

Sahir House

May Newsletter 2017



Fundraising for Sahir House

Wirral Coastal Walk – Sunday 18th June 2017

The Wirral Coastal Walk has become a well-known annual event in the Wirral calendar and probably the biggest of its kind in the North West. In 2016 1000's of walkers took part raising much needed funds for their chosen charities and good causes.

The Walk follows the Wirral coastline from Seacombe Ferry on the River Mersey to Wirral Country Park Visitor Centre at Thurstaston, a distance of 15 miles, interim completion points at 4 and 10 miles. It is a fun event for walkers of all ages and abilities. Its main attraction, apart from the exercise and the opportunity to view the beautiful Wirral coastline, is that Walkers can raise money through sponsorship for Sahir House.

If you would like to support Sahir House and walk with the Sahir House strollers please contact Serena Cavanagh for a sponsor form, if you cannot join us but would like to support the Strollers please donate here: <http://www.sahir.org.uk/donate/>

So dust off those walking shoes and invite, enrol, persuade, cajole, threaten or blackmail family and friends into joining you for a great day out whilst raising money for Sahir House.



CAKES I can hear people shouting.....

So yes, we have organised a fundraising cake sale in the foyer of 151 Dale Street on Friday 19th May 10am—2pm.

Sahir House bakers are famous for their delights they create from mere flour, sugar, eggs and each bakers individuals magic~~!!

So, if you are passing us on Friday 19th May please pop in and sample the scrumptious, delectable delights we'll have on offer, you can even reserve a few if that's easier as they do sell really quickly.



Volunteer meetings

Trans Health Merseyside

Trans Health Merseyside provides peer mentoring and health information by those and for those who identify as transsexual, transgender, intersex and gender non-confirming people.

The project is hosted by In Trust Merseyside and supported in partnership by Sahir House.

For more information contact Kathy Charters, Trans Health Merseyside Project Worker (part time)

transhealthmerseyside@sahir.uk.com

Transcend - support for those experienced trans hate crime, facilitated by Lucy Martin and Kath Charters
Tuesday 2nd May 6pm – 8pm

Trans peer support, health and wellbeing activities, facilitated by Kath Charters
Tuesday 16th May 6pm – 8pm

Sahir House Volunteer Team Meeting

Tuesday 6th June 5.30 – 7.30 Transgender equality training – an evening with Tony Griffin, a local equality trainer and diversity champion hosts a session to increase our understanding and awareness of trans issues including challenging related prejudice, exploring language, making Sahir House more trans friendly and being more aware of hate crime reporting.

More sessions with dates to be confirmed are:

- Ageing – what are the current barriers for our ageing population and how to be more older person friendly and how ageing and HIV are an important issue to updated on
- Women and HIV – have women really got equality? Need an update on how HIV affects different elements of women's lives?
- LGB and HIV – how HIV past and present has affected the LGB community and how to address multiple forms of prejudice and challenge with confidence.



If you would like to submit an article for the next newsletter please contact
Gill Lewis
info@sahir.uk.com
0151 237 3989

Deadline for next newsletter is Wednesday 24th
May 2017

Disclaimer

Articles in this newsletter are sometimes the opinion of individuals & do not necessarily reflect the opinions & views of Sahir House

Sahir House Service user meetings

Peer Support Groups

Pain Management Group - Tuesday 23rd May 1pm – 3pm at Sahir House

Women's Peer Support group Thursday 25th May 1 pm – 3pm (please note change of usual day and time)

Walking Group Friday 26th May 1pm meet at Sahir House (Walk route to be confirmed)

Gay Men's Peer Support Group Tuesday 30th May 1pm – 3 pm at Sahir House

Service User's Forum

This group is open to all Sahir House service users and meets 6 times per year.

This is the ideal opportunity to meet with others to share your thoughts and ideas regarding our services – this will be fed back to our board of Trustees who are usually in attendance at most meetings.

Come along and have your say and help shape our services in the future.

This year's dates are....

