

# Retreat Report

St Mary's Monastery,  
Perth Scotland

A photograph of St Mary's Monastery in Perth, Scotland, featuring a large stone building with multiple windows and a prominent spire. The image is partially obscured by a yellow diagonal overlay.

*Vitality*

7 - 9 July 2023

**Duty Mananer: Kevin**

Facilitators: Tremain & Julie

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# Bookings

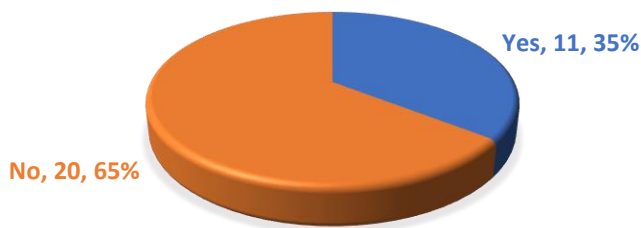
- 28 People Booked to stay
- 3 People cancelled the day before the retreat
- 2 People cancelled on the day
  - 2 visiting Facilitators

So, it turned into a small group of 23 people.

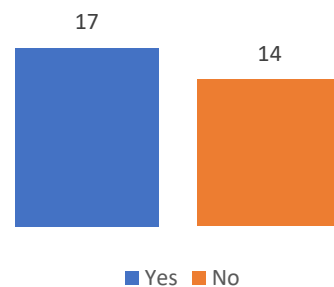
6 Donations      £192.00

Money Raised at Retreat      £155.00

REFERRED BY AN ORGANISATION



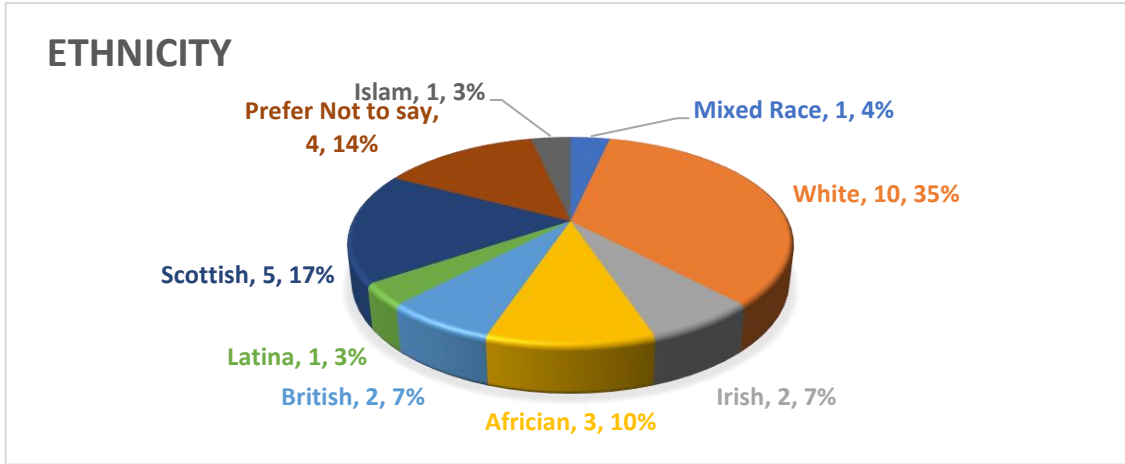
FIRST RETREAT



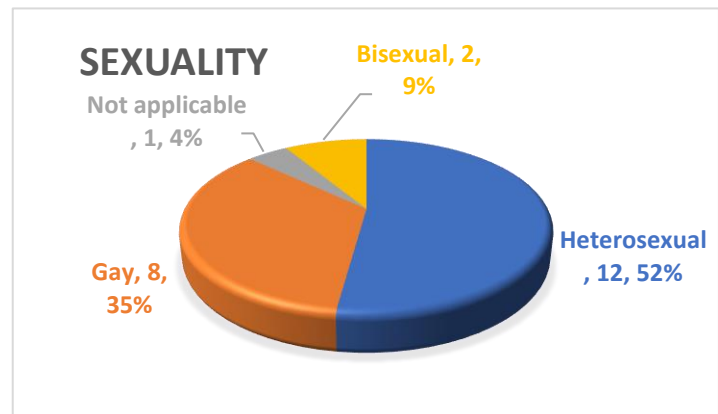
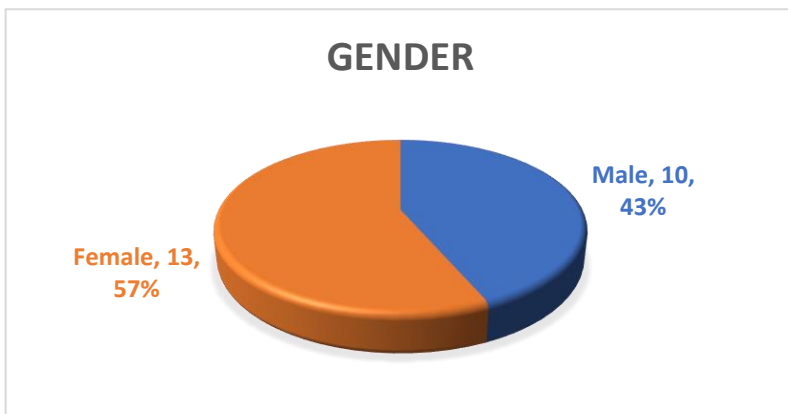
**Terrence Higgins Trust**  
**Hivitality WAVERLEY CARE**  
**HIV Scotland Helix**



# Demographics

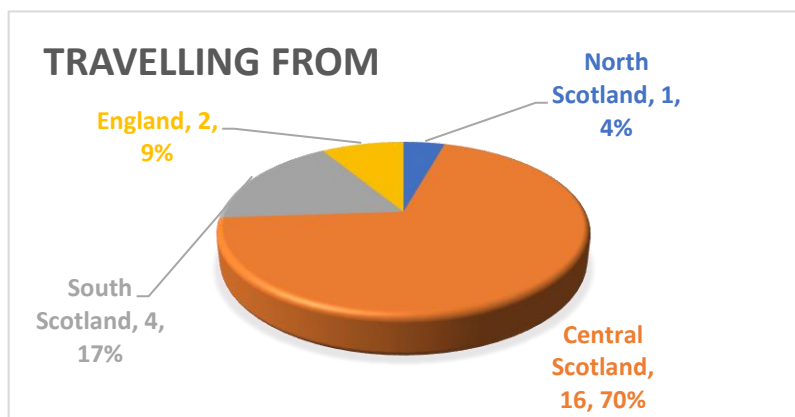
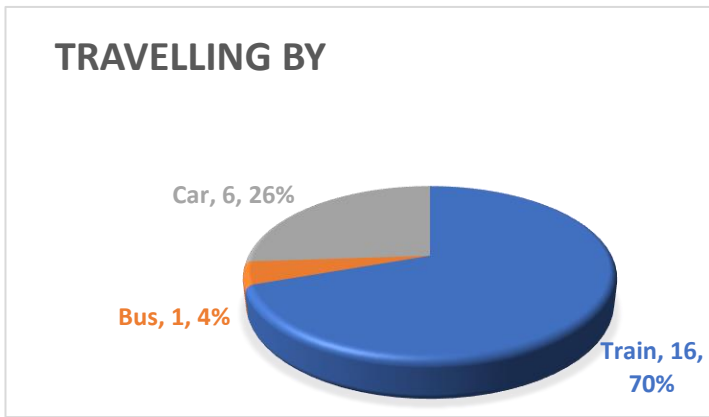
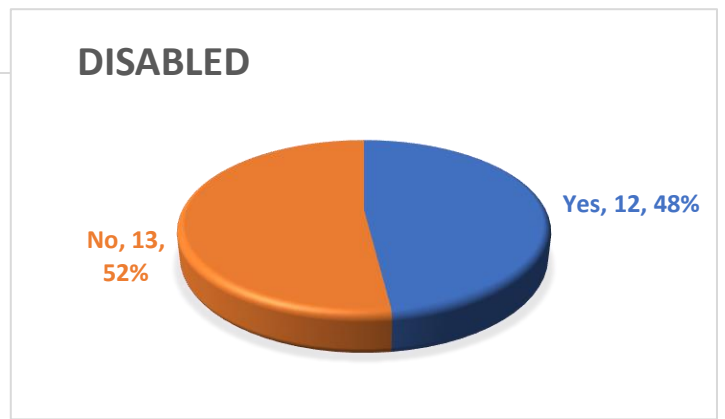
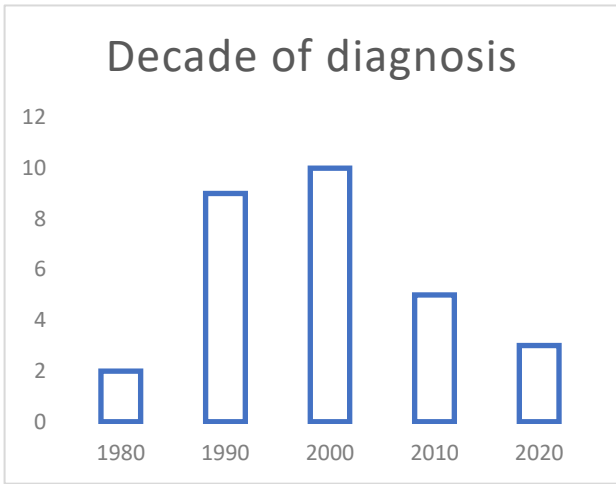


