“Hopefully we as a community can get more young people living with HIV to come to camp and know that they are a family at camp that welcomes anyone”
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WELCOME to FREEDOM 2 BE
Executive summary

Freedom-to-Be (F2B) is a support camp organised by the Children’s HIV Association (CHIVA), for young people, aged eleven to sixteen years old, who are living with HIV in the UK and the Republic of Ireland. F2B started in 2010 and has been taking place every year since. The following evaluation report presents the findings and recommendations of the 2019 residential camp that aimed to provide attendees with a safe and fun environment where they could learn more about HIV, share personal experiences and express opinions, meet new people, and develop friendships. Seventy-nine young people travelled from various parts of the UK and Ireland to attend F2B2019 near Wolverhampton in Staffordshire.

The evaluation process helped establish the relevance, effectiveness and impact of the project. Young people engaged in two half-day workshops, focusing on their knowledge and understanding of HIV, and sharing experiences growing up with the virus. Ultimately, this evaluation aims to inform progress and help CHIVA tailor its response to the changing needs of camp attendees, for a sustainable intervention over the following years.

The evaluation methodology included a pre- and post-camp questionnaire that helped determine knowledge gain and get a better understanding of young people’s overall experience of camp. Another questionnaire was also developed to gather information on the two half-day HIV workshops and an anonymous online survey invited volunteer key workers and camp leaders to share their views and experience of F2B2019.

Overall, F2B2019 was once again a great success with seventy per cent of attendees who found both workshops ‘very’ or ‘extremely’ relevant and seventy-two per cent who did not want to change anything about the content or the delivery of the two workshops. Learning about HIV, hearing other people’s stories and making friends were aspects of camp that participants enjoyed the most. In addition, more than sixty per cent reported feeling ‘very’ or ‘extremely’ comfortable about their HIV and the number of young people who felt more comfortable talking about HIV increased by 183% by the end of camp.

F2B2019 has had a big impact on half of the young people who attended camp, helping them accept living with HIV, gain confidence and comfort, and feel free to be themselves. As one young person summarises: “Camp is important because young people can understand the meaning of HIV, what it is, how to stop passing it on. Another reason why camp is important because we can connect with people that are similar ages and make friends for life without worrying to tell your friend that you have HIV”.

In addition to finding a better venue and improving the quantity and quality of food provided, this year’s recommendations focused primarily on the content of the workshops, especially for those who attended camp before, the provision of small CHIVA events throughout the year for young people living with HIV and the need to review the voluntary staff training and preparedness.

Besides its remarkable achievement of 2018 when CHIVA was named one of the seven Royal Wedding charities chosen by Prince Harry and Ms Markle in light of the Royal Wedding celebrations in early 2018, F2B2019 welcomed Gareth Thomas as part of his BBC documentary titled ‘HIV and Me’
1. Freedom-to-Be

1.1. Introduction
The Children HIV Association (CHIVA) appointed an independent consultant to conduct the evaluation of Freedom-to-Be 2019 (F2B2019), a support camp for young people living with HIV in the UK and the Republic of Ireland. This report presents the findings of the evaluation and highlights the lessons learned and recommendations that will inform the design and implementation of future camps over the next years. In this section, you will find a brief background to ‘F2B, the evaluation objectives and the methodology.

1.2. Rationale
Freedom-to-Be (F2B) started in 2010 when CHIVA invited seventy-nine young people living with HIV to a one-off summer camp in Sussex, UK. Stigma and discrimination that surrounds HIV, continues to drive families into isolation, giving young people a false sense that they are the ‘only one’. This is particularly true for those who live in areas where HIV prevalence is low and the number of HIV community and support services, outside of specialist clinics, remain scarce. F2B provides a safe environment where young people are free to be, in line with CHIVA’s mission to ensure that every child and adolescent living with HIV in the UK and the Republic of Ireland receives optimum care and social support. This is even more important since the number of children born with HIV is decreasing as the paediatric HIV cohort is growing older.

