



Positive Futures: Supporting Young People Living with HIV transition into adulthood

Positively UK

Founded by two women living with HIV over 30 years ago, Positively UK has its roots in supporting women and families with HIV and in 2017 continues championing the involvement and rights of people living with HIV in healthcare to all people living with HIV. Since 2011 Positively UK has been providing specialised peer support to young people born with HIV transitioning to adult services. Our youth services are led *by* young people living with HIV *for* young people living with HIV. *Positive Futures*, our new youth project, builds upon our experiences and aims to support an increased number of young people with HIV between age 16 to 24, and aims to increase self-esteem, social connections, and grow confidence and skills in managing health and support well-being and good quality of life.

Project Overview

Positively UK's youth's project Positive Future, will build on our established and successful interventions within HIV clinics to support young people with HIV into adulthood, especially around transition from paediatric to adult services.

Initially the project will expand the provision of youth peer support within clinical settings by providing outreach in four Clinics: 900 Clinic at St. Mary's, Mortimer Market, St. George's and in Great Ormond Street Paediatric Hospital.

The project will support young people to improve their resilience, accessing social groups, improving relationships with family and friends, reducing isolation, speaking more openly with healthcare teams, feel fully equipped to manage their health and treatment, increase self-esteem, and overall feel more optimistic about the future.

Positive Futures will recruit two project coordinators who will be integrated with and supported by a team of experienced case workers. Throughout the duration of the project the project coordinators will be supported to develop the skills to do one-to-one assessments, case management, mentoring, group facilitation, advocacy skills and information sharing to tackle barriers to self-management and support others to achieve optimum health and well-being.

Project Aims

- To support 100 young people with HIV per year through the provision of one-to-one and group support
- To improve health of young people living with HIV by taking a holistic approach addressing physical, emotional and social well-being
- To reduce isolation and enable young people to build support networks and increase resilience



- To increase young people advocacy skills with training, coaching, and summer residential skill buildings camps

Key Outcomes

- Young people living with HIV have better ability to cope on a day to day basis
- Young People living with HIV will have reduced isolation and access to social support
- Young people living with HIV will have improved understanding of HIV and ability to manage their health
- Young People Living with HIV will have increased self-esteem and optimism towards the future

Volunteer Peer Mentoring

The Project Co-ordinators will also work with our *Project 100* Peer Mentoring team to train young people living with HIV as peer mentors and contribute to develop a summer training camp to support young people living with HIV to train as youth peer mentors.

Partnership Working

Collaboration is crucial to our work and the project will work closely with HIV clinics, providing transitional services, other HIV support agencies and the Children HIV Association (CHIVA).

The project is supported by a grant from the Big Lottery