

Pathways for the future survey - Hackney

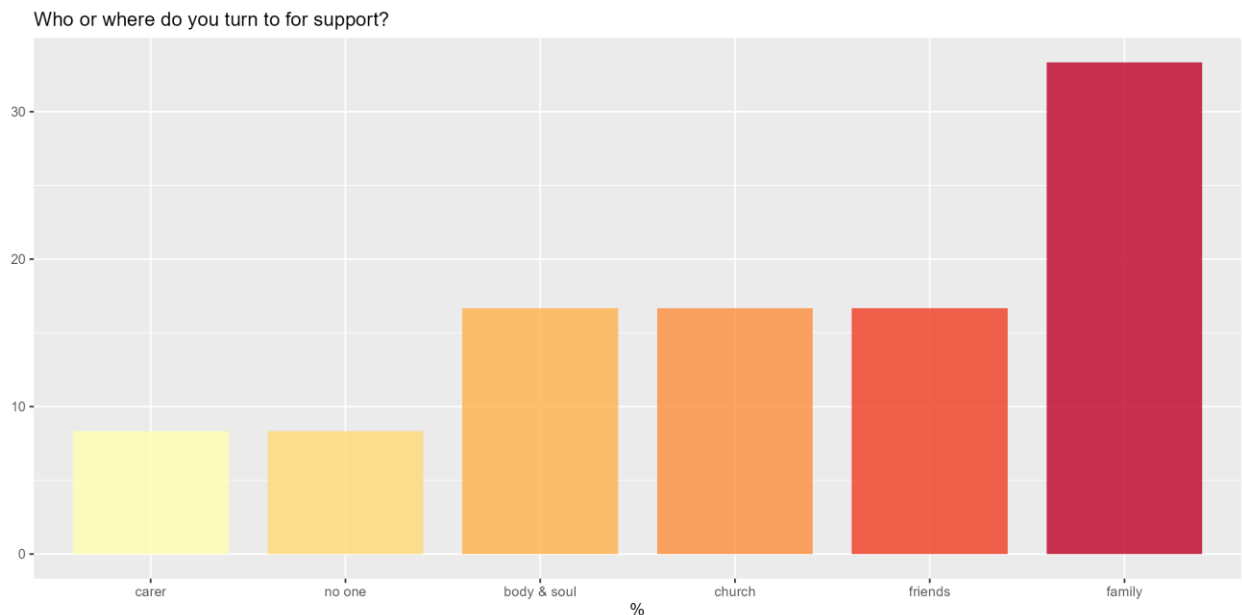


Figure 1. Percentage of areas where members access support.

When analysing where respondents turn to for support, family is mentioned the most frequently here, with 33.3% of respondents mentioning family support, Body and Soul (B&S), the Church and friends all account for 16.7% of responses each, with 8.3% receiving support from their carer and a further 8.3% with no support. Overall, this is a positive response with 91.7% of respondents reporting they had at least one person or place to turn to for support, which is sought in a variety of different ways (Figure. 1).

