



# sussex beacon newsletter

Spring 2006

What people  
really think  
of HIV/Aids

Sleep tight.  
Helping our  
clients get a full  
eight hours

Record numbers  
at Half Marathon

[www.sussexbeacon.org.uk](http://www.sussexbeacon.org.uk)



## Hello and welcome to the Spring 2006 Sussex Beacon newsletter

“My congratulations to everyone who took part in the 16th (and biggest ever) Sussex Beacon Half Marathon in February. It was a brilliant day for us with over 3,000 runners completing the 13.1-mile course and raising £80,000 in the process. The conditions were

challenging with wind and rain dampening the route but not the determination of the runners. My enormous thanks to the numerous volunteers (many of whom arrived at 6am!) and to all the individuals and companies involved in the Half Marathon all of whom have made this event our biggest fundraiser of the year.

On a sadder note, I'd like to send my condolences to the family and friends of the entertainer Phil Starr who died last year.

Phil had been a fabulous supporter of ours and the proceeds of funeral donations as well as a recent tribute show have been given to the Sussex Beacon.

This brings me onto the overall subject of support for the Sussex Beacon. As you may know our costs keep increasing yet our funding from government sources doesn't keep up. This means we depend more and more on the generosity and support of both individuals and groups. We are always keen to hear about our supporter's ideas for raising funds so if you do have any thoughts don't be shy - let us know!

A big thank you to everyone for your continued generosity and commitment to the Sussex Beacon.”

Jenny Harper, Director of Services

## What's happening at the Beacon?

**HALF MARATHON RECORD:** A record number of runners turned up to a rather damp Brighton on Sunday 19 February for the Sussex Beacon Half Marathon. So large were the numbers it took almost ten minutes for all 3,122 runners to cross the start line. The 16th race took another turn for the better – a turn around the Royal Pavilion to be precise as the route swerved away from the seafront to take in some of Brighton's favourite sights for the first time. Robbie James of Lewes Athletic Club was first across the line in a time of 01.12.27. He took the lead after just two miles and said he felt comfortable the whole way: “Everyone was shouting and cheering me on. It was great.”



“Everyone was shouting and cheering me on. It was great.”  
Robbie James, top placed man.



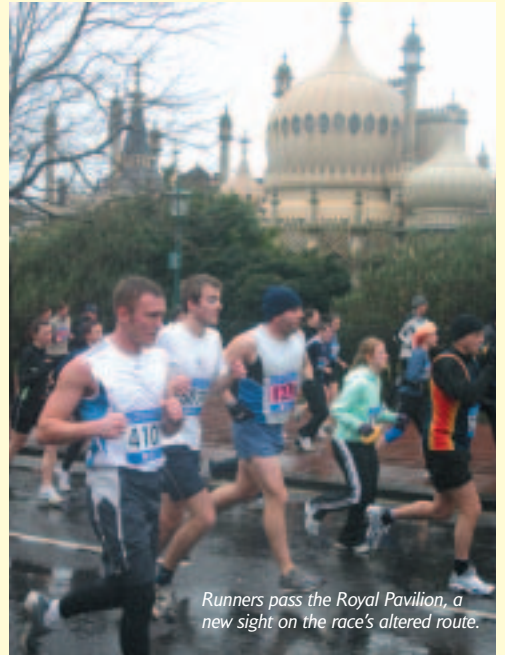
“It was her idea!” Will Ripley blames his girlfriend Lottie for shivering on a Sunday morning on the Prom.

to compete. So why Brighton? “Now in Poland is snow and ice so we came here for the warm weather!” her translator and fellow runner said unable to hold in a laugh as the wind blew outside. Both runners agreed conditions were challenging but the course and race were excellent and good training.

Although the Beacon is the beneficiary of the race many other charities use it as a fundraiser. Warren Bennett from Watford was running in aid of the Adam Bell Foundation set up to commemorate his friend's sudden death from diabetes. Cheered

on by friends, including Adam's partner Helen, they had chosen this race because: “Adam loved Brighton. He would come down here a lot so it seemed right.”

Other runners were a lot vaguer on why they were shivering on a wintry morning in shorts by the seaside: “I'm asking myself that actually – it was her idea,” said Will Ripley, pointing at his girlfriend Lottie also running. While student Euan Holloway was just trying to keep up with his mates: “I can't let them beat me!” he laughed.



