



SAHIR HOUSE

HIV support, prevention, information and training centre in Merseyside

ANNUAL REPORT
APRIL 2020 - MARCH 2021

In 2020, Sahir House refreshed its Articles of Association to reflect the increasing work we are doing to support the mental and physical wellbeing of the diverse community of service users and stakeholders we work with. As a charity, we are committed to providing a safe environment for people questioning or exploring their sexuality and/or gender identity alongside people living with HIV, their families, carers, supporters and asylum and refugee communities.

Sahir House's roots and longstanding expertise will always be HIV. However, our revised Articles mean that the expertise the organisation has developed in supporting people affected by trauma, stigma and discrimination, can now be developed to support others, particularly people identifying as LGBTQI+ and those seeking asylum. This reflects the progress made in HIV awareness and treatment, and enables us to formally develop all of our service.

We firmly believe that HIV stigma is fuelled by fear, so the U=U campaign and the community outreach, support and health promotion and awareness raising work Sahir House does is potentially one of the most powerful ways in which HIV stigma will be defeated.

Front Cover: Image designed by Graeme Lavery.

PEER SUPPORT

Sahir House provide safe and dedicated spaces for marginalised communities to learn from shared experience.

VOLUNTEER SUPPORT

Sahir House volunteers provide invaluable support to the communities we support and raise much needed funds and awareness.

HIV PREVENTION AND COMMUNITY OUTREACH

Sahir House reduces transmission of HIV and other sexually transmitted infections through risk reduction interventions in public sex environments, condom distribution schemes and community rapid HIV testing.

HIV HEALTH PROMOTION

Sahir House promotes HIV awareness through community engagement to reduce stigma and improve understanding of the issues faced by those living with HIV, and the marginalised groups we support.

HIV SUPPORT

Sahir House provides advice, information and advocacy to those living with and affected by HIV that enables individuals to address their needs and live independently.

HIV AWARENESS AND STIGMA REDUCTION TRAINING

Sahir House delivers HIV related myth busting to increase knowledge, reduce prejudice and promote access to testing that empowers local services to better support communities they care for.

This year, like everyone else, all of us involved with Sahir House have had to face challenges that we did not expect. The Trustees would like to thank all the staff, volunteers, partners and supporters of Sahir House for their hard work and commitment in facing these challenges and contributing to making this another successful year.

Changes to the governing documents we made last year are beginning to be felt. Alongside the continued support of many of our existing funders we have been able to secure new funding, not only to support us to keep staff and service users safe during this time of COVID-19, but also to develop some existing projects.

Staff and Trustees have been engaged in an organisational planning exercise during the past year and even though we have been limited to online activities the exercise has given us space to think about how well we provide our services and to identify ways to improve and develop. The high level of expertise, commitment and passion shown by everyone involved in Sahir House means we are able to maintain our well respected service, the reflection on our practice and willingness to show flexibility to develop and improve is an essential part of our success.

I'd like to thank the two Trustees who retired at the end of the year and welcome the four new members that following a strong recruitment process we have co-opted to the Board. We have a renewed energy and confidence and look forward to another challenging but successful year.



UK AIDS Memorial Quilt, panel remembering Brian King.

FINANCE STATEMENT

SAHIR HOUSE | ANNUAL REPORT 2021

This Financial Statement has been prepared from the records of the charity. The full audited accounts are presented annually at the Annual General Meeting.

SAHIR HOUSE STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT) FOR THE YEAR ENDED 31 MARCH 2021

	Unrestricted Funds 2021	Restricted Funds 2021	Totals 2021	Totals 2020
	£	£	£	£
Income and endowments from:				
Donations and legacies	62,488	-	62,488	6,443
Charitable activities	318,722	147,794	466,516	470,271
Investments	335	-	335	406
Other trading activities	-	-	-	4,761
Total income	381,545	147,794	529,339	481,881
Expenditure on:				
Charitable activities	324,856	146,594	471,450	538,157
Fundraising	-	-	-	401
Total expenditure	324,856	146,594	471,450	538,558
Net income/ (expenditure)	56,689	1,200	57,889	(56,677)
Total funds brought forward	226,482	13,270	239,752	296,429
Total funds carried forward	283,371	14,470	297,641	239,752

If there is one word to sum up the year April 2020 - March 2021, it is “resilience”. Staff, trustees and volunteers worked together to maintain services in challenging conditions, whilst ensuring that changes put in place met the needs of people who come to Sahir House for advice and support.

