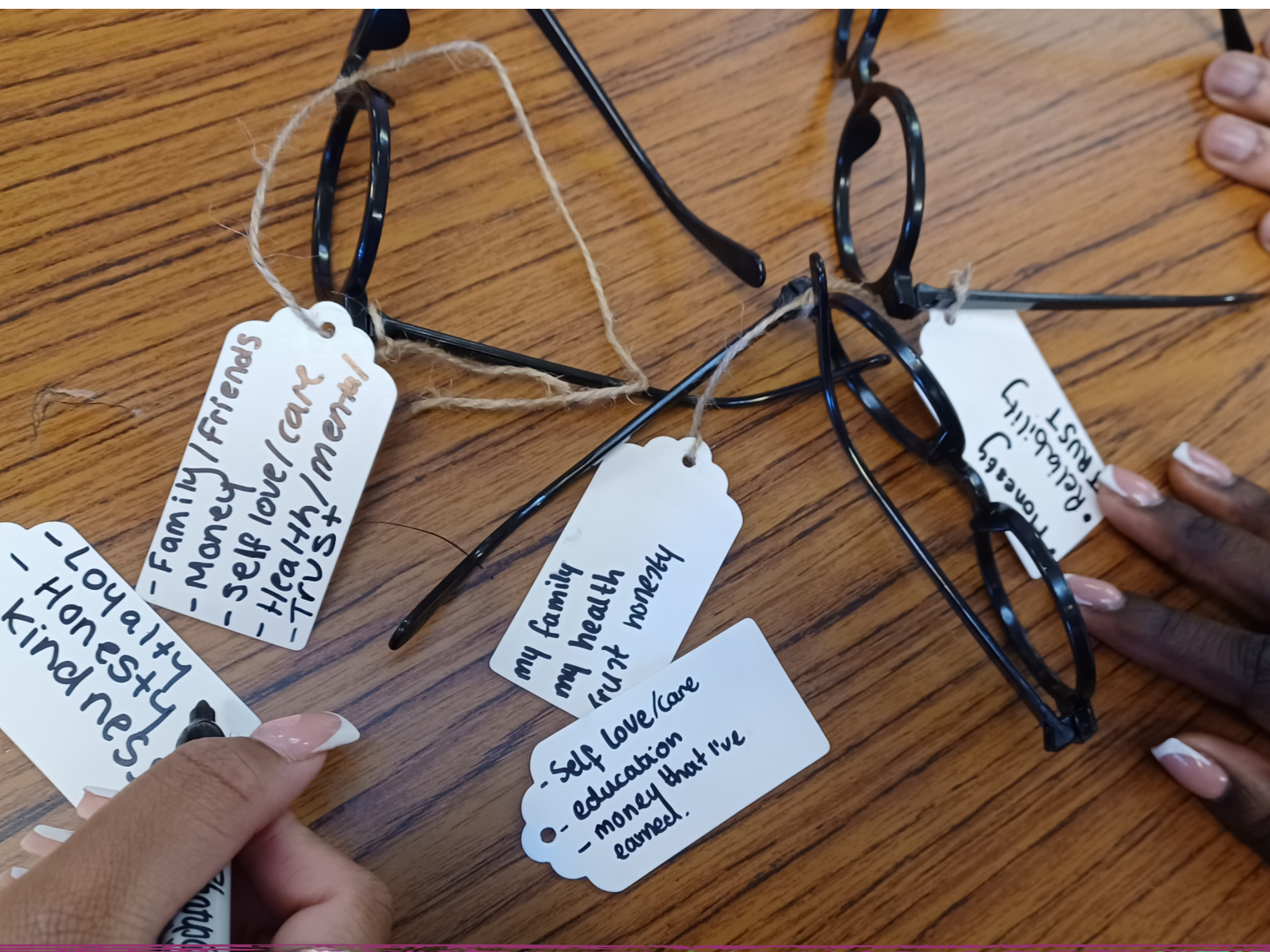




GROWING TOGETHER FOR
HEALTH AND HAPPINESS

Evaluation Report of Chiva Young Adult Programme 'The Blueprint' 2023-2024



“It was great to learn how different people navigate through living with HIV and learn from other experiences”

(Blueprint Participant)

'The Blueprint' 2023-2024

1. SUMMARY

The first formal Blueprint programme for young adults living with HIV ran from November 2023 to July 2024. An earlier consultation residential about the programme had taken place in November 2022, as well as a series of themed pilot sessions on Zoom in May and June 2023, and an in-person meet-up day in October 2023. This report covers the first formal completed programme.