Runners pass the Royal Pavilion, a new sight on the race's altered route.

Grey the day may have been but spirits were far from dampened, even if the runners trainers ended up a little moist.

**BRIGHTON FESTIVAL:** Once again the Beacon is benefiting from a series of Brighton Festival events in May. The Purcell Singers will be performing a selection of wonderful pastoral English music while artist Romany Mark Bruce and others will be showing paintings and photography as part of the popular Brighton Festival Open Houses programme. For more details see the back page.

**The Big Hair Event** – if you fancy having your hair cut by a leading stylist and an entertaining afternoon into the bargain – this Sussex Beacon event is for you – proposed date Sunday August 13th tbc.

September 19th sees the return of the annual **Miss TG 2006 show** at the Koo Club, in Poole Valley, Brighton – the Sussex Beacon is joint beneficiary For entries and further info please contact ashleyuktv@yahoo.co.uk

## Where your money goes: Banishing sleepless nights the natural way

Did you sleep well last night? If, not then you have lots in common with many of the people using the Sussex Beacon's innovative new sleep clinic. Lack of sleep can be a debilitating condition leading to frustration, lethargy, lack of performance and stress – and for people with HIV sleep is a vital part of staying healthy.

Community Services manager Jackie Titley explains the medical reasons behind the clinic: "Sleeping pills are often the first line of treatment and can be over prescribed. Sometimes this can lead patients depending on pills despite becoming immune to the medication."

Instead Jackie's team focus on people's surroundings and emotional state: "There's a term called 'sleep hygiene' – basically your routine before and during bed time. What do you drink? Are you worried about something? One guy," continues Jackie, "said he always woke up at 3am. It was because his dog jumped on the bed. But if he didn't let the dog in it would scratch at the door. So one answer was some dog training." But for other people it can be more serious problems, such as the side effects of HIV medication, or personal issues like alcohol consumption or relationship worries: "We work in partnership with other health teams and can refer people on if sleep problems are part of more pressing issues we can't help with." The clinic is currently funded by both East Sussex NHS primary care trust and Beacon charity monies.

"It's so rewarding when a client joins up the dots of why they are not sleeping and says 'I'm fine now!'" remarks Jackie. So, what's her top piece of advice to aid restful sleep? "Make the bedroom a haven. It should be for sleep and sex and nothing else."

### Top tips for a good night's kip:

- 1. **Take all distractions from sleep out of the bedroom.** TV's and computers are a no-no.
- 2. **Don't have any caffeine or sugar for several hours before bed.** Herbal tea or hot milk are the best bedtime drinks.
- 3. **Wind down before bed.** Don't watch TV or go online. Do have a bath or read a book. Basically, relax.

- 4. **And if you can't sleep after 20 minutes – stop trying.** Get up and do something unchallenging like the ironing. That'll send most people to sleep!

"It's so rewarding when a client joins up the dots of why they are not sleeping and says to you 'I'm fine now!'"



## What HIV means to you



Volunteers read aloud extracts from the new book at Brighton's Jubilee Library.

Last year people from all over Sussex were asked to answer the question 'What does HIV and Aids mean to you?'

Now the responses have been brought together in a thought-provoking book.

"Remember to wear a condom when having sex unless you are expecting a baby, but make sure you can even have sex by a doctor to see if you are HIV pos- or - neg."  
13-year-old male

*What HIV and Aids Could Mean to You* includes the experience of a man who first encountered HIV/Aids when his mum told him Freddie Mercury had died from something

"not very nice". Other responses, in contrast, are much more to the point – one simply says: "sadness."

"The memories and stories we received were so powerful that it makes others think about this very big question," said Jolan van Herwaarden – chair of trustees at the Beacon and the coordinator of the book.

Peter Nieuwets works for the NHS in West Sussex. He was quick to back the book because: "This is a new way of making issues around Aids come alive, which can be very difficult."

"Our son died of Aids in 1995 – he was only 23. I would not wish his suffering on my worst enemy."  
55-year-old woman

*What HIV and Aids Could Mean to You* can be ordered from all bookshops by quoting the ISBN number: 1-904164-03-X.

