



**brigstowe+**  
positive change together

**Bristol HIV Services**

Annual Report  
2016/17

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positive change together

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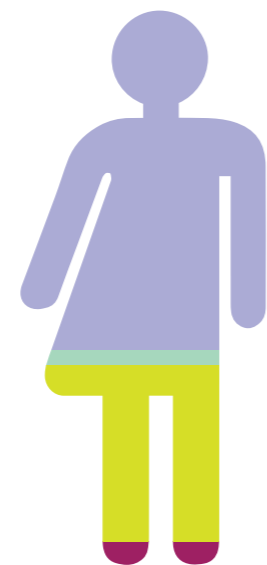
Registered Company No: 3107835

Registered Charity No: 1049945

## Demographics and client numbers

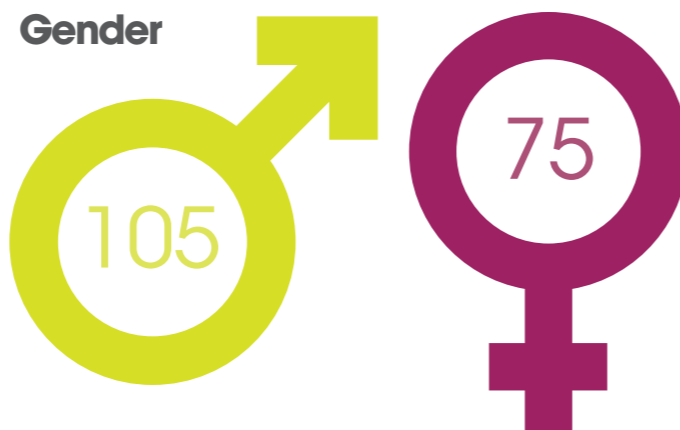
The number of clients accessing our services continues to rise, with a 5% increase this year to 180 clients. This growth in demand for our services reflects the increase in number of people living with HIV.

### Sexuality

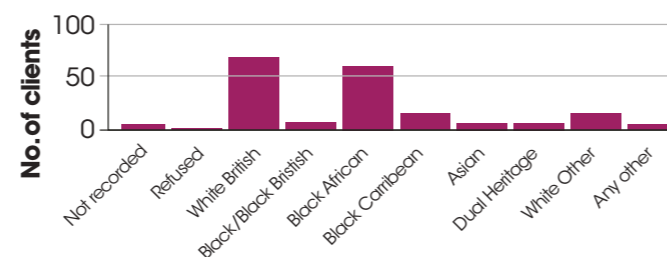


- Hetrosexual (61%)
- Bisexual (3%)
- Gay/Lesbian (32%)
- Not recorded (4%)

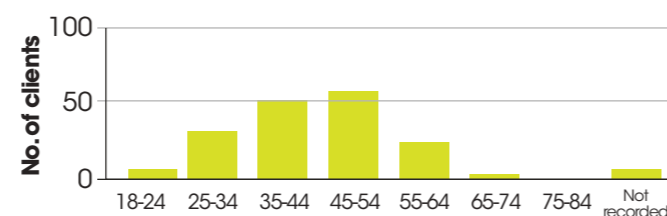
### Gender



### Ethnicity



### Age Bands



## Finances

In 2016/17 Brigstowe generated total income of £302,562 and spent £275,821. £128,122 came from local authorities - Bristol City Council, South Gloucestershire Council and North Somerset Council - and represents 42.3% of our income. Charitable trusts are the next largest source of income. We are grateful to all our funders, donors and partners for supporting our work.

### Income



- Local authority grants / contracts
- Central government grant
- Charitable Trust grants
- Other income

### Expenditure



- Staff costs
- Other costs associated with charitable activities
- Premises costs
- Administrative overheads

## Thank you

We want to extend the biggest thanks to: our dedicated staff, trustees and volunteers; our clients; our partners; and our funders. Without input from all of these people and groups it would not be possible to do what we do.



## On volunteering for Brigstowe

### On volunteering?

Mainly I came into Brigstowe to work as a Peer Mentor and then got involved by helping with social events. I am also involved with the Campaigns Group to help raise funds and publicise Brigstowe much more widely.

My experience has been really quite unique, it's given me a sense of belonging, it's helped me build my resilience up, it's helped with my confidence levels, it's helped with my knowledge base around HIV.

### On Peer Support?

It's a relationship but a peer relationship. It's a journey that you travel for a period of time together. You meet a mentee once a week for six months for an hour or so, and it's a special time, you learn from each other. As a volunteer I always take away a lot from my mentee.

### What would you say to someone who's thinking about volunteering?

You'd be very surprised if you looked back!



## How Can You Help?

There are lots of ways that you can get involved and make a difference to the lives of people living with HIV.

1. Become a Brigstowe volunteer or trustee.
2. Hold a community event or complete a sponsored challenge for Brigstowe.
3. Invite us to your workplace, community or faith group to give a talk or training session.
4. Make a donation or a legacy pledge.
5. Sign up to our newsletter and come to our events.