1.3. Why Freedom-to-be?
F2B residential model provides young people living with HIV, aged eleven to sixteen years old, with a unique opportunity to learn more about their chronic health condition, raise awareness and understanding of the wider HIV-related context and create a safe space where they can find their voice. To palliate the social and emotional impacts of HIV in day-to-day life and personal relationships, the support camp inspires young people to talk openly about their HIV and express themselves freely, away from societal prejudices. F2B creates an important platform that allows young people to engage in developing invaluable and ever-lasting peer-relationships, with most participants keeping in touch long after camp, through social media or meeting-up in person.
To take part in F2B, young people must know their HIV status. This is an important requirement that helps establish trust and transparency, allowing young people to be who they really are. The way F2B is designed encourages participants to share personal experiences that others may relate to, without the fear of being judged or misunderstood.

Each year, the programme includes two half-day mandatory workshops with an emphasis on learning about HIV and exploring lived experiences. Although the content of the workshops has remained more or less the same over the years, taking into account the latest evidence, the format may differ based on young people’s feedback from previous camps. The sessions are highly interactive, and include fun and playful activities that draw participants’ attention to topics like HIV facts and busting myths, sexual and reproductive health, HIV treatment and its impact on daily lives and HIV and the law. Engaging in healthy relationships, where discussions about HIV might trigger anxiety due to unforeseeable societal behaviours and challenging reactions, is also considered, alongside improving young people’s communication skills using verbal and non-verbal methods. For the third consecutive year, CHIVA invited parents to share their experience living with the virus, parenting a child with HIV, and talking to children and young people about HIV. TED-style talks, role play and small group interventions are also an integral part of the programme.

Other activities such as poetry, dance, music and drama, are also available, using HIV as a theme to promote creativity and foster confidence and self-esteem. Outward-bound activities like football, abseiling, high ropes courses, zip-line, are fun outdoor activities that support team work, help young people develop confidence and overcome fears, while releasing some energy accumulated during a busy and thought-provoking residential camp. Yoga, bake-off, massage and make-up are also very popular among participants, giving young people an opportunity to build friendships and enhance well-being. This year, young people used Lego and their imagination to materialise what HIV would be like in the future world.

1.4. Objectives

F2B aims to:

- Facilitate the development of peer friendships to address the high level of social isolation experienced by young people with HIV
- Supplement participants’ learning and understanding of HIV-related issues and help build resilience
- Enhance participants’ confidence, self-esteem, hope and aspirations for the future through creative, arts-based and outward-bound activities, sports and emotional support
- Facilitate participants’ access to a broader community of people living with HIV and a supportive network.

1.5. Methodology

The evaluation used a mixed-method approach that gives robustness to our conclusions. CHIVA recruited another consultant, who was also involved in managing camp, to design the evaluation tools and validate the data collected. The key methodology supported:

- **The development of data collection tools**: Participants were required to complete a twenty-questions proforma (Appendix 1&2), pre- and post-camp, with an
emphasis on young people’s knowledge of HIV and how much information they retained by the end of stay. Other questions focused on their experience of camp, what HIV means to them and whether they talk about HIV outside their home environment. A separate questionnaire (Appendix 3) was also developed to capture information specific to participants’ experience of the two mandatory HIV workshops.

An anonymous online survey (Appendix 4) was designed to capture the experience of volunteer camp leaders and key workers, the support their received throughout camp and recommendations they might have to improve F2B in the following years. The survey can be accessed via the following weblink https://www.surveymonkey.co.uk/r/FTZJPRD

- **The data analysis and reporting**, that will be shared with F2B2019 funders and on the CHIVA website, with all data analysed by the independent consultant and presented in this report.

- **Dissemination of findings** via reports and abstracts submitted at conferences, yet to be determined by the project management team.

### 1.6. Referral process and allocation of places

To apply for a place at F2B, participants can either self-refer using ‘If only you knew’, a dedicated CHIVA website for young people living with HIV, or get their parents, healthcare providers and other support workers to complete the online referral form on their behalf. As participants tend to be followed-up in clinics on a three-monthly basis, the period for referrals is carefully planned to make sure nobody misses out.

CHIVA provides full support for young people to attend F2B, liaising with clinic staff to help promote camp to families. All travel is booked and paid for by CHIVA to address any barriers that may prevent young people from attending. Nonetheless, parents and young people may still feel reluctant to engage and require a lot of support and encouragement from their clinic nurse and doctor before agreeing to enrol. This can take several years of working with families before they feel able to allow their child to come to camp.

