

# LOOKING FORWARD

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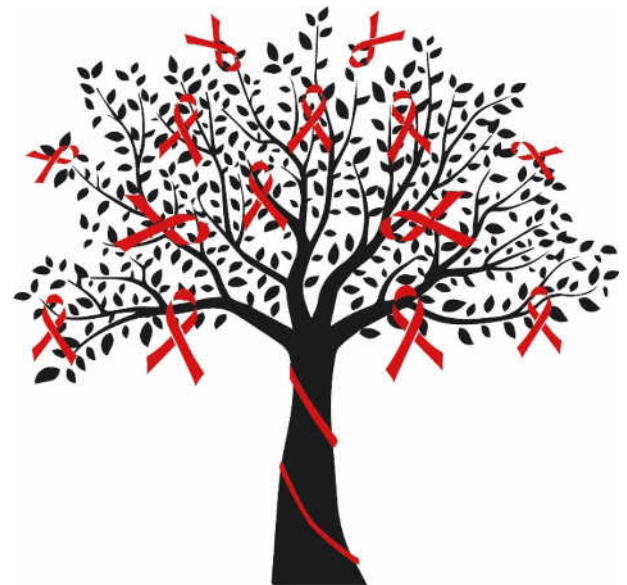
look forward  
 stay positive



# LOOKING FORWARD DAY PROJECT

*Providing young people with information about HIV issues  
and the opportunity to acquire new skills to manage any  
difficulties and challenges*

(Campbell et al., 2010)



# LFD PROJECT AIMS

## 1. Increasing young person's health knowledge and autonomy in managing their own health care

1. Problem solving
2. Explore attitudes and beliefs
3. HIV knowledge
4. Past learning

## 2. Combat stigma

## 3. Social support

look forward  
 stay positive

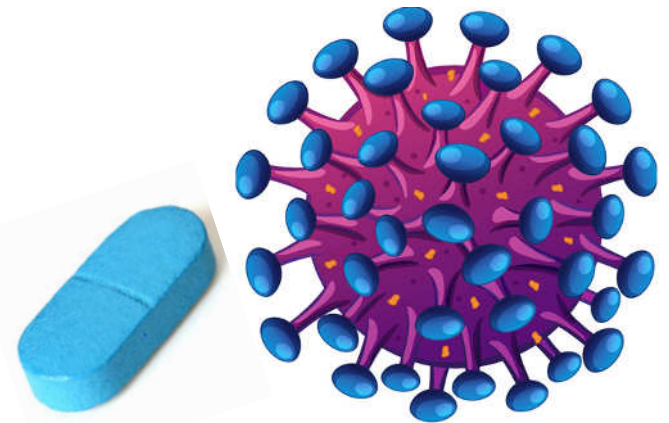
# WHY THESE AIMS....

## Health knowledge

Low levels of health literacy impact significantly upon a person's ability to:

- manage long term conditions;
- engage with preventative programs and make informed healthy lifestyle choices
- keep to medication regimes

This leads to worse health outcomes, increased health inequalities, and increased preventable mortality.



# WHY THESE AIMS.....

## Social Support

*Need for people living with HIV to access peer support to promote emotional well-being and treatment management*

(NHS Standards Contract for specialised HIV Services (children), 2013)

*Peer support should be embedded in clinical services...part of pathway for YP living with HIV*

(National Standards for Peer Support in HIV, 2016)

*Peer support of particular benefit when child is informed of diagnosis, and moving from children's to adult care*

(National Standards for Peer Support in HIV, 2016)

# CORE COMPONENTS:

- Young people (parents) are invited by someone they know
- Always takes place outside the medical context
- Safe space
- No one is excluded from the days
- Group based workshops - Health education (autonomy + curiosity) drama and role play, identity, stigma, sexual health and relationships, answer questions
- Include young people in the planning and facilitation
- Guest speakers and facilitators
- Fun



# CONTENT & TOPICS COVERED

- Lego building workshop
- Media and Online safety workshop
- Drama and Role Play- 'HIV and my wider life', 'being a young carer', 'how to tell and how not to tell'
- Naming and telling workshops- Good and bad responses
- Building a HIV drug resistance wall, demonstrating viral suppression and replication
- Healthy eating workshops with dietetic support
- Medication taking workshops
- Sexual Health Quiz using 'STD cushions'
- History/Timeline of HIV
- Graffiti Wall



# WORKSHOP: DESIGNING A LOGO





# LEGO WORKSHOP: U=U



# FEEDBACK

"I now feel more hopeful for the future"

"That there are so many people like me"

"Feel more positive about living with HIV"

"If you have a problem, talk to someone"

"Having people who are going through the same thing as you can be really helpful"

"The best is to learning It was all good, everything, I learnt a lot about HIV"



"I am so happy to know I am not the only teenager with it"

"I've learnt to deal with medication and disclosure"

"That having HIV isn't something to hold me back"  
"You can make it OK with HIV"

"I learned that others have similar experiences as me"

# CHALLENGES

- Location and venue
- Funding
- Extra support needed to get them on the day
- Additional work and hours for clinic staff involved
- Parental concern and young persons fear of unknown
- Additional needs and behaviour of YP on the day
- Obtaining consent

# INCENTIVES FOR ATTENDING

- Previous financial incentives offered but no longer providing this as feedback from YP was that they would attend anyway!
- Free lunch at local restaurant
- Prizes/goody bags on the day
- Occasional activities/outings as part of afternoon session
- Fun
- Meeting new people



# LOOKING FORWARD: FUTURE PROSPECTS



- What's next?
- What other models of Peer Support are clinics using?
- What would people like to see?
- Any recommendations for improvement?
- What has worked well for other centres?
- Long term sustainability?

# LOOKING FORWARD: FUTURE PROSPECTS

## Any ideas...?

- **Accessible guide to running Looking Forward days for other clinics to access as a resource**
  - Topics to cover
  - Teaching resources/Games
  - Suggestions of Donors
  - Guest speakers/facilitators that are willing to support
  - Organisations to collaborate with

# **ANY QUESTIONS?**

**Thank you for listening and  
Congratulations on staying until 5.30pm!**

**.....Drinks?**

