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<th>Speaker Name</th>
<th>Statement</th>
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<td>Patrick Cash</td>
<td>None</td>
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Date: 29 June 2016
What is a Patient Champion?

- Aims to empower patients
- Give them a voice within their healthcare system
- Community engagement can be a potent tool for improving collective mental health
Let’s Talk About Gay Sex & Drugs

- Open forum for anybody to speak about how they perceive sex and drug use in the gay male community of London
“Since I’ve started coming here, my life has changed completely. I’ve met so many people and built a network of friends... Outside of the usual way of getting acquainted as friends’ houses naked”
Improved mental health producing improved physical health choices?

- Internalised homophobia, or homonegativity, is a risk factor for HIV vulnerability

- Jeffries et al suggest interventions that address homonegativity will ultimately promote healthy living environments for gay men

- “Promote gay self-acceptance and facilitate activities aimed at enhancing contacts among gay people because this could reduce feelings of loneliness and enhance sexual satisfaction and safer-sex decision making”
LGBT’s the Word

- Creative Writing group for the LGBT community at 56 Dean Street

- Foucault: “Around the care of the self, there developed an entire activity of speaking and writing in which the work of oneself on oneself and communication with others were linked together.”

- Writing as sustainable happiness (model by Sheldon & Lyubomirsky)
Structured, traditional interview where an outspoken patient relates their experience of living with the virus in front of an open audience.

- Covers issues from diagnosis, stigma and meds to love, sex and relationships.

- Recorded as podcasts to spread awareness and document these stories. Available to be listened to by anybody on www.hiv-conversations.uk.
HIV Blind Date

- Concept originated by Act Up London, for a theatre show exploring love, dating and relationships with HIV

- Short theatrical scenes are written up from real patients’ experience. Each of the ‘contestants’ is positive and has questions about status and identity

- Funded by Chelsea and Westminster Plus Charity
For the Future?

• These events all thrive off being real, live happenings

• Harness technology to complement their power?

• Let’s Talk About Gay Sex & Drugs uses Facebook

• HIV Conversations utilises radio/online airtime

• Perhaps we could create an app for all these strands?