

# The Eddystone Trust

HIV  
AWARENESS



## Annual Report 2007-2008



## 1. Introduction

In a time of radical and rapid change in HIV-based service provision with changes in funding and commissioner's contracts, Eddystone strives to ensure that we are working within the demands and targets being set, collaborating with relevant partners and meeting the needs of those we seek to support.

This document describes The Eddystone Trust's key services and activities for the year, 1<sup>st</sup> April 2007 to 31<sup>st</sup> March 2008.

## 2. Overview

Our services cover three areas, each relating to established government strategies: **HIV/AIDS**, **Sexual Health** and **Hepatitis C** (HCV).

### HIV/AIDS

In line with the government's Sexual Health Strategy, our **HIV-based work** remains committed to a combination of approaches and groups, particularly targeting men who have sex with men and people who are HIV+. With the government's desire to reduce the number of new infections by 25%, such work is essential.

**Sexual Health** work is carried out through a variety of training programmes, awareness raising and the delivery of campaign work with targeted groups and the wider population as a whole.

**Hepatitis C** – We receive no direct funding for this area of work and as such are only able to provide a very limited service. This has mainly consisted of information giving, the need for support by people affected by the virus as well as requests for information from various individuals, including people working in the drug and alcohol field. These continue to grow.

## 3. Some Highlights

We continue to provide and develop existing services. Some of the highlights of the past twelve months include:

- Our **training provision** - covering HIV/AIDS, Blood Borne Viruses (BBV), sexual health, sexuality and Hepatitis C is well established, especially through both **Shift** and our Torbay-based provision, including the established South Devon **Sexual Health Training programme**, supported by the new **South and West Devon Sexual Health Training Partnership**.
- The biggest and best yet **Women's Health Fairs** in Plymouth and Torbay reaching over 2,500 women.
- Our **website** has continued to improve, the look, content and format being reviewed and overhauled; the site is extremely well used, now integral to our profile and provision.
- Working with, and as part of **Torbay Pride Support**, we contributed to the 2007 '**Over the Rainbow Ball**' in Torbay, which was a major success both for the LGBT community and as a fund-raiser for Eddystone raising **£9,900** for LGBT work in the Torbay area.
- **World AIDS Week** and the 'HIV - Let's Get Talking' event at Annabel's Cabaret Club.

## 4. HIV Prevention Services across South & West Devon

All the services below are provided for Plymouth, Torbay, South & West Devon.

### Eddystone's Prevention Services and Activities include:

- Newsletter
- Stalls and Displays
- Safer Sex Packs
- Training (Workshops/ Presentations)
- Safer Sex Products (incl. Condom provision)
- Leaflets/ flyers
- Individual client support
- World AIDS Week
- National Condom Week
- Gay Men's workshops
- Other Campaigns / events
- Website
- Helpline (covered under Support)



### Newsletter

The Eddystone newsletter is a well-established, bi-monthly community publication. Its primary aim is the raising of awareness of HIV, Sexual Health and HCV and related issues, amongst professionals, community groups and the public at large.

At 3000+ copies per issue, with 3500 for campaigns, and with a strong distribution network, including GP surgeries across south and west Devon, the newsletter contains news of local & national events, services, research and medical information.

### Stalls and Displays

**Safer Sex stalls** are run by trained staff, who provide information and safer sex resources to groups at specific events. These stalls are run in line with our National Condom Week and World AIDS Week prevention and awareness raising campaigns, 5 stalls being provided for each. In addition, specific targeted stalls were provided, two of which were stalls at the Respect Festival and during Fresher's week at the University of Plymouth.

**Displays** are static, non-staffed stalls, sited mostly at community venues. These can range from posters to visual displays and a table of resources, for campaigns often featuring A1 information boards produced on relevant subjects. There are various angles but the constant theme is the promotion of Safer Sex. 70 displays were provided during campaigns.

### Training

**Responsive training** – providing sessions at the request of others has continued, sessions being provided for a range of groups, including nurses and community services. Amongst the 'responsive' sessions we provided were Blood Borne Viruses (BBVs) / HIV / Sexual Health sessions to: University of Plymouth nurses and Sexuality and HIV under SRE to schools (Paignton and Notre Dame) and to year 2 medical students at The Peninsula Medical School. All Eddystone training and conferences are evaluated and separate detailed reports are available on request or to view or download from our website [www.eddystone.org.uk](http://www.eddystone.org.uk).