Recruitment was via referral from health professionals or self-referral. The programme was publicised via clinic networks, promoted by the Chiva staff team, through social media and through contacting previous attendees of Chiva events.

The programme was completely cost free for young adults to attend, with all meals and activities during in-person events covered. All travel to the in-person events was organised and costs covered by Chiva to avoid any barriers to access. Incentives were given to encourage attendance at the Zoom sessions, such as gift vouchers.

2. OBJECTIVES

The aim of the Blueprint is to provide a structured programme of support to young adults aged 18-25 who have grown up with HIV. The programme is structured around the following four aims:

AIMS



- 1 Enhance mental health and wellbeing
- 2 Improve financial literacy
- 3 Develop confidence and aspirations for the future
- 4 Improve HIV self-efficacy skills

Chiva is providing this programme as our experience, as well as consultation with this cohort, has illustrated that they are facing multiple challenges to living healthily and happily with HIV. Our programme aims to address these challenges.

This programme is themed across four pillars – HIV, Mental Health, Confidence and Self-esteem, and Financial Literacy. Chiva delivered a programme comprising virtual Zoom sessions focusing on these four pillars, a one to one coaching programme focused on goal setting and following four tailored workbooks (aligned with the four pillars), an in-person meet-up day, and a three night residential meet-up.

3. PARTICIPANTS

27 young adults attended the residential which launched this programme in November 2023.

Following the residential, participants, including those young adults who had participated in the pilot Zoom sessions and consultation weekend, were invited to take part in a one to one coaching and Zoom programme taking place in the first six months of 2024. 23 young adults registered their interest in this and formed the 'core contact' group for the programme.

Over the course of the six months, attendance at the Zoom sessions and participation in the one to one coaching programme was at times irregular for some participants. Chiva had made clear that in order to be eligible to attend the in-person meet-up day in July, participants had to maintain regular attendance and engagement (absence due to ill health was of course accepted). There were 17 young adults who remained engaged throughout the course of the programme and were invited to the meet-up. On the day there were 13 attendees.

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4. PROGRAMME

- There were two Zoom meetings held (each two hours in length) per pillar and one 'social and games night' Zoom meeting held during the period January to June 2024 (total = 9 Zoom meetings).
- Chiva engaged external facilitators and speakers for some sessions. These were an Adolescent HIV Consultant, a Psychologist specialising in HIV, and a session with 'My Bnk' a financial literacy and education charity for young people. All other sessions were facilitated by Chiva staff.
- There was one themed in-person meet-up day held during the period. The theme was mental health and Chiva worked with Inside Out Wellbeing UK, a mental health and wellbeing charity focusing on promoting mental health through culturally informed workshops.
- One to one coaching for each participant was attached within the programme. This engaged 24 participants in total. Out of these 24 young adults there were 19 who followed the coaching programme to completion. In total 99 coaching calls took place. These were mostly phone calls and occasional individual Zoom sessions.
- There were four workbooks designed, printed and sent to each participant. Each was themed according to the four pillars and included activities and resources participants could engage with in their own time and with a coach.
- Zoom attendance was incentivised with a rewards system (e.g. small gifts and vouchers). In addition, pizzas were ordered for Zoom attendees on two separate occasions.



5. FEEDBACK FROM PARTICIPANTS

Participants completed a comprehensive survey at the end of the programme. This survey asked questions about the Zoom sessions, the workbooks, and the one to one coaching.