This year saw staff having to adapt to a very different way of working at incredibly short notice because of national lockdown and the team adapted superbly to this new way of working (once we had made all the necessary arrangements to work safely and comfortably from home).

We introduced more frequent team meetings, some fun activities, wellbeing sessions, etc, so that we could stay in contact with each other as a team while we adapted to working from our spare rooms, kitchen and dining tables, and, occasionally, gardens! All Sahir House team members learned new skills and tried out different ways of engaging with service users, funders and beneficiaries, which resulted in the continued delivery of services to meet the needs of those who contact Sahir House for help, information and training. (The Board of Sahir House also had to adapt and conducted virtual Board meetings during this period).

We also adapted our services to meet the restrictions in place and delivered support and information through



digital platforms and by phone. We secured funding to be able to provide mobile data top-ups and devices to those who needed them, so they could stay in touch with us, with their friends and family, and with healthcare professionals. We talked people through how to use Zoom, so they could join in peer support groups and other activities we offered this way, and this made a huge difference to the wellbeing of many of our service users. We were also able to increase our counselling capacity enabled by Covid emergency funding, and meet the increased demand for this type of support as people started to experience worsening mental health as a result of the pandemic and restrictions.

Each year Sahir House raises thousands of pounds from fundraising activities and training income. Both were dramatically affected. Nevertheless, we adapted to Covid safe online fundraising and training and were fortunate in securing COVID-19 emergency funding to replace reduced fundraising and training income.

Towards the end of this reporting year, I decided it was time for me to move on. I will continue to be a supporter of Sahir House in whatever way I can and I wish all the best to my successor, who is fortunate to be working with such a passionate and dedicated group of people.

Tessa Willow

“ IF THERE IS ONE WORD TO
SUM UP THE YEAR
APRIL 2020 - MARCH 2021,
IT IS “RESILIENCE” ”

HIV POSITIVE PEER SUPPORT

Peer groups are an invaluable way to keep connected and benefit from shared experience and gain encouragement and support to maintain good wellbeing. Through the service user feedback survey we carried out, service users living with HIV felt combining the HIV positive women's and men's groups into one virtual weekly drop in for everyone living with HIV in Merseyside, would be a advantageous adjustment during lockdown. Attendance by in large has been positive. Some service users having the skill set and access opportunity to attend online activities. However, some service users have not experienced digital inclusion. This may be due to a variety of reasons including older age, neuro diversity, being 'zoomed out' and tire from its effects. However, by combining peer groups to share peer support space has enabled contact with a wider pool of peers. Sahir House have utilised volunteers with different and complimentary skill set to staff to co-host sessions to add variety. Grants secured has enabled Sahir House to loan equipment and access to data top ups to address the economic challenges many people living with HIV still continue to face.

"Online group sessions really make a difference on helping me socialising with others. Being more confidence about me. People in the group are really friendly and supportive."

HIV positive male



"Sahir House has helped me to know more about HIV, how important the medication is and to improve my life."

HIV positive female

"I am unable to attend the virtual drop ins due to my neuro diversity issues, online activities are too challenging for me. I miss seeing people and I can't wait to see people face to face."

HIV positive male



MANY HANDS ONE HEART

The impact of COVID-19 and lockdown has highlighted the benefits and importance of peer support and the contribution they make to health and wellbeing. Hosting Many Hands One Heart (MHOH) during the pandemic has reinforced the core values of why the group was started approximately 7 years ago.

MHOH participants have valued the social connection to maintain a sense of belonging; build on the mutual trust and experience shared to galvanise and harness in the group's network.

One off grants enabled us to increase the activities that brought people together, building support and resilience. Navigating through the asylum system during lockdown has been a real challenge and the peer support has provided that vital lifeline for many.

