



# **Evaluation Report**

## **Freedom to Be**

### **August 2014**

*Before I came to this camp I didn't accept myself  
but now I do.*

Young Person, Camp 2014

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## Introduction to F2B

Freedom To Be (F2B) is a 5-day residential summer camp for 13-17 year old HIV positive young people living in the UK and Ireland. The camp is comprised of workshops, outward-bound and recreational activities and is intended:

- i) To facilitate the development of peer friendships and networks in order to address the high level of social isolation experienced by this group;
- ii) To supplement participants' knowledge and understanding of how to live well with HIV;
- iii) To enhance participants' confidence and self-esteem through outward-bound activities, decreased isolation and increased knowledge; and
- iv) To facilitate participants' access to a broader community of people living with HIV so as to provide them with knowledge, support, guidance and inspiration.

## Referrals and allocation of places

To apply for a place at the F2B camp, an online referral had to be completed. Online referrals were available from February–April 2014 on both the CHIVA public website and via the secure website that CHIVA runs for HIV positive young people. Referrals were received from a number of healthcare providers and support services throughout the country as well as self-referrals from young people and a small number of referrals made by parents.

Isolation was a primary factor in the allocation of places: those young people not accessing regular peer support were prioritised. A secondary factor in allocating places was whether the applicant had previously attended camp. Table I provides a breakdown of allocations over the last five years.

**Table I – Participant breakdown relating to the selection criteria**

	2010	2011	2012	2013	2014 <sup>1</sup>
Attended camp before	0	51	44	58	54
New to camp	79	46	57	39	47

<sup>1</sup> For F2B 2014, 99 out of 101 attendees completed a camp evaluation. Out of these evaluations, one attendee did not answer the question on whether they had attended camp before.

Do not attend a support service	35	52	65	54	66
<i>Total</i>	<i>79</i>	<i>97</i>	<i>101</i>	<i>97</i>	<i>98</i>

Each year, a number of young people are offered a place at camp, but decide not to accept this offer. Through hearsay, the main reason given for not taking up the offer of a place was anxiety about attending. In 2014, there were 181 applications for a place at camp. 110 young people were initially offered places, and 35 of these declined. The original list was then revisited to fill all places. Of the 35 that did not take up their place, 28 do not access any other support, confirming the hearsay that these young people access no support.

## **F2B 2014**

This year's camp was funded by the Monument Trust, MAC AIDS Foundation, Robert Keys Memorial Trust (Elton John AIDS Foundation), ViiV, Children in Need England, the Albert Trust and a number of fundraising events by the public. F2B ran from Tuesday 5<sup>th</sup> August at Margaret McMillan House, Kent. Each F2B camp has a theme and this year's was 'Power To Change.' This theme was decided by the CHIVA Youth Committee and it was explored externally, regarding the power to change the outside world, but much focus was given to exploring the power that individuals have to change themselves and the way they feel about HIV.

There were 101 campers attending F2B 2014, 51 of whom were female, and 50 male. The age distribution of participants is provided in Table II.

**Table II – Age of participants**

<b>Age</b>	<b>Number</b>
13 years old	8
14 years old	17
15 years old	28
16 years old	29
17 years old	19

Compared with last year's campers, the biggest change in age distribution is with the 13-year-old age range, with 14 campers aged 13 at last year's camp, compared to 8 in 2014.

The geographical spread of campers is provided in Table III.

**Table III – Regional distribution of camp attendees**

<b>Region</b>	<b>Number</b>
Northern Ireland	1
Irish Republic	1
London and surrounding districts	34
Midlands	24
North East	8
North West	17
South East	7
South West	7
Wales	2

The regional distribution of camp attendees is somewhat different from last year's. F2B 2014 had no attendees from the Central and Eastern regions, compared to two campers from each region at last year's camp. Both the Midlands and London and surrounding districts provided the largest increase in attendees: from 10 to 24, and from 21 to 34, respectively.

## **Staff**

There is an experienced and varied team running camp. As part of the ethos of F2B that promotes young people's ownership of the camp, previous camp attendees are encouraged to take up the roles of camp leaders and key workers. This year's team consisted of 6 CHIVA staff, 18 key workers (volunteers) and 10 camp leaders (volunteers aged 18-24). All camp leaders were HIV positive and had previously attended camp as a participant. Out of the 18 key workers, 50% (n=9) were HIV positive, 33% (n=6) had previously been camp leaders and 27% (n=5) had also previously been a participant at camp. The other 50% was made up of professionals from various fields (sexual health doctor, three paediatric nurses, social worker, etc.). Not all of the HIV positive key workers were previous camp attendees or camp leaders.

This was in order to achieve one of F2B's goals to provide participants with access to a broader community of people living with HIV, in order to offer them knowledge, support, guidance and inspiration.

The 10 camp leaders all undertook a 4-day training course, 'The Essentials of Youth Work', two months prior to the camp. This course gave camp leaders a basic understanding of safe practices when working with young people, for example managing boundaries. This course also helped camp leaders to gain a further understanding of the change in their role at camp, from participant to volunteer.

## **Workshops and activities**

In order to supplement participants' knowledge and understanding of how to live with HIV, workshops focused on the following topics: living with HIV; dispelling myths about HIV; medication and adherence; and disclosure.

Outdoor activities provided for campers included climbing, archery, basketball and football. Other activities included yoga, an open mic night (with performances including poetry and rap), art therapy based costume/mask making, and a dance on the final evening. DVDs were provided for campers who wanted to watch films. One camper also hosted a makeup session for younger camp attendees.

The remainder of this report will describe the evaluation methods used for F2B 2014, before analysing evaluations of the workshops, overall camp, the experiences of camp leaders and volunteers, and providing conclusions and recommendations for next year's camp.

## Chapter One: Evaluation methods

Evaluations were completed on the workshops, overall camp, and the experiences of the camp leaders and volunteers.

At the end of each workshop, attendees completed a paper evaluation. A paper evaluation was also provided to campers at the end of camp, to gauge their overall experience of F2B. In the weeks following the end of camp, camp leaders and volunteers completed an online survey about F2B and the support that was provided to them in their respective roles.

All evaluations made it clear that they were anonymous.

### Workshop evaluations

There were four workshops at F2B 2014 for which evaluations were completed:

- 'Game of life' (HIV and your life)
- 'Mythbusters' (dispelling myths about HIV)
- 'Be your own hero' (medication and adherence)
- 'Captain Straight Talk' (sharing your HIV status).

Workshop attendees completed a simple and brief evaluation comprised of six questions. These questions were intended to gauge: how attendees felt before and after attending the workshop; the level of understanding of what the workshop was about; what was learned through attending the workshop; what could be improved; and how attendees felt in general about the workshop.

The six questions were:

1. Before it started, did you want to come to this workshop?

Yes                      Not sure                      No

2. Now that it's over, are you glad you came?

Yes                      Not sure                      No

3. In your own words, what would you say it was about?

4. Write one thing you learned in this workshop.

5. Write one thing you didn't like OR would change for next time.

6. Please circle the face that shows how you feel about this workshop.



Table IV demonstrates the number of evaluations completed for each workshop.

