No one living with HIV should experience isolation, loneliness, stigma or disadvantage

Lunch POSITIVE

“There’s nowhere else I can be myself and so at ease with others about my HIV. What you provide has been life changing” **Service evaluation, Michael (Service Member)**

Improving health & wellbeing of people living with HIV, our aims…

- Reach, engage & support people experiencing challenging life circumstances and complex needs
- Combat social isolation and loneliness
- Support and improve mental health & emotional well-being
- Support the wider determinants of health
- Combat the causes and effects of social and economic disadvantage
- Help people improve personal resources for self-care and condition management
- Improve confidence, life skills and competencies

…and how

- **Safe HIV community spaces** - HIV lunch club, drop-in's, peer support groups, **social connection, community based peer support, VCS outreach**
- **Wellbeing Worker** + casework
- **Community volunteers** 1-1 supporting conversations, lived experience of HIV and beyond, befriending
- **Wellbeing champion team** - connecting people with wider community based & specialist support – accessible, appropriate, diverse
- **Wellbeing activities and projects** – targeted activities and additional support e.g. Cost of living support, Winter Wellbeing Project, Older People's Wellbeing Group
- Food bank, nutritional support, outreach support to people at home
- **Accessible volunteering** programme

Lunch clubs and safe spaces

- Drop-in access
- Safe, supportive, community space
- Free healthy meal
- Psycho-social support
- Community & peer-supporter volunteers
- Wellbeing worker & wellbeing champion team, wraparound support
- Outreach visits with partner orgs
- Crisis response
- HIV food bank & outreach, cost-of living support
- Accessible volunteering



Lunch POSITIVE

Wellbeing Worker

- Person centred support
- Service based and at home assessments
- Case work, compound needs, planned 1-1 & crisis support
- Coordinates wellbeing team
- Provides social prescribing
- Coordinates volunteers and accessible volunteering



Lunch POSITIVE

Wellbeing Champion Volunteers

- Co-designed project
- Expands support
- Provides additional 1-1 support for service members in safe spaces
- “What matters to you”
  focus on self-management, health improvement, quality of life
- Social prescribing based, assessment & identifying support, helping people where needed to engage



Lunch POSITIVE

LUNCH POSITIVE & HIV SUPPORT

Led by people living with HIV, supporting community through lived experience

Weekly HIV lunch club
Food bank and home outreach
Befriending & buddying
Wellbeing groups and activities
Peer support
Women's group
Sussex social & support groups
Volunteering and helping roles

The Queen's Award for Voluntary Service

www.lunchpositive.org
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07846 464384

Registered Charity No. 1137186

Lunch POSITIVE
ALL ABOUT COMMUNITY!

HIV COMMUNITY
Winter Wellbeing

Winter can be a time of extra challenges in staying well
We're running a **special** project over the winter months to help

- Extra help with food and essentials to stay fed, well cared and warm
- Energy desk - advice and support with bills and suppliers
- Help to travel and attend our services
- Connection with services and groups that can help
- Money and benefits advice referrals
- Food bank and outreach if unwell and alone at home
- Wellbeing befriending calls

OUR USUAL SERVICES ARE RUNNING EVERY WEEK
Tues Drop-in • Fri HIV Lunch Club • Food Bank • Outreach • Sussex groups

PLEASE CONTACT US TO FIND OUT MORE
hello@lunchpositive.org 07846 464384 www.lunchpositive.org

Thank you!

For more information on our services and support, including case studies please contact:
gary.pargeter@lunchpositive.org

Our website gives details of our range of support, including contact details and online contact forms:
www.lunchpositive.org
hello@lunchpositive.org

07846 464384

Please watch this brilliant short video on the impact of our work!

Enquiries and referrals:
To make a **professional enquiry or referral** please use any of our contact methods that best suit you: email, phone, website contact form

"I felt like ending it all, and at Lunch Positive I've found the family I never had. Coming along has been a life-saver, literally" **Service evaluation, Frank (Service User)**