### Safer Sex Products

This year, for collection from specific venues and events, we continued distribution of Safer Sex Packs. While loose, stickered condoms remain a staple for distribution to ten targeted gay venues (in Plymouth and Torquay), we stock condom dispensers, which take the Safer Sex 'Shag Packs'. This is an established part of our service and helps build relationships with the gay venues. Resources are also obtained by calling at the Eddystone offices or by sending an s.a.e. In total more than **75,000** condoms have been distributed as part of HIV prevention work.

We have continued to distribute leaflets and resources in **public sex environments to men who have sex with men.**

## Leaflets / Flyers

We have produced and distributed a new Red Ribbon A6 flyer featuring Safer Sex and HIV awareness information on the reverse, plus the Eddystone agency leaflet, and our main A5 leaflet, 'An Introduction to HIV'. These publications are very significant for Eddystone, furthering our profile and very effectively disseminating information. For campaigns such as World AIDS Week, additional flyers are produced to highlight the campaign. In addition, we provide a wide range of leaflets to individuals and agencies, through stalls or upon request.

## Gay Men's HIV Prevention work

An ongoing development of the last year has been our continuing Associate Membership of CHAPS (Community HIV/AIDS Prevention Strategy, led by the Department of Health). This is the national voluntary sector partnership on HIV Prevention work for homosexually active men and involves participation in, and access to, regional and national developments within gay men's work, including conferences and campaigns.

**Targeted Prevention work** (HIV Prevention) is ongoing within gay friendly venues and related settings. This includes:

- **Safer Sex products** and their distribution (as above);
- **Safer Sex events:** Providing Support / Advocacy re LGBT issues. In 2007/8, the direct support work has been focused on brief interventions;
- **Displays / resources** were made available upon request;
- **Campaigns** -World AIDS Week; National Condom Week; and others linked to CHAPS such as 'get it on', and the GP and Gay Men's Health Campaign;
- **Community training**, this included sexuality training in schools, diversity training to Police, HIV awareness training and other specific requests;
  - **Workshops for Men:** Working in partnership with GMFA, Eddystone has offer a range of tried and tested courses, including 'The Sex Course' and 'Build your Confidence' to local Men;
- **Health promotion/ partnership / liaison** work with other agencies (including Devon and Cornwall Police, Intercom Trust, Torbay Pride Support etc. see later section).

The Gay Men's Health workers also collaborated with various other bodies, participating in the Spectrum group and the Police Diversity group, amongst others, looking at diversity / gay men's issues;

**Public sex environments** have been identified and targeted for distributing information and safer sex resources. This work has been complimented by working with Intercom and the Police to produce a safer cruising guide, including information on reporting and safer sex.

**The Women's Health Fairs**, were attended by approx 1000 women in Torbay (800 last year) and over 1600 women in Plymouth (800 last year), having become major annual events in each site. The amount of agencies working alongside this major annual event in each town is huge, demonstrating Eddystone's strong reputation locally as well as regionally. Full reports on these events are available online.

## World AIDS Week (WAW)

World AIDS Week remains year. Highlights from 2007 event held at Annabel's Support); a raffle; stalls and resources, ribbons etc; opportunity of reaching the wider community.



the essential period for Prevention work in any included: the 'HIV, Let's Get Talking' training Cabaret Club, the WAW Ball (Torbay Pride displays at community venues, distribution of Plymouth city centre street collection, and the

This year saw the highest numbers of agencies participating by distributing WAW resources. Posters and literature were also distributed to GP surgeries, community centres and shops, displaying WAW information boards containing information and graphics reaching thousands of people.

## Other Campaigns

National Condom Week also offers a consistent chance to promote awareness and understanding of HIV and Safer Sex through: displays, newsletter coverage, flyers, a media campaign and a Safer Sex event featuring pasante's Condom Man.

## Website

Our website has continued to develop, being reviewed and re-designed. It is now not only a significant resource but one of our best-used services. As an information source and as a promotional tool, the website adds to the breadth and scope of our profile and reach (Address: [www.eddystone.org.uk](http://www.eddystone.org.uk)).

