

HIV support, prevention, information and training centre in Merseyside



ANNUAL REPORT April 2019 - March 2020

XSAHIR HOUSE

HIV support, prevention, information and training centre in Merseyside



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

HIV PREVENTION

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

HIV HEALTH PROMOTION

Sahir House creates a safer environment via community engagement, reduces stigma and improves awareness of the issues faced by those living with HIV, and the marginalised groups we support.

HIV TRAINING

Sahir House provides learning and myth busting about HIV to increase knowledge, reduce stigma and promote equality to empower local services to better support their communities.









CHAIR'S REPORT

he Trustees would like to recognise and thank all the staff, volunteers, partners and supporters of Sahir House for their hard work and their contributions towards another successful year's work. Sahir House maintains its reputation because of the high level of expertise, commitment and passion shown by everyone involved.

The ability of Sahir House to respond to changing needs is at the core of our success. We have developed the charity's objects of governance in order to maximise our ability to be flexible and meet the health and support needs in our local communities. Together with the CEO and staff we have identified that this diversification, while remaining within our key remit, is essential as it will give us our best chance to continue to offer our current services and enable us to maximise opportunities to develop and expand funding.

The Trustee Board continued to review its own skills and capabilities and used recruitment to increase knowledge and skills in relevant business areas; we recognise the need to continue to recruit new members to further develop and reflect the service users and members.

We live in interesting times. The whole of society faces challenges that we might not have predicted as recently as earlier this year. The future for us at Sahir House calls on us to draw on our extensive experience that places individuals at the centre of services. Trustees look forward to another challenging but successful year ahead.

Liverpool Pride



FINANCE STATEMENT

his Financial Statement has been prepared from the records of the charity. The full audited accounts will be presented at the Annual General Meeting.

SAHIR HOUSE STATEMENT OF FINANCIAL ACTIVITIES (Including Income & Expenditure Account) FOR THE YEAR ENDED 31ST MARCH 2020

	Unrestricted Funds	Restricted Funds	Totals	Totals
	2020	2020	2020	2019
Income and endowments	£	£	£	£
from:				
Donations and legacies		-		
Charitable activities		151,294	470,271	536,535
Investments	406	-	406	700
Other trading activities	4,761		4,761	-
Total income	330,587	151,294	481,881	555,845
Expenditure on:				
Charitable activities	379,828	158,329	538,157	535,691
Fundraising	391	10	401	1,839
Total expenditure	380,219	158,339	538,558	537,530
Net (expenditure)/income	(49,632)	(7,045)	(56,677)	
Transfer between funds	(520)	520	-	-
Net movement of funds	(50,152)	(6,525)	(56,677)	18,315
Total funds brought forward	276,634	19,795		
Total funds carried forward	226,482 ======	13,270 =====	239,752	296,429

CHIEF EXECUTIVE

his year has been one of reflection on our strengths, identifying areas for improvement and starting to make changes that will carry the organisation forward in its work.

In a challenging financial environment, the trustees decided to invest some of the charity's reserves into maintaining services and retaining our highly skilled and experienced staff team, whilst new funding avenues were explored. The organisation finished the year having invested a lower amount of its reserves than initially projected. A funding group was set up, which has identified suitable opportunities for funding bids and provided an opportunity for constructive discussions on priorities for 2020-21 and beyond.

This year was the final year of the Reaching Communities funded project to provide support for complex casework, which exceeded targets and expectations. The 2-year Macmillan LGBT Cancer Project also ended, leaving behind a legacy of research into LGBT health, a programme of training on LGBT awareness delivered to healthcare professionals and greater involvement of LGBT people in the development of cancer services.

We remain a key player in the Liverpool Fast-Track Cities Initiative, leading on stigma reduction work and heavily involved in work with BAME communities. We will be working more closely with partners in this work when funding is secured, to increase our capacity to bring our experience in anti-stigma work to the table.

COVID-19 and lockdown hit at the end of this year, and Sahir House staff rose to the challenge of adapting our work to the new remote and virtual world. We have maintained our support for our service users, increased contact with those who were struggling, carried out a survey with them on their needs during this period and adapted our services accordingly. We have been reflecting on what elements of this new way of working we want to carry on into the "new normal" and will, of course, ensure that these decisions are made with our service users.