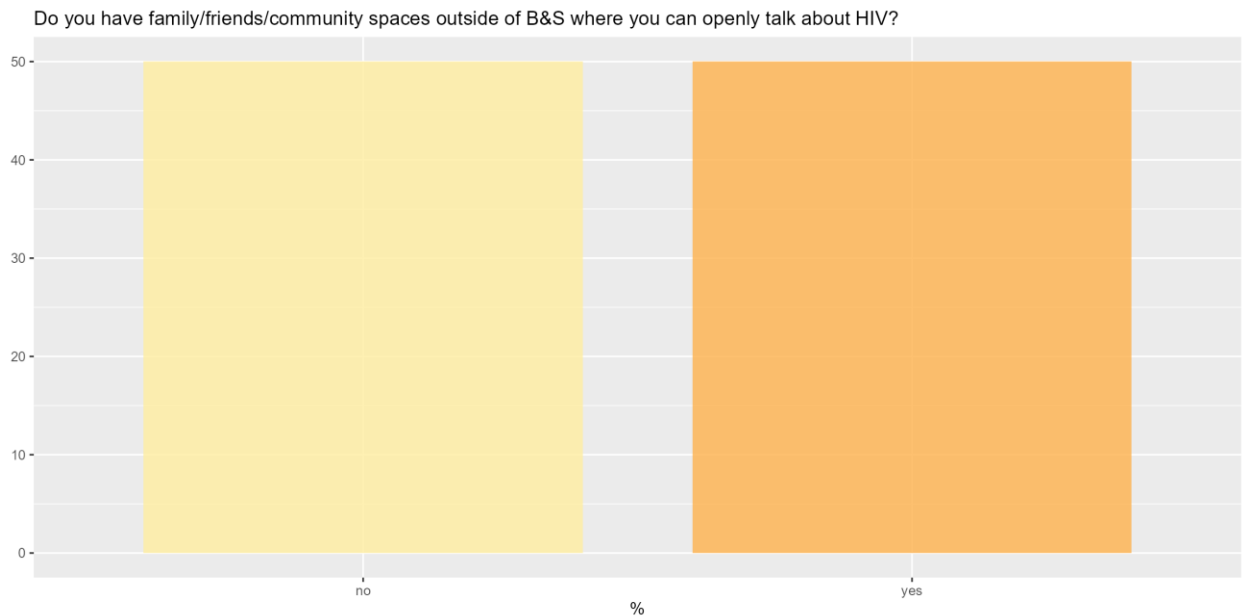


Figure 2. Percentage of responses for support outside of B&S

However, when specifying to ask if respondents have support outside of B&S to discuss HIV, the results are more equally distributed, with 50% of respondents indicating they had this type of support, whilst the other 50% specifying they do not. Indicating that general support is accessible to most members, however, when looking at support regarding HIV, we can see that this percentage drops from 91.7% (Figure.1) to 50% (Figure 2).

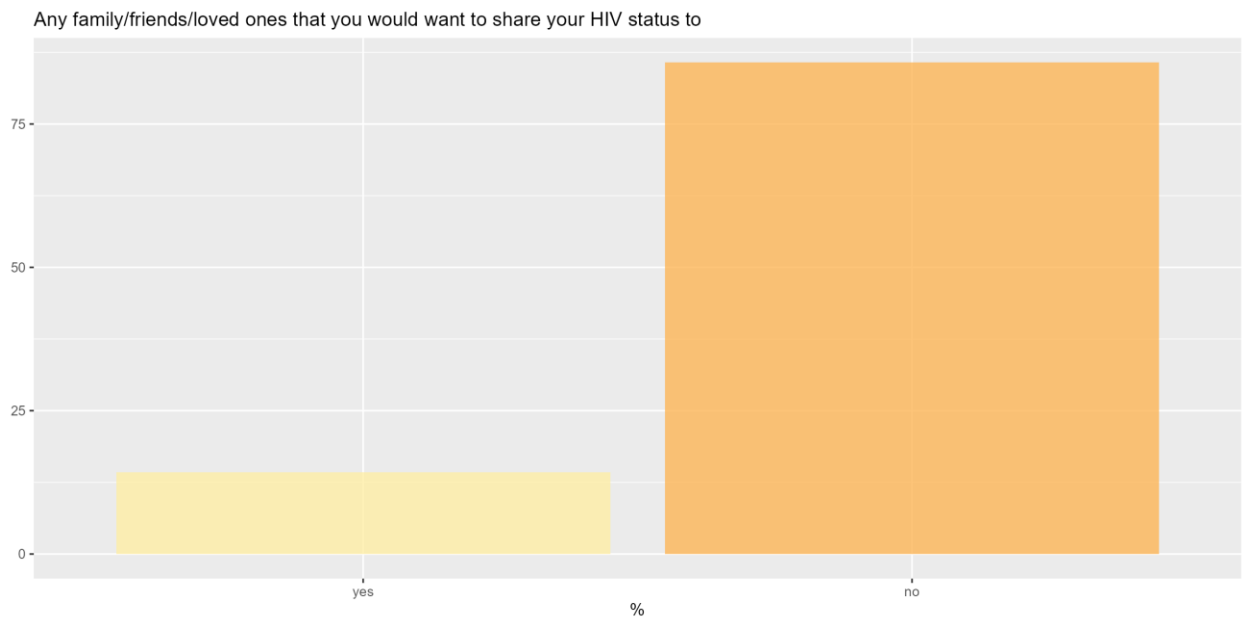


Figure 3. Percentage of respondents.

