



Virtual Freedom 2 Be 2020 Evaluation



37

participants

70% participants female
54% aged 15 and over

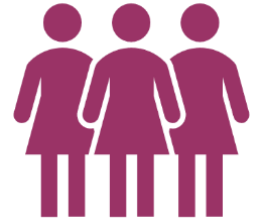


2 in 5 attended ten or more workshops



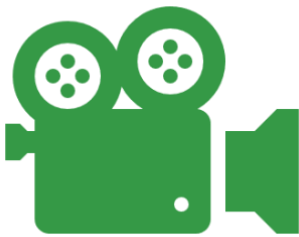
26.5 hours
of
workshops

... with 12
participants
on average
per workshop



82%

found Wellbeing and
Knowledge is Power
workshops extremely or
very useful.



20 videos
featuring
16 guests...

3.5 hours of
unique
video
content



86%



felt comfortable talking
about HIV at vF2B



785 views on
YouTube &
Instagram

9 in 10 found it important
to be around other young
people at vF2B who also
living with HIV



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1. Introduction

Freedom 2 Be is a support camp for young people living with HIV in the UK and the Republic of Ireland delivered by the Children's HIV Association (CHIVA). This report presents the findings of the evaluation and highlights the lessons learned and recommendations that will inform the design and implementation of future inline activity.

2. Background and rationale for F2B

From 2010-19, Freedom 2 Be has been a five day residential support camp for young people living with HIV. Each year the Camp has brought together between 80-110 11 - 16 year-olds living with HIV and aware of their status.

F2B is a unique psychosocial intervention for young people living with HIV and has been the largest annual gathering of these young people in the UK. A key rationale for the event is to create a safe space where young people living with HIV can be open about their status without judgement or fear. Creating this space can then support development of supportive positive peer relationship; spaces for learning about living well with HIV and more broadly raise aspirations.

Goals of F2B

- Reduce social isolation & build community
- Increase HIV knowledge
- Enhance wellbeing
- Enhance confidence and aspiration for the future

At each Camp, the participants engage in a range of activities:

- Knowledge building workshops: which seek to enhance knowledge of living well with HIV ranging from medical topics through to rights and challenging self-stigma
- Group gatherings: opening, closing and daily group events which provide logistical information but also seek to foster community reinforce learning and reflection
- Outdoor activities: like rock climbing and rope courses which promote teamwork, resilience and confidence
- Creative expression workshops: such as music, art, poetry which help young people to express and share their views and perspectives, in particular around the experience of growing up with HIV.
- Sexual health workshops: age and gender specific workshops which build knowledge and raise awareness of key sexual health issues such as STIs, reproduction, consent and safer relationships
- Purposeful wellbeing enhancing activities: giving participants the opportunity to gain skills in relaxation and self-care through taking part in yoga, mindfulness and massage
- Informal socialising: purposefully trying to seed peer support through informal time following semi-structured reflective activities. Participants share age and gender grouped bedrooms and age banded key worker groups.

3. About vF2B 2020

Background

Following the outbreak of the COVID-19 pandemic in the UK and the introduction of legal restrictions on gatherings, in April 2020 the staff and Trustees of CHIVA cancelled the 2020

residential camp. At the point of decision, it was unclear whether a residential gathering would be legal. Beyond this, it was assessed that even if legal restrictions were to be relaxed, it would not be possible to provide a safe space for participants, staff and volunteers which minimised the risk of COVID-19 transmission; especially by mixing young people from different parts of the UK. It was recognised that a small number of young people living with HIV may be immunocompromised, may themselves have other significant health conditions raising risks of COVID-19 infection and/or also living with clinically extremely vulnerable people. In addition, staff in many of the clinics working with young people living with HIV had been redeployed to work on the COVID-19 responses which would make recruitment to Camp very challenging.

CHIVA moved rapidly to meet the emerging and changing needs of young people living with HIV who has been affected by the pandemic. Weekly evening virtual workshops began to be delivered and a rapid response hardship support provided to families facing food or fuel poverty and other risks

Conceptualisation of vF2B

In June 2020, CHIVA decided to progress with an alternative Freedom 2 Be provision for young people living with HIV. This would build on the lessons learnt from the ongoing virtual workshop programme and ensure that as many eligible young people as possible received some HIV specific support during this challenging time. Early thinking hoped to include some forms of smaller regional physical meetings – such as a picnic in the park – but this was soon dismissed due to both staff capacity and lack of clarity (then) as to likely legal restrictions on a COVID secure group meeting.

The overarching aim was to meet the same outcomes and similar activities as the previous F2B Camps as outlined above.

Following initial soundings with staff, a concept note with options for delivery was developed. for this to be delivered virtually by a mix of live interactive workshops, videos and social media content/suggested activities. Previous feedback from the CHIVA Youth Committee influenced the programme design and two further focus group consultations were undertaken with approximately six young people known to the organisation. This coalesced into a detailed project plan of activities and tasks. Following feedback from the CHIVA Youth Committee the theme of Heroes was adopted for the Camp. This was seen to encapsulate overcoming the challenges of COVID-19 physical distancing and lockdown and be a positive narrative of resilience and being a self-starter.

Given the specific safeguarding risks of working online new digital safeguarding guidelines were developed and shared with all staff. A risk assessment focussed on potential for harm to participants and volunteers was also developed and shared with staff. Only CHIVA staff were permitted to have individual contact with young people online.

Staffing

A small staff team planned and delivered Camp. The freelance project manager who has worked on Freedom 2 Be Camp in all the years CHIVA has run this project led the conceptualisation and overall management of the project. Core staff led liaison with facilitators; designing workshop content; liaison and support to with volunteers; support and access requirements to participants and the technical and social media delivery.

Volunteers

Approximately Ten volunteers are recruited to support the workshop delivery; all of whom had been Key Worker volunteers at a previous physical Camp. As such they reflect a broad mix of background and included nurses, social workers, teachers, youth workers and those engaged in research. Many are living with HIV themselves and a number are young adults who have previously attended camp as participants.

At vF2B the volunteer role was to monitor participants on camera ensuring they were following the Code of Conduct; stimulate and engage in chat and answer questions from Facilitators. In some workshops they would lead small group discussions under direction of the facilitator. 1-3 volunteers would attend each session.

A briefing session explained the programme and expectations of the role; briefed them on expected issues arising for the group due to COVID; reminded them about key safeguarding issues and gave additional training about safer working online.

Camp Leaders

At previous physical camps a team of young adults (18-24 years old) living with HIV, known as Camp Leaders, are trained and supported to offer peer support and aid delivery of Camp logistics. Recruitment of the group had continued alongside the initial lockdown.

At vF2B the recruited Camp Leaders were offered to participate in vF2B. Ten agreed to participate. However, given the risks of unsupervised contact online, their role was primarily to assist in workshops by recording what is happening in the session and to share this on social media. In addition, it was hoped that they would model appropriate behaviour and support volunteers and staff with delivery. Approximately four actively participated in activities.

Camp Leaders had tailored briefing sessions which helped to orientate them to the role and explore their specific support needs and the potential impacts of engaging in a peer support role on their emotional wellbeing and physical health.

Young peoples' recruitment

Young people who had already registered in advance for the planned physical F2B Camp were approached to participate in vF2B via an online sign up form. In addition, the wider CHIVA network and HIV clinical contacts were asked to encourage young people to apply directly or for their families or clinical team to apply on their behalf. The CHIVA social media accounts included details of the event and short videos from volunteers on the theme of Heroes.

Before the event, each registered participant or their parent/guardian spoke to a member of CHIVA staff to discuss any access or support needs. For some participants arrangements were put in place to aide access including receiving iPads from CHIVA. Each participant received a booklet with Programme details, guidance on accessing online events and a Code of Conduct. They also received a pack of art materials to assist in participation with the art workshops and enrichment activities.

Programme and delivery

The programme was delivered through three distinct elements. A detailed programme is included in [Annex A](#). Participants received daily text messages and emails with reminders to attend and links to online content.

- *Videos*

All videos were posted daily on the CHIVA website, YouTube and Instagram (where possible).

Content included:

- Daily update 5 x ~4 minute videos which introduced activities for that day and promoted engagement.
- 'Message to my younger self': 7 x ~5 minute videos featuring a young person living with HIV sharing their experiences and views on the theme of a message they would give to their younger self.
- 'Spotlight on...' 8 x ~30 minute videos each interviewing doctors, parents and activists sharing their experiences and testimony on a specific theme (eg. U=U, medication, family life).