## Media / Promotion

Media coverage remains an essential part of our health promotion work. All three major prevention campaigns have been covered, with the local papers (Evening Herald & Herald Express) and radio (3 regional stations) being supportive.

Targeted advertising is carried out through various media and means, promotion of the agency not only increasing our accessibility but also raising awareness of HIV and related issues.

## 5. HIV Support Services across South & West Devon

All the services below are provided for South & West Devon

### Eddystone's Support services include:

- Individual support
- Advocacy
- Hardship Fund
- Helpline
- Welfare Rights / Housing
- Counselling / Therapies
- Groups / courses
- Leaflets / flyers (covered under Prevention)
- Safer Sex products (covered under Prevention)



### Individual Support & Advocacy

Support workers provide support in the community to individual clients across a range of issues, 'social', practical, emotional and health-related. This includes more specialist support and advocacy in partnership with other health professionals, including GPs, health advisors and consultants, over treatments and health matters, as well as housing and welfare benefits issues.

This support is responsive to a variety of practical and emotional needs linked to the client's status and can include treatment options, respite care and relationship concerns.

Applications for grants, support with lifestyle issues and practical help are all covered.

Issues of independence, self-esteem and ability to cope are paramount for a percentage of clients, if not all the time, certainly periodically. Eddystone's Support Services aim, amongst other things, to ease this, promoting independence and contributing to reducing the long-term care needs of clients.

During 2007/8, there were, for the Plymouth area, about 40 HIV+ clients who received active support. In Plymouth it has become vital to increase our work with those local groups of people associated with areas of the world that have high HIV-prevalence rates. This can be students, migrant workers, members of the armed forces or refugees, mainly (but not exclusively) from sub-Saharan Africa. We worked with about 10 people at any one time from this group, with quite a high turnover as people moved in and out of the area. There were in total approx 950 contacts during the year.

Eddystone aims to provide a service to anyone in Plymouth or Torbay who is affected by HIV and presents themselves or is referred to us. There were approx 15 +ve clients in the Torbay area, mostly presenting with other health issues including addiction to drugs / alcohol and some requiring intensive support.

## **Helpline Support**

Helpline services provide confidential information and referrals on to other services, for anyone concerned or affected by, primarily, HIV and hepatitis C issues. As well as giving information and support, the service is a key first point of access (and/or referral) for new clients.

## **Welfare Rights Service / Housing**

Eddystone's Welfare Rights service provides information on specific benefit issues and support in maximising benefit entitlements. Support workers in each site provide help with completing forms, appeals against decisions, and information on which benefits might be applicable, while some clients are represented to tribunal level.

**Housing** applications and help with re-housing remain integral to our Support Services. This entails liaison with and applications to local housing department and referring through the VAP (Vulnerable Adults Panel). Often this then links in to grant applications, or occasionally use of the Hardship Fund, to ensure basic needs are met upon moving in.

## **Counselling**

The Eddystone Counselling Service provides professional, one-to-one support that is client-centred and fully confidential. Most sessions entail supporting HIV+ people in maintaining stable lifestyles. This sort of professional counselling, for a minority of clients, remains essential and the feedback we receive is extremely positive. Provision averages 40 hours of counselling / quarter.

## **Hardship Fund**

Our Hardship Fund is made up entirely of voluntary donations. Specifically, the Fund is used for small grants to meet immediate financial need. The Fund also acts as a clearing-house for grants gained for clients from charitable trusts. Over £5000 was secured from charitable trusts for example Crusaid & Northcott Devon Foundation for various clients during this time period. In Plymouth, World AIDS Week is the key time to raise money for the Hardship Fund and a total of £2500 was raised. For Torbay, Torbay Pride Support (TPS) is a crucial fund-raiser contributing £1000 to the Hardship Fund in Torbay.

For the first time a calendar was produced for 2008 which contained photographic prints of black and white images. The images and design of the calendar were carried out by a client who is a keen photographer. The money raised from the sales, £1730 also went directly to the Hardship Fund.

139 successful applications were made to the Hardship Fund ranging from a few pounds toward the travel costs for hospital visits to £120 toward the cost of a respite weekend. For the 3<sup>rd</sup> year running the Hardship Fund has been one of the charities supported by the RAG Society from The University of Plymouth who have this year raised over £650. Sponsorship and donations also now pay for limited complementary therapy provision.

