

Planning for the Future Survey - Camden and Islington

When analysing areas of support for members, 46.7% of respondents turned primarily to Body and Soul (B&S), while 20% found support through friends and friends within the B&S community, 13.3% through church and belief. While there were no members reporting they have no form of support, which is a

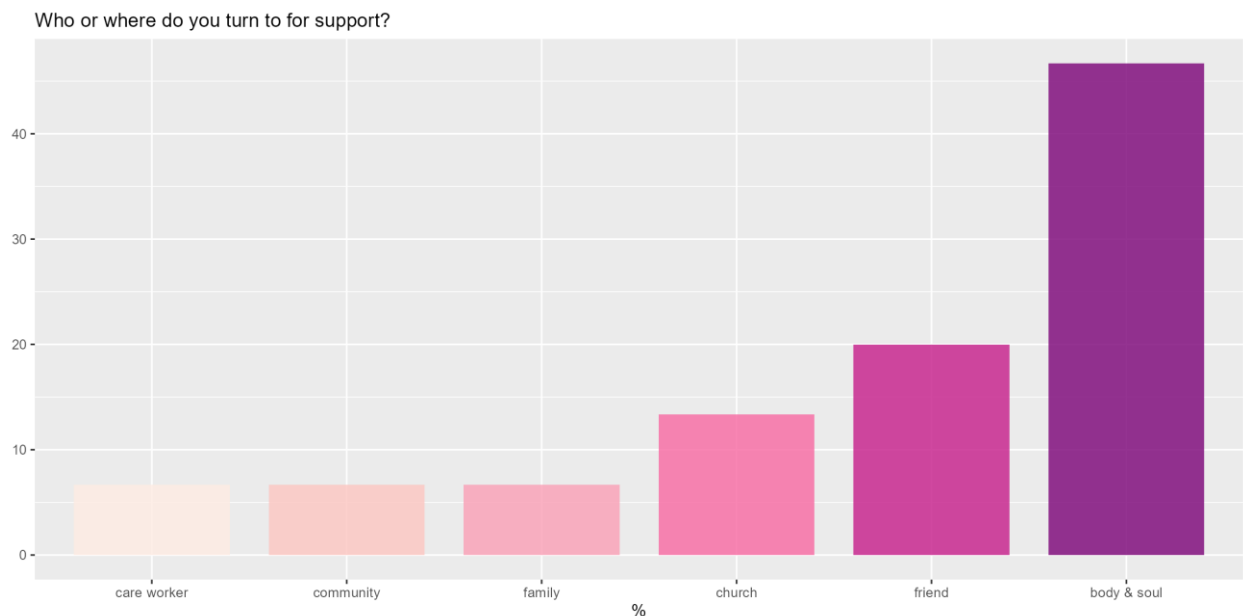


Figure 1. Bar plot visualising percentage of responses.

positive result, it shows that B&S and their community represent a safe space to discuss HIV devoid of stigma, however it raises questions concerning the level of representation and support outside of the charity and within the wider community.

