

# **EYES OPEN**

## **2024 - 2025**



# EYES OPEN

## 2024-2025



**The Eyes Open Steering Group was established in 2003 as a way of regionally pooling resources to widen and strengthen the impact of work at both local and regional levels regarding HIV. We cover the North East of England and Cumbria region, and the objectives of Eyes Open are:**

- ⌘ To guide the delivery of educational initiatives.**
- ⌘ To develop community events to raise awareness in the general population.**
- ⌘ To co-operate and work with individuals, voluntary organisations, and statutory authorities to raise awareness, increase understanding, and reduce onward transmission.**

**In 2024-2025 we had the following areas involved with our service:**

- ⌘ Northumberland: staff from the NHS sexual health team and the local authority.**
- ⌘ North Tyneside: staff from the NHS sexual health team and the local authority.**
- ⌘ Stockton – staff from the local authority.**
- ⌘ Durham: staff from the local authority.**
- ⌘ Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust staff.**
- ⌘ Cumbria - staff from the NHS sexual health team.**

**We had 22  
volunteers  
supporting the  
work we do  
across the  
region**

**We had 2  
steering  
group members  
who were living  
well with  
HIV**

**In total, we  
had 10  
Steering  
group  
members**

# EYES OPEN

## 2024-2025



Across the region, we educated people to reduce stigma and discrimination around HIV and to promote testing. We delivered to services in the community that supported women & girls, gay & bisexual men, sex workers, black Africans, asylum & immigrants, we also linked in with youth & adult services and social prescribing teams.

We are delighted to tell you that in 2024, we delivered the following:

An online  
campaign for  
HIV Testing  
Week

9 art and craft  
pebble  
sessions

7 Community  
events for HIV  
Testing Week

We  
partnered  
with the  
Panthers  
Football Club

An official U=U  
Day on the  
18th March 2024

Educational art  
session at the  
Cumberland  
Council Social  
Prescribing  
event

4 community  
events for  
Sexual Health  
Week

# EYES OPEN REPORT

## 2024-2025



An online  
campaign for  
Sexual Health  
Week

Attended the  
HIV Prevention  
England  
Conference  
2024

Attended a  
Conference in  
Newcastle -  
working together  
to eliminate HIV  
transmission

Attended  
Freshers  
Fayres

Delivered an  
event for World  
AIDS Day which  
included a 2  
week art  
exhibition

4 Pride events  
across the  
North East

Panellists  
on the  
LGBTQ+  
SKY TV



# EYES OPEN 2024-2025



## In 2025, we also delivered:

6 art and  
craft pebble  
sessions

An Cyanotype  
& Watercolour  
Workshop for  
HIV Testing  
Week

Educational  
art session for  
Social  
Prescribing  
Day

Educational  
art session at  
Reach Out  
Festival

Educational  
art session at  
Cumberland  
Council  
Health and  
Wellbeing  
Festival

Educational  
art session at  
Calderfest

In Dec 2025, we  
are delivering art  
based sessions  
to young people  
aged 14-24

We are delivering an  
online campaign for  
#WorldAIDSDay2025

# **EYES OPEN 2024-2025**



**In the North East and Cumbria region,  
in 2024-2025 we reached:**

**1096 people  
with our  
pebble  
sessions**

**5,000+ by  
attending  
events in the  
community**

**500,000+ through  
a combination of  
social media,  
online activity &  
press coverage**

## **Outcomes**

**Increased education about HIV and U=U**

**Decreased stigma and discrimination about living with HIV**

**Saving lives by promoting testing for HIV**

# EYES OPEN 2024-2025



Here is a look back on everything we have  
delivered in 2024-2025:

## HIV Testing Week 2024



#HIVTestingWeek2024

### North Cumbria Testing Sites

**Morrisons Pharmacy**  
Brunswick Road  
Penrith  
CA11 7JU

To make a appointment  
call: 01768 862055

**H. Jobson Chemist**  
Market Place  
Brampton  
CA8 1RL

To make a appointment  
call: 01697 72501

**Dalston Pharmacy Ltd**  
2 Vicars Cottage  
Dalston  
CA5 7LW

To make a appointment  
call: 01228 712506

**Dalston Inglewood Pharmacy**  
7 Central Drive  
Carlisle  
CA1 3QB

To make a appointment  
call: 01228 523312



### HIV Testing Week Event

Friday the 9th February 2024

10am - 2pm

North Tyneside One - One Sexual health Service

Community awareness and HIV testing  
Working Well, Wallsend Customer First Centre  
The Forum Wallsend Tyne and Wear

#HIVTestingWeek2024



#HIVTestingWeek2024

# EYES OPEN 2024-2025



#HIVTestingWeek2024

THURSDAY 8TH FEBRUARY 2024

## MELISSA BUS

Cumbria Sexual Health Services: we will be offering full sexual health screening including HIV testing, we will be in the overflow carpark at Workington Leisure Centre 10am - 2pm



#HIVTestingWeek2024



#HIVTestingWeek2024

There is now HIV treatment meaning you can have a long and healthy life. The sooner you know your HIV status, the sooner you can get on treatment and avoid passing it on. Don't not know – **GET TESTED TODAY.**

Order your free test. Google 'Durham and Darlington Sexual Health Service' or visit

[www.durham.gov.uk/sexualhealth](http://www.durham.gov.uk/sexualhealth)



County Durham  
& Darlington





# EYES OPEN 2024-2025



“

I would ask everyone to be tested for HIV, firstly, so you can access treatment and stop passing on the virus to others and secondly, it could save your life! Its so easy these days, we have amazing services across the North East and Cumbria, so please make that appointment!