**Table IV – workshop attendees and completed evaluations**

<b>Workshop</b>	<b>Number of attendees</b>	<b>Number of evaluations</b>
Game of life	101	63
Mythbusters	101	89
Be your own hero	101	66
Captain Straight Talk	101	63

### **Camp evaluations**

The evaluation form given to campers at the end of their time at camp consisted of 12 questions. These questions were intended to gauge whether the attendee had previously attended camp (and how many times) and planned to stay in touch with people they had met; three things they liked least and most about F2B 2014; new things learned about HIV and about themselves; whether it was important to have HIV positive young people and adults around them; what should be taken into consideration when planning next years' F2B camp; and whether there is anything else they wanted to say about this year's camp. The questionnaire also asked campers to complete the following sentence: 'For me, being at F2B has meant....'

Out of 101 attendees, 99 campers completed a camp evaluation form.

### **Camp leader and volunteer evaluations**

Camp leaders and volunteers were sent an online survey to complete, following the end of F2B 2014. As with the paper evaluations, this survey was anonymous.

#### *Camp leaders*

Camp leaders were asked eight questions. They were asked to rate: the venue; camp activities; workshops; and the support and information provided

to them. The choice of answers was on a scale of 'Poor'; 'Adequate'; 'O.K.'; 'Good'; and 'Excellent.' Some camp leaders also provided comments.

Question five asked camp leaders to rate other aspects of camp out of the following scale: 'Not helpful'; 'Adequate'; 'O.K.'; 'Good'; and 'Excellent.' These aspects included the role of the camp leader, CHIVA's approach to managing behaviour, the team structure, and the logistical arrangements at camp.

Questions six and seven concerned the role of the camp leader, and survey participants were asked how they think the role could be improved, and whether they found the training weekend helpful. The final question for camp leaders asked them to add any further comments they might have on improving the volunteering experience, and comments about camp in general.

Six out of 10 camp leaders completed the online survey.

### *Volunteers*

The online questionnaire for volunteers was almost identical to the one for camp leaders but was only comprised of six questions, as it did not include the two questions on the role of the camp leader.

Eleven out of 18 volunteers completed the online survey.

## **Chapter Two: Workshop evaluations**

Six workshops were provided by CHIVA for the F2B campers: Game of life; Mythbusters; Be your own hero; Captain Straight Talk; Superhero (art therapy based session); and Refuelling (relaxation/yoga).

Three workshops were run on day two and four of the week. These were run on a rolling programme with the 101 young people being divided into two groups (Tigers and Sharks) and either spending the morning or afternoon attending three workshops. When not at workshops, they were undertaking organised outward bound activities. This process meant that all young people at F2B would attend all the workshops.

Following the four workshops specifically dealing with HIV, evaluation forms were provided to campers. Campers were able to comment on the other two workshops in the overall camp evaluation form.

This chapter looks at evaluation responses according to the themes generated from the evaluation forms: clarity and accessibility of the workshops; increase in knowledge; room for improvement; and overall satisfaction with the workshop.

### **Clarity and accessibility**

In order to gauge the clarity and accessibility of the workshops, evaluation forms asked campers what they would say about the workshop. The majority of answers demonstrate that campers were aware of what the workshops were supposed to be about.

Out of the 63 evaluations completed for the 'Game of life' workshop, 60 campers answered the question around clarity and accessibility. A great deal of respondents (63%, n=38) were aware of the aims of the workshop, answering that they thought the workshop was about HIV, life with HIV, dealing with HIV, and what to do about the future. Some answers did not mention HIV at all, but alluded to medication, coping in difficult situations, and trust, all of which are issues that relate to living with HIV. Twelve respondents (20%) noted general comments about the workshop, for example, 'I learned a lot', 'interesting', 'great talk', 'good but boring.'

The workshop on dispelling HIV myths, 'Mythbusters,' generated 83 responses regarding what attendees thought the workshop was about. Twenty-six (31%) respondents specifically mentioned facts and myths about

HIV, how people view HIV, and how HIV lives in the body. A further 32 respondents (39%) noted that they thought the workshop was about: HIV (i.e. 'understanding HIV', 'HIV information', 'awareness about HIV'); having questions answered about HIV; living with HIV; medication; stigma; and HIV and sex. These are all HIV issues that have myths surrounding them, suggesting that the specific issues noted by attendees remain relevant to the general intent of the workshop. A considerable proportion of respondents (22%, n=18) used this question to make general comments on the workshop, i.e., 'helpful', 'good', 'awkward', and 'educational.'

'Be your own hero,' the workshop on medication and adherence, generated 60 responses to the question of what attendees thought the workshop was about. Twenty-three (38%) of these responses specifically mentioned medication (taking and discussing medication, and the reasons to take medication). Fourteen attendees (23%) stated more generally that the workshop was about HIV or 'more information about HIV.' Ten campers (17%) used this question to note general comments about the workshop, such as 'interesting', 'boring', 'learned a lot', and 'repetitive.'

For the final workshop, 'Captain Straight Talk,' 52 out of the 63 campers who completed an evaluation form, commented on what they thought the workshop was about. Over half of these answers (58%, n=30) specifically mentioned disclosure, or having confidence in relation to telling someone about HIV. A further 19% (n=10) stated that the workshop was about HIV or living with HIV. As with the other workshops, a sizeable proportion of answers to this question focused on general aspects of the workshop, describing how they felt about it in general, or how engaging the workshop was, i.e., 'it was a good experience,' and 'it was alright.'

## **Increased knowledge**

To ascertain whether workshops resulted in an increase in knowledge of HIV issues for campers, evaluation forms asked them to state one thing they learned from the workshop.

The 'Game of life' evaluations generated 45 responses to the request to state one thing learned, meaning that 18 people out of those submitting an evaluation did not answer. Out of these 45 responses, the largest proportion of respondents (27%, n=12) learned something positive about issues of self-worth and acceptance of HIV, with comments including, 'love yourself,' 'you are not alone,' 'you are not your disease,' and 'be confident and not always serious.' There were also comments (7%, n=3) suggesting that this workshop provided hope for campers, who touched upon the issue of a future with HIV

when noting that they learned ‘not to worry about your future,’ ‘it does not affect your future,’ and ‘live as long as you want.’ Twenty per cent of campers (n=9) said that they learned something about disclosure, be it how to tell (or not to tell) people, and that they have a choice about who they wish to disclose their status to. Related to disclosure is the issue of trust, which two respondents (4%) mentioned learning something about. Other campers (13%, n=6) stated that they learned practical things (i.e., ‘eat healthy,’ ‘you can be a pilot,’ ‘the MOD are changing restrictions’), or indeed ‘everything’ (2%, n=1).

Although there were 89 evaluation forms completed for the ‘Mythbusters’ workshop, 21 campers did not state one thing learned. Out of the 68 that did answer this question, there was an extremely wide range of answers, most likely owing to the nature of the workshop that aimed to dispel the numerous myths about HIV. Only 6% (n=4) specifically mentioned ‘HIV myths’ and ‘how people used to think about HIV’ in their answers. Other answers, however, relate to the various myths surrounding HIV, with an additional 71% (n=48) mentioning a range of specific things learned, including: HIV; employment (‘jobs you can and cannot do’); the law and HIV (countries that do not allow entry to people with HIV); transmission (how HIV is and is not transmitted); where HIV is present in the body; and prevention. This range of answers suggests that in total, approximately 77% of workshop attendees learned something about HIV myths.

It is clear from the evaluation forms that there was an increase in HIV knowledge for campers attending ‘Be your own hero.’ Out of 66 evaluation forms collected for this workshop, 24 provided no answer, or were unsure, when asked to state one thing they had learned. Out of the 42 respondents who did answer this question, 59% (n=25) mentioned medication or tablets: why they are important, why it is necessary to take them on time, and how they work in different ways. An additional 11 respondents (26%) stated that they learned something about HIV, or HIV facts involving ‘CD4’ and how ‘HIV can change shape.’