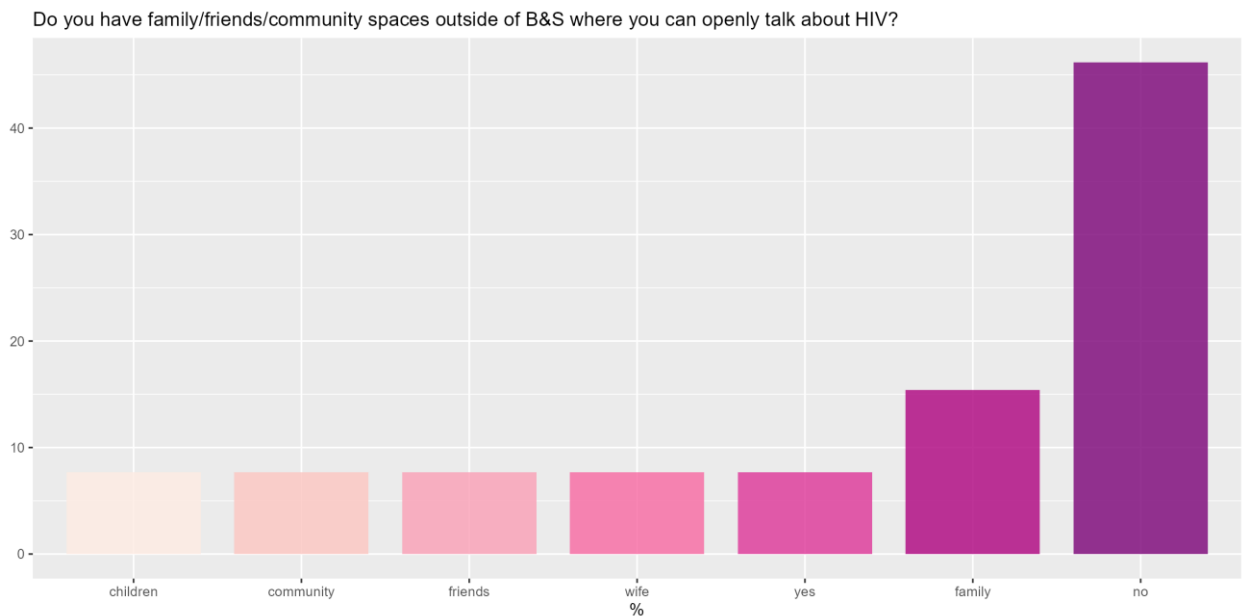


Figure 2. Bar plot visualising percentage of responses.

When analysing the level of support for members, outside of B&S, where they can discuss HIV, it is a very different result, with respondents saying they had no other place or people to talk to openly about HIV 46.2% of the time, indicating a clear lack of support and isolation in this area, whilst highlighting the importance of B&S and their work within this community.

Opinion was split when asking if there’s anyone, they would like to inform of their HIV status, with 50% of respondents who want to and the other 50% do not. It is suggested here that the stigmatisation of HIV still has a significant influence in society today, whilst there is some support, representation and discussion seem to be contained within support groups and charities directly created for those affected by HIV, highlighting their significance as a support system for this community. While outside of these institutions, there seems to be a general lack of intent regarding discussion, this is understandable given the decades of stigmatisation and misinformation, which inherently give way to complex feelings. Addressing this gap will also be complex, so further research, understanding and intervention, etc., should be explored to help members to improve their relationships, confidence and support network outside of B&S.

