

# ACET NEWS

## Autumn 2016

ACET (AIDS Care Education & Training) Ireland provides care for those affected by HIV, and education & training services on HIV and related issues.

### You are welcome to the Autumn 2016 edition of ACET News!

Thank you for your support which enables us to do all that we do, from our care work to education.

If you are no longer interested in receiving this newsletter, or if you prefer it online, please let us know. And, as always, feel free to drop us a line or catch up with us on [Facebook](#) or at [acet.ie](http://acet.ie).

### In this issue:

- Read all about how your support is making a difference to our clients, *this page and pages 2 & 3.*
- Adventures in cross-cultural parenting, *page 2.*
- Good news: staff, board, and local updates, *page 4.*
- How to give, *below.*

### You Gave Us “Something to Look Forward To”

Because of you, people affected by HIV in Dublin have been supported and encouraged over recent months.

**Respite days** - To beat the stresses of home and ill health and to create positive spaces, these days are anything from:

- a trip to Glendalough
- a drive through the Wicklow Mountains
- a family baking project
- walks in the park
- a good chat over a frappuccino



These times are valued memories for clients, and for us. ***“It gives me something to look forward to [and] makes me feel more hopeful about things when I go back home.”*** Thanks to the **HSE Respite Care Grant Scheme** for funding toward ACET respite.



*“I just want to stay here forever - it's so peaceful to be outside of the city. I have great memories of coming out here as a child so it's great to come out here again. You kind of just forget about it with everything going on.”*

If you would like to give: **Bank details:**

**Bank of Ireland, O'Connell St, Dublin 1**  
**BIC: BOFIE2D IBAN: IE82 BOFI 9000 3360 9597 90**  
**Acct. 60959790 Sort code: 90 00 33**

Standing order forms are available from the office.



[www.acet.ie](http://www.acet.ie)

It is your support that enables us to do all that we do—thank you!

Care work update, cont'd:

**Grief & Loss** - Hansi and Olivia spent much time with a client who was transferred into hospice and eventually passed away after battling very complex health challenges and coming to terms with how her death would impact her whole family. Other clients have brought up discussions around their own mortality as they have seen friends in their community pass away recently. Graveside visits are a part of our care work, being with someone at the grave of their loved one, whose death may have made them want to take their own life. Your support means we are able to be with them in those hard moments, helping them process their grief and fear, and to recognise their own strength and hope.



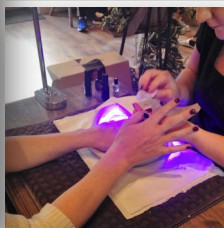
*"I think about dying a lot. I worry about my kids and if they'll be all right. I don't want to be a burden on them now or after I'm dead. I'm worried sick about it."*

**Medical support** - As well as an increase in health issues, we've seen a rise in requests for advocating for clients relating to their medical care and treatment during intensive and vulnerable procedures. Clients have felt judged, disrespected and undignified during and after hospital experiences. Emotional support and practical advocacy brings them from a place of embarrassment to one of confidence and closure.

You can help make this kind of support happen: for just €20 you can sponsor a half day of respite for one of our families, while €50 would see a client receive grief and bereavement support for a month. Thank you again, for being part of the story.



*Respite: time and space to be restored.*



## Parent/Teen Communication Course a Success

100% of participants say it has improved their understanding

This summer we delivered our first Open College Network accredited course on Parent/Teen Communication. Leaders in migrant-led churches received expert training from **ACET Northern Ireland staff** on areas such as:

- Teenage Development
- Active & Empathetic Listening
- Talking about Relationships and Sex with Teenagers

This project was developed out of an identified need as parents whose origins are in Sub-Saharan African countries face the added challenge of raising teens growing up in the vastly different context of Ireland. One hundred percent of participants demonstrated, at evaluation, that the course had improved their knowledge of this important area. We are grateful to the **MAC AIDS Fund** and **PA Foundation** for funding this project.



## ACET and Governance

ACET one of 300 Irish Charities to Adopt Governance Code

As of the 24th May 2016 ACET has adopted The Governance Code for the Community, Voluntary and Charitable Sector in Ireland— a strong measure of how well a charity is run, directed and controlled. ACET joins 294 other charities who are now compliant with the code, while 922 are on the journey to adoption. Good governance means an organisation has policies and procedures in place that will make sure the organisation runs effectively and transparently. Please see our website for more details on this, and to read our Donor Charter, Public Compliance and Disclosure Statements, as well as access previous audited accounts and annual reports.



It is your support that enables us to do all that we do—thank you!

