



Impact Report 2020 - 2021



Message from the chief exec

Without doubt Brigstowe's Impact Report 2020-21 needs to start by recognising and thanking our wonderful staff, volunteers and trustees for the commitment and dedication they have shown during this period. The year to 31st March 2021 has brought huge global challenges that have effected all of us in different ways. Brigstowe staff, volunteers and trustees adapted very quickly to new ways of working and even started new services and developed existing ones.

We were fortunate that almost all our systems were already digitalised which meant that staff were able to quickly adapt to working from home. However, a great deal of time and effort was spent by staff adapting services to ensure that they could be provided online or by telephone. Staff also trained our Peer Mentor volunteers in delivering online video mentoring and supported clients to access our group peer support activities using Zoom.

Staff were also concerned about the welfare of our clients at the start of the pandemic. Many of our clients are on low incomes as well as being disproportionately affected by poor mental health and isolation. It was unclear what impact the pandemic and government restrictions would have on the people we work with. With the help of two wonderful Peer Mentor volunteers we identified emerging needs by phoning all current clients and those we had worked with in the last eighteen months to check how they were coping, practically and emotionally. As a result, we trained the two volunteers as telephone befrienders. These telephone befrienders offered clients a weekly call which was appreciated by those feeling lonely or isolated.

We also set up a Covid Response Fund to provide laptops, data packages and hardship payments to clients. We secured more than £20,000 for this purpose which made a huge difference to clients in need of assistance. We are grateful to Gilead who have provided us with a further grant of £10,000 so that we can continue to provide financial assistance to clients in the current financial year.

A key development was that in November 2020 we received a significant partnership grant from the Health Foundation for a coproduction project called Common Ambition Bristol, working with African & Caribbean heritage communities. The project started in January 2021 and aims to increase testing and reduce HIV-related stigma amongst African & Caribbean communities. The project will be evaluated by University of Bristol. We are also pleased to be partnering with African Voices Forum, Bristol City Council (Public Health team) and Unity Sexual Health.

During the year, we carried out a number of service development reviews which informed changes to our Positive Voices services and our Advice & Support Service. In particular, we have recently trained a group of Peer Facilitator volunteers who are going to lead and facilitate our peer support group sessions. We are very grateful to the individuals who are giving us their time to take up this role.

The Fast Track Cities Bristol partnership has strengthened over the last year leading to new joint projects aimed at reducing HIV transmissions and HIV stigma & discrimination. An important part of our partnership has been the involvement and contribution of people who have lived experience.

In 2018 we widened our charitable objects to include other longer term conditions and protected characteristics. Since then, we have developed a new brand and website called The Peer Partnership. The aim of The Peer Partnership is to promote and support the use of peer support for people with long term conditions or protected characteristics. Through this brand we are providing service delivery, consultancy and training services to other organisations. There has been considerable interest in our services which is now leading to a number of different commissions.

The pace of change and progress is faster than ever. Our activities are guided by our charitable objects and made possible by so many individuals and organisations that have worked with us. My thanks go to all of you who have partnered with us including our clients, staff, volunteers, trustees, partners and funders.

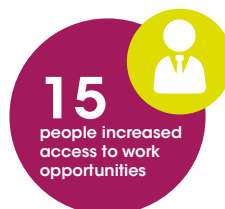


A handwritten signature in black ink, appearing to be 'Rami Ghali'.

Rami Ghali, Chief Executive Officer

Advice & Support Service

Our advice and support service can help with a range of matters from financial to housing to employment and other issues. The service can be accessed by anyone living with or affected by HIV as many times as they need. We offer a person centred service which can range from one-off advice to regular meetings for those who need ongoing support. Our aim is to improve the quality of life and independence of those we assist.



Quality Audit in March 2021

Brigstowe provides a valuable service which is needed and appreciated more than ever in the current covid-19 situation

Advice Quality Standard (AQS)
audit report 2021

A good number of areas of good practice were identified during the assessment. Areas of good practice are where the organisation has exceeded the standard to a significant extent and/ or has developed an innovative approach to service delivery

AQS audit report 2021

Migrant & Asylum Support Service

This is a specialist service for individuals seeking asylum, experiencing immigration issues or who have been trafficked and are living with HIV. This service offers a safe, confidential and supportive space and can offer ongoing emotional and practical support.