This year we have been able to trial out a new piece of group work called Stresses and Strengths. It was hosted by Jennie Geddes, a therapist with extensive experience working with asylum communities and trauma along with our lead counsellor Donna Jackson. This group work enabled participants to explore their stresses and points

PEER SUPPORT

SAHIR HOUSE | ANNUAL REPORT 2021

of anxiety and build on their life skills and qualities to build more resilience and coping strategies. Feedback received was positive and participants valued the group work experience.

Comments from MHOH Stresses and Strengths participants:

"I have learned that self-love is everything."

"These sessions have helped me to accept myself and change how I see things."

"I am my own best friend."

"I don't get defined by others."



87.5% indicated that they
were more
knowledgeable U=U



85% agree that they
understand more about PrEP

WIRRAL LGBT NETWORK

Initially after the UK first locked down, we were not clear as to how people would engage with online peer support provision. We were pleasantly surprised to find that many people who regularly attended the Wirral LGBT Network were technically able to get onto calls easily. Moreover, some of those attending found online peer support comfortable in that there could be a choice of how to connect; with camera and audio, with just audio or by using the chat function.

However, not everyone found Zoom calls easy preferring face to face interaction, the group facilitator provided one to one calls with those people who felt excluded from online engagement. Their concerns included lack of privacy in their place of residence, shared internet facilities or they just didn't feel the same level of connection when online.



The group set up a Facebook chat facility to support around isolation and loneliness, which worked well initially but engagement with this method of communication fluctuated.

The group were regularly updated using online wellbeing activities, creative online courses, LGBT online events, such as LCR Pride, Trans Day of Visibility, World AIDS Day.

"Attending the Wirral LGBT Network has helped me and others so much. Without the support from this group we would be quite isolated and have no support and ability to meet others in the community."

Wirral LGBT network member

TRANS HEALTH MERSEYSIDE

Similar to the experiences of other peer groups, some of those attending found online working comfortable due to that choice as previously mentioned.

Not everyone found Zoom calls easy preferring face to face interaction, and for some a level of “Zoom fatigue” particularly if attending other online events such as working themselves online, LGBT choir/drama practice and online creative courses.

That said, between Sahir House and other trans/non binary/ intersex peer support groups in Merseyside there was a maintained delivery of service provision of one trans peer support group per week throughout each lockdown.

“I attend the Trans Health Merseyside group. This has been such a lifeline for me. I now know more people in similar circumstances and by attending the group it has allowed me to connect with other people and not feel so isolated.”

THM member



Imogen Christie.

Reflecting back, it has been such a long time to not have contact with our amazing volunteer team. Our volunteers are the red ribbon tentacles reaching out into the community. They bring such expertise, life stories, positivity and enthusiasm; qualities desperately in need during these challenging times.

Over half of our volunteers have likely to have had to shield or self-isolate because of age, health, family circumstances, employment issues or staying at home for caring or schooling commitments. Some were keen to help out and were able to have helped out in other voluntary services who have utilised the skill of some of our great volunteers.

Sahir House set up monthly volunteer team meetings online to meet, talk, connect, update our learning, have fun and laugh, swap ideas, talk about the digital divide, share stories and feelings, and see each other with staff hosting the space to come together.

We have managed **28** volunteers this year and they are still providing invaluable support to Sahir House and the communities we support. We look forward to when we can resume volunteering in a way that enables safe contact whilst making the amazing difference they do.

We will explore how we can re-launch volunteering at Sahir House whilst respecting guidelines and safety. This year has given us much food for thought about change and moving forward to continue to raise awareness of HIV and combat the stigma and prejudice and keep HIV on the public's health agenda.

Volunteers have provided important support roles this year:

- Our positive speaker team have been busy via our online placements educating nearly **100** University of Liverpool School of Medicine medical students
- Our monthly bulletin, website maintenance and social media presence especially given the importance of how much of our work is now online
- The World AIDS Day planning group providing expert advice for the Sahir House You Tube channel to launch the online vigil and community engagement activities for World AIDS Day 2020 and service user activities
- Help with our fundraising efforts by kindly nominating Sahir House as their Facebook birthday charity
- Writing articles for the monthly bulletin and contributing to the community feedback event after the TV series, It's a Sin