For ‘Captain Straight Talk’, the workshop on disclosure, 42 campers stated one thing they learned. A considerable proportion (36%, n=15) indicated that they learned about disclosure, the topic of the workshop, through comments such as ‘how to tell someone,’ ‘you don’t have to disclose your status,’ ‘how to disclose when feeling ready’ and ‘good and bad ways of telling people.’ A further (31%, n=13) mentioned learning about issues surrounding disclosure, such as: the need to trust the people you disclose to (‘you need trust’); the need to feel confident about disclosing (‘be confident’); that you should not feel too much fear (‘don’t be scared’); and legal rights around disseminating personal information (‘it’s illegal for people to give out your personal info’). The workshop also taught two campers about internalised stigma: ‘most people can’t admit their HIV status’ and ‘a person can have personal stigma.’

## Room for improvement

To ascertain how workshops can be improved for future camps, evaluations asked campers to state one thing they did not like, or would change, about the workshop.

Forty-eight out of 63 campers (76%) attending the 'Game of life' workshop either did not answer this question or stated that they would change 'nothing.' Out of the remaining 15 respondents, the majority of campers (53%, n=8) requested that the workshop be made more interactive and interesting, with comments including, 'make it more fun' and 'less talk more action.' One camper also highlighted the difficulty in undertaking HIV workshops, commenting that the workshop 'Forced us to talk about personal life.'

Evaluations for 'Mythbusters' also had a high number of evaluations (60 out of 89) where this question was either unanswered or campers stated that they would change nothing. For the remaining 29 campers, timing was a considerable issue, with 27% (n=8) noting that the workshop was: too short; should be made shorter; should include more time for questions; and should include more time for learning about jobs. As with 'Game of life,' a number of campers (31%, n=9) suggested that the workshop be made more interactive by including 'more enjoyable activities' and having less talking. It is worth noting that one camper mentioned 'death talk' as the thing they did not like or would change, again highlighting the emotional effort exerted by campers in dealing with the sensitive issues presented in workshops.

A high proportion of campers (74%, n=49) attending the 'Be your own hero' workshop either provided no answer, were unsure, or stated that they would change nothing about the workshop. Of the remaining 26% (n=17), 41% (n=7) noted the content of the workshop as the one thing they did not like or would change: 'HIV,' 'Talking about HIV :(', 'CD4 count thing.' A similar proportion of campers compared to other workshops (35%, n=6) also suggested that the workshop be made more interactive and interesting, and contain less talking.

Finally, 'Captain Straight Talk' had 51 attendees (81%) provide either no answer or state that they would change nothing about the workshop on disclosure. From the 12 campers who did answer this question, 50% (n=6) suggested that the workshop be made more interactive and fun, and contain less talking. Two campers (17%) also mentioned that they would 'change the timing' of the workshop, with one specifying that they wanted the workshop to be longer.

## Satisfaction with the workshops

Three questions on the workshop evaluation forms were designed to gauge campers' overall satisfaction with the workshops. The first two questions on the evaluation form asked campers whether they wanted to attend the workshop before actually attending, and whether they were glad they had attended, following the workshop. The responses to these questions across all workshops are presented in Table V.

**Table V – How campers felt before and after attending workshops**

	<i>Before it started, did you want to come to this workshop?</i>				<i>Now that it's over, are you glad you came?</i>			
	<b>Yes</b>	<b>Not sure</b>	<b>No</b>	<b>Total</b>	<b>Yes</b>	<b>Not sure</b>	<b>No</b>	<b>Total</b>
<b>Game of life</b>	42% (n=27)	31% (n=20)	27% (n=17)	100% (n=64) <sup>2</sup>	79% (n=49)	18% (n=11)	3% (n=2)	100% (n=62) <sup>3</sup>
<b>Mythbusters</b>	35% (n=31)	38% (n=34)	27% (n=24)	100% (n=89)	80% (n=71)	16% (n=14)	4% (n=4)	100% (n=89)
<b>Be your own hero</b>	26% (n=17)	32% (n=21)	42% (n=28)	100% (n=66)	60% (n=40)	25% (n=17)	15% (n=10)	100% (n=67) <sup>4</sup>
<b>Captain Straight Talk</b>	29% (n=18)	32% (n=20)	39% (n=24)	100% (n=62) <sup>5</sup>	77% (n=48)	15% (n=9)	8% (n=5)	100% (n=62) <sup>6</sup>

As demonstrated in the above table, many campers changed their minds about the workshops after attending. All of the workshops show an increase in the number of campers who were glad to have attended, compared to the number that initially did not want to attend or were unsure about attending.

The final question on the evaluation form asked participants to circle a face signifying how they felt about the workshop in general, with the results shown in Table VI.

**Table VI – Overall feelings of campers towards workshops**

<sup>2</sup> The total number of evaluations for 'Game of life' was 63. One camper chose both 'yes' and 'not sure.'

<sup>3</sup> The total number of evaluations for 'Game of life' was 63. One camper left this question blank.

<sup>4</sup> The total number of evaluations for 'Be your own hero' was 66. One camper chose both 'yes' and 'not sure.'

<sup>5</sup> The total number of evaluations for 'Captain Straight Talk' was 63. One camper left this question blank.

<sup>6</sup> The total number of evaluations for 'Captain Straight Talk' was 63. One camper left this question blank.

	<b>Happy</b> 😊	<b>Neutral</b> 😐	<b>Sad</b> ☹️	<b>No answer</b>	<b>Total</b>
<b>Game of life</b>	79% (n=50)	19% (n=12)	0% (n=0)	2% (n=1)	100% (n=63)
<b>Mythbusters</b>	62% (n=55)	30% (n=27)	0% (n=0)	8% (n=7)	100% (n=89)
<b>Be your own hero</b>	63.5% (n=42)	29% (n=19)	6% (n=4)	1.5% (n=1)	100% (n=66)
<b>Captain Straight Talk</b>	75% (n=47)	21% (n=13)	1% (n=1)	3% (n=2)	100% (n=63)

These results demonstrate that the majority of campers were happy with the workshops overall, with very few expressing dissatisfaction.

## Chapter Three: Camp evaluations

This chapter looks at the overall evaluations that were completed by campers at the end of F2B 2014. Not all of the 99 out of 101 campers that completed an evaluation answered every question, and this will be made clear in the following sections.

### Development of peer friendships and networks

One of the recurring themes from previous F2B camps noted by campers, is the importance of forming relationships with their peers during their time at camp. This also ties in with one of the aims of F2B, which is to address the high level of isolation experienced by young people living with HIV by facilitating the development of peer friendships and networks. The first three questions of the evaluation attempted to gauge how campers were forming peer relationships, and whether these relationships might continue beyond camp. Given that F2B also has returning campers, these questions also took the opportunity to ask them whether they had stayed in touch with people they met at camp in previous years.