SUPPORT

The support team at Sahir House provides practical and emotional support to service users, many of whom are in difficult situations, have complex needs requiring multiple interventions to improve their circumstances.



There were
3604 support
interventions
delivered to 369
service users at
Sahir House

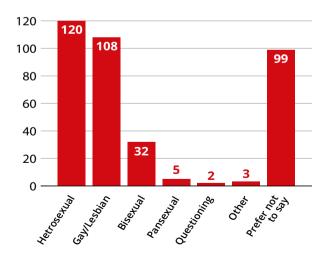


ACTIVITIES

COUNSELLING 606
HIV PREVENTION 332
PEER MEETINGS 816
WELLBEING 1107
ADVOCACY & OUTREACH 1163
ASYLUM & IMMIGRATION 396

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

Sexual orientation of registered service users



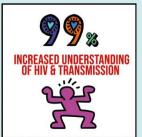


"Knowing I can call into Sahir House drop in without an appointment is a lifeline for me, I live alone and don't get out much, Just being around non-judgemental people helps me a great deal. I have been through a lot, without Sahir House I probably would not be here to fill this survey. I have always felt very supported at Sahir House and in addition to this I feel I am fully consulted with regarding any support I may need."

ANON SERVICE USER









WELLBEING

ellbeing encompasses a wide range of activities and interactions to assist people to make empowered changes for their physical, mental and emotional health. Wellbeing interventions can help build confidence, knowledge and skills to develop good self-care and resilience. Sahir House offer yoga, mindfulness, relaxation, a walking group, visits to places of interest and health talks.



HIV POSITIVE PEER GROUPS

ositive peer groups offer the chance to meet with other people living with HIV and share experiences, learn from each other and create a sense of support and community.



They meet in a safe, confidential space at Sahir House to relax and talk about issues and help alleviate the isolation that many people with HIV face.

Sahir House offers a women's peer group and men's peer group, meeting separately. Both groups reflect the diversity and history of people living with HIV. The groups' main area of diversity is across their age range; bringing together older, long-term survivors to discuss new medications and the life that can now be lived with a HIV diagnosis with younger people can generate a lot of discussion. Fear of onward transmission, which a number of individuals have lived with for many years, has been somewhat alleviated by the possibility of having an undetectable viral load, or through partners having access to PrEP. This would have been science fiction back in the nineties but is a reality now. Celebrating these new developments, whilst understanding the history, is a key to the cohesion of these groups and the diversity of personal experiences enriches this discussion.

"Being in a building with multiple organisations I can come and go without being labelled by others watching. Sahir House is more like a family and friends organisation where as other places are not so welcoming."

PEER GROUP USER

"Just keep doing an absolute amazing job. I can't thank the organisation enough in the 2 years I've been in the Merseyside area."

ANON SERVICE USER

Those accessing peer support has increased by **10%** this reporting year. Some of the issues that Sahir House has supported people living with HIV include:

- Social isolation/loneliness
- Low self confidence
- Mother to child transmission
- Long term unemployment/ episodic mental health issues
- Self-stigma





"I feel that Many Hands One Heart has been a life-line for me, if it wasn't for this group I would not know how to meet other people like me."

ANON GROUP MEMBER

MANY HANDS ONE HEART

any Hands One Heart (MHOH) is a growing network supporting people seeking asylum and refugees living in Merseyside who identify as lesbian, gay, bisexual and/or trans (regardless of HIV status), that creates space to talk, share and learn from each other and build community. The space is cofacilitated by Sahir House and Merseycare. The group is a platform and a safe space to explore connectivity and individuality. By accessing the group, members offer and receive peer support and create a space where they have felt empowered to be themselves. During this year attendance has increased by 40% and has 75 individual registered users.

Many Hands One Heart took part in the annual Homotopia events, crafting banners that display messages about their life experiences and displaying them at Liverpool Pride and Sahir House World AIDS Day Vigil.





Top: Many Hands One Heart collaboration with Homotopia.

Bottom: MHOH thank you to project bloody.