Positive responses drop again when asking if there is anyone members wish to share knowledge of their HIV status, with 85.7% of respondents saying no, and only 14.3% responding with yes. This result is in line with previous HIV research, in 2022, the Positive Voices survey found that in the UK, 1 in 10 people (10.4%) have not shared their HIV status with anyone aside from healthcare staff, while almost half (45.1%) reported feeling ashamed of their diagnosis, highlighting that the stigmatisation of HIV still has a significant influence in society today. Representation, discussion and support regarding HIV, seems to be contained within support groups and charities directly created for those affected by HIV, highlighting their significance as a vital support system for this community. While outside of these institutions, there seems to be a general lack of intent regarding open 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.

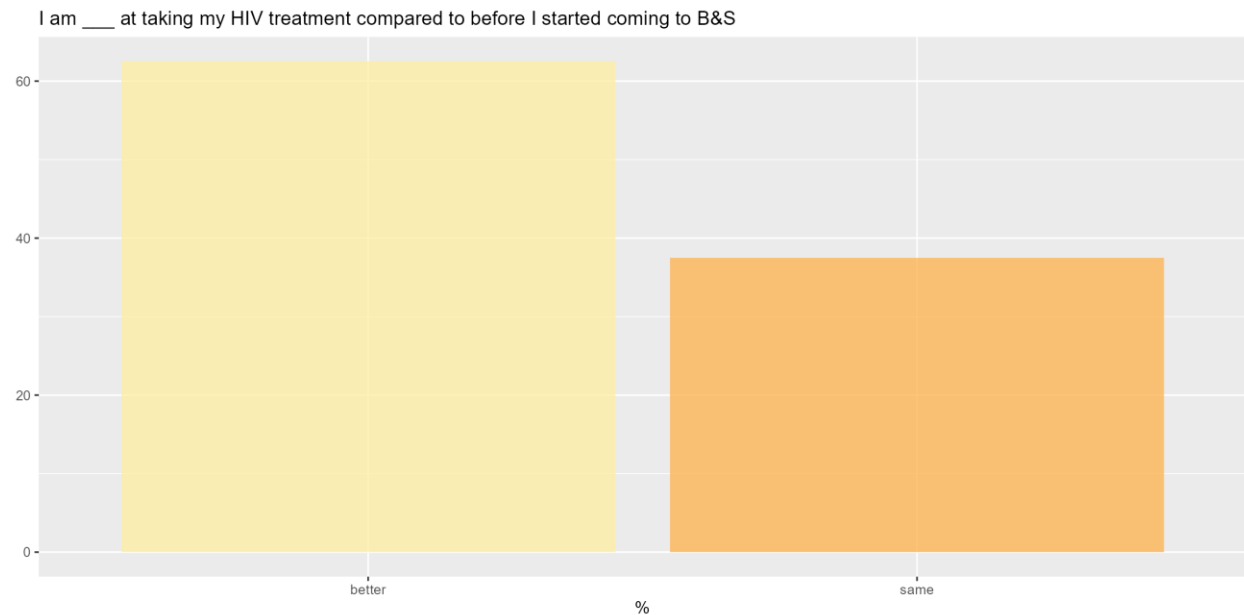


Figure 4. Percentage of responses.

<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>
<i>better</i>	yes	4	44.44444
<i>same</i>	yes	3	33.33333
<i>better</i>	sometimes	1	11.11111

Table 1. Managing medication, *n* = number of responses.

When looking at how effectively members are managing their medication, firstly there are no negative responses to either question, indicating that overall members are managing their treatment well. When looking at medication management and effectiveness, before and after joining B&S, 44.4% felt they were managing their medication well, and were also better at managing their treatment now in comparison to before joining B&S. 33.3% felt they were able to manage their treatment, and their effectiveness was the same as before coming to B&S. While 11.1% reported only sometimes managing their medication, however they were managing it better now than before they started coming to B&S.