**Table VII – Peer relationships formed at F2B**

Have you been to camp before? (1 no answer)				If you have been to camp before, did you stay in touch with people you met?		Do you plan to keep in touch with people you met at F2B this year?		
<i>No</i>	<i>Once</i>	<i>Twice</i>	<i>Three times</i>	<i>Yes</i>	<i>No</i>	<i>Yes</i>	<i>No</i>	<i>Not sure</i>
42% (n=42)	18% (n=18)	16% (n=16)	22% (n=22)	91% (n=52)	9% (n=5)	88% (n=87)	2% (n=2)	10% (n=10)
Total = 100% (n=98)				Total = 100% (n=57)		Total = 100% (n=99)		

An overwhelming 91% (n=52) of returning campers have stayed in touch with people they met at previous camps. Out of returning and new campers, 88% (n=87) plan to keep in touch with people they met at this year's camp. The percentage of campers who either have not kept in touch with fellow campers (9%, n=5), or do not plan to keep in touch with people met at this year's camp (2%, n=2), is extremely low. Only 10% (n=10) of this year's campers are

unsure whether they will keep in touch with people met at F2B.

It is not solely the formation of peer relationships that benefits campers, reducing the isolation felt by these young people. We can see from Table VIII that many campers specifically value meeting peers who are also HIV positive. Furthermore, Table VIII also shows that campers value meeting adults (camp leaders and volunteers) who have HIV.

**Table VIII – the importance to campers of being around HIV positive young people and adults**

	<b>How important was it for you to be around young people at F2B who also have HIV?</b>	<b>How important was it for you to meet adults at F2B who also have HIV?</b>
<b><i>Very important</i></b>	72% (n=70)	62% (n=60)
<b><i>Sort of important</i></b>	21% (n=20)	28% (n=27)
<b><i>Not sure</i></b>	4% (n=4)	6% (n=6)
<b><i>Not really important</i></b>	3% (n=3)	3% (n=3)
<b><i>Not important at all</i></b>	0	1% (n=1)
<b>Total</b>	100% (n=97)	100% (n=97)

Very few campers (7%, n=7) were either unsure or did not find it important to be around young people with HIV, while 10% were not sure or did not find it important to be around HIV positive adults. The majority of campers found it either very important, or sort of important, to be around young people (93%, n=90) and adults (90%, n=87) who also have HIV. The importance of being around other people with HIV, combined with the value that campers placed upon forming peer relationships at camp, is also evident through campers' overall experience and assessment of F2B 2014, where 'family' is a recurring theme.

### **Overall experience and assessment**

The high percentage of campers placing value on forming relationships with other HIV positive people at F2B, is illuminated by looking at campers' overall experience and assessment of camp, through questions 4 and 10 of the evaluation form.

The fourth question on the evaluation form asks campers to state three things they liked about F2B. The answers to this question ranged from naming specific activities to more broad themes around the formation of relationships at camp, and what these relationships meant to the young people. Out of the potential 297 answers to this question, there were 19 spaces left blank, meaning that there was a total of 278 things listed by campers that they liked about F2B. It is worth noting that many campers noted numerous elements in single comments.

Many campers noted activities as being one of the things they liked about F2B 2014, with 12% (n=32) saying that they liked either 'activities' or 'outdoor activities.' Other campers were more specific about which activities they liked: parties/dancing (10%, n=29); archery (5%, n=13); creative day, including open mic (3%, n=8); yoga (3%, n=8); football (2.5%, n=7); climbing (2.5%, n=7); and basketball (2%, n=5).

Workshops were mentioned in 6% (n=16) of responses as one of three things liked by campers, with a further 4% (n=10) stating that they specifically enjoyed learning, be it 'learning more about HIV' or 'learning about myself.'

Staff facilitating workshops, activities and providing general support were also mentioned: key workers, camp leaders, and CHIVA staff were highlighted by 4% (n=11) of campers as one of the things they liked about camp.

In addition to feeling supported by surrounding staff, campers also noted a 'family atmosphere' and 'community' (3%, n=8) and the formation of relationships with people that gave them a 'chance to interact with others like me' about HIV (22%, n=60), both of which were conducive to one camper's comment that one of the things they liked about F2B was 'Being allowed to be free.' This is also supported by 3% (n=8) of other respondents, who noted that what they liked most about F2B was that it allowed them to 'be yourself and be honest about your health' and '...able to feel comfortable with having HIV.'

## **Increased knowledge**

In order to estimate how F2B contributed to an increase in knowledge for campers, questions 6 and 7 asked campers what they learned about HIV, and what they learned about themselves during their time at camp.

### ***New things campers learned about HIV***

In answer to the question that asked campers what new things they learned

about HIV at F2B 2014, 13 out of 99 did not answer (including one answer that was illegible). It is worth noting that some campers made multiple comments in their answers.

Out of the 86 responses to this question, the majority of campers (65%, n=56) stated that they learned about HIV facts, with regards to a range of topics such as medication/adherence, viral loads, and the transmission and prevention of HIV. The same percentage of campers noted that they learned about HIV legal issues (5%, n=4), that there are others living with HIV (5%, n=4), or made general comments about their learning (5%, n=4), i.e., that they learned 'a lot,' or 'too much.' Disclosure was a topic that 8% (n=7) of campers said they learned something about, while two campers (2%) noted that there was 'nothing that I didn't know' or that the information was 'all the same,' which suggests that these are returning campers who were familiar with the content of the workshops.

Finally, 17 campers (20%) noted that they learned things that have contributed to an increase in self-esteem, with such comments including: 'HIV does not define our identity'; 'you can be whoever you are'; 'you should be confident and proud of yourself and how far you've come'; and 'I've learned that you don't always have to worry about HIV, sometimes it's good to let go and carry on with life!' These comments suggest that increased factual knowledge about HIV also contributes to increased self-esteem and increased knowledge about campers themselves and what they are capable of; or as one camper put it, that 'you are not your virus.'

### ***New things campers learned about themselves***

Question 7 of the camp evaluation asked campers to comment on what new things they learned about themselves during F2B 2014, in line with one of the aims of camp which is to enhance participants' confidence and self-esteem. Responses to this question also provide more insight into what has been touched upon above, where it is evident that an increase in knowledge of HIV has boosted the self-esteem of some campers.

Twenty of the 99 campers who filled out an evaluation form left this question blank, meaning that the total number of campers answering question 7 was 79. Out of these 79 responses, the majority were extremely positive. Nineteen campers (24%) noted positive and strong character traits that demonstrate either existing self-esteem or what can be done to increase self-esteem, for example, 'I'm wise,' 'I'm strong,' 'I've gained a bit of confidence in myself,' and 'I have the power to change.' Self-esteem was not only demonstrated around the issue of HIV but also through skills and activities undertaken during camp, with another 24% (n=19) of answers noting that they learned they were good

at specific activities ('I'm good at archery') or social skills ('independence and networking'; 'I've learned that I can be sociable and funny'; and 'I enjoy helping others').

***'For me, being at F2B has meant....'***

The evaluation form for F2B 2014 contains an overarching question that asks campers to complete the following sentence: 'For me, being at F2B has meant....' The responses encompass many of the issues relating to knowledge gained about HIV and themselves but also allows campers to identify, in their own voice, what they gained from attending camp. Seven out of the 99 campers that filled out evaluation forms did not answer this question. The remaining 92 responses were extremely positive and centred around the themes of family and community, both of which seem to have resulted in decreased feelings of isolation and an increase in confidence, helping campers to live well with HIV.

A number of campers (24%, n=22) noted their general feelings about camp in their response to this question, explaining that F2B meant 'a lot,' 'everything' and even 'the world' to them. These comments are further explained by 4% of campers (n=4) who stated that F2B meant 'being in a community,' 'making a new family,' and even provided a 'home to me,' through meeting people with whom they can identify. This identification is pivotal to campers, as it allows them to recognise that 'you are not alone' and that 'I'm not the only one with HIV,' a theme noted in 35% (n=32) of answers.

