

The newsletter for Terrence Higgins Trust's amazing supporters

Terrence  
HIGGINS  
TRUST



# Trustmatters



## Inside...

Doing it for Terry, **our first Prize Draw winner**, taking over Brighton, **and so much more...**

September 2025

# Welcome!

This is your edition of **Trust Matters**, the newsletter for Terrence Higgins Trust's valued supporters, donors, funders, and professionals, showing why our charity, and the fight to end new cases of HIV, really matters.

This edition celebrates the real change we've achieved for people living with HIV, while also marking what would have been **Terry Higgins' 80th birthday**.

We've got plenty to shout about from dedicated marathon runners, transformative changes to HIV policy, to our work empowering people living with HIV to have a voice. But none of this would be possible without you, our incredible supporters.

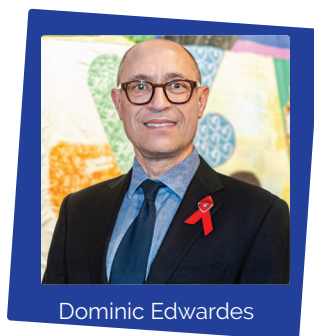
So, from all of us here at Terrence Higgins Trust, thank you.

Best wishes,



**Dominic Edwardes**

*Director of Fundraising and Communications*



## It's almost time to celebrate My Community's first year

We're excited to celebrate the first anniversary of **My Community** later this month.

Our online platform is a safe, confidential space, and has become a vital and trusted resource for over **600 people** living with HIV across the UK.

My Community offers **spaces to discuss life with HIV**, from being newly diagnosed to treatment, relationships, to groups on topics like music, film & TV, and gardening.

Paul, a volunteer moderator said, 'Life goes on and that's the whole point. I so wish I'd had something like this place back when I was first diagnosed nearly 20 years ago!'

To **join** My Community, or to find out more, scan the QR code.

My Community is free to members but costs **£25 a year per person** for site hosting running costs.



**Will you give a gift to help celebrate our first birthday, and help us support more people living with HIV?**

# My Story: Adam

'I was diagnosed with HIV in 2020, and it was one of the hardest things that I've ever faced. I had to rely on my family to look after me, because I thought I was going to die – mentally and physically, **I just disappeared really.**

I didn't know a lot about HIV. I went looking for other people's stories to guide me but only found experiences of people fighting for their lives from an older generation.

There was, and still is, a lot of misunderstanding around HIV, but for me, taking one pill a day, means I **cannot pass on HIV through sex.**

That's why I applied to be on *I Kissed a Boy*, a gay dating show on BBC Three – to show that people living with HIV can date like anybody else, and that **HIV doesn't define you.**

I knew I wanted to talk about living with HIV on the show. My original plan was to be matched up with someone, get super comfortable with them and then tell them, just me and them.

But after another contestant, Lars, shared with the whole group about his experiences as a trans man, I just thought 'this is the right time', and I told the group I was diagnosed with HIV in 2020.

When the episode aired on TV in May, I wrote letters to myself back in 2020 and to someone newly diagnosed, sharing them online. I wanted others



to know **you can live and thrive with HIV.** Every day, people share their own stories with me, and I feel so grateful.

Terrence Higgins Trust is one of the incredible organisations that I direct people to, because they provide services that are so vital for people who are newly diagnosed, like counselling and peer support from other people living with HIV.'



**Only with your support can we continue to help more people living with HIV, like Adam. Please give what you can today.**



# A Day in the Life of...

## Sue Hunter

### Positive Voices Coordinator



My name is Sue Hunter, I am living with HIV, and I've worked in many different roles within Positive Voices. I truly have the best job in the world. I coordinate 50 incredible speakers, each living with HIV, to share their lived experience with schools, universities, and organisations. Each speaker inspires me every single day.

#### Here's a glimpse of my typical day:

**9am** I check for new talk requests. There's a buzz in seeing if it's a corporate, a school, or youth group. There's one for a group of 50 young people aged 16-18. I arrange all the logistics, matching dates, and booking speakers.

**10am** I have an online check-in with my manager over a cup of coffee.

**11am** I join a speaker for their first online talk. It's always a magical, empowering moment for them as they share their story. I love being that familiar face on screen.

**1pm** Lunch break, usually a walk along the seafront (if the weather's kind).

**2pm** After lunch, I've got a 1-2-1 catch up with a speaker. We debrief on their last talk and prepare for the next one.

**3pm** A speaker is unwell, so I stepped in to co-present. We've got a lecture hall of 150 nursing students expecting two speakers!

**4pm** Interviewed by local radio about the *Can't Pass it On* campaign in Brighton and Hove, sharing the message that people on effective HIV treatment cannot pass on the virus.

**6pm** I finish a bit late today, to do a radio interview. But I made it home in time to spend time with my daughter and 2-year-old grandson before his bed time.

**Positive Voices turns 20 this year!** Scan the QR code to find out more about as we look back on two decades of powerful storytelling.



## We're Doing it for Terry

On 10 June, Terry's birthday, the **Terry Higgins AIDS Memorial Quilt** was unveiled at Queer Britain in London. At a special event, Rupert Whitaker OBE, Terry's then-partner, and co-founder of Terrence Higgins Trust said:

'Even with effective treatment, people living with HIV, like me, face higher risks of heart disease, cancer, and cognitive issues **due to lasting immune disruption**.