- *Workshops*

Interactive, live sessions delivered on Zoom. These were led by CHIVA staff and/or external facilitators. All sessions were attended by two CHIVA team members – one leading on the technical support and one leading supervision and any arising pastoral support needs. All sessions (except the Co-Watch) included volunteers and Camp Leaders.

Sessions included:

- Whole Camp Welcome: Thursday before camp which welcomed all staff, participants and volunteers to the event.
- Creative Zone: Workshops with activities to develop reflection and expression on living with HIV and the theme of Heroes. This included three music, three drama and two art workshops.
- Knowledge is Power: Intentional knowledge building sessions about living well with HIV.
- Spotlight on... Co-watch: Daily interactive workshops where Camp participants watch that days' Spotlight on... video and discussion
- The well-being drop-in: Facilitated space for young people to share experiences of camp with peers and seek professional support on issues relating to living well with HIV, including a daily guided self-care activity.
- Whole Camp Close & Final Night Party: Fun 'close' of Camp followed by a live stream DJ set and quizzes/games

- *Enrichment activities and social media*

All registered participants were posted an 'Art Pack' with a plain Superhero mask to decorate, pens and craft materials. They were regularly invited to participate in a wider range of enrichment activities, competitions and engagement activities.

This included:

- Create a Hero mask: and submit a selfie of wearing their mask

- Define your own superhero: participants were invited to write, draw, paint or collage on the themes of Heroes.
- Session Superhero: Facilitators and CHIVA staff nominated one of more young people as ‘session superheroes’ where they demonstrated knowledge, effort or support to peers.
- Regular posting on Twitter, Instagram and Facebook of some of the key themes from the workshops.

4. About this evaluation

The purpose of this evaluation is to:

- Measure engagement with virtual camp
- Record the activities delivered and outputs produced through the event
- Assess to what degree the aims of F2B were achieved for participants
- What lessons are to be learnt for future activity.

A variety of data collections methods inform the evaluation:

- Registration information: completed by parents and carers or clinical team working with the participant. This includes basic demographic details.
- Analysis of attendance: a register of attendance at each session was taken by CHIVA staff. This was analysed to look for trends in frequency of attendance by gender and age.
- Participants anonymous survey: participants were requested to complete a survey on their experience of vF2B. This online survey was distributed to all registered participants to complete during the final night closing event with two text message reminders. In total 29 participants completed the survey and from responses this is likely to all be from the 37 who attended any live sessions.
- Post-Camp participants interviews: a small selection of interviews were undertaken with registered participants. This included those (a) who were known to CHIVA by attending previous activities and attended multiple sessions (3); (b) those for who it was their first CHIVA activity and attended multiple sessions (2) and (c) those known to CHIVA but who did not attend (2). Attempts were made to speak with those registered who it was their first CHIVA activity but did not attend a session however they did not return calls.
- Volunteers anonymous survey: volunteer camp leaders and key workers were invited to reflect on their impressions of the event, the support they received throughout camp and recommendations they might have to improve F2B in the following years. This was distributed to volunteers via email after the event. Some caution should be taken as there was a low response rate, especially amongst Camp Leaders.
- Analysis of end of workshop polls: some workshops included end of session polls completed by Camp participants via zoom. These have been consolidated and analysed for trends. Some workshops also collated “chats” where key quotes are taken and included. ¹
- Analysis of workshop outputs and sessions reflections: after each session, staff produced a short report which recorded numbers attending, any significant trends in discussion, key questions

¹ Note, not all workshops completed polls. Data is presented for the Knowledge is Power series as this has the most complete data set.

asked by participants and any lessons learnt. In total over 3000 words of reflective content was produced and lightly thematically coded.

- Analysis of social media analytics: further assessment of social media channels and assets based on analytics report produced by staff. Analysis was shared for CHIVA twitter accounts.

5. vF2B participants

VF2B had sixty young people registered to attend. Over one third of those registered (n=23, 38%) did not attend any sessions. In total 37 young people participated in any Camp sessions. As with all previous camps, a significant majority of attending participants were female. Likewise, as with previous camps, more than 50% of the participants were aged fifteen and over. Registered female participants were more likely to attend than registered male participants.

Fig 1: Registered and attending participants by gender and age

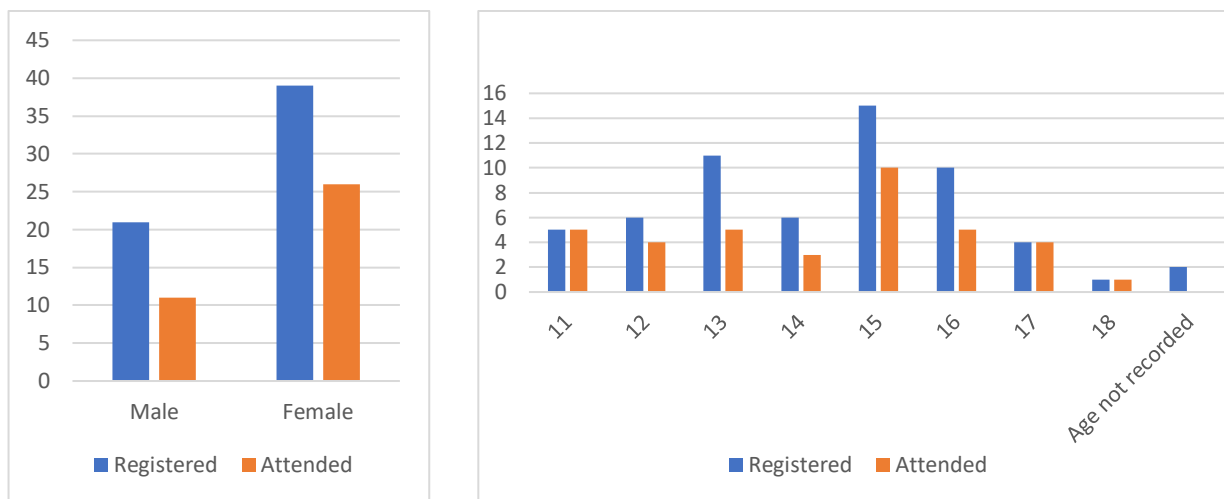


Table 1: Registered and attending participants by gender and age

	Registered		Attended	
	n	%	N	%
By Gender				
Male	21	35%	11	30%
Female	39	65%	26	70%
Total	60	100%	37	100%
By Age				
11	5	8%	5	14%
12	6	10%	4	11%
13	11	18%	5	14%
14	6	10%	3	8%
15	15	25%	10	27%
16	10	17%	5	14%
17	4	7%	4	11%

18	1	2%	1	3%
Age not recorded	2	3%	0	0%
Total	60	100%	37	100%

N=60, CHIVA Register. Totals over 100% due to rounding.

Telephone interviews after Camp between those who registered and attended or those registered and did not attend showed that the former had a stronger personal commitment to the event on their own terms whilst the latter were initially interested due to direction from parents or clinicians. The former had stronger engagement with CHIVA and/or experience of previous physical Camps.

Illustrative quotes as to why people registered for Camp	
Active attendees	Registered but not attended
<p>“It seemed like something new and I wanted to go to camp but obvs couldn’t go.”</p> <p>“To get to know more stuff and know people’s views too.”</p> <p>“Just wanted to feel the experience; as Camp really changed me. I wanted to go to as it’s what made me who I am.”</p>	<p>“I always wanted to go Camping. I heard about it before as I wanted to go last year but I was too young. The Drs and my Mum encouraged me”</p> <p>“I was in hospital and the GP told me about it. I wanted to meet lots of young people like me”.</p>
Extracts follow up phone calls with participants	

For those who attended there was significant variance in the frequency of their participation. Of those who attended, nearly 1 in 5 (19%) only attended one live session run during the event. However, nearly 2 in 5 (38%) registered ten or more sessions. Young women were far more likely to attend multiple sessions than young men.

