

Planning for the Future 2024 – Newham

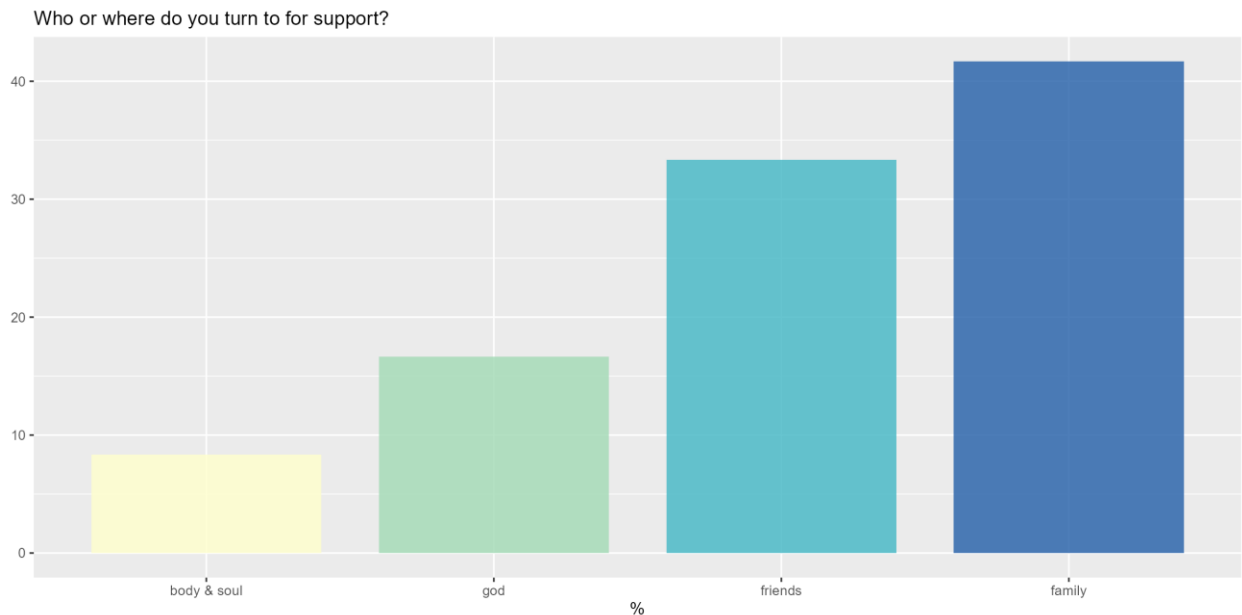


Figure 1. Support as a percentage.

Looking at responses regarding main support networks among members, family was mentioned 41.7% of the time, accounting for the highest response. Friends were mentioned 33.3% of the time, together, friends and family account for 75% of responses overall. There were also no negative responses, no members who had no support. This is a positive finding, with all respondents (100%) having some form of support network in place when required.

