

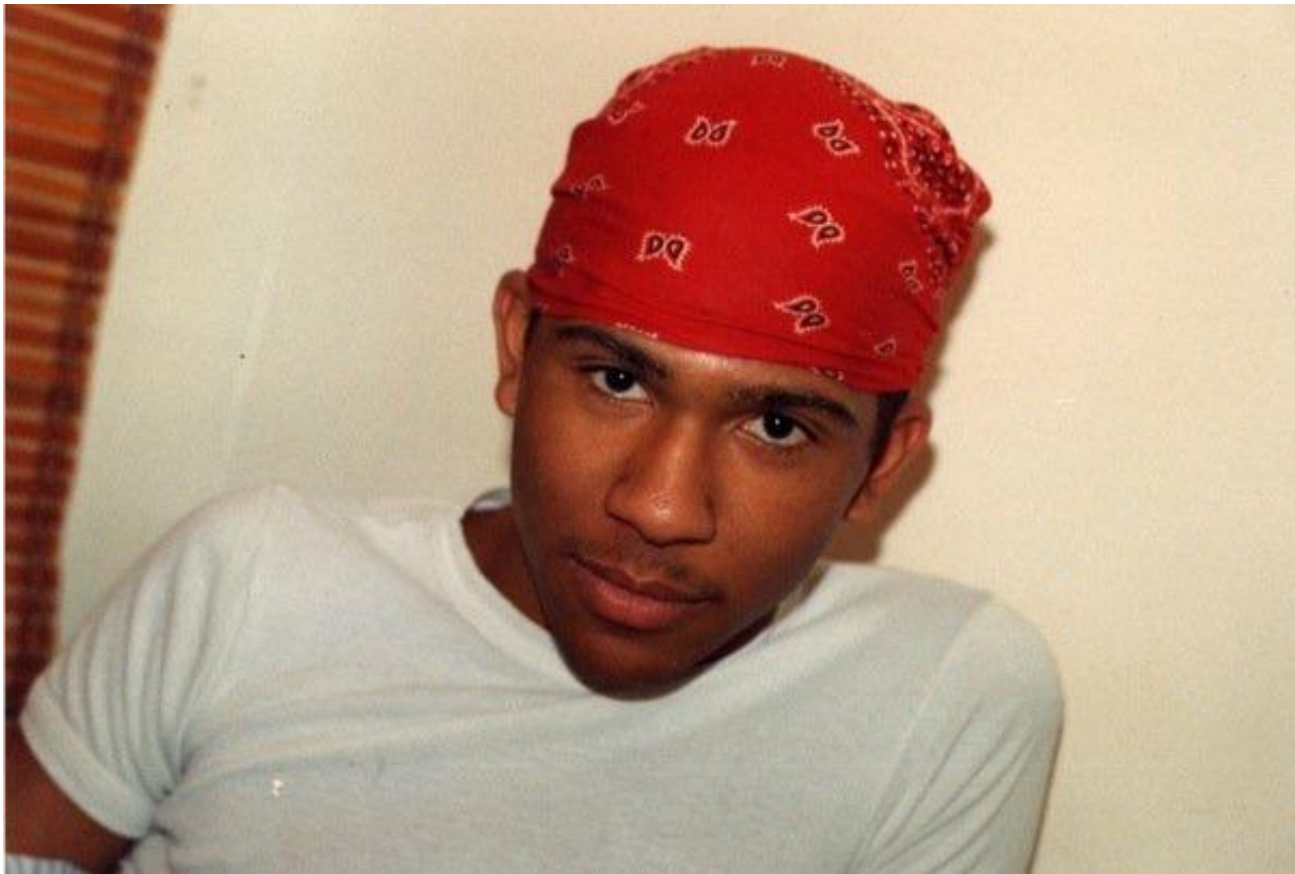


HIV peer support network

The importance of peer support in HIV services

Marc Thompson
National Coordinator Project 100



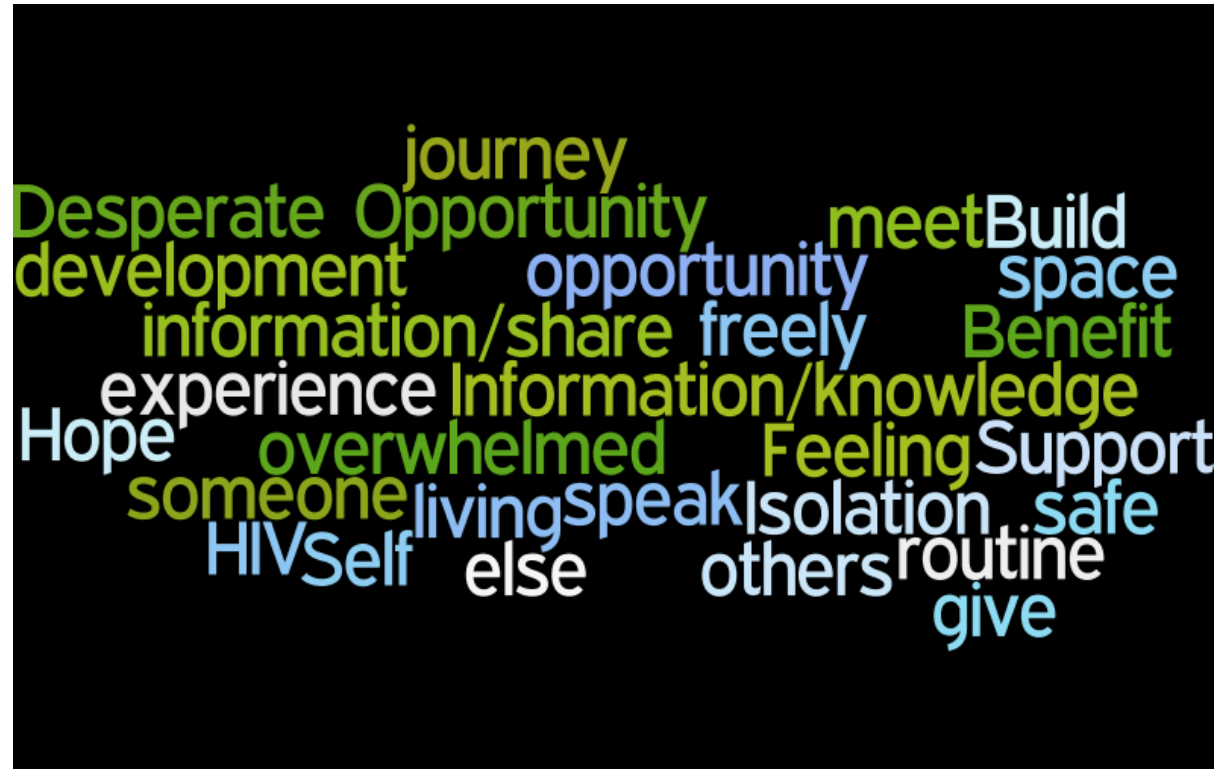


PROJECT
100

Why do PWHIV need or want mentoring?



Why do PWHIV need or want mentoring?



What do you think are the skills and qualities needed to be an effective peer mentor?



The skills and qualities needed to be an effective peer mentor



Peer support across a range of settings

- Peer support/mentoring for professionals
- Schools to prevent bullying
- Long term conditions
- Cancer support groups
- Mental health
- Expert Patient Programmes
- Mentor Mother Programme



Why here? Why now?

- Cuts across the NHS, Public Health, Local Authorities
- Defunding of voluntary and community based services in post-HAART era
- Shift in peer support – from dying with dignity to LTCM
- Good value for money
- Cost and time savings to NHS services
- Reports of improved well being, confidence and management of HIV



Recognition of the importance of peer support

- BHIVA Standards of Care for People Living with HIV 2013
- NHS England's 2014 *Five Year Forward View* says peer support should be seen as 'essential' to the future of the NHS.
- National Voices 2015 report *Peer Support: What Is It and Does It Work?*



Possible barriers to peer support

- **PWHIV**
- **Clinicians**
- **Health care team**
- **Community organisations**



P100 Aims

- 100% of people living with HIV in the UK to have access to high quality peer support
- Train up to 1000 PWHIV across the UK to become accredited peer mentors
- Partner with key stakeholders across the UK to develop and implement programmes for peer support and mentoring locally
- Develop National Standards for HIV peer support
- Evaluation of peer support by New Economics Foundation



A national network of peer support

- London
- Bristol
- Brighton
- Leicester
- Manchester
- Edinburgh, Glasgow, the Highlands
- Hertfordshire
- Newcastle
- York
- Leeds
- Cornwall
- Northern Ireland



Does it work?