Each Zoom session ended with a series of Mentimeter evaluation questions about the session.

Feedback was also captured about the content of the in-person meet-up day and the session with Inside Out Wellbeing UK.

5.1 Things People Most Enjoyed:

Zoom sessions

Participants appeared to really enjoy the Zoom sessions and those young adults who attended regularly were observed to grow in confidence in their contributions and participation. Staff observed a sense of community to develop within the core group and young adults appeared more relaxed and were vocal and were happy, for example, to have their cameras on more often.

"They were extremely educational and eye opening. Activities were great."

"Gave me more useful information and lessons that will help me in the future."

"The Zoom sessions have improved my mental health physically and mentally by gaining more confidence within myself."

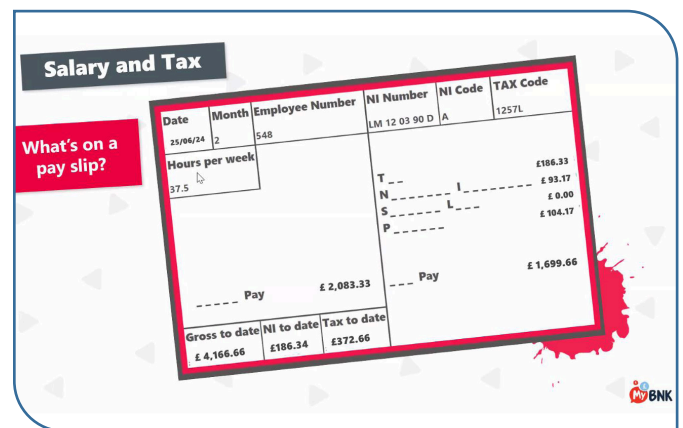
(Feedback from young adults from the end of programme survey)

The theming of sessions appeared to work well and participants particularly remarked on the value of external speakers and the opportunity to ask questions.

"The HIV session was my favourite. I really liked having the medical professional answering question(s) with deeper answer(s)."

(Feedback from a young adult taken from the end of programme survey)

The session with 'My Bnk' was particularly lively and interactive.



The majority of participants said they found the Zoom sessions 'extremely helpful' in supporting their knowledge and understanding of the relevant pillar.

"Helped me learn things I previously wasn't at all aware about, helped me be a more sensible spender."

Participants also stated how they were able to communicate well with each other and also how well the programme created a safe space for them to voice their concerns, experiences and ideas.

"It was a safe space for me, it's a lot easier to talk to people that have similar shared experiences."

"Everyone respected each other and their privacy."

(Feedback from young adults taken from Mentimeter questions at the end of financial literacy sessions)

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Workbooks

The majority of participants said they found the workbooks 'somewhat helpful' in supporting their knowledge and understanding of the relevant pillar. The majority also said they found the content 'very understandable'.

"There were some really engaging activities and information in the workbook, especially the podcast."

"I liked that the workbook contained resources like the available apps and where to get further help."

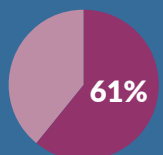
"The money saving part is very helpful."

(Feedback from young adults from the end of programme survey)

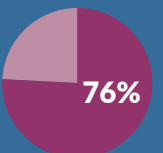
One-to-one coaching

Participants appeared to value the one-to-one coaching element of the programme.

SURVEY RESPONDENTS



61% of survey respondents rated it as **'5'** on a scale of 1-5
(0 = not at all useful 3 = quite useful 5 = extremely useful)



76% of respondents also said that the frequency and overall number of sessions was 'about right'.

"I really think it's important, it was my second favourite thing about Blueprint apart from the group away and days out."

(Feedback from a young adult taken from the end of programme survey)



The meetup day

Chiva worked with **Inside Out Wellbeing UK** to deliver a tailored in-person session focusing on mental health and wellbeing. As the organisation focuses on promoting mental health through culturally informed psychoeducation, they focused on issues such as imposter syndrome and generational trauma.