Every year, CHIVA also runs a small waiting list up until the week before camp, to counter-balance any last-minute dropouts due to change of plans, family concerns or anyone no longer wanting to attend camp. The selection process for allocating places is based on a number of criteria, including demographics, geographical location, access to support services and previous attendance to camp, in line with CHIVA’s ethos on equity and diversity. Those with less opportunity for support outside of their clinic, due to location or service accessibility, are prioritised for a place at camp. Priority is also given to any young person, regardless of location, who has never attended camp previously.

### 1.7. Staff

An experienced and eclectic group of volunteer camp leaders and key workers team-up, each year, to facilitate the smooth running of the residential camp, with the support and supervision of the CHIVA project team. Living with HIV is an essential criterion for camp leaders, all aged between seventeen and twenty-four years old, as they better understand what it is like to grow up with the virus and are likely to act as a role model. They often provide peer-support and encourage young people get involved in activities and workshops. They also assist with the camp logistics, undertaking a range of practical tasks. While leading on activities, such as
group games in the evenings and on arrival day, this year’s camp leaders were responsible for organising the end-of-camp party.

On the other hand, key workers are a mix of professionals (such as nurses, social workers, teachers, youth workers, those engaged in research, those working in other HIV organisations) and young adults who have previously attended camp as participants and increasingly as camp leaders. Key workers are usually allocated a group of four to five young people who they directly support during the entire stay at F2B. They lead on pastoral care, keeping record and help young people manage their medication, facilitating group check-in meetings and promoting engagement and participation in workshops and other activities.

Training is mandatory for all new volunteers. Returning camp leaders and key workers are also encouraged to attend not only as a refresher but also to get to know the rest of the team. The content of the training provides a good overview of the four-day stay, with information on CHIVA policies, HIV treatment management, safeguarding, as well as the operational and logistical aspects of camp. By the end of the training, camp leaders and key workers should feel confident in setting boundaries and understand the procedure for managing challenging behaviours that may interfere with the delivery of camp.

In 2019, of the twenty-one key workers who attended camp, fourteen are living with HIV and nine attended camp as participants when they were younger, as did all eleven camp leaders.

### 1.8. Funding

F2B 2019 would have not been possible without the support of funders including ViiV HealthCare UK, The Elton John AIDS Foundation (EJAF), The MAC AIDS Fund, and The Make A Difference (MAD) Trust. Donations were received from individual fundraisers who took part in the Red Run 2018 and through CHIVA being chosen by The Duke and Duchess of Sussex as one of their specially chosen seven charities in relation to their Royal Wedding in 2018.
2. Evaluation Findings

2.1. Demographics

Seventy-nine young people living with HIV attended F2B2019, from July 30th to August 3rd, near Wolverhampton in Staffordshire, with ‘The Future’ as a theme to reflect camp’s 10th anniversary and the idea of moving forward to the next 10 years. There were significantly more female (n=50) than male (n=29) participants, similar to previous years, and almost half of the participants were aged fifteen and over. Since 2016, adolescents from the age of eleven are taking part in F2B, thanks to the work CHIVA has undertaken over the years to encourage the naming of HIV to children at a younger age.

The regional distribution of camp attendees remains relatively similar to previous years, though Yorkshire and the Humber and Northern Ireland were not represented this year. Although fewer participants from London (n=35) attended F2B2019 compared to fifty last year, sixty-three per cent of young people travelled from London and The Midlands, with London still bringing the highest number of participants from a single area. Four participants came all the way from the Republic of Ireland to meet other young people living with HIV.
Fifty-five per cent (n=41) of those who attended F2B2019 also stated being a member of a network where young people living with HIV meet regularly.

2.2. Workshops and other activities

2.2.1. HIV-themed workshops

A total one hundred and thirty-five completed questionnaires were returned for the two mandatory workshops on HIV knowledge and understanding (n=78) and the session on living with HIV and sharing your status (n=57), partly facilitated by parents. Asked about one thing they learned from the first workshop, fifty-eight per cent of participants reported having learned about HIV and the way it affects the body: “how HIV works in the body when you take and don’t take medication” or “that if you have an undetectable viral level, you cannot pass HIV to anybody else”. While HIV and the law, relationships and HIV epidemiology were mentioned only by a few, other main themes included HIV and employment with young people stating that: “HIV can’t stop you from having work” or “people with HIV are not treated differently when getting a job”. How HIV might impact on someone’s life was also a recurrent response with comments like: “HIV does not stop me from doing what I love” or “nothing is stopping you from being what you want to be”. Thirty-one per cent of respondents liked learning about HIV the most and twenty per cent enjoyed the fun and informative activities (i.e. acting), that got them actively involved. Twenty-four per cent felt that being open about HIV in a safe and friendly environment like F2B was what they preferred the most from the session: “I like that it is a free space for you to speak without being judged”. Despite the twelve participants who felt the workshop was too long and wanted “more activities with less talking”, sixty-one per cent did not respond or answered “nothing” when asked to write about one thing they did not like or wanted to change about that workshop. Another five young people reported having liked everything.