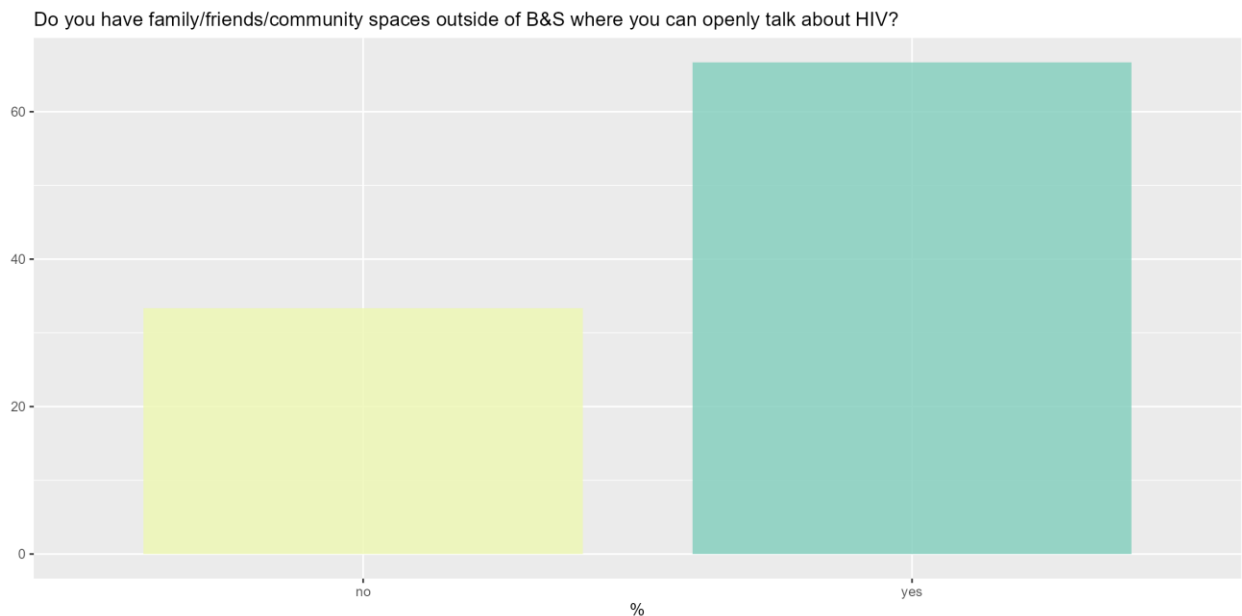


Figure 2. HIV support outside of B&S (percentage)

When specifying to ask if respondents have support outside of B&S to discuss HIV, the results are a little more distributed, with 66.6% of respondents reporting they had this type of support, whilst the other 33.3% specifying they do not. These results suggest that while general support is accessible to members, when looking at specifically support regarding HIV, we can see that the percentage of positive responses drops from 100% (Figure.1) to 66.6% (Figure 2).

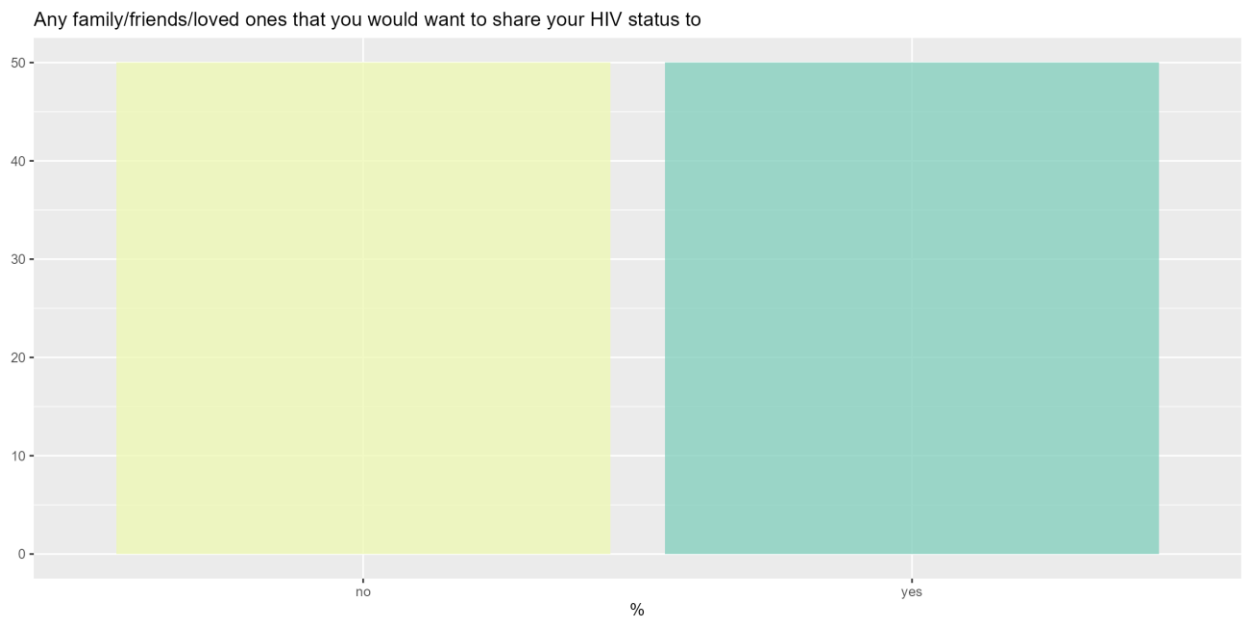


Figure 3. Percentage of responses.