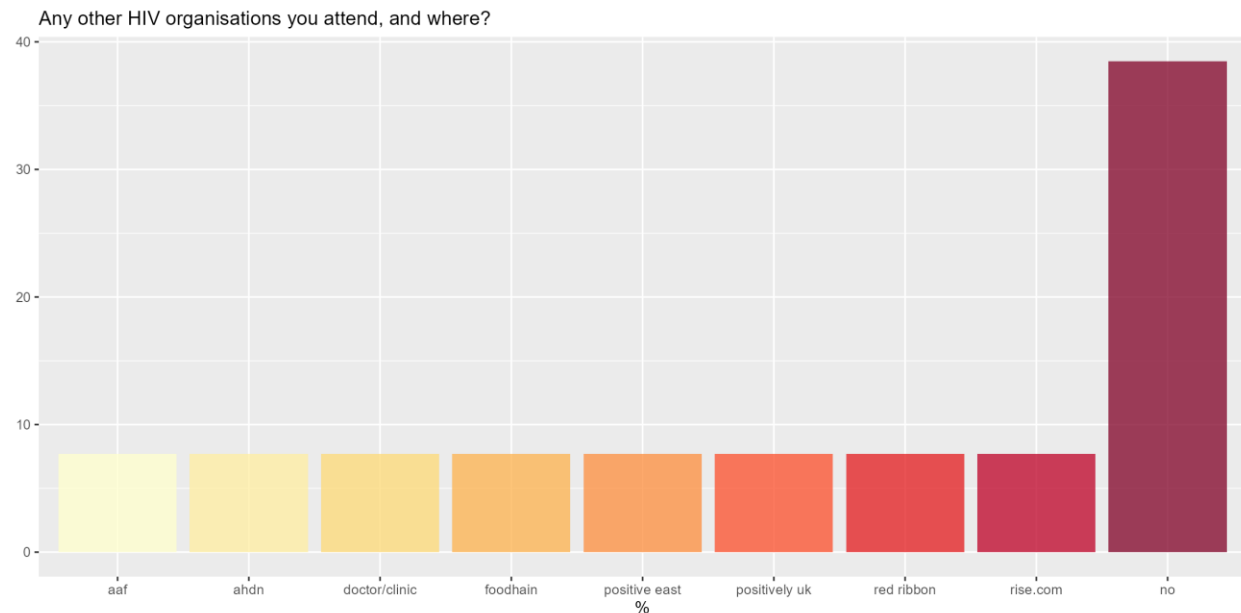


Figure 5. Percentage of respondents who attend other organisations.

For most members in Hackney, B&S represent the only HIV organisation they attend, with the most frequent answer for attendance at other HIV organisations, was 'no', accounting for 38.5% of responses overall. While all other organisations plotted in Figure 5, account for 7.6% of responses each. While there are a number of organisations mentioned, interestingly, members who attended other organisations reported attending numerous organisations, for example, one member reported attending, Rise.com, AHDN, Red Ribbon, AAF, as well as B&S. This could suggest that more involvement in HIV organisations increases the likelihood of gaining knowledge and accessing other services.

