

Planning for the Future 2024 – Waltham Forest

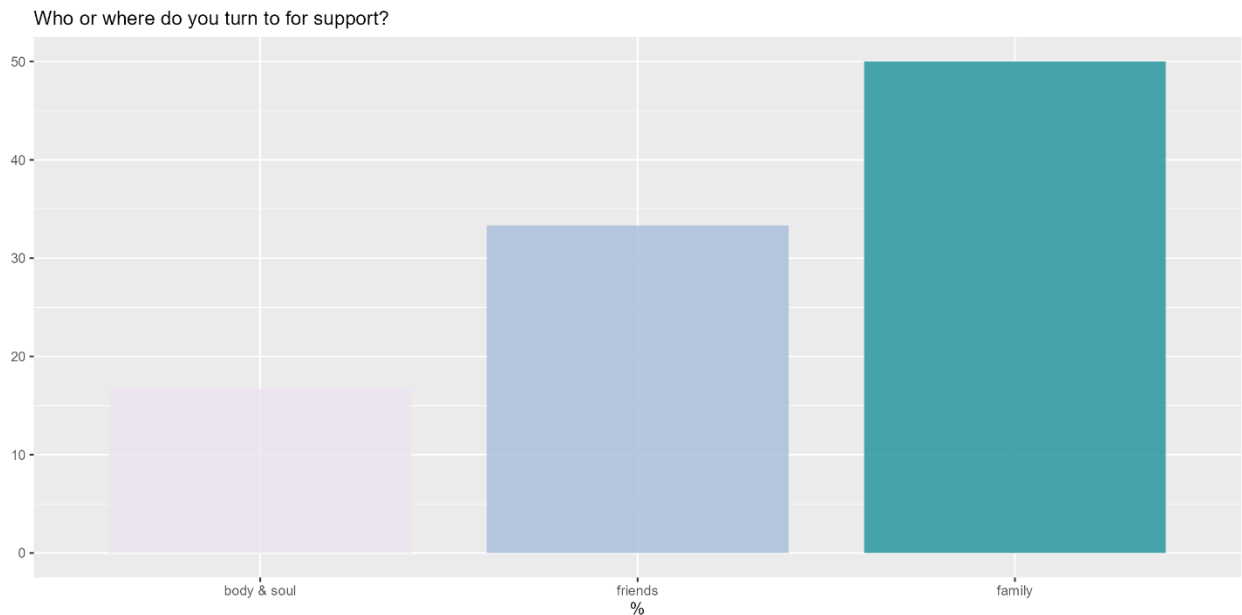


Figure 1. Support networks as a percentage.

Looking at responses regarding main support networks among members, family was mentioned 50% of the time, accounting for the highest response. Friends were mentioned 33.3% of the time. Together, friends and family account for 83.3% of responses overall. There were also no negative responses, no members who had no support, with Body and Soul (B&S) accounting for the remaining 16.7%. This is a very positive finding, with all respondents (100%) having some form of support network in place when required.

