

Our Positive Voice Grampian

Minutes 19th October 2017

Present: CP, IR, Rik (HIV Scotland), Jacqui (NHS), Dani (NHS)

Apologies: SL, BD, CS

Note of Previous Meeting

Note of previous meeting was approved

THT Training

- 8 people from Grampian have applied to do the training and 6 people from Tayside have indicated that they are going to. At this point only one person from Tayside has actually applied. Rik to encourage them to apply.
- IR will follow up his application as he has not been invited for an interview as yet. If anyone else has not also been invited for interview they should also follow up.

Receiving Results

- Rik to contact Penny/Dani to ask about the patient portal.

Constitution

- With CS not being present at the meeting this was item was held over until the next meeting.

BHIVA Guidance

- Rik has brought some posters and stickers from the THT Can't pass it on campaign.
- Rik informed the group that even minor blips in viral load had been shown to not impact someone's overall infectiousness.
- CP talked about previously talking to schools about living with HIV and Jacqui was going to ask Penny about if this still happens.

National Involvement Standards

- Rik will bring this up at the next HIV working group.

Christmas Night Out

- 12 people (6 from both Tayside and Grampian) have signed up for this.

Guest Speakers at meetings

- Suggestions included Joan at HPS who could give us some insight into local numbers. One person would like some more info around side effects. This led to a discussion about developing a tool to enable people to talk with their consultant. (This might actually be a good idea for the National Involvement Network to take on).
- CP offered to do 10 minutes on breathing exercises.

- People expressed an interest in massage therapies. It was suggested that the forum organise a pamper day where we could invite therapist and manicurists etc to provide a day where people living with HIV could receive these services.

Fliers in Meds

- These had been put in with the meds but due to staff issues this may not continue, although the people at the forum both said that they had got the flier in with their meds.
- It was suggested that the forum develop a promotion plan for 2018, perhaps targeting groups every quarter. This may not mean people coming to meetings but trying to find ways to elicit their views on services in Grampian.

Discussion topic for next meeting

- Rik had not got other boards information on this issue so it can be deferred until next meeting.

HIV Testing Community Panel

- HIV Scotland are constituting a community panel on HIV Testing and are keen to recruit people living with HIV and key and priority populations for HIV (MSM, Transgender, IDU, Africans etc). If any of you are interested more information can be found here: <http://www.hivscotland.com/news-and-events/latest-news/article/join-our-community-panel-on-hiv-testing/>

Support Needs

- Jacqui spoke to the group about the survey that she wants to run in Grampian with people living with HIV to identify their support needs. The conclusion of this discussion was that Jacqui will draft a survey and pilot it with the forum. She will send it to Rik who will then forward this members.

Date of Next Meeting

- **16th November (Jacqui and Dani to come from NHS).**
- **Xmas night out 7th December**