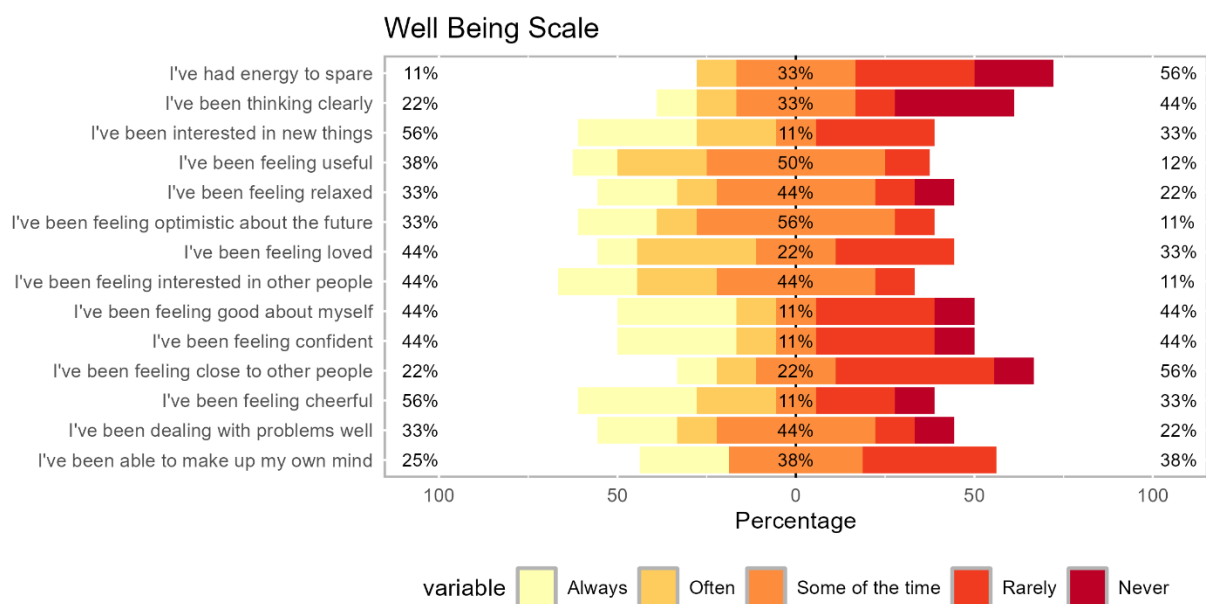


Figure 6. Likert Scales visualising the Wellbeing Scale.

The responses on the Well Being scale (Figure. 6) are widely distributed, which reflects the varied thoughts among respondents in terms of their personal well-being. When looking at areas for improvement, ‘I’ve had energy to spare’, is an example of this, with 56% of respondents reporting that they rarely or never have energy to spare, and only 11% felt they either often or always had energy to spare, suggesting that the effects of HIV on energy levels continue to be significant in reducing levels of wellbeing in members. ‘I’ve been feeling close to other people’ was another area of concern, with 56% of respondents reporting they rarely or never feel close to people, while 22% report, often or always, feeling close to others, these findings are somewhat indicative of the results found in Figure 2 & 3.

When looking at areas that are doing well, ‘I’ve been interested in new things’ and ‘I’ve been feeling cheerful’, both received the same positive result, with 56% reporting always/often, and only 22% reporting rarely/never to both questions.

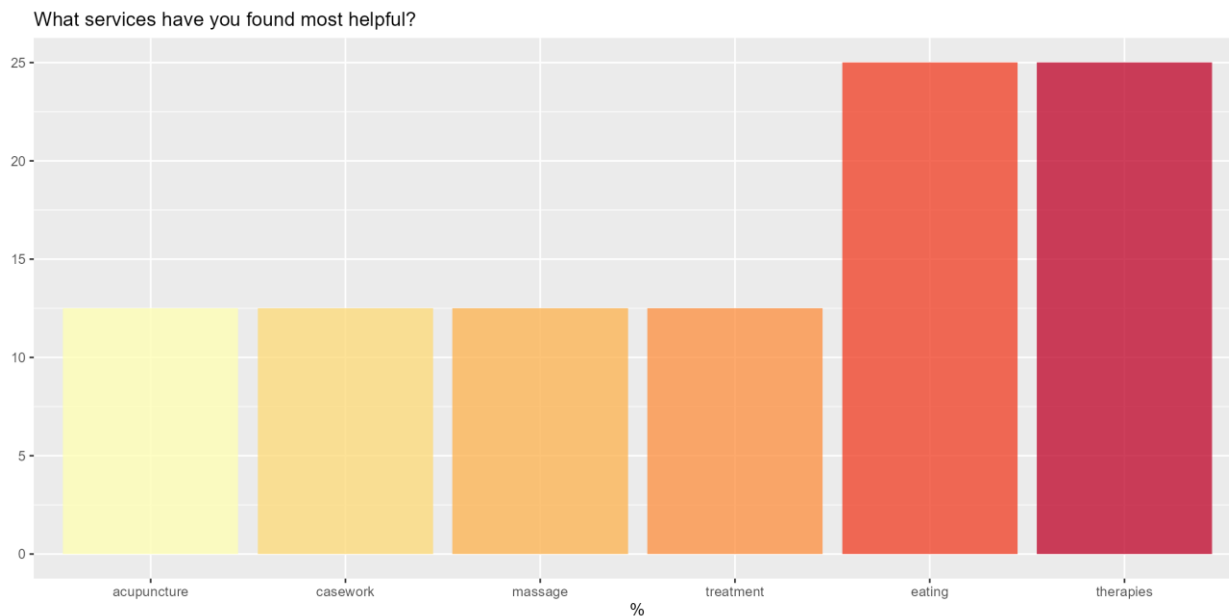


Figure 7. Percentage of most helpful services

There are several services that members have found to be helpful, therapies and aspects of healthy eating account for 25% of the responses each, while areas such as case work, massages, acupuncture and treatment were all mentioned 10% of the time.

