

Speaker Name	Statement
Patrick Cash	None
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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



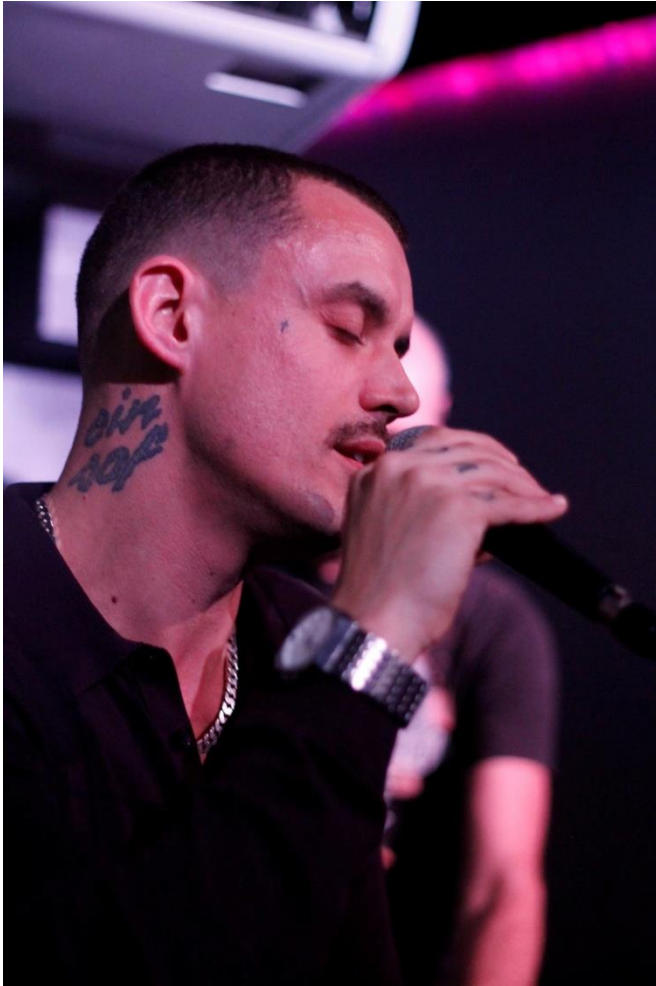
- Open forum for anybody to speak about how they perceive sex and drug use in the gay male community of London



Speaking – Listening – Community

“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)

The HIV Conversations



- 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?