- Linking into our health and social campaigns via social media
- Attending our monthly team meetings on Zoom to meet up, connect and link in to Sahir House community issues
- Our board of trustees who volunteer their expertise have ensured the governance of the charity has been maintained to ensure services are still delivered to our vulnerable client groups
- The board, along with management team, have set up an emergency funding group to address the impact of reduction of funds from our grant making, community and training fundraising efforts

Volunteer acknowledgements:

- Big thanks to all our past and present amazing volunteers, you are all stars, stay safe and well and see you all soon x
- Thank you to our Bob Silcock who retired this year. He started volunteering in 1985 and has dedicated over **35** years volunteering service to Sahir House. Thank you Bob and hope you have got your feet up for a well-earned rest
- Special thank you to all the positive speakers who continue to inspire, inform and make wonderful change in the world

- Thank you to Stuart Turner, our outgoing treasurer, who has been an outstanding member of our board; what an expert, we have learnt so much from you, thanks and we wish you well
- Sad loss of Our Tracy, who died last year, we miss her very much and are proud to have been her workmate. She made such a great difference to many people xx



Left: Tracy
Bottom: Bob Silcock. 35 years
volunteering at Sahir House.



Thoughts from our volunteers:

"I've really missed volunteering this year. It's always lovely to help out on reception, have a good natter and catch up with staff and service users. And I've not had anyone to help me eat donuts! "

Paul C

"This last year has been quite challenging for me on many levels, as I'm sure it has for many connected to Sahir House, I miss my role in reception and the responsibilities that go with it. I also miss the warmth and friendliness from the staff and other volunteers. The monthly volunteer meetings have been helpful for me, have always felt valued and appreciated at Sahir house. I am so looking forward to Sahir house opening up again, (when it is safe to do so), and being part of a team that does such great work."

Peter L

LIVERPOOL FAST TRACK CITY INITIATIVE

Sahir House remains to be a vital player in the Liverpool Fast Track City Initiative and being part of the global impact and response to HIV and value the links with our partners.



HIV PREVENTION

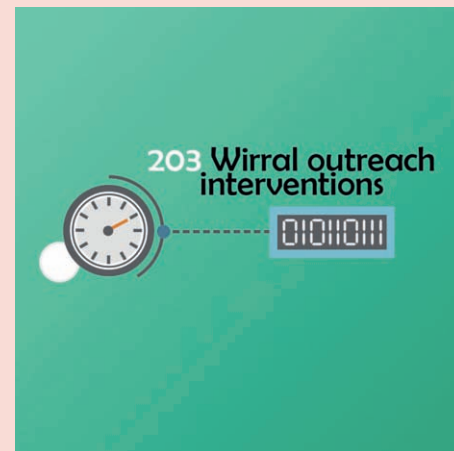
SAHIR HOUSE | ANNUAL REPORT 2021

Sadly due to lockdown restrictions this service was suspended and our outreach staff were furloughed for a significant part of this year. When it was able to restart, feedback from clients utilising support and condoms from the sexual health outreach team were welcomed back. The outreach team provide HIV prevention in Wirral's public sex environments and local saunas. Disseminating condoms, advice and signposting to STI services remains a busy part of our service.

The community point of care testing clinic has also been closed as per government and public health guidelines, and is being re-opened early in the new financial year. We have planned the usual weekly clinic but also to work closely with our partners in the community to reach people who require HIV and STI testing.

We would like to acknowledge and thank Emma Richards for her long term dedication in delivering this service over many years in Wirral. Emma provided HIV testing for vulnerable groups and individuals and ensured ongoing support with those at risk of HIV and other STIs. Emma has been the key lead with the Wirral LGBT Network providing advice and guidance to local LGBT people.

Right: Emma Richards with Beverly Macca.



Sahir House Health Promotion Service provides information about HIV and sexual health. Sahir House provides a safe, stigma free environment for people living with, affected by or at risk of HIV.

Even though most of the face to face activities were on hold this year we have continued to disseminate information, circulate the monthly newsletter to approx. **300** service users. We continued to work with national charities such as British HIV Association and National AIDS Trust to ensure the information circulated was up to date as many received mixed messages about the link with COVID-19 and HIV. Translated information has been an invaluable resource to service users where English is not their first language.

Additional monthly newsletter has included more targeted information about how to access support during lockdown.