African British African Caribbean **African**  
 Black African **White Scottish**  
 Islam Male Uk  
 English white White Irish British white Latina



Average age: 51





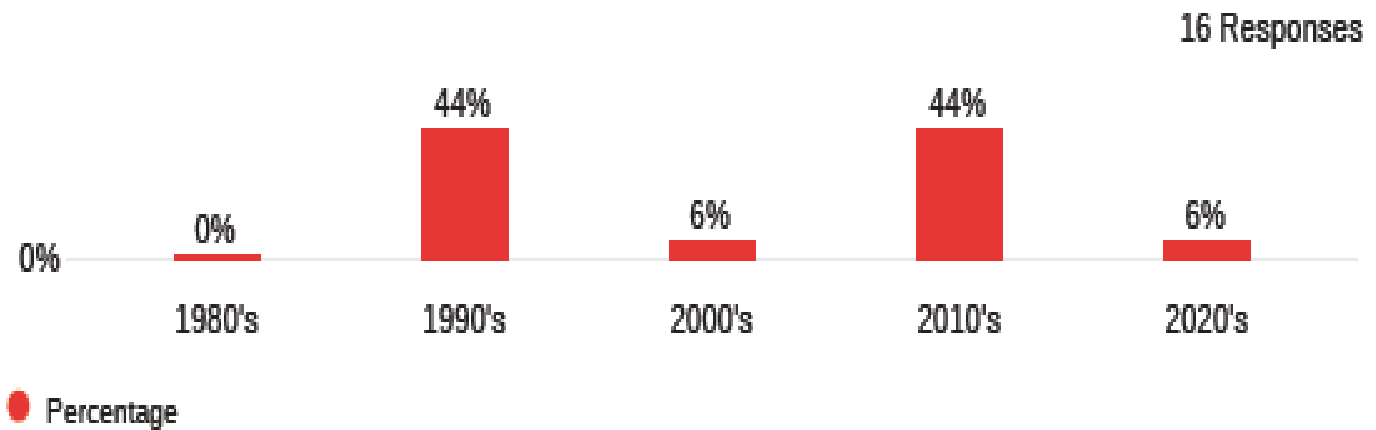
Annan <sup>Motherwell</sup> Glasgow Arbroath  
 Renfrew  
 Edinburgh London  
 Findhorn Wrrirral Blackford  
 Larbert Falkirk



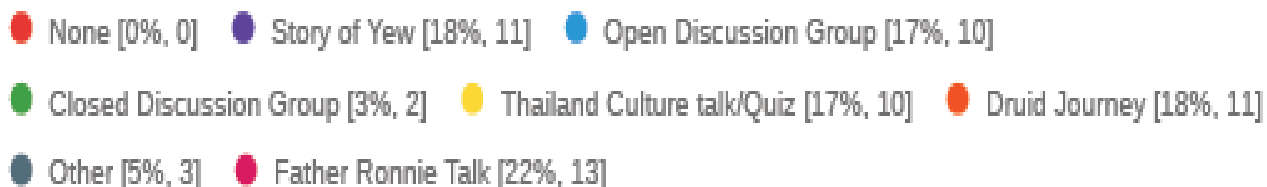
# Evaluation

[Retreat Feedback](#) | [Qualtrics Experience Management](#)

