Tailored HIV support services for African men living with HIV

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George House Trust provides services to people living with and affected by HIV

OUR VISION
A world where HIV holds no one back

OUR PURPOSE
Inspiring people living with HIV to live healthy and confident lives
The African Men’s Engagement Project at George House Trust

- A monthly informal peer support group – ‘Calabash’ – providing a supportive space for African men living with HIV to come together with the aim of improving wellbeing and self confidence and reducing feeling of social isolation. Information sessions to upskill and educate on various topics.

- Tailored one to one support from the Project Coordinator
In the United Kingdom, people of black African descent shoulder a disproportionate HIV burden.

- Self stigma around HIV and fear of societal rejection impact on the ability to talk openly about HIV status.
- Economic hardship and navigating a complex asylum system impact on overall health and wellbeing.
- George House Trust identified the need for a space in which African men living with HIV could come together to address some of these issues.

**Project outcomes**

- Improved Wellbeing
- Reduced feelings of social isolation and increased social connectivity
- Increased confidence to manage HIV well
- Increased confidence and ability to talk about HIV
- Increased involvement in volunteer activities
Key actions at the start of the project

- Recruitment of an African Men’s Engagement worker
- Consultations with African men using George House Trust services to help shape the project content and direction
- Development of relationships with local HIV clinicians to encourage referrals to the project
- Development of a culturally relevant programme of project activities
- Appointment of external evaluator for the project
- Project launch
Some project activities

- Information Session on Erectile Dysfunction
- Living Confidently with HIV
- Q&A Session on Benefits, Debts and Bills
- First Aid Course
- Improving wellbeing and mental health

- Wellbeing and Fitness Session
- Information Session on Financial Planning
- Unleashing your entrepreneurial potential
- HIV and Ageing
- Prostate Cancer
- Treatment and U=U
Key project achievements

Increase of 53.47% in the number of African men engaged with George House Trust

33 Calabash groups facilitated since project inception with 87 unique individuals attending

300% increase in group space attendance by African men

12 men trained men to become First Aiders

370 one to one interventions involving 123 unique individuals
Key project achievements

- **500%** increase in number of men actively volunteering with George House Trust
- **34** men have accessed counselling at George House Trust
- **2** African men trained as Positive Speakers, with **5** currently in training
- **8** men supported through the Peer Mentoring programme
- **2** men trained as Peer Mentors
**Key project outcomes and Key findings**

- Projects impact assessed by an external evaluator – one to one and group interviews
- Engagement with the project resulted in positive impact and outcomes for participants

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<thead>
<tr>
<th>Percentage</th>
<th>Outcome Description</th>
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<tr>
<td>88%</td>
<td>of participants reported increased confidence to manage HIV day to day</td>
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<tr>
<td>85%</td>
<td>of participants reported feeling more confident about living with HIV</td>
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<tr>
<td>78%</td>
<td>of participants reported improved social engagement and connectivity</td>
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<tr>
<td>76%</td>
<td>of participants reported reduced feelings of social isolation</td>
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<tr>
<td>72%</td>
<td>of participants reported improved mental wellbeing</td>
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“When I came to the UK, it was with fear, fear of the unknown but the Calabash project has made the journey seamless. The programme for October ending was CV writing and developing interview skills and job search.

This was a game-changer for me, I was taught how to prepare my CV to meet UK recruiters' expectations and take charge of interviews.

It was an eye-opener for me, I got home, amended my CV based on the teaching and my one on one session with the facilitator. After this I was offered 2 jobs, one was a 12-month contract and one a permanent job with a 5-year work permit in the UK. This wouldn't have been possible without the intervention programmes of the Calabash project.”
"I can honestly say that my life has never been the same after coming. I have found hope, belief, and a vision for a brighter future. Although I still hope that they will assist in finding my future wife, girlfriend. Jokes aside I really do feel positive about being positive. Thank you George House Trust."

"The Calabash has been hosting very exciting programmes and Jeff has been doing a great job. The people that Jeff brings to do presentations are very inspiring and knowledgeable in their fields"
Thank you

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