Many articles were published throughout the year in local and national press reaching **1000's** of readers/viewers around the UK.

Russell T Davies's powerful drama 'It's A Sin' was shown at the start of National HIV Testing Week. This generated a lot of discussions about HIV and the AIDS epidemic. The programme started new and old conversations about how

HIV affected our different communities, on our lives and loved ones and the tragedy of how many people we lost in the 80s when so little was understood about the virus.

"I binged watched the entire series in one day! It left me floored, it was so accurate, it was like I was reliving that era, life when I was first diagnosed back in 1984, the attitude, the fear, isolation, exclusion and the ignorance. Only someone who lived through those two decades and greatly affected could write this so raw and emotional and near to the bone."

Andrew

"The fact that It's a Sin is on TV at all is a sign that things have got better and Russell T Davis, who's written it, is very good at pushing those buttons to get people to think about things. And the more you talk about anything the less the stigma there is attached to it because it makes it more accessible. A TV programme like this gives people permission to talk about these things because it puts it back in the mainstream. It's not wallowing in the past, it's about reflecting where we've been, how far we've come and what we still need to do next."

Steve

WORLD AIDS DAY

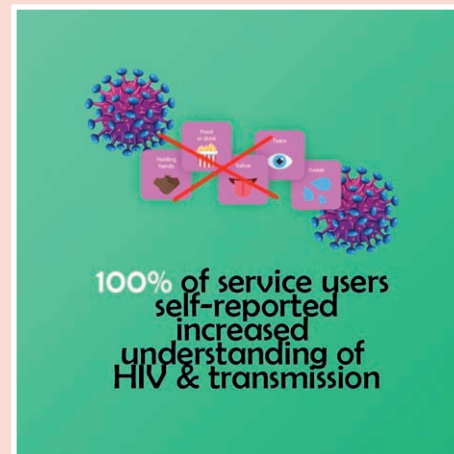
World AIDS Day Planning Group is coordinated by Sahir House and is a group of local health and social care professionals. It works collaboratively to deliver campaign activities that increase awareness and access to testing whilst reducing the stigma surrounding HIV.



This year we have collaborated creatively to support this year's campaign:

- Rock the red ribbon art competition was a virtual art competition partnered with Tate Liverpool, Cass Art and dot art. Welcoming the public to create a piece of art work focusing on the red ribbon
- Sahir House website resources for World AIDS Day campaign pack promoting the activities
- HIV testing clinics/sites listings
- #HIVChampions twitter campaign
- Light the town RED with many local buildings lit up red for World AIDS Day
- YouTube World AIDS Day teasers - short clips premiering the lead up to World AIDS Day
- World AIDS Day online Vigil with contributions from partner agencies, groups and supporters

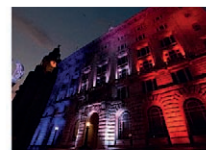
Knowledge
is power!



Right: Lighting the town red for World AIDS Day.

“Radio City is proud to get involved and turn our tower lights to red to support this on December 1st. Red symbolising the Red Ribbon, shining a light on our city, showing support to those affected by the virus.”

Vicki Allison, Station Director, Radio City



Cunard Building, Liverpool



Town Hall, Liverpool



Liverpool School of Tropical Medicine



St Helens Bridge



St Georges Hall, Liverpool



Town Hall, Bootle

Sahir House YouTube Channel

The Sahir House YouTube Channel is a great resource to stay connected with service users and the general public. The channel has various videos with **87** subscribers at end of reporting year, an increase of over **100%** from the last year.



Website

60% of our website visitors land on the home page of the site. The website has been maintained to ensure vital information about HIV, Covid and welfare services are provided. Listings of our services and bulletins are also available.



