



# **Freedom to Be Evaluation Report**

December 2016

*Living with HIV isn't bad and anything is possible*

Young Person, Camp 2016

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# Introduction to F2B

Freedom To Be (F2B) is a five-day residential summer camp for young people living with HIV in the UK and Ireland. The camp is comprised of workshops, outward-bound and recreational activities, and is intended to:

- i) Facilitate the development of peer friendships and networks in order to address the high level of social isolation experienced by this group;
- ii) Supplement participants’ knowledge and understanding of how to live well with HIV;
- iii) Enhance participants’ confidence and self-esteem through creative and arts-based activities, sports and outward-bound activities, and emotional support; and
- iv) Facilitate participants’ access to a broader community of people living with HIV so as to provide them with knowledge, support, guidance and inspiration.

## Referrals and allocation of places

To apply for a place at the F2B camp, an online referral had to be completed. Referrals were available from mid-March to the end of April 2016 on the CHIVA public website, and from two weeks earlier via the secure CHIVA website for young people living HIV, ‘If only you knew’. Referrals were received from a number of healthcare providers and support services throughout the country, and there were also self-referrals from young people and a small number of referrals from parents.

Isolation was a primary factor in the allocation of places, and young people not accessing regular peer support were prioritised. A secondary factor in allocating places was whether the applicant had previously attended camp. Table I provides a breakdown of allocations over the last seven years.

**Table I – participant breakdown relating to the selection criteria**

|                      | 2010 | 2011 | 2012 | 2013 | 2014 <sup>1</sup> | 2015 <sup>2</sup> | 2016 <sup>3</sup> |
|----------------------|------|------|------|------|-------------------|-------------------|-------------------|
| Attended camp before | 0    | 51   | 44   | 58   | 54                | 16                | 31                |
| New to camp          | 79   | 46   | 57   | 39   | 47                | 48                | 50                |

<sup>1</sup> For F2B 2014, 99 out of 101 attendees completed a camp evaluation. Out of these evaluations, one attendee did not answer the question on whether they had attended camp before.

<sup>2</sup> For F2B 2015, 64 out of 77 attendees completed a camp evaluation.

<sup>3</sup> For F2B 2016, 77 out of 81 attendees completed a camp evaluation.

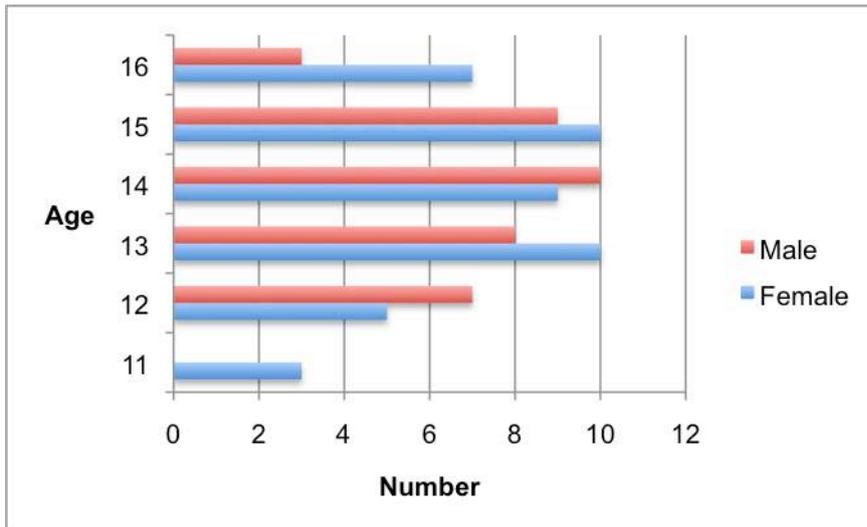
|  |           |           |            |           |            |           |           |
|--|-----------|-----------|------------|-----------|------------|-----------|-----------|
| Attend a support service                 | 39        | 45        | 27         | 43        | 33         | 27        | 28        |
| Do not attend a support service          | 35        | 52        | 65         | 54        | 66         | 45        | 53        |
| Unknown whether support service attended | 5         | 0         | 9          | 0         | 2          | 2         | 0         |
| <i>Total number of attendees</i>         | <i>79</i> | <i>97</i> | <i>101</i> | <i>97</i> | <i>101</i> | <i>77</i> | <i>81</i> |

Each year, there are initially more requests for places than those that are available. During the application process, a number of young people are offered a place at camp but decide for various reasons not to accept this offer (having other plans, family concerns, a change of mind). To account for this, CHIVA runs a small waiting list up until the day before camp, so that any last-minute dropouts can be replaced.

## **F2B 2016**

This year's camp was funded by MAC AIDS Fund, Elton John AIDS Foundation, ViiV Healthcare UK, BBC Children in Need, The MAD Trust, and a number of donations from members of the public. F2B ran from Monday 1st August at All Nations College in Hertfordshire. Each F2B camp has a theme and this year's was 'Living well with HIV'. The CHIVA Youth Committee held discussions on how they cope with the difficulties of growing up with HIV and what it means to live well with HIV, a theme connected to the idea that good health includes attending to wider social and emotional well being. Thus, this year's camp theme sought to include these broader impacts of HIV on emotional and social well-being.

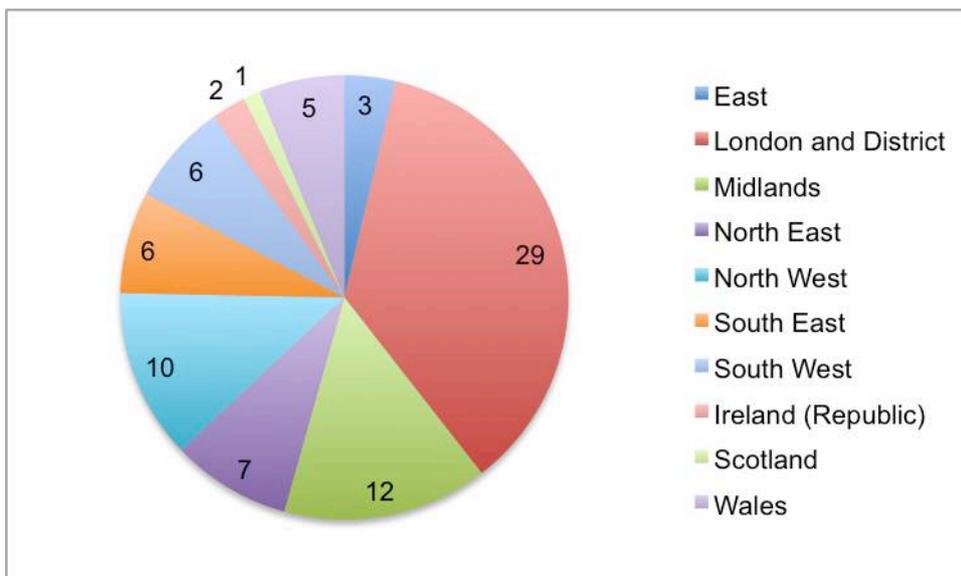
Since the first camp in 2010, the age range was 13–17. This was lowered in 2015 to 12–16 and 2016 saw the first 11-year-olds attending camp, in response to the work CHIVA has undertaken in recent years to encourage the naming of HIV to children at a younger age. There were 81 campers attending F2B 2016, 44 of whom were female and 37 male. The age and gender distribution of participants is provided in Figure I.



**Figure I – age and gender of participants**

Compared with last year’s campers, the gender distribution was similar. This year, 54% (44) of campers were female and 46% (37) were male, while the gender distribution of last year’s camp was 56% female and 46% male. Due to the change in age range, a precise comparison with last year’s camp is not possible but general shifts can be observed: the number of 16-year-old attendees decreased from (22%) (n=17) in 2015 to 12% (n=10) this year, and the number of 13-year-olds increased from 10% (n=8) to 22% (n=18).

The geographical spread of campers is provided in Figure II.



**Figure II – regional distribution of camp attendees**

The regional distribution of camp attendees is relatively similar to last year's. As with last year, F2B 2016 had no attendees from Northern Ireland but there were two attendees from the Irish Republic, as opposed to none in 2015. There were fewer campers from the Midlands this year (12 as opposed to 20 in 2015) but seven more attendees from the London region compared to last year's figure of 22. Although three campers from Yorkshire and the Humber attended last year's camp, none were in attendance this year.

## **Staff**

An experienced and varied team runs the summer camp. In line with the ethos of F2B that promotes young people's ownership of the camp, previous camp attendees are encouraged to take up the roles of camp leaders and key workers. This year's team consisted of six CHIVA staff, 16 key workers (volunteers) and nine camp leaders (volunteers aged 18–24). All camp leaders were living with HIV and had previously attended camp as a participant (except for this year's camp leader supervisor). Out of the 16 key workers, 11 (69%) live with HIV (five of whom grew up with HIV). Four had previously been camp leaders and four had also previously been a participant at camp. The remaining key workers were professionals from various fields: teaching, nursing, social work, sexual health, event management, the HIV sector, life coaching, social science, and dental hygiene. Not all of the key workers with HIV were previous camp attendees or camp leaders. This was in order to achieve one of F2B's goals to provide participants with access to a broader community of people living with HIV, in order to offer them knowledge, support, guidance and inspiration.

The nine camp leaders all undertook a four-day training course, 'The Essentials of Youth Work', two months prior to the camp. This course provided a qualification in working with young people, accredited by the Open College Network, and it gave camp leaders a basic understanding of safe practices when working with young people; for example, managing boundaries. This course also helped camp leaders to gain a further understanding of the change in their role at camp, from participant to volunteer. This year, the nine camp leaders included a camp leader supervisor employed by CHIVA, who was previously a participant in CHIVA activities. This camp leader progressed to the camp leader role, followed by several years as a key worker, and has now joined the CHIVA staff team as camp leader supervisor.



## **Workshops and activities**

In order to supplement participants' knowledge and understanding of how to live with HIV, two workshops explored living with HIV. 'Knowledge is power' sought to ensure campers' understanding of HIV, with clear information on transmission, CD4 and viral loads, how HIV medicine works, and legal rights and protection from discrimination. The 'Live well, love life' workshop explored experiences of growing up with HIV through addressing how campers think and feel about their HIV, how this affects their behaviour, how to obtain support, and how to support one another.

More informal sexual health workshops were held in small groups of similar age and the same gender, where campers were able to anonymously ask questions by writing them down and putting them in a question box, and where they could partake in safe, supported discussions around sex and relationships, and HIV. The aim of these workshops was to alleviate fears, concerns and misunderstandings about HIV. For example, one question demonstrated a concern over HIV transmission, even though the camper understood the importance of condom use: 'I'm HIV+, my viral load is low and undetectable but when I'm in a relationship and my partner is not HIV – I'm still scared to have sex without giving them the virus, even when using a condom'. The questions raised by girls included: what other STDs are transmitted through sex; what happens when you have unprotected sex with someone and you haven't told them you have HIV; what happens if you have sex with another HIV positive person [in relation to condom use]; and is there HIV in period blood? Boys asked lots of penis-related questions; what to do if a condom comes off or breaks; and about the transmission of HIV through oral sex.

A programme of four TED-style talks was organised for the Thursday night of F2B 2016. These talks were designed to enable the participants to hear stories from

their older peers. The four contributors, all with HIV, spoke about different aspects of living with HIV. Three speakers were young adults who had grown up with HIV, and they talked about: sharing your HIV status with partners; how to create your own meaning of HIV and why you need to deal with the internal stigma; and having a baby. The fourth speaker, a woman who acquired HIV in early adulthood, talked about stigma and language, becoming a mother, and being publicly open about her HIV status and engaging with activism.

Outdoor activities provided for campers included climbing, raft building, archery, high ropes, Bumble (confidence-building river activities) and football. Other activities included yoga, performance poetry, art, drama, and a performance evening and party on the final evening. The theme for this year’s party was ‘Return of the Super Hero’. A games room was also available, as well as pampering and a nail bar.

**Camp schedule**

Camp ran from Monday to Saturday, with campers arriving on Tuesday. Table II provides an outline of the schedule for campers.