A three-hour session was delivered, focused on these themes and all were linked with HIV. The session was really interactive and engaging and the participants opened up about these topics and were very vocal and open about their feelings.

"Today's meeting was so informative and a lot of stuff was learnt."

"I enjoyed the group discussions and the topics, especially generational trauma, isn't talked about enough."

"I felt really included."

(Feedback from young adults during the evaluation session for the meet-up day)

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5.2 The Blueprint overall

The majority of participants said the programme met their expectations. The mental health, confidence and self-esteem pillars were their favourite elements of the programme. 100% of respondents said they would recommend the programme to others. The majority of participants stated that they felt safe and comfortable during the Zoom online sessions.

Participants were also able to give each other tips on overcoming anxiety, building confidence and navigating living with HIV during the sessions.

"I don't know what I would've done without this programme."

"The Blueprint helped me in finding confidence and self-esteem. It allowed me to focus on my life like a journey."

(Feedback from young adults from the end of programme survey)

5.3 Identified learning

Consolidating the learning with the workbooks

Four people were recorded to have done consistent activities within their workbooks. Workbook monitoring and engagement needs to be improved for next year. It's not clear whether other participants really engaged with the workbooks privately in their own time and there was also some feedback asking for them to be sent digitally rather than in the post.

The next programme will include activities from the workbooks as part of the Zoom sessions and residential to encourage more use of these resources.

The value of external speakers and 'experts'

Participants really valued the sessions with external speakers and this also helped the Chiva staff to share the facilitation of sessions.

"Further and deeper tips/advice from a professional."

(Young person reporting on what could have been improved in the end of programme survey)

Chiva plans to increase the use of external facilitators for the next programme to allow participants to continue to get expert information.

More active participation encouraged and facilitated

It was often difficult for staff to get hold of young people and to arrange the one to one coaching element of the programme. It's not clear if some participants were aware of this. For the next programme Chiva will make expectations of the commitment to the coaching element of the programme clearer. It is hoped that this will improve the engagement in this element of the programme.

"I thought it was good but the timing of it was the issue like midday often quite hard to land."

"I think the whole programme needs rekindling in some way. The base of what we do is guaranteed such as workshops however we need more active and physical activities. Even though most people don't like taking part or getting up I think it should be slightly forced unless they absolutely don't want to do it. Art is Key a great example of making us get involved and doing the work with support but it still needs a touch up."

(Feedback from young adults from the end of programme survey)

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For development or improvement at future programmes

Chiva should schedule the programme to fit in better with exam periods for those in future groups studying at university or in further education. Attendance at the Zoom sessions this year dropped during the exam period. The next Blueprint programme will begin earlier and will end in April.

6. REFLECTIONS AND OBSERVATIONS FROM THE STAFF TEAM

Staff have been able to make some important observations on participants' development and progress as part of the one-to-one coaching.

“

K has been enjoying the Blueprint Zoom sessions as they have provided new information for him to learn and explore. He has been able to gain more confidence in himself and living with HIV. It's been nice for him to have a space that can share experiences with other young adults living with HIV. K has actively been doing the workbook activities, reading more tips on savings and developing self-care such as walking more. K has also been able to take his meds more regularly and this has been so positive for him.

”

“

W is starting to gain understanding and acceptance of living with HIV. Being involved with Chiva has supported this and meeting new people. He has a group with other Chiva young people that supports taking meds everyday. He is attending his appointments well and his CD4 is going up. He is focused more on self-care for himself as he's been focusing more on himself – for example a skin care routine.

”



7. SUMMARY AND CONCLUSIONS

The Blueprint programme for 2023-2024 has provided a valuable opportunity for core members of the group to gain further insights into living well and healthily with HIV, gain access to expert speakers and facilitators to improve their knowledge in certain areas, and be supported on a one to one basis by a Chiva member of staff over a period of months with the aim of achieving personal goals.

The Blueprint programme has also established a community of young adults in this age group who have formed a close bond, and who will continue to be in touch with and support each other.

There has been some valuable learning in many areas to take forward into the planning for the next Blueprint programme.



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