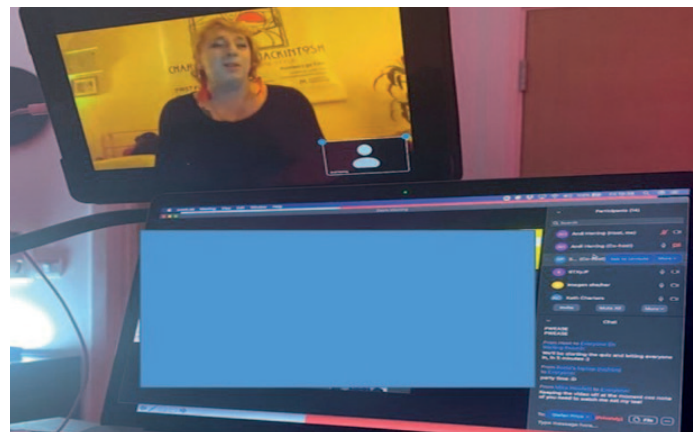
Twitter and Facebook

Both social media platforms continued to grow with visitors and followers increasing on average around **20%** a quarter. This has enabled Sahir House to link in with local and national HIV campaigns and developments and update on current guidance of Covid for our service user groups.



COMMUNITY AND CORPORATE FUNDRAISING

During lockdown when fundraising has been limiting, we have utilised all the tools available to raise much needed funds. Some of the ways we have kept our fundraising efforts include [easyfundraising.org.uk](https://www.easyfundraising.org.uk) raising free donations while shopping online. Individual donors continue to support Sahir House with regular online donations and supporters have used online platforms such as Zoom and Facebook to host fundraising events.



WAD quiz hosted by Imogen Christie.

Whilst COVID-19 restrictions impacted on service user support during this time, our wonderful staff team rose to the challenge to carry on supporting and helping combat the effect the pandemic has had on the isolation and mental health of our service users.



We quickly adapted as many services as possible on line, this included access to counselling, wellbeing and peer support which were available via phone or video services.

The day to day contact with people was increased through regular phone check in's and vital information about COVID-19, HIV and external support services was disseminated weekly.

We were also fortunate to be awarded some specific funding to enable us to keep in touch by providing regular phone and data top ups and pieces of equipment such as tablets to help address digital inequality for those with low or no income.

The pandemic hasn't meant that other day to day aspects of people's lives have stopped so we have been busy helping to ensure that people had access to medical support through hospital appointments, dealing with asylum issues, helping with housing problems and the continued assessment and review of benefits.

It has been a difficult time for all but we hope that we have managed to keep our community connected and informed until it is time for us all to meet face to face again.

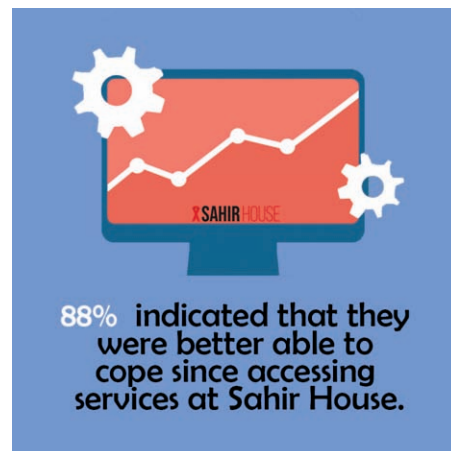
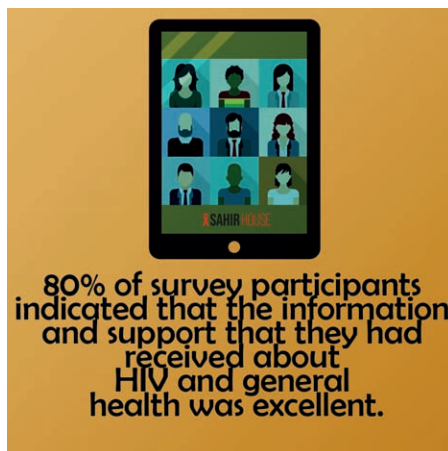
"I am so glad Sahir is here to help me because I wouldn't be around if you weren't here."

HIV positive male

HIV SUPPORT

SAHIR HOUSE | ANNUAL REPORT 2021

The Sahir House service user satisfaction survey is an annual evaluation tool that enables service users to provide feedback on the services received and indicates areas for improvement or change, and ways of working that are particularly highly valued which could be developed. The survey assists Sahir House in the planning and identification of future projects, which in turn will help to secure funding to support change.