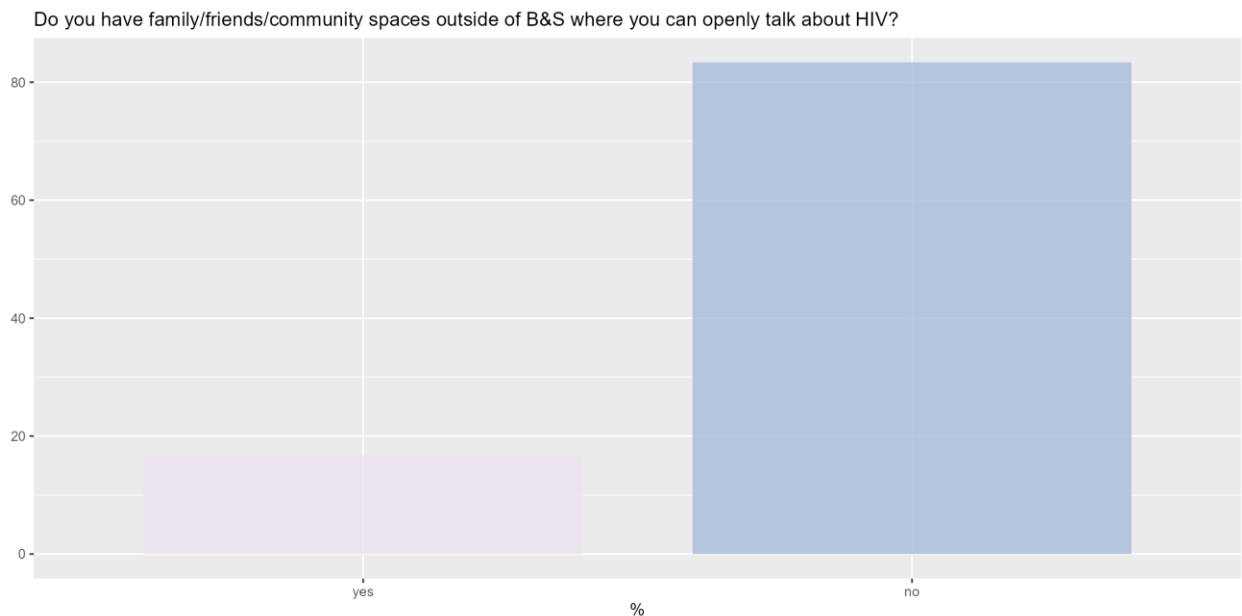


Figure 2. HIV support outside B&S.

Positive responses drop significantly when analysing the level of support members have outside of B&S, where they can discuss HIV. With respondents saying they had no other support network in place to talk openly about HIV 83.3% of the time, and only 16.7% responding positively. Indicating a clear lack of outside support and isolation in this area, whilst highlighting the importance of B&S and their work within this community.

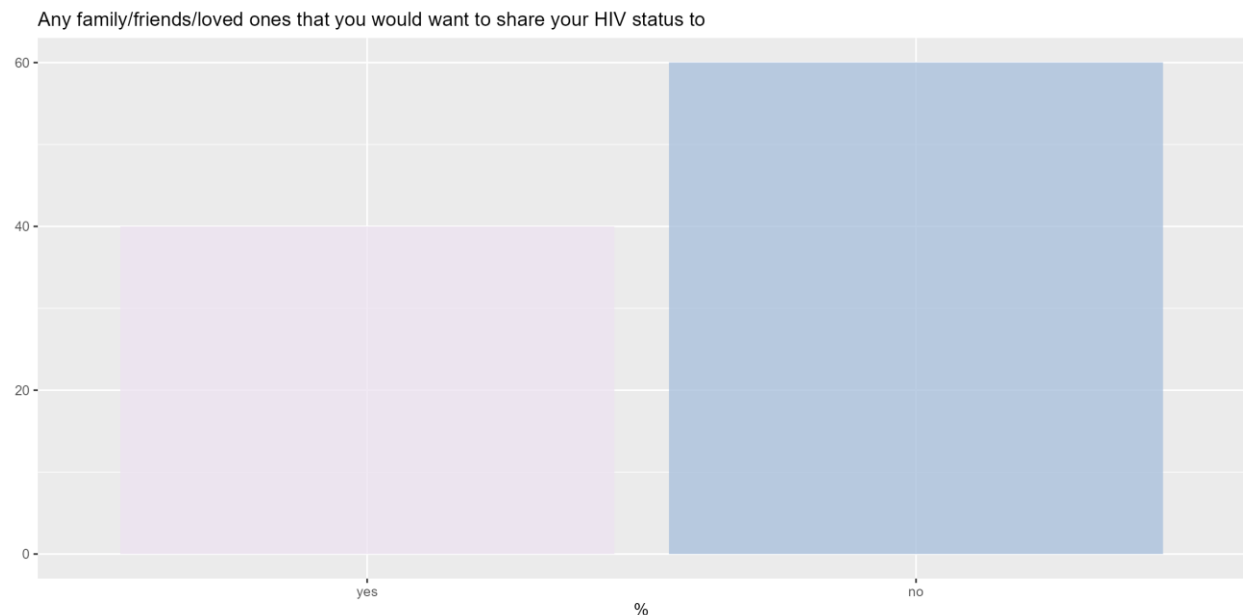


Figure 3. Percentage of respondents.

In Figure 3, most members did not want to share their HIV status with anyone, with 60% of respondents reporting 'no' and the other 40% reporting 'yes'. This is interesting considering the results found in Figure 2, this could be an indicator that members want to increase their level of HIV support and relationships outside B&S, where they can discuss HIV, by sharing knowledge of their HIV status with friends, family, or loved ones.