Positive responses drop again slightly when asking if there is anyone members wish to share knowledge of their HIV status, with 50% of respondents saying no, and the other 50% responding with yes. The increase in members responding negatively to questions surrounding HIV specifically, highlights a reduction in the support networks among members for HIV related support. Decisions on whether to share knowledge of diagnosis will be influenced by a variety of factors including the stigmatisation of HIV.

<i>I am ___ at taking my HIV treatment compared to before I started coming to B&amp;S</i>	<i>Do you feel that you are able to manage your HIV medication</i>	<i>n</i>	<i>percent</i>
Better	Yes	6	75
Same	Yes	2	25

When looking at how respondents are manging their treatment, there is a significantly positive result, with 75% of members reporting that they manage their treatment better now than before joining B&S, the remaining 25% reporting that they were managing their treatment the same as before. The results also find that 100% of respondents felt they were able to manage their

medication effectively, indicating that the 25% who reported managing their treatment the same, were already managing it well before joining B&S, as there were no negative responses from this group.

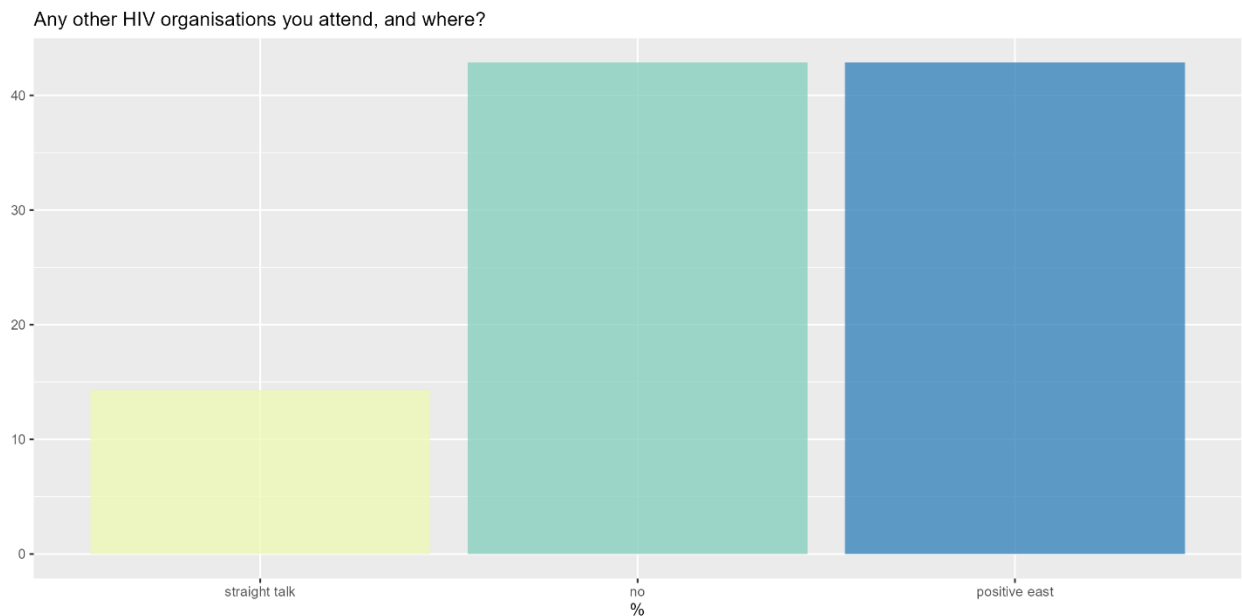


Figure 4. Other organisations attended as a percentage.

Other organisation members attend include Straight Talk, mentioned 14.3% of the time, and Positive East, accounting or 42.9% of responses, and members who didn’t attend any other organisations account for the other 42.9% of responses.

