



# AFRISLUM UGANDA

**INNOVATOR  
& MOMENTUM  
FUNDING**

**HIV IN  
UGANDA**

**AFRISLUM**



**POSITIVE ACTION'S COMMUNITY STRATEGIC INITIATIVES (CSI) PROVIDE FUNDING TO COMMUNITY ORGANISATIONS WHO SEEK TO PREVENT NEW CASES OF HIV AND SUPPORT PEOPLE LIVING WITH HIV.**

# INNOVATOR & MOMENTUM FUNDING

As part of its strategy, Positive Action provides first time investments to test and pilot new interventions through its Innovator funding rounds. Innovator grantees receive up to £100,000 over a two-year period.

Innovator-funded projects that have successfully generated evidence of impact are scaled by Positive Action through its Momentum funding. Momentum grants are a £300,000 investment over three years and aim to advance existing interventions.



# HIV IN UGANDA

In sub-Saharan Africa, adolescent girls and young women (AGYW) account for nearly a quarter of new HIV cases. Uganda alone registered more than 53,000 new HIV cases in 2019, two-thirds of which were among adolescent girls and young women.<sup>1,2</sup>

AGYW who are living with HIV often experience internalised stigma due to their HIV status. For those living in informal settlements, these challenges are further exacerbated.<sup>3</sup>



1. Uganda National Institute of Public Health. 2022. UNIPH Bulletin Articles Volume 7 Issue 2 April-June 2022. HIV Positivity rate and recent HIV infections among adolescent girls and young women 10-24 years, Uganda, 2017-2021. Available at: <https://uniph.go.ug/hiv-positivity-rate-and-recent-hiv-infections-among-adolescent-girls-and-young-women-10-24-years-uganda-2017-2021/>.

2. UNICEF Uganda. HIV and AIDS - Improving HIV prevention and care for children and women. Available at: <https://www.unicef.org/uganda/what-we-do/hiv-aids>.

3. Harper, G. W., Lemos, D., Hosek, S. G., & Adolescent Medicine Trials Network for HIV/AIDS Interventions. (2014). Stigma reduction in adolescents and young adults newly diagnosed with HIV: findings from the Project ACCEPT intervention. AIDS patient care and STDs, 28(10), 543-554.

**“POSITIVE ACTION FUNDING HAS SUPPORTED AFRISLUM TO GROW AS AN ORGANISATION. THEIR SUPPORT ENABLED AFRISLUM TO DEVELOP THE CURRENT RESOURCE MOBILISATION STRATEGY, WHICH FACILITATED [AN] INCREASE IN THE GRANT PORTFOLIO. THE MOMENTUM GRANT FACILITATED AFRISLUM TO SCALE UP THE INNOVATIVE COGNITIVE BEHAVIOURAL THERAPY (CBT) MODEL TO ANOTHER DISTRICT”**

– Mr. Shafiq Kawooya, Executive Director, Afrislum

# AFRISLUM UGANDA

## PROGRAMME APPROACH

To tackle the challenges faced by AGYW living with HIV, Afrislum used Positive Action’s Innovator Grant to develop a CBT model for reducing HIV internalised stigma among AGYW living in informal urban settlements in Kampala, Uganda. The model has 10 different but interrelated sessions, conducted by HIV expert clients (trained peers), that aim to **change the negative thought patterns** AGYW living with HIV may have about their status.

## COMMUNITY IMPACT

During the Innovator funding round, Afrislum’s CBT model was piloted and tested at four public health facilities. Each trained expert client was assigned a cohort of 12 AGYW to facilitate sessions for 10 months.

**16** service providers trained in group CBT delivery.

**124** people benefited from group CBT sessions (mental health services).

**170** people were directly reached by the project.

Project participants stated:

**“I HAVE GAINED CONFIDENCE AND I NO LONGER FEAR WHAT PEOPLE HAVE TO SAY WHEN THEY FIND OUT I HAVE HIV”.**

**“I USED TO THINK I WAS THE ONLY ONE WHO HAD HIV, BUT WHEN I ATTENDED THESE LESSONS. I GOT TO KNOW I WASN’T ALONE BECAUSE WE DISCUSS ISSUES WITH PEOPLE WITH THE SAME HIV STATUS”.**

## MOMENTUM GRANT SCALE-UP

Afrislum's expert client CBT model has proven to provide an alternative approach to address internalised stigma that can be adopted by Uganda and other settings where psychosocial support services are limited.

**Afrislum received an additional £300k to scale-up its Innovator funded project.**

The additional funding from the **Momentum grant** will help facilitate the scale-up of Afrislum's CBT model to more districts across Uganda and support the engagement of policymakers in the next phase of the programme.

