



August 3rd-7th 2020

CHIVA camp aims to support children and young people living with HIV by:

- improving HIV knowledge and understanding
- helping participants to build friendships
- supporting participants to strengthen their confidence, self-esteem and hopes for the future.

This year due to the ongoing COVID-19 pandemic, we had to change our plans and run our support camp virtually. The CHIVA team worked hard to prepare a camp experience that would wherever possible replicate the face-to-face event, and provide as much meaningful engagement for children and young people as we could in the circumstances. One of the ways we did this was through our two hosts who gave daily video updates to share what was coming up each day, and give out news and competition information to camp participants.

The theme of this years camp 'SUPERHEROES' was chosen by some of our Youth Committee members. Throughout vF2B we explored this subject in different ways, and especially as a theme for the creative workshops.

**KNOWLEDGE WORKSHOPS:**

Each day at camp, there was a 1-hour interactive 'Knowledge is Power' workshop, led by a group facilitator. Through talks, games and quizzes, different aspects of living with HIV were explored in small group discussions. The topics were: 1. HIV the Basics, 2. Sexual Health, Consent and Relationships. 3. Talking about HIV with Others, 4. Know Your Rights and 5. The Great Debate.

Throughout the sessions participants had the opportunity to find out current information, ask questions, and learn together. Participants learnt about HIV terminology, contraception, work rights, healthy relationships and held a debate about whether children should be told about their HIV at a younger age - 46% felt that 9 years old was the best age to be told this information.



37

participants

70% participants female

54% aged 15 and over

**CREATIVE WORKSHOPS:**

Each day there was at least one interactive creative workshop run by a team of artists and creatives delivering music, drama and art sessions.

In the drama workshops on Monday, Wednesday and Friday, participants explored the characteristics of being a hero, thinking about what traits a hero would have and then acting out improvised scenes to show this in action, taking ideas from the group members for how the story developed. Characteristics identified for being a hero:

**'Determined Courageous, and supportive.'**



The Art workshops also looked at the characteristics of a superhero and people decorated masks with art supplies that were sent out ahead of camp. Ideas from participants on what their super power would be and how they would use them included:

**'To tell the truth...to clone myself, to read minds, time travel, to be able to do my braids instantly and to get what I want when I want.'**

During the music workshop participants learnt the 'Freedom 2 Be Song' (a camp theme song that was written several years ago at one of our camps by a camp participant, who is now one of the music workshop facilitators.) The group shared this as part of the Last Night of Camp gathering. Those who attended the music workshop also brainstormed ideas and thoughts about what happiness meant to them and wrote a new vF2B song:

**Freedom is being free  
Freedom is peace**

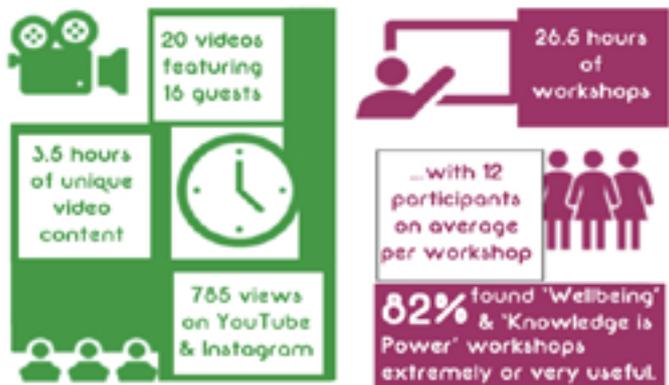
**It's a beautiful never ending dream,  
It's a beautiful never ending dream...  
Happy as music, free as a bird,  
I'm miserable, whenever I'm not heard  
Rise up from your sadness  
You're the light in the darkness**

**The horse rides freely on the hot white sand  
Brave and courageous running 'cross this land  
Deep blue bright blue sunny skies  
This is a feeling I cannot hide**

**Freedom is being free...**



**2 in 5 attended ten or more workshops**



**“Wellbeing means being happy in yourself and making sure you are mentally, physically and emotionally OK. It’s about making sure the situations you are in are not putting you down.”**

### WELLBEING WORKSHOPS:

The last session each day was a well-being session providing an informal space for participants to meet together with other young people living with HIV and focus on staying well. Activities included, self care, yoga, a spa night, and mindfulness.

During these sessions participants could share their experiences of going to workshops during that day and take part in one of the relaxing activity together. There was also the opportunity to check in with members of the volunteer key worker team in small groups.

**Feedback from young people from the mindfulness session- “relaxing, calming, sensational.”**

On the last evening of camp there was a final ceremony, with a few invited guests, volunteers, CHIVA trustees and all the camp participants. At this event some of the work made in the creative workshops was shared, including the camp song and an improvised drama piece. There was also a montage of the video series ‘A message to my younger self’.

Winners for the art competition, and for general positive involvement throughout the week, voted on by workshop facilitators, were also announced. All winners recieved a goodie bag of CHIVA treats sent out to them in the post.

After the sharing there was a camp party with a live-streamed DJ set from one of our former camp leaders. There was also the option to play games in a seperate breakout room with some of the CHIVA staff team and volunteers.

A full camp evaluation is now available via our website.

Evaluation feedback from young people about new areas of learning at camp:

**“We can still have wonderful lives and do amazing things because HIV is small part of you it won’t affect your everyday life...”**

**If it wasn’t for F2B camp I wouldn’t be as educated about HIV...**

**I learned that I could never be alone...**

**How nice it is to be around people like me”**

Two video series were created for camp, and released online each day. Both of these were curated by Bakita Kasadha who is a HIV Activist, researcher and CHIVA Associate. One series focussed on young adults living with HIV who share their experiences and a message to their younger selves.

The second was a series called, ‘A Spotlight on...’ which were in depth interviews, between Bakita and different guests from across the HIV sector. This series covered key questions young people often ask the CHIVA team, including: HIV medicine (present and future), Talking about HIV: PEP, PrEP and U=U, Being a parent with HIV, Understanding why different groups are affected by HIV and Young people from around the world.



View ‘A spotlight on...’ via our website camp pages or our youtube channel.

In the parent interview, Mum and activist Fungai, advises young people to find a good time to talk about HIV at home, when no-one is in a rush, and writing down questions that you want to ask ahead, so if they don’t all get answered you can pick up the conversation another time.

Each evening, there was a co-watch session, so participants could watch the interviews with some of the CHIVA team, and ask questions and have a discussion about the topics.