## **Complementary therapies**

With state-funded free complementary therapies for HIV+ ending in 2003 Eddystone continues to support access as many service users report enhanced well being following treatment. Aromatherapy and Reflexology are offered on alternate weeks at the Plymouth site with Aromatherapy being offered once a month at the Torbay site. Sessions are free to the clients – donations welcomed – with a maximum of six sessions per client per year depending on level of need, responsiveness, and demand. The service is funded through the Hardship Fund for both sites.

## 6. Hepatitis C Services

The services this year were limited to:

- Training, included in BBV training
- Leaflets/ flyers (HCV and HBV)
- Websites ([www.eddystone.org.uk](http://www.eddystone.org.uk))
- Newsletter



### Individual Support & Advocacy

Requests for support and information are signposted on to suitable agencies; however, as these are limited this continues to be an area of unmet need.

### Training

Training sessions for hepatitis C is now included in the BBV package and no longer a stand alone training session. However, requests for specific hepatitis C training continue to grow.

### Information / Resources

We continue to distribute our *Introduction to Hepatitis C; Hepatitis C Testing and Treatment Options* leaflets; all these are written and produced by Eddystone. Coverage of Hepatitis C (HCV) through the hepatitis C Column in our newsletter has continued.



## 7. Shift

In 2003 Eddystone undertook to provide specific sexual health work for the Plymouth Teenage Pregnancy Team. Initially, this was based around information and resources but soon grew to become an ongoing project with its own identity: Shift. Although provided purely for workers who work with young people, this is, essentially, sexual health information, training and service support, complementary to Eddystone's existing core services.

The Shift project has begun to wind down from 08/09, enabling local providers to continue with their higher standards of practice and understanding. This work exists to inform, develop and support current sexual health work with young people in Plymouth, providing:

**Training:** This is integral to Shift, which oversees and provides a range of training. This included tiers 1 & 2 of **sexual health** training, **delay** training, **receptionist training** and a comprehensive 3 day "pregnancy testing" training course, all of which are run regularly, are well attended and valued. This year, Shift and the Teenage pregnancy Team worked alongside Jo Adams to create a team of trained trainers, able to deliver the nationally acclaimed **Go Girls** course, which seeks to train workers to build Assertiveness and Self esteem wit Girls and young women. A national group has been established and agreed to meet up in 2008/09. **Foster Carers** training continues to be well attended and evaluated by local carers and fostering social workers.

Also, in partnership with Harbour Drug and Alcohol services, Shift have combined to create a course addressing the issues of alcohol use and sexual behaviour and risk taking with young people. This course is called **MASHT** (Multi Agency Alcohol and Sexual Health Training) and has been piloted, evaluated and run throughout 2007/08. In addition, **EHC training for pharmacists** is being jointly run between the Teen Pregnancy Team and Shift, leading to many pharmacies now operating young people friendly services for Emergency Contraception, which is being offered for free to under 19's in Plymouth. To reflect this increase in the range of courses available as well as the frequency, a very well received training brochure was produced and put on the website, as well as sent out to most agencies, surgeries and venues across Plymouth.

**Quality Standards:** Shift works closely with the Teenage pregnancy team and registers and assesses agencies for the 'Safe' badging of health services suitable for young people.

**Condom / resources distribution:** Shift provides condoms and lubricant to other services, supporting the establishment and implementation of protocols for appropriate distribution of

condoms to young people by youth services, providing condoms and other resources (including pregnancy testing kits), monitoring distribution and providing relevant training. This continues to grow, adding to the access points for young people in the city and improving quality of distribution. Over the year, over **13,000** condoms were distributed across Plymouth amongst services to young people. An audit of current distribution services is complete and available through the Trust.

**Development work:** Shift increasingly works with other services to assess needs and opportunities, including supporting planning and networking.

**Schools and extended schools development** – Shift have been working to involve the Extended schools agenda alongside Hotspot work, and to link local needs, data and services together to create better more locally relevant sexual health services.

**Hotspot work** – Hotspots are areas with higher than average rates of Teen Conception. Plymouth has 8, and Shift has been focussing on localities in Plymouth and working with local schools, surgeries, agencies and young people, addressing local sexual health needs. An example of this is contributing to development of ‘Clinic in a box’ in hotspot areas in east side of city, in partnership with the Family Planning Service.