Friday 9th June , Friday 4th August, Friday 6th October, Friday 8th December



Many Hands One Heart: Liverpool Asylum and Refugee LGBT Support Network

In March 2016, Sahir House in partnership with Mersey Care NHS Foundation Trust, The Armistead Centre, Liverpool Community Development Services and Queer Notions hosted a launch event to bring LGBT people seeking asylum and refugees together to talk about their experiences and support needs. This event was attended by five people seeking asylum who identified as within the LGBT community. These individuals raised a number of concerns about their experience of seeking asylum in the UK and of living in Liverpool, particularly in relation to the prevalence of homophobia in their asylum and refugee communities, accessing adequate legal advice and representation, accessing support services in Liverpool, their isolation in Liverpool and the severe detrimental impact that the UK asylum process had on their mental health.

Many Hands One Heart (MHOH) was established as a result of this event and now meets once per fortnight in Liverpool City Centre. In my role as a volunteer of Sahir House, I support the facilitation of support network meetings alongside representatives of Sahir House, Liverpool Community Development Services and The Armistead Centre. Since its establishment with five members, MHOH has grown to have 20 regular members and has supported 28 people. Members range from a wide range of countries that criminalise homophobia, including Uganda, Nigeria, Iran, Cameroon and Zimbabwe. MHOH group meetings act as a vital source of knowledge regarding individual and collective experience and need in relation to LGBT asylum and refugee communities.

Members are encouraged to lead on the group's development which has so far included creating the group's name, logo, confidentiality policy and joining documents, identifying members' support needs and working with the group and facilitators to address them, agreeing on meeting agendas, discussion topics and relevant trainings (i.e. on Hate Crime, mental health awareness, gender-based asylum claims, further submissions and Home Office Policy relating to sexual orientation asylum claims), representing the group at external events, arranging our public/professional launch events. Jen New.

Sahir House Satisfaction Survey 2016 Report

Please find below key points from each section of the Service User Satisfaction Evaluation Report. The report is an evaluation of data that was provided by service users who completed the Satisfaction Survey that was conducted between December 2016 and January 2017.

The survey was completed by 57 respondents in total equating to 27% of total service users accessing services in 2016 (n=210).

You can find the full report at <http://www.sahir.org.uk/about-us/> and once again thank you to everyone who took part.

Victoria Hughes – Monitoring Administrator

Demographic Data

Capturing demographic information of survey respondents has been beneficial in assessing the degree to which the Sahir House population reflects national HIV trends.



Sahir House needs to ensure the appropriate levels of staff confidence when discussing gender identity issues with new and existing service users to promote an inclusive environment and address potential barriers for those identifying outside of the binary categories (male and female).

Slight decreases in total numbers accessing services were observed across boroughs. Survey engagement continues to be low in outlying areas such as Halton.

Adjusted to match National AIDS Trust (NAT) age groupings, service user representation mirrors national figures from 2015 with the exception of 50-64 year olds.

Representation by ethnicity also matches NAT national statistics though work could be done to increase survey completion from a wider sample.

Available data indicates slightly higher percentage of heterosexual service users than national figures. Though figures do reflect Liverpool data, numbers of men who have sex with men will likely increase to reflect national data if recording of sexual orientation is improved (e.g. nearly 10% of service users accessing services in 2016 had either preferred not to state their sexual orientation or had no data recorded).

Obtaining information on service user employment status will increase understanding and referrals to appropriate support such as applying for benefits, attending the Sahir House Employability Forum or attending courses to improve confidence and motivation to apply for work.

Personal data needs to be regularly reviewed and updated in line with Sahir House policy to meet Data Protection laws.

Sahir House Satisfaction Survey 2016 Report

Services & Support

20% of survey participants had not accessed services in 2016.

Commitments such as education or employment can restrict individuals' access to services due to available support hours. This potentially isolates service users from the Sahir House community as they are unable to attend peer support or group activities.

All services accessed in 2016 received an Excellent / Very Good rating of 75% or above.

14% of the total number of services users accessing services had attended a peer support group. A comparison with 2015 survey data on communicating service information demonstrated improvements in key communication pathways such as email marketing campaigns and the Sahir House website which both increased from 2015.

Staff referrals and Word of Mouth pathways both observed significant decreases in 2016 demonstrating good progress has been made against marketing recommendations from the 2015 survey evaluation.

Service user involvement has been successfully developed in 2016 with the establishment of the Service User Forum which has been attended by 12% of those accessing services in the year.