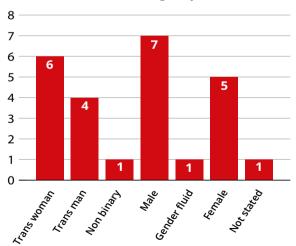




WIRRAL LGBT NETWORK

irral LGBT Network has been providing peer support for many years and continues to create a safe space for LGBT Wirral residents to meet, share experiences and build support and resilience whilst accessing sexual health advice. This group has regular users who took part in 21 sessions this year.

Gender ID Wirral LGBT group





MACMILLAN LGBT CANCER PROJECT

he aim of this two-year project was to improve the experiences and outcomes for LGBT people affected by cancer in Merseyside.

This innovative project was designed to highlight the voice and needs of the LGBT community through the setting up and establishment of community engagement and involvement activities to build capacity across the whole of the cancer pathway. As a result of this project, we now have greater insight and data on LGBT people's experience of health care, particularly cancer services.

We have developed and delivered training on LGBT people and cancer to a range of healthcare professionals and have engaged some LGBT people affected by cancer in opportunities to take part in the development of cancer services.



Claire and Joe Macmillan LGBT Cancer Project.

SAHIR HOUSE

TRANS HEALTH MERSEYSIDE

rans Health Merseyside (THM) is a facilitated peer support space promoting health and wellbeing for those who identify as Trans, intersex and gender non-confirming. Its growing numbers is a positive reflection that Sahir House is a well based service to meet this need.

During this year attendance has increased by **30%** and THM have **79** individuals registered.

Some of the issues shared and explored are:

- Social isolation
- Hate crime/abuse
- Long waiting list for assessments/treatments etc.
- Mental health

"Diversity is demonstrated by the ages of people who come to sessions and expression of gender diversity.

This means that discussions can cover a number of angles e.g. coming out as a transgender person to your children or coming out as a transgender child to your parent, and how that feels.

MTF people can hear how transitioning is for FTM and vice versa and people can ask questions they might not find clear answers to anywhere else.

Older transgender people can talk to younger transgender people about history of transgender rights and gains won which younger transgender and gender non-conforming people can benefit from and all can look at current rights which are under attack and how they would like to protect them."

KATH CHARTERS - THM FACILITATOR, SAHIR HOUSE



"I've always felt welcome at Sahir House, and most other THM attendees feel the same way."

ANON GROUP MEMBER

PREVENTION

The HIV prevention point of care clinic moved to a new location this year, a positive decision made with the input of users of the service, and its new setting has seen an increase in the number of people coming forward for testing. The community based clinic has started offering gonorrhoea and chlamydia testing in addition to HIV, in response to requests, and plans to develop the testing available at this discrete clinic. The clinic is particularly aimed at and designed for people who are unable or struggle to access other sexual health services and for that reason it is delivered in a low key, community based setting.



Undetectable equals untransmittable



The Wirral HIV prevention sexual health outreach team have provided **1427** interventions delivering STI advice, safe sex and condom distribution and a point of contact for those accessing public sex environments across Wirral.



HEALTH PROMOTION

Sahir House Health Promotion Service increases awareness and improves knowledge to our service users, professionals and the general public.



This year we worked in partnership on a number of events to achieve this.

Treating Me Right? 'Not Afraid' campaign, an initiative funded by Gilead Sciences and developed with the HIV community.





Treating Me Right? is a campaign that support BAME people living with HIV to advocate for improved treatment and care, and further empower them to take an active role in managing long-term health and associated chronic conditions.

Sahir House and Gilead launched the campaign in Liverpool at our Annual General Meeting in 2019.

The campaign focuses on providing information about rights for people be part of their decisions about their treatment and care.

Whilst people in the UK may be diagnosed, on treatment and undetectable, health related quality of life is still significantly lower in people with HIV compared to the wider population. This is specifically true in the Black African community, who in 2018 represented 52% of late diagnosis. https://treatingmeright.co.uk/

TATE LIVERPOOL

ahir House was very excited to partner with Tate Liverpool during a six month exhibition showing the work of **Keith Haring**. This was the first major exhibition in the UK of the late American artist Keith Haring (1958–1990) and brought together more than 85 pieces of work exploring the broad range of the artist's work, including drawings and paintings which have never been exhibited in the UK.

The partnership, *Reconnect and Remember*, explored the history of HIV on Merseyside alongside Keith Haring's art work as an HIV positive gay man and activist in New York in the 80's.