Not only has meeting other people with HIV meant that campers feel less isolated, it has also meant that they have people with whom they can openly talk about HIV, 'without being judged or condemned.' This ability to talk openly about HIV was mentioned by 11% (n=10) of campers and contextualises the importance of comments from campers that F2B meant they were able to meet new people and make friends (27%, n=25). Making friends at camp with other young people also living with HIV, means that campers are able to form friendships without keeping their status a secret, as explained by one camper who said that F2B meant 'that there are people who I can be best mates with and they can also know my biggest secret. I can be 100% genuine.' Or as another camper put it, F2B meant 'a break from hiding my biggest secret.' Making friends with other young people living with HIV provides campers with the opportunity to be honest about their status, and themselves, allowing them to be 'free,' 'that I have control' and can 'live my life as I want' in 'fear free confidence,' a theme noted in 11% (n=10) of responses.

The new relationships formed at camp not only contribute to redressing secretive peer relationships but also provide a support system to those campers who live in particularly isolated areas or communities, as made evident by the camper who responded that F2B meant they 'could talk about HIV unlike at home (where) I don't talk about it with anyone' and another

camper who said that F2B meant ‘a lot because there are no support groups in [home city].’ The above responses demonstrate a decrease in feelings of isolation for campers, with comments suggesting a subsequent increase in confidence whereby they feel that they have control over, and are better able to enjoy, their lives. This feeling of control is further supported by campers who voiced the opinion that F2B meant that they were able to accept their status (3%, n=3) and experience fun and enjoyment (5%, n=5). As one camper commented, F2B has meant ‘that I can have friends who I don’t have to keep a secret from so I can enjoy myself more,’ while another camper responded that this summer’s camp was ‘the best time of my life.’

## Room for improvement

To improve the F2B experience for future campers, evaluation forms asked this year’s campers to list three things they liked least about F2B 2014, and what they think those planning next year’s camp should think about.

Out of a possible 297 responses from the 99 evaluations, 80 responses were left blank (including 2 that were illegible), meaning that there were a total of 217 responses to the question of what campers liked least about camp. Table IX summarises the main categories of note that campers liked least about camp.

**Table IX – What campers liked least about F2B 2014**

<b>Issue</b>	<b>Number of responses</b>
Food	54
Activities (non-HIV related)	27
Workshops (HIV related)	24
Bed time and wake up time	20
Showers / toilets	13
Timings	13
Bedrooms	12
Music / party	9
Free time	6
Mobile phones being taken away	5
Night time	5
Talking in group / too HIV based / talking about how I feel	4
Venue (including length of time it took to get there)	3
Staff not knock or waiting before entering dorms	3
Tuck shop	2
Camp / house meetings	2
Unkindness	1
Not enough introductory sessions	1

As with previous camps, food was the overwhelming choice of campers (26%,

n=56) for what was least liked about camp. This included comments that there was not enough variety of food ('too many beans') and drink, and two campers noting that they did not like the tuck shop.

Comments from 12% (n=27) of campers who stated that they liked the activities least, included the suggestion that there should be a swimming pool, more fun activities, and complaints about doing activities in the rain.

A number of campers (11%, n=24) chose the HIV-related workshops as one of the things they liked least about F2B 2014, noting that some workshops seemed the same or were repetitive.

Many campers (9%, n=20) took issue with the sleeping schedule, as they felt that the bedtime and wake up time were too early. The showers, toilets and bedrooms were also mentioned by 12% of respondents (n=25) as being liked the least, with uncomfortable beds and pillows, the feeling that too many people were sharing a bedroom, and the suggestion that campers should be allowed to choose where they sleep.

Various timings were noted by 6% (n=13) of campers as one of the things they least liked, with regards to: workshops and activities being either too short or too long; the days being too short; and camp being too short or too long.

A few campers (4%, n=9) took issue with the music provided at the party and some of the dancing ('twerking'), or disliked the fact that the party was not long enough. There were also some comments (3%, n=6) that the free time was the least liked thing about camp, with campers noting that there was not enough free time, that breaks got boring after a while, and that there should be more activities and DVDs provided for the evenings.

A small number of campers (2%, n=5) disliked having their mobile phones taken away and the same number of campers disliked having the night time interrupted by noise, lights, or pranks. A similar number of campers (2%, n=4) chose talking about HIV as the thing they liked least about camp, commenting that they disliked talking in group, talking about how they feel, and that camp was too HIV based.

Also worth noting are the three comments that campers least liked staff entering their dorms without knocking or waiting to enter.

Many of these issues were reiterated in responses to the camp evaluation question that asked campers what they thought the people planning next year's F2B should think about. Of the 82 responses to this question, 24% (n=20) again mentioned food and drink, with some specifying that next year's planners should think about 'Improving quality of food,' providing 'a wide variety of food not just the same thing,' and 'more drinks (not water!).'

Activities were mentioned by 28% (n=23) of campers who asked next year's planners to consider more, better, and 'more exciting' activities, and to provide

resources such as WIFI and SKY TV. Suggestions for these extra activities included 'Do more "camp" things like staying in tents' / 'camping outside,' cricket, and 'running/races; riding bikes (BMX).'

Fifteen campers (18%) suggested that when planning next year's F2B, workshops are changed to make them 'less repetitive,' whilst considering 'How to keep us engaged in the workshops,' perhaps by 'Switching the technique not so much listen[ing]' and providing 'flexibility with workshops.'

Timings came up with 16% of respondents (n=13) as something that should be considered for next year's camp, with campers suggesting that camp should be longer ('it should be for 1 week'), there should be a later wake up time ('Sleep more') and a 'later bed time,' and 'key worker meetings and house meeting was too long.'

Mobile phones were again mentioned as needing to be taken into consideration, with two campers (2%) elaborating that next year's planners should think about 'letting people have their phones for like 1 hour for privacy,' 'to at least give young people phones at night.'

Beds, bedrooms and showers were again mentioned, by 10% (n=8) of campers, who asked that next year's planners consider having 'bigger beds,' 'let us choose where we sleep,' consider the time allowed for showers, and adjust shower temperatures ('cool down the showers').

The issue of free time arose again through this question, with 7% (n=6) of respondents elaborating that next year's camp should include 'more time to have a rest' and 'Afternoon sleep,' as well as 'more activities during free time.' The same percentage of respondents also thought that next year's planners should take the final party into consideration, making it longer, with more dancing and better music.

A small percentage of respondents (5%, n=4) raised the interesting issue that the planners of next year's camp should consider allowing more time for learning about campers, 'Giving us some free time to know each other not spending all the time in workshops.' This could involve 'Introductory "ice breaker" sessions during free time (e.g. first day)' and 'networking with others and making friends.'

Finally, there were several individual issues raised by respondents to this question, who thought that the following should be taken into consideration by the planners of next year's F2B:

'Consider others' notification'

'mentor sessions for campers'

'more clocks'

'not to always talk about HIV'

'have an open mind'

'Just be yourself and be confident.'

### **Additional comments**

The final question of the camp evaluation asked campers if there was anything else they wanted to say about F2B or the evaluation questions. Out of the 39 campers who responded to this question, a few (21%, n=8) repeated previously mentioned issues for future camp planners to take into consideration, such as the food ('Why the food taste so bad?'), the possibility of extending the duration of camp, changing the venue, providing more activities, and setting up a camp alumni.