The fact that all respondents have attended the Service User Forum indicates a level of engagement by a core group. Future surveys should target those who are less empowered.

Volunteers & Volunteering

49% (n=28) of survey participants had received direct support from Sahir House volunteers in 2016.

100% (n=36) of respondents stated volunteer support had improved their general wellbeing.

All service users who have completed the Sahir House volunteer training course not only feel supported in their role within the organisation but also demonstrate improvements in key volunteer outcomes.

21% (n=12) of survey participants were interested in receiving training and support to become volunteer Positive Speakers.

navajo

**Lesbian, Gay, Bisexual &
Trans Friendly Service**

Sahir House Satisfaction Survey 2016 Report

Social Media & Marketing

The data indicates significant differences in engagement levels between the social media platforms service users use and the level to which they engage with Sahir House on the same platform.

Status disclosure and associated stigma have been highlighted as the main reasons service users do not engage with Sahir House on social media. Secondary to this, lack of awareness of social media profiles suggests better promotion within the Sahir House office may improve engagement

Increased understanding of service user activity on social media platforms will better inform marketing and Health Promotion campaigns and increase the impact of these activities

The top three types of content respondents would like to see were; Sahir House events (defined as community engagement events which are attended by service users and volunteers but also open to the public) such as World AIDS Day; HIV health & treatment information (e.g. PrEP); and services information



Book yourself a massage

Sahir House provides massage and other bodywork sessions for £25 per session. Regular massage has long been proven to alleviate stress (by regulating heart rate and blood pressure), and ease stiffness in the muscles and joints.

Massage helps with sleep disturbance and encourages peace of mind.

Why not come and try a session?

Book through me, Kathleen Charters or call 0151 237 3989

I look forward to discussing how massage can help you with any stress or tension you may be experiencing.



Big Birthday Wishes to our very own Steve Earle who hits **60**. I know we can't believe it either!! You're looking good Steve! Lots of Love from all at Sahir House

XXXX



Sahir House Impact

The final section of the survey asked participants to consider the impact of being able to access services at Sahir House:

“Support from Sahir House has helped me better understand HIV”

- 87% of respondents Agreed or Strongly Agreed

“Support from Sahir House has empowered me to challenge HIV stigma and discrimination”

- 83% of respondents Agreed or Strongly Agreed
- 2% Disagreed

“Support from Sahir House has enabled me to improve my relationships”

- 80% of respondents Agreed or Strongly Agreed
- 2% Disagreed

“Support from Sahir House enables me to make better decisions about sex”

- 80% of respondents Agreed or Strongly Agreed
- 4% Disagreed

“Support from Sahir House has given me the opportunity to make new friends”

- 87% of respondents Agreed or Strongly Agreed
- 2% Disagreed

“Support from Sahir House has enabled me to improve my emotional and mental wellbeing”

- 92% of respondents Agreed or Strongly Agreed

“Support from Sahir House has allowed me access to other services outside of Sahir House”

- 74% of respondents Agreed or Strongly Agreed
- 4% Disagreed

“Support from Sahir House has enabled me to improve my confidence”

- 89% of respondents Agreed or Strongly Agreed
- 2% Disagreed

This equates to a rate of around 97% of service users expressing a significant positive impact where issues were applicable to them