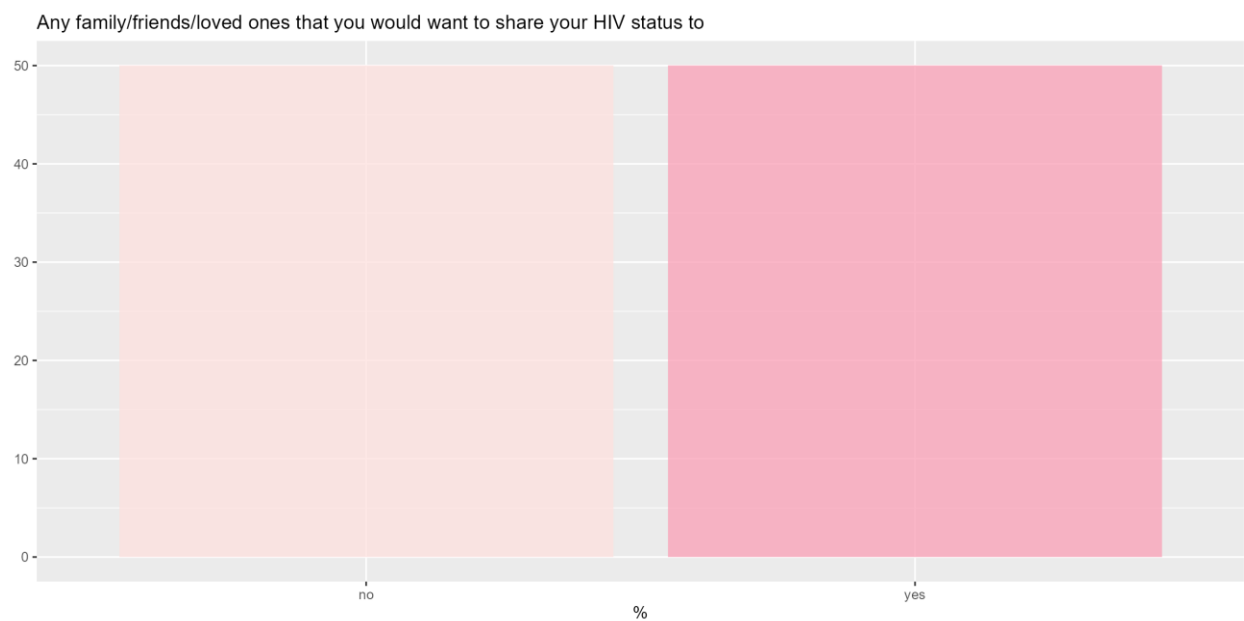


Figure 3. Bar plot visualising the percentage of responses

Table. 1

<i>I am ___ at taking my HIV treatment compared to before I started coming to B&S</i>	<i>Do you feel that you are able to manage your HIV medication</i>	<i>n</i>	<i>percent</i>
Better	Sometimes	4	44.44444
Better	Yes	5	55.55556

In terms of health and wellbeing, 100% of respondents reported that they were better at managing their HIV treatment now in comparison to before they came to B&S, highlighting the positive impact of their services, particularly in this area, with 44.4% reporting sometimes being able to manage their medication, and 55.5% reporting that they can manage their medication effectively.

For the majority of B&S members in Camden and Islington, B&S represent the only HIV organisation they attend, with 75% reporting they attended no other organisations, 12.5% mentioned Positive East, and 12.5% attend Straight Talk meetings.

Any other HIV organisations you attend, and where?