Furthermore, the results found in Figure 2 & 3, highlight similarities to previous HIV survey research, for example 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 the level of stigmatisation and how it transpires among the community and in turn has a negative effect in building relationships and support systems outside of support groups. Which suggests that representation, discussion and support regarding HIV, seems to be contained within support groups and charities directly created for those affected, highlighting their significance as a vital support system for this community. Further research, understanding and types of services, etc., should be explored to help members to improve their relationships, confidence and support network outside of B&S.

<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>
<i>Better</i>	Yes	4	66.66667
<i>Better</i>	Sometimes	1	16.66667
<i>Same</i>	Yes	1	16.66667

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, 66.6% felt they were managing their medication well, and were also better at managing their treatment now in comparison to before joining B&S. 16.6% reported only sometimes managing their medication, however they were managing it better now than before they started coming to B&S. While 16.6% felt they were able to manage their treatment, and their effectiveness was the same as before coming to B&S.

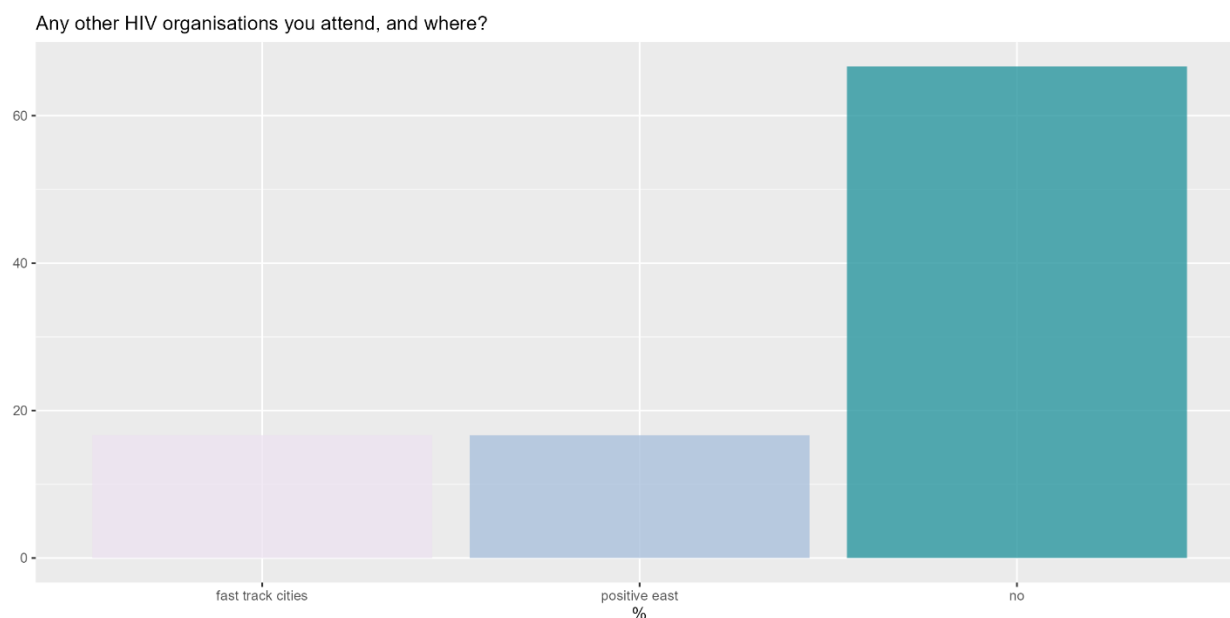


Figure 4. Other organisations members attend

For most members in Waltham Forest, B&S represent the only HIV organisation they attend, with the most frequent answer for attendance at other HIV organisations, was ‘no’, accounting for 66.7% of responses overall. While all other organisations plotted in Figure 4 include, Positive East and Fast track cites, with both accounting for 16.7% each.

