

# 4M Mentor Mothers Making Magic: Personal, Professional Development for Prevention and Peer Support

UKCAB Meeting. 27<sup>th</sup> April 2023



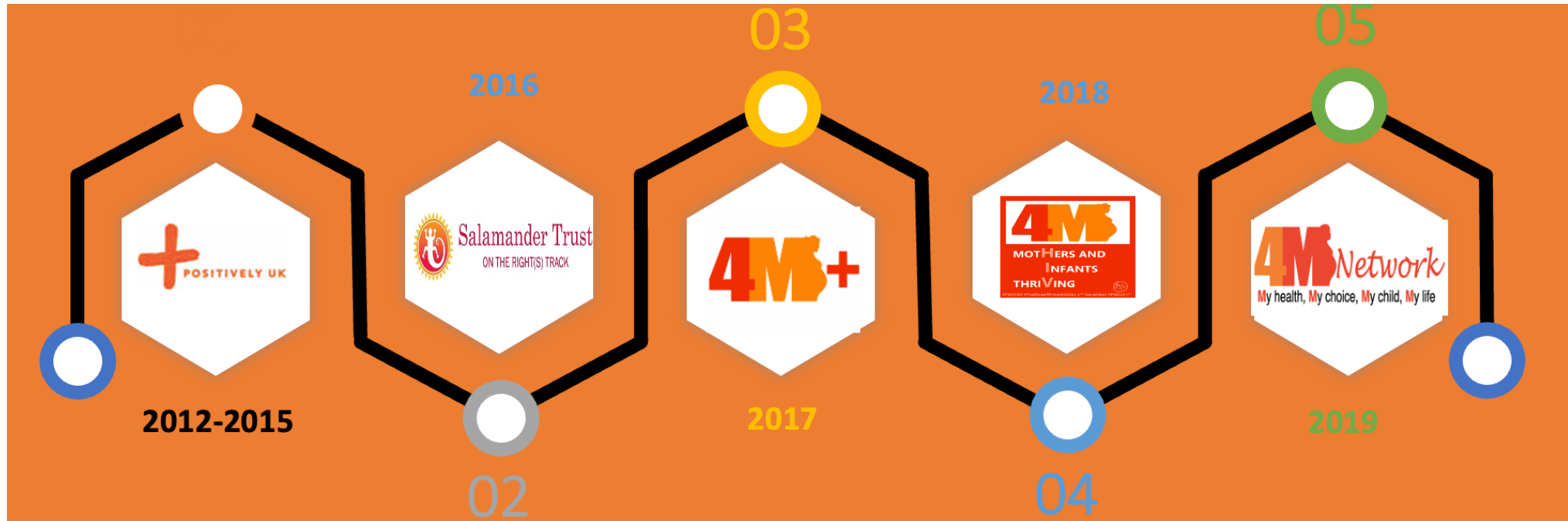
anamiba15@gmail.com

@angelina\_Namiba

@4MProject

<https://4mmm.org/>

## 4M Network of Mentor Mothers: 'Her' story – Becoming a CIC



# Meet the team

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- About Us
- Projects
- Grants
- Blogs
- Resources
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## What we do

4M is a unique peer-led programme led by Black migrant women. We train women living with HIV across the UK as Mentor Mothers to provide psycho-social support to peers in their pregnancy journey and beyond.

It is now entirely possible that, with the right care, respect and support, women living with HIV can have babies born HIV-free through normal vaginal delivery.

As a result of our work, Mentor Mother peer support is now promoted as good practice in the British HIV Association National Pregnancy

