

Here in Vitality – Information Sheet

What is Here in Vitality?

Here in Vitality is an intensive, life-affirming course for people who have a long-term diagnosis of HIV (10 years or more).

Over the sessions, participants will reflect on their experience of being diagnosed, acknowledge their personal journeys amid the changes in wider society and healthcare, and look forward to the future.

What does it involve?

Whilst the workshops were originally held in person, we are now offering them online as three, 2-hour long sessions.

The sessions involve exercises that encourage participants to reflect on the past (session 1), present (session 2), and future (session 3), following their diagnosis with HIV. In session 3, the facilitators share their own experiences with the group. It offers a chance for participants reflect on their individual journeys and emotions and to share with the group if they feel comfortable.

Who can take part?

Anyone who has been living with HIV for 10+ years, and feels that they could benefit from the sessions

What do I need?

You will need a device with internet connection to join the workshops via Zoom. THT can offer data packages for anyone who is otherwise unable to join – please enquire about data with user.involvement@tht.org.uk using the subject line 'Here in Vitality - Data'

When will these take place?

The dates for the next set of workshops are available on the THT Living Well page. Please indicate whether you wish to join cycle 1, 2, 3 or 4. All cycles cover the same content. **You must be available to attend all three sessions indicated.**

How do I book a place?

Please email Florence.Obadeyi@tht.org.uk to book your place, indicating if you want to join cycle 1, 2, 3 or 4. Florence will respond to all interest in early January 2022.