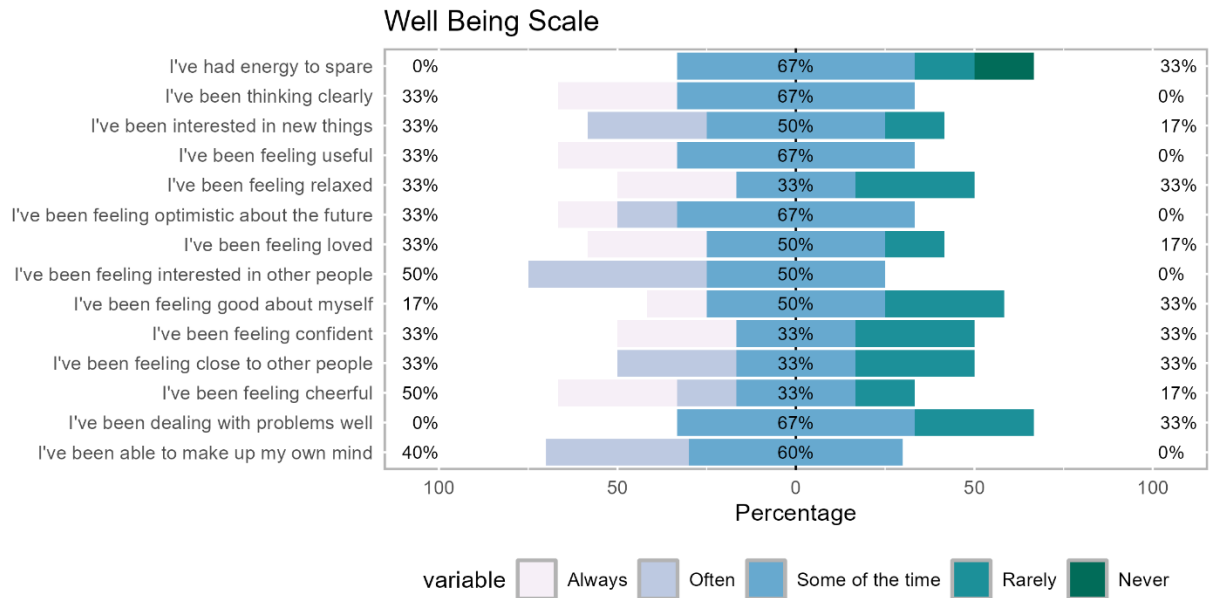


Figure 5. Wellbeing Likert Scales.

The responses from members in Figure 5 are widely distributed across the Likert scales, 'some of the time' representing the most common answer overall, with responses ranging from 33%-67%, positive responses ranged from 0%-50% across the scale, while negative answers were the least common ranging from 0%-33%. Area's members seem to be doing well in include 'I've been feeling cheerful' and 'I've been feeling interested in other people', whereas area requiring significant improvement include 'I've had energy to spare' and 'I've been dealing with my problems well', both questions received 33% negative responses and 0% positive responses. Overall, there is a lot of room for improvement regarding well-being for members.