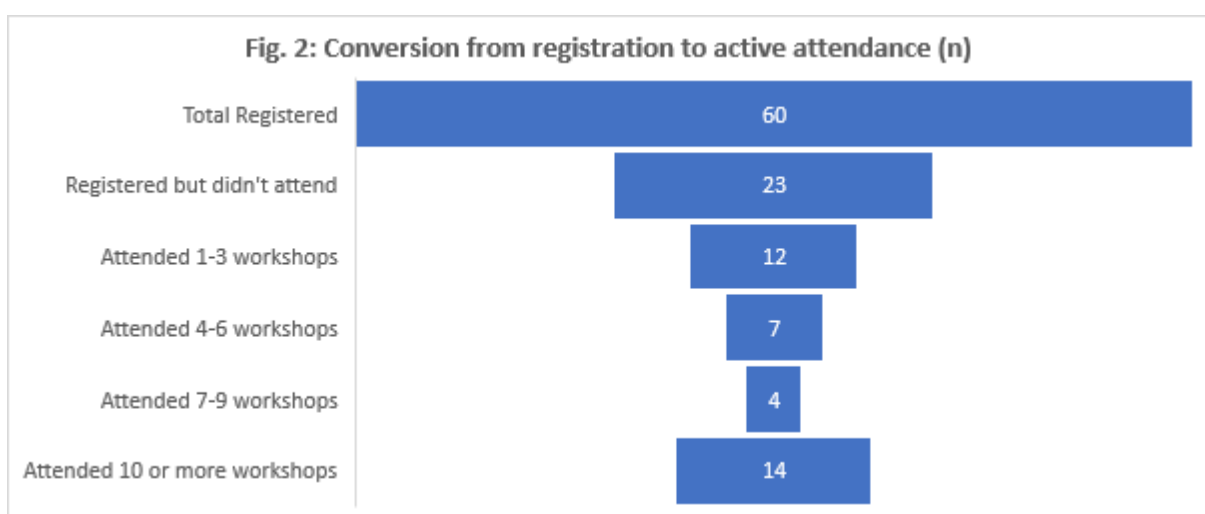


Table 2: Attending participants by frequency of attendance by gender and age

	Attended 1-3	Attended 4-6	Attended 7-9	Attended 10 or more	TOTAL
By gender					
Male	4	3	1	3	11
Female	8	4	3	11	26
Total	12	7	4	14	37
By age					
11	2	1	1	1	5
12	2	1	0	1	4
13	1	1	1	2	5
14	0	0	0	3	3
15	3	2	1	4	10
16	4	1	0	0	5
17	0	1	1	2	4
18	0	0	0	1	1
Total	12	7	4	14	37
N=37/60, CHIVA Register					

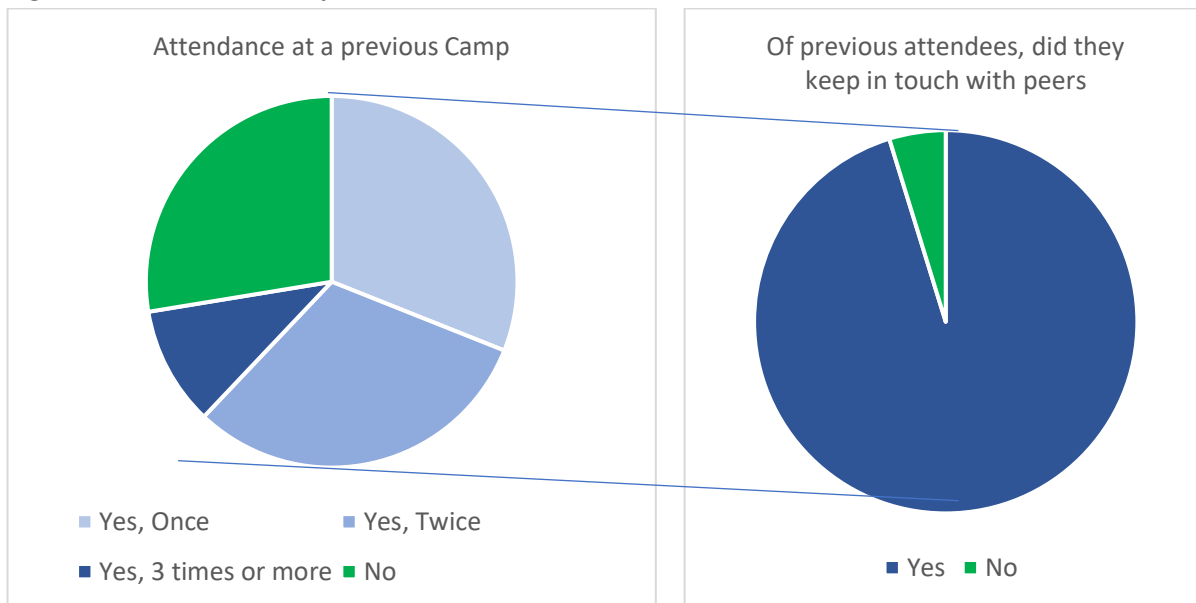
Participation in sessions varied by both day of the week and type of session. On average there were 12 participants in each session. The most consistently attended session was Art, followed by Drama and the Knowledge is Power sessions. The least consistently well attended session was the CoWatch. Attendance did not appear to be affected by the day of the week but there were in general fewer participants the later the session.

Table 3: Attendance in each workshop by day and averages

Session	Art	Drama	Music	KiP	CoWatch	Wellbeing	Average
Times	3:30 – 4:30	2:30 – 3:30	3:30 – 4:30	5:30 – 6:30	6:30 – 7:30	7:30 – 8:30	
Monday		16	12	10	3	7	9.6
Tue	16			16	11	11	13.5
Wed		12	12	11	3	9	9.4
Thurs	17			16	5	13	12.8
Fri		15	10	11	5	10	10.2
Average total	16.5	14.3	11.3	12.8	5.4	10.0	
N=37/60, CHIVA Register							

Of the those who completed the evaluation form, we also see trends in previous attended in Camp. 72% (n=21) of respondents have previously attended an F2B Camp. Of these, 20 stated that they stay in touch with the people they have met at Camp.

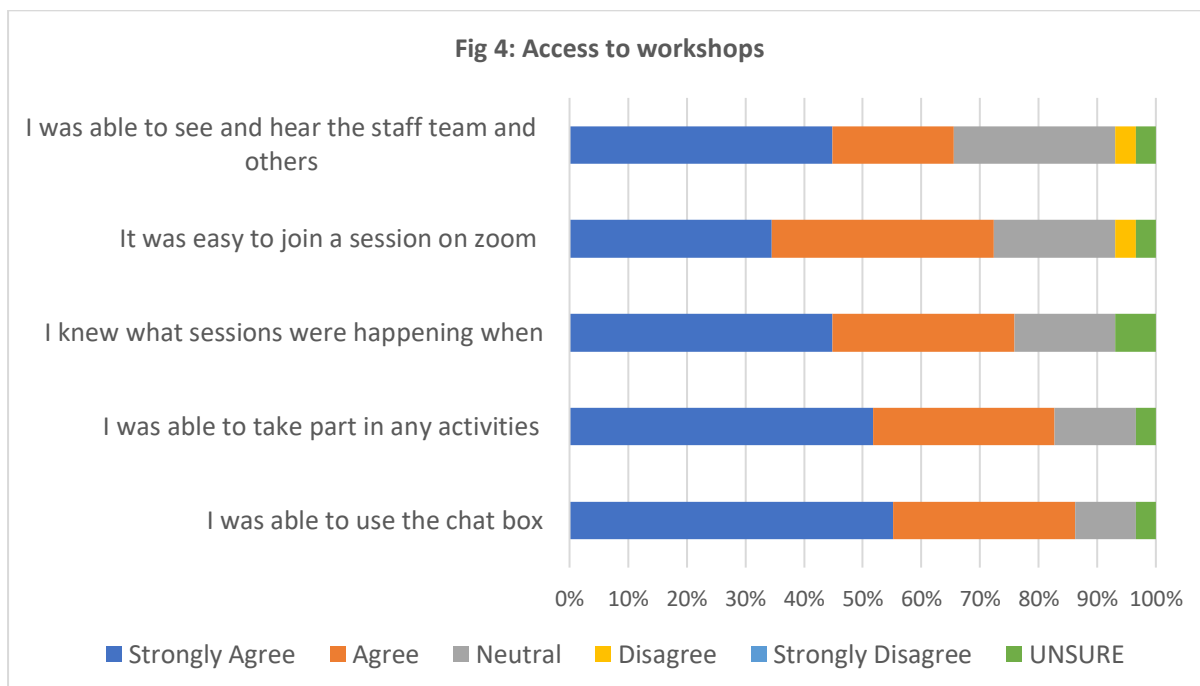
Fig 3: vF2B attendance at previous F2B events



6. Workshops

Access to workshops

A key concern ahead of camp was to what degree were participants able to access the online workshops. On average across a range of measures 77% agreed or strongly agreed that they could access the workshops. Respondents stated that the most significant barriers faced were joining the session on zoom and being able to see and hear others.