**Table II – camp schedule**

| <b>TUESDAY</b>                      | <b>ACTIVITIES</b>  |  |
|-------------------------------------|--|--|
| <b>12pm onwards</b>                 | <b>Young people arrive</b>   | <b>Activities:</b> <ul style="list-style-type: none"> <li>• <b>Badge making</b></li> <li>• <b>Bead named necklaces</b></li> <li>• <b>Games led by CLs</b></li> </ul> |
| <b>16.00</b>                        | <ul style="list-style-type: none"> <li>• <b>Whole group meeting</b></li> <li>• <b>KW groups for ice breakers/intros</b></li> </ul> |  |
| <b>17.00</b>                        | <b>Orienteering in KW groups</b>   |  |
| <b>18.00</b>                        | <b>BONFIRE/BBQ</b>   |  |
| <b>After dinner<br/>20.00–21.00</b> | <b>KW group competition</b>  |  |
| <b>WEDNESDAY</b>                    | <b>ACTIVITIES</b>  |  |
| <b>From 8.00</b>                    | <b>BREAKFAST</b>   |  |
| <b>9.00</b>                         | <b>Briefing for campers on the day’s activities</b>  |  |
| <b>9.30–12.30</b>                   | <b>3x General HIV info workshops with breaks</b><br><br><b>‘Knowledge is power’</b>  | <b>3x Creative activities workshops with breaks</b><br><br><b>1. Art</b><br><br><b>2. Performance Poetry</b>   |

|                    |  |   |
|--------------------|--|---|
|                    |  | <b>3. Drama</b><br><br><b>3x additional activity sessions from 11.30</b><br><b>1. Football</b><br><b>2. Yoga/relaxation</b><br><b>3. Games (rounders/volley ball)</b>   |
| <b>12.00–14.00</b> | <b>CHIVA Youth Committee (CYC) meeting</b>   |   |
| <b>12.45–13.45</b> | <b>LUNCH</b>   |   |
| <b>14.00–17.00</b> | <b>3x General HIV info workshops with breaks</b><br><b>‘Knowledge is power’</b>  | <b>3x Creative activities workshops with breaks</b><br><b>1. Art</b><br><b>2. Performance Poetry</b><br><b>3. Drama</b><br><br><b>3x additional activity sessions from 4pm</b><br><b>1. Football</b><br><b>2. Yoga/relaxation</b><br><b>3. Games (rounders/volley ball)</b> |
| <b>17.00</b>       | <ul style="list-style-type: none"> <li>• <b>CYC Hello</b></li> <li>• <b>Reflection meeting. ‘Star of the Day’ given to young person nominated by KW or CL as having done something commendable. Evening activities announced.</b></li> </ul> |   |
| <b>17.45</b>       | <b>DINNER</b>  |   |
| <b>19.15</b>       | <b>Sexual health workshops</b>   |   |
| <b>20.45</b>       | <b>Outdoor activities</b><br><b>Games room</b><br><b>Transition info (drop-in session)</b>   | <b>Nail bar</b><br><b>Pampering</b>   |
| <b>THURSDAY</b>    | <b>ACTIVITIES</b>  |   |
| <b>From 8.00</b>   | <b>BREAKFAST</b>   |   |
| <b>8.55</b>        | <b>Briefing for campers on the day’s activities</b>  |   |
| <b>9.00</b>        | <b>YP leaving for activity centre with packed lunches</b>  |   |
| <b>16.30</b>       | <b>YP return from trip</b>   |   |
| <b>17.45</b>       | <b>DINNER</b>  |   |

|                  |  |  |
|------------------|--|--|
| 19.00            | Reflection meeting. 'Star of the Day'. Evening activities announced. |  |
| 19.30            | TED-style talks with Q&A<br><i>Art is Key</i> film                   |  |
| <b>FRIDAY</b>    | <b>ACTIVITIES</b>  |  |
| <b>From 8.00</b> | <b>BREAKFAST</b>   |  |
| 9.00             | Briefing for campers on the day's activities                         |  |
| 9.30–12.30       | 3x workshops on living well with HIV<br>'Live well, love life'       | <p>Creative activities</p> <ol style="list-style-type: none"> <li>1. Music</li> <li>2. Drama</li> <li>3. Art</li> </ol> <p>3x additional activity sessions</p> <ol style="list-style-type: none"> <li>1. Football</li> <li>2. Yoga/relaxation</li> <li>3. Games</li> </ol> |
| 12.45–13.45      | <b>LUNCH</b>   |  |
| 14.00–17.00      | 3x workshops on living well with HIV<br>'Live well, love life'       | <p>Creative activities</p> <ol style="list-style-type: none"> <li>1. Music</li> <li>2. Drama</li> <li>3. Art</li> </ol> <p>3x additional activity sessions</p> <ol style="list-style-type: none"> <li>1. Football</li> <li>2. Yoga/relaxation</li> <li>3. Games</li> </ol> |
| 17.30            | Reflection meeting. Star of the Day and departure day briefing.      |  |
| 17.45–18.45      | <b>DINNER</b>  |  |
| 20.00            | Performances and sharing   |  |
| 21.00–23.00      | Party (Theme: 'Return of the Super Hero')                            |  |
| <b>SATURDAY</b>  | <b>ACTIVITIES</b>  |  |

|                  |                             |
|------------------|-----------------------------|
| <b>From 8.00</b> | <b>BREAKFAST</b>            |
| <b>11.00</b>     | <b>Closing ceremony</b>     |
| <b>12.30</b>     | <b>COLLECT PACKED LUNCH</b> |
| <b>1pm</b>       | <b>Coaches arrive</b>       |

The remainder of this report will describe the evaluation methods used for F2B 2016, before analysing evaluations of the workshops, overall camp, the experiences of camp leaders and key workers, and providing conclusions and recommendations for next year's camp.



## Chapter One: evaluation methods

Evaluations were completed on the workshops, overall camp, and the experiences of the camp leaders and key workers.

At the end of each workshop, attendees completed a paper evaluation. A paper evaluation was also provided to campers at the end of camp, to gauge their overall experience of F2B. In the weeks following the end of camp, camp leaders and volunteers completed an online survey about F2B and the support that was provided to them in their respective roles.

All evaluations made it clear that they were anonymous.

### Workshop evaluations

There were six workshops at F2B 2016 for which evaluations were completed:

- Live well, love life
- Knowledge is power
- Poetry
- Art
- Music
- Drama

Workshop attendees completed a simple and brief evaluation comprised of seven questions. These questions were intended to gauge: the age and gender of participants (and whether responses indicated different issues or requirements according to age and gender); how attendees felt before attending the workshop; the level of understanding of what the workshop was about; what was learned through attending the workshop; what could be improved; and how attendees felt in general about the workshop.

The seven questions were:

1. How old are you?
2. Are you male/female?
3. Before it started, did you want to come to this workshop?  
Yes                      Not sure                      No
4. In your own words, what would you say it was about?
5. Write one thing you learned in this workshop.
6. Write one thing you didn't like OR would change for next time.
7. Please circle the face that shows how you feel about this workshop.  
☺ [happy]                      😐 [neutral]                      ☹ [sad]

Table III demonstrates the number of evaluations completed for each workshop.

**Table III – workshop attendees and completed evaluations**

| <b>Workshop</b>      | <b>Number of attendees</b> | <b>Number of evaluations</b> |
|----------------------|----------------------------|------------------------------|
| Knowledge is power   | 81                         | 75                           |
| Live well, love life | 81                         | 74                           |
| Poetry               | 13                         | 13                           |
| Art                  | 25                         | 25                           |
| Drama                | 38                         | 37                           |
| Music                | 32                         | 29                           |

### **Camp evaluations**

The evaluation form given to campers at the end of their time at camp consisted of 11 questions. These questions were intended to gauge whether the attendee had previously attended camp (and how many times) and planned to stay in touch with people they had met; three things they liked most and least about F2B 2016; new things learned about HIV and about themselves; whether it was important to have young people and adults around them who were also living with HIV; what could help to improve next year's F2B camp; and how they would rate this year's camp.

Out of 81 attendees, 77 campers completed a camp evaluation form.

### **Camp leader and key worker evaluations**

Camp leaders and key workers were sent an online survey to complete, following the end of F2B 2016.

#### ***Camp leaders***

Camp leaders were asked eight questions. From the scale 'poor', 'adequate', 'OK', 'good' and 'excellent', camp leaders were asked to rate the following: the venue; the workshops and activities provided at camp; and the support and information provided to them. The online survey also allowed for camp leaders to leave additional comments.

Question four asked camp leaders to rate other aspects of camp: the camp leader role, CHIVA's approach to managing behaviour, the team structure, and the logistical arrangements at camp. These aspects were rated using the following scale: 'not helpful', 'adequate', 'OK', 'good' and 'excellent.'

Questions five and six concerned the role of the camp leader, asking participants how they thought the role could be improved, and whether they found the training

weekend helpful.

Question seven asked camp leaders to add any further comments they might have on improving the volunteering experience, and comments about camp in general. Looking beyond F2B, the final question asked camp leaders how this role might have had a personal impact on them.

Five out of nine camp leaders completed the online survey.

### ***Key workers***

The online questionnaire for key workers was almost identical to the one for camp leaders but was only comprised of the first five questions, as it did not include the questions specific to the role of the camp leader. Question four was also tailored to the key worker role, asking them to rate the house meetings, CHIVA's approach to managing behaviour, and the programme organisation and logistical arrangements at camp.

Eleven out of 16 key workers completed the online survey.

## Chapter Two: workshop evaluations

Six workshops were provided by CHIVA for the F2B campers: 'Knowledge is power'; 'Live well, love life'; art; poetry; drama; and music. This year, CHIVA supported two young adults who have grown up with HIV, to facilitate the workshops 'Live well, love life' and 'Knowledge is power'. CHIVA supported the planning and development of the workshop programmes, and the facilitation led by these older peers.

'Live well, love life' was designed to explore the experiences of growing up with HIV, and how campers could gain support from each other and elsewhere. This workshop engaged campers in considering how they think and feel about their HIV, and how this affects their behaviour.

'Knowledge is power' sought to solidify campers' understanding of HIV, providing clear information on transmission, CD4 and viral loads, and including the distinct topics of medication and the law.

For the art workshop, an arts facilitator worked with small groups to reflect the camp theme of living well with HIV, through a range of artistic processes. Young people created items such as party bunting and self-portraits, which told a story about living well with HIV.



The drama workshop was facilitated by a professional drama tutor and used a combination of drama games and activities to encourage self-expression and

connection with peers. Drama sketches were devised that enabled the narration of living with HIV.

Both the performance poetry and music workshops were facilitated by older peers, who have grown up with HIV and developed a professional interest in these artistic areas. The sessions enabled an exploration of narratives about living with HIV, expressed through music, singing and poetry. Both workshops also enabled campers to work on a performance piece if they wished, to share with the rest of camp on the Friday evening.

The six workshops were run on days two and four of the week. These were run on a rolling programme with the 81 young people divided into six groups (Yellow, Orange and Red Tigers; Purple, Blue and Green Sharks) and either spending the morning or afternoon attending the 'Knowledge is power' and 'Live well, love life' workshops, or the art, poetry, drama and music workshops. This meant that all campers attended 'Knowledge is power' and 'Live well, love life', and two of the creative workshops, one of which was attended on Wednesday and the other on Friday. When not at workshops, campers took part in the organised outward-bound or additional activities and relaxation sessions including yoga, football, volleyball and other team games.

Following the six workshops, evaluation forms were provided to campers. Campers were able to comment on the other activities in the overall camp evaluation form.

This chapter addresses evaluation responses according to the themes generated from the evaluation forms: clarity and accessibility of the workshops; increase in knowledge; room for improvement; and overall satisfaction with the workshop.

## **Clarity and accessibility**

In order to gauge the clarity and accessibility of the workshops, evaluation forms asked campers to describe the workshop in their own words.

Out of the 75 evaluations completed for the 'Knowledge is power' workshop, all campers answered the question relating to clarity and accessibility. Over half of the respondents were aware of the aims of the workshop, with 64% (n=48) answering that they thought the workshop was about HIV, HIV and health, HIV information and knowledge, and HIV and rights. Other answers were more specific, stating that the workshop was about employment and which jobs you can do if you have HIV (4%; n=3), or transmission (5%; n=4). A further 12% (n=9) of campers thought that the workshop was not just about providing facts on HIV but rather, it was about learning how to live with HIV; for example, 'Understanding that HIV doesn't affect your life too much'.

Some respondents (6.5%; n=5) did not specifically mention HIV in answer to this question, but alluded to issues that relate to living with HIV, such as confidentiality, sex and stigma. Twelve respondents (16%) noted general comments about the workshop; for example, 'It was ok' and 'it was really fun'.

The workshop on living with HIV, 'Live well, love life', generated 73 responses regarding what attendees thought the workshop was about. Thirteen (18%) of these responses stated that they thought the workshop was about HIV. A further 14 respondents (19%) elaborated that they thought the workshop was about living well with HIV:

*Coping and living with HIV.*

*Learning about HIV and how to live with it.*

*It was a way of finding a good way to live with HIV.*

Relationships was the subject of the workshop for a number of campers (11%; n=8) and this was often connected to the idea that there is much to learn from others about HIV:

*It was about friendship and how to appreciate other people's stories.*

*It's about meeting friends and learn[ing] about HIV.*

Some campers (13.5%; n=10) thought that the workshop was about 'respecting yourself' and gaining the confidence to think positively about HIV:

*It was about loving myself and my HIV and living well.*

This confidence is also linked to feeling able to talk about HIV, '...accepting and being open about your HIV', and 9.5% (n=7) of respondents thought that opening up about HIV was the subject of the workshop.

A considerable proportion of respondents (26%, n=19) used this question to make general comments about the workshop, i.e., 'it was therapeutic', 'very good and helpful' and 'strange'.

All 13 of the poetry workshop attendees noted what they thought the workshop was about. One camper stated that the workshop was about poetry, while more campers (46%; n=6) thought it was about expressing feelings and examining emotions. This was sometimes, but not always, related to HIV (i.e. 'expressing your feelings towards hiv', 'how to express your feelings').

Five campers (38%) used this question to note general comments about the workshop, such as 'it was alright'.