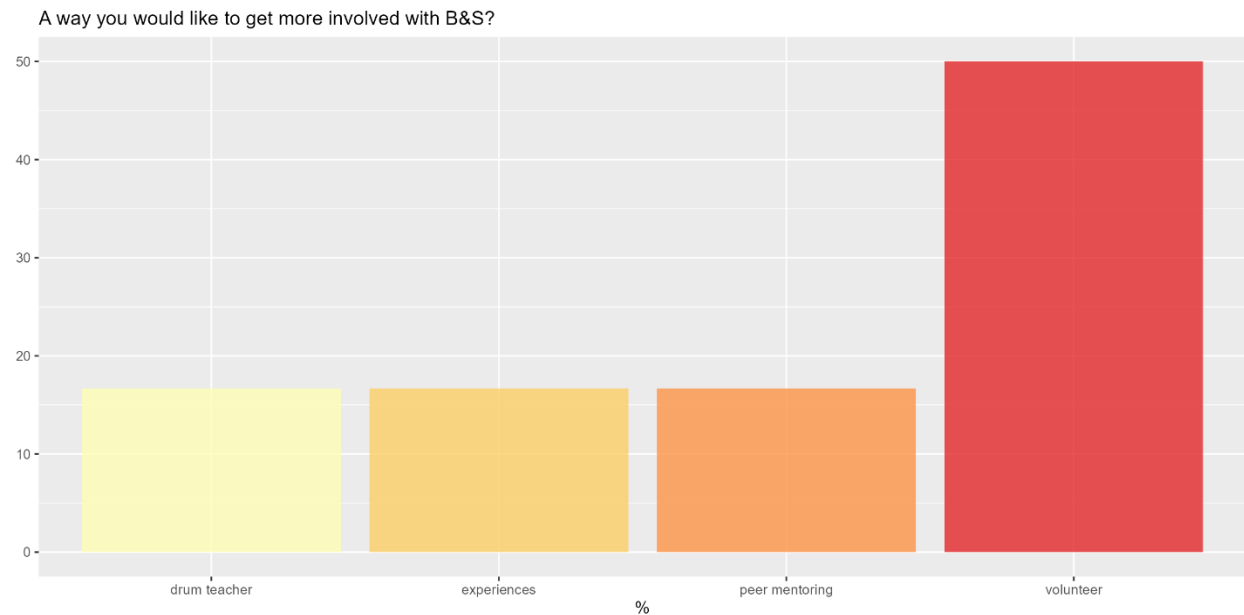


Figure 8. Responses calculated as a percentage.

Volunteering represents the main way that members would like get more involved with B&S, accounting for 50% of responses exclusively, other responses relate to specific volunteering requests, such as peer mentoring 16.7%, drumming teacher 16.7%, while another member who would like to host a one off talk about the experience of being affected 16.7%.