Some caution must be taken by these results though as inherently evaluation respondents are likely to have experienced fewer barriers than non-attendees and non-respondents.

Illustrative quotes from participants about accessing workshops		
<i>"It was confusing at first but was fine after I figuring it out"</i>	<i>"It was ok. A you had to follow the links and sometimes it was slow. Sometimes it would kick you out but it was clear. It was easier from a laptop. "</i>	<i>"It was quite easy to access. I liked it cos It was just there for everyone to join. So, yeah - no problems. "</i>
<i>"It was easy. That was all ok"</i>		<i>"It was okay for me. No problems with links. "</i>
Extracts from participants evaluation form and follow up phone calls with participants		

Workshop content

Each workshop was led by facilitator; either a freelance consultant or CHIVA staff member. A member of the CHIVA team would be the Host for session with

Whole Camp Welcome

Format: 1 x 60 minute workshop on Zoom

Attendance: 29 participants

An interactive workshop the Thursday before camp which welcomed all staff, participants and volunteers to the event. The sessions included explanation as to why Camp is important, testimonies of previous attendees, explanation of the programme and Code of Conduct alongside musical performances. Included was a small group discussion about Heroes.

Creative Zone Workshops

Format: 2 x 60 minute workshops on Zoom

Avg. Attendance: Art – 16.5 participants; Drama – 14.33; Music - 11.33

Daily interactive workshops with activities to develop reflection and expression on living with HIV and the theme of Heroes. This included three music, three drama and two art workshops. A CHIVA Staff member in attendance to deal with any specific HIV queries. All registered participants were posted an 'Art Pack' with a plain Superhero mask to decorate, pens and craft materials.

Knowledge is Power Workshops

Format: 5 x 60 minute workshops on Zoom

Avg. Attendance: 12.8 participants

Daily interactive workshops on a key area of knowledge or learning about living well with HIV. Led by an external facilitator, each session included recap of previous learning, explanation of a topic, games and small group discussions.

Sessions delivered included:

- HIV the basics
- Sexual health, consent, relationships
- Talking about HIV
- Know your rights
- The Great Debate

Spotlight on... Co-watch

Format: 5 x 60 minute workshops on Zoom

Avg. Attendance: 5.4 participants

Daily interactive workshops where Camp participants watch that days Spotlight on... video and then discuss the theme and ask any questions with Bakita and CHIVA staff.

The well-being drop-in

Format: 5 x 60 minute workshops on Zoom

Avg. Attendance: 10 participants

Daily interactive facilitated space for young people to seek peer and professional support on issues relating to living well with HIV. The sessions included guest speakers with wellbeing tips and small group discussions with volunteers and peers.

Whole Camp Close & Final Night Party

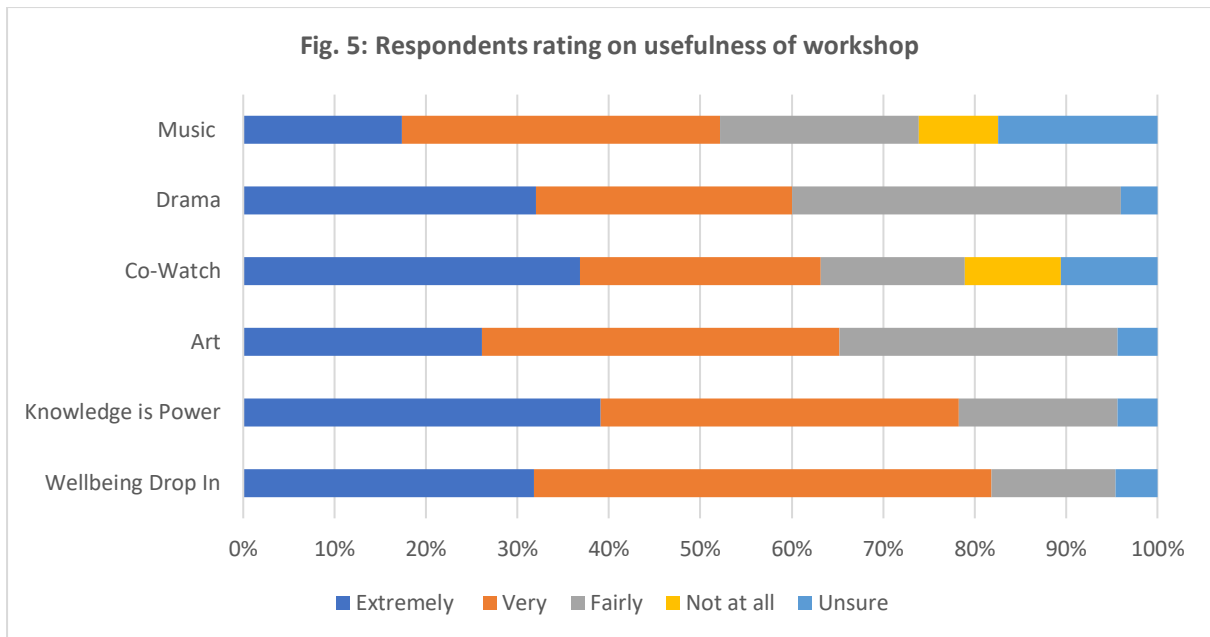
Attendance: 20 participants

An interactive workshop on the final night of Camp which enabled staff, participants and volunteers to come together for reflection and celebration. The sessions included a reminder of what was achieved during the week; performances and feedback from the creative workshops; showing of a compilation of the Message to...videos and awarding competition winners. Following the closing discussion, a live stream of music was held with participants requesting music and chatting to each other in a lightly supervised space. A parallel virtual games room included Quizzes and games

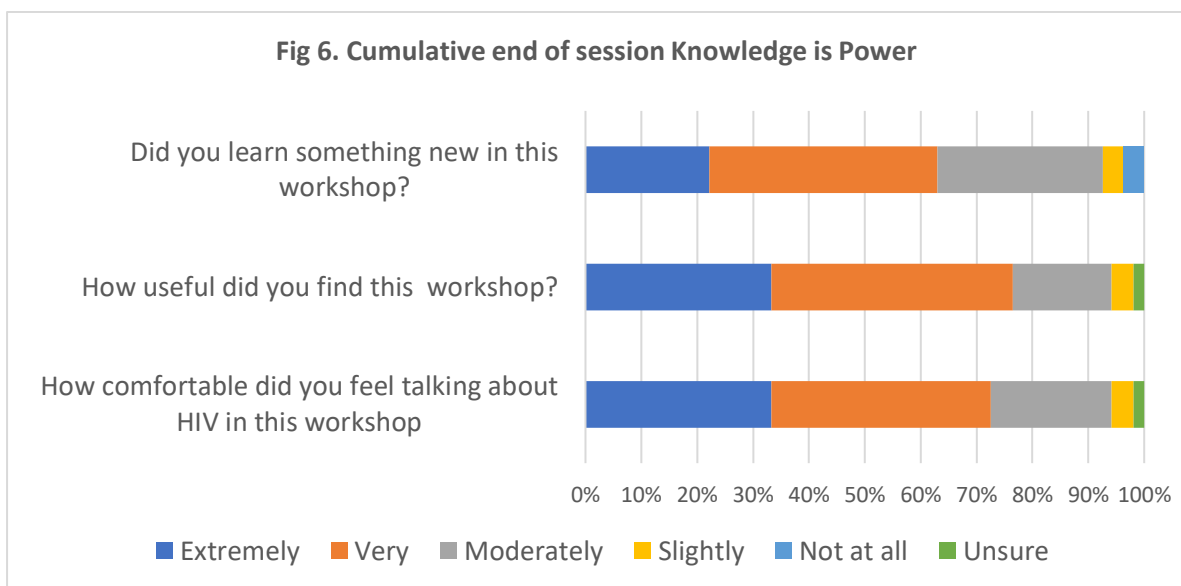
Participants feedback on workshops

Of those who had attended a workshop, on average of 67% found the workshops extremely or very useful. Just 3% stated that they were not at all useful.

Knowledge based workshops which had specific HIV related outcomes scored particularly highly with 82% of respondents stating that the Wellbeing and Knowledge is Power workshops were respectively extremely or very useful.