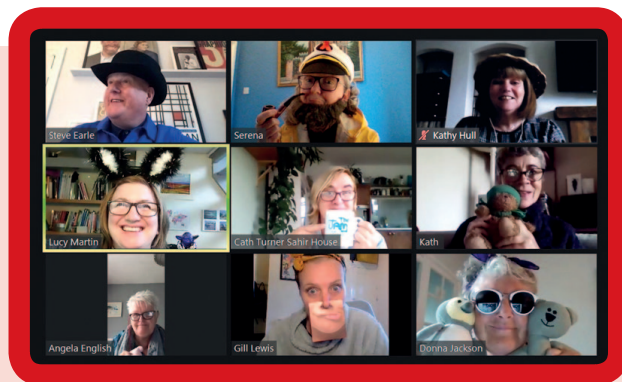


“Without the help and support available to me at Sahir House, I would without a doubt not be here today.”

HIV positive female

“Although Zoom has been a lifeline, I will be glad to meeting in person again. The messages and zoom calls have been very appreciated.”

Service user response from satisfaction survey



CHILDRENS HIV ASSOCIATION (CHIVA) SECONDMENT



Sahir House has continued this year with its partnership with CHIVA supporting children and young people locally who live with HIV. The partnership has built on existing networks and enabled a clearer pathway for parents and children living with HIV into wider support services locally. Support may be help attending clinic, talking about HIV in the family, education of HIV and importance of a good adherence to medication as well as meeting with other younger peers to share experience of living with HIV and the challenges that face our younger HIV community.

Sahir House would like to thank and acknowledge the specialist support from CHIVA throughout this secondment. There are plans to progress this project in the future.

COUNSELLING

The effect of living long-term with stigma, prejudice and discrimination on our service users' mental health cannot be underestimated; whilst new HIV diagnoses are

dropping, the stigma still exists for the people we support. The majority of those we see experience mental health problems to some extent, with many unable or unwilling to access help elsewhere.

During the COVID-19 crisis we saw high levels of anxiety among service users, confusion about government advice for people living with HIV, difficulties accessing food supplies, anxieties about medication supplies and concerns about welfare issues. We continue to support those newly diagnosed who need help to come to terms with their diagnosis.

Our COVID-19 impact survey reported high levels of hardship, with **34%** reporting worsened mental health; **26%** poorer physical health and **34%** feeling their financial situation is worse than pre-crisis.

For people with HIV and COVID-19, health outcomes are poorer compared to people without HIV, which is compounded by age, poverty, discrimination. The pandemic has caused PTSD for some as high levels of COVID-19-related deaths and fears has triggered memories of multiple loss and prejudice experienced during the HIV pandemic before effective treatments were available.

Service users reported that adherence to social distancing (i.e. moving away from people to respect the 2 metres rule) impacted negatively on their wellbeing. This triggered fears (real or perceived) of being avoided due to pre-existing prejudice with a deepened sense of self-stigmatisation as a result.

87.5% indicated that they were more knowledgeable about HIV, its transmission and health conditions.



The one to one support alongside the group work programmes have enabled Sahir House to expand its therapeutic offer and capacity. This has helped focus on the benefits of self-care and resilience and build on the commonality as well as the diversity of our communities.

“I have help from councillors, a support worker and Wellbeing and Peer Support Zoom calls with activities. I feel I would have had no one to turn to without their help.”

Service user response from satisfaction survey

“I miss being able to meet in person due to Covid. I live alone I see very few people, am almost isolated. If it was not for the contact via zoom, phone calls, txt, and emails I would have given up. Just knowing Sahir House is still operating is of great comfort to me.”

Service user response from satisfaction survey

“Counselling support has been my rock and I’m eternally grateful for the support over the pandemic.”

Service user response from satisfaction survey

HIV SUPPORT

SAHIR HOUSE | ANNUAL REPORT 2021



Sahir House would like to thank Donna Jackson for her support of many service users over her 23 years of service. We wish her well with her onward adventures.

"Sahir House is a crucial life line for me. The online counselling has been so important to my mental, emotional wellbeing. I would not cope without Sahir House."

