



# Lunch Positive

## About

Lunch Positive provides a weekly lunch club and community space for those with HIV, their carers and others affected by HIV. Reducing social isolation, building community, peer support, and providing advice and information are amongst the main aims of Lunch Positive.

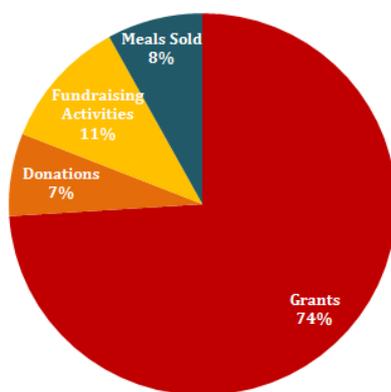
## What has changed since 2013?

Lunch Positive has sought to develop a stronger focus on reducing social isolation and facilitating peer support rather than solely the delivery of specific health benefits. This largely relates to a shift in policy which recognises the impact of exclusion and isolation as social determinants of health. Lunch Positive services achieve the same health outcomes but the focus on reducing social isolation and developing peer support makes the project more appealing to a wider group of people, including those who are harder to reach who are also often those with more complex needs.

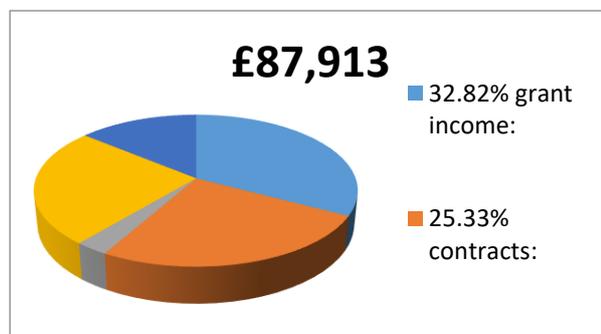
## Funding

Since 2013 the organisation has secured funding to employ its first paid worker (part-time). Statutory funding remains the most significant income but significantly includes a shift from annual small grant funding towards increased statutory commissioning and longer term grant funding. This has contributed to the ability of Lunch Positive to lever in external funds and has enabled the organisation to plan more strategically, including development of partnership working, and increased capacity to support people experiencing greater social and economic disadvantage, and complex need.

**Funding breakdown 2012/13**



**Funding breakdown 2017/18**



## Volunteering Impact

There has been substantial development of volunteers since 2013 and of the roles that volunteers now take on. Volunteers demonstrate greater confidence and skills to manage projects and teams, and they also support and even lead income generation initiatives.

The organisation has involved 57 individuals in volunteering to deliver and support the service, equating to approximately 5112 volunteering hours per year. Lunch Positive adopted an average hourly rate of £11.09 to calculate volunteering hours. The basis for using this hourly rate is to reflect the increasingly skilled roles that volunteers now undertake for the organisation as outlined above.

**The contribution made by Lunch Positive volunteers equates to £56,692 per year.**

## Good Practice and Creativity

The focus is on bringing people together; 'making every contact count'; and collective control and peer-support. This approach opens up the reasons why people might choose to engage and gives greater potential for them to influence activities.

There is a structured programme which underpins all service delivery, but there is also flexibility to personalize and adapt and a non-prescriptive approach to engagement. There are a noticeable number of members who have become more confident about challenging stigma and in responding to people who feel stigmatized. Some have taken part in the production of videos and talking openly about their HIV status. More volunteers are more ambassadorial and more able to support and empower others since 2013.

**"It's more than just the food, I've found support and friendship, it's the only place I can be myself"**

The impact of HIV stigma, experienced or perceived, continues to negatively affect many people with HIV – including exacerbating loneliness and social isolation. Organisations still need to adapt to understand HIV stigma and what they could or should be doing to support and empower people who are HIV positive. There has been a tendency to wrap people up and protect rather than address the social impact of being HIV positive. Lunch Positive has developed its activities and mission to address societal issues, combat HIV stigma and has become involved in and also influences local initiatives and strategy.

## Why Invest?

**"This is the only group I regularly go to for HIV+ people. It's because it is the one place I can give myself to acknowledging my HIV+ status in a supportive environment."**

Being a community based service that is delivered by the community which it serves, Lunch Positive offers a strong and valuable asset both in terms of understanding needs, and providing authentic, robust solutions. From a social care perspective, it is reasonable to equate Lunch Positive preventative services with Day Care Services and, therefore, to make comparisons in cost savings.

Service evaluation undertaken with 68 participants in 2018-19 showed that:

- 64 (94%) report that coming to Lunch Positive has had a positive impact on their emotional well-being or mental health
- 59 (87%) report having found wider support networks impacting on improved mental wellbeing
- 58 (85%) report feeling more comfortable with their own HIV diagnosis having positive impact on self-care
- 37 (54%) people now eat healthy meals at home on a regular basis where they did not prior to attending.

A key observation is that there are far less opportunities for people with HIV to have clinical interactions than in 2013. This means that there is far less opportunity for people to access more formal support.

Lunch Positive becomes a critical route through which those who might need more formal support can be signposted and referred. The informal, non prescriptive focus on reducing isolation greatly improves the chances of Lunch Positive being able to engage with the people who might most critically need access to other services, and it therefore becomes an important gateway.