The majority of respondents (79%, n=31) used this space to express their thanks and highlight how important F2B was to them. Here are just a few of these comments:

'Thank You, my last year has been great! They really out-did themselves this year!! Keep up the brilliant work <3 xox'

'How hard do you guys work?!'

'F2B is amazing.'

'F2B is a place where I can feel free. I really enjoyed it and hope I will come again.'

'They should keep this camp f2b helps a lot of people with HIV and it's very important.'

'AMAZING!'

'I love being here and meeting new people. For me being here again is everything. I don't feel alone.'

## Chapter Four: Volunteer and camp leader feedback

Volunteers and camp leaders completed separate, brief online questionnaires following the end of F2B 2014 in order to gauge how they found the experience of camp, and what they thought of the support provided to them.

### Camp leaders

Out of the 10 camp leaders at F2B 2014, six completed the online survey that consisted of eight questions. The camp leaders who completed the online survey also offered additional comments that are useful to both evaluating this year's camp and planning for future camps.

### Venue

All six camp leaders answered the first question, which asked them to rate the venue in relation to four factors, the results of which are presented in Table X.

**Table X – camp leader ratings of the venue**

	1 (Poor)	2 (Adequate)	3 (O.K)	4 (Good)	5 (Excellent)	Total
<b>a. Accommodation</b>	0	1	2	2	1	6
<b>b. Facilities</b>	0	1	3	0	2	6
<b>c. Centre staff</b>	0	0	1	2	3	6
<b>d. Food and refreshments provided</b>	0	3	2	1	0	6

As with campers, food was not highly regarded by camp leaders. Camp leaders also provided additional comments regarding the venue, which helpfully pointed out specific issues and benefits:

'The accommodation wasn't too bad however the rooms were a little small and awkward and had no plugs.'

'I loved how much open space there was, being in a natural environment made it easier for the kids not to use their mobiles; couldn't get signal even if you did have [mobile phone]. The food was good however, portion sizes were

small; I never felt full.’

## Activities

Five out of six camp leaders who filled out the online survey answered this question, although not all five camp leaders rated each activity.

**Table XI – camp leader ratings of camp activities**

	1 (Poor)	2 (Adequate)	3 (O.K)	4 (Good)	5 (Excellent)	Total
<b>a. Outward bound activities provided by the centre</b>	0	1	3	0	1	5
<b>Activities provided by CHIVA:</b>						
<b>b. Drama</b>	0	0	1	2	2	5
<b>c. Dance</b>	0	0	0	3	2	5
<b>d. Singing</b>	0	0	0	3	2	5
<b>e. Rap</b>	0	0	0	2	2	4
<b>f. Performance / Poetry</b>	0	0	0	2	3	5
<b>g. Film</b>	0	0	1	2	2	5
<b>h. Media</b>	0	0	1	1	3	5

Overall, camp leaders rated the activities provided by CHIVA more highly than the outdoor activities provided by the venue. The media workshop looking at blogs, social media and involving some design work, and the performance and poetry activities, were regarded particularly highly, with 60% (n=3) of respondents to this question rating these activities as ‘Excellent.’

One camp leader provided an additional comment, suggesting that there should be a survey or questionnaire asking young people what type of activities they would want to do at camp.

## Workshops

As with the previous question, one camp leader skipped this question, meaning that five camp leaders rated the workshops. In addition, one of these camp leaders did not attend all of the workshops and so did not rate all of them, which is evident from the totals displayed in Table XII.

**Table XII – Camp leader ratings of workshops**

	<b>1 (Poor)</b>	<b>2 (Adequate)</b>	<b>3 (O.K)</b>	<b>4 (Good)</b>	<b>5 (Excellent)</b>	<b>Total</b>
<b>a. Mythbusters</b>	0	0	1	2	2	5
<b>b. Be your own hero</b>	0	0	2	0	2	4
<b>c. Superhero capes and masks</b>	1	0	0	2	1	4
<b>d. Game of life</b>	0	0	1	2	1	4
<b>e. Captain Straight Talk</b>	0	0	0	2	2	4
<b>f. Relaxation / Yoga</b>	0	1	0	0	3	4

Only one workshop, 'Superhero capes and masks,' was rated as 'Poor.' This may be explained through one of the camp leaders' additional comments that by the time they got to the workshop, most of the resources were gone. To remedy this issue for the future, the camp leader has suggested that resources are divided equally between the groups.

Although the 'Relaxation/Yoga' workshop received one low rating of 'Adequate', this workshop also received the highest rating overall, with 75% (n=3) of respondents rating the workshop as 'Excellent.'

As with the previous question, additional comments about the workshops suggest creating a survey or questionnaire for young people, to find out what kind of HIV workshops young people would like to do and which workshops they would like to retain for future camps.

The final comment from one camp leader highlights an issue with timing: 'Myth busters was informative however, the kids were tired after finishing two workshops.' This comment suggests that some campers might have been unable to benefit from the useful content of the workshops, owing to the busy timetable of workshops and activities.

## Support and information provided to camp leaders

Three of the online survey questions for camp leaders concerned the support and information provided for this role. The first of these questions asked camp leaders to rate the support and information they received before and during camp, the responses to which are displayed in Table XIII. Five out of the six online survey respondents, answered this question.

**Table XIII – Ratings of the support received by camp leaders**

	1 (Poor)	2 (Adequate)	3 (O.K)	4 (Good)	5 (Excellent)	Total
<b>a. Before camp</b>	1	0	0	3	1	5
<b>b. During camp</b>	0	0	0	1	4	5

Table XIII suggests that the overall support provided to camp leaders was excellent. Unfortunately, no additional comments were provided by camp leaders, to explain why there was a 'Poor' rating for support and information received before camp.

There were three open-ended responses to the questions about the training weekend and improving the role of camp leader, and so these are provided in full. Camp leaders were asked whether they found the mandatory training weekend that took place before becoming a camp leader, helpful. The responses to this question were all positive:

'I found the training very useful to be honest.'

'I think the training was fun and informative.'

'It was helpful it gave you an idea of what to expect.'

Asked how they think the role of camp leader could be improved, the three respondents answered:

'As camp leaders we are meant to be working as a team and I felt like not everyone was working as a team so a bit more support from other camp leaders would have been helpful.'

'Maybe having walkie talkies to communicate over distances.'

'Create something in the evening the camp leaders can run and participate with the kids.'

These responses suggest that perhaps that communication between camp leaders could be improved, at both a practical level (walkie talkies) and a team level. The final comment also suggests that there is a desire for camp leaders to undertake greater leadership responsibilities.

### Logistical and organisational arrangements

Camp leaders were asked to rate logistical and organisational elements of F2B 2014, the results of which are displayed in Table XIV.

**Table XIV – Camp leader ratings of logistics and organisation of F2B 2014**

	1 (Poor)	2 (Adequate)	3 (O.K)	4 (Good)	5 (Excellent)	Total
a. How did you find the camp leader role?	1	0	0	1	4	5
b. How did you find CHIVA's approach to managing behaviour at camp?	0	0	0	2	3	5
c. How did you find the team structure of key workers, camp leaders, and CHIVA staff?	0	0	1	3	1	5
d. Overall, how did you find organisational and logistical arrangements at camp?	0	0	0	2	3	5

The majority of camp leaders highly rated the logistical and organisational elements of F2B 2014, with 100% of respondents rating the overall arrangements at camp as either 'Good' or 'Excellent.' There appear to be some issues around staffing, with one camp leader categorising their role as 'Poor.' Unfortunately, this low rating is not explained in the only additional comment for this question, which says that, 'We need more camp leaders.'