## Summer: Time and Space Away

Support from donors, including St Patrick's Cathedral Fund and Dublin City Council, allowed us to:

- partner with Dublin Family Outreach, sending 15 people to the **D12 Camp** in Drewstown, Co Meath.
- bring teens on an outing to Powerscourt
- take a group of young girls to Zip It. They came together as a team on the zip lines, working through their fears together and saying to themselves (and each other), 'Just one step at a time!'
- link people into summer resources available in their local communities
- help prepare for back to school, particularly for those transitioning into new schools and starting secondary school

*"We had been waiting for this camp for a long time—we'd take it over a week in Portugal any day!"*

The overall outcome of the summer seems to be 'confidence.' Parents and young people feel



more confident in their ability to say what they need because they have a chance to talk during our times out together, and they are in a safe and respectful space. Our chats bring up all sorts of concerns a young person has during the summer: what they are seeing at home because they are around more during the day; apprehension about new teachers or schools; concerns about their parents' health and their own relationships with family members or friends. Beside bringing them out somewhere fun or new, the time together is as much about those spaces in between the activities, where jokes are made, songs are sung on the car journey, and they are allowed to be themselves and to know they can be heard and appreciated.

*"I really needed this, just a space to chat and talk through things; my head has been wrecked but I feel like I can think better now. I can't really talk to anyone else."*



*"I feel like I'm on such a high after coming back [from camp]. Everything just went so well. Everyone got on, I learned so much and didn't even look at my phone to see who might be texting. I just didn't worry about things the same way."*

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## North Inner City News

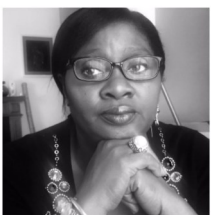
### New Community Coalition Formed

In response to the recent high-profile shootings in the North East Inner City of Dublin and the announcement from the Taoiseach, Enda Kenny, of increased funding for the area, the **North Inner City Community Coalition** has been formed. This group will report to a task force of the Department of the Taoiseach as various community development opportunities are identified. ACET staff are actively involved in the Addiction, Mental Health and Health & the Family Working Groups as the government look to build short, medium and long-term goals to develop the area.

### ACET Welcomes Two New Trustees



We are pleased to announce that **Daniel Ramamoorthy** has joined our board of trustees. A graduate of Yale University and Trinity College, he has worked with the UN and World Vision, and brings a blend of non-profit and for-profit experience to our board.



**Ifedimna Dimbo** has also joined the ACET board. Ife has an MA in Sociology of Development from University College Cork. She currently works at the Anne Sullivan Centre for Deaf-

blind while researching her doctoral degree in UCC on migrants and their interaction with the Irish health care system.

Ife and Daniel join Sam McConkey (chair), Tony MacCarthaigh, Rev Trevor Morrow, Moyra O'Neill, and Richard Phillips (company secretary) on our board of trustees.

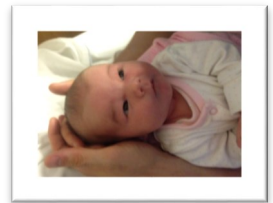
**ACET Ireland**  
14-15 Lower O'Connell Street  
Dublin 1  
01 8787700

## Staff Announcements

We would like to welcome **Andy Sloane** to his role as adult care worker, covering for Olivia Corbett who is on maternity leave. Andy has previously worked in The Leprosy Mission, a Christian health-based charity that, as with the work ACET does, required an awareness of stigma and the impact of a diagnosis on an individual and their family. His background is in social work and while studying trained in an inner city mental health service and a child and family agency service in South Dublin; he later interned with Solas, a community project in the Liberties. He says, "I'm thoroughly excited to start working with ACET and contributing to the work it does in our city."



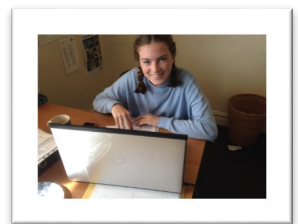
**Olivia & Anthony Corbett** welcomed the beautiful **Kate Joy** to their family on 8 August. We are all looking forward to meeting this new member of the ACET family.



You are welcome to follow us on Instagram! Our account is [acetireland](https://www.instagram.com/acetireland) and we are currently doing a series of photos on liminal spaces: 'threshold' places of transition and waiting, in this case spaces where we are with people, where change may or may not happen, the places we travel through day to day.



Thank you to **Caoimhe Nolan** who has recently spent time volunteering in the ACET office. Caoimhe shredded several years worth of documents, helped with the preparation of the newsletter mail shot, and inputted some of our archival data.



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