The workshop on ‘Living with HIV and sharing your status’ from a parent’s perspective triggered a lot of interest among attendees. Whilst twenty-two per cent of respondents reported having learned how, when and who to share their HIV status with, as one participant explains: “be positive and don’t be nervous about telling people about your HIV. Just say or tell when you are ready”, thirty-one per cent acknowledged the importance of trust and honesty in their relationships with others and that they are the ‘one’ to decide whether to share or not to share their status with someone: “if you trust your friend, you can tell them about HIV” and “it’s ok not to tell people”. In addition, twenty per cent of respondents recognised that the workshop gave them a better sense of belonging, improving their confidence and self-esteem: “You can be yourself and tell people you want about your status” and “You should be proud of your status” with an opportunity to grow, even from challenging circumstances: “even if you have a bad reaction from someone you have told you can grow from it”.

Throughout the session, participants really enjoyed listening to other people’s stories (27%), learning and taking part in activities (19%) such as role play, in a fun and open environment (15%). Asked whether there was anything they would want to change from this workshop, an overwhelming seventy-two per cent did not respond (n=17) or did not want to change anything (n=24).

Overall, seventy per cent of attendees found both workshops ‘very’ or ‘extremely’ relevant and less than ten per cent felt unsure or did not find the sessions useful. Besides the thirteen participants who did not find it easy to talk about HIV during the two sessions, more than sixty per cent reported feeling ‘very’ or ‘extremely’ comfortable.


### 2.2.2. HIV knowledge and understanding

This year, the CHIVA project team wanted to pay particular attention to participants’ knowledge and understanding of HIV pre- and post-camp. Young people were asked about the meaning of HIV, CD4 cells and undetectable=untransmissible or U=U. The following table presents data on those who answered correctly, highlighting a significant percentage increase in knowledge by the end of their stay.

<table>
<thead>
<tr>
<th>Questions</th>
<th>Pre-camp</th>
<th>Post-camp</th>
<th>% increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>What HIV means?</td>
<td>28%</td>
<td>85%</td>
<td>198%</td>
</tr>
<tr>
<td>3 routes of HIV transmission? (3 correct)</td>
<td>22%</td>
<td>38%</td>
<td>76%</td>
</tr>
<tr>
<td>What do CD4 cells do?</td>
<td>51%</td>
<td>76%</td>
<td>48%</td>
</tr>
<tr>
<td>What undetectable viral load means?</td>
<td>51%</td>
<td>76%</td>
<td>48%</td>
</tr>
<tr>
<td>What U=U means?</td>
<td>16%</td>
<td>79%</td>
<td>386%</td>
</tr>
</tbody>
</table>

In addition, young people completed a quiz on the impact of HIV medicine on the virus and the immune system as well as a set of ‘true or false’ questions ranging from ‘If you have high amount of white blood cells (also called CD4 cells) your immune system is strong, and you can fight off every day virus like colds’ to ‘There is legal protection against discrimination for people who live with HIV’. Forty-four per cent of respondent managed to get all eight answers right compared to eighteen per cent at the start of camp.

### 2.2.3. Overall residential camp

A total one hundred and thirty-four pre- and post-camp questionnaires were completed and returned to the CHIVA team, with a response rate of 94% and 89% respectively.

With the paediatric and adolescent HIV cohort in the UK and the Republic of Ireland getting older, the number of young people who have attended F2B more than once is gradually increasing. This year, respondents reported having attended camp once (30%), twice (16%) or three times and more (18%) before. Nineteen participants (26%) came to camp for the first time compared to forty-one in 2017 and 2018.