### Additional comments about camp

Two camp leaders provided additional comments about their experience at camp. One camp leader provided the practical suggestion that, 'the workshops were too long, the kids often too tired to participate in the last one. Maybe do two [workshops] before lunch instead of three.' This reiterates the

earlier comment from a camp leader that some of the young people may have found the level of activity too intensive.

Finally, the second additional comment from a camp leader was positive and also offered practical suggestions around the collection of mobile phones:

'My experience at camp was different, I enjoyed myself and I liked my volunteering experience, made me see things in a different perspective. F2B is a family you can always count on no matter what. The young kids are so talented I was amazed and very supportive of one another. My only negative feedback is that the beds were very uncomfortable and the phone duty when the phones were being collected was getting very stressful. This could be improved by already having a list of the young people in alphabetical order and the name of the key workers next to them and when they arrive whoever is on phone duty ticks if they have handed their phones in and same process if they have taken it out etc. Thank you for having me this year as a camp leader :).'

This additional feedback from a camp leader also demonstrates the benefits to camp leaders of having previously been a camp attendee, as it offers them an opportunity to experience camp from a different perspective, in this case recognising the community that is developed by young people at F2B, and how this provides a support system to campers. Perhaps this camp leader was reminded of their own familial support system that was developed at F2B.

## Volunteers

A total of 11 out of the 18 volunteers that attended camp completed the online questionnaire. The number of volunteers skipping certain questions will be made evident. As well as providing feedback in relation to their role as a volunteer, in the questions allowing for further comments, volunteers also provided their perspective on what campers thought of camp. This distinction will be made clear in the following sections.

## Venue

All 11 volunteers answered the question asking them to rate the venue in relation to four factors, the results of which are presented in Table XV.

**Table XV – volunteer ratings of the venue**

	1 (Poor)	2 (Adequate)	3 (O.K)	4 (Good)	5 (Excellent)	Total
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<b>a. Accommodation</b>	0	0	3	7	1	11
<b>b. Facilities</b>	0	3	2	4	2	11
<b>c. Centre staff</b>	0	0	1	6	4	11
<b>d. Food and refreshments provided</b>	1	1	7	2	0	11

The majority of volunteers rated the venue quite highly, with 73% (n=8) rating the accommodation as 'Good' or 'Excellent'; 55% (n=6) rating the facilities as 'Good' or 'Excellent'; and 91% (n=10) rating the centre staff as 'Good' or 'Excellent.' The food and refreshments provided by the venue did not rate as highly, with 18% (n=2) of volunteers rating them as 'Poor' or 'Adequate' and the remaining 82% (n=9) rating them as either 'O.K' or 'Good.'

Six volunteers provided additional comments about the venue. They noted that the venue could benefit from some improvements to equipment, specifying that: there were difficulties moving a wheelchair ramp between the barn and the main building; the rooms could be better ventilated; and some young people had suggested that the barn could have benefited from a PA system/microphones and instruments.

In addition to the obvious dissatisfaction with the food, one volunteer elaborated that some of the food was too carbohydrate-based and that the few meals that were not like this, such as the vegetarian option on one of the days, were appreciated.

In other comments, the venue itself was highlighted as 'fantastic' and 'interactions with the centre staff were really positive' but these were let down by the limited activities, 'especially for those who have been to camp before.' The issue of maintaining the interest of returning campers was noted by another volunteer, who commented that, 'For returning campers, the activities themselves may be getting a little boring.' Accounting for changeable weather was also suggested as a way to maintain the interest of not only returning campers but all campers who were restricted to indoor activities due to the rain:

'...there were big limitations for alternative activities when it was raining.'

'Some better indoor activities would be good.'

## Activities

All 11 volunteers who filled out the online survey either rated some of the activities provided at camp or provided comments, with the results displayed in Table XVI.

**Table XVI – volunteer ratings of camp activities**

	1 (Poor)	2 (Adequate)	3 (O.K)	4 (Good)	5 (Excellent)	Total
<b>a. Outward bound activities provided by the centre</b>	1	0	5	1	2	9
<b>Activities provided by CHIVA:</b>						
<b>b. Drama</b>	0	0	1	7	2	10
<b>c. Dance</b>	0	1	0	6	3	10
<b>d. Singing</b>	0	2	0	6	2	10
<b>e. Rap</b>	0	0	1	7	2	10
<b>f. Performance / Poetry</b>	0	0	1	7	2	10
<b>g. Film</b>	0	0	2	6	2	10
<b>h. Media</b>	0	0	1	8	1	10

Most of the activities were rated very highly by volunteers, with only one volunteer rating the outward bound activities as 'Poor' and three volunteers rating the dance and singing workshops as 'Adequate.' Between 80% (n=8) and 90% (n=9) of volunteers rated all of the CHIVA workshops as either 'Good' or 'Excellent.'

Additional comments reiterate the need to provide indoor activities in the event that bad weather restricts outdoor activities:

'Due to the adverse weather conditions, the outwards bound facilities were restricted and alternate options did not seem as suitable.'

'When it rains [campers] don't get to do anything! This shouldn't really be the case! CHIVA's activities are all good but the centre's not so. The young people need to be challenged more.'

The importance of the outward bound activities was highlighted by one volunteer, who commented that they were 'really good and brought out a lot of opportunities for young people to bond with each other.' The timings of other activities, however, may have been too long: 'I think that some of the young people found it hard to do the one thing for a large part of the day....'

## Workshops

Due to an issue with the format of this question on the online survey, volunteers were unable to 'skip' rating the workshops that they did not attend. This means that the statistics generated for this question are inaccurate. However, volunteers provided many useful comments on how they found the workshops, which this section will focus on.

As with camp activities, volunteers raised the issue that returning campers seem to find the workshops repetitive but that this does not necessarily mean they are not benefiting from the workshops:

'I did notice that a few young people who were returning to camp found that a lot of the stuff was repeated from previous years.'

'...some young people who have been to camp before felt they were covering the same things as years before (I don't necessarily agree with this as I think as they get older they will take different things away from the workshops and in the workshop I co-facilitated young people who initially were complaining on arrival did engage in the activity and asked lots of questions!).'

There was also a concern raised by campers that some of the workshops overlapped: 'Young people [...] mentioned some overlap between workshops – some facilitators did discuss content beforehand to minimise this but it would be good to be able to address this before camp.'

Other volunteers noted issues with timing, whereby they thought that some young people struggled with attending a block of three workshops, or engaging in discussion following a relaxing workshop such as yoga. Volunteers offered a range of suggestions to improve such issues. To help with maintaining the interaction and attention of campers, volunteers suggested: having more crafts equipment available next year; running workshops on Wednesday and Thursday, with Friday as the 'creative day/final party as this is the day when 3 nights of sleep deprivation really kicks in'; using 'exhibition fair style stands [so that] young people can move from one to the next so it has a less classroom feel to it'; and making the language more age appropriate for those campers preparing to transition into adult services.