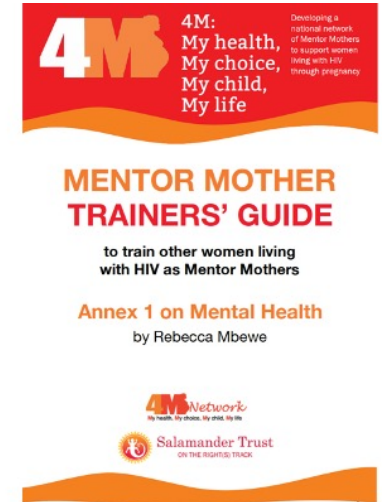
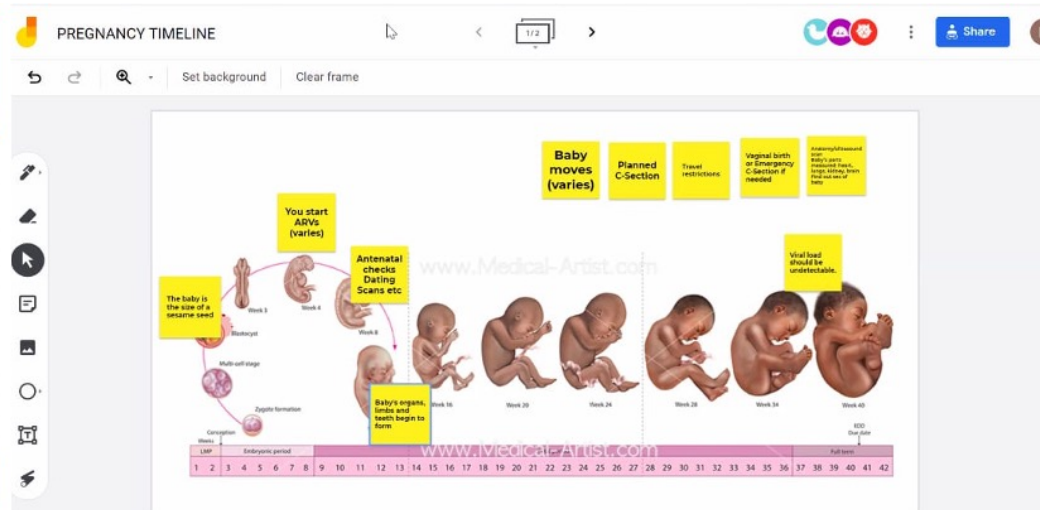
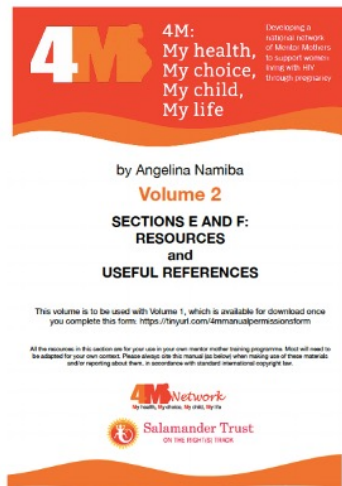
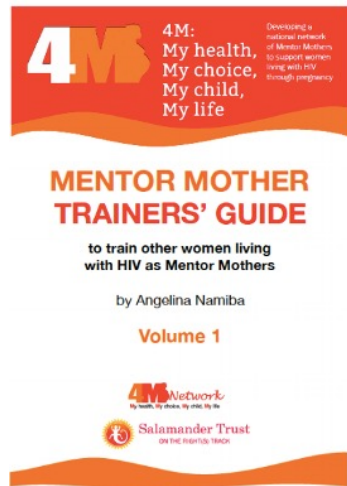
## ADVISORY STEERING GROUP

4M's Advisory Steering Group currently consists of the following members:

Professor Jane Anderson, Professor Susan Bewley, Dr Laura Byrne, Dr Rageshri Dhairyawan (*Chair*), Gill Gordon, Fiona Hale, Dr Vicky Johnson, Longret Kwardem, Rebecca Mbewe, Angelina Namiba, Dr Shema Tariq, Dr Pat Tookey, Dr Alice Welbourn, Dr Alison Wright.



What we do: Training. Free copies of our training manuals available at: <https://4mmm.org/training-manual/>



# What we do: Supervision (Group & One-to-one)

## 4M Net Group Supervision 16/4/21

### A time to Connect, Express, Discuss & Share

Welcome & check in

**Updates** – CHEU study workshop participation  
Workshop co-facilitation  
4MNet Calendar

**Support needs** – self and mentees/women you are supporting

**Topic: Relationships Part 2.**

**Group Discussion**

When sharing our status does not go well-how do you deal with this

**Small groups**

Plan B for when relationships don't work-learning and healing  
**Feedback**

**Group Discussion**

Celebrating our single selves

**Mindfulness with Mel**

Closing Circle



## The Love-List

### The 7 Fs

- ♥ 'Fizzical' attributes & attraction (is there a physical & sexual buzz between you? !)
- ♥ Friendship (are you friends with each other? Do you like each other's friends?)
- ♥ Finances (will your partner support you as best they can now and in the future?)
- ♥ Family (will your partner's family support you & vice versa?)
- ♥ Future plans (discussing / sharing / agreeing)
- ♥ Mutual AFFirmation! (Do you tell each other what you appreciate about each other regularly?)
- ♥ Fun (Do you have fun and laugh together regularly?)