Left: Gilead campaign launch.



Reconnect and Remember Tate Exchange.

Sahir House hosted several events at Tate Liverpool, including exhibiting a selection of the UK AIDS Memorial Quilts, featuring a panel dedicated to Keith Haring.





Keith Haring quilt panel.

HIV awareness and stigma reduction training was provided to Tate Liverpool staff and their young artists, Tate Collective, to explore how it is to live with HIV today and highlight the barriers and stigma that people living with HIV still experience.

The *Reconnect and Remember* project presented short films, HIV literature in the gallery space, delivered talks,

14

Q & A sessions and saw a footfall of over 5000 visitors during this time.

"What a fabulous opportunity to work with Tate Liverpool and raise awareness of HIV. He (Keith Haring) campaigned to reduce the stigma surrounding the virus and his work is still used today on a variety of HIV resources. Today, HIV is a lifelong health condition but people living with the virus are still experiencing stigma. Working with Tate Liverpool has given Sahir House an opportunity to speak to a broader audience from such a wide range of communities to remind people HIV hasn't gone away, nor has the stigma."

SERENA CAVANAGH

HEALTH PROMOTION LEAD. SAHIR HOUSE

WORLD AIDS DAY

orld AIDS Day is the annual event that continues to raise awareness and remind us of the challenges

still faced by those living with HIV and remember those we have lost to HIV/ AIDS. It is the main campaign in our calendar and we work collaboratively with partners to plan and deliver engaging and meaningful activities and responses in Merseyside.



Our **#HIVChampions** spoke out about the importance of knowing your HIV status and encouraged people to get tested. Champions included doctors, nurses, health workers, comedians, GP's, tutors, MP's and a gold medal Paralympian.



We lit the town red when 18 of Merseyside's best-known landmarks were bathed in red light over the week-end of World AIDS Day. This year we welcomed the support from Open Media who displayed World AIDS Day and HIV testing information across their city centre screens.



Cunard Building, Liverpool



Town Hall, Liverpool



Liverpool School of Tropical Medicine



St Helens Bridge





Town Hall, Bootle

"As a doctor, the medications available to me to help manage HIV have changed beyond all recognition. Some of those who we remember today never had the opportunity to take medication. But perhaps the greatest advance in HIV in recent years is the knowledge that U=U, that if you are living with HIV with an undetectable viral load on treatment you cannot pass HIV on. There is zero risk."

DR FMILY CLARKE

CONSULTANT IN SEXUAL HEALTH AND HIV ROYAL LIVERPOOL AND BROADGREEN UNIVERSITY HOSPITALS NHS TRUST

"Treatment for HIV is so effective it leads to a completely normal life expectancy and renders individuals un-infectious. The remaining challenge is diagnosing everyone so they can access this treatment. HIV testing is free and completely confidential. Know your status. Get tested."

HIV Champions from L to R:

Kim Johnson MP. Armistead staff. Sefton Sexual Health. Andy Grant, former Royal Marine, now an Invictus Games Gold Medalist



This year's World AIDS Day Vigil, with thanks to Liverpool Public Health and the Lord Mayor's Office, was set in the beautiful Cunard building, an amazing space with incredible décor to match. We were honored again to display the UK AIDS memorial guilts alongside the Sahir House memorial guilts to remember our loved ones lost to HIV.



World AIDS Day vigil.



COMMUNITY AND CORPORATE FUNDRAISING

ahir House values the links gained with its community and corporate fundraising efforts. Many thanks to all our donors, supporters and collaborators, your support enables the vital work of the charity to continue. Every penny raised goes to supporting our service users with travel support, food bank parcels and advice and advocacy.

Over this financial year Sahir House has raised just over £12,500 through a great range of activities: cake sales, sponsored events, collection tins, World AIDS Day activities and donations from local trade unions, general public and regular donors. Thank you, you are amazing.

Liverpool born *The Vivienne* took part in a mini-series race competition with Jaguar, Attitude magazine and Sahir House was their nominated chosen charity. From their great efforts Sahir House received a generous donation of £2,000. Following on from this, The Vivienne won the first series of RuPauls Drag Race UK!



Fundraising collection.

lag Race The Vivienne.



Wirral Coastal Walk.