**Campaigns:** 2007 National Condom week saw the Peninsula Medical School joining The Eddystone Trust in an exciting race up and down Mutley Plain and North Hill handing out condoms to the Friday night general public. As well as this, agencies accessed lots of youth friendly condom related resources and educational packs.

## 8. Partnership Work

At Eddystone, we continue to link in with many other organisations. Some we liaise with regularly, some we collaborate with for specific pieces of work and some just occasionally link with. All contribute to the depth and breadth of work we carry out.

### Forums / networks:

The client services team have regular contact with the **GUM** Dept both in Plymouth and Torbay and liaise with the **Hepatology Dept** at **Derriford** in regards to co-infection clients. We also act as a referrer to the VAP panel regarding housing for vulnerable people in the Plymouth.

Gay Men’s Health workers frequently participate in Public Sex Area (PSA) multi agency forums, as well as supporting the local LGBT youth groups. In Plymouth, the worker attends and supports Plymouth Pride events as well as maintaining good relations with Plymouth Pride Forum. This has led to a great involvement in Plymouth LGBT History Month celebrations. In Torbay, the Gay Men’s Health worker contributed to Torbay Pride Support as well as Spectrum (Police Liaison) and Torbay Sexual Health Forum.

Alongside this, Eddystone regularly contribute towards the national development of gold standard practice amongst those working with Homosexually Active Men, and the **CHAPS partnership**.

The Shift project development worker is a member of the **Teenage Pregnancy Prevention Sub-group** and is an active member of the Plymouth **PHSE** forum. Shift helps run the **Pregnancy Testers Support Group** in partnership with the **Teenage Pregnancy Team**, as well as being involved in the **Children’s Workforce Development forum**.

### Collaborations

Eddystone continues to regularly link with the **GUMs** in Plymouth and Torbay in terms of individual clients, including shared care with health advisors and consultants and also training. Support work also entails ongoing liaison with individual **Social Workers** and **Care Workers**. For **asylum seekers and refugees**, there are a range of agencies we now actively link with i.e. **Refugee Action**, **Devon & Cornwall Refugee Council** and **Plymouth & District Racial Equality Council**.

Partner agencies, which support our work, include **Plymouth Community Partnership** (in a number of ways, including extensive information and resources and through allowing us input into their newsletter) and **WorkAble Plus**, which counts, labels and bags up condoms for us and makes up the Safer Sex Packs.

Our Prevention work, meanwhile, includes links with local **LGBTQ** (Lesbian, Gay, Bisexual, Transgender and Questioning) groups, especially the **OUT Youth Group**, a group of young people we support in Plymouth. Local gay venues, **the Swallow, the Clarence and Zero's** in Plymouth and **Rockys, Steamer Quay, Cliff House and the Meadfoot** in Torquay, are integral to our targeted work, including as venues for events. Links with the **Plymouth Pride Event** group and the **Intercom Trust** continue.

## 9. Finances

The Eddystone Trust's total annual income is about £300,000. This is mainly made up of grants for specific (contracted) work, while some is generated through sponsorship, some through donations and some through training.

Eddystone is mainly funded by the local **Primary Care Trusts (PCTs)**. These were formerly Plymouth, South Hams & West Devon, Teignbridge and Torbay PCTs, mainly funding the HIV prevention and sexual health work, though **Torbay** and **Plymouth Social Services** core fund HIV Support (social care) services. We also receive money from **Plymouth Supporting People** for housing and tenancy-related HIV Support work, now a combined contract with Plymouth Social Services.

**Plymouth Teenage Pregnancy Partnership** funds Shift. Other grants come from **Cornwall PCTs**, while Eddystone also generates income through training, conference revenue and sponsorship, while **public donations** make up the Hardship Fund for (HIV & Hep C) clients.

The formal accounts will be presented at the AGM, copies obtainable through our Plymouth office or through the Charities Commission website.