## Donate more. Pay less.

Two thirds of all charity donations in the UK are too small. Why? Because most people needlessly pay tax on the amount they give.

However, there are ways to give to charity without the taxman taking a slice. One of the best is called payroll giving, or 'give as you earn,' and it can cost you up to 40% less. Basically you give an amount to charity direct from your wage packet before income tax is deducted (in the same way as pension contributions are deducted tax free). This way, if you pay 22% tax on your pay, you pay 22% less with the taxman making up the shortfall. A £10 donation, therefore, only costs you £7.80 in actual take-home pay.

Or you can set up a tax-efficient CAF Charity Account where you pay regularly into a special account directly from your wages and then choose how much you want to give and who to. Again, you pay less because income tax is not included. The Sussex Beacon is already registered for all these schemes so it's really easy to donate to us – be it a regular amount or a one off donation.

For more information see your human resources department or log onto [www.allaboutgiving.org](http://www.allaboutgiving.org).

"A £10 donation actually only costs you £7.80."

# Cheers everyone!

For the second year running **Infinity Foods Co-operative** has kindly donated **£410** to us collected from its shop, bakery and café outlets.

**Patrick McAfee** donned a tutu and fabulous wig to run the Half Marathon in aid of the

Sussex Beacon raking in a hard earned **£310**. In total the **Sussex Beacon Half Marathon** raised a staggering **£80,000**.

Thanks to the **Masonic Charities Committee of the Provincial Grand Lodge Freemasons Sussex** whose annual donation this year totalled **£3750**.

We were also popular with **Legal and General** employees who saw fit to furnish us with a cheque for **£950** – thanks very much!



Thank you to Brian and the cast of alternative panto **Babes in the Bushes** for allowing us to do a bucket collection at the end of each show. We raised a magnificent total of **£1,418**.

It's hard to say whether it was the lure of mince pies and mulled wine or simply a desire to exercise those vocal chords – but the **Sussex Beacon Carol Concert** proved as popular as ever receiving a total of **£500** in donations!

Collecting buckets at the 2005 Paramount Brighton Comedy Festival were full to the tune of **£500**.

Customers at The Star Inn Brighton donated **£113**, while The Sidewinder pub gave us **£47**.

The **Hartington** in Eastbourne donated the proceeds from both their Christmas panto 'Snow Drift and the 7 Whores' and local 'Stars in Their Eyes' talent hunt to us. In all **£700** was raised.



World Aids Day was marked by a number of exciting events in Brighton: **Wild Fruit's** legendary annual Red Party club night raised **£1250**; Andrew Feest of **The Queens Arms** pub collected **£816** and collecting boxes rattling around the city attracted over

**£900** in cash. Meanwhile, organisers of **The Phil Starr Tribute Show** at Brighton Dome donated half the proceeds to the Sussex Beacon amounting to an incredible **£7000**.



Drew Boustead celebrated Christmas by holding a Masquerade Ball and donating the **£327** raised to us. Cheers Drew!

## Sussex Beacon fundraising events coming soon

**SATURDAY 27 MAY**

*Songs of Springtime*  
7.30pm,  
St. Michael and All Angels church, Victoria Road, Montpelier, Brighton.



Relax with a programme of pastoral English music by Vaughan Williams and others all performed by The Purcell Singers. Tickets **£7/£10** on the door or from the Festival box office on 01273 709709.

**SUNDAY 9 JULY AND SUNDAY 16 JULY**

*Garden Gadabout*

This annual event is a chance to enjoy some of the most stunning gardens throughout Brighton and Hove and pick up a few plants along the way – culminating in cream teas in the Beacon's very own beautiful gardens.

See [www.sussexbeacon.org.uk](http://www.sussexbeacon.org.uk) or the next newsletter for more details.



**WEEKENDS IN MAY**

'No Back Door'  
30 George Street, Kemptown, Brighton  
Romany Mark Bruce, Cathy McDougall and Davey Sutherland present, a new exhibition including paintings, cards, sculptures and photography.

## A big thank you...

Here at the Sussex Beacon we'd like to thank all the organistaions who helped make the 16th Sussex Beacon Half Marathon our most successful yet.



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