

4M Network

My health, My choice, My child, My life

We are delighted to announce the launch of the Salamander Trust / 4M Network Peer Mentor Mother Training Manual.

This is the culmination of over 5 years of work, developing and delivering training materials created by, with and for women living with HIV, to support them as they go on their pregnancy journey.

Training workshops, on which the two-volume manual is based, have taken place across the UK, as well as in Kenya and Uganda.

See what others think of the manual by scrolling down....

For more information, please visit tinyurl.com/4MProject



MENTOR MOTHER TRAINERS' GUIDE

to train other women living with HIV as Mentor Mothers

by Angelina Namiba

Volume 1



by Angelina Namiba

Volume 2

SECTIONS E AND F:
RESOURCES
and
USEFUL REFERENCES

This volume is to be used with Volume 1, which is available for download once you complete this form: <https://tinyurl.com/4mmanualpermissionsform>

All the resources in this section are for your use in your own mentor mother training programme. Most will need to be adapted for your own context. Please always cite this manual (as below) when making use of these materials and/or reporting about them, in accordance with standard international copyright law.



“Women living with HIV are often referred to as a ‘special population’ when in fact women represent 50% of the population and globally more than 50% of people living with HIV. The UK has a proud tradition of world-class peer mentorship. The British HIV Association fully supports the empowerment of women as peer mentors and recognises the crucial importance of advocacy not only for MSM but for women wanting to live meaningful lives, including for some, the choice to have a family.”

Professor Chloe Orkin, Chair of the British HIV Association (BHIVA)

<https://www.bhiva.org/>



“The National HIV Nurses Association (NHIVNA) are proud to endorse and support the Mother Mentors Trainers Guide. Having seen the power of this work first hand this guide will be an invaluable resource not only for potential mothers but for nurses working with women who are living with HIV to further understand the complexities of pregnancy, parenthood living with HIV and the role of the Mentor Mother programme.”

Shaun Watson, Chair, National HIV Nurses Association (NHIVNA).

<https://www.nhivna.org/>



“SWIFT are delighted to support 4M Training of Trainers and feature it on our website. Each training package offered to candidates is comprehensive, well thought and holistic. This is peer mentoring at its best.”

Dr Yvonne Gilleece, Chair of SWIFT.

<http://www.swift-women.co.uk/>



“This manual is easy to understand. It takes keen interest in going into details that any mentor mother can work with. I love all the work that has been put into it and am happy mentor mothers will have a document they can own and work with, to make their work easier and more fun. You have thought of everything. I can't wait to use such a wonderful manual and see how a program pans out.”

Lucy Wanjiku Njenga, Founder/Team Leader, Positive Young Women Voices, Kenya.

<https://positiveyoungwomensvoices.org/>



“A comprehensive resource which has been compiled wholly by women living with HIV. This will ensure that we will be comfortable and confident as we mentor or train other women to mentor through the pregnancy journey and beyond. Careful attention has been taken to include women in all our diversities, which brings richness and depth to the programme.”

Fungai Murau, Sussex Beacon Board Member.

<https://www.sussexbeacon.org.uk/>



“The 4M training the trainers manual is a rich resource which will enable women with HIV who are interested in peer support to build up their confidence and skills as well increase the capacity of other women through becoming trainers. Peer support, sharing our lived experiences to encourage mutual learning and growth, is very effective in overcoming challenges such as receiving an HIV diagnosis during pregnancy. The 4M manual will make it easier to have a structured, approach to peer support, which is fun, supportive, safe and respectful.”

Silvia Petretti, CEO, Positively UK.

<http://positivelyuk.org/>



“CHIVA are delighted to endorse this important handbook which supports the training of women who live with HIV to become ‘Mentor Mothers’ to be equipped and empowered to offer support to other mothers living with HIV. We are living in incredibly positive times in relation to the huge successes around the prevention of vertical transmission, and this handbook is important in recognising the valuable role mothers who live with HIV have in supporting other mothers living with HIV to be fully informed and empowered as mothers.”

The Children's HIV Association.

www.chiva.org.uk



“The training guide is an invaluable resource for mentor mothers to train other women living with HIV to continue with this crucial work. Clearly written, comprehensive and accessible, it gives detailed step-by-step guidance, covering everything needed for empowering peer led training of the highest standard.”

Susan Cole, NAM,

<http://www.aidsmap.com/>