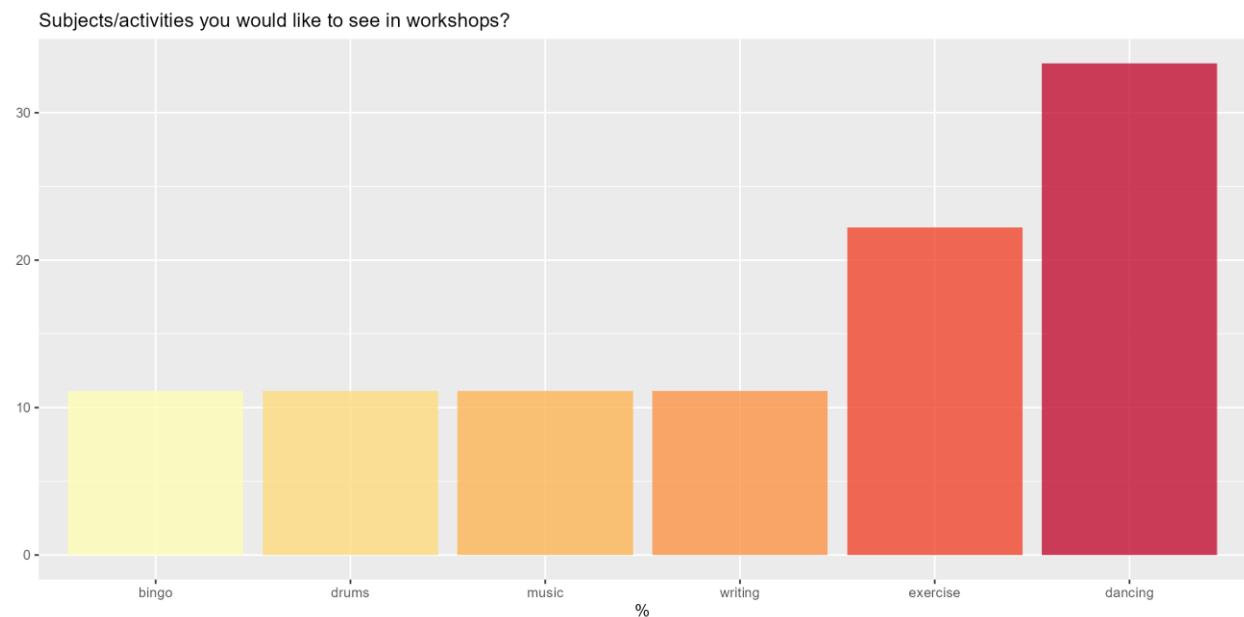


Figure 9. Bar plot of responses calculated as a percentage.

There were a range of activities that members would like to see in workshops, the most frequent was dancing, accounting for 33.3% of responses overall, and exercise came up 22.2% of the time.

Both activities may be advantageous to improvement in health, well-being and building relationships.

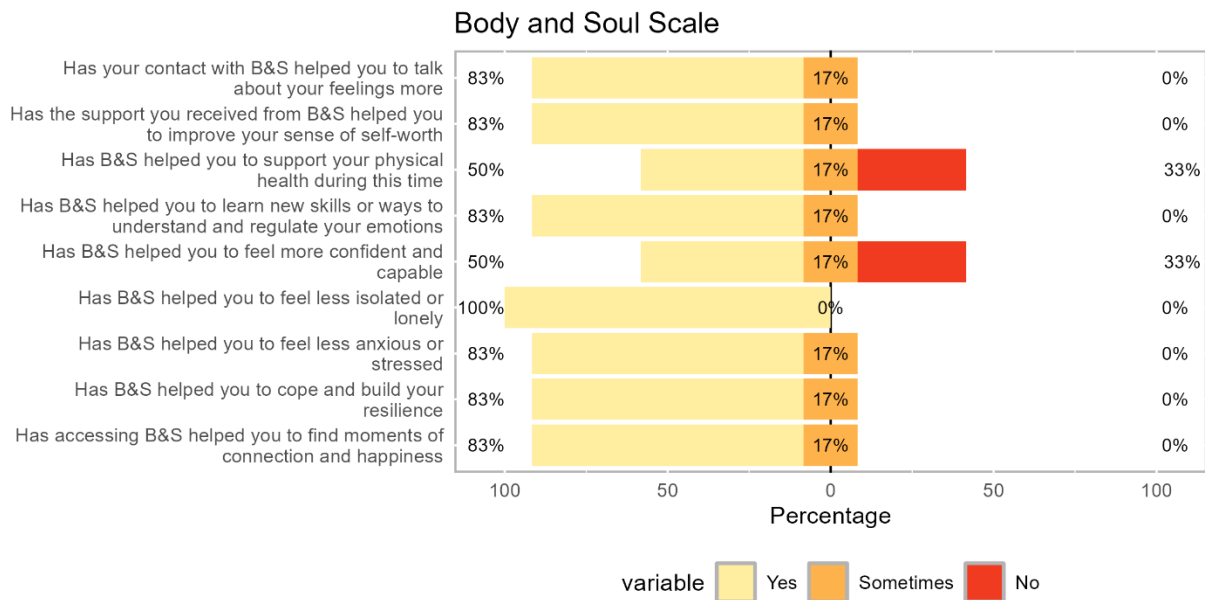


Figure 10. Likert scales visualising responses from the Body and Soul Scale.

The B&S scale (Figure 10) asks questions regarding the effectiveness of B&S services. B&S receive overwhelmingly positive responses, for example, 100% of members reporting that B&S has helped them to feel less isolated or lonely, this is even more significant due to the stigma with HIV, being a contributing factor to isolation and loneliness within this community. 83% report that B&S has helped to understand and regulate emotions, another important area, with mental health and HIV being correlated. Areas for improvement include supporting members more with their physical health and helping members to feel more confident and capable in themselves.