"In no study has the employment of peer support workers been found to result in worse health outcomes for those receiving the service"

Centre for Mental Health 2013



What do peer mentors say?

I never thought my experience of living with HIV could help anyone else. Having done the peer mentor training I have the knowledge and skills to really help other people along their journey of being HIV positive.

Chris – Peer Mentor

Becoming a peer mentor has opened new doors for me. Since training my confidence has increased, I returned to studying and I'm ready to return to work.

Harriet – Peer Mentor

It's so rewarding to use my own experience to help others manage living with HIV. I've also learnt so much and made some great new friends.

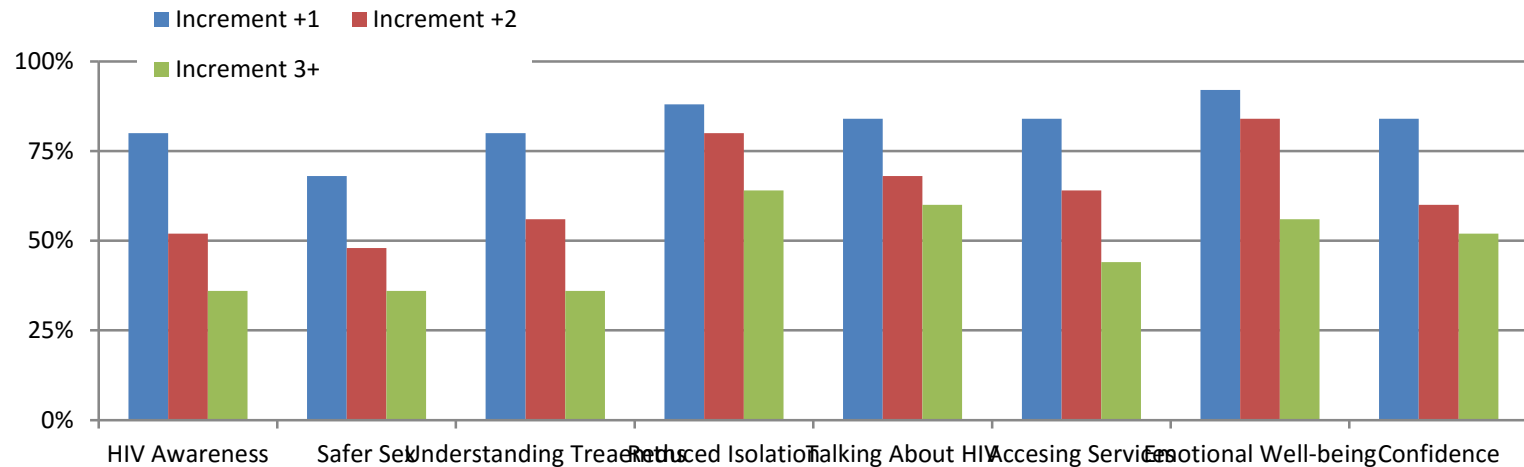
Joseph – Peer Mentor

As a peer mentor I've had the opportunity to work in my local HIV clinic. It's great to be able to contribute in the clinic and be seen as an expert patient.

Mercy – Peer Mentor



Positively UK Peer Mentoring Pilot Evaluation



What do PWHIV say?

My doctors and nurses are great, but also having someone to talk to who had similar experiences to myself really helped me to manage my HIV.

Lucy – Mentee

My peer mentor has helped me to look at my HIV differently. I now feel positive about being HIV positive.

Mohammed – Mentee

Talking to someone who is going through the same thing as me, but I knew has been trained, has really helped me come to terms with my diagnosis.

Paul – Mentee

I was struggling to manage my HIV treatment. Talking to a peer mentor helped me as they had a similar experience so they understood my worries and concerns.

Stefan – Mentee



What the clinics and organisations say:

Introducing peer case-workers has provided a level of support for our patients which we have never been able to achieve using healthcare professionals alone.

Chloe Orkin - Barts Health NHS Trust

Having the guidance of a well-established peer mentoring organisation has meant we have been able to develop the service very confidently and quickly, and we now have a large number of well trained and highly skilled mentors who are supporting individuals to manage their condition.