F2B is a good opportunity to meet other young people living with HIV. Through active participation in group activities and workshops, young people can share personal stories, develop friendships, and come to realise that they are not alone. Asked whether they were planning to stay in contact with friends they met this year, ninety-two per cent of respondents were keen to keep in touch after camp.
Interestingly, eighty-seven per cent of those who attended camp in previous years kept their friendship going, close to the ninety per cent who wished to stay in contact after F2B2018, maintaining a strong peer-support network. More than half of respondents felt it was important to be around other young people (n=54) and adults (n=37) living with HIV. There was also a 183% increase in the number of young people who felt more comfortable talking about HIV by the end of camp. This is a considerable achievement towards normalising HIV and building confidence and self-esteem.

HIV stigma and discrimination towards people living with HIV is common. Children growing up with the virus are often advised to consider their diagnosis as a ‘family business’ that is best to share with people, they or their parents trust. Although some young people may not feel the need to talk about their HIV status outside clinics, it is no surprise to see that sixty-two per cent of respondents do not talk about HIV to friends or other people outside of their immediate family. Those who shared their status reported talking about HIV most weeks (24%), once a month (24%), once every few months (65%). Nine (53%) participants were not sure how often they talk about HIV to friends and other people.

Nonetheless, sixty per cent of respondents did not think having HIV caused them any concerns, and fifty-nine per cent noted that F2B2019 made them feel differently about HIV with twenty-three (61%) participants reporting feeling more confident, more comfortable and more open about HIV as a result of attending camp. Eight per cent of young people also felt less lonely, as illustrated by the following quotes:

“[F2B2019] made me feel better about it [HIV] and helped to show me that it’s a small part of me” and “I have come to accept that HIV does not define me”.

Ten (26%) young people came to term with their diagnosis by the end of camp and wrote: “I used to not be able to say the word HIV” and
“I now know that I’ve found different ways of coping with HIV, because I used to struggle” having developed a sense of belonging to a community: “I feel better and more confident because I know I’m not the only one” and “I don’t feel alone anymore and I know now how important it is to have my meds”.

Asked to share three things they liked the most and the least about F2B2019, ‘meeting people’ or ‘making friends’, taking part in ‘creative/outdoor activities’ and ‘learning from the workshops’ are recurrent themes, with 73%, 55% and 41% of responses, respectively.

Comments like: “I liked that we had to learn about HIV and meet new people and make friends”, “Being near more HIV positive people”, “Having the experience to learn more about HIV”, “Being able to talk freely about HIV”, “Being able to confide in other people with the same status”, and “Not feeling alone anymore” were all shared by young people who completed the questionnaire.

Besides thirteen young people who liked the food and drinks available at camp, twenty-five per cent complained that the food was either limited in quantity or too bland and that there was no snack or juice available. Despite receiving some positive feedback on the bedroom facilities, thirty-two per cent of respondents did not like the comfort of their beds, the size of their bedrooms, or the fact that they had to wake-up early in the morning. Twenty-one (30%) young people also noted that the fire alarm was troublesome with too many drills which was also reported as a problem in previous years.

Overall, twelve young people did not respond or had nothing negative to say about their stay, with respondents referring to F2B as a “Fun” experience. The party on the last day was one aspect of camp eleven participants liked the most despite a small number of party-goers commenting that the music needed to be more current.

Finally, when young people were asked to finish the following sentence, ‘For me, being at F2B has meant’…, many respondents expressed how much they felt comfortable being open and talk freely about HIV. Others enjoyed being able to meet people with similar experiences, having a sense of belonging to a community and no longer feeling lonely. Overall F2B2019 has had a big impact on half of those who attended, accepting living with HIV, having gained confidence and comfort, and feeling free to be.

2.3. Camp leaders and key workers anonymous online surveys

Thirteen key workers and seven camp leaders completed a brief anonymous online survey that captured information on their experience of F2B2019, and collected their views on the support they received by the CHIVA team, while at camp.