Julieanne Mitchell  
from Whitehaven.  
Living with HIV and a Eyes Open  
Steering Group Member

”

## #HIVTestingWeek2024



Cumbria  
SEXUAL HEALTH



## #HIVTestingWeek2024



“

'Regular testing helps to reduce the number of people living with undiagnosed HIV and those diagnosed late.' This national HIV testing week we want to break the stigma around testing for HIV by encouraging everyone to claim their status. Testing for HIV puts you in control of your health and thanks to treatment, this means you can live a healthy life. Testing for HIV is also useful for HIV-negative people who are considering interventions such as PrEP (pre-exposure prophylaxis).

David Morris  
Sexual Health Outreach Worker

”

Cumbria  
SEXUAL HEALTH

## #HIVTestingWeek2024

### HIV Fact File

- Testing for HIV is quick and easy, you can book a quick blood test in one of our sexual health clinics.
- People can live with HIV for a long time without any symptoms, testing is the only way to know your HIV status.
- If you have HIV, finding out means you can start treatment - stay healthy and avoid passing the virus on to anyone else.
- There are many ways to test – at a sexual health clinic, your GP, through a HIV and sexual health charity or by ordering a test online.
- Anyone diagnosed with HIV in the UK can access free treatment and support.
- The aim when on medication is to control the virus to undetectable levels, once this happens, you cannot pass on HIV via unprotected sex #UequalsU.

#HIVTestingWeek2024



# EYES OPEN 2024-2025



## U=U Day 2024



# U=U

## Awareness Day Monday 18th March 2024

### #UequalsU



“

The U=U message is probably the most valued information in the training sessions I deliver. I feel fortunate to have the opportunity to spread positive messages about advancing HIV treatment and what being Undetectable = Untransmittable actually means. This is celebrated by the young people in schools, health professional and community groups that I work with across Northumberland.



Jane Bassam-Roper  
Health Promotion Practitioner,  
C-Card co-ordinator & Trainer  
Northumbria Sexual Health Service  
& Eyes Open Steering Group Member

”

### #UequalsU



“

I love promoting U=U as part of my role! It's such a powerful and positive message that we need to share and celebrate so that we can continue to remove stigma associated with HIV.

Lisa Hanson  
Eyes Open Steering Group Member  
Health Promotion Assistant - Sexual Health  
Northumbria Healthcare NHS Foundation Trust

”

### #UequalsU

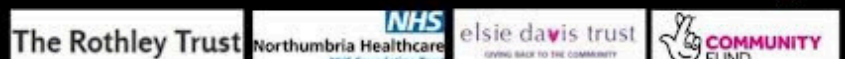
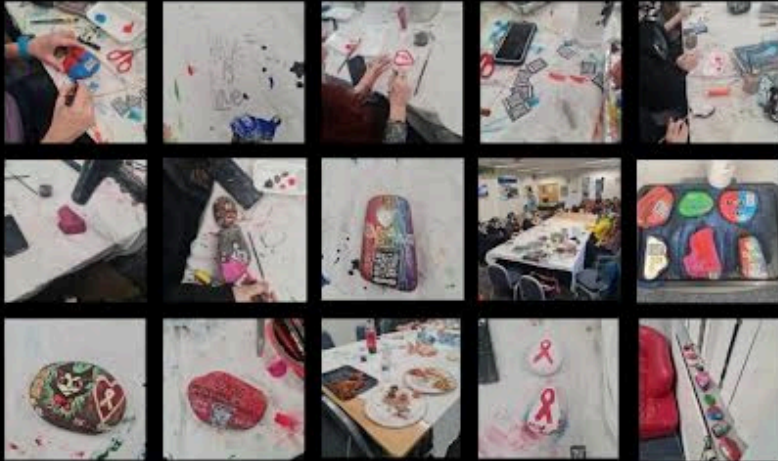




