

# 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

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Across the region, we educated people to reduce stigma and discrimination around HIV and to promote testing. We delivered 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

We partnered with the Panthers Football Club

Educational art session at the Cumberland Council Social Prescribing event

7 Community events for HIV Testing Week

9 art and craft pebble sessions

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

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



**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

#HIVTestingWeek2024

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



#HIVTestingWeek2024

### 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



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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



#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 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



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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!



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



"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

Gondria  
SEXUAL HEALTH



Gondria  
SEXUAL HEALTH

NHS  
North Cumbria  
Integrated Care  
NHS Foundation Trust



MELISSA  
GONDRIA

#HIVTestingWeek2024

#HIVTestingWeek2024

#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.



# EYES OPEN 2024-2025



## U=U Day 2024



# U=U

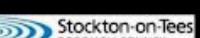
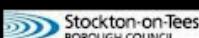
**Awareness Day  
Monday 18th March 2024**

**#UequalsU**



**#UequalsU**

**#UequalsU**



# EYES OPEN

## 2024-2025



## Art Sessions in 2024



# EYES OPEN

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## 2024 Community Support



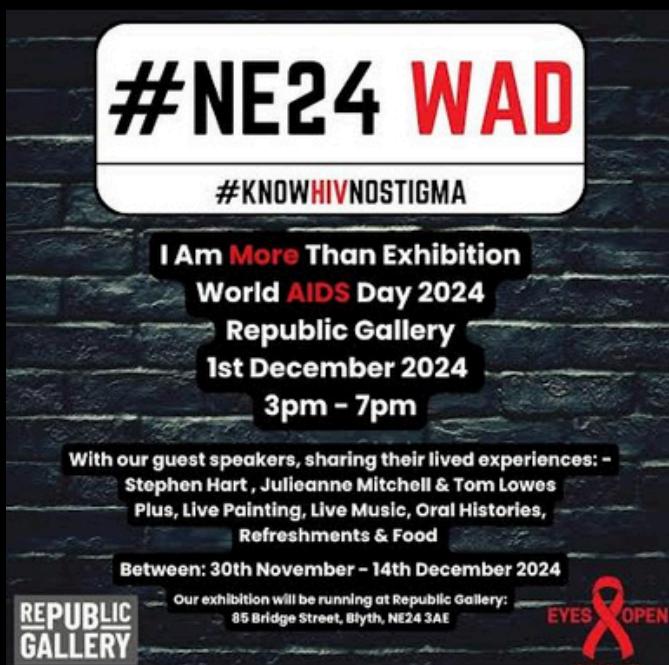
**EYES OPEN**  
**2024-2025**



## Conferences & Community Outreach



## World AIDS Day 2024



# EYES OPEN

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#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



# EYES OPEN

## 2024-2025



## Art Sessions 2025



## Community Support 2025



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



## Awards Night 2025



A collage on a red background featuring the EYES OPEN Positive About HIV logo, the PRIDE OF CUMBRIA AWARDS 2025 logo, a photo of a man and a woman, and a photo of an award trophy.

**#POCA2025**

Sponsors and Partners:

- nrl
- Westinghouse
- Sellafield Ltd
- CUMBRIA
- Cumberland Council
- CHRIS ALLEN
- MORGAN SINDALL



## 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**



**COMMUNITY  
FUND**

**The  
Hadfield  
Trust**

**The Rothley Trust**

**DC**  
**Dobies Cumbria**

**Proven Family Trust**

**Bryan Lancaster Trust**

**Sellafield Charity Snowball**

**Catherine  
Cookson**  
Charitable Trust

**Cumberland  
Council**



**The Joicey Trust**

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**2024-2025**



**Email: [chair@eyesopenhiv.uk](mailto:chair@eyesopenhiv.uk)**  
**Website: <https://eyesopenhiv.uk>**

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