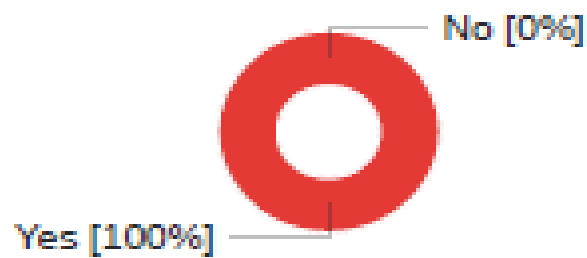
## 1 - What decade were you diagnosed in?



## 2 - Did you take part in...(please tick all that apply) - Selected Choice



## Did you take part in any of the social activities?



● No ● Yes

### What did you do?

9 Responses

Yes, on the first night which was Friday, I had taken part in the quiz, I felt that the team I joined and also the rest of the groups that I had known them before. It was such a laugh that it made me come out of my shell and the real Charlie Brown, confident, funny and get on well with others had appeared that it was locked away from for so long.

quiz, walk around the grounds and informal chats with other participants.

Went for a walk.

Quiz bingo

Raffle, bingo, guided walk,

Quiz and bingo

Bingo and quiz.

I was able to be myself.

### How would you rate these?



## What did you enjoy the most during the retreat?

9 Responses

Listening to other people about their struggles, people giving me their confidences as a one to one.

The actual monastery grounds and feeling relaxed that I could go to my room anytime during the night without people asking me " why are you going to bed at this time".

I loved the session of the Yew and listening to the Dr who had so much passion working with HIV and not the typical tightcast I imagined the Catholic religion he is part of.

just to meet new people

I loved the place - The monastery grounds were beautiful and very peaceful for group walks and just to recharge by yourself.

I love all the workshops I took part as a participant - I love to learn and expand and evolve and obviously I loved the company of all other participants and the inter- action with all.

Relaxing in the beautiful surroundings and making new friends  
The informal chatting with such an interesting range of people  
Tranquil surroundings

Making new friends and getting to talk about our life with HIV.

Meeting new people. Learning. Feeling safe

Meeting new people. Living with HIV





## I felt valued and cared for

11 Responses



## I felt listened to and understood

11 Responses



## 13 - I gained an insight to my own health/wellbeing

11 Responses



## 14 - I was able to be open and authentic

11 Responses



## I left feeling better than when I arrived

11 Responses



## I learnt important things about living with HIV

11 Responses



## What skills and/or knowledge did you gain during the retreat that you can use going forward?

9 Responses

I have always felt isolated when I returned from London as I live in a small town (like the only gay in the village) however I realised that there are organisations and people I can turn to and feel part of a family.

I feel that I could put all my skills I had learned during my career and one day head a HIVVITALITY team because I felt so comfortable with the topics and the way gay, bi and straight females can gather together.

I knew straight females do have HIV, but it was always at the back of my mind, but this is the first time I had been in their community.

I have been part of a group with more females than males during my therapy and group sessions with the charity I belong to which deals with child sex abuse and always work well with them.

Nothing

I think I got the opportunity to stretch my understanding of stigma /self-stigma and other ways of dealing with that challenge.

Connecting with others also made me feel stronger and included - being part of something is such a powerful thing - it really lifts us up and improves our self-esteem. Most definitely left this retreat in a much better place - feeling more resilient, stronger and empowered.

I feel more confident and empowered.

From hearing others experience helps me to understand how difficult some others' lives can be and how amazing they are to come through so well.



It's great to be able to learn and share each other's stories and life experiences.

When I knew I was coming to the retreat I was so happy and the same time was nervous and anxiety at the same time because am not good at meeting new people, but when I get to meet the other people I became very happy and get to open up to the people and get to meet new friends.

Am glad that I came to the retreat, and I hope there will be more retreats like this that I get to meet more people.

Thank you very much for everything and I really appreciate and enjoy it.

Focusing on me is OK.

Although we are all different, we have so much in common as well as our status.

Many journeys are travelled to a safe haven.

Being able to open and share you feel the of living with baggage that you carry around the with you all the time due to not being able to share being HIV positive that is so nice to be able to share that makes you feel 100 times better.





