

Our impact 2017-18

Our Support Service works with people living with HIV holistically and long-term. We worked with 35 people over 2017-18.

“The organisation has given me the confidence that there is a place that could provide help and assistance without any of the judgement and stigmatisation (due to HIV status) I experienced in other general/non specialist services.”

Our Advice Service saw **89 clients** and advised on **209 matters** over the year 2017-18.

Housing and welfare entitlements made up the majority of cases but we also advised on work, volunteering, rights, and entitlements.

We achieved **£112,681** in financial gains for our Advice clients and **£236,643** in financial gains for our Support clients.

Our specialist Migrant and Asylum Service saw **23 people** over 2017-18.

“I feel like I'm at home at the organisation. It helps my mental health to talk about HIV in a safe place. I cannot do this anywhere else because of the stigma in my community. This makes me feel less isolated and depressed.”

73% had more stable, secure or suitable housing

Positive Voices supported **20 people** in the Peer Mentor Service, delivered Recently Diagnosed Workshops to 12 people and delivered 10 HIV Awareness Training Sessions.

83% of mentees & Recently diagnosed workshop participants reported an increase in self-esteem & confidence.

75% felt they had better understanding of their HIV diagnosis

“I've regained confidence which was shut down at (HIV) diagnosis - In fact I have more than before, my mentor's encouragement has really pushed me to put myself out there again!”

Our “All In” peer support group is co-delivered with our partners, Terrence Higgins Trust. A mixture of events, outings and workshops are put on throughout the year for people living with HIV, their friends and family.

94% of clients experienced a reduction in poverty

95% of the people who attended events felt more connected to and supported by other people living with HIV

A total of **50 people** attended one or more of the **Brigstowe events** in 2017-18.

89% of people reported that their skills and knowledge had improved

82% of clients reported an improvement in their well being

We also ran “Tree of Life Narrative Group” for refugee and migrant women. The group promoted resilience and integration; and reduced the sense of isolation. Feedback was resoundingly positive and we hope to be able to offer further groups in the future.

“The whole thing went marvellously with so many people greeting each other as old friends... and making a few new ones.”

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.



Our Achievements

1. Our involvement in the Red Run 2017 in London raised **£6,000** for Brigstowe's services.
2. Thanks to the support from our clients, volunteers, partner organisations and the openness of Bristol City Council, we **retained most** of our threatened local authority funding.
3. We delivered a **two week long** programme of events for **World AIDS Day**.
4. We designed and started delivering a **successful joint service** with **Terrence Higgins Trust**.
5. We continued to offer **support and advice** to people living with HIV in Bristol and the South West as we have for the **past 23 years!**



Our Plans for the Future

1. We are working hard to ensure that our HIV specialist services are here for years to come and continue to meet the changing needs of people living with HIV.
2. Working with Bristol Community Health, we are piloting a Peer Support Service for people living with type 2 diabetes. The delivery of this work will also support our core HIV specific services.
3. We want to establish a sustainable Health Promotion Service which raises awareness of HIV throughout Bristol and neighbouring counties.
4. We will continue to diversify our funding streams building on our corporate and community relationships.
5. We will conduct a thorough evaluation of our Positive Voices programme which will be available on our website.



brigstowe+

Local HIV Services

Annual Report 2017/18

Tel: 0117 9555038 Email: info@brigstowe.org

Web: www.brigstowe.org Twitter: @brigstoweinfo

Facebook: www.facebook.com/brigstowe Instagram: @brigstowe

Become a Friend of Brigstowe

Everyone needs friends and we at Brigstowe are no different.

Pledge your support to people living with HIV in Bristol by donating a regular monthly amount to Brigstowe.

£10 per month means that a destitute client can travel to attend events and workshops and meet other people living with HIV.

£25 per month for a year means that someone newly diagnosed can meet with a Peer Mentor every week for 6 months.

Set up your regular donation today and become a **Friend of Brigstowe**. Thank you.

Visit our website: www.brigstowe.org or give us a call **0117 955 5038**



Kevin's Story

I was diagnosed with HIV in 2008. I had a medical before a job started. First thing the doctor said to me was "Have you been a naughty boy?" I said "no, why?" He said, "Well, you are HIV positive". I couldn't believe it. He wanted to put the blame on me for getting it. Stigma is there in bucket loads. It's not something that is easy to live with.



My contract finished in the school I was working in as a teacher. I realised all of a sudden I had no money. I started living in my car and this continued for three years.

I was in a state each time I went to my hospital appointments. I wasn't getting a lot of sleep, there were lots of interrelated mental health problems. I lost a lot of weight, I was really twitchy. They kept asking me "why haven't you got anywhere to live?" It was the HIV nurse at clinic, who said "you need to go and speak to someone at Brigstowe". I put it off for about two months. Eventually I spoke to a worker at Brigstowe who seemed really friendly, really good.

When I was offered the accommodation I went with my Support Worker from Brigstowe. Sometimes I don't feel like I want to talk to anyone and he texts me instead. We've been to a lot of things together. When I stopped getting benefits, I didn't have any food for four days. He helped with that. He's been quite settling actually. And if I wasn't feeling that great but I knew I was coming here, I knew I'd get a nice hot cup of tea. And that's something very small but it did make a big difference.

I can confidently say I was pulled back from the edge by people here. It's not just about helping people with benefits and stuff. There was a lot more to it than that and it was cleverly done by people here. It's a bit of a claim that "if it wasn't for Brigstowe, I'd be dead" but that is how I feel.