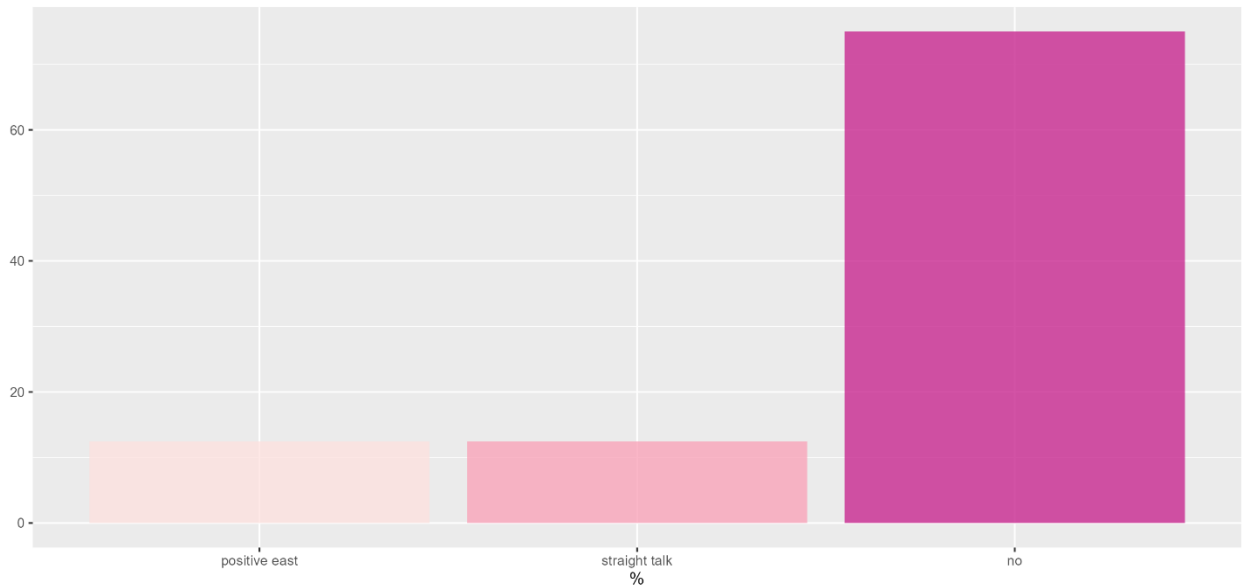


Figure 4. Other organisations respondents attend

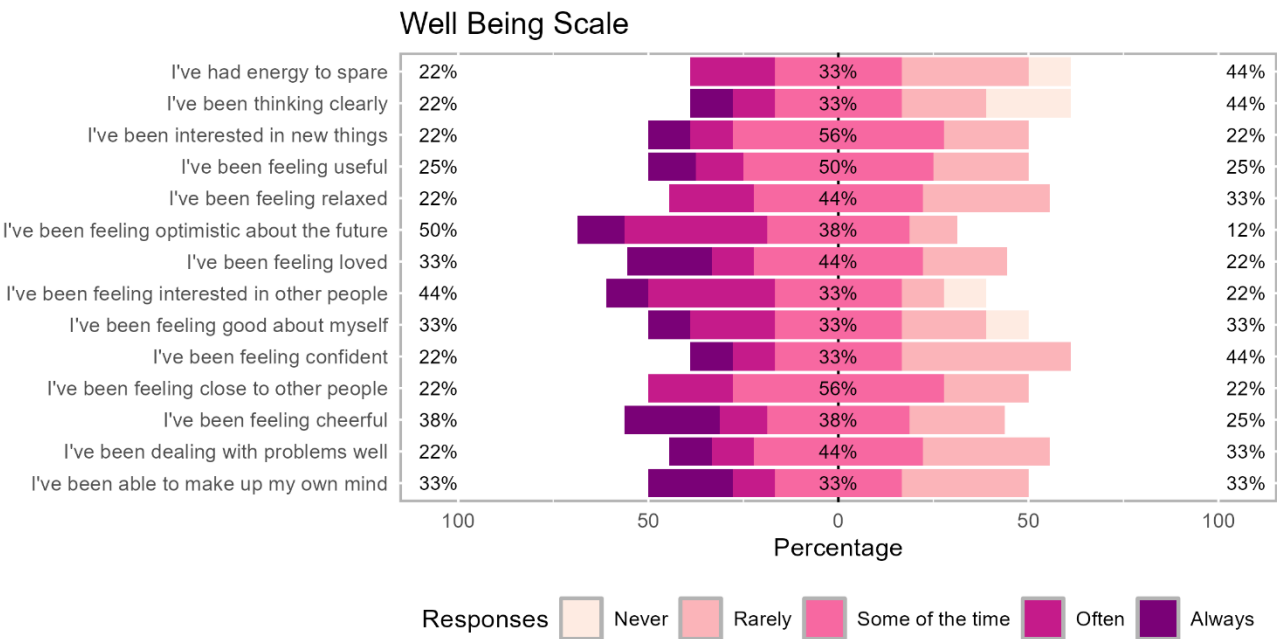


Figure 5. Stacked Bar Plot of ordered factors

The responses on the Well Being scale are widely distributed, which reflects the varied thoughts among respondents in terms of their personal well-being. Interestingly, “I’ve been feeling confident”, had one of the highest percentages of negative responses, with 44% of members feeling as though they never or rarely feel confident in themselves. This finding is also in line with the previous suggestion regarding confidence and relationships outside of B&S (Figure 2 & 3).