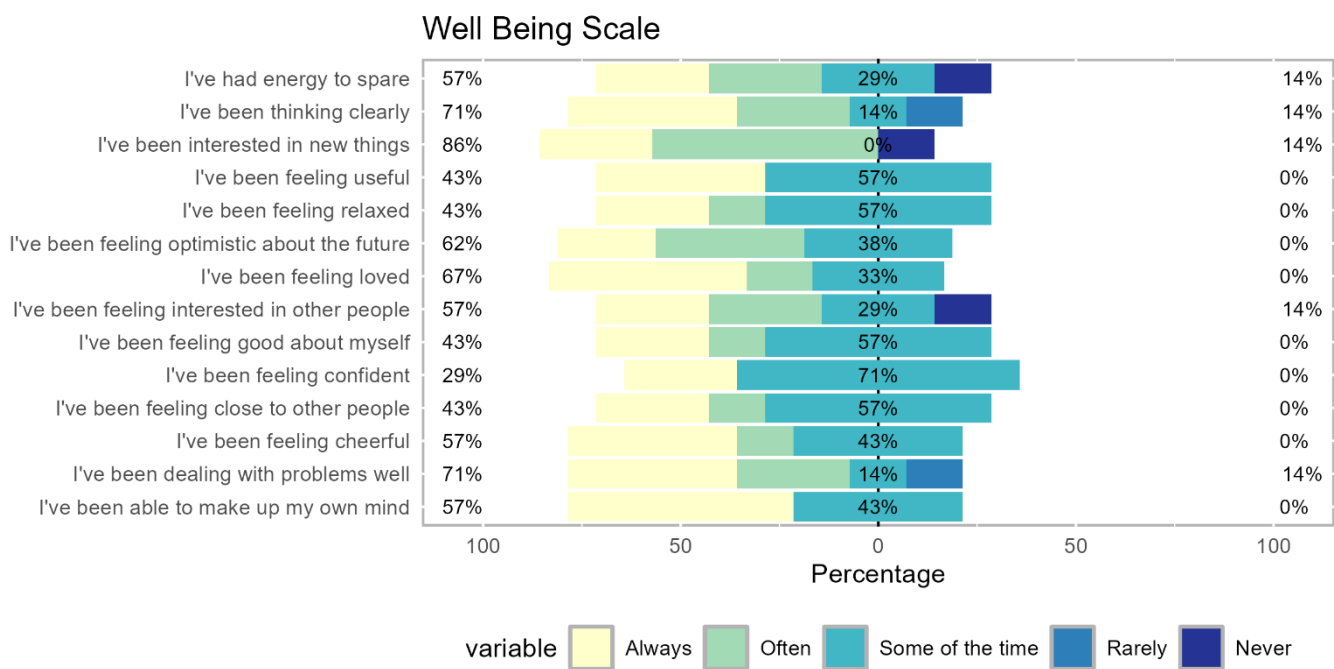


Figure 5. Likert Scales for the Well Being Scale.

The responses on the Well Being scale (Figure. 6) are positively distributed, which reflects the patterns positive responses among these respondents in terms of their personal well-being. Only 6 out of 14 questions received a negative response of either rarely or never, while positive responses, often and always, ranged from 29% - 86%. High positive responses to questions include, ‘I’ve been interested in new things’ (86%), ‘I’ve been dealing with my problems well’ (71%), indicating areas where members are exceeding. Low negative responses include ‘I’ve had energy to spare’ (14%), or ‘I’ve been feeling interested in other people’ (14%), represent some areas for further improvement.