One volunteer also highlighted a particular issue for young people around the naming of HIV itself:

'It was very clear that many of the young people couldn't say "I am HIV positive" which is something that really needs to be addressed in order for them to have a good experience in disclosure in the future. A suggestion would be to make a game out of challenging subjects, that is done outside and not in a confined space, then once the "problem(s)" have been aired a workshop could take place picking the most relevant topics.'

Volunteers also commended the workshops. One volunteer liked the way in which key things from workshops were displayed in common rooms, and wondered if there could not also be a 'questions box' where campers are provided with paper to write down questions following workshops, in case they did not get a chance to do so during the workshop or were too scared to ask.

Finally, one volunteer praised the sign language interpreter, who 'did a really good job of interpreting for the deaf young person, so that she could take part.'

### Support and information provided to volunteers

As with the camp leaders, the online survey asked volunteers to rate the support they received before and during camp 2014, with their responses displayed in Table XVII.

**Table XVII – Ratings of the support received by volunteers**

	1 (Poor)	2 (Adequate)	3 (O.K)	4 (Good)	5 (Excellent)	Total
<b>a. Before camp</b>	0	0	0	2	9	11
<b>b. During camp</b>	0	0	1	2	8	11

All 11 respondents answered this question, with between 91-100% (n=10; n=11) rating the support before and during camp as either 'Good' or 'Excellent' and only 9% (n=1) rating the support during camp as 'O.K'. The additional comments for this question reflect the high ratings:

'The staff always took the time to make sure I was well and feeling valued.'

'Always feel very well informed and supported.'

'...it was very clear what was expected from key workers and who we should report to if we had any concerns/queries. A really supportive environment which enabled us to support our key worker groups and other campers.'

One volunteer also noted a good working relationship between support staff: 'I found the support offered to key workers and the working relationship between key workers and camp leaders worked really well this year.'

Finally, the sign language interpreter was again highlighted as helpful, providing sign lessons to volunteers to help them support a deaf camper.

## Logistical and organisational arrangements

All 11 respondents answered the online question asking them to rate logistical and organisational elements of F2B 2014, the results of which are displayed in Table XVIII.

**Table XVIII – Volunteer ratings of the logistics and organisation of F2B 2014**

	1 (Poor)	2 (Adequate)	3 (O.K)	4 (Good)	5 (Excellent)	Total
a. How did you find the house meetings and house leader role?	0	1	2	4	4	11
b. How did you find CHIVA's approach to managing behaviour at camp?	0	0	0	7	4	11
c. How did you find the programme organisation and logistical arrangements at camp?	0	0	3	3	5	11

Most volunteers rate the logistical and organisational elements of F2B 2014 relatively highly. One hundred per cent of respondents thought that CHIVA's approach to managing behaviour was either 'Good' or 'Excellent.' Responses to the house meetings and house leader role were more varied, with 73% (n=8) rating them as either 'Good' or 'Excellent' and 27% (n=3) rating them between 'Adequate' and 'O.K.' The programme organisation and logistical arrangements were rated between 'Good' and 'Excellent' by 73% (n=8) of volunteers, with 27% (n=3) considering them as 'O.K.'

Additional comments elaborate on these results, praising CHIVA's management of behaviour through 'a very clear behaviour management system [...] that had been clearly explained prior to camp.'

With regards to the house meetings and house leader role, the house leader role was thought to be 'very good' but 'engaging campers in the key work group meetings was a real struggle.... Catching up with them one to one seemed more effective.' Other volunteers, however, thought that the house meetings were 'invaluable for getting everybody in one place, and settled down,' and 'allowed some time for reflection at the end of each day.'

The return of mobile phones at the end of camp was also noted as a logistical issue that could have been better organised, with some confusion over who was responsible for this task.

## **Additional comments about camp**

Eight volunteers wrote additional comments about camp, one of which provided a suggestion to improve the volunteering experience: being more time conscious would help to maximise the meetings after dinner where there was a lot of information to process.

Other responses to this question draw upon comments received from campers and volunteers' general impressions of this year's camp. One volunteer noted through feedback from their group that while 'the creative day appears to lose momentum after lunch,' workshop days were particularly 'jam packed [...] when they are expected to listen/interact for 3 hours without a break.... Could you reduce the workshops to 4 so that there are less to do and so there can be breaks in between? Or re-look at the format of the days?' This volunteer also relayed the feeling from campers that 'there was not enough structure on the arrival day.... Could there be a one-off ice breaker workshop in the evening for the groups that they are in...?'

A couple of final comments demonstrate how F2B is a rewarding experience for volunteers as well as campers:

'Thank you for providing another brilliant camp and supporting the volunteers so well.'

'This was the best camp yet. Cannot wait to come back for year 6.'

'I thought this year was the best camp yet!'

## **Chapter Five: Recommendations and conclusion**

### **Recommendations**

Recommendations for improvements to next year's camp can be ascertained from evaluation responses from both campers and volunteers / key workers.

Taking into account the top issues noted by campers as things they liked least about camp, it is recommended that next year's camp planners consider ways in which they can provide:

- Better quality and quantity of food and drink
- A greater variety of activities that takes into account the possibility of bad weather
- More engaging workshops that do not overlap.

These recommendations are supported by evaluation feedback from camp leaders and volunteers, who also discussed issues with food, the need for extra activities in the event that it rains, and the feeling that some workshops could be more engaging. Through the comments of camp leaders and volunteers, the issue of a need for more engaging and less repetitive workshops was also attributed to returning campers being over familiar with some of the workshop content, and so it is recommended that when planning next year's F2B, the engagement of returning campers is accounted for.

Drawing from camp leader and volunteer comments about their roles, it is recommended that next year's planners take into consideration ways in which camp leaders can better work together and communicate with one another, and whether it is possible to have a greater number of camp leaders.

### **Conclusion**

Through workshop and camp evaluations, it is evident that F2B 2014 has largely achieved of its four goals and continues to be extremely important to the young people attending in helping them to live well with HIV. The very high percentage of campers who felt that it was important to be around other young positive people (93%) and adults who have HIV (90%), demonstrates that F2B has facilitated the development of peer friendships and networks that can help in addressing the high level of social isolation experienced by campers. This is further supported by the number of campers who plan to keep in touch with fellow campers from this year's F2B (88%), and the

number of returning campers who have maintained contact with people they met at previous camps (91%).

The second aim of F2B is to supplement participants' knowledge and understanding of how to live well with HIV. Evaluations demonstrate that F2B 2014 has achieved this goal, with 83% of respondents stating that they learned about: HIV facts; HIV legal issues; disclosure; and others living with HIV. A further 5% did not specify what they had learned but did say that they had learned 'a lot.'

Decreased isolation and increased knowledge have also contributed to the enhancement of participants' confidence and self-esteem, a further goal of F2B. This is evident from a number of evaluation responses, with 24% of respondents noting positive character traits, when asked what new things they learned about themselves. This increase in confidence was further developed through outward bound-activities, with another 24% of respondents to the same question, stating that they were good at specific activities or social skills.

Achieving the final goal of F2B – to facilitate participants' access to a broader community of people living with HIV so as to provide them with knowledge, support, guidance and inspiration – was evidenced through evaluation responses that discussed the sense of family and community that developed at F2B 2014. In addition to 22% of respondents noting that one of the things they liked about camp was being able to talk to other young people about HIV, a further 6% described the atmosphere that this openness engendered as one of their favourite things about camp, as it contributed to an acceptance of their status, through a supportive sense of family and community. Or as one camper articulated it, for them, F2B has meant 'making a new family.'