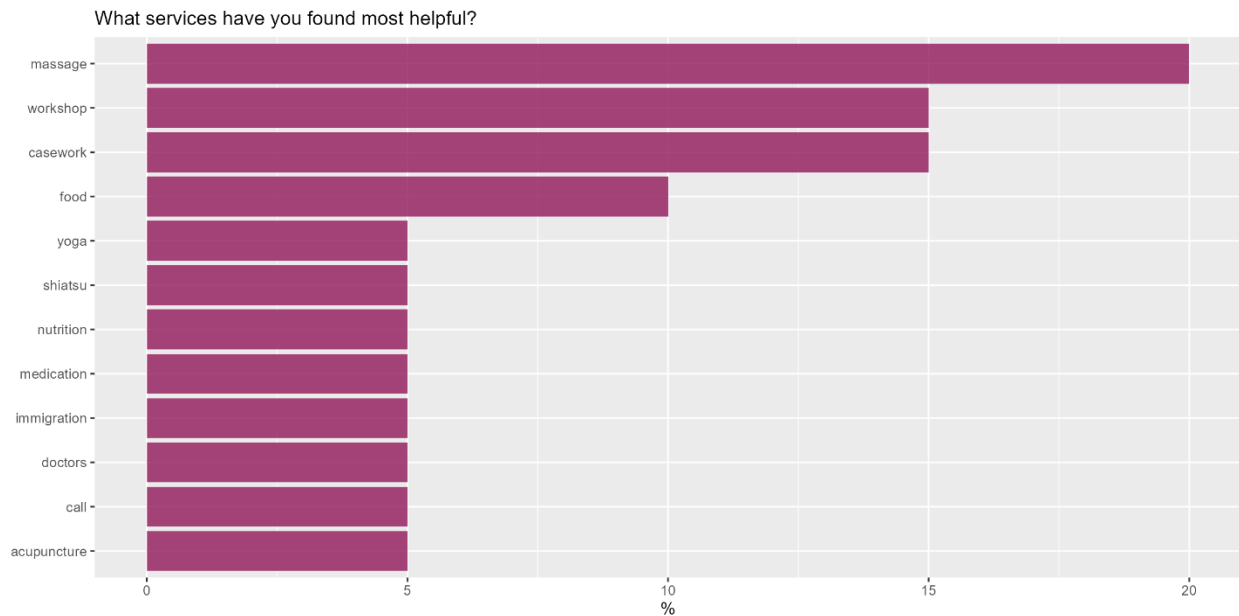


Figure 6. Services found helpful as percentages

When looking into the services that B&S provide for members, Figure 7 highlights the range of services described as beneficial, 20% of respondents mentioning massages as helpful, and related activities such as shiatsu or acupuncture were both mentioned 5% of the time. Further work into this area seems advantageous, as the benefits of massage therapy are documented widely as improving the quality of life for people living with HIV, especially when in combination with other services, and that massage therapy may have a positive effect on immunological function.

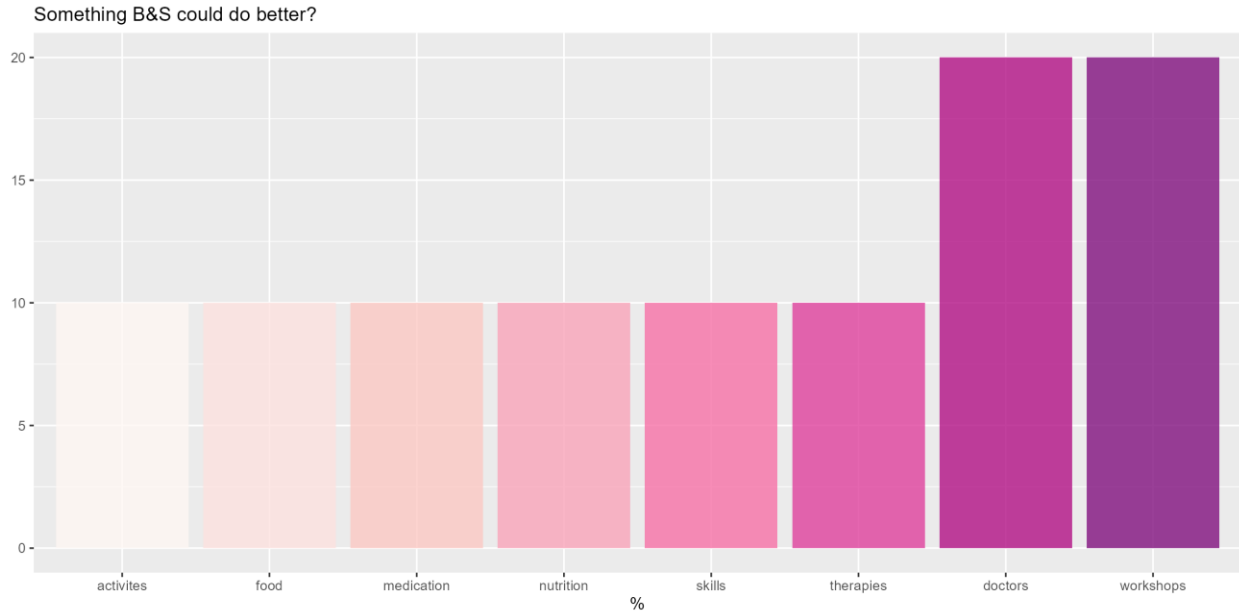


Figure 7. Bar plot of areas to improve

Looking into areas of improvement for B&S, members mentioned the introduction of more activities 10% and workshops 20%, also bringing in health professionals such as doctors, nutritionists, etc., for talks regarding medication, health and nutrition, was mentioned 20% of the time.