Questionnaires for the art workshop were completed by 25 campers, all of whom commented on what they thought the workshop was about. 28% (n=7) focused on general aspects of the workshop, describing how they felt about it in general, or how engaging the workshop was, i.e., 'it was entertaining', 'good'. The same percentage of campers thought that the workshop was specifically about art and painting, and a further 12% (n=3) made specific reference to the output of the art activities (such as masks), noting that the workshop was about the upcoming 'Return of the superheroes' party. More general responses came from the other workshop attendees: 28% (n=7) said that the art workshop was about socialising, working together and having fun; and three attendees said that the workshop was about 'using your imagination', 'what makes you happy', and 'what makes you, you', respectively. One attendee specifically mentioned HIV, saying that the workshop was about

*Learning about hiv and that we shouldn't worry about it.*

All 37 of the drama workshop evaluations contained responses to the question asking what the workshop was about. A large number (40.5%; n=15) of campers specifically noted HIV in their response, with answers that the workshop was about 'how to deal with HIV' and 'learning about HIV'. Some campers (11%; n=4) noted that that workshop was specifically about acting, drama and storytelling, whereas other attendees (13.5%; n=5) saw the drama element of the workshop as being applicable to broader situations, saying, for example, that the workshop was about:

*...real life experience.*

*HIV and how we can deal with it with friends and family.*

As with the other workshops, some answers to this question (19%; n=7) related to general feelings about the workshop, i.e. 'it was fun'.

A large proportion of campers who attended the music workshop (45%; n=13), where all 29 evaluations contained an answer to the question asking what the workshop was about, stated that the workshop was about singing, rapping, writing songs and music. Two attendees (7%) related the workshop to confidence ('rap music and confidence'), and a further 24% (n=7) thought that the workshop was about how to express yourself and freedom of expression, with one camper specifically linking music and the expression of feelings:

*I was able to make my own rap about freedom.*

While only two campers specifically mentioned the workshop being about HIV, one of these responses noted that 'it was really good cause we wasn't just talking about HIV'. 27.5% (n=8) of campers made general comments in response to this question, noting for example that they found it 'weird, hard' and 'amazing'.

'Knowledge is power' offered the greatest degree of clarity to campers, with this workshop having garnered 73% of questionnaire responses, demonstrating that campers were either aware of the general aims of workshop or were able to provide specific examples of things they had learned about HIV, all of which related to the aims of the workshop.

While the questionnaire responses to creative workshops did not always refer directly to the main content of the workshop, i.e. 'art' or 'music', they did demonstrate that the wider aims of the workshops were understood, such as understanding feelings in relation to living with HIV.

## **Increased knowledge**

To ascertain whether workshops resulted in an increase in knowledge of HIV issues for campers, evaluation forms asked them to state one thing they learned from the workshop.

The 'Knowledge is power' evaluations generated 73 responses (two campers did not answer this question) to the request to state one thing learned. Facts about transmission (19%; n=14), employment (14%; n=10), the HIV virus (14%; n=10), rights, 16% (n=12) and confidentiality (9.5%; n=7) were noted by numerous campers as one thing that they learned about in this workshop. Those who learned something about transmission noted facts such as 'you can't pass it on by kissing'. In relation to employment, most campers stated that they had learned about being able to do certain jobs in relation to their HIV status, for example:

*That you aren't restricted from doing as many jobs as I thought.*

*That you can't have a job in the army.*

Increased knowledge of the HIV virus is evidenced by campers who noted having learned about how 'white blood cells have gates/doors' and 'the way HIV runs

through my system'. With regards to rights, evaluation responses noted specific facts learned, such as 'that HIV is classed as a disability' and 'the equality act'. Knowledge gained in relation to confidentiality usually came up in relation to employment: 'you have to tell your employer about your status if you want to be a dentist or surgeon', 'I learnt that you don't have to tell your workplace or your college about your status'.

Rather than facts, 18% (n=13) of respondents noted personal learning in response to this question, such as:

*You can be anyone when you have HIV.*

*I have learnt that you should achieve whatever you want and don't let HIV get in your way.*

Other things that campers said they learned about included HIV prevention (3%; n=2) and facts about medication (3%; n=2), while one camper noted the Nelson Mandela award and another stated that 'HIV is horrible'.

For the 'Live well, love life' workshop, 10 out of the 74 questionnaires (13.5%) either left this question blank or answered 'nothing'. One of the most common things that campers said they had learned was that they are not alone, with 20% (n=15) noting things such as:

*I'm not alone.*

*That I have friends.*

*A lot of other[s] share the same thoughts.*

Positive self-image came up as another common aspect of learning for 15% (n=11) of campers, for example:

*That you should love yourself no matter what.*

*Always be yourself.*

Although issues of self-image and isolation are related to living well with HIV and coping, more concretely related to the aims of the workshop were the answers from 11% (n=8) of respondents, who said that they had learned things such as 'living well with HIV', 'dealing with HIV' and 'emotional health with HIV'. The ability to share and express feelings was noted as something learned in 9.5% (n=7) of responses. Two respondents (2.5%) noted that they had learned not to let HIV define them and to 'never let HIV take over your life', while a further 2.5% (n=2) said they had learned not to be afraid of HIV and that 'HIV is not bad'.

General comments about the workshop were noted by 8% (n=6) of respondents, such as 'fun', 'good', 'learned a lot'.

Out of the 13 questionnaires gathered for the poetry workshop, 12 campers answered the question that asked them to name one thing they had learned during this workshop. While 25% (n=3) of campers stated that they had learned

about poetry or writing poetry, a further 17% (n=2) noted not only that they had learned how to express emotions but 'that you can express yourself'. Half of the responses (n=6) alluded to having learned general life lessons, such as having learned how to cope, how others cope, and

*Don't let hiv come between your dreams.*

Six out of the 25 questionnaires for the art workshop had no answer for this question, or 'n/a' or 'nothing'. 48% (n=12) of responses noted that they had learned how to make masks, how to paint and draw, and how to be creative. As in the poetry workshop, some campers (8%; n=2) connected the creative exercises to learning about how to express emotions:

*You can express yourself in painting.*

A further 8% (n=2) stated that they learned how to have fun and 'make yourself happy', with another camper pointing out that it

*...felt a good way to express how you feel.*

One camper left a general comment in relation to how they felt about the workshop overall ('never again'), another stated that they learned 'you can't do everything perfect', and a further camper stated that 'time is money'.

Thirty-seven questionnaires were received for the drama workshop and out of these, 24% of responses (n=9) left the question blank regarding one thing learned in the workshop or said 'nothing'. An equal proportion (16%; n=6) said that they learned about acting, drama and storytelling ('I can act for future know what to do'), and about HIV. One camper elaborated on this second response, saying they had learned that

*HIV can't be kept a secret all the time.*

Another camper connected the drama element of the workshop to expressing one's feelings: 'I can act out my feelings'. Two respondents (5.5%) mentioned having learned something about other people (and that other people are different), and a further 5.5% noted that they learned about discrimination, i.e. 'not everyone will except [accept] you'. One respondent stated that they had learned about telling others about their HIV and how this can be positive:

*...about when I can tell people. Try because it will feel good.*

A few individual responses referred to learning about positive qualities that campers already possessed ('My good qualities'), or that they had learned about in general, such as confidence and staying positive. This positivity was highlighted by 5.5% of campers who noted that they learned to 'be happy', and a further 5.5% who implied that they had learned to be themselves.

Additional individual responses included: 'knowledge is key', 'a few things can't pick one', 'the experience' and 'family lifestyle'. One camper left an illegible answer.

Out of the 29 questionnaires completed for the music workshop, only one camper did not answer the question that asked them to name one thing they had learned in the workshop. The majority of responses (62%; n=18) referred to learning about rapping, singing and writing songs. How to express yourself, freedom, and freedom of expression were mentioned by 20.5% (n=6) of campers, and 7% (n=2) of campers mentioned having learned about confidence and overcoming shyness, i.e. 'I learnt that you should take part even if your shy'. One respondent said that they learned about HIV, while another camper said they learned about 'waiting'.

It is clear from the questionnaire responses that campers increased their knowledge of HIV as a result of this year's F2B workshops. The majority of workshop participants were able to name either HIV facts that they had learned about, such as the law or the HIV virus, or having learned about ways in which to live well with HIV.



### Room for improvement

To ascertain how workshops can be improved for future camps, evaluations asked campers to state one thing they did not like about the workshop, or that they would change for next time.

Thirty-four out of 75 responses (76%) for the 'Knowledge is power' workshop did not answer this question, stated that they would change 'nothing', said that the workshop was good, or responded that they did not know. Timing was an issue for a number of campers, with 21% (n=16) of responses noting that the workshop was too long, there were not enough breaks, and that they would change the time of the workshop. 4% (n=3) of campers noted the seating, with one of these responses explaining that 'I didn't like how we always stood up'. A number of campers (11%; n=8) noted individual things that they would like to see changed, or that they did not like: the diagrams; 'People disturbing the adults'; 'LUCK';

'talking about HIV', 'no embarrassing stuff'; show and tell; 'I would want to learn something different from last year'; and that the group should be bigger. A further 11% of workshop attendees noted too much talking and not enough activities, with some responses providing specific ways to improve this: 'The video, they should have a smart board for presentations' and 'using more diagrams and explain in proper scientific language'.

For 'Live well, love life', 72% (n=53) of responses out of the 74 questionnaires gathered had no answer, said 'N/A', 'Nothing', stated that they thought the workshop was good, or that they did not know what they would change about it. Timing was an issue for 8% (n=6) of campers, who said that the workshop was too long, commented on the breaks ('how many breaks we had'), and on 'going toilet', which is possibly also in relation to the break times. Two campers (3%) stated that they would have liked food during the workshop, and the same number of campers noted that they would like the workshop to be less uncomfortable and 'not talking about feelings as much'. Less talking and more activities were noted by 5% (n=4) of campers, while the individual responses from the remaining 5% of attendees were: 'a bit more jokes in the lesson'; 'writing'; 'all of it'; and 'the mindfulness - it should be lying down'.

Thirteen responses were received for the poetry workshop, when campers were asked what they did not like, or would change for the next time. 85% (n=11) of these workshop attendees either left no answer or said 'nothing' (i.e. 'wouldn't change anything'). One participant noted the timing, saying that the workshop was too long, and the final response noted 'the poem we make'.

For the art workshop, 48% (n=12) of campers left this question blank, noted 'nothing', or that they were unsure if there was something they did not like or would change about the workshop. Timing was noted by 12% (n=3) of respondents, with contrasting responses noting that the workshop was both too long, and should have been longer. The same number of campers said that there were not enough materials and equipment, with a further 8% (n=2) stating that something should have been provided to cover attendees' clothes. 8% (n=2) of campers also made reference to the materials that were provided ('paint', 'use paint brush'), suggesting that some campers were unhappy with these. The remaining 12% (n=3) of campers provide individual responses, stating that the workshop 'was boring', that they would like a 'more organised wall', and noting the 'music'.

Thirty-seven responses to this question were gathered for the drama workshop, with 59% (n=22) stating that they would change 'nothing', that the workshop was good, that they did not know, or leaving this question blank. 11% (n=4) of campers noted that they would change the timing, clarifying that they thought the workshop was either too short or long, or that they did not like 'the time' at which the workshop took place. The same number of campers noted drama-related things that they did not like or would change, such as 'more acting' and 'we didn't do any drama'. The remaining 19% (n=7) of attendees provided individual responses, noting: 'props'; behaviour ('Messing about'); that there should be

more people participating in the acting; 'the first bit was not good'; that the workshop was 'a bit boring'; and to 'stay positive'. The meaning of one of these individual responses was unclear, simply stating 'more'.

Finally, the music workshop gathered 29 questionnaires, with 83% (n=24) of these responses stating that they would change nothing, that they were unsure, or providing no answer to this question. 14% (n=4) of campers provided individual responses, noting: the food; 'more time'; 'you didn't get to choose your own beat'; and that they didn't like most of the workshop. The final response (3%; n=1) was in relation to camp in general, requesting to 'make camp longer'.

### Satisfaction with the workshops

Two questions on the workshop evaluation forms were designed to gauge campers' overall satisfaction with the workshops. The first of these questions asked campers whether they wanted to attend the workshop before actually attending. The responses to these questions across all workshops are presented in Figure III. The second of these questions asked participants to circle a face signifying how they felt about the workshop in general, with the results shown in Figure IV.