# EYES OPEN 2024-2025



## Art Sessions in 2024



# EYES OPEN 2024-2025



## 2024 Community Support

**PEOPLES  
FUNDRAISER**  
***SUPPORTING EYES OPEN***

**TEAM NORTH V NEWCASTLE PANTHERS**  
**BBQ - BOUNCY CASTLES - RAFFLE**

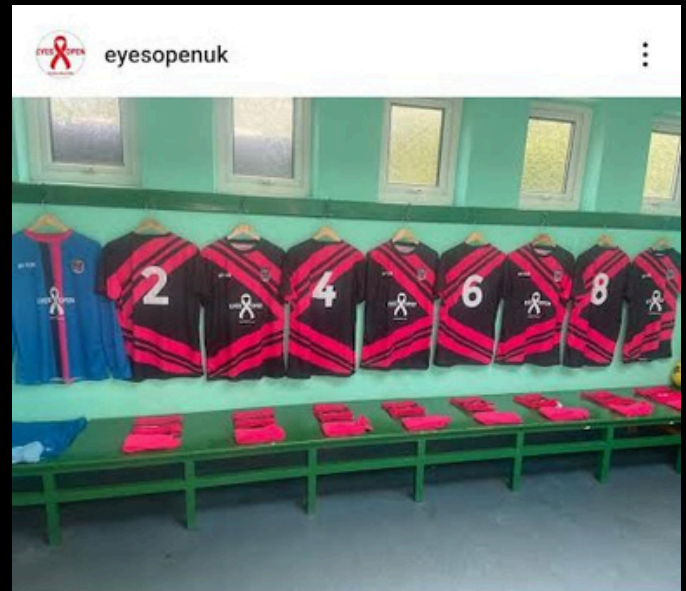
 **1ST JUNE 2024**  
**1 PM KICK OFF**

 **THUMPAS @ DRUID PARK**  
**WOOLSINGTON, NEWCASTLE**  
**UPON TYNE NE13 8DF**

**DENTON TRAVEL**  
**PROUD SPONSORS**  
**OF TEAM NORTH**

**EYES OPEN**  
Positive About HIV





# EYES OPEN 2024-2025



## Conferences & Community Outreach



## World AIDS Day 2024

**#NE24 WAD**  
**#KNOWHIVNOSTIGMA**

**I Am More Than Exhibition**  
**World AIDS Day 2024**  
**Republic Gallery**  
**1st December 2024**  
**3pm - 7pm**

With our guest speakers, sharing their lived experiences: -  
Stephen Hart, Julieanne Mitchell & Tom Lowes  
Plus, Live Painting, Live Music, Oral Histories,  
Refreshments & Food

Between: 30th November - 14th December 2024

Our exhibition will be running at Republic Gallery:  
85 Bridge Street, Blyth, NE24 3AE

**REPUBLIC GALLERY**

**EYES OPEN**  
Positive About HIV





# EYES OPEN 2024-2025



#KNOWHIVNOSTIGMA  
#UEQUALSU



## HIV Testing Week 2025

HIV treatment in the UK is free of charge for everyone regardless of their immigration status, as long as they live here. To access treatment in the North East and Cumbria, go to our Eyes Open page and register with a local HIV treatment clinic.



Jane Bassam  
EO steering group member &  
LGBTQ+ Asylum Project Worker at Rainbow Home



#HIVTestingWeek2025



### CYANOTYPE & WATERCOLOUR WORKSHOP

24th February 2025

6pm - 8pm

The Solway Hall Whitehaven  
HIV Awareness & Testing  
Food & Refreshments

to book your place, email:  
treasurer@eyesopenhiv.uk

Cumbria  
SEXUAL HEALTH





# EYES OPEN 2024-2025



## Art Sessions 2025



## Community Support 2025



# EYES OPEN 2024-2025



## Awards Night 2025



# #POCA2025

Sponsored by



# **EYES OPEN 2024-2025**



## **Testimonials**

**Tom Lowes, Eyes Open volunteer and living well with HIV - I have been living with HIV very well for several years and have volunteered with Eyes Open for a number of years now. My volunteering was more 'in the background' until this last year when I became more involved with the Arts and Craft Community Project. For some reason, it really inspired me to become much more vocal! I realised that the best way to get across to people who were 'less informed' or completely misinformed on the topic of HIV and living with HIV was to hear it 'from the horse's mouth'!**

**I am an older person living very well with HIV and as the population of older people living with HIV increases, I felt I should add my voice to support them. I felt so empowered by getting up to speak at the HIV Testing Week event in Whitehaven that I have spoken on other occasions. The voice of living experience is so strong!**

**18 year old women – thank you for the amazing session today, I loved being creative and painting pebbles, I also loved the talk from the lady living with HIV, until today, I never thought women could catch HIV, it has promoted me to chat to my friends and to also get tested, I look forward to attending more sessions.**

**72 year old man – I came across to the session basically because it was arts and crafts as I have a keen interest, I wasn't really sure what it was all about, but to my surprise, I have learnt so much about HIV and I am going to go and educate my children and grandchildren, thank you to those that spoke to me and educated an old man! I also really liked painting the pebbles, lots of fun!**

# EYES OPEN 2024-2025



**We would like to say thank you to our funders who gave us  
funding to deliver in our community**



The  
**Hadfield**  
Trust

**The Rothley Trust**



Proven Family Trust

Bryan Lancaster Trust

**Sellafield Charity Snowball**

*Catherine  
Cookson*  
Charitable Trust



**The Joicey Trust**

**EYES OPEN**  
**2024-2025**



**Email: chair@eyesopenhiv.uk**  
**Website: <https://eyesopenhiv.uk>**



**@EyesOpenHIV**



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