



Be Informed.  
Be Safe.  
Be In Control.

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# Opportunities and Challenges in health promotion – working with vulnerable groups

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[www.unitysexualhealth.co.uk](http://www.unitysexualhealth.co.uk)

In partnership with:




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# Aims and Objectives:

- Introduction to Terrence Higgins Trust
  - Provide an overview of our health promotion work and the support we offer those living with HIV
  - Discuss opportunities and challenges
  - Q and A
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# Group Agreement

- Be respectful
  - Welcome diversity
  - Disagree constructively
  - Don't be afraid to ask questions
  - Respect confidentiality
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# What we do: Health promotion

- Kate Lemon – Service Manager

Outreach services : MSM, LGBTQ+, Sex workers, BME communities, students and other vulnerable groups who find it difficult to access mainstream services

- Bonnie Holt – Senior Wellbeing specialist

Supporting those living with HIV in Bristol, South Glos and North Somerset

# Opportunities

## HEALTH PROMOTION

- Quality interaction and time with service users
- Outreach testing – consultation takes 30 minutes and is time to explore sexual practices and risk factors and provide information / support for future safe sexual health
- Signposting – through discussions we might need to signpost to other services which they need – promote wider Unity services as well as other organisations e.g. BDP ...LGBTQ+ support groups
- We get loads of feedback about services and service users needs
- We can offer STI screening to those who might not be experiencing symptoms but this is a good opportunity to support those who are anxious about their status and inform them about safer sexual practice going forward

# Opportunities

## Supporting those living with HIV

- Time to talk and support service users 1-1
- Address individual needs
- Peer support through weekly groups – yoga
- Face to face groups
- Signposting
- Advocating on SU behalf
- Listening is key

# Challenges

- Getting the information to those who need it most
- Resources – testing is expensive and takes time
- Stigma and discrimination
- Other services providing barriers to access for service users – e.g. we still hear accounts of discriminatory attitudes in accessing services when some services are aware of their status
- Opening up the ‘taboo’ subject of sex – especially in BAME communities

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# Q and A / discuss.....





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## Aims for the future :

Improved engagement and feedback systems - increase service users in developing service provision

Increase opportunities for community testing

Increase training and awareness to services who need it

Increase resources and staffing

Increase work in partnership with other organisations to address the needs of service users

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# THANK YOU

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