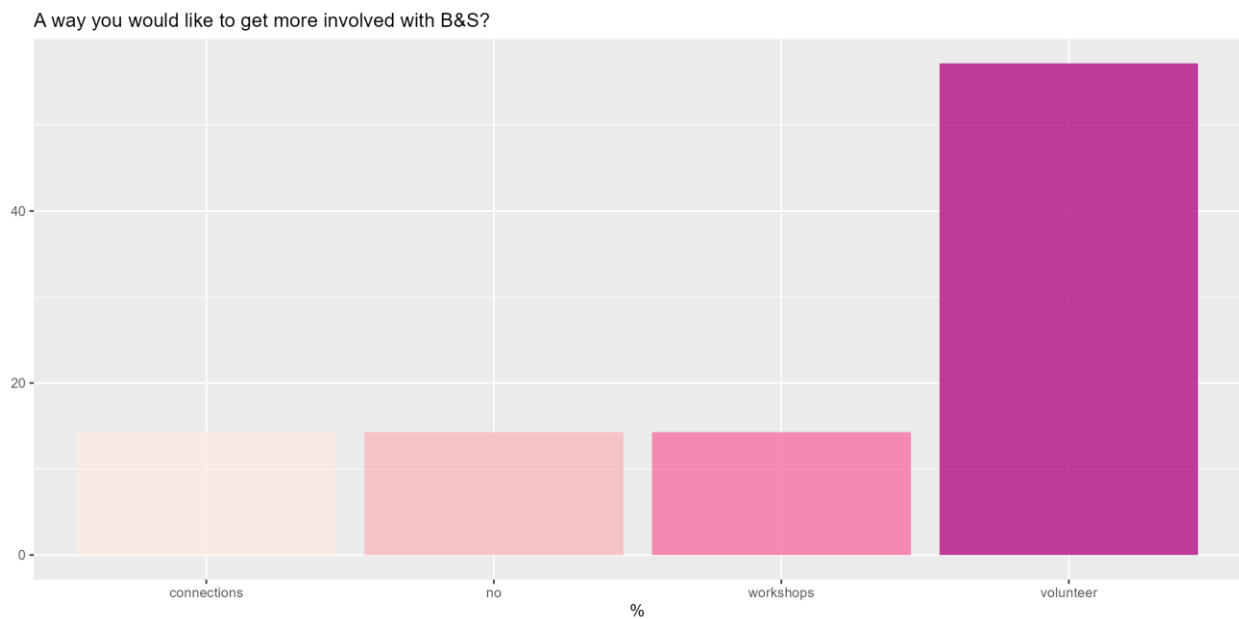


Figure 8. Bar plot of ways members would like to get more involved as a percentage

Volunteering 57.1% represents the main way members would like to get involved with B&S, members mention wanting to volunteer in different ways such a speaking about their experience, helping to set up, working in the kitchen or teaching computer and sewing skills. Oher ways

members wanted to get involved include, attending more workshops 14.3%, and making new connections via the B&S community 14.3%.