Furthermore, analysis of all of the end of the session ‘quick feedback’ polls undertaken in the Knowledge is Power workshops shows participants have a high proportion of participants stating they had learnt something new in this workshop (63% agreeing ‘extremely or very’); 76% stating at the end of the session it was extremely or very useful and 73% stating they felt ‘extremely or very’ comfortable talking about HIV.



In sessions participants were regularly asked to repeat back what they had learnt back in the session. This was primarily a pedagogical technique used by facilitators to embed knowledge and check understanding. Overall, there were very few inaccuracies in knowledge; the only repeated inaccurate reflection back being whether cd4 cells and viral loads should be High or Low. The repetition of these statements allowed staff and volunteers to gently correct whilst also allowing others to explain why.

Illustrative quotes as to participants knowledge		
<i>"I meant [sic] the difference between cd4 cell and cd4 count"</i>	<i>"I have learnt that what U=U means and what adherence means"</i>	
<i>"I've learnt that discrimination against people with disabilities and health problems is illegal"</i>		
<i>"I learnt that the equality act law protects people living with HIV or other disabilities "</i>	<i>"I learnt what stigma means"</i>	<i>"Not everyone is as updated in information as us "</i>
Extracts from participants at end of Knowledge is Power session zoom chats as to what they learnt		

Staff and volunteer perceptions of engagement

The session recording sheets by staff and the volunteer feedback survey show very positive perceptions of participants engagement in activities.

- *Active engagement of participants*

Almost universally the staff and volunteers stated that the participants were actively engaged, asking multiple questions and were seemingly engaged in activities. Whilst the number of participants in the workshops varied significantly; the workshop formats appears to be flexible to ensure active engagement.

Illustrative quotes as to engagement and activities		
<i>"Very impressed with the young people's knowledge and what some of their pressing questions/concerns are"</i>	<i>"They were a real credit. Mostly really engaging, and was so lovely to see them again and hear about what vF2B meant to them. Well done CHIVA Team!"</i>	
<i>"Lots of buzz around the drama games, participants seem keen to come back on Wednesday"</i>	<i>"Good engagement - used 2 break out rooms gender split [for sexual health]."</i>	<i>"Feedback about camp - they have managed to simulate the actual camp with friendship groups. Words to sum up camp - weird and fascinating."</i>
<i>"[Participant] made a pointed comment about wanting to move out from her 'crowd' and make new friends. Perhaps something has made her think about her role in her friendship group?"</i>		
Extracts from staff session reflections recording document and volunteer evaluation forms		

- *Participants knowledge on key topics appears to grow*

A core aspect of the programme is to grow knowledge of living well with HIV. Many of the reflections demonstrated that the participants were asking lots of questions and that some highlighted this a unique space for them to ask. For those who attended multiple sessions (approx. half of the group) staff noticed the way that knowledge was scaffolded and reinforced as the week went on effectively.

Illustrative quotes as to participants knowledge	
<i>"u=u 4YP had not heard of u=u. One YP said the most important message about U=U is making yourself healthy. Discussion lead on to thinking how this will change through life and other things about u=u may be more important at different stages of life."</i>	<i>"Good use of chat to respond to questions - eg how many terms have you heard before (CD4, Viral Load, AIDS, HIV etc)...[Participant] gave good def of CD4 cells, 'the more CD4 cells you have the more you can block HIV virus' and also understood viral load correctly."</i>

<i>"Good to allow space for Qs we shortened the activity to give more time for Qs - lots of Qs on Oral Sex from boys and girls. 'Can you get pregnant from swallowing cum?' 'Is HIV transmitted through oral sex?' Some mis understandings around pregnancy from girls"</i>		
<i>"Someone thought you could not join the military / work in a fast food shop like Mcdonalds / be a doctor or midwife if you have HIV. Had good discussion going through and correcting this info... "</i>	<i>"A vol... shared her current experience of... training and how [their employer] knowing about their HIV but no issues with work."</i>	<i>"YP comment ' I got a question I really wanted answered from this session'"</i>
<i>"[In breakout group...] 3 girls who have attended camp before. [Participant] learnt that there is no right time to tell anyone, you just have to feel comfortable. (volunteer) noticed a step forward from last year for all of them."</i>	<i>"Good engagement - works well to do reflection of learning from the sessions across the week so far and checking in ongoing understanding at the beginning. They are demonstrating good retention of knowledge as the week has gone on. More confident description of understanding key terms."</i>	
Extracts from staff session reflections recording document and volunteer evaluation forms		

- *Some concern about length, pace and differentiation of sessions*

The most common challenge noted was a lack of time and issues of differentiation within workshops. Whilst this was a minority of comments and the majority highlighted active engagement; a significant proportion of staff and volunteers reflections stated that some workshops felt very busy, rushed and/or discussions didn't have as much space as ideal. This was especially noted for the structured knowledge based workshops rather than the wellbeing and creative sessions.

Illustrative quotes about timing and pace		
<i>"Time felt too short as participants were well engaged"</i>	<i>"Participants felt rushed in sessions today [When gathering feedback from other sessions...]"</i>	<i>"There was a lot of information covered in the sessions so could be rushed at times"</i>
<i>"I think sessions may have needed an extra 10-15 mins just for everyone to do their introductions and whatever, sometimes the end of the sessions started to feel very rushed and some of the breakout rooms were also very rushed and participants couldn't finish what they were saying. so maybe a bit more time just so it seems less rushed?"</i>	<i>"Workshop was a challenge to manage in small breakout groups with the gender split as I had a group of 15/16 year olds who knew everything but only one 11 year old who needed a lot of support to understand the key terminology etc. This would obviously normally be fine with the [usual age] split, but worth noting for any future sessions like that."</i>	
Extracts from staff session reflections recording document and volunteer evaluation forms		

- *Tech and safeguarding measures were feasible and effective*

For many staff and volunteers the online delivery of Camp was a new or more escalated challenge. Using new digital tools, platforms and working as a team remotely were all noted as novel. It should be noted that the level of experience and 'digital literacy' amongst staff and volunteers varied considerably. Many noted learning new techniques and ways of working.

A key aspect of the safeguarding risk assessment was to ensure that all workshops only included registered participants. This was both to prevent unauthorised access by those with an intent to cause harm but also to protect the confidentiality of the group so they could be free to use names

and show faces without those outside the Camp community becoming aware of the HIV status. Staff would move unknown participants to a breakout room to identify the individual. This worked well with no significant loss of participants. There was no known issue arising and almost always the lack of identification was due to using a new computer/phone or other technical issue. A small instance of participants participating but also engaging with other participants on alternative platforms (eg. HouseParty or WhatsApp) were reported. This posed risks of either imagery or information being shared and breaching confidentiality or cliques excluding others. These risks were however managed well with evidence that they were noted, raised with participants and (seemingly) resolved without significant escalation or concern.

Illustrative quotes as to tech and format		
<i>"Worked well having Tech host switching off camera felt like less adults but we were aware [staff] was on hand with any support"</i>	<i>"...using the chat box for people to write their word or something from the session was super helpful for note taking"</i>	
<i>[Volunteer view on what worked well]</i>		
<i>"The communication, the technical side of things and the fact that we still managed to all work together as a team to create a warm, safe, nurturing environment despite being virtual."</i>		
<i>"At the end of the session [participant] seemed to be on house party on his phone and at one point it was seen in front of the screen - [staff] asked him to remove his phone from the screen and come off it he then turned his camera off."</i>	<i>"Good engagement - reminded them of not being on social media with others in group (or outside) while in the meeting. "</i>	<i>"We began with a reminder of the rules in terms of video and filming of the screen and during the session no concerned were raised as to filming and all seemed engaged."</i>
Extracts from staff session reflections recording document and volunteer evaluation forms		

7. Videos

vF2B was planned with the assumption that there would be a limit as to participants live engagement in workshops. The aim was to create some 'non-linear' activities which participants can engage in at their own time. At the core of this was a series of specifically created videos. All videos were uploaded to the CHIVA website and promoted across CHIVA social media (YouTube, Twitter and Instagram). All registered participants – or their parents or carer depending on which contact details were submitted – were sent daily text and email updates with links to the videos.

In total over 20 individual videos were produced with a continuous run time of 3.5 hours (210 minutes). In total 785 views of the videos produced took place within a week of their launch. ² Specially created intros and credits were produced for the videos.