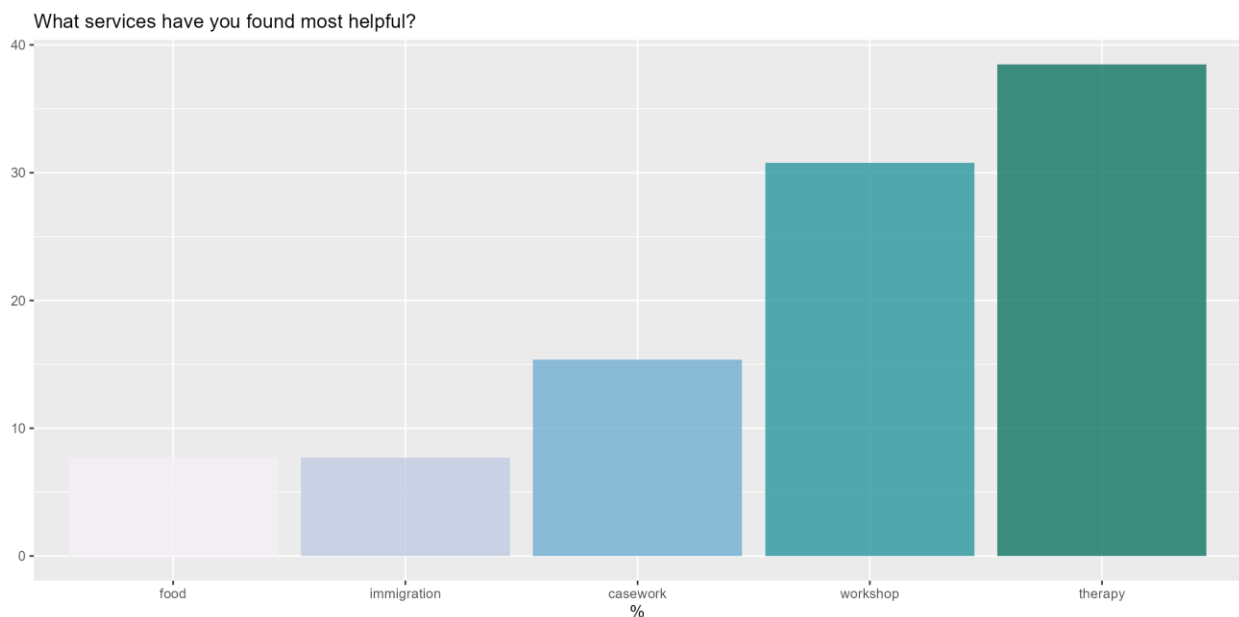


Figure 6. Services found to be helpful.

Overall, there are a variety of services found helpful by members, the most frequently mentioned was therapy, accounting for 38.5%, workshops were next mentioned 30.8% of the time. Then casework representing 15.4%, which included help with housing and immigration issues (7.69%), and food was mentioned regarding the food bank and cooked meals at B&S.

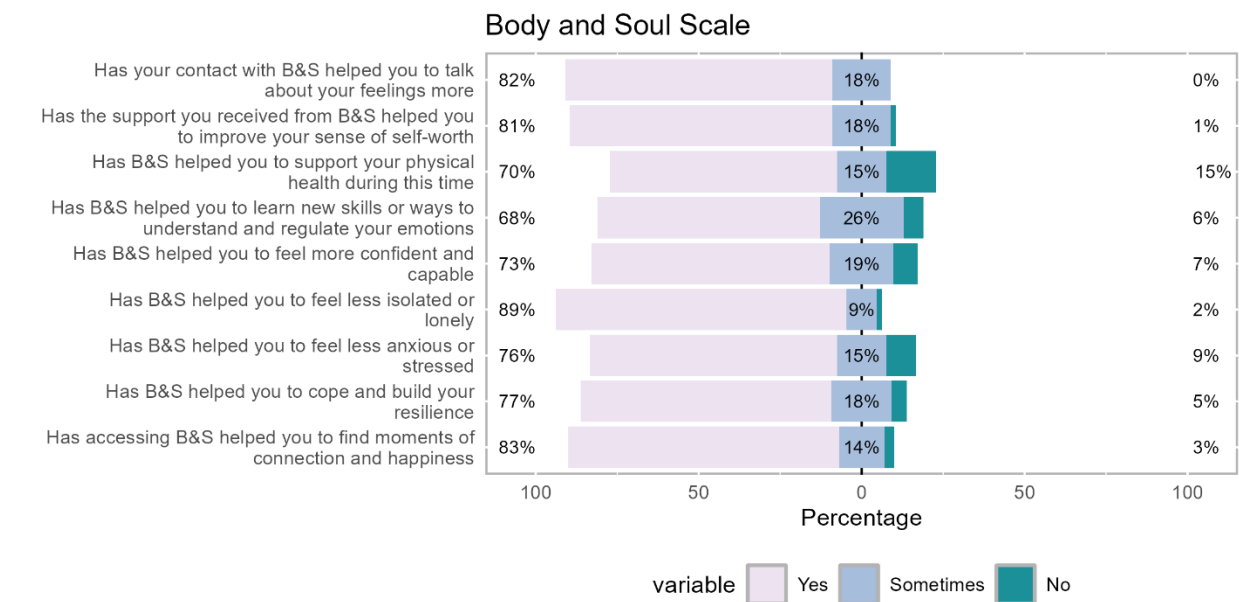


Figure 7. Body and Soul Likert Scale

Most answers on the B&S scale are situated in positive responses from members, ranging between 68%-89%, highlighting the effectiveness of B&S services, B&S seem to be very effective in helping to reduce loneliness and isolation among members, with 89% of members seeing an improvement since coming to B&S. The highest response of negative answers in Figure 3 is ‘Has B&S helped you to support your physical health during this time?’ with 15% of members answering no, suggesting that this is an area where improvements or introduction of new services would be beneficial in improving the overall health and wellbeing of members.