Case Study

This year we have been working with M who at the start of the pandemic was pregnant and homeless. We assisted her with legal representation and she submitted a new asylum claim. At this point she was eligible for government accommodation, but despite the growing concerns about COVID, she was moved around several temporary hostels in the London area. We collaborated with another refugee organisation and a legal specialist to have her returned to suitable accommodation in Bristol, where she could continue her specialist HIV and antenatal care, access support services and continue her education. We also referred her to a specialist midwife charity to support refugee women through out their pregnancy and accompany them at the birth, to ensure she would not be alone. M is now living in suitable accommodation with her son, waiting for the outcome of her asylum claim.

My support worker is very helpful and is always there for me when I need her support. I will be always grateful for her continued help and Brigstowe in my life helping me when I struggle to do things myself. I can talk to my support worker about anything, during this very difficult time with COVID this is what I need. We've talked when I have been depressed and that has really helped me. They have also helped me with money, my bad housing problems, a laptop so I can continue with college online, food bank deliveries, and keeping connected to my friends, and others by providing internet data. Thank you so much for all your time supporting me and my baby with all the necessary needs regarding my health, food, and wellbeing.

Positive Voices

This service encompasses a range of different programmes all designed and delivered with people living with HIV to help and support other people living with HIV. Learning to live with HIV can be difficult and even overwhelming at times. It can help to speak to someone who has been in the same position and experienced similar challenges.

Peer Mentoring

This allows individuals to meet regularly with a mentor who is living well with HIV. They can share experiences, provide emotional support and discuss coping strategies all in a safe and confidential space.



It was a very confusing time at first and then it slipped into a very dark time and now my situation is I've come to terms with things and I've accepted it and I can carry on about my life as if it's not affected me. I've since told my mum and we are probably the closest that we have ever been.

Peer Mentee



Recently Diagnosed Workshop

This workshop answers many questions individuals have when receiving an HIV diagnosis. Having the right information from the start helps people to face the future.

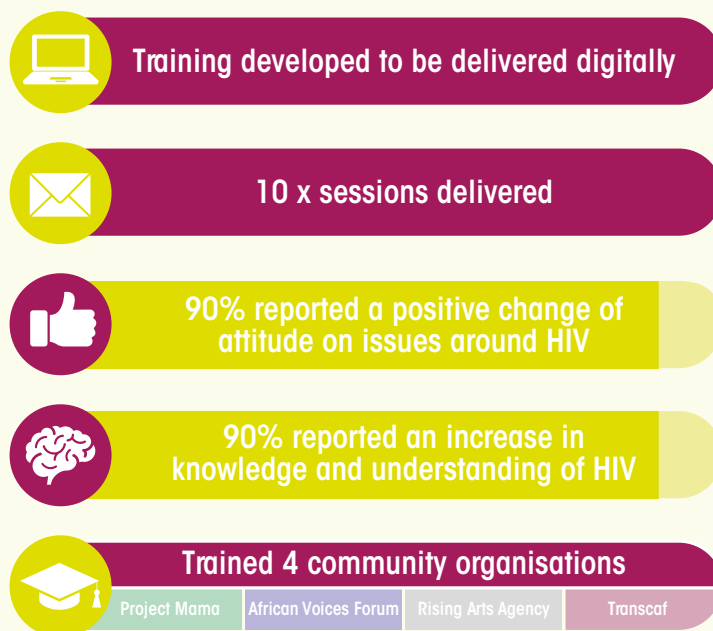


Oh my goodness, I literally feel I've just made the best friends, family in fact! I feel we have gone on a 2-day journey altogether these past 2 days.

RDW Attendee

HIV Awareness Training

HIV-related stigma is one of the main challenges facing people living with HIV. Involving those with lived experience sharing their story, this training busts many myths, dispels fear and educates participants so people living with HIV can live in a world that doesn't discriminate.



Before the training I had very little knowledge about what causes HIV, what happens and how it is transmitted, I had no idea there was medication where people are able to live a healthy and happy life, I was also not aware of the extent of how much people are stigmatised and the impact of this. Thank you!

Training Participant

AIHn

Our HIV peer support group which is run in partnership with THT.



This session helped me to learn how to deal with my mind and body by using the therapy. The method and process was simple and effective. This has changed my lifestyle how to cope with stressful situations.