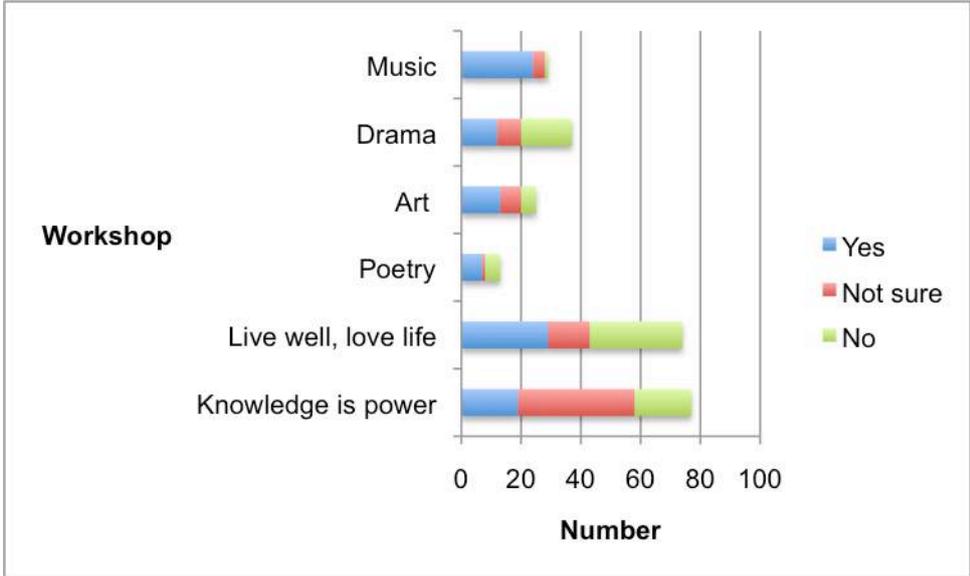


Figure III – how campers felt before attending workshops

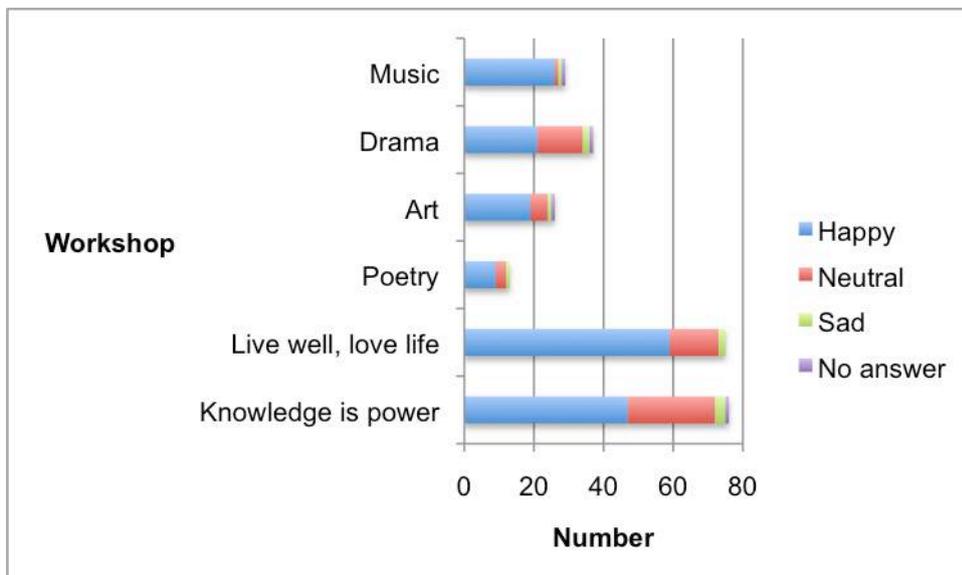


Figure IV – campers' overall feelings towards workshops<sup>4</sup>

As demonstrated in Figures III and IV, many campers changed their minds about the workshops after attending. For all of the workshops, a greater number of campers felt happy about the workshop in general, compared to the number that initially did not want to attend or were unsure about attending. This is especially evident for 'Knowledge is power', where 62% and 33% of campers felt happy and neutral about the workshop, respectively, compared to 25% and 50% who initially did not want to attend and were unsure about attending, respectively.

These results demonstrate that the majority of campers were happy with the workshops overall, with very few expressing dissatisfaction.

<sup>4</sup> The total number of evaluations for 'Knowledge is power' was 75. One camper selected both 'neutral' and 'happy', and another selected both 'neutral' and 'sad'. The total number of evaluations for 'Live well, love life' was 74. One camper selected both 'neutral' and 'happy'. The total number of evaluations for the art workshop was 25. One camper selected both 'neutral' and 'happy'.



## Chapter Three: camp evaluations

This chapter looks at the overall evaluations completed by campers at the end of F2B 2016. Out of the 81 campers who attended, 77 filled out this questionnaire.

### Development of peer friendships and networks

One of the aims of F2B is to address the high level of isolation experienced by young people living with HIV, by facilitating the development of peer friendships and networks. Three of the evaluation questions attempted to gauge how campers were forming peer relationships, and whether these relationships might continue beyond camp. As F2B has returning campers, these questions ask them whether they stayed in touch with people they met at previous camps.

Table IV – peer relationships formed at F2B

| Have you been to camp before? |                 |             |               | If you have been before, did you contact people you met at camp, between camps? |              | Do you plan to keep in touch with people you met at F2B this year? |               |                 |             |
|-------------------------------|-----------------|-------------|---------------|---|--------------|--|---------------|-----------------|-------------|
| No                            | Once            | Twice       | Three times   | Yes   | No           | Yes  | No            | Not sure        | No answer   |
| 61%<br>(n=47)                 | 28.5%<br>(n=22) | 4%<br>(n=3) | 6.5%<br>(n=5) | 85%<br>(n=28)   | 15%<br>(n=5) | 77%<br>(n=59)  | 2%<br>(n=1.5) | 15%<br>(n=11.5) | 6%<br>(n=5) |
| Total = 100% (n=77)           |                 |             |               | Total = 100% (n=33) <sup>5</sup>  |              | Total = 100% (n=77) <sup>6</sup>                                   |               |                 |             |

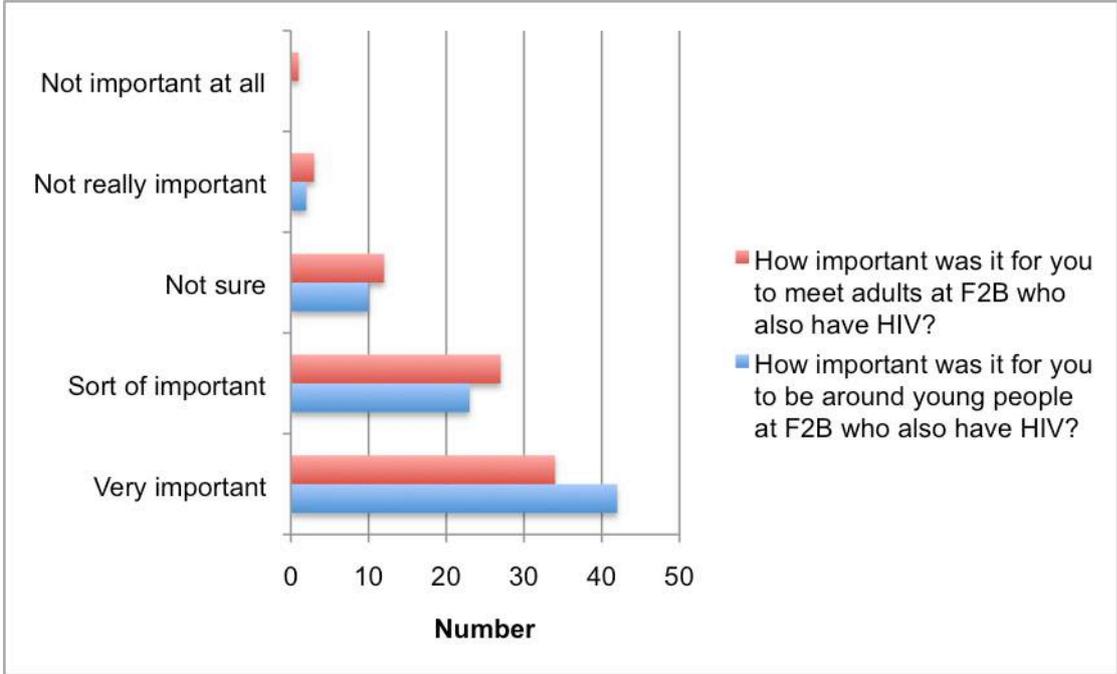
The majority of returning campers (85%; n=28) have stayed in touch with people they met at previous camps. Out of both returning and new campers, 77% (n=59) plan to keep in touch with people they met at this year's camp. The percentage of campers who either have not kept in touch with fellow campers (15%, n=5), or do not plan to keep in touch with people met at this year's camp (2%, n=1.5), is very low. 15% (n=11.5) of this year's campers are unsure if they will keep in touch with people met at F2B.

As well as the formation of peer relationships, we can see from Figure V that many campers value meeting peers who are also living with HIV, potentially

<sup>5</sup> This total is greater than the number of campers who said they attended more than once (30), so it is assumed that three people mistakenly answered this question, or that three people mistakenly said they had never attended camp before.

<sup>6</sup> One camper selected both 'no' and 'not sure'.

further reducing the isolation felt by these young people. Figure V also shows that campers value meeting adults (camp leaders and volunteers) who have HIV.



**Figure V – the importance to campers of being around young people and adults living with HIV**

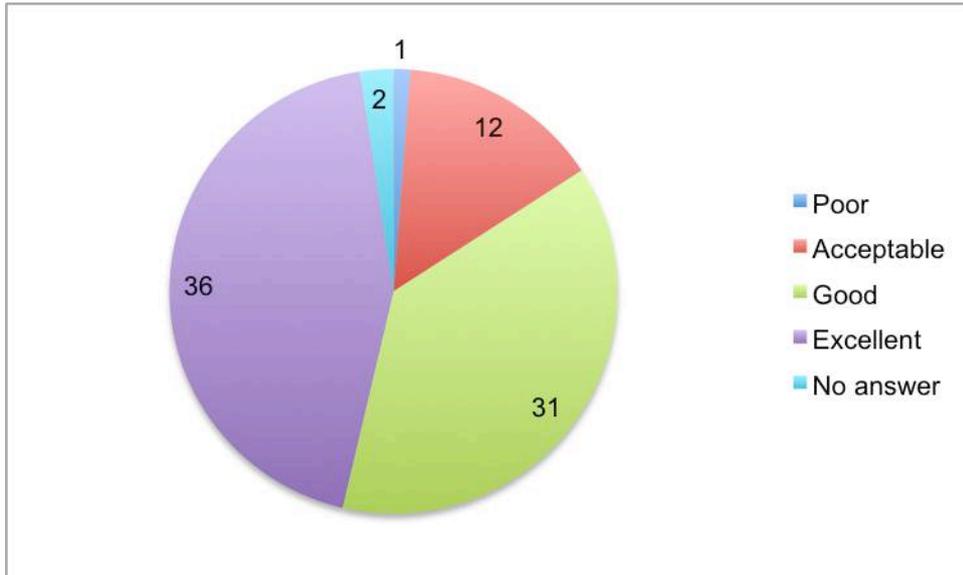
Only a small number of campers were either unsure of the importance of being around peers (13%; n=10) and adults (16%; n=12) who also have HIV, while even fewer campers felt that this was not really important.

Most campers found it either very important or sort of important, to be around young people (84.5%; n=65) and adults (79%; n=61) who also have HIV.

**Overall experience and assessment**

To gauge campers’ experience of F2B, they were asked to rate how they felt about camp overall. In order to better understand the results of this question, campers were also asked to state three things they liked most and least about camp.

Campers were asked to rate F2B 2016 as ‘poor’, ‘acceptable’, ‘good’ and ‘excellent’, and the responses are demonstrated in Figure VI.



**Figure VI – overall camper ratings for F2B 2016**

The total number of responses, including two answers that were left blank, was 82, as one camper selected all four categories, and two campers selected both ‘acceptable’ and ‘good’.

It is evident that the majority of campers rated F2B 2016 positively, with 82% rating this year’s camp as either ‘good’ or ‘excellent’, and only one camper rating it as ‘poor’.

In order to better understand these overall ratings, the fourth and fifth questions on the evaluation form ask campers to state three things they liked the most, and one thing they liked the least about F2B, respectively.

The majority of campers who answered this question stated three things that they liked most, but some campers noted less than three things, and three campers noted four things that they liked most. The total number of things stated as being most liked about F2B 2016, was 219.

- Socialising (people, meeting new people, making new friends, seeing old friends, girls, party)
- Meeting other people with HIV
- Staff and volunteers
- Key worker groups
- Talking about HIV
- Learning about HIV
- Workshops
- Activities (including games and outdoor activities)
- Gaining confidence
- Having fun
- Free time
- Sleeping
- Food
- Other

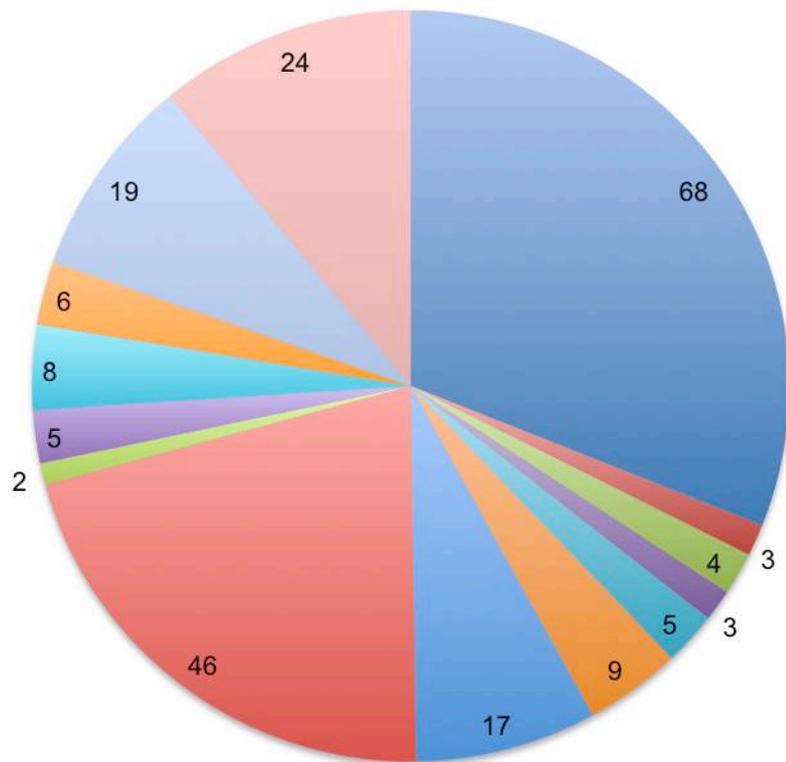


Figure VII – most liked things about F2B 2016

An overarching theme to emerge from the varied responses to this question was people and relationships. Campers stated that they most liked: the people in general (4%; n=9); meeting new people (8%; n=18); making new friends (4.5%; n=10); seeing old friends (4.5%; n=10); socialising (1.5%; n=3); and meeting other people with HIV (1.5%; n=3). Staff and volunteers were selected by 2% (n=4) of campers as the thing they liked the most, while the key worker groups were noted by 1.5% (n=3) of campers. Two campers (1%) stated that 'girls' and 'meeting a girl I liked' was their favourite thing about F2B 2016. One camper significantly noted:

*...the trust we have in each other.*

Alongside the interaction with others at camp, 2.5% (n=5) stated that talking about HIV, or having people to talk to about HIV (i.e. 'going into depth with personal experiences' and 'counselling'), was what they liked most about F2B.