I hope that Terrence Higgins Trust can continue supporting long-term survivors who've lived through the epidemic and carry its emotional and physical burdens. **We must not forget them.**



## New portrait of Terry in Wales



Artist, Darren Varnam, unveiled a new portrait of Terry Higgins in Cardiff, as the standout piece in an exhibition of HIV and queerness in Wales.

The portrait shows Terry in Royal Navy uniform, with 'Cymru' hidden in the clouds to reflect his **Welsh roots**, and background figures symbolising **the activism sparked by him dying**. Darren said:

'As a gay man who lived through the AIDS crisis, I'm humbled to join this HIV awareness project, use my art to create something which highlights hope, resilience, and the history of those affected by HIV.'

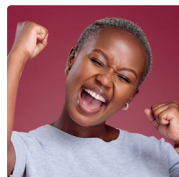
## Our First Prize Draw Winner!

For Terry's birthday, we launched our Birthday Prize Draw – a new way for supporters like you to get involved with fundraising, and to offer you a chance to win a prize.

Our lucky winner of the **£1,000 top prize** was V Evans from Monmouthshire. Congratulations!

Our second prize winner, L Barlow from Lancashire, was 'over the moon' to **win £250**, and is 'so proud to support the work that Terrence Higgins Trust does to raise awareness of HIV'.

Scan the QR code or visit **[ttht.org.uk/newsletter](https://ttht.org.uk/newsletter)** to see all our winners, and register for your next chance to win in our Winter Prize Draw!



# Celebrating progress in action

## by Stuart Smith, Devolved Policy and Advocacy Lead

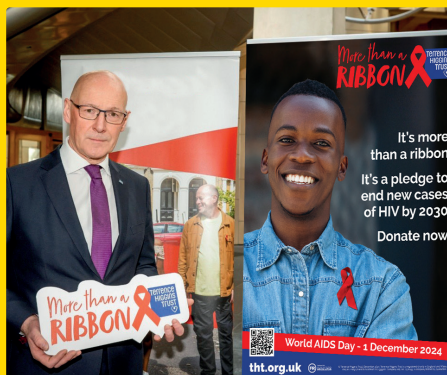


Across England, Scotland, and Wales, we've been working with governments, politicians, and decision-makers to advocate for people living with HIV, celebrate progress, and push for bold action to **end new HIV cases** in the UK by 2030.

Left, Stuart Smith

In Scotland, our campaign led to a major breakthrough: the Scottish Government has committed to launching **opt-out HIV testing** in emergency departments in Edinburgh and Glasgow.

This followed a public letter from 21 MPs and MSPs which we coordinated, urging investment in opt-out testing. The move, backed by key political figures, will ensure **thousands more people** are tested in high-prevalence areas.



John Swinney, First Minister

In Wales, we have helped secure **£9 million in funding for the HIV Action Plan for Wales**.

Announced by Health Secretary Jeremy Miles MS in May, the funding will expand **online testing**, launch a **national peer-support programme**, and boost awareness that people on effective HIV treatment **cannot pass it on**.



Terrence Higgins Trust Cymru team with Welsh Health Secretary Jeremy Miles MS

In England, Scotland and Wales, we've seen another major win with the announcement of a **world-first gonorrhoea vaccine programme** launching in each of the nations. After being rolled out in August, the NHS and local authorities are now offering the vaccine through sexual health services, potentially

preventing **thousands** of cases, alongside their work in helping prevent new cases of HIV.

**Because of the donations and support that you give to us, we can promote better sexual health, and lead the way in the fight to end new cases of HIV. Thank you.**

## Cahir runs TCS London Marathon for second time!

In April, Cahir joined **46 runners** to take on the TCS London Marathon for Terrence Higgins Trust, for the second time completing the **26.2 miles!**

'I was diagnosed HIV+ in 2014 and thought I was going to die. I knew so little about HIV. Terrence Higgins Trust helped me realise I could live a long, healthy life.

I swore never again after running in 2018, it was so painful. But I ran again to give back to a charity that's helped me and continues vital work educating others, tackling stigma, and working to end new HIV cases in the UK by 2030.'



Let's celebrate Cahir and the other runners who **raised an incredible total of £125,000** for our charity!

## Can't Pass It On messaging takes over Brighton & Hove

Across Brighton and Hove, there were a total of **860,000 opportunities** to view our *Can't Pass It On* campaign and messaging. That gave each person living, working, or visiting the area the opportunity to view the messaging around **3.1 times**. Amazing!

Through your gifts and support, we can take our message nationally to raise awareness and end HIV stigma.



'Can't Pass It On' messaging at Brighton Train Station.







# Leave a Lasting Legacy

We've been supporting people living with HIV since 1982.

But isolation and stigma still impact people living with HIV today.

By leaving a gift in your Will, you'll help us support people at every stage of their journey - from diagnosis to ageing with HIV, and make a lasting difference for years to come.

**[tth.org.uk/legacy](https://tth.org.uk/legacy)**

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or scan the QR code

