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# O12: Peer Navigator Project Hathersage - Case Study

Ben Bamber

George House Trust

# Oral Abstract Case Study P

Ben Bamber – Peer Navigator

George House Trust in partnership with NHS Hathersage  
Centre

# Conflict of Interest

In relation to this presentation, I declare that I have no conflict of interest

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# Want to chat to someone else living with HIV?

Ben is living with HIV and is based in clinic in partnership with George House Trust.

He can help you to live more comfortably with your diagnosis, wherever you are on your journey.



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HIV POSITIVE LIVING

“

We can talk about life with HIV and I can support you to access services at George House Trust and in the community.

”

If you want to chat to Ben speak to a member of our team.

E: [ben@ght.org.uk](mailto:ben@ght.org.uk)  
T: 0161 276 5221  
[www.gh-t.org.uk](http://www.gh-t.org.uk)

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# Introduction

I provide support for people living with HIV, at any point in their journey. I help individuals to navigate their way through the health and social care system and community. The project's aim is to build the confidence and skills that will enable people living with HIV to **'thrive rather than just survive'**.

The Peer Navigator project is a holistic, person-centred wellbeing programme, co-designed with people living with HIV to address their psycho-social needs. Another key aspect of the project is to improve the lives of people living with HIV and put them at the **heart of their treatment and care**.

# Case study P

- P is a 52-year-old heterosexual white male.
- Diagnosed HIV Positive and Chronic Hepatitis C at the age of twelve.
- Initially referred to myself by Clinical Nurse Specialist Team.
- P has never accessed support for HIV and has never attended the HIV clinic.
- Reason for referral
- GP prescribed sertraline.

# *Interventions*

*eight sessions in total*

- Initial contact made to P via telephone, introduced myself and role, agreed a date/ time to attend clinic to meet in person.
- **First session** P shared of their relationship breakdowns and feels HIV is a barrier and getting in the way of meeting someone. **Wellbeing thermometer – score 2/10.**
- **Second session** Explored his journey living with HIV and the stigma/ barriers endured throughout childhood into adulthood.
- **Third session** Feels he is unable to talk to other people about his status.

# Interventions

- **Session four** Reviewed how he is finding peer navigation support. After four sessions, P agreed for a referral to George House Trust.
- **Session five** Reflected on discrimination in the past, grateful for being undetectable.
- **Session six** Anxious about going to appointment with GHT.



# Interventions

- **Session seven** – Attended the appointment at GHT, states it went well. Praised his efforts and achievements for going.
- **Session eight** Ending, reflected on progress in two months' time and much he has achieved. Agreed to follow up in a month's time.  
**Wellbeing thermometer score 9/10.**

# Outcomes

- Engaged in eight sessions.
- P attended an appointment at George House Trust.
- Agreed to be added to WhatsApp group with heterosexual men who live with HIV and hopes to attend future meet up groups.
- P has been socialising in the community and is now in a relationship, found the confidence to tell her his HIV status. Less anxious and isolated as a result.
- Feels in a better place mentally, has a new dog and attends the gym.
- Wellbeing thermometer score **improved from 2 to 9 out of 10.**

# Conclusion

- I feel I worked sensitively in response P life events and demonstrated empathy throughout our peer relationship.
- P shared at the end of our work that he found the process very helpful and feels **significantly more in control of his life** and **feels his outlook on life is more positive to what it was eight weeks ago.**
- Concluding there is a distinct need for HIV peer support in clinical settings as a way for patients to feel not judged and less stigmatised, there is so much value in being able to relate to someone.
- P experienced isolation and depression for most of his life and went from only ever telling a handful of people his HIV status, to being able to go George House Trust.

“For me Ben was a strong role model representing an example of someone living with HIV in a way that doesn’t cause pain or stress, I wish I got support all those years ago”.