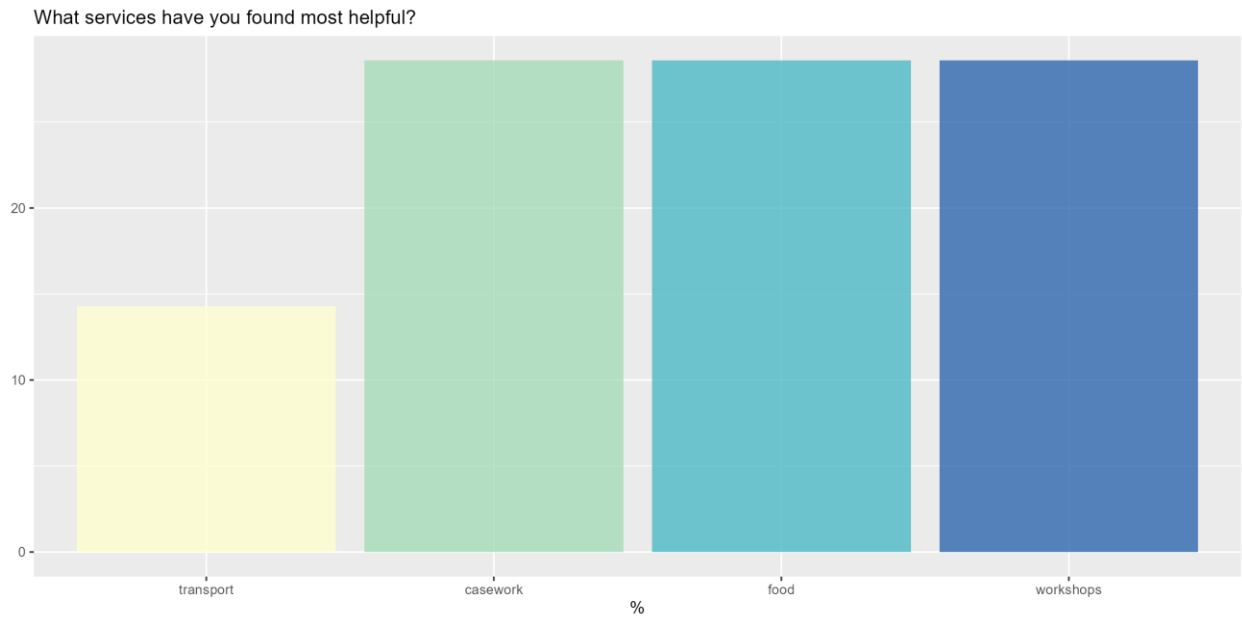


Figure 6. Percentage of services.

When finding out which services members felt were the most helpful to them, responses were quite varied, with workshops mentioned 28.5% of the time, workshops were also mentioned 28.5% of the time. Responses involving food, such as ‘eating together’ and trying ‘different dishes with different ingredients’ account for another 28.5%. Lastly, help towards transportation represent the final 14.2%.

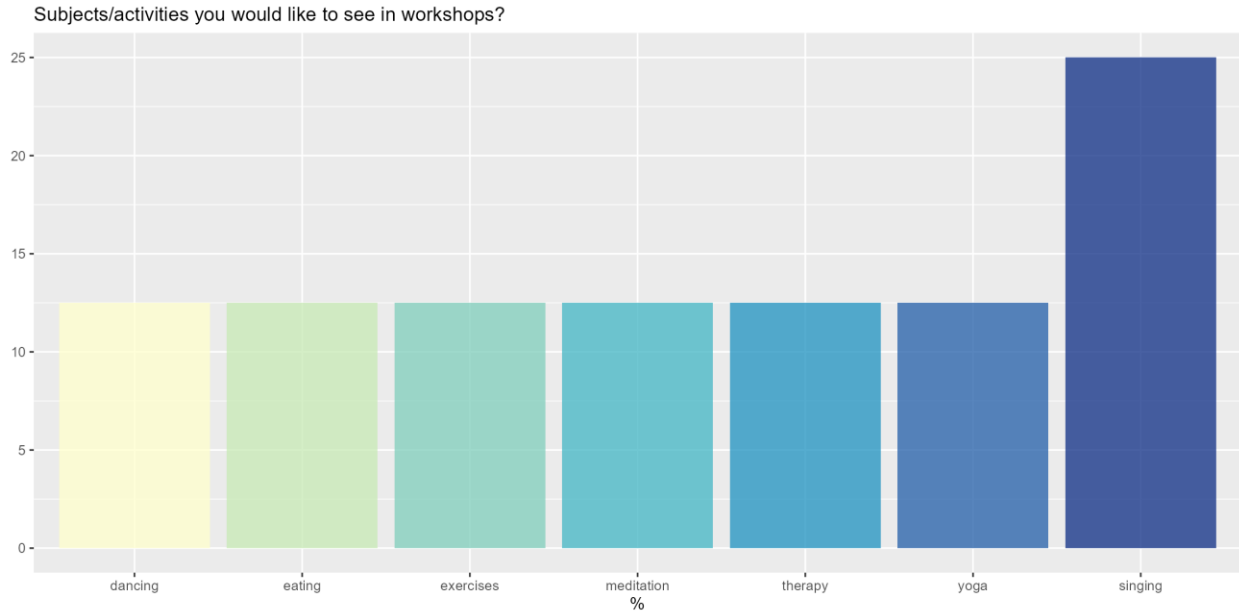


Figure 7. Percentage of workshop activities.