Daily update

Format: 5 x ~4 minute videos (total run: 20 mins)

² Figures on views combine YouTube and Instagram figures. The videos on the CHIVA website is captured by the YouTube figures.

Total viewing: 240 times
Avg. views: 52 views per video

Filmed daily, the short video was co-hosted by CHIVA staff and a young adult who is open about living with HIV and previous camp participant when younger. The short, upbeat video included shows highlights from the previous days discussions an overview of what is coming up that day; and promoted engagement in enrichment activity.

Message to my younger self

Format: 7 x ~5 minute videos (total run: 25 minutes)
Total viewing: 287 times
Avg. views: 41 views per video

Filmed in advance but released daily; each video featured a young person living with HIV who is open about their status openly. Talking directly to camera, the interviewees share their experiences and views on the theme of a message they would give to their younger self. Three participants are from the UK with others featured from Argentina, USA, Nigeria and the Philippines. Videos included the perspective of young men and women, a trans man and a deaf person.

Spotlight on...

Format: 8 x ~30 minute videos (total run: 165 minutes)
Total viewing: 240 times
Avg. views: 30 views per video

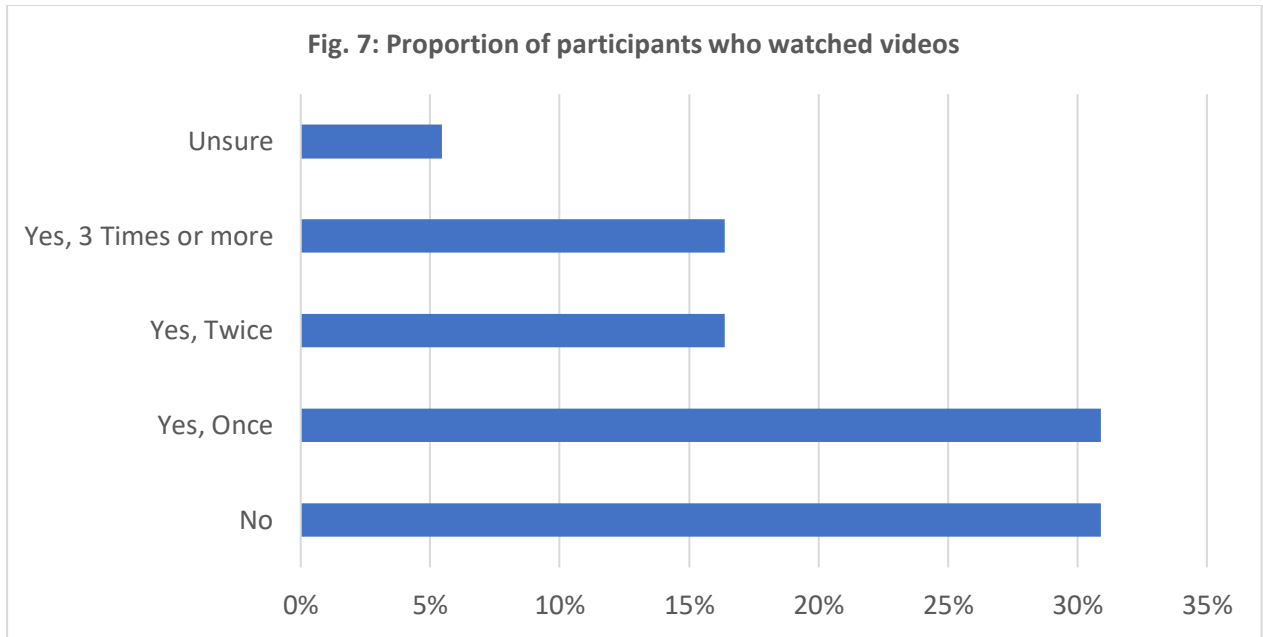
Filmed in advance but released daily; each video featured a CHIVA associate who is also a researcher and writer interviewing doctors, parents and activists. They share their knowledge, experiences and testimony on the theme.

Videos produced include:

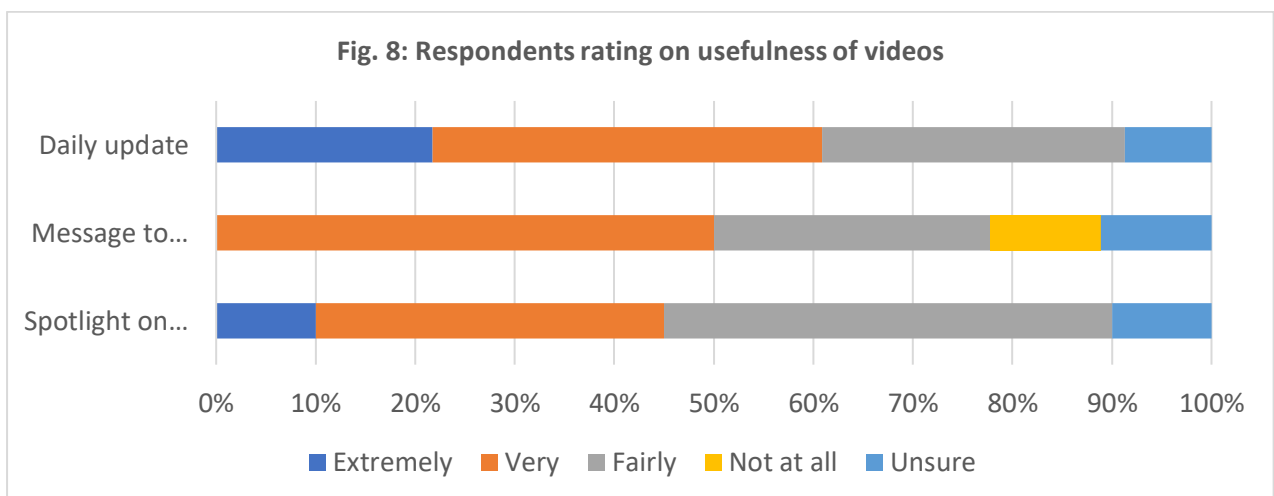
- HIV medicine (present and future): featuring interviews with Dr Caroline Foster (Consultant in Adolescent HIV and Infectious Diseases at Imperial College Healthcare NHS Trust) & Dr Sarah Fidler (Professor of HIV medicine at Imperial College London and an honorary Consultant Physician in HIV at St Mary's Hospital). The session focusses on the latest developments in HIV treatment and vaccines.
- Being a parent with HIV with Fungai Murau, about her advocacy work, being a mum with HIV and tips she would give to young people who may want to talk to adults in their household.
- PEP, PrEP and U=U with sexual health activist Marc Thompson, the founder and director of Love Tank and Black Out. The video focuses on explaining the differences between and accessibility of PrEP and PEP alongside explanations of U=U.
- Experiences of young people from around the world: Video one features Darius Rucker, a US based youth advocate who acquired HIV in his teens and has led service and advocacy initiatives. Video two is with Igor Kuchin, a recently qualified doctor based in Russia and current Chair of Y+ Global (Global Network of Young People Living with HIV). Both are open about their experiences and share perspectives of growing up with HIV and their experiences as activists.
- Understanding why different groups are affected by HIV: Three separate short videos all connected by a theme of inequalities and disparities. Susan Cole, Patient Information, Marketing and Membership Manager at NAM shares insight into living with HIV and the overlapping issues of racial and gender disparities. Phil Samba, research, writer and sexual health activist, explained

the inequalities that impact gay, bi and queer men and intersectionality with racism and other forms of discrimination. Juno Roche is an author and activist who shared experiences of trans* people's experiences explaining gender identity and transition and key issues around trans* peoples experience of HIV.

It is not possible to ascertain who specifically viewed each video or whether these were specifically accessed by registered participants. However, 64% of evaluation respondents stated they had watched at least one video suggesting that the promotion of the video via text messages and email helped to drive traffic. 16 % watched 3 videos or more.



Of those who had seen a video, on average just over half (52%) found them to be extremely or very useful. Interviews after Camp with actively engaged participants found that they were seen to be of good quality and clear.