Learning and specifically learning about HIV were mentioned by 4% (n=9) of campers, and workshops and lessons were chosen by 5% (n=11) of attendees. A further 3% (n=6) of campers named specific workshops and workshop activities that were their favourite thing about F2B, including making storyboards and 'creative activities'.

Unspecified 'activities' were noted by 9.5% (n=21) of campers as the thing they liked most, while specified activities such as yoga and evening activities, were noted by 3.5% (n=8) of campers. A further 3% (n=6) of campers specifically stated that they most liked 'games' or the games room.

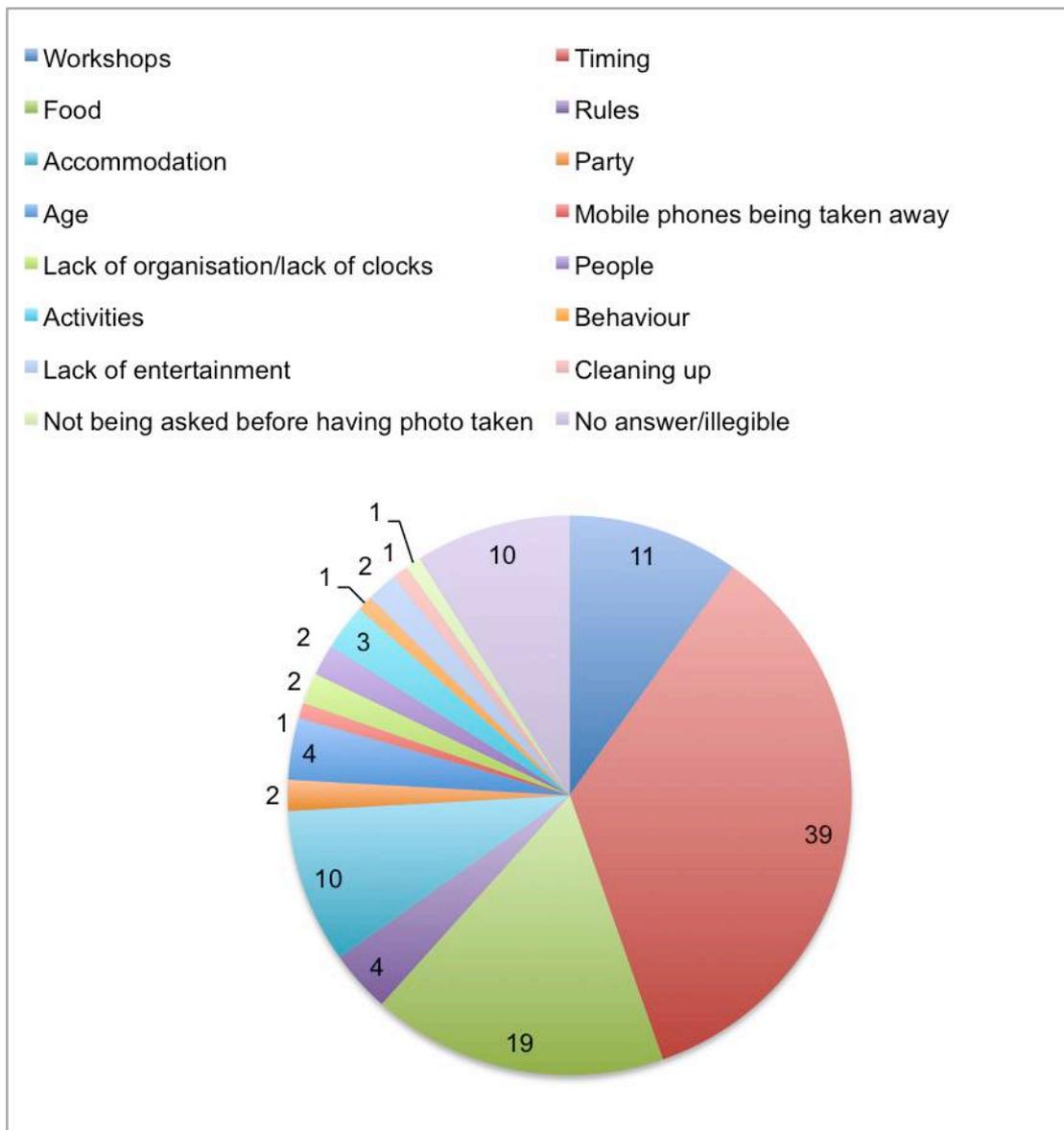
Being outdoors and visiting the outward-bound activity centre was the most liked aspect of F2B for 5% (n=11) of campers, while the confidence gained from having taken part in various activities (one camper was 'able to get over my fear of heights') was noted by 1% (n=2) of campers.

2.5% (n=5) of campers stated that they most liked having fun and laughing, and 7.5% (n=16) of campers specifically noted the party.

Some campers most appreciated the free time (3.5%; n=8) and sleeping (3%; n=6), and food was chosen by 8.5% (n=19) of campers as the thing they liked most.

General terms were used by 3.2% (n=7) of campers to describe what they liked most about camp, such as 'nice', 'lovely', 'polite', 'supportive' and 'friendly', which is again connected to the people at camp, be it fellow campers or staff and volunteers.

To further understand the 'poor' and 'acceptable' ratings for F2B 2016 (1% and 15%, respectively), question 5 of the questionnaire asked campers to name one thing they liked least about this year's camp, the responses to which are summarised in Figure VIII.



**Figure VIII – what campers liked least about F2B 2016**

A number of the 77 questionnaire responses stated more than one thing that they liked, meaning that the total number of items stated was 112. Out of these, 8% (n=9) either did not answer this question or stated 'nothing'.

Campers noted the following issues related to timing and schedules that they liked least about this year's F2B: bedtime was too early (13%; n=15); the wake-up time was too early (3.5%; n=4); the overall length of camp was too short (5%; n=6); camp was too long (2%; n=2); the evening briefing was too long (1%; n=1); workshops and activities were too long (6%; n=7); and there was not enough free time (3.5%; n=4). The issue of timing is also related to some campers' choosing 'rules' as the thing they liked least, with 3.5% (n=4) noting that they disliked: not being allowed to go into other people's rooms; being given warnings; and not being allowed to talk quietly after bedtime.

In relation to the workshops, 6% (n=7) of campers named these as their least favourite thing about F2B 2016. Some campers stated 'workshops' alone, while others noted issues around content and structure ('mostly it was talking and I think maybe we could do some things to wake us up', 'the workshops just weren't as good as last year'), or they noted disliking the way in which they felt during workshops: 'some workshops were uncomfortable'.

Specific workshops were singled out by 3.5% (n=4) of campers, such as art, poetry and the 'social workshops', although little information was provided to explain these choices ('poetry – it was boring').

Organisation seemed to be an issue for 2% (n=2) of campers, who disliked the lack of clocks and the disorganisation: 'Some things started late and sometimes I wasn't sure where I needed to be.'

Specific activities (bumbling and briefing time) and 'the talks' (the TED-style talks) were chosen by 2.5% (n=3) of campers as their least liked thing about this year's camp, while 2% (n=2) of campers stated that there was not enough entertainment provided, and the same number of campers specified that they disliked the party ('could have been better', 'better music').

The accommodation and facilities were noted by a number of campers, with 17% (n=19) noting that they disliked the food, and 9% (n=10) stating that they were unhappy about the level of hygiene, 'bugs', and the room arrangements, e.g. 'being alone in one room'.

For 6% (n=7) of campers, the thing they disliked most about F2B 2016 involved their fellow campers. One of these campers simply noted 'people', while another noted that 'I like doing games with new people', perhaps suggesting that groups should be rotated more, or that there should be more new campers and less returning campers. 3.5% of these campers (n=4) specifically noted that they were unhappy about the ages of the other campers, referring to the change in the age limit and 'being surrounded by noisy 11, 12, 13 year olds'. The final camper who also had an issue with the behaviour of fellow campers, described 'shouting, screaming'.

Individual responses noted that: permission should be sought from campers before taking their photograph; campers should be allowed to keep their telephones; and that they disliked cleaning up.

## **Room for improvement**

To improve the F2B experience for future campers, evaluation forms asked this year's attendees how they think F2B could be improved next year.

While many of these responses reflected the answers provided for question 5, which asked campers to state what they liked least about this year's camp,

question 10 – ‘How could F2B be improved next year?’ – provided campers with the opportunity to think about how they could change the things they disliked.

Campers often provided multiple answers to this question, meaning that the total number of responses to this question was 117. An outline of the main areas for improvement noted by campers is provided in Figure IX.

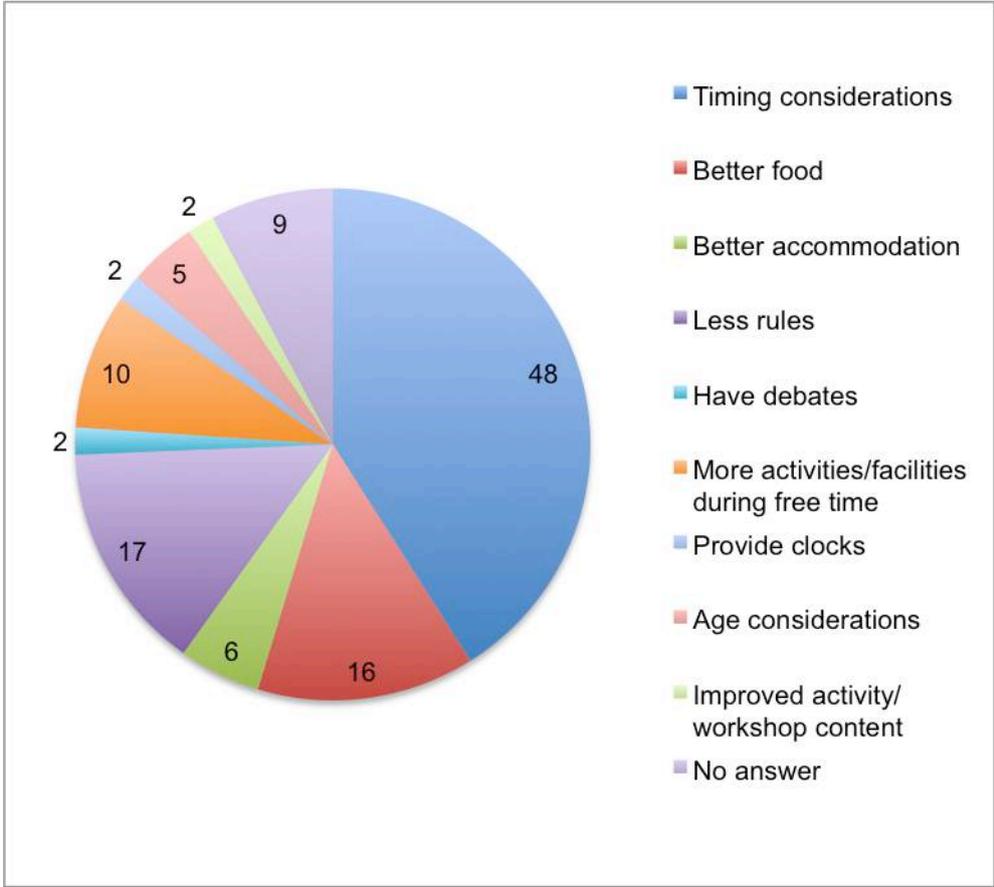


Figure IX – how F2B could be improved next year

The greatest area in need of improvement was timing. This included 17% (n=20) of responses specifically suggesting that F2B should run for longer (seven days, or even two weeks), while the remaining answers regarding timing (24%; n=28) referred to issues around: making bedtime later, making breakfast later, having shorter workshops, making the evening briefing shorter, making the parties later, and having more free time.

Out of the 13.5% (n=16) of campers who suggested that the food could be improved, one proposal included ‘spice your food, more quantity of food, food to be balanced’.

Those campers who stated that accommodation could be improved, referred to areas such as providing fans and using a more spacious venue.

Out of the 14.5% (n=17) of campers who suggested that camp rules could be improved, 8.5% (n=10) provided examples such as allowing older boys and girls to be together, not 'getting warnings for little things', and being allowed 'to go in other people's rooms at bedtime if we don't talk too loudly'. The remaining 6% (n=7) specifically noted rules about mobile phones, suggesting that campers could have their phones back during free time, or during the final evening, with one camper arguing that it wouldn't be such a bad thing for campers to have their phones, as 'the batteries run out anyway'. The suggestion by two campers to provide clocks, could perhaps assuage some of the unease felt by campers regarding not being allowed to keep their mobile phones with them during camp.

Activities and workshops were also noted as sources in need of improvement. 8.5% (n=10) of campers said that more activities, games and entertainment should be provided during free time, which includes one suggestion that campers should be allowed to bring their PlayStation with them. A further 1.5% (n=2) of campers commented on the content of activities and workshops, with one camper suggesting that the workshops should contain less educational elements, and another camper suggesting that next year's camp should

*[t]ry and make the evening activity less tense because when we had the TED talk it was too much.*

The same number of campers suggested that next year's camp should contain debates, with one of these campers recommending topics such as 'wet dreams'.