TRAINING

ahir House continues to deliver high quality training. Agencies from statutory health care services, housing, social care and third sector support benefit from updated information and trends, building confidence to talk about HIV and testing with their clients and challenging stigma from an informed current view point and understand the importance of today's messages about HIV, i.e. U=U.

Feedback from training participants:

- 100% said the training has helped to reduce HIV related stigma and prejudice
- 100% said the training has helped to reduce HIV related stigma
- 100% participants would recommend Sahir House training to a colleague/ agency

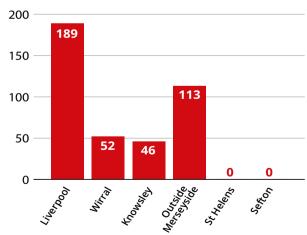
Student dental nurse training.



"I'm part of the positive speakers' team. It's really important to get the message out about living with HIV. It's really boosted my self-confidence and given me much needed experience in public speaking."

PAUL - SAHIR HOUSE POSITIVE SPEAKER

Training participants



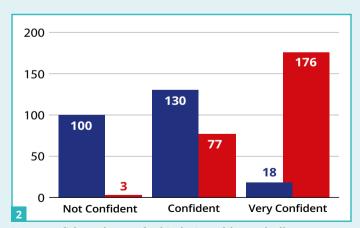
XSAHIR HOUSE TRAINING COURSES

HIV Awareness and Stigma Reduction Training Course Graphs 1-3

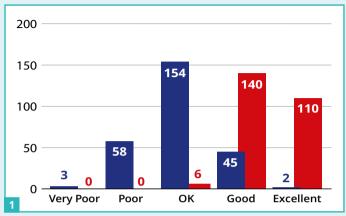
Understanding Equality and Diversity Training Course Graphs 4-5

Understanding Hepatitis B and C Training Course Graphs 6-7

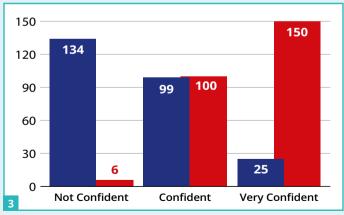
Pre training Post training



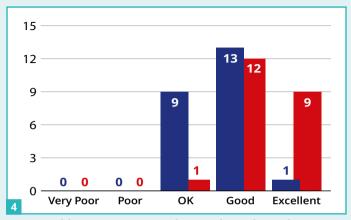
How confident do you feel in being able to challenge HIV related stigma?



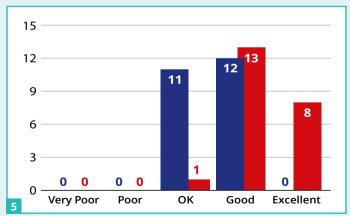
How would you rate your understanding of HIV?



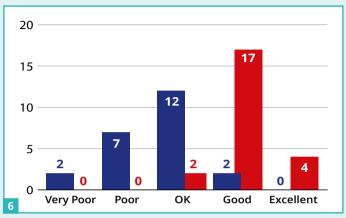
How confident do you feel to talk about HIV testing with your client group?



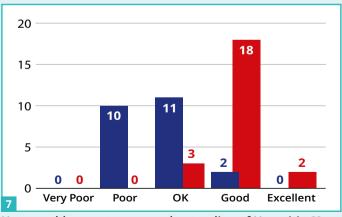
How would you rate your understanding of Equality?



How would you rate your understanding of diversity?



How would you rate your understanding of Hepatitis B?



How would you rate your understanding of Hepatitis C?





Amsterdam, The Netherlands

FEEDBACK FROM TRAINING PARTICIPANTS:

"Many thanks for the course, it was very enjoyable and very informative."

REGISTERED MANAGER - WIRRAI

"This training is refreshing and certainly helpful. Equality and diversity is important in care services."

SUPPORT WORKER - LIVERPOOL

"Hearing the personal story of someone affected by HIV is helpful to make you understand past the numbers and see it as an issue that affects people."

HEALTH WORKER - WIRRAL

"U=U is amazing to know."

SOCIAL WORKER KNOWSLEY "I want to thank you for including me in the training yesterday. It's amazing how things have changed, and how surprising the latest information is regarding stats and medication. I particularly enjoyed the positive speaker's testimony."

