



WAVERLEY
care Positive about HIV, Hep C
& Sexual Health in Scotland



Peer Support

Digital Workshops | February-July 2021

Do you want to learn new skills and help improve the lives of people with HIV and hepatitis C in Scotland?

Waverley Care and THT have teamed up to offer a series of free, online Peer Support workshops for people living with HIV and hepatitis C.

Sign up for now for the opportunity to:

- Learn new skills for supporting others
- Feel more in control of your own health and wellbeing
- Build confidence and self-esteem
- Meet new people

All of our workshops will be hosted on Zoom and are free to attend. Turn over for the full list of workshops.

To find out more, and book your place at any of the workshops, get in touch:

- Callum Sinclair: callum.sinclair@tht.org.uk or
- Robert Pollock: robert.pollock@waverleycare.org

waverleycare.org

Scottish Charity No: SC036500

tht.org.uk/scotland

Scottish Charity No: SC039986



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Tues 9 February @ 6pm	Talking about mental health and support available from SAMH - with Emma from SAMH
Sun 14 February @ 12pm	Digital Drop-In - with Callum & Robert
Sun 21 February @ 12pm	Creative Writing - with Callum
Tues 2 March @ 6pm	Doodle Art - with Amy
Sun 14 March @ 12pm	Digital Drop-In - with Callum & Robert
Sun 21 March @ 12pm	Energy (Gas/Electricity) Options - with Martin
Tues 30 March @ 6pm	Managing Your Money - with Robert
Sun 11 April @ 12pm	Digital Drop-In - with Callum & Robert
Sun 18 April @ 12pm	Quiz & Social - with various speakers
Tues 27 April @ 6pm	Talking about wills and power of attorney - with Robert from Solicitors for Older People
Sun 9 May @ 12pm	Digital Drop-In - with Callum & Robert
Sun 16 May @ 12pm	Covid-19 Update - various speakers
Tues 25 May @ 6pm	HIV: Personal Perspectives - speaker TBC
Sun 6 June @ 12pm	Digital Drop-In - with Callum & Robert
Sun 13 June @ 12pm	Managing Screen Time - with Amy
Tues 22 June @ 6pm	Personality Types - with Callum
Sun 4 July @ 12pm	Digital Drop-In - with Callum & Robert
Sun 11 July @ 12pm	Relaxation and Meditation - with Amy
Tues 20 July @ 6pm	How to be more environmentally aware - with Callum