Figure 7, represents the variety of activities enjoyed by members that they would like to see in workshops, singing achieved the highest response rate among members, accounting for 25%. While movement and therapeutic based workshops, including yoga (12.5%), exercise (12.5%), dancing (12.5%) and meditation (12.5%), equating to 50% of responses overall. This result represents an area of improvement, to become more aligned with members requests, the implementation for movement-based workshops seems to be a plausible thing to accomplish, that will have a positive effect on members in terms of health and well-being.

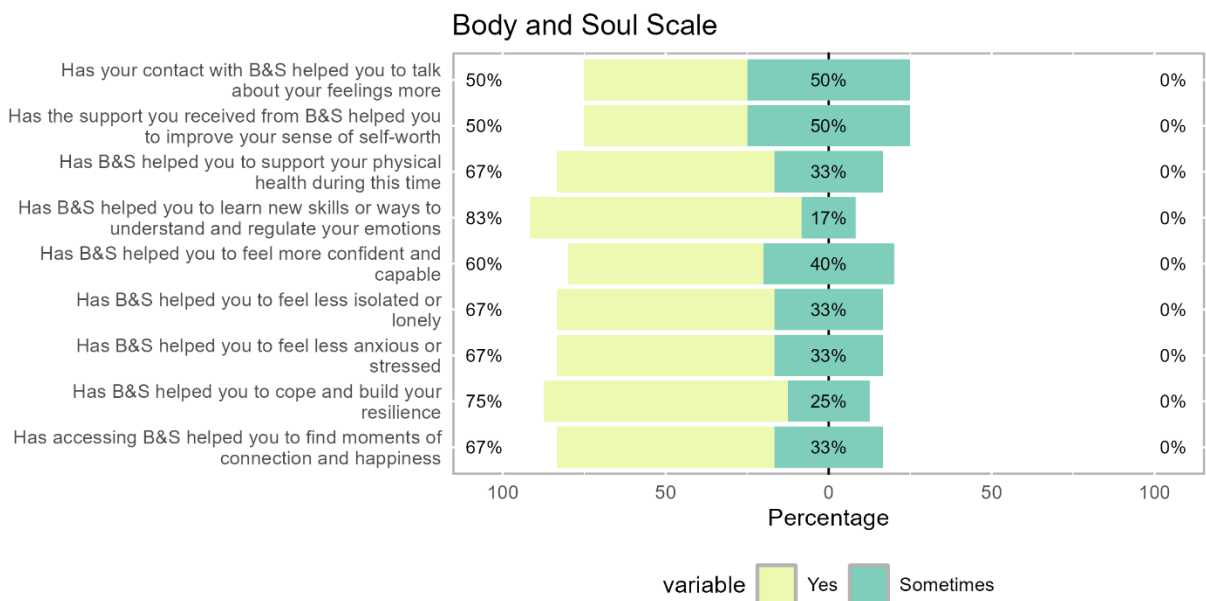


Figure 8. Body and Soul Likert Scales

The B&S scale (Figure 10) asks questions regarding the effectiveness of B&S services. B&S receive overwhelmingly positive responses and no negative responses to any of the questions on the scale. One area that responses indicate B&S are doing particularly well in with this group is 'Has B&S helped you to learn new skills or ways to understand and regulate your emotions' with 83% of members responding with 'yes', this result is indicative of the range services and different types of therapies that B&S provide for their members. An area the results suggest for improvement is a focus on helping members with their self-esteem/confidence, 'Has the support you received from B&S helped you to improve your sense of self-worth?', with 50% of respondents reporting 'yes' and the other 50% reporting 'sometimes'. Reports of low self-esteem among people with HIV is prevalent, with a survey by Positive Voices in 2022 (the largest in the UK to date), found that 1 in 3 people (32.1%) reported low self-esteem due to their HIV status, highlighting that a focus in this area would be advantageous to the community.