



GROWING TOGETHER FOR
HEALTH AND HAPPINESS

For the children and young adults who grew up with HIV in the UK and Ireland, life can be difficult. Although the majority manage the condition with medication, most keep their HIV status secret due to ongoing stigma around the virus. Some don't even talk about HIV among their family.

This leads to isolation, low self-esteem, and mental health problems. And taking medication can become a tough daily reminder of HIV.

Through one-to-one support and group activities, Chiva works across the UK and Ireland to address these issues with young people and their families, creating safe spaces to ask questions, explore feelings and develop friendships among their peers.

We're also a membership body for health professionals who care for young people living with HIV, ensuring their treatment is the best it can be. We provide ongoing support through networking, guidelines, resources, and an RCPCH CPD-accredited national annual conference.

Visit: chiva.org.uk

Email: getinvolved@chiva.org.uk



/chivaprojects



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Since 2009, we've organised a summer camp, bringing 100 or more 11-17 year olds together each year.

"I felt comfortable for the first time in myself."

We provide direct support within HIV clinics and organise meet-ups through our regional team. We also help young people and their families with vital costs for life's necessities in times of hardship.

Young adults can also join Art is Key, where they develop creative pieces, or The Blueprint programme, which supports them with careers, finances, self-confidence and more.

"I feel like it's made us closer than any other friend group that any of us have. Another level. More like family."

Through our youth committee we also ensure young people's voices are at the heart of everything we do.