Attendee of our Mindfulness Workshop

Diabetes Peer Mentoring

Our type 2 diabetes peer mentors meet with individuals to share their own experience of living with the condition. They provide them with the right information and support to help them learn more about type 2 diabetes and live well.



Before I started mentoring my HbA1c level was 70mmol/mol and is now down to 43mmol/mol and my latest non-HDL cholesterol level is now below the recommended limit at 2.3mmol/L. I have also lost 10kg since my last check. I never thought I could change my behaviour but I have, much to my own amazement!

Anonymous mentee

The Peer Partnership

The Peer Partnership launched in November 2020, with the goal of taking the model of peer support that we have used for HIV over the past 7 years, and learning the lessons of transferring this model to type 2 diabetes. The Peer Partnership will provide peer support for a greater range and variety of long-term physical and mental health conditions, and also for the first time, those living with protected characteristics. We are currently designing peer support groups for people with long COVID, and peer mentoring for students who identify as trans.

We are grateful to Quartet Community Fund who have recently given us a £20,000 grant to develop The Peer Partnership.

5 Volunteers trained who are living with long-term physical or mental health conditions to design and develop peer support programs.

Initiated and run quarterly Peer Coordinator's Forum for organisations that currently run peer support programs

Delivered a workshop for VOSCUR for organisations wanting to implement peer support programs

Common Ambition Bristol

Common Ambition Bristol (CAB) is a 3-year community powered project led by Brigstowe and African Voices Forum (AVF), working in partnership with Unity Sexual Health, Bristol City Council and the University of Bristol (UoB) to improve HIV and sexual health services for people of African and Caribbean heritage in Bristol.

Launch: The project officially launched in February 2021 via an online event with Asher Craig, Deputy Mayor of Bristol City Council, and Robert Woolley, CEO of University Hospitals Bristol & Weston taking part. The event was well attended by a diverse set of people and communities and explored the background to the project, how it will run, as well as outlining opportunities on getting involved. Entertainment (music and poetry) was organised by AVF which contributed to the "high energy, positive" feel. Feedback by attendees was "that it was an open, honest and inspiring event that set the tone for an incredible project".

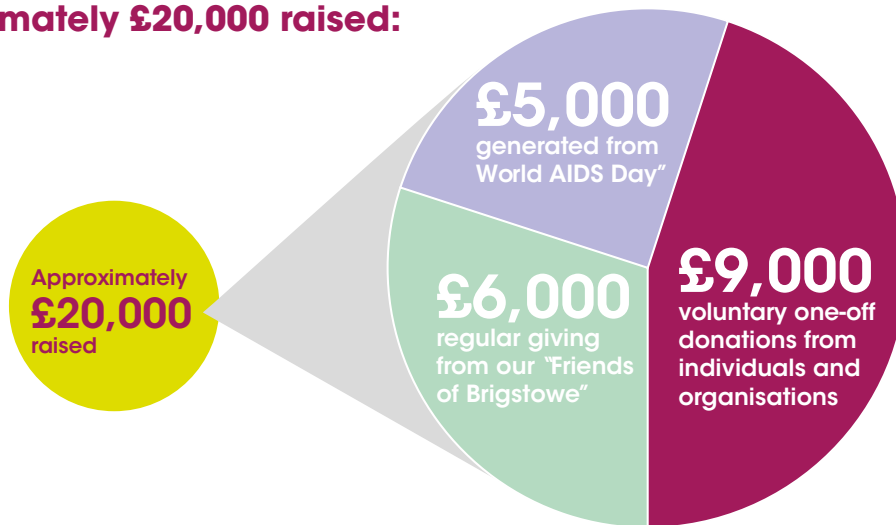
Community Members & Project Delivery Group (PDG): As part of our commitment to keep the community at the heart of our project we have successfully recruited our community members who are very affectionately known as the Super 6!! All our members are of African and Caribbean heritage living in Bristol with varying backgrounds, professions and experience. They are an integral part of the project along with the rest of the PDG who are made up of professionals from Brigstowe, Unity, Brook and Terrence Higgins Trust. The PDG as a whole has completed a 6 session training programme with incredible content on co-production, research and of course HIV Awareness.

Evidence Review: CAB's research and evaluation team carried out a systematic review identifying 386 journal articles of interventions that have either increased HIV testing or reduced HIV stigma targeting African and Caribbean communities in high income western countries. Three members of the team conducted title/abstract screening and excluded 286 papers. Two members then conducted data extraction from the remaining 101 papers. Identified interventions were then presented to the PDG to inform their choice of interventions to adopt at the end of June.



