

Developing Young People's Services in Nottingham

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Introduction

- ❑ THT commissioned to run a Children and Families contract in 2009, working in Nottingham City & County
 - ❑ Working with the Paediatric team at QMC since October 2009
 - ❑ Office & client space is in the City Centre of Nottingham
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Children & Families

- To work with families living with HIV across the city and county
 - Provide practical and emotional support
 - Work with Paediatric team at QMC and provide follow up work outside of clinic
 - Young People's Group
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Funding

- Contract originally funded by NHS and Local Authority
- Funded initially for two years, extended for a year until March 2012
- Now funded in part by Children in Need



The Need for Peer Support in Nottingham

- ❑ Prior to the group, there were no peer support facilities for young people with HIV in the City or County
- ❑ Young people expressed a wish to speak with other HIV Positive people of a similar age



Past Barriers to Support Group

- ❑ Numbers historically low in Nottingham, now higher but the demand for a group did not seem high compared with some other areas
 - ❑ No money or resources for the demand there was, and no space at the hospital for a specialist young people's group
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Challenges In Creating Group

- ❑ Small number, large age range
- ❑ Parent and Carer fears around confidentiality
- ❑ Transport and practicalities
- ❑ Rules of inclusion



Small number, large age range

- ❑ Initial activity to suit all ages, then led by young people's choice in the future
- ❑ Common themes regardless of age
- ❑ Use age difference positively
- ❑ Regular joint meets with Leicester and Birmingham - increases numbers and friendship opportunities



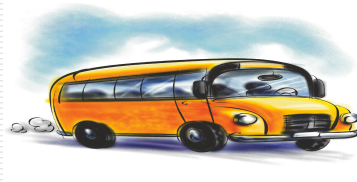
Parents and Carer Fears

- Where possible contact was made with families at the clinic
- Notes and letters were designed for the adult and the child explaining service
- Offers of home visits prior to group to introduce & answer questions



Transport and Practicalities

- Activities, transport, refreshments all paid for
- Taxi, mini bus or staff transport used
- No young person is excluded due to financial circumstances



Rules of Inclusion

- Pre disclosed children and their families are worked with one to one
- One to one peer support is a possible option for those not wishing to join the group



Young People's Group

- Began December 2009
- Meets every School Holiday for a half/full day
- Young People led – they chose activities
- No cost for family
- Part social activity, part issue based

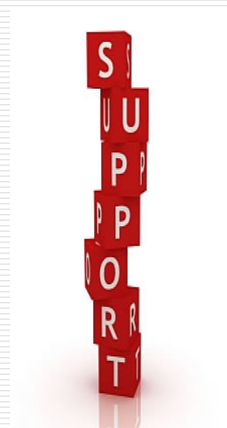


Activities



Issue Based Work

- Taking Meds
- Adherence
- Disclosure
- Information and websites
- Transition



Growth

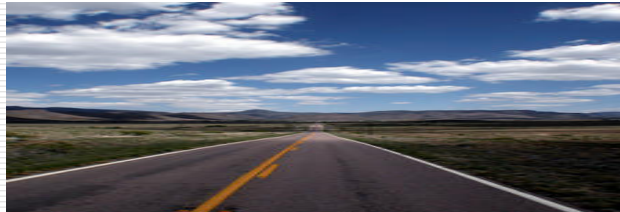
- ❑ Started with four young people aged 11, 12, 15, 16
- ❑ 9 Members in total now although not always at the same time!
- ❑ On average the group is growing by one member per quarter
- ❑ Persistence is the key!



Ages of Young People attending

- ❑ 1 x 11 Year old
 - ❑ 1 x 12 Year old
 - ❑ 4 x 13 Year old
 - ❑ 1 x 14 Year old
 - ❑ 1 x 17 Year old
 - ❑ 1 x 18 Year old
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Moving On From The Group



- Currently no upper age limit set
 - Young people encouraged to attend following transition
 - Allows support to be continuous through a possibly difficult time
 - Can assist in ironing out any initial problems at adult services
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The Future

- Hope future funding can be secured for group to continue
- Continue to engage regionally and nationally to promote all available support to young people



Some Comments...

“(The best thing) is getting to see people who share my biggest secret”



The most difficult thing about living with HIV is...

“Not being able to tell people”

“Having to disclose or think about telling others you have it, like my boyfriend, that makes me feel sick.”

“Having to take medicine, I really hate that”

“Remembering my tablets and the hospital always taking blood”

The group helps me by...

“Getting to be with people who know”

“I can talk to people who understand”

**“With the group, I have nothing to hide
and that immediately makes me feel
stronger”**

Questions and Thank you!