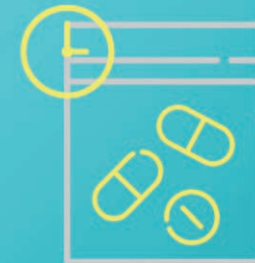
HIV positive female

WELLBEING

Through lockdown Sahir House made good use of its You Tube Channel, with inspiring videos to support people with wellbeing exercises and activities. Other wellbeing and social activities hosted by other community partners were featured in the monthly newsletter to encourage engagement to combat isolation and loneliness and keep morale boosted.



TWENTY FOUR



**100% of service users
self-reported
improved adherence
to HIV medication**

HIV AWARENESS AND STIGMA REDUCTION TRAINING

SAHIR HOUSE | ANNUAL REPORT 2021

After the steep learning curve that everyone has faced, Sahir House have been delivering its training and community education online to continue to raise awareness of HIV and challenge the stigma and prejudice that sadly still exists.

This year saw a total of **300** participants attend one of our many training and information sessions delivered to over **40** agencies. We trained over **160** participants from University of Liverpool's School of Medicine, School of Health Sciences and the Liverpool Tropical School of Medicine.

Our regular commissioned courses are now held online zoom. We are reaching existing and new training participants due to the accessibility of online opportunities and whilst it lacks the authenticity of our face to face work, participants have found it beneficial to make connection and gain the HIV update they require.



Comments from participants attending the HIV updates:

"Thanks Cath, thought it was really informative today, really enjoyed it."

"Thanks for the info! I definitely found the Zoom meeting really informative, thanks for your help."

"Thank you so much I found the session very informative. I really enjoyed it. I will definitely be attending the rest of the sessions I am booked on."

"It was very informative and the positive speaker was amazing!"

"Thank-you for these resources, absolutely loved today's session!"

Merseyside Police.

TWENTY FIVE

HIV AWARENESS AND STIGMA REDUCTION TRAINING

SAHIR HOUSE | ANNUAL REPORT 2021

HIV awareness & stigma reduction courses included:

- HIV awareness and stigma reduction
- World AIDS Day
- National HIV Testing Week
- Lived experience, the power of the positive speaker
- PEP and PrEP
- HIV stigma and impact of U=U
- Improving communication skills and confidence when supporting LGBT patients
- Local LGBT and HIV history

This year saw the welcomed return of the University of Liverpool's School of Medicine health in the community student placements. Sahir House value being part of medical students education to ensure they are empowered with up to date information, U=U, improving access to HIV testing and reducing stigma with input from our positive speaker team who share the human face of HIV.

Comments from medical students about their placements at Sahir House:

"It was really engaging and informative. I really enjoyed my placements."

"The session felt very interactive and everyone had the opportunity to speak. I think it was carried out very well considering the circumstances."

"There was a large amount of opportunity to ask questions which made the placement interactive and personal and a chance to further your understanding. The size of the group and group work also helped with this."

"The session ran smoothly and was extremely interesting and insightful, I think the positive speakers at the end was really touching."

"I really liked the engagement and interactions we had with the people who have HIV, it was eye opening and heart-warming. Really was inspiring. I would have loved to have met them in person, but despite this I really enjoyed it."

ACKNOWLEDGING THOSE WE HAVE LOST TO HIV -



we wear the red ribbon to remember you all

Sahir House has helped many individuals and their families during times of loss. To remember and be inspired by people who have died of an HIV related death, is an important part of the support Sahir House offers.

The counselling and psychotherapy team provide bereavement counselling creating space to grieve and time to heal. Lost loved ones are remembered through the annual World AIDS Day event held every year on 1st December.

Sahir House can include people on the remembrance list in ways that protect confidentiality. If you have lost someone close to you through HIV then you can contact Sahir House for more information and support.

SAHIRHOUSE

Acknowledgements and thanks to:

All Sahir House service users, volunteers, trustees and staff.
All our donors, supporters and partners during this reporting year.
All grant and charitable funders.

COMMISSIONERS

April 2020 – March 2021



**Thank you to all our funders who assist our important
work in delivering a needs led service.**

Infographic design Arthur Britney Joestar and rawpixel.com/Freepik.



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Charity number: 1077327



Undetectable equals untransmittable

A person living with HIV, who is on effective treatment and has an undetectable viral load, will not transmit HIV to their sexual partners.

The majority of people diagnosed with HIV are on treatments and are undetectable.....what about the undiagnosed?