8. Enrichment activities and social media

Participants were regularly invited to participate in a wider range of enrichment activities, competitions and engagement activities. This included:

- **Create a Hero mask:** participants were invited to submit a selfie of themselves wearing their mask through the week either created in the workshops or independently
- **Define your own superhero:** participants were invited to write, draw, paint or collage on the themes of Heroes. This included describing: What superhero powers would you like to have? If you were a superhero, who would you like to help? And What would your superhero name be?
- **Session Superhero:** Facilitators and CHIVA staff nominated one of more young people as ‘session superheroes’ where they demonstrated knowledge, effort or support to peers. At the end of the week all session superhero nominations were collated. Anyone who received more than 3 nominations received a Camp Superhero award and CHIVA goodie bag prize posted out to them

Initial plans included a “CHIVA World Cup of HIV Heroes” where there would be online voting on Heroes and to have submissions for a Song of the Day. These were downplayed as the week went as it was seen that there were too many ‘asks’ to participants and it was perhaps becoming confusing. Some song choices were used in the Wellbeing sessions.

In total eleven competition entries were received: representing 30% of all active attendees (37).

The activities were primarily designed for social media with promotion across the main CHIVA social media channels. This includes the @chivaprojects corporate channel which is primarily aimed at professionals and practitioners across Twitter and Instagram.

On the main twitter account, twelve short videos were produced as teaser content for the Camp with click throughs to the main content. These short excerpts utilized content from the main videos. In total, these videos were seen by 10557 people of which 1854 (17.5%) watched the videos. Of those who watched 93 completed the videos, equating to 1% of total impressions and 5% of viewers. This would suggest that whilst the videos were reaching people; many people did not watch the whole video. The content that gained the highest level of engagement was that featuring young people and/or that which featured others from the HIV sector talking about inequalities.

In addition, the established @freedom2spk twitter account was also repurposed for the Camp week. Traditionally the account is maintained by the CHIVA Youth Committee and gives their own views on issues around growing up with HIV. An account take-over by the vF2B Camp Leaders maintained the youth voice perspective. A moribund @freedom2spk Instagram account was relaunched with the aim of growing a new channel for youth engagement.

	No. of tweets	Avg. Impressions	Link clicks	Engagement rate	Top tweet impression	Top tweet engagement	Mentions
Average	26	29	47	2	2750	8	26
August	74	38.9	127	2.2	1088	6.7	26

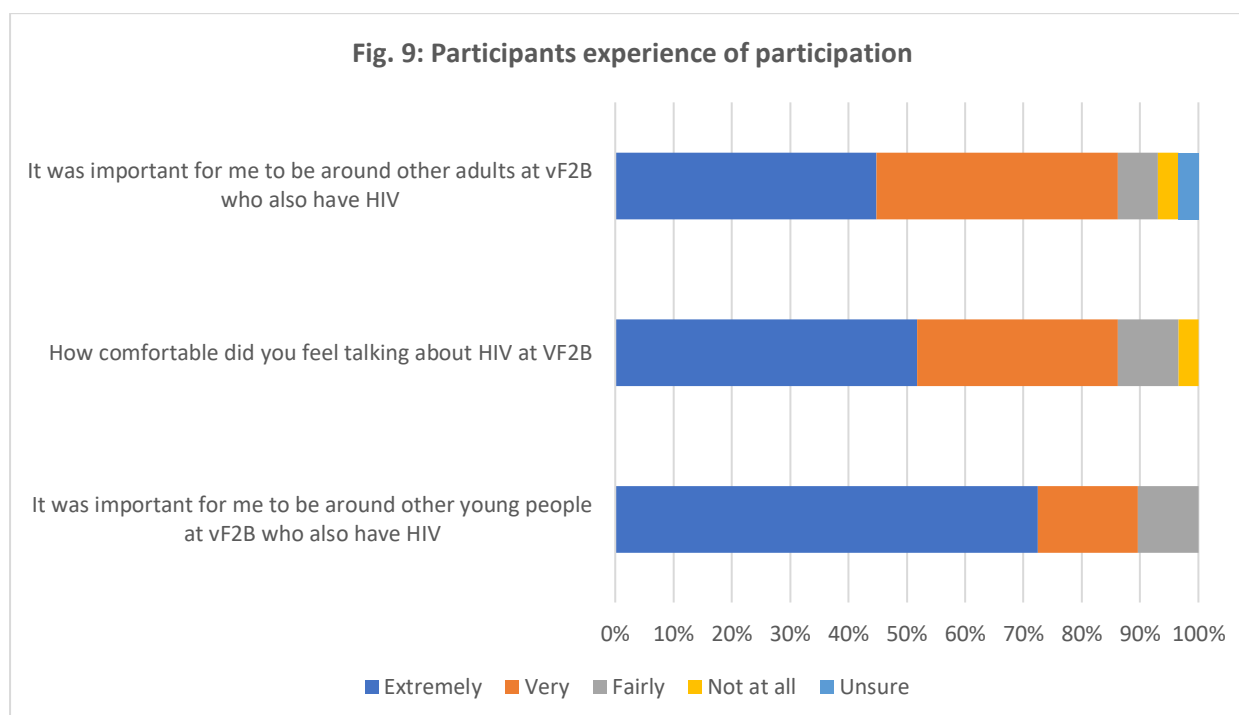
Difference	188%	36%	170%	35%	-60%	-11%	-1%
Analysis from CHIVA social media recording							
Average is a three month average for May – July 2020 compared to activity throughout August to capture the legacy of further promotion of videos and contents.							

Overall, the event generated a significant positive increase in the number of tweets and onward impressions (a total tally of all the times the Tweet has been seen). Importantly for the videos, there is a significant conversion to action through a large growth in number of people clicking on links and engaging in content. Whilst overall rates have grown there were fewer top tweet impressions or engagement or mentioned suggesting that there was fewer networked or amplified growth by others who follow CHIVA.

In addition, on Instagram, the main account had on average 10 posts per month in the three months prior to August. This grew to 43 posts in August alone (330% increase) including 10 IGTV posts for the first time.

9. Participants experiences and overall feedback

For evaluation respondents, the vast majority placed importance on being around other young people and adults living with HIV. In addition, more than four out of five participants felt comfortable talking about HIV whilst participating in vF2B.



When asked about what they felt that they had learnt from participating, many just replied “lots” or “quite a bit”. More detailed replies – and follow up phone calls – highlighted that participants felt that the sessions had reinforced some core concepts around HIV (transmission, adherence, medical information, etc). However, most comments around new learning attributed vF2B on increasing understanding of PrEP and U=U and/or wider issues of stigma and legal protection from discrimination.

Illustrative quotes as to new areas of learning		
<i>"That we can still have wonderful lives and do amazing things because HIV is small part of you it won't affect your everyday life "</i>		
<i>"That if it wasn't for F2B camp I wouldn't be as educated about HIV"</i>		
<i>"Our rights - I didn't know their were rights specifically"</i>	<i>"That's it is not bad to have HIV"</i>	<i>"The laws that we have for people who have HIV. The rights."</i>
<i>I learnt more stuff about U=U and the I didn't know this. I know the difference between the PEP and PrEP too. I learnt new stuff. New things"</i>	<i>"I learnt about how it prevented through sex and other way and I learnt what "PEP and PrEP" is and what it is used for about myself I learnt I am not alone they are people like me and they are people who wants to help people like me"</i>	
Extracts from participant evaluation forms and follow up phone calls		

More widely, when asked about highlights of the experience overall the most common theme was the way that it enabled interaction with others rather than knowledge. Many of the comments noted the importance of creating the space for connection.

Illustrative quotes as to interacting with others			
<i>"I would have liked more interaction with camp leaders in sessions like drama."</i>	<i>"It was good and fun to see new people and how positive they are talking about it."</i>	<i>"...nothing rilly [could be better] i just hope i would be able to meet everybody in person"</i>	<i>"The last night and the party and the game room with the Quizes and stuff was best!"</i>
<i>"Highlight was probably seeing everyone's faces again. I knew some of the people from being mates for a long time. I knew a lot of people on the Camp Calls. I am now going to see [NAME] tmrw."</i>		<i>"I feel that [it could be better by] having more time to talk about things other than HIV - just to talk about how everyone is in general and more time to make friends and connect."</i>	
<i>"I'm better when I'm around camp friends"</i>	<i>"I learnt that I could never be alone."</i>	<i>"How nice it is to be around people like me"</i>	
Extracts from participant evaluation forms and follow up phone calls			

Very few participants had any suggestions for how vF2B could have been improved. For those who commented they stressed the need for physical contact and seeing people again and/or to have more or longer workshops or videos.