Most respondents (n=18) described the venue as ‘Ok’ (35%) or ‘Good’ (55%) with a few highlighting the need for more indoor and outdoor space to accommodate a residential camp like F2B. Two respondents pointed out that: “I think it worked well. I think we missed having comfortable spaces for house meetings and for people to chill out in” or “A much more wider grass space would’ve been highly convenient for the children to have more space between themselves outside”. Issues around accessibility to the venue was also underscored by one key worker who made a valid point about F2B2019 that had “great activities for the young people. However, [the venue] did not cater for the young people with limited mobility which is a let-down. Also, the gate access was rather restrictive.”
Moreover, seventy-five per cent of key workers and camp leaders rated the HIV-themed workshops to be “Excellent” with comments like: “amazing”, “well facilitated” and “I really liked how a variety of the young people were involved in deep conversations and took the workshops seriously. Made me engaged more and enjoy it more too” or “they [workshops] were very good for the young people which led to them engaging but also campers would make friends in them during short breaks or activities”. The CHIVA and outdoor activities also scored as “Good” or “Excellent”, though one respondent was disappointed about ‘Football’, probably because there was “Not enough grass space for young people to play football, rounders etc.” and “A better playing field (football!) would have been better”.

Asked about the support and information available during camp, eighty-five per cent of respondents thought that they received enough support to fulfil their role. Nevertheless, several people felt that “key worker roles during the HIV workshops should have been clearer” and “not all facilitators were fully prepared for this”, referring to some participants not engaging in the workshop activities. One key worker went further to explain that “Some key workers also didn’t understand their role in helping with these [young people] and they sat back quite a bit, even if some people were visibly upset or not engaging”, wanting more clarity on their role and expectations during the workshops. Other key workers shared similar thoughts, recommending additional support and supervision to new key workers who were not entirely present outside of their allocated duties, as one respondent noted: “there were quite a large number of new key workers who didn’t realise that - when we are not scheduled to do something - we still have to supervise the young people! I think we perhaps put too much emphasis on getting some down time as volunteers, that people felt they didn’t have to do anything else if their names weren’t assigned to something. So, I found that this year there weren’t many people just wandering about, supervising and checking in constantly and instead, some key workers were in their rooms or in the communal areas just having coffee and not actually supervising”.

Yet, key workers and camp leaders reported having had an amazing time, “I think overall it went really well and I really enjoyed it”, “Camp was truly amazing and I miss it so much” or “Sharing personal experiences by guest speakers was very powerful”.
3. Conclusions and Recommendations

3.1. Conclusions

Once again, F2B2019 ended-up being a great success with participants heading back home with new friends and their head full of fond memories. For the end-of-camp closing ceremony, participants were invited to express their thoughts and feelings about this year’s camp and in celebration of F2B 10th anniversary, using ‘closing ceremony cards’ on their final day of camp. Moving away from the feeling of being ‘the only one’, young people were able to learn, share and reflect on personal experiences living with HIV, taken aback, at times, by the amount of information available and the comfort of a safe space where they were able to come out of their shell and feel free to be, as one young person eloquently explains:

“This year’s camp was a lot smaller than previous year, however it still had a very homely energy. There were a lot a new faces as well as a lot of old faces, both of which I’m grateful for as I’m happy to see all my old friends as I know they were happy to see everyone else too. As for the new campers, I was able to get to know I was happy to hear their own stories and experiences of living with HIV and making new friends. I was glad to be in a place for a short amount of time with the people I care about without the fear of opening up being vulnerable to those around me as I talk about my virus and the stigma around me as I know that I wouldn’t be judged or that I’d have to worry about the stigma around me as I know that if not all but some of the campers have felt or are feeling the way I used to about my HIV. Camp is a place where I’m able to be free and open about my true self (all of my true self, HIV and all), where I don’t need to hide my feeling and fears from those who I value in my life. It’s a place that creates hope and courage for our next generation and the generation after that and a starting point to which we fight against stigma and fear of telling those we care about because of the fear of what their reactions would be”.

Camp leaders and key workers also benefited from camp, acquiring new skills and improving competencies that will support their personal and professional aspirations.

Last year, CHIVA collaborated with young people living with HIV in the production of a short film that depicts their experiences living with HIV and the various challenges they are facing. This short-cut remains highly relevant to the lives of those who attended F2B2019 and is worth mentioning again. The video can be accessed via the following link: Life Growing Up
3.2. Recommendations

Based on the evaluation outcomes, and feedback from young people and voluntary staff, the following recommendations may be considered by the project team to inform the planning and implementation of F2B2020:

- **Location and resources**
  - Improving the choice of camp venue based on a set of criteria that include:
    - Sufficient indoor and outdoor spaces to accommodate daily activities
    - Accessibility to people with limited mobility and other disabilities
  - Improving the quality, quantity and variety of food served as well as respecting dietary requirements
  - Improving camp facilities standards e.g. showers, beds, similar to the those found during F2B2016