Sahir House diary for May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 SAHIR HOUSE CLOSED PUBLIC HOLIDAY	2 HIV Specialist Community Nurses Team Drop in 1 - 3pm Coaching 1 – 2.30pm Yoga Group Session 3 – 4pm THM – Transcend Hate Crime Support Group 5.30 – 8pm	3 Cookery, Room 4 10 – 1pm Coaching 11 – 2.30pm Coaching Team Meeting 5 – 7pm	4 Functional Skills 10 – 1pm	5	6
7	8 Sahir House Protected Admin Day – CLOSED	9 HIV Specialist Community Nurses Team Drop in 1 - 3pm Coaching 1 – 2.30pm Yoga Group Session 3 – 4pm	10 Cookery, Room 4 10 – 1pm Coaching 11 – 2.30pm Coaching 5 – 7pm	11 Functional Skills 10 – 1pm	12 Sahir House attending CHIVA National Conference, Liner Hotel, Liverpool	13
14	15 Sahir House Protected Admin Day – CLOSED	16 HIV Specialist Community Nurses Team Drop in 1 - 3pm Coaching 1 – 2.30pm Yoga Group Session 3 – 4pm THM – Well Being Sessions (TBC)	17 Cookery, Room 4 10 – 1pm Coaching 11 – 2.30pm Womens Group 1 – 3pm Coaching 5 – 7pm	18 Functional Skills 10 – 1pm	19 SAHIR HOUSE CAKE SALE in foyer of 151 Dale Street 10am – 2pm	20
21	22 Sahir House Information Session 10 -11am	23 HIV Specialist Community Nurses Team Drop in 1 - 3pm Pain Management Group 1-3pm Coaching 1 – 2.30pm Yoga Group Session 3 – 4pm	24 Cookery, Room 4 10 – 1pm Coaching 11 – 2.30pm Coaching 5 – 7pm	25 Functional Skills 10 – 1pm	26 Walking Group 1 – 5pm	27
28	29 SAHIR HOUSE CLOSED PUBLIC HOLIDAY	30 HIV Specialist Community Nurses Team Drop in 1 - 3pm Coaching 1 – 2.30pm Gay Men's Group 1.30 – 3pm Southport GUM Drop In 1.30 – 4pm Yoga Group Session 3 – 4pm THM – Transcend Hate Crime Support Group 5.30 – 8.30pm	31 Coaching 11 – 2.30pm Coaching 5 – 7pm	Notes:		

Sahir House diary for June 2017

◀ May

July ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Functional Skills 10 – 1pm	2	3
4	5 National Volunteer Week	6 National Volunteer Week HIV Specialist Community Nurses Team Drop in 1 - 3pm Coaching 1 -2.30pm Yoga Group Session 3 -4pm Volunteer Team Meeting – Trans Awareness Training 5 – 7.30pm	7 National Volunteer Week Cookery 10 -1pm Coaching 11 – 2.30pm	8 National Volunteer Week Functional Skills 10 – 1pm	9 National Volunteer Week Service User Forum 1.30 – 3pm	10
11	12 SAHIR CLOSED – PROTECTED ADMIN DAY	13 HIV Specialist Community Nurses Team Drop in 1 - 3pm Coaching 1 -2.30pm Yoga Group Session 3 -4pm THM – Well Being Session 5.30 -8.30pm	14 Cookery 10 -1pm Coaching 11 – 2.30pm Coaching Team Meeting 5 – 7pm	15 Functional Skills 10 – 1pm	16	17
18	19	20 HIV Specialist Community Nurses Team Drop in 1 - 3pm Coaching 1 -2.30pm Yoga Group Session 3 -4pm	21 Cookery 10 -1pm Coaching 11 – 2.30pm Womens Group 1 – 3pm Trustee Meeting 6 – 8pm	22 Functional Skills 10 – 1pm	23	24
25	26	27 HIV Specialist Community Nurses Team Drop in 1 - 3pm Coaching 1 -2.30pm Gay Men's Group 1.30 – 3pm Southport GUM Drop In 1.30 – 4pm Yoga Group Session 3 -4pm THM – Transcend Hate Crime Support Group 5.30 -8.30pm	28 Coaching 11 – 2.30pm Coaching 5 – 7pm	29 Functional Skills 10 – 1pm	30	Notes:



Monday	Time
BOLD – Being Out with Learning Disabilities A support group for LGBT people with learning disabilities	1.00pm – 3.00pm
Drug & Alcohol Group A drug and alcohol harm reduction peer support group	5.00pm – 7.00pm
Tuesday	Time
LGBT Group An LGBT group for those over the age of 18 that focuses on health & wellbeing	6.00pm – 9.00pm
Wednesday	Time
Rapid HIV Testing Free and confidential rapid HIV testing from a finger prick of blood. You can drop in or call 0151 247 6560 to make an appointment.	2.00pm – 3.30pm
LGBT Group An LGBT group for those over the age of 18 that focuses on health & wellbeing	1 st & 3 rd Wednesday of the month 3.00pm – 6.00pm
45+ Group A social group for LGBT people over the age of 45	2 nd & 4 th Wednesday of the month 3.00pm – 6.00pm
Thursday	Time
Online Support Web chat session where you can talk online to one of our team members via  @Armisteadcentre or  /Armisteadcentre	8.00pm-10.00pm
Friday	Time
LGBT Group An LGBT group for those over the age of 18 that focuses on health & wellbeing	2.00pm-4.00pm
Saturday	Time
Women's Group A support group for gay and bisexual women over the age of 18	1 st , 2 nd & 3 rd Saturday of the month 5.00pm-7.00pm
Parent and carer's Group A support group for parents and carers of LGBT people	Every 4 th Saturday of the month 5.00pm-7.00pm

