour. We are grateful to those who are taking the time to be part of the survey. Let us know if you are interested in hearing more about it.

Philip performing in Third

Financial Report and Thanks

We are grateful to all those who gave regularly or through one-off donations or fundraising events, to both ACET and the Matilda Project. Many thanks, also, to all our volunteers, trustees, and members for their valuable contributions throughout the year.

We appreciate the support of the North Inner City Drugs Task Force; the HSE Lottery Fund; Community Foundation of Ireland; PA Foundation; Tusla, Child & Family Agency; Dublin City Council; Mendicity Institution Trust; ACET UK and ACET NI; Albert Einstein College of Medicine, New York; Hospital Saturday Fund; Ouzell Galley Society—Dublin Chamber of Commerce; Eden Giving Circle; Google; Alterra plc; Cognitive Solutions Clinic; Third Space; the William Taylor Estate; Vox Magazine; Rialto Community Drugs Team; the GUIDE Clinic; the Mater Misericordiae clinic; Dublin AIDS Alliance; Open Heart House; Positive Now; Acts of Compassion Projects; Notre Dame School; Trinity Church Network; Cairde Christian Fellowship; Redeemed Christian Church of God; Root of David Church, Drogheda; Dundrum Methodist Church; Adelaide Road Presbyterian Church and Discovery Gospel Choir.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Balance Sheet (ACET & Matilda Project)



As at December 31 2012

	2013 €	2012 €
Fixed Assets		
Tangible Assets	65	261
Current Assets		
Debtors	9,294	4,514
Cash at bank and in hand	<u>11,497</u>	<u>12,412</u>
	20,791	16,926
Creditors: amounts falling due within one year	<u>(16,684)</u>	<u>(11,758)</u>
Net Current Assets	<u>4,107</u>	<u>5,168</u>
Total Assets less current liabilities	<u>4,172</u>	<u>5,429</u>
Reserves	<u>4,172</u>	<u>5,429</u>

Income and Expenditure sheet		2013	2012	2011
Year ending 31 st December 2013				
		€	€	€
Income	(ACET)	127,570	122,524	135,693
	(Matilda)	<u>77,222</u>	<u>70,427</u>	<u>59,617</u>
	(Total)	204,792	192,951	195,310
Expenditure	(ACET)	-127,886	-139,839	-142,773
	(Matilda)	<u>-78,163</u>	<u>-82,283</u>	<u>-63,709</u>
	(Total)	-206,049	-222,122	-206,482
Surplus	(ACET)	-316	-17,315	-7,080
	(Matilda)	<u>-941</u>	<u>-11,806</u>	<u>-4,092</u>
	(Total)	-1,257	-29,121	-11,172
Accumulated surplus brought forward	(ACET)	-3,882	13,433	20,513
	(Matilda)	<u>9,311</u>	<u>21,117</u>	<u>25,209</u>
	(Total)	5,429	34,550	45,722
Accumulated surplus carried forward	(ACET)	-4,198	-3,882	13,433
	(Matilda)	<u>8,370</u>	<u>9,311</u>	<u>21,117</u>
	(Total)	4,172	5,429	34,550

CEO's Report, *cont'd from page 3:*

We are at a crucial juncture in the story of HIV and AIDS. While globally new infection levels drop, they are increasing in Ireland. Our government and media celebrate news of economic corners being turned and prosperity returning, yet at the margins we see increasing deprivation and despair. **But these margins are and will remain our centre.** They are the place that we inhabit as we demonstrate hope and imitate the Christ who came to turn the bell curve upside down, announce that the Kingdom has come and that all things are being made new.

are pleased to invite you to
Advent Hope
 A special service of music and reflections to mark World AIDS Day
 on Sunday 1st December 2013, 4.30pm
 Centenary Methodist Church, Wesley House, Leeson Park, Dublin 6
 Speakers: Revd Dr Inderjit Bhogal, Leader and CEO of the Corrymeela Community
 Richard Carson, Director, ACET Ireland
 Salome Ntububa, Christian Aid (Democratic Republic of Congo)
 light refreshments will be served afterwards
www.acet.ie Tel. 678 7700
www.christianaid.ie Tel. 611 0801

A big thank you to **Lynn Caldwell, Hansi Chisnall, Terrie Colman-Black, Olivia James, Fiona Limpach, Philip McKinley and Vivienne Morrow-Murtagh** for making 2013 such a successful year. Thank you to all our funders for their

support and to all our volunteers who whether serving on the Board, being part of our care team, fundraising or praying for our work, helped us make it all possible.

— **Richard Carson, CEO, richard.c@acet.ie**