Illustrative quotes on how F2B could have been better		
<i>"It was amazing nothing to say"</i>	<i>"I'm not sure, it was as perfect as it was"</i>	<i>"i don't know it already is."</i>
<i>"More bereak our rooms to get to know the new people"</i>	<i>"Make it an extra week longer"</i>	<i>"Could of been longer"</i>
<i>"If no covid 19"</i>		<i>"nothing rilly i just hope i would be able to meet everybody in person"</i>

More widely, when asked about highlights of the experience overall the most common theme was the way that it enabled interaction with others rather than knowledge. Many of the comments noted the importance of creating the space for connection.

10. Volunteer experience and overall feedback

Whilst the purpose of camp is for young people living with HIV, delivery is only possible by the active engagement of volunteers. All had been actively involved in CHIVA and the F2B Camp in previous years and, for many, would have had some recollection of the participants from previous sessions. As noted, there was limited feedback from volunteer from a post-Camp evaluation form. Of those who participated, all agreed or strongly agreed that they:

- Understood the broad timetable & programme of vF2B
- Knew what was expected of me in my role
- Knew what was expected of me for safeguarding
- Found it easy to join a session on zoom
- Knew how to contact staff for additional support
- Felt their contribution was valuable

Following every workshop staff and volunteers would reflect on the session and capture any issues arising; including lessons learnt for us as individuals or where the session raised a topic which was personally distressing for the volunteer. Camp Leaders also had regular debrief discussions with a dedicated supervisor. Staff report that there were not significant issues arising. Overall volunteers reported feeling positive, engaged and safe whilst participating in the sessions.

Very few Camp Leaders participated at Camp with just four supporting a session. Informal feedback suggested that the main reason for non-engagement was due to other priorities clashing with Camp week. For example, individuals needing to attend additional work shifts or leaving work later than expected; needing to meet unexpected caring responsibilities or, for a smaller number, them disengaging with contact with CHIVA without explanation. Some reported practical issues of not having access to a private space and feeling unable to engage in open conversations about HIV in their household.

Illustrative quotes as volunteer and camp leader engagement		
<i>"Learned some things about how to use zoom! The zoom meetings worked surprisingly well and the YP joined in better than I thought they might."</i>	<i>"Learned some things about how to use zoom!"</i>	<i>"I learnt more about Zoom capabilities as a teaching tool. Also enjoyed the debate part of knowledge is power and that the young people really enjoy voicing their opinions and standing up for things."</i>
<i>"[What could have been better] maybe a slightly more defined role in the sessions"</i>	<i>"It's a great opportunity to volunteer"</i>	<i>"[What could have been better] maybe having a bit more to do? but i'm not sure"</i>
Extracts from volunteer evaluation forms		

11. Conclusions and lessons learnt

VF2B had 60 young people registered to attend and in total 37 young people participated in any Camp sessions. These participants had access to 26.5 hours of workshops spanning creative development, knowledge building and wider wellbeing. On average 12 participants attended each workshop engaging with facilitators, volunteers and peer Camp Leaders. This live content was accompanied by over 20 videos spanning 2.5 hours of content featuring over 16 guests and achieving 785 views on YouTube & Instagram.

The event was delivered in the shadow of the ongoing COVID-19 pandemic and was planned and delivered in a six week window. The technical, logistical and safeguarding risks of delivering online at speed were well managed and planned activities delivered without incident.

The event built increased knowledge of living well with HIV; with a significant majority (63%) of participants in knowledge based workshops stating they had learnt something new. More widely, staff and volunteers captured feedback of correct application of key clinical concepts such as what is a cd4 count and correct definition of the meaning of being undetectable.

Participants valued the space and many highlighted developments in their own knowledge but as importantly connection with other young people living with HIV and comfort in talking about HIV. This increased contact helped to engender a sense of connection and community for participants and likely to have contributed towards reduced experiences of isolation.

Overall, vF2B was a successful and positive event. There is very limited critical feedback and any received focussed on a request for more sessions and activities or a desire for physical contact. It has helped to increase HIV both medical and social knowledge about living well with HIV and offered awareness of wider wellbeing and self-care techniques. It has built connection between young people living with HIV and reduced experiences of isolation. Many participants reporting feelings of confidence to step forward positively.

Areas to consider when planning future sessions include:

- *Increasing reach and conversion from registration to attendance*

Whilst for active attendees the event was a positive experience, the total number of registered participants was lower than previous F2B events and nearly a third of registered participants did not attend any sessions. Whilst some of these people may have accessed video content, a key area of development will be to consider how to reduce the loss of warm contacts. Limited insight gained from non-attendees suggests that family and clinicians will be key to ensure initial participation but that once engaged this will build organic attachment and commitment to participation.

Within this, the event was less successful at engaging young men, although any driver for this is unclear. Likewise, attendance in sessions in the evenings (6:30 onwards) were in general lower. Further engagement activity with potential participants could explore whether the schedule and/or activities may encourage attendance.

- *Revisit the volunteer and Camp Leader role*

Whilst overall the feedback from volunteers was overwhelmingly positive, a recurring theme was a desire for a more defined or proactive role. Some volunteers reported feeling underutilised in the session and felt they could have offered more; however, this may have been due to the level of attendance reduced the demands of their allocated tasks.

While ten Camp Leaders were recruited to support the Camp, there was very limited engagement and only ad-hoc attendance at sessions. Informal feedback showed that this was often to typical life events experienced by young adults. Outside of the physical, remote residential environment life simply got in the way of volunteering. However, given the young participants value of seeing and engaging with older young people new ways of engaging and involving young people could be considered.

- *Consider length and pacing of sessions*

Whilst there was generally very positive feedback from participants; some staff and volunteer reflections suggested that sessions were either hectic and at times challenging to cover all intended content in an inclusive manner. As this was not noted by participants, further consideration is needed as to whether this reflects an unmet training need of staff and volunteers or whether it suggests a need for reformatting knowledge based sessions.

- *Further develop social media engagement*

vF2B was a novel online activity with young people. The technical mechanism of workshops and of creating, uploading videos worked and enabled young people's participation. There is some evidence that the social media engagement reached a wider group but that this did not always lead to wider engagement. Furthermore, lower levels of engagement in the enrichment activities suggests that the activities may need to be redesigned or reconsidered in totality.

- *Consider revision to monitoring tools*

A wide range of data collections tools were used for Camp. A balance is needed between intensive extraction of data from participants and better tracking outcomes achieved. Key changes to consider going forward include more consistent use of end of workshop polling; simplified staff reflection recording including quantitative questions and drivers to improve volunteer evaluation responses.

Annex A: vF2B Summary Programme

	Thurs 30 th July	Monday 3 rd Aug		Tuesday 4 th Aug		Wednesday 5 th Aug		Thursday 6 th Aug		Friday 7 th Aug		
14:00		News & Updates		News & Updates		News & Updates		News & Updates		News & Updates		
		Msg 2 My Younger Self		Msg 2 My Younger Self		Msg 2 My Younger Self		Msg 2 My Younger Self		Msg 2 My Younger Self		
14:30		Drama Workshop				Drama Workshop				Drama Workshop		
15:00												
15:30		Music Workshop		Art Workshop		Music Workshop		Art Workshop		Music Workshop		
16:00												
16:30												
17:00	All Vol Briefing											
17:15		Vol Briefing		Vol Briefing		Vol Briefing		Vol Briefing		Vol Briefing		
17:30	Whole Camp Gathering	Knowledge is Power: HIV the basics		Knowledge is Power: Sexual health, consent, relationships		Knowledge is Power: Talking about HIV		Knowledge is Power: Know your rights		Knowledge is Power: The Great Debate		
18:00												
18:30	Vol drop in	Spotlight on...	Co watch & follow up	Spotlight on...	Co watch & follow up	Spotlight on...	Co watch & follow up	Spotlight on...	Co watch & follow up	Spotlight on...	Co watch & follow up	
19:00												
19:30		Wellbeing Drop In		Wellbeing Drop In		Wellbeing Drop In		Wellbeing Drop In		Wellbeing Drop In		
20:00												
20:30		Vol Debrief		Vol Debrief		Vol Debrief		Vol Debrief			Vol Debrief	
20:45										All Vol Debrief		
21:00										Whole Camp Gathering		
21:30										Friday Night Mix	Games Room	
22:00										Vol Drop In		
	Open Access		Pre-record as Live and upload; only release on day						Insta, FB and YouTube			
	Core Participant only		Live						Zoom			
	Vols only		Live						Zoom			