Sahir House Summer School and short courses

Sahir House Summer School provide non-vocational opportunities encouraging people living with HIV to enjoy learning helping increase confidence, improve health & wellbeing, address isolation & to try something new.

Courses are free & refreshments & travel expenses are provided.

Liverpool Adult Learning Service provide taster sessions including yoga, art, colour & crystal therapy, coaching skills, flower arranging, local history, art & craft, making the most of your iPad, calligraphy, singing for fun & much more.



Faiths 4 Change provide short courses in:

- ✕ Making Your own Clothes
- ✕ Healthy Cooking on a Budget



Sahir House HIV Employment Forum

Sahir House HIV Employment Forum provides a safe secure setting for HIV positive people to share common experience & build confidence & skills whilst facing the challenges in the current labour market. The Forum is open to HIV positive people who are employed or are looking for work.

The Forum explores employment related issues such as:

- ✕ Discrimination in the workplace
- ✕ Employment rights & law
- ✕ Managing fluctuating symptoms when in work
- ✕ Disclosing HIV status to employers

The Forum is free & refreshments & travel expenses are provided.

Department for Work and Pensions
Sahir House has a local commitment from the DWP to support people living with HIV into employment & help with welfare benefits.

For many people living with HIV, after being out of work, the experience of 'signing on' & looking for work is daunting & stressful especially if facing stigma which can exacerbate HIV related health conditions.

Contact Pam Smith for a copy of this commitment statement to give to your DWP benefits advisor.



Sahir House Employability Project

Sahir House
151 Dale Street
Liverpool L2 2AH
0151 237 3989
www.sahir.org.uk

For more details contact:
Pam Smith
Employability Project
Worker
pam@sahir.uk.com



Sahir House Employability Project

Aims

The overall aim of the Sahir House Employability Project is to empower HIV positive people into education, employment, volunteering, further education &/or training.

The project hosts activities helping people living with HIV to build their confidence, improve their employability options by working in partnership with local providers & employers to develop opportunities.

There are a team of trained Volunteer Skills Coaches & Positive Peer Mentors who provide one to one support such as: IT skills, job search, CV writing, interview preparation, help with homework for English, maths, spelling, etc.

What service users say about the project:

"Participating in the project has very much improved my life. I've received professional support in a safe place, that has improved my social networks & given me a reason to leave the house"

"The project has improved my stress levels. I've built up my confidence & relationships with others & how I communicate with them. My English & maths skills have improved a lot"

Sahir House Building Confidence in the HIV Community

Sahir House work in partnership with the Workers Education Association (WEA) providing a range of programmes designed to build confidence & develop life skills for people living with HIV.

Sahir House & WEA provide regular term time courses delivered in an engaging & inclusive way on a range of topics such as:

- ✕ Creative writing
- ✕ Use of drama to develop confidence
- ✕ Personal development
- ✕ Employability skills
- ✕ Benefits of comedy to boost self esteem

Courses take place on Friday mornings & use a space in the Liverpool Museum which is fully accessible & close to transport links.

Courses are free & refreshments & travel expenses are provided.



Functional Skills: Maths, English and IT

Wirral Metropolitan College provides accredited functional skills classes including:

- English, maths & IT qualifications

Courses are held at Sahir House on Thursday mornings & are interactive, fun & held in a group setting.

Courses are free & refreshments & travel expenses are provided.

What service users say about functional skills classes:

"Completing this qualification has improved my English speaking & writing & interacting with people. I can phone people & companies when I have a problem & its also improved my maths & helped with calculating & budgeting"



Wirral Met College

About Citizens Advice

Citizens Advice service helps people resolve the many problems people face such as debt, legal issues, employment etc.