Fundraising & Campaigns

Approximately £20,000 raised:



We would like to take this opportunity to thank all those individuals and organisations who have donated or fundraised and help us achieve this incredible total.

World AIDS Day 2020

3x

Headline Sponsors- Bristol Health Partners, Burges Salmon & DAC Beachcroft

6x

Free Online Events- Our main event, streamed live, included an introduction by The Mayor of Bristol, 3 diverse and engaging HIV positive speakers, an update on the city's HIV response, CHIVA's acclaimed short film "Life Growing Up" and an exclusive performance of a song written by Sing Out Bristol especially for the occasion. The event is still available on Brigstowe's Facebook Live page. Other events included an online vigil, HIV Awareness Training and 3 panel discussions. Every single one of these events included at least one positive speaker sharing their powerful and inspirational stories. We pay tribute to all these individuals who had the courage to share their personal experience

10x

Media Partners

4x

Lunch and Learn Sessions- Through exceptional corporate leadership we delivered 4 lunch and learn sessions, strengthening our corporate relationships further. These included: Epic, NatWest, Burges Salmon LLP and RPC LLP

Thank you for the work you are doing for those in Bristol and the surrounding areas and thank you too for being such an excellent community partner - as a firm we can be proud to work with you.

Managing Partner, Burges Salmon LLP



#Undetectable2Me

This was a month long campaign running throughout August. The aim of this campaign was to let people know what being undetectable means. Besides from the science that being undetectable means that people living with HIV on treatment cannot pass it on there are a lot of other emotions and feelings that being undetectable conjures up. We involved a diverse range of individuals from people living with HIV, negative friends and family, sector professionals and City Leaders.

Video Submissions from: E4's The Sex Clinic Doctor Naomi Sutton, Attitude Pride Award Winner and drag superstar Asifa Lahore, Founder of the U=U Campaign Bruce Richman, 80's Legend Hazell Dean, Bristol West MP Thangam Debbonaire and Bristol City Mayor Marvin Rees

Over 1600
views

If you'd like to watch search #Undetectable2Me
or Brigstowe on YouTube and Facebook



Let's Talk About Sex

A series of information videos. 3 videos via Facebook and 1 via Instagram. These videos included information surrounding testing, prevention, treatment, stigma & relationships. 1 video was specifically aimed at black and ethnic minority communities. These were delivered in partnership with THT.

Over 600
views

Bristol Fast Track Cities Initiative

Brigstowe continued to be a major partner in the Bristol Fast Track Cities Initiative. In 2019 Bristol City Council joined forces with Brigstowe, the University of Bristol, Public Health England, Unity Sexual Health, North Bristol NHS Trust, Terence Higgins Trust, the CCG and members of the public to form the Bristol Fast Track Cities Steering Group, which leads, develops and directs Fast Track Cities work in Bristol. Since the Fast Track Cities declaration was signed, the Steering Group has been joined by the Children's HIV Association (CHIVA) and Black South West Network.



We were declared a Fast Track City in 2019 and by signing the Fast Track Cities declaration, Bristol's mayor, citizens and partners commit to:

Work to exceed the
UNAIDS 95:95:95
HIV targets:

95% per cent of people living with HIV knowing
their status (Bristol is currently at 93%)

95% of people with diagnosed HIV on treatment
(Bristol is currently at 98%)

95% of people on treatment with suppressed
viral loads (Bristol is currently at 97%)

Work to achieve the following goals by 2030:

End new HIV
infections in their
cities

End HIV-related
stigma and
discrimination:
Zero Stigma

End preventable
deaths from
HIV-related
causes

Improve the health,
quality of life and
well-being of people
living with HIV in
their cities

We would like to take this opportunity to thank our funders



brigstowe⁺
positive change together

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Facebook: www.facebook.com/brigstowe

Registered Company No: 3107835

Registered Charity No: 1049945



Become a Friend of Brigstowe

Everyone needs friends and we at Brigstowe are no different.

Just £10 a month (the price of a cup of coffee a week) could be used to provide transport costs to one of our most destitute clients to access community services.

To donate please visit:

www.brigstowe.org/donate

Support people living with HIV and help raise awareness of HIV in Bristol by making a regular monthly donation to Brigstowe.