



25th Annual Conference of the National HIV Nurses Association

Don't listen to my HIV listen to me

Chairs:

Kirstie Salthouse, North Manchester General Hospital

Katie Warburton, Chiva / University of Central Lancashire

www.nhivna.org

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This educational event is supported by



Don't Listen to my HIV – Listen to me

Katie Warburton

Chiva / University of Central Lancashire

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THE CHIVA YOUTH COMMITTEE
WANTS YOU TO THINK ABOUT
MENTAL HEALTH.



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GROWING TOGETHER FOR
HEALTH AND HAPPINESS

Why did we make this podcast?

Young people felt it was difficult to express their struggles with their mental health related to their HIV, to their families or their clinic teams.

Young people wanted to create a resource which would help convey these experiences.

Chiva youth committee got together in February 2023 to record a five-episode podcast series.

Don't Listen to My HIV, Listen to Me!

Episode four: The clinical HIV care which young people experience

What message would you like to give your family or clinic team?



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Episode four: The clinical HIV care which young people experience

Do you think communication between you and medical professionals can be improved? If so, why?



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Episode four: The clinical HIV care which young people experience

Can you recall any positive experiences with medical professionals or family members around HIV?
If any, why was it positive?



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Don't Listen to my HIV, Listen to Me!

Any questions?

Listen to the full podcast series on our website:

www.chiva.org.uk/listen-to-me/





Did you know?

Chiva has a range of services and opportunities for young adults living with HIV even after they have moved to adult care.

Chiva can offer:

- **One-to-one direct support** from Specialist Support Officers in many regions of the UK and Ireland.
- **Hardship support** which includes practical help for those with critical needs relating to economic hardship.
- **Art is Key** - a project for 17-25 year-olds which uses the arts and storytelling to explore a person's journey with HIV. It includes residential trips with peers, specialist arts facilitators and Chiva staff.
- **Family residentials** - an annual residential where families or young adults who have grown up living with HIV can connect and share experiences.
- **Volunteer roles** at the annual Chiva Freedom 2 Be Camp. Young adults aged 18-24 can apply to be a camp leader.
- **Residential trips** to meet with other young adults living with HIV to encourage peer support.



/ChivaProjects



Young adults aged over 18 can access two programmes run in partnership with Terrence Higgins Trust (THT):



- **Work and Skills** is a mentoring programme supporting young adults who are unemployed, in insecure or temporary employment, or would like to consider future qualifications or training. A mentor will talk through career opportunities and support people to improve CVs, look for work and prepare for interviews.
- The **Youth Counselling Service** is a youth-friendly, easily accessible and flexible online counselling service which can offer an initial six sessions with a trained counsellor.

For more information and to get involved, please visit www.chiva.org.uk or contact Chiva on **0117 905 5149** or email: abi.carter@chiva.org.uk



/ChivaProjects

The Blueprint: a support programme for 18-25s who've grown up with HIV

A programme of support
and resources for young
adults focusing on:

- Confidence and self-esteem
- Financial literacy
- Mental health
- HIV

Information and support via:

- One-to-one support and coaching online
- Online group sessions
- Face-to-face sessions
- Developmental activities



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Join Chiva

Discounted lifetime membership offer for NHIVNA attendees



Pay your £15
joining fee here
Fill out a form and hand
it to the Chiva team.



Be part of the community of
health professionals supporting
children and young adults
who've grown up with HIV.

- Quarterly newsletters
- Evening education meetings
- Latest news and research
- Discounted annual conference
- Exclusive members' resources