# Achievements!

1. High profile event to celebrate 21 years of improving the lives of people living with HIV. Clients, partner organisations, funders and politicians attended.
2. We moved offices to Easton Community Centre where we have office space and two dedicated rooms for one-to-one and group meetings.
3. We re-branded and launched our new logo at our 21st birthday.
4. We worked on making Brigstowe more sustainable using a Local Sustainability Fund grant. Projects included revamping marketing materials and improving IT systems.
5. We started Positive Voices with funds from BIG Lottery. This means that Peer Support can continue and we can roll out Recently Diagnosed Groups and HIV Awareness Training.
6. We hosted our first public vigil for World AIDS Day on College Green including a speech from The Mayor of Bristol.



## Why are specialist HIV services needed?

- HIV is still a major public health issue and has not gone away.
- More effective HIV treatment means that people can now have a normal life span, which means a growing number of HIV positive people.
- Late diagnosis is still a big problem – living with undiagnosed HIV means a greater risk of premature death and of transmitting the virus to sexual partners.
- There is still a great deal of ignorance about HIV.
- HIV+ people are much more likely to experience poverty, mental health issues, homelessness and domestic violence.

In the UK, over **100,000** people are HIV positive, and over **1,000** HIV positive people live in the Bristol area

In the UK, **40%** of adults are diagnosed at a late stage of infection – **43%** in Bristol

In the UK, **33%** of people getting HIV care are aged over 50

HIV+ people over **10 times** more likely to experience poor mental health

**16%** of people still believe you can get HIV from kissing!

# brigstowe+

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## And For The Future...?

We have plans to develop and improve our services and activities. We want to help more positive people and to campaign for a more equal, tolerant and fair society.

We will:

- **increase the amount of training and campaigning work we do to tackle stigma about HIV and put forward the true picture about HIV today.**
- **undertake more marketing and publicity to raise awareness of HIV.**
- **consult people who are ageing with HIV and develop services to meet their emerging needs.**
- **develop other sources of funding to become less reliant on grants**

## Client Testimony

I came to the UK in March 2016 and in October I was moved to Bristol as part of my immigration claim.

Family, kindness, comforting, empathy, confidential, professional, practical, are all words that come to my mind whenever I talk about Brigstowe. And I do talk a lot about Brigstowe. They've been my life line.

In all the 14 years since I'd been diagnosed, I've lived in secrecy. Too afraid to face the stigma that disclosure would bring. But without even knowing how it happened, I'd told my worker my story.

They have taught me that HIV positive people count. Not just as a statistic, but as human lives worth fighting for. I want to offer my time to speak out on behalf of HIV positive people; to put an end to the ignorance that continues to cause stigma. And if I can help another asylum seeker find their voice, it will make me more than happy. At the beginning of this year 2017, January 9th to be exact, I received positive news about my asylum application. Surely you know the first place I called with the good news!? Viva Brigstowe!

## Our impact in 2016-17

Altogether, we worked with 180 HIV positive people last year.

1. Our Advice and Information Service makes sure that people living with HIV understand their rights and can access their entitlements. This year, we advised 108 clients. 34 were new. 40% of our advice caseload was about welfare benefits.

**"I feel it is important to have an independent organisation that helps people with HIV in a polite and respectful way".**

2. Our Support Team worked with 40 people last year on a longer term basis. 94% of clients reported an improved housing situation. 88% saw an improvement in their ability to live independently.

**"The time frame of support was amazing. It helped me a lot through my dark days and has helped me to grow as an individual being HIV positive. It also helped me not to condemn myself."**

3. Our Migrant Advice and Support Service responds to the needs of HIV positive refugees, migrants and survivors of trafficking.

22 clients accessed this service over the year, up 38% on last year.

- a. 81% of clients receiving support during this grant period experienced a reduction in poverty as a result of our assistance

- b. 81% of clients reported greater control in their lives through access to legal advice, housing, community care, training or employment.

**"You help according to the situation, whatever is happening. I can also be open, I have nothing to hide. There is nowhere else I can get this"**

4. Our Positive Voices project delivers a Peer Support Service. Last year, 14 trained HIV+ mentors provided mentoring to 24 people. 100% of mentees reported a better understanding of HIV and 90% reported better self-esteem and confidence.

Positive Voices also delivers intensive Recently Diagnosed Workshops. 12 people attended this year. 84% of attendees felt more connected to others as a result of attending the sessions.



**"I can't tell you how good it was to be able to talk to other people faced with a similar situation to myself, and to make some new friends."**

5. Our HIV Training and Awareness Service aims to inform and enlighten people about HIV. 2016-17, we delivered 3 sessions to professional groups. We have already exceeded this number this year.

**"The impact on both staff and prisoners understanding of the issues surrounding HIV is incredible. Thank you."**

6. Our REACT! Group organises skills workshops and social activities for HIV+ people and their families. Last year, we ran 26 events 86% of members felt less isolated, 94% felt more confident and 94% felt happier.

**"I feel fitter and happier through meeting others."**