## Please describe your experience

10 Responses

I would just like to say that recently I felt that I was just going to end my life because six months ago I had a failed suicide and stopped my meds. Just now I am currently recovering from PCP and only finished my antibiotics two weeks ago. The HiVitality came at the right moment for me because it has given me hope and strength to be back at detectable level and I have more friends now as I joined a family.

It was fabulous!

At first when I saw the retreat was to be held on a Monastery, I was a bit reticent, but after arriving and connecting with the place and people around I felt so welcomed and cared for.

This retreat will definitely have a super positive impact in my life. All the connections and friends for life I gained are the most precious thing I am taking with me.

Just amazing from start to finish.

A treat

The meeting of like-minded people, although different experiences, sharing their journey

It's been a great chance for me to be able to relax and not worry about stigma and no one to judge me.

I really enjoyed myself and get to meet new people and make friends.

Very worthwhile. Although nervous beforehand I quickly felt at ease. The group dynamic was excellent and new friendships were awoken.

The most amazing relaxing feeling in world.





## How did you find the booking process?

10 Responses

Absolutely no problems at all. And having Julie and Kevin to chat to made my anxiety calm well down.

Good

I bit confusing.

Easy to understand.

Fine, though I feel concerned for others who may have missed the chance.

Good

Easy

From Hwupenyu Health and well-being

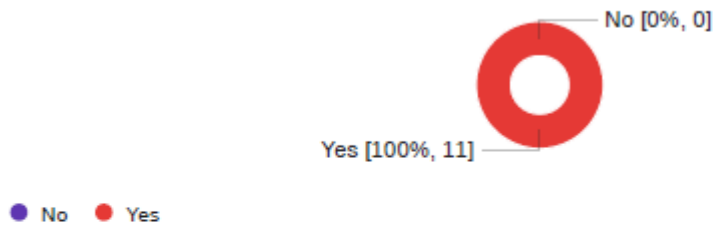
Easy

Booking was straightforward.

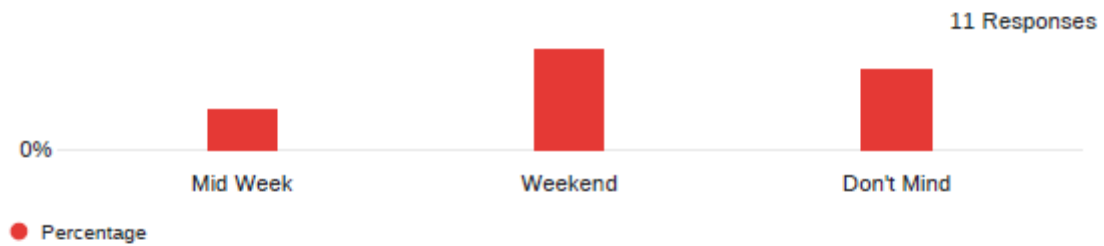




Would you recommend HiVitality retreats to other people?



Would you prefer a weekend or mid week retreat?



Would you prefer a 2 or 3 night retreat?



## Is there anything else you want us to know?

### 8 Responses

I loved the retreat and thank you for letting me be part of it. I have left with a few phone numbers to continue with a friendship, and we have been having lots of whats app with the group and Julie and Kevin.

massages and pampering

It was such a lovely much-needed weekend. I met so many people who have gone through similar experiences to my own and had an instant connection to everybody. It was a very supportive, safe, friendly, caring, welcoming group.

The surroundings and monastery we stayed in were so beautiful and relaxing.

The quiz on the first night (although long ☹️) was a great way to connect us all on the first evening and we had lots of fun at the bingo too the following evening.

I enjoyed the forest walk and the peaceful grounds. The HIV talk was interesting on the Saturday evening. The druid introduction and meditation were so relaxing too. The food was just lovely, and very plentiful!! Thank you all so much.

I am concerned that there were places unfilled by last minute cancellations and wonder if there is anything that could be done to reduce these.

Fantastic work by everyone and great to meet new people.

If we can have more retreats and get to meet more people

I would like to add my personal thanks to the organisers for the time and dedication they put into the event. It was really appreciated, the team from HiVitality was amazing.



## How would you rate your overall satisfaction?

6 Responses