Brigstowe Project

If a patient only sees a clinician, they only get half the story

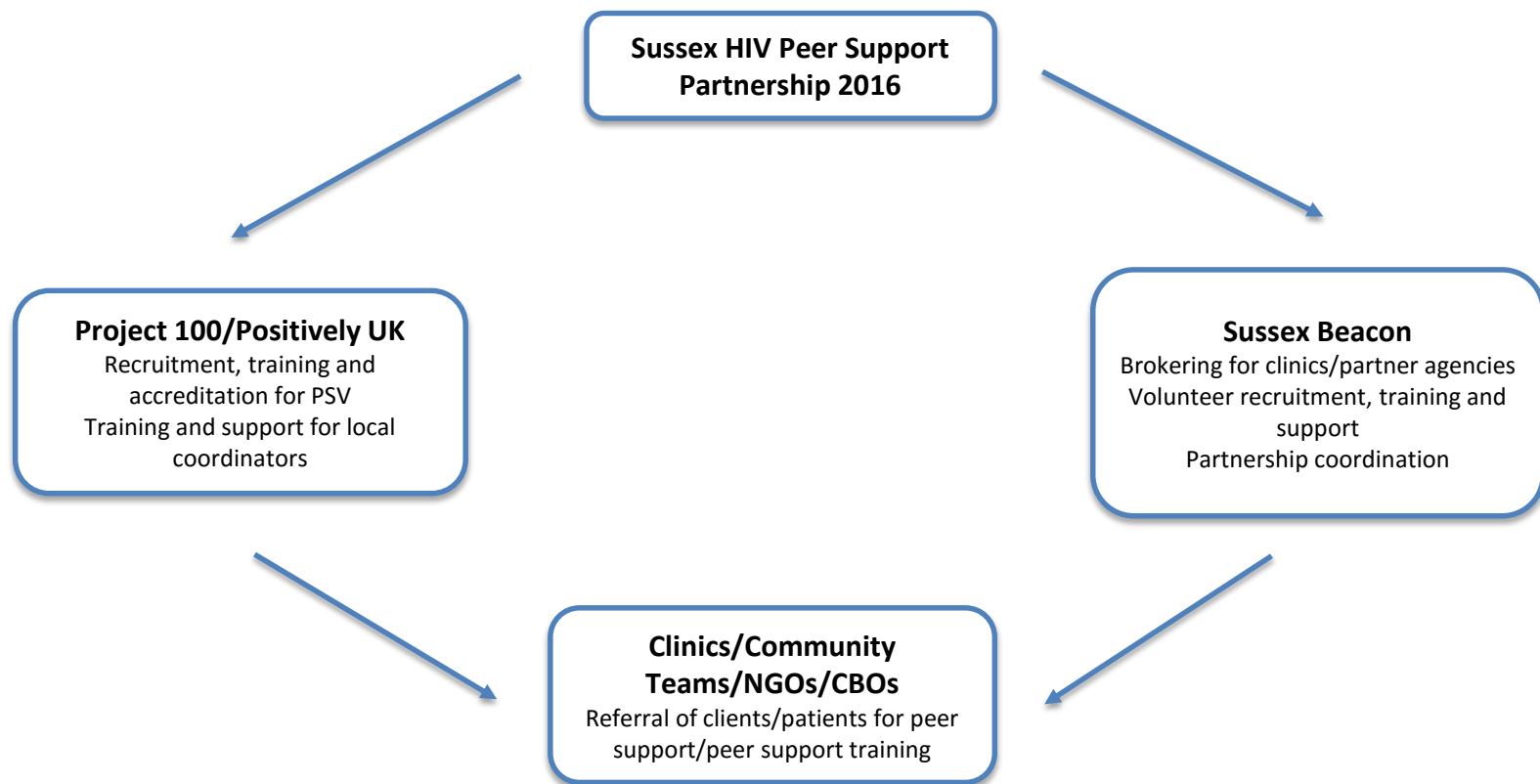
Dr Simon Edwards
Lead Clinician at Bloomsbury

Peer support - both psychological and social - is not only important, it is vital

Dr Ian Williams
ex-Chair BHIVA, Chair of HIV CRG



Proposed structure



So ask yourselves....

- **How do think peer mentors could enrich your service?**



Project 100 Team

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