We aim to provide effective, informative advice to people and to improve the policies and practices that affect their lives.

The service provides free, independent, confidential and impartial advice to everyone on their rights and responsibilities. It values diversity, promotes equality and challenges discrimination.

We are members of 'Citizens Advice', which provides the extensive information system we use to advise clients and sets standards for advice, training, equal opportunities and accessibility in local Citizens Advice offices.

Volunteer With Us



Volunteering with a local Citizens Advice is a great way to pick up skills, make friends and feel part of an enthusiastic team. Visit the website below or drop in to your local office.

www.citizensadvice.org.uk/about-us/support-us/

Advice on line

For self-help visit our website at:

www.citizensadvice.org.uk

On the home page there is a 'search box' just type in the subject or your question and you will be taken to a webpage showing further information.

Telephone Advice

Advice by phone is available from local Citizens Advice offices.

0344 848 7700

Monday-Friday 10.00am-3.00pm
Calls cost no more than calls to geographic numbers (01 or 02) and must be included in inclusive minutes and discount schemes in the same way.



What to bring on your local Citizens Advice visit

When you visit your local Citizens Advice, it's important that the adviser you speak to has as much information about your case as possible.

If you don't bring the necessary paperwork with you, you may have to come back another time.

This means it could take you longer to get the help you need, if you haven't got everything don't worry - bring as much as you can find.

It's sometimes important to get help as soon as possible because you may only have a short amount of time to take certain action.

Local Citizens Advice in Liverpool

citizens advice

www.citizensadvice.org.uk

North Liverpool

Norris Green Office
138 Scargreen Avenue
Liverpool, L11 3BE

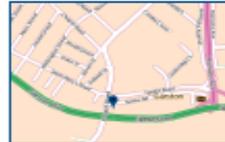


Walton Office
37-39 Walton Road
Liverpool, L4 4AD

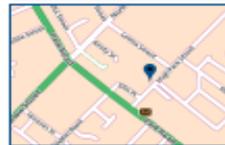


South Liverpool

Garston Office
Garston Community House
2 Speke Road
Liverpool, L19 2PA



Toxteth Office
Toxteth Town Hall
15 High Park Street
Liverpool, L8 8DX

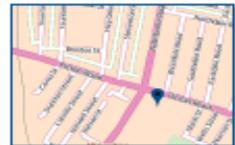


East Liverpool

Belle Vale Office
Belle Vale District Centre
Childwall Valley Road
Liverpool, L25 2RJ



Wavertree Office
242 Picton Road
Wavertree
Liverpool, L15 4LP



Opening Hours

Monday	9:30am - 2:30pm	Walton Office
Wednesday	10:00am - 3:00pm	Norris Green Office
Thursday	9:30am - 2:30pm	Walton Office
Friday	10:00am - 3:00pm	Norris Green Office

Pre booked Appointments Monday - Friday



AdviceLine
0344 848 7700

Contact Numbers

Admin line only
No advice can be given
0151 285 1080

Opening Hours

Monday	9:30am - 2:00pm	Garston Office
Tuesday	9:30am - 2:00pm	Garston Office
Wednesday	9:30am - 2:00pm	Toxteth Office
Thursday	9:30am - 2:00pm	Garston Office
Friday	9:30am - 2:00pm	Toxteth Office

Pre booked Appointments Monday - Friday



AdviceLine
0344 848 7700

Contact Numbers

Admin line only
No advice can be given
Garston Office - 0151 427 5337
Toxteth Office - 0151 726 8290

Opening Hours

Monday	9:30am - 2:00pm	Belle Vale & Wavertree
Tuesday	9:30am - 2:00pm	Wavertree
Wednesday	9:30am - 2:00pm	Belle Vale
Thursday	9:30am - 2:00pm	Belle Vale
Friday	9:30am - 2:00pm	Wavertree

Pre booked Appointments Monday - Friday



AdviceLine
0344 848 7700

Contact Numbers

Admin line only
No advice can be given
Belle Vale Office - 0151 329 0787
Wavertree Office - 0151 522 1401