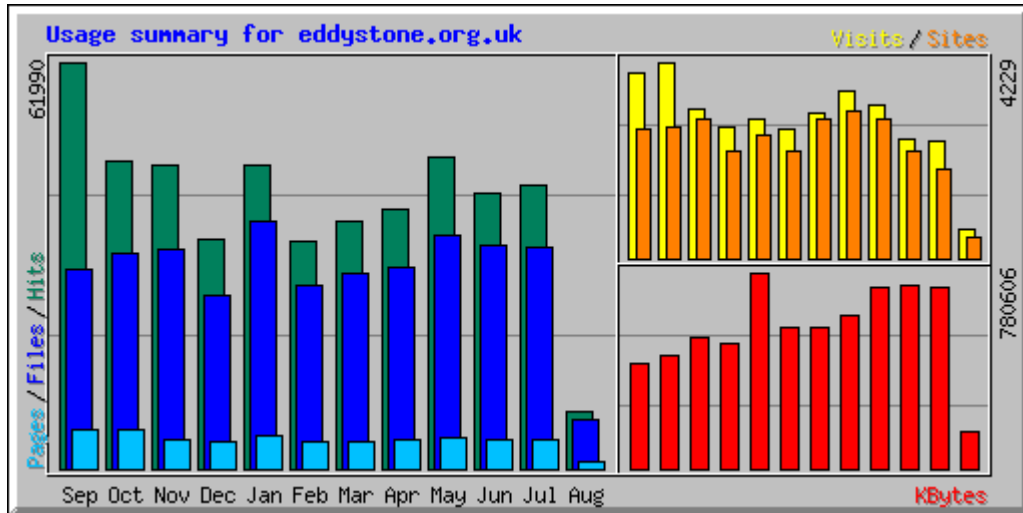
## 10. Future Plans

Future plans include:

- Continuing to provide and develop **support** to people living with HIV
  - Complementary Therapies to be reviewed and assessed
  - A Positive Self-Management course
  - Social group run by the clients
  - A support group for female clients
  - A second complementary treatment in Torbay
  - 21<sup>st</sup> Anniversary celebratory events
- Continuing **campaign** work, including for and through National Condom Week, World AIDS Week and national CHAPS Campaigns
- Hosting of a fourth regional **Sexual Health Conference** in Torbay
- Reviewing and developing the Training and Development Team and providing a series of Blood Borne Virus and sexual health **training courses** to agencies and targeted groups
- Continuing **information work** through the Eddystone and other newsletters, our websites and literature
- Linking in with Peninsula Medical School re the **placement of student doctors**
- **Women's Health Fair** in Plymouth and Torquay
- Further develop community work and prevention work in **Public Sex Areas**
- Further building of the management structure
- Explore with partner agencies the development and delivery of consistent services across Devon