- **Programme content and delivery methods**
  - Increasing the number of activities available
  - Avoiding repetitive content of the workshops for those who attended camp in previous years or,
  - Delivering workshops adapted to young people’s level of knowledge based on initial assessment and previous attendance
  - Breaking down the duration of the workshops to ensure young people’s participation

- **Staff training and preparedness**
  - Allowing sufficient training time to cover all aspects of camp and improving volunteers’ readiness to support and supervise young people
  - Providing sufficient training on safeguarding, how to support young people’s engagement, communication and management of challenging behaviours with clear pathways
  - Improving the clarity of volunteers’ roles, responsibilities and expectations during camp, including the constant presence and supervision of young people
  - Supporting cohesiveness amongst teams and work in collaboration by ensuring all key workers and camp leaders attend training and meet fellow volunteers
  - Ensuring regular briefings and team meeting during camp

- **Participants learning experience and well-being**
  - Improving HIV knowledge and networking via the delivery of additional educational sessions and CHIVA events specific to young people through the year
  - Provide a counselling service for those who require additional support following the workshops or being at camp
  - Develop ways to assess young people’s interpretation and understanding of information provided on HIV and related issues
  - Allowing the end-of-camp party to run a bit later
This camp has given me the chance to be myself and enjoy my HIV experience. I now feel more confident about talking about my HIV experience.

I have become more open and honest with my peers and family. It has helped me to express my feelings more. I feel that I am more in control of my life and that I am capable of managing my HIV.

I have been able to meet new people who are also living with HIV. It has been great to share my experiences and to learn from others.

I have been able to express my feelings more openly and to be more honest with myself.

I have also been able to express my feelings to my family and friends. It has been great to share my experiences and to learn from others.

I have been able to express my feelings more openly and to be more honest with myself.

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I have been able to express my feelings more openly and to be more honest with myself.
Appendix 1: Pre-camp questionnaire

CAMP 2019 QUIZ
PART ONE

What is your date of birth? __________________________________________________________

This quiz asks you questions about you and about HIV. It will help CHIVA understand what difference Camp makes to people at Camp. Everyone’s answers will be put together and we will see what people learnt at Camp. We will not tell people what specific people answer. Please answer questions honestly and give your own views. Do not worry about spelling or getting an answer right: we just want your views. If any questions are unclear ask a Key Worker or Camp Leader.

1. Are you a member of a group where other young people with HIV meet together regularly?
   YES         UNSURE         NO

2. Have you come to the CHIVA F2B camp before?
   NO         YES, once         YES, twice         YES, 3 times or more         UNSURE

3. If you have come to camp before, did you stay in touch with people you met here?
   YES,         UNSURE         NO

4. What does HIV stand for?

5. What are three ways HIV can be passed from one person to another person?

6. Do you know what white blood cells (also called CD4 Cells) do?
   YES,         UNSURE         NO

What do you think it means?

7. Do you know what **undetectable viral load** means?
   YES,         UNSURE         NO

What do you think it means?

8. Do you know what **U=U** means?
   YES,         UNSURE         NO

What do you think it means?

True or False:
Next to each statement circle whether this is TRUE or FALSE or you DON’T KNOW

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<thead>
<tr>
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<tbody>
<tr>
<td>9. HIV medicine helps make HIV go to sleep and stops it from making copies of itself. This keeps the amount of HIV in your body low.</td>
<td>True</td>
<td>False</td>
</tr>
<tr>
<td>10. If you have a <strong>high viral load</strong> this means your medicine is working.</td>
<td>True</td>
<td>False</td>
</tr>
<tr>
<td>11. A <strong>very low amount of HIV virus in your body</strong> means that your immune system can stay strong.</td>
<td>True</td>
<td>False</td>
</tr>
<tr>
<td>12. If you have a <strong>very low amount of white blood cells (also called CD4 cells)</strong> this means your medicine is working very well.</td>
<td>True</td>
<td>False</td>
</tr>
<tr>
<td>13. If you have a <strong>high amount of white blood cells (also called CD4 cells)</strong> your immune system is strong, and you can fight off every day virus like colds.</td>
<td>True</td>
<td>False</td>
</tr>
<tr>
<td>14. If you are living with HIV you <strong>cannot</strong> become a doctor</td>
<td>True</td>
<td>False</td>
</tr>
<tr>
<td>15. If you are living with HIV you <strong>can</strong> become a dentist</td>
<td>True</td>
<td>False</td>
</tr>
<tr>
<td>16. There is legal protection for people who live with HIV to protect them against discrimination because of they have the HIV virus.</td>
<td>True</td>
<td>False</td>
</tr>
</tbody>
</table>

Do you talk about HIV with friends / other people outside of your family?