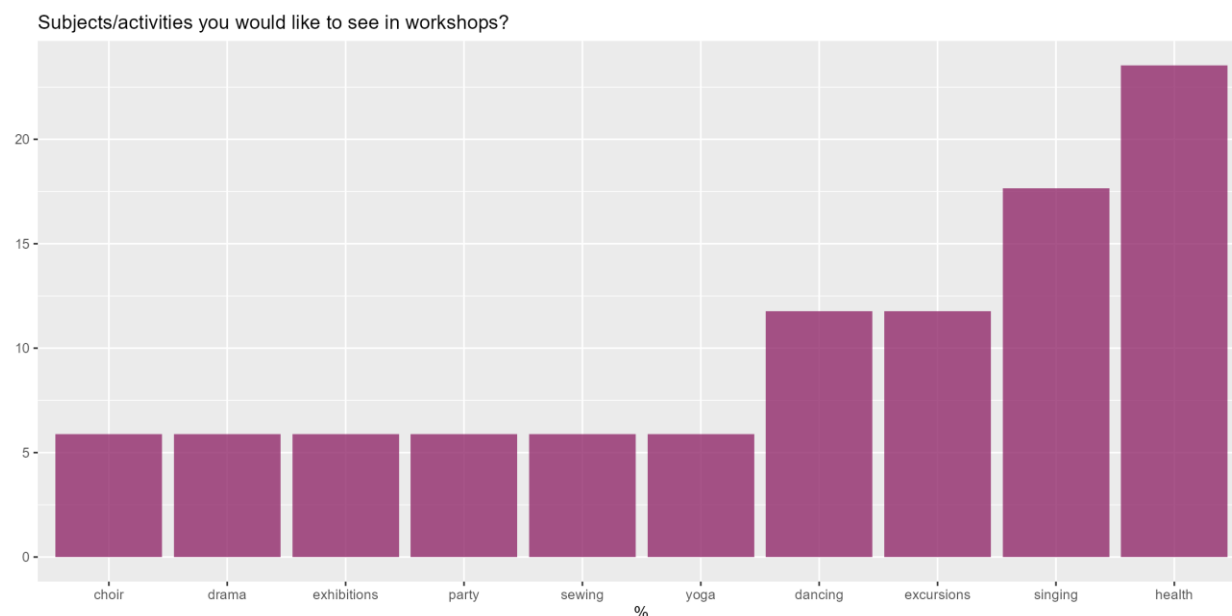


Figure 9. Percentage of responses regarding activities and workshops in B&S

When analysing the subjects or activities members would like to see more of, health came up the most frequently 23.5%, this is a similar response as to when looking at areas of improvement (Figure 8), where an interest in improving health came up in relation to receiving education from healthcare professionals e.g., doctors. A focus on health and education is therefore advantageous, to improve quality of life for those effected by HIV. Other activities that came up frequently include dancing 11.8% and singing 17.6%, which shows that while there is a vested interest in health and well-being among these respondents, there is also a desire for an element of fun and entertainment in activities too, highlighting further the varied services and support that B&S provide.

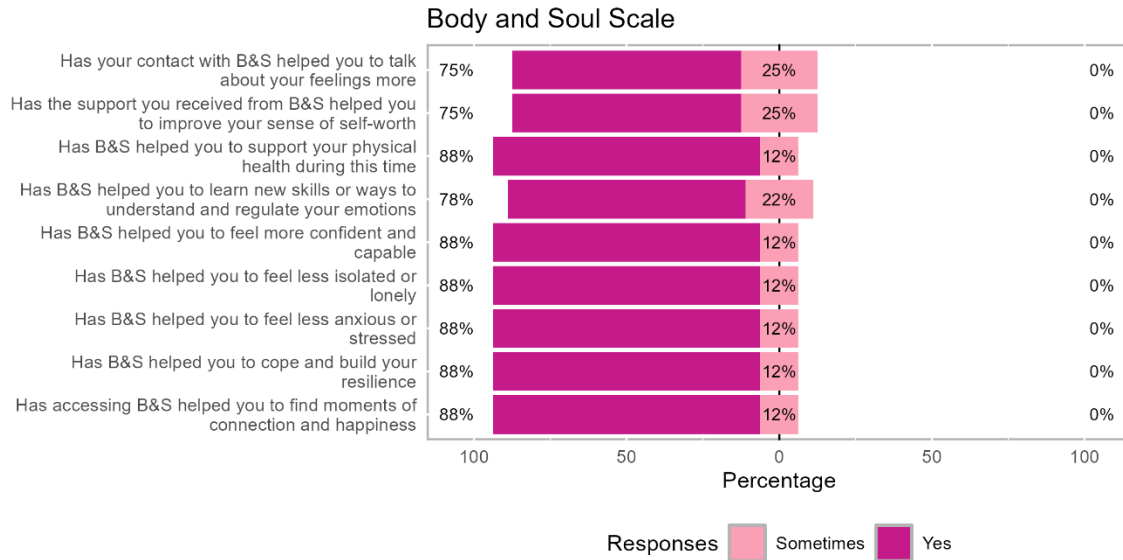


Figure 10. Stacked bar plot of responses as a percentage

The B&S scale (Figure 11) asks questions regarding the effectiveness of B&S services, as you can see there were no respondents who responded negatively, to any question on the scale. The results are overwhelmingly positive, with members answering “yes” to all the questions on the scale between 75% to 88% of the time, while the remaining 12-25% were answered as “sometimes”. This highlights the incredible services and support that B&S are providing to their members in a variety of ways, such as reducing isolation and loneliness by 88%, reducing anxiety and stress by 88%, and supporting physical and mental health for 88% of respondents under analysis.