With Brigstowe's help, Kevin managed to secure Local Authority housing and has now been living in a flat for two months, something he is still getting used to. He still has bad days and misses parts of his old life. He does still enjoy painting though, which he says has helped him greatly. Brigstowe helped him secured income through relevant benefits and he now has access to a good GP.

Key Campaigns

U=U

We signed up to global campaign U=U and it has been a flagship message for us for around two years now.

U=U means undetectable equals untransmittable. This means that someone living with HIV on effective medication cannot pass on HIV.

The study proving this was incredibly comprehensive, involving over 1,000 couples. If you want to read more about it you can here <http://i-base.info/htb/30108>

This simple piece of information has the power to change the narrative around HIV and challenge stigma.



Save Local HIV Services

This was a huge campaign of ours over 2017-18 as our Bristol City Council funding was under threat.

We want to continue to remind people of how essential local HIV services are. We are encouraging people to support us when they can, whether that is financially, through volunteering or simply raising awareness.



HIV Cannot Be Transmitted Through Saliva

Some misinformation put out by Avon and Somerset Police meant that we ran a press campaign assuring the public that you CANNOT get HIV through saliva.

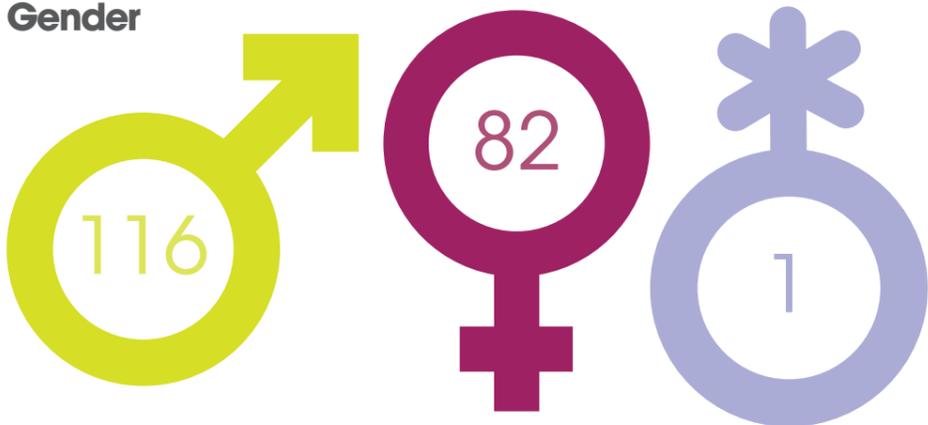
We are pleased to say we are now working with the police on their HIV knowledge.

Our Campaigns Service meant we could attend many events and these messages reached 1000s of people.

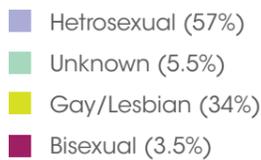
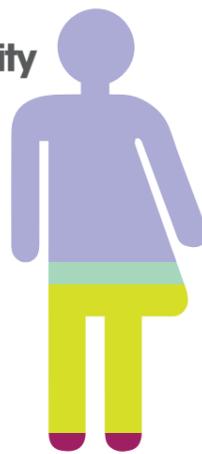
Our Clients

Over 2017-18, the number of people we worked with increased by over 10% from 180 to 199 people. This growth reflects the increasing numbers of people living with HIV as well as changes to HIV service provision locally.

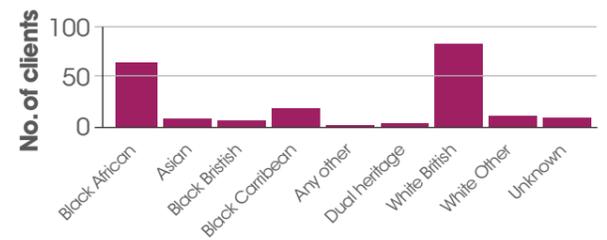
Gender



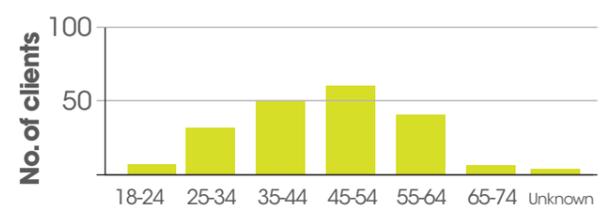
Sexuality



Ethnicity



Age Groups



Thank You to Volunteers!

Without our committed, talented and inspirational volunteers we could not deliver the services, events and initiatives we do.

A sincere and heartfelt thank you to all the people who have given their time, experience, expertise, skills and passion to help Brigstowe improve the lives of people living with HIV.

Our Peer Supporters volunteered a total of 1,248 hours

Our Campaigns Team volunteered an estimated 600 hours on various awareness raising projects.

Our Trustees and volunteer administrator totalled an estimated 650 on governance and core work.

This is a total of **2,498** hours!

Finances

In 2017/18 Brigstowe generated total income of £286,997 and spent £292,486. £128,753 was in the form of grants from local authorities which represents 45% of our income - previously this was 70%. Charitable trusts are the next largest source of income. Voluntary income and other income have both increased considerably compared to 2016-17. We will continue to develop these funding streams. We are grateful to all our funders, donors and partners for supporting our work.

Income



Expenditure