# 11. Website Usage Statistics for eddstone.org.uk

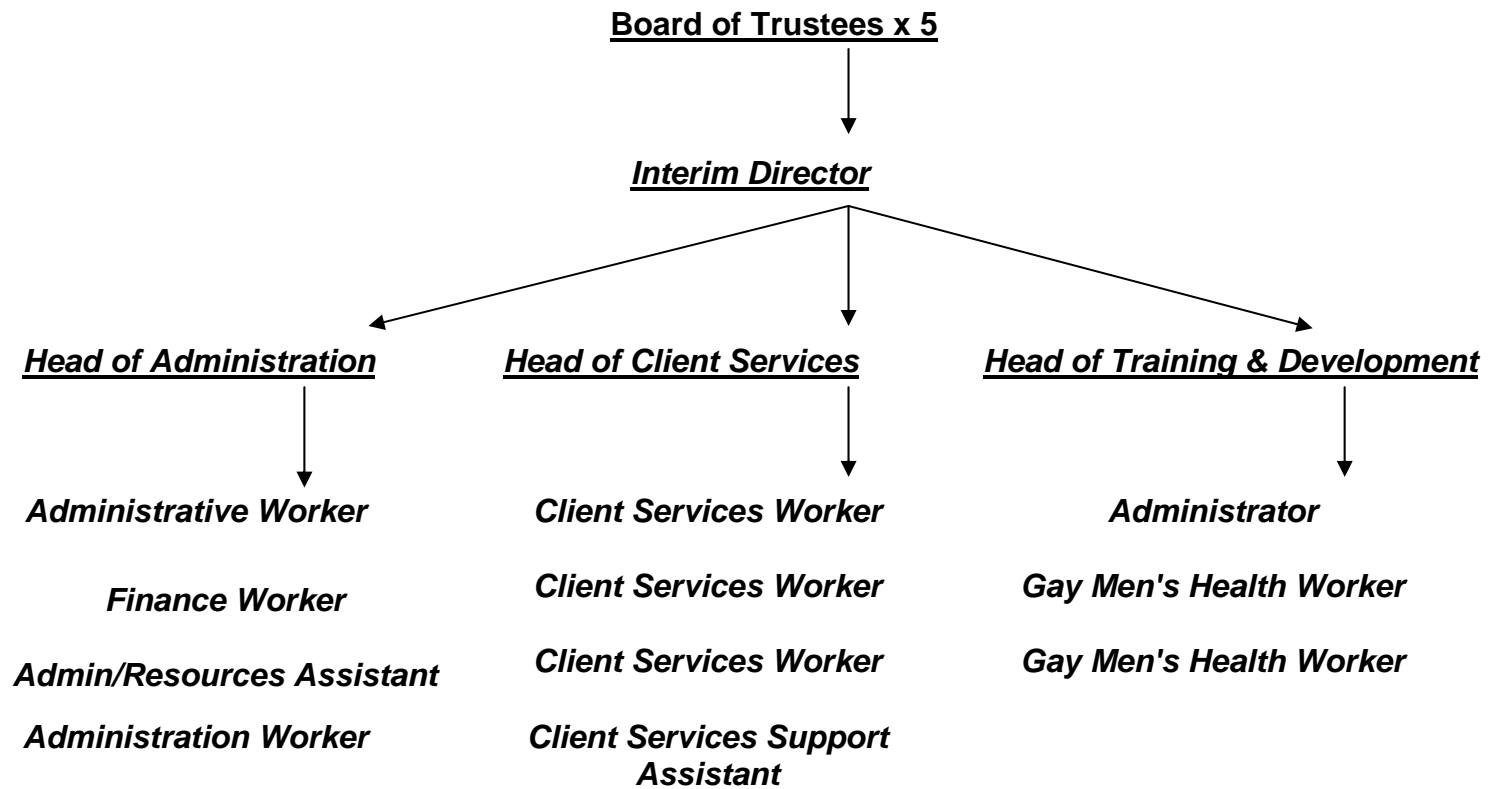
Summary Period: Last 12 Months  
Generated 09-Aug-2008 20:59 BST



Summary by Month										
Month	Daily Avg				Monthly Totals					
	Hits	Files	Pages	Visits	Sites	KBytes	Visits	Pages	Files	Hits
<a href="#">Aug 2008</a>	973	839	126	70	445	146691	638	1137	7554	8765
<a href="#">Jul 2008</a>	1397	1091	142	80	1933	722519	2503	4407	33838	43335
<a href="#">Jun 2008</a>	1396	1139	144	85	2297	726398	2579	4327	34187	41896
<a href="#">May 2008</a>	1528	1146	155	106	2991	719342	3298	4818	35544	47388
<a href="#">Apr 2008</a>	1316	1023	151	120	3171	610564	3607	4554	30693	39491
<a href="#">Mar 2008</a>	1213	961	131	100	2978	560181	3126	4087	29800	37632
<a href="#">Feb 2008</a>	1195	959	140	95	2305	564635	2773	4073	27830	34658
<a href="#">Jan 2008</a>	1496	1212	162	97	2649	780606	3020	5026	37572	46380
<a href="#">Dec 2007</a>	1124	855	137	91	2301	500006	2841	4257	26525	34846
<a href="#">Nov 2007</a>	1546	1118	143	106	3013	518962	3196	4296	33542	46387
<a href="#">Oct 2007</a>	1513	1057	191	136	2822	446275	4229	5921	32777	46923
<a href="#">Sep 2007</a>	2066	1014	197	133	2763	416346	4010	5933	30449	61990
<b>Totals</b>						<b>6712525</b>	<b>35820</b>	<b>52836</b>	<b>360311</b>	<b>489691</b>

## 12. Staffing Structure

### The Eddystone Trust, 2007-08



## 13. Contact details

### Plymouth office

**Tel:** 01752 257077; **Fax:** 01752 252093

**Address:** 36 Looe Street, Bretonside, PL4 0EB

**E-mail:** info@eddystone.org.uk

### Torbay office

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**[www.eddystone.org.uk](http://www.eddystone.org.uk)**