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<tbody>
<tr>
<td>17. If yes, how often do you talk about HIV with friends / other people outside of your family?</td>
<td>MOST WEEKS</td>
<td>ONCE A MONTH</td>
</tr>
<tr>
<td>18. How comfortable do you feel talking about HIV?</td>
<td>EXTREMELY</td>
<td>VERY</td>
</tr>
<tr>
<td>19. Does having HIV make you feel worried or sad?</td>
<td>Most days</td>
<td>not every day but most weeks</td>
</tr>
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</table>

Thank You
Appendix 2: Post-camp questionnaire

This quiz asks you questions about HIV and get your feedback on Camp. It will help CHIVA understand what difference Camp makes to people at Camp. Everyone’s answers will be put together and we will see what people learnt at Camp. We will not tell people what specific people answer. Please answer questions honestly and give your own views. Do not worry about spelling or getting an answer right: we just want your views. If any questions are unclear ask a Key Worker or Camp Leader.

What is your date of birth?

| 1. | What three things did you like most about F2B Camp 2019? |
| 2. | What three things did you least like about F2B Camp 2019? |
| 3. | Do you plan to keep in touch with other people you met at F2B this year? |
| 4. | What does HIV stand for? |
| 5. | What are three ways HIV can be passed from one person to another person? |
| 6. | Do you know what **white bloods cells (also called CD4 Cells)** do? |
| 7. | Do you know what **undetectable viral load** means? |
| 8. | Do you know what **U=U** means? |
| 9. | HIV medicine helps make HIV go to sleep and stops it from making copies of itself. This keeps the amount of HIV in your body low. |
| 10. | If you have a high viral load this means your medicine is working. |
| 11. | A very low amount of HIV virus in your body means that your immune system can stay strong. |
| 12. | If you have a very low amount of white blood cells (also called CD4 cells) this means your medicine is working very well. |
| 13. | If you have a high amount of white blood cells (also called CD4 cells) your immune system is strong, and you can fight off every day virus like colds. |
| 14. | If you are living with HIV you **cannot** become a doctor |
| 15. | If you are living with HIV you **can** become a dentist |
| 16. | There is legal protection for people who live with HIV to protect them against discrimination because of they have the HIV virus. |

<table>
<thead>
<tr>
<th>True</th>
<th>False</th>
<th>Don’t Know</th>
</tr>
</thead>
<tbody>
<tr>
<td>Next to each statement circle whether this is TRUE or FALSE or you DON’T KNOW</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| 17. | What have you learnt about yourself at F2B 2018? |
| 18. | How important was it for you to be around other young people at F2B who also have HIV? |
| 19. | How important was it for you to be around other adults at F2B who also have HIV? |
| 20. | How comfortable did you feel talking about HIV? |
| 21. | Has being at camp made you feel differently about your HIV? |
| 22. | Please finish off the following: For me, being at F2B has meant……. |
| 23. | What do you think the people planning F2B for next year should think about: |

Thank you for filling in our Quiz

If you have any questions about our Quiz then ask your Key Worker or a member of staff.
Appendix 3: Workshop Feedback Form

CAMP 2019 WORKSHOP FEEDBACK

We want hear what you think of each workshop you attend. Please be HONEST, there is no way for us to know who says what.

What is your date of birth?
________________________________________________________________________

1. Write one thing you learnt in this workshop:

2. What did you like about it?

3. Write one thing you didn’t like OR would change for next time.

4. How useful did you find this workshop?
   EXTREMELY    VERY    MODERATELY    SLIGHTLY    NOT AT ALL    UNSURE

5. How comfortable did you feel talking about HIV in the workshop?
   EXTREMELY    VERY    MODERATELY    SLIGHTLY    NOT AT ALL    UNSURE