Finally, 4% (n=5) of campers stated that age considerations should be made for next year's camp. This related to the change in age limit, and other campers feeling that they should have been encouraged to spend more time with their peers; for example, by ensuring that

*...the people in your corridor should be the same age as you.*

One of these campers argued that, 'if we are older let boys be with girls'.

## **Increased knowledge and self-esteem**

In order to estimate how F2B overall contributed to an increase in knowledge for this year's campers, questions 6 and 7 asked them what new things they learned about HIV, and what they learned about themselves during their time at camp.

### ***New things campers learned about HIV***

From the 77 questionnaires received, 93 responses were gathered in answer to the question, 'What new things about HIV did you learn at F2B 2016?' This takes into account the fact that some campers stated more than one thing. 15% (n=14) of these responses were blank, or stated 'nothing' and 'nothing new', including one answer that explained 'because basically it was the same as last year'. One

further answer was illegible.

16% (n=15) of campers noted that they learned something about the law: 2% (n=2) of these did not specify which laws and rights they had learned something about, while 6.5% (n=6) specifically noted having learned that HIV is classified as a disability. A further 6.5% (n=6) mentioned employment rights and learning about jobs that you can and cannot do if you have HIV, for example:

*If you want to be a surgeon or dentist it is required for you to tell your employer about your status.*

One camper stated having learned about the law regarding prosecution for HIV transmission.

34% (n=32) of campers who answered this question demonstrated that they learned facts about HIV. 8.5% (n=8) of these noted facts about the virus and how it functions in the body:

*...it uses energy from white blood cells to duplicate itself.*

*...if your viral load is low then your HIV can't be passed on.*

A further 2% (n=2) learned about the CD4 count, and the same number of campers learned about medication, including: 'not everyone with HIV has to take medication'. Transmission facts and myths were noted in 12% (n=11) of responses, for example:

*...that you can't transport it from a toothbrush.*

*Not everything you hear on the internet is true.*

The ability to have a negative baby was noted by 7.5% (n=7) of campers, i.e. 'how to have a baby without HIV', while 2% (n=2) responses referred to learning about sex and sex education.

Learning about confidentiality and how to tell others about your HIV, was noted by 5% (n=5) of campers, including 'how to tell people your condition' and that

*You can tell your friends if you want to.*

Affirmative life lessons about HIV were learned by 9.5% (n=9) of campers, with responses including:

*HIV is not that bad and that you can do what the hell you want.*

*Don't let it get to you. You're not your HIV.*

A further 9.5% (n=9) of campers learned that they are not alone, including one camper who noted that they learned about other people's experiences, and 3% (n=3) of campers said that they learned how to deal with living HIV, or 'How to have a good life with HIV'.

Finally, one camper stated that they had learned about 'rejection', while the remaining 4% (n=4) of campers noting having learned 'everything', or 'lots'.

### ***New things campers learned about themselves***

Question 7 of the camp evaluation asked campers to comment on what they learned about themselves during F2B 2016, in line with one of the camp aims to enhance participants' confidence and self-esteem.

Out of the 79 responses to this question (some campers provided multiple answers), two campers (2.5%) provided incomplete answers, and 25% (n=20) left this question blank, stating that they had learned 'nothing', or that they were not sure.

Although this question asked campers to think about themselves, the responses demonstrate that many campers do this by taking into consideration their relationships with other people, and their relationship with HIV. 12.5% (n=10) of campers stated that the thing they learned about themselves was that they are not alone, reinforcing the importance of establishing peer networks for young people living with HIV, while the 16.5% (n=13) of responses that referred to having learned that campers were confident were often framed in relation to HIV:

*That I'm able to do anything. I shouldn't let HIV stop me.*

This is supported by the further 10% (n=8) of campers who alluded to an acceptance of their HIV status, saying that they had learned, for example,

*To be myself, and to accept the fact I have HIV.*

*That even with HIV I can still love myself.*

This acceptance is extended to this year's camp theme of living well with HIV, with one camper specifically noting that they had learned 'that I need to look after myself'.

Some camper responses suggested that they had learned something about themselves in relation to tackling isolation. 5% (n=4) of campers noted that they are not that different to other people, including those who are not living with HIV:

*I'm no different from negative people.*

The same number of campers said that they had learned they are able to talk about their status and share their feelings, while 2.5% (n=2) of campers recognised that they are currently unable or reluctant to share their feelings:

*That I'm holding in a lot of anger towards people but I need to forgive so I can feel better.*

*I'm not one to speak about his problems.*

An increase in self-esteem was also demonstrated through the positive traits noted by 7.5% (n=6) of campers, such as 'I learnt that I am a nice person and caring' and 'I'm funny', and through the skills learned (11.5%; n=9):

*I didn't know I could do canoeing.*

*I'm not afraid of heights.*  
*That I can socialise.*  
*I am more creative than I thought.*



## Chapter Four: camp leader and key worker feedback

Camp leaders and key workers completed separate, brief online questionnaires following the end of F2B 2016, in order to gauge how they found the experience of camp, and their views on the support provided to them.

### Camp leaders

Out of the nine camp leaders at F2B 2016, five completed the online survey that consisted of eight questions. The camp leaders who completed the online survey also offered additional comments on this year's camp and on planning for future camps.

### Venue

All five camp leaders answered the first question, which asked them to rate the venue in relation to four factors, the results of which are presented in Figure X.

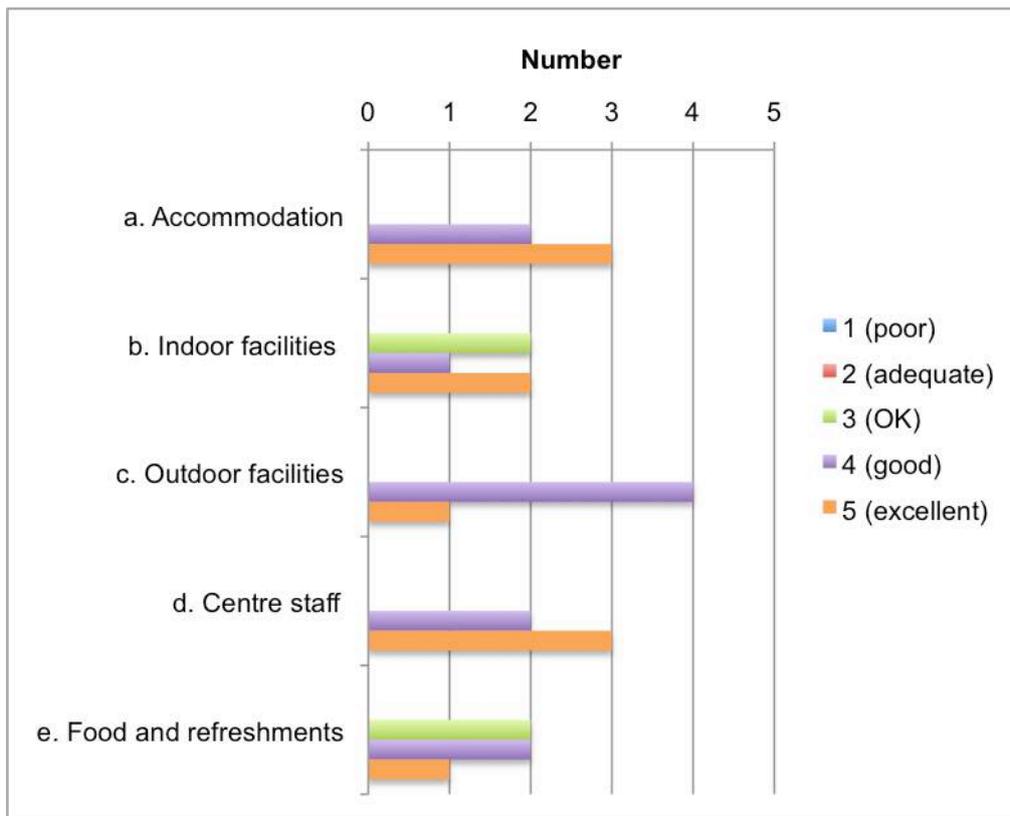


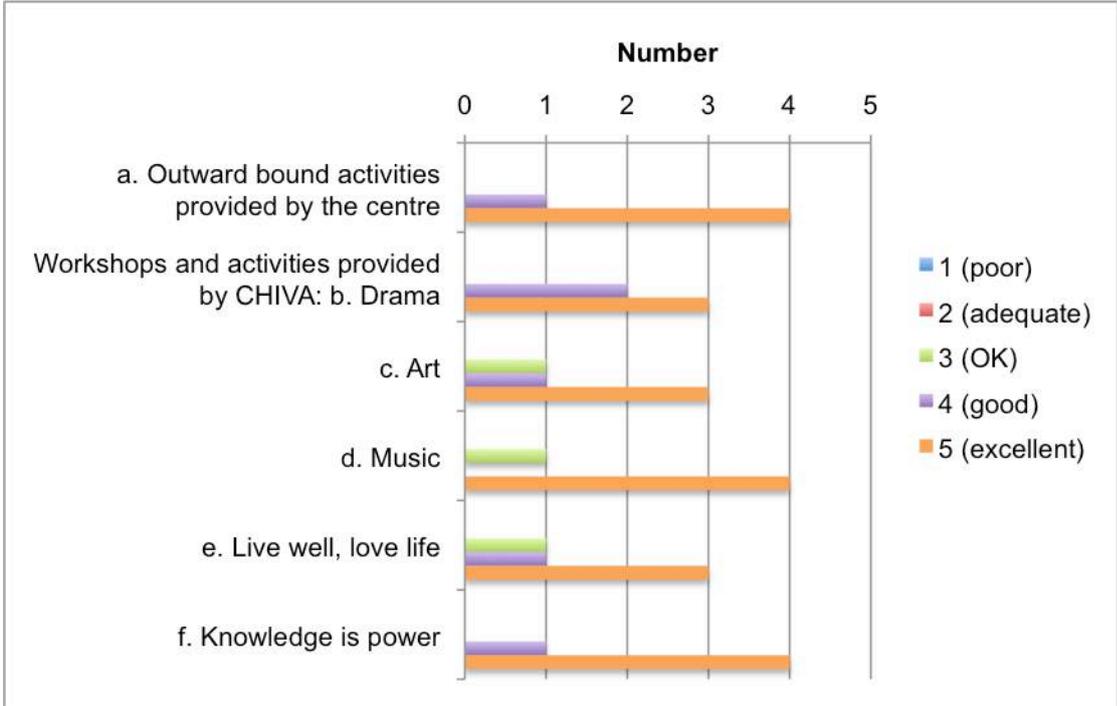
Figure X – camp leader ratings of the venue

Camp leaders rated all aspects of the venue highly, especially the accommodation and the centre staff. The lowest ratings given were 'OK', for food

and refreshments, and the indoor facilities. One camp leader provided an additional comment to this question, praising the location: ‘shame the wifi wasn’t working but it was a nice location, very secluded and quiet area to be in’.

**Workshops and activities**

All five of the camp leaders to fill out the online questionnaire, answered this question, the results of which are demonstrated in Figure XI.



**Figure XI – camp leader ratings of activities and workshops**

Overall, camp leaders rated both activities provided by CHIVA and the outdoor activities provided by the venue, very highly. Although the art workshop fared the worst, relatively speaking, the additional comment left by one camp leader emphasised that the ‘art class was brilliant’.

### Support and information provided to camp leaders

Two of the online survey questions for camp leaders concerned the support and information provided for this role. The first of these questions asked camp leaders to rate the support and information they received before and during camp, the responses to which are displayed in Figure XII. All five of the online survey respondents answered this question.

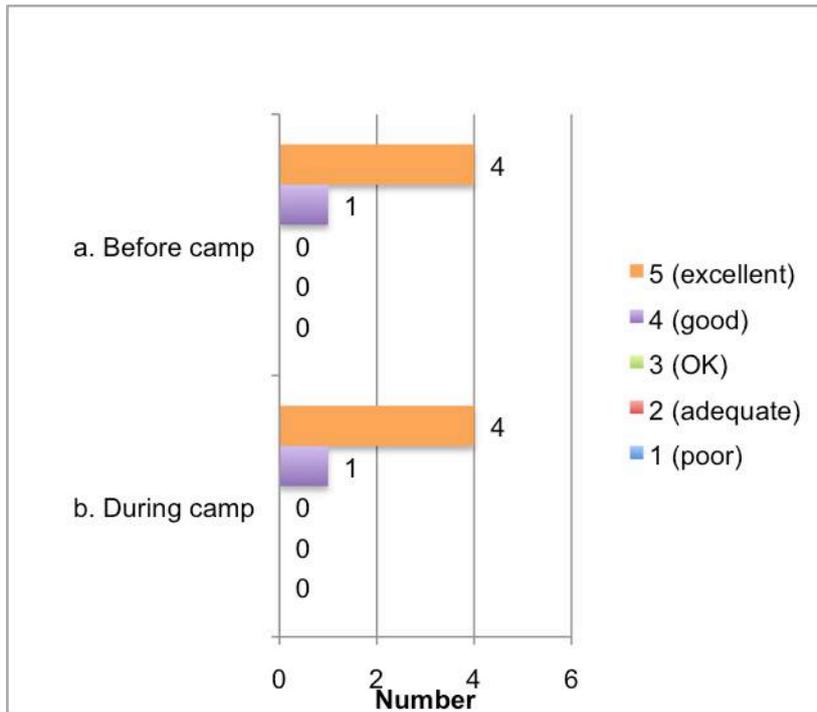


Figure XII – ratings of the support received by camp leaders

Figure XII suggests that the overall support provided to camp leaders both before and during camp, was of a very high level.