LGBT RESEARCHER - LIVERPOOL

"Many thanks for a really enjoyable day! I found the overall delivery, content and presentation very valuable, thank you."

OCCUPATIONAL HEALTH ADVISOR - LIVERPOOL



Bottom: Cath Turner attending Gilead HIV and your body conference.





"I have been a volunteer for over a year. My main role is staffing reception though I do get involved in fundraising activities. Staffing reception involves taking calls and transferring to relevant staff, meeting and greeting visitors, inputting data, keeping the reception area tidy and generally, just being an all-round good egg. It is rewarding to be working with such a dedicated team, and I feel much appreciated by everyone at Sahir House."

PETER L - VOLUNTEER

"Over the last year I've been involved in a variety of interesting activities such as staffing reception, attending many events such as Navajo and going on the Pride march, all of which I really enjoyed. I think the high point was at the World AIDS Day Vigil, I read out a speech for a person who was living with HIV and unable to be there themselves, it was about how they couldn't be open about their HIV status and therefore not get the support they needed. A lot of people came up to me afterwards and said I had really highlighted that person's problems, so I feel I helped to raise awareness of the discrimination suffered by people even now, and feel I did something useful."

VAL B - VOLUNTEER

"I have been involved in World AIDS Day with setting up for the Vigil, stewarding and really enjoyed volunteering at the Keith Haring exhibition this year, helping to ensure important stories are told and that the public have access to our fantastic speakers and information."

CAITLIN M - VOLUNTEER

VOLUNTEERING

Value of life. This year and care and come from all walks of life. This year Sahir House supported 42 volunteers who provided approximately 2,500 hours of their time. Using medium hourly salary 2019, £13.27(ONS) this equates to a value of nearly £35,000!

Below left: Southport students rocking the red ribbon.

Below right: Easy Jet supporting Liverpool Pride.

VOLUNTEERS
2500
HOURS OF VOLUNTEER EQUATING TO APPROX
£33,175





Volunteer acknowledgements:

- Big thanks to all our past and present amazing volunteers, you are all stars!
- Big thanks to all our friends and supporters, we appreciate you having our back.
- Big thanks to all the students who come on placement and those who have conducted research.
- A big thanks to our **Bob** and **Helen** who have volunteered for over 30 years and counting to Sahir House.
- A big thanks to our Sam, Mike and Nikki who have volunteered for over 20 years and counting.
- A big thanks to Michele, Jackie, Val and Kevin who have volunteered for over 10 years and counting!



Special remembrance to our lovely Tracy, a dedicated volunteer and red ribbon warrior who died this year and is hugely missed x

LIVERPOOL FAST TRACK CITY INITIATIVE

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

ACKNOWLEDGING THOSE WE HAVE LOST TO HIV -



we wear the red ribbon to remember you all

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

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

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



ACKNOWLEDGEMENTS AND THANKS TO:

All Sahir House service users, volunteers, trustees, student social workers, research students and staff. All our donors, supporters and partners during this reporting year.

Commissioners and funders April 2019 - March 2020

























Thank you to all our funders who provide the resources in order for Sahir House to deliver such a variety of needs led support and community engagement.

Thank you to all who have supported this report with the images used, in particular The Keith Haring Foundation and Arthur Joestar.



XSAHIR HOUSE

2nd Floor 151 Dale Street Liverpool L2 2AH

Tel: 0151 237 3989 **Mobile:** 07964113624 **Email:** info@sahir.uk.com

Web: www.sahir.org.uk **Facebook:** sahirhouse **Twitter:** @sahirhouse



Charity number: 1077327

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS TO THE TRUSTEES OF SAHIR HOUSE

I report on the accounts of the charitable company for the year ended 31st March 2020, which are set out on pages12 to 28.

Respective responsibilities of trustees and examiner The Trustees (who are also the Directors of the charitable company for the purposes of company law) are responsible for the preparation of the accounts. The Trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act, and
- to state whether particular matters have come to my attention.

<u>Basis of independent</u> <u>examiner's</u> <u>statement</u> My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charitable company and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting Charities

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name: Mr. Graham Wright

Relevant professional qualification or body: FCA DChA
Address: c/o LCVS 151, Dale Street, Liverpool, L2 2AH

Dated: 1st September 2020.