The training weekend for camp leaders that took place before camp was assessed through the open-ended question that asked: ‘how did you find the training weekend you completed before being a camp leader; was it helpful?’

All five completed questionnaires provided a response to this question:

*Yes this helped all the camp leaders become closer and get to know one another before we went to camp.*

*Very helpful, I used a lot of what I learnt during camp and [it] made my role so much easier and enjoyable.*

*It was helpful as it kind of gave you an insight of what to expect when you're at camp.*

*It was amazing.*

*The training weekend was very helpful and knowledgeable.*

The above responses demonstrate that not only was the information provided sufficient, helpful and utilised during camp, but that the training weekend also gave camp leaders the opportunity to form working relationships before F2B commenced, helping to put camp leaders at ease.

### Logistical and organisational arrangements

Camp leaders were asked to rate logistical and organisational elements of F2B 2016, the results of which are displayed in Figure XIII.

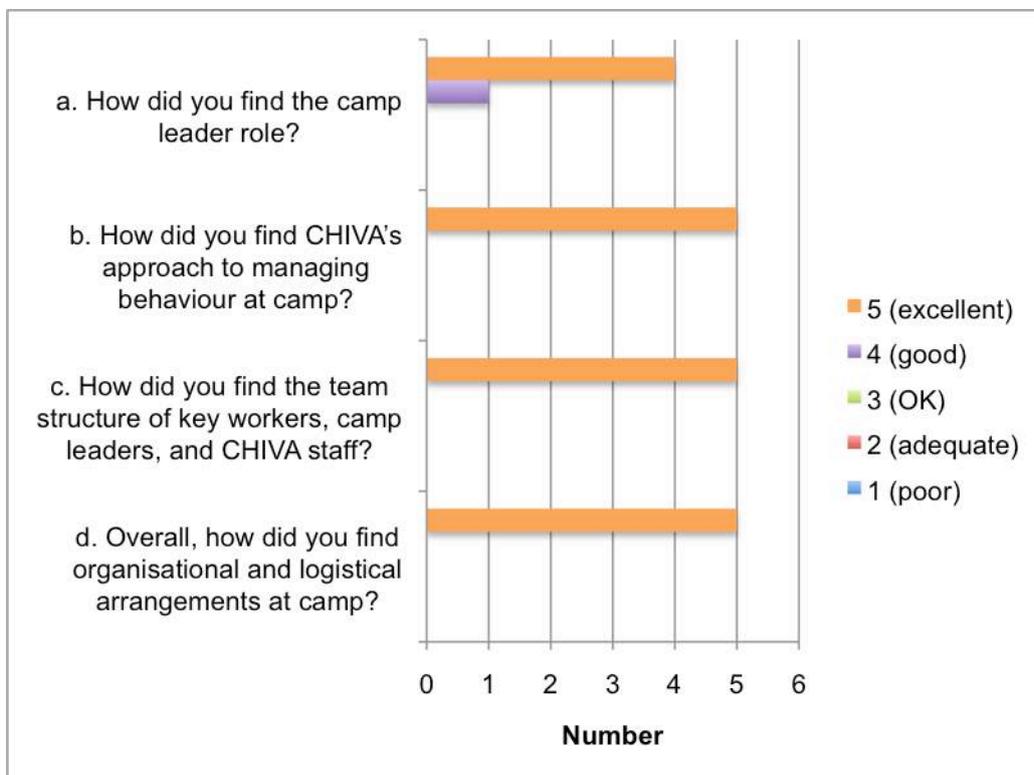


Figure XIII – camp leader ratings of logistics and organisation of F2B 2016

The majority of camp leaders rated the logistical and organisational elements of F2B 2016 exceptionally well, with 100% of respondents rating the overall arrangements at camp as 'Excellent.'

### Room for improvement

Three out of the five questionnaires provided an open-ended answer to the question: 'how do you think the role of camp leader could be improved?' The

answers are provided in full:

*Being able to be a camp leader more than once or twice and having it as an option compared to being a key worker.*

*'Nothing it was all perfect.*

*I do not think the camp leader role needs any improvement as it is already a good working system.*

Only one of the above responses provides a suggestion for future improvement to the role of camp leader, suggesting that there should be more fluidity between the camp leader and key worker roles, and that continuity over a number of years should be encouraged.

### **Additional comments about camp**

None of the camp leaders responded to the request to add any further comments on improving the volunteering experience, and any other comments about camp. This is unsurprising, given camp leaders' positive ratings for F2B overall and the camp leader role.

### **Personal development**

As with F2B campers, the camp leader role is designed to engender elements of personal development for those who take on this responsibility. Consequently, the final question of the camp leader questionnaire asked: 'how has being a camp leader impacted on you personally (e.g. helped get you a job, learnt new skills, improved your CV, boosted your confidence)?' The complete answers are provided below.

*Learnt new skills on how to work with young people and how I manage time and organise myself.*

*It has made me want to do more and ignited a passion for youth work I did not believe I had.*

*Learnt some new skills.*

*I have learnt new skills and new information.*

*I have learnt new skills that may help me in future situations and the role has also improved my CV.*

The responses demonstrate that the camp leader role provided both transferable skills and specific career motivation.

## Key workers

A total of 11 out of the 16 key workers that attended camp completed the online questionnaire. Those key workers who completed the online survey also offered additional comments on this year's camp and on planning for future camps.

## Venue

All 11 volunteers answered the question asking them to rate the venue in relation to five factors, the results of which are presented in Figure XIV.

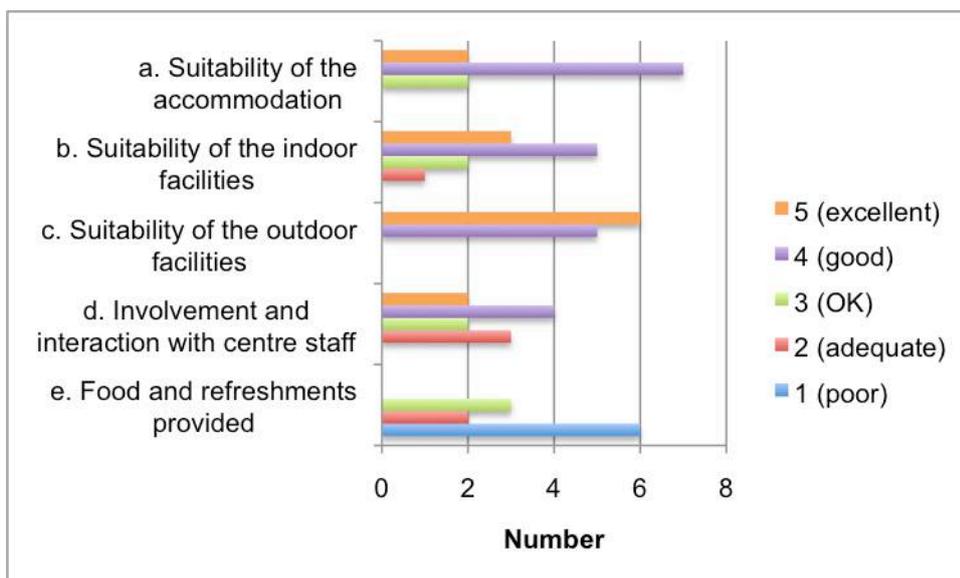


Figure XIV – key worker ratings of the venue

Perhaps owing to the slightly more nuanced options provided in the key worker version of this question, which asked key workers to rate the 'suitability' of venue elements as opposed to rating them in general, key workers rated the venue less favourably. This is explained by the additional comments provided in response to this question.

As with F2B campers, the food was particularly singled out by key workers as poor and adequate, owing to a lack of variety that was regarded as unhealthy:

*The food was not very varied, maybe should have two options of a main, as I found often the children didn't like what was offered so had to give them toast or something instead. There could've been more healthier options, cooked vegetables etc., not just a salad bar.*

*Food – shocking. Need more vegetables.*

*...it didn't always seem like a healthy or balanced diet and there was a lack of vegetables in some of the main meals. We had the salad option,*

*but it was one or the other. Portion size also and packed lunches were tricky to ensure everyone was full.*

*Drinking water should be more readily available.*

*Too many carbs, and not enough vegetables. Snacks in evening not good.*

In their comment, one key worker elaborated on the low rating provided for centre staff:

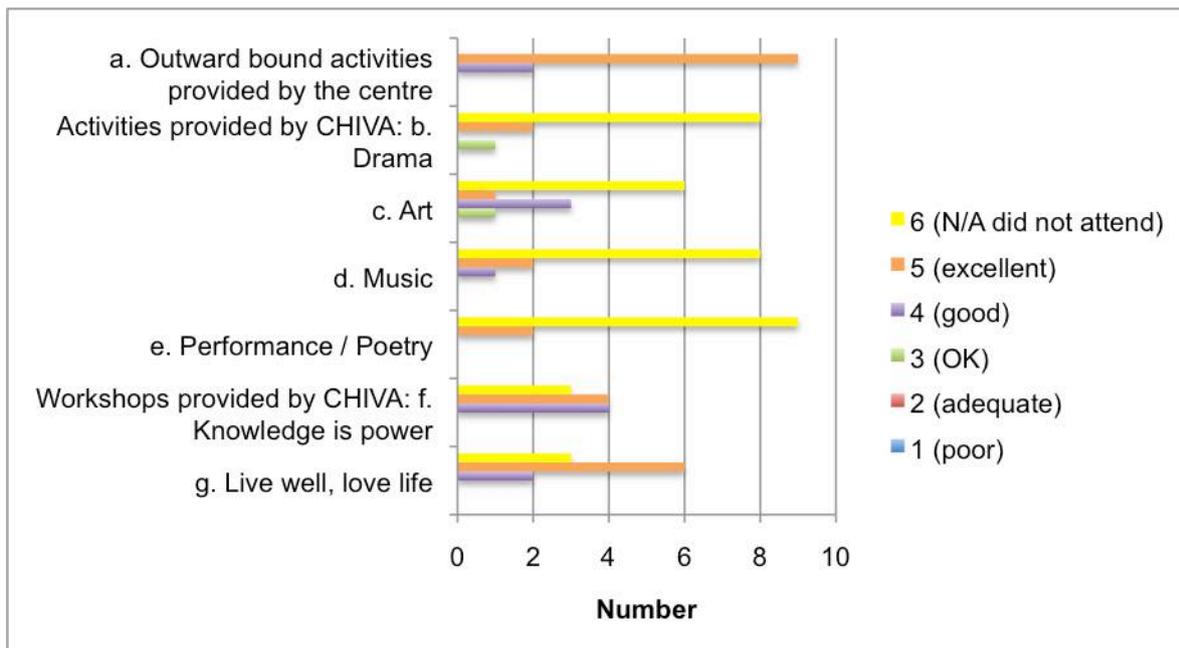
*... the venue staff really let this place down. There was little to no involvement from them ... and some of the venue staff had more attitude than the young people put together. Compared to last year when the staff could not have been more interactive, pleasant and engaging, the staff this year were the loose link.*

Finally, whilst the venue itself was well received by key workers ('The venue on the whole was excellent'), it was considered that accommodation arrangements with regards to gender could have been improved:

*One of the main difficulties I felt was in having mixed floors/locations for boys and girls. Would it be better/possible/easier for future years to have two separate buildings for gender and then there is no reason for people to be going across to separate living spaces?*

## **Workshops and activities**

All 11 volunteers who filled out the online survey either rated some of the activities provided at camp or provided comments, with the results displayed in Figure XV.



**Figure XV – key worker ratings of camp workshops and activities**

All of the key workers supported the outdoor activities provided by the centre, and rated them highly, with 82% (n=9) of key workers categorising them as ‘excellent’.

As outlined in Figure XV, it should be taken into consideration that not all key workers supported all of the CHIVA workshops and activities. None of the activities and workshops provided by CHIVA received negative ratings from those key workers who did attend, the lowest of which were ‘OK’ ratings from two key workers, for the drama and art workshops. One of the additional comments explains this rating for the drama workshop: ‘I think the young people expected more performance-led drama. They got a little bored.’

A high proportion of key workers who filled in the questionnaire also supported the CHIVA workshops (73%; n=8), both of which received either ‘good’ or ‘excellent’ ratings. One additional comment noted the challenge of meeting the needs of a varied audience: ‘I supported a Knowledge is Power workshop. It is notoriously hard to find the right level. In this session there were periods of intense engagement and discussion, but vastly different needs to try and meet!’ It is unclear whether these different needs are a result of the wide spectrum of campers’ ages, or the fact that returning campers were already familiar with the workshop content, as previously noted in campers’ workshop evaluation responses.

Finally, one key worker praised all of the workshops and activities (‘I think all of these were great – and in particular felt the TED talks were extremely powerful’), and suggested the inclusion of ‘a “display area” for any of the resources created to be displayed after each workshop, especially the HIV-related pieces of work that the young people had worked on’.

## Support and information provided to key workers

As with the camp leaders, the online survey asked key workers to rate the support they received before and during F2B 2016, with their responses displayed in Figure XVI.

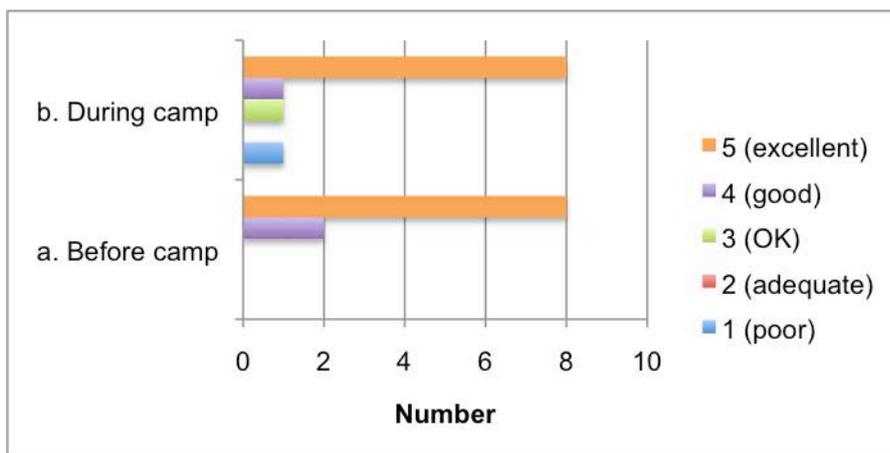


Figure XVI – ratings of the support received by key workers

One of the 11 respondents skipped this question, with the majority of the 10 respondents (80%; n=8) rating support both before and during camp, as 'excellent'.

Support during camp received one 'poor' rating, which is explained through two of the additional comments that highlight the need for better communication:

*There was lots of confusion and lack of KW time when we need[ed] to locate all our lists of young people on multiple activities the night before. Many KWs were totally unaware of the need to be checking all these lists on the walls of [the] KW room in advance, and then this had major knock-on effects when activities were due to start, and up to 1/3 of YP seemed unaware of where they needed to be.... As ever, the support we receive is tremendous; these comments mainly relate to advance information about off-site visits, and where each of our YP needed to be for workshops and activities. Lots of the youngest ones felt quite lost in the blizzard of activities and where they were meant to be.*

This is reiterated by an earlier comment from a camper, who noted that '... sometimes I wasn't sure where I needed to be.'

A second key worker comment elaborates on this issue, noting that:

*...occasionally, some messages were not fully circulated around all key worker[s] and there was quite a bit of assumed knowledge. This was my*

*first camp, and it was absolutely fantastic.... However, there was a huge emphasis on 'previous camps' and experience and a large number of times key workers and staff said 'we do this, or we always do this'; but if it is your first time, then this isn't known by everybody.*

To remedy the lack of communication, one key worker suggested having mobile phones 'to be able to send quick messages/and or get in contact quickly if the time of a supervision meeting has changed'.

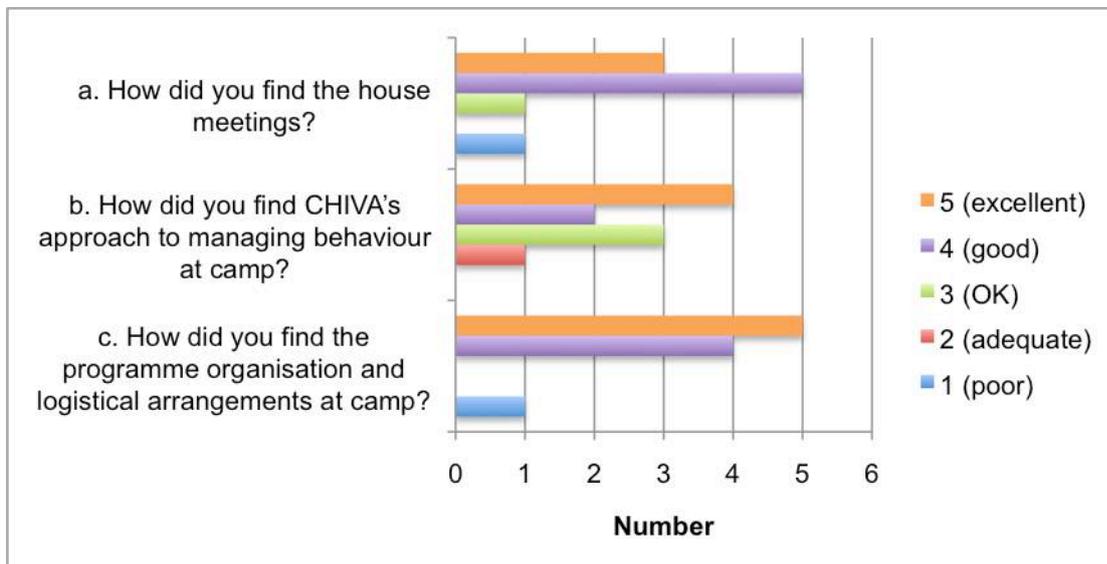
Aside from this communication issue, the remaining comments reflect the highly-rated support provided to key workers:

*Everyone is so supportive of each other. CHIVA staff worked exceptionally well with all the volunteers and provided us with any support we needed.*

*I felt very well supported throughout and the daily key worker meetings were very helpful.*

### Logistical and organisational arrangements

As with the previous question, one of the 11 respondents skipped the question asking them to rate the logistical and organisational elements of camp, the results of which are displayed in Figure XVII.



**Figure XVII – key worker ratings of the logistics and organisation**

As demonstrated in Figure XVII, key workers rated the logistics and organisation of F2B 2016 well overall, with individual low ratings for each of the three elements assessed. These are clarified in the additional comments provided.

With regards to the low rating for programme organisation and logistical arrangements, one key worker referred to their response to the previous

question, which described a lack of support and information for key workers.

The low rating for the house meetings was supported by the following comment: 'Would have been nicer to have [our] own space for house meetings. It was difficult getting the girls engaged.'

Three of the comments allude to CHIVA's approach to managing behaviour, and these are provided in full:

*The behaviour issue is a tricky one. I completely get how difficult it is to manage. I think we did a good job in terms of consistency overall; however, there were a few slight issues that needed to be discussed and agreed on in supervision meetings. I guess everyone has a different level of experience in dealing with young people.*

*Maybe a discussion with key workers to encourage a more consistent approach to unacceptable behaviour and the consequences.*

*More praise and motivation for the young people and a better way in dealing with challenging behaviour (warning system was used too much).*

These comments demonstrate that there is an underlying issue regarding the consistency of managing behaviour at camp, while overuse of the warning system, potentially making it less effective, was also noted earlier by campers.

Lastly, one key worker commented that although F2B was 'at times a little bit non stop, I think this was more to do with the age range of the young people. Overall it was very well run and organised'.

### **Additional comments about camp**

The final question of the online survey for key workers asked them to add any further comments on improving the volunteering experience, and to add any other comments about camp that they might have. Four key workers answered this open-ended question. Two of the comments offered numerous areas for improvement as well as suggestions to address these, and aspects of camp that were particularly well received. The two remaining comments described the positive impact that F2B had on the key workers.

As mentioned in the introduction, F2B 2016 was the first year to include the new age range of 11–16. This was well regarded by one key worker, who noted that

*The decision on age limits was spot on this year, it gave all of camp a really great vibe. I also think you all did really well to think through all the challenges of age appropriateness across so many aspects of camp.*

Presumably also in relation to age, this same key worker thought that 'The closing ceremony was very well pitched for this range of campers'.

Support for key workers was mentioned again, highlighting a knowledge gap

between newer and older key workers: 'I noted that many new KWs lacked information about the basic elements of how camp is organised. A bit more time supporting them with that could help them feel less panicked (schedule, houses, time off for KWs, helping during session transitions). Also I noted a few newer KWs never allowed themselves time off, esp[ecially] those who supported young people with mobility issues.'

It was assumed by one key worker that the organisational issues previously mentioned, with regards to 'activity and workshop groupings', would be addressed 'by IT solutions you are planning. That would have such a great impact for us all, esp[ecially] those running sessions'.

Aspects of F2B 2016 thought to be not as successful as other areas, included the treasure hunt, which 'went slightly less well', and the TED-style talks, which were regarded by one key worker as being too long. This reinforces the earlier camper's comment that they found the TED-style talks to be 'too much'. To rectify the timing issue of these talks, it was suggested that they 'might work better [as] an after dinner talk each night with one speaker (or a pre-dinner speech).' In addition, this keyworker suggested addressing a gender imbalance: '...it would be very nice to see a man speaking as well as a woman; half the room were boys and a man's view is important for them to hear.' It should be noted, however, that one of the contributors to the evening talks was a man.

Whilst key workers commended the new age range, it was thought that there are still areas where age-specific activities need to be taken into consideration. One area in particular was around the topic of telling other people about your HIV: 'a couple of the older young people (14+) were asking about disclosure so maybe have a specific session on this, looking at how/why/where but also, what questions they might get asked or how to deal with a silent response, i.e. by having a list of potential questions ready that the person they have disclosed to can ask.'

It was also considered that key workers were under utilised: '...use the volunteers more, they have a vast amount of knowledge and experience between them which was underused.'

The final two comments from key workers took the opportunity to highlight how F2B 2016 had positively affected them and provided a fulfilling experience:

*Thank you CHIVA for letting me [be] part of this for the 7th year. See you next year.*

*It was honestly an extremely powerful and rewarding experience for me and I am so glad I got involved and was welcomed into the team. Knowing that most of the young people have a more positive outlook on their life with HIV is fantastic and everyone involved is to be fully commended for that.*

## **Chapter Five: recommendations and conclusion**

### **Recommendations**

Recommendations for improvements to next year's camp have been ascertained from the evaluation responses provided by campers, camp leaders and key workers.

Taking into account the top issues noted by campers as things they liked least about camp, it is recommended that next year's camp planners consider the following improvements:

- Better timing considerations, with options for more breaks or a less intense workshop schedule, especially with regards to the TED-style talks
- A better quality and quantity of food and drink, ensuring that there is a varied and healthy diet available for all meals and snacks
- A reconsideration of the warning system, which was perceived by campers as overused and thus redundant
- Better communication with and between key workers, to ensure that logistical information is up to date and thus communicated to campers, and that there is no 'assumed knowledge' between new and returning key workers.
- A solution should be considered to address the issue of returning campers attending the same workshops, to ensure that they remain engaged.

These recommendations are supported by feedback from camp leaders and key workers, who especially noted issues with food and what was perceived by some as a lack of consistency across the volunteer team with regards to managing behaviour.

It is also recommended that question two of the workshop questionnaire – 'In your own words, what would you say it was about?' – is reworded. This is to avoid the large proportion of campers who seemed to have understood this question to be about how they 'felt' about the workshop.

### **Conclusion**

Workshop and camp evaluations have demonstrated that F2B 2016 largely achieved its four goals, and that F2B remains a significant step in helping campers to live well with HIV.

The first goal of F2B is to facilitate the development of peer friendships and networks in order to address the high level of isolation experienced by this group. The achievement of this goal is evidenced through the number of returning campers who have kept in touch with people they met at previous camps (85%),

and the number of campers who plan to keep in touch with those people they met at F2B 2016 (77%). The old and new relationships formed and maintained between campers is vital to F2B, which was demonstrated by the numerous campers who noted this as one of the most liked things about camp: 'the old friends I see and the new friends I made'.

The second aim of F2B is to supplement participants' knowledge and understanding of how to live well with HIV. The centrality of this goal was foregrounded in this year's F2B theme of living well with HIV, along with the workshop 'Live well, love life' that sought to explore the experiences of growing up with HIV and the ways in which campers could gain support from each other and elsewhere. Significantly, campers reassessed their life goals in relation to HIV, learning that having HIV does not stop them from following certain career paths and having families of their own. In short, campers learned that 'I'm not too different to anyone else', a noteworthy observation that demonstrates how the acquisition of HIV knowledge is fundamental to young people's self-perception and self-confidence, which in turn reduces their isolation.

A further goal of F2B is to enhance participants' confidence and self-esteem through creative and arts-based activities, sports and outward-bound activities, and emotional support. Increased self-esteem and confidence was noted in various ways across all workshops, as well as through participation in outward-bound activities. The creative workshops were evidenced as providing campers with a safe space in which to explore their HIV status and how they felt about it, which is a significant step for many campers who stated that they learned it was not only OK to share their feelings (perhaps being used to keeping their HIV a secret) but helpful. It was also the case with outward-bound activities that campers learned they were more capable than they thought, able to approach and overcome scary situations. Just as one camper learned that 'I'm not afraid of heights', another camper learned through the creative workshops that 'I was never able to talk about my status but I can a bit'.

It is clear that the final goal of F2B – to facilitate participants' access to a broader community of people living with HIV so as to provide them with knowledge, support, guidance and inspiration – was achieved in a number of ways. 84.5% of campers thought that it was either 'very important' or 'sort of important' to be around young people at F2B who also have HIV, while 70% of campers thought the same about meeting adults at F2B who also have HIV. This is reflected in the high number of campers who stated that their favourite thing about F2B 2016 involved people and relationships, be it making new friends, seeing old friends, socialising, or meeting other people with HIV. The fourth goal of F2B was also

supported this year through the TED-style talks that shared the experiences of young adults who have grown up with HIV, alleviating the feeling of isolation, as described by one camper who stated that 'I wasn't the only one who has been through tough experiences'. This reiterates a critical recurring theme from each year's camp, which is that F2B often results in campers explicitly realising that they are not alone, 'meeting new people in the same situation as me', and that there is support available to them. Equally, while HIV is the focus of F2B, the workshops and activities also allowed campers to think beyond HIV, acknowledging that 'it doesn't define who I am'.