## 4M Net Date Night-Group Supervision 31/7/21

### A time to Connect, Express, Discuss & Share

Welcome & check in

Updates

Support session  
(Self/mentees)

Dance with Neo

Comfort Break

Creative Writing with Nell

Mindfulness with Gillian

Closing Circle



# What we do: Inclusive Creative Projects



Photo by Charity - London

**Emerging Futures Project  
Exhibition**  
30<sup>th</sup> of April 2021

**4M Mentor Mothers Network - Becoming a CIC**

Longret Kwardem

 [longret@4mmm.org](mailto:longret@4mmm.org)  
[@longretk](https://www.instagram.com/longretk)  
[@4MProject](https://www.instagram.com/4MProject) 

**4MNet for the Future**  
Women living with HIV  
reimagining the future



**Femifesto**



Photo by Samantha - Bournemouth

# What we do: Information Webinars

All our Webinars are available at: <https://4mmm.org/webinars/>

## Knowledge Is Power Webinar Series 2022 – Funded by ViiV Healthcare

### Webinar no. 17 – Good quality of life, mental health & well-being

In this webinar, recorded in March 2022, 4M mentor mother member Susan Cole discusses with Angelina Namiba the importance of looking after our mental health and well-being to improve and ensure our quality of life. To view the webinar, click here.

 4M Mentor Mothers



### Webinar no. 16 – Good Doctor Patient Relationships

Welcome to webinar 16! This time we hear from 4M Co-Director Angelina Namiba and Dr Vanessa Apea about how to make the best of our relationship with our healthcare providers. To view the webinar click here.

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### Webinar no. 19 – Undetectable = Untransmittable

This month, Dr Nneka Nwokolo of Chelsea and Westminster Hospital, London, UK, explains the concept of “U=U”, and explores what it means for women living with HIV. This webinar was recorded in April 2022. To view it, click here.

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### Webinar no. 18 – Women! Treatment and our wellbeing

Webinar no. 18 – Women! Treatment and our wellbeing Angelina Namiba talks with Simon Collins of HIV i-Base about treatment issues facing us as women living with HIV. NB please note that information in this talk is to help in discussions with your doctor and other health workers. To access the webinar, click here.

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### Webinar no. 21 – Clinical trials and how to engage in them

In webinar no. 21, Hajra Okhai of UCL explains how clinical trials are set up and how women living with HIV can engage with them. Longret Kwardem of 4M discusses the advantages to women living with HIV, researchers, clinicians and policy-makers alike of women's meaningful involvement throughout the trial process. Click to view Hajra's presentation. ... Continue reading

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### Webinar no. 20 – BHIVA Pregnancy Guidelines

In webinar no. 20 Dr Shema Tariq, of the University College London Mortimer Market Centre, explains the British HIV Association (BHIVA) Guidelines on Pregnancy and Infant Feeding. To access the recording, click here.

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# What we do: Collaboration and Partnership - UK

**ARE YOU LIVING WITH HIV & THE MENOPAUSE?**  
**BEARDED AND FLUSHED**  
CREATIVE WRITING WORKSHOPS  
4 NOVEMBER 2021 (6 WEEKLY SESSIONS)  
7.00-8.30PM (VIA ZOOM)  
SEKHON@NAZ.ORG.UK

**FAST-TRACK CITIES**  
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**FAST-TRACK CITIES LONDON LAUNCHES SIX COMMUNITY PROJECTS TO TACKLE HIV STIGMA**

**Stigma Empowerment Programme**  
March, May, July, September 2022

**Training Outline**

Facilitators: Fungal Murau; Angelina Namiba; Nell Osborne; Mel Rattue

The six contracts have been awarded to the following voluntary and community sector organisations:  
**Positive East**  
**4M Mentor Mothers Network** and **NAM aidsmap**  
**Terrence Higgins Trust**  
**The Love Tank**  
**Positively UK**  
**Metro** and **NAZ**

**4MNet and aidsmap Fast Track Cities Hybrid Self-Empowerment workshop**  
4M Net Team



# What we do: Collaboration and Partnership - UK

The image displays two website screenshots side-by-side. The left screenshot is from i-base, featuring a 'Pregnancy' article. It includes three line-art illustrations: a person holding a heart, a person dancing, and a person holding a baby. The text discusses the importance of pregnancy beyond medical aspects and mentions the 4M Mothers Mentoring Network. The right screenshot is from aidsmap, showing a video titled 'aidsmapWOMEN: Self-empowerment against HIV stigma' dated 24 October 2022. The video thumbnail shows five women smiling. A sidebar on the right of the aidsmap page lists 'Read more' links related to stigma and women's health.

# What we do: Collaboration and Partnership - International

**THE PROGRAMME IN EAST AFRICA** [DONATE](#)

**4M+: My Health, My Choice, My Child, My Life: perinatal peer mentoring project with women living with HIV in East Africa**

**4M+**

**From pregnancy to beyond - weekend training with Posithiva Gruppen (PG) partner**  
1 October 2022

4MNet was delighted to partner with Posithiva Gruppen (PG), Sweden [www.posithivagruppen.se](http://www.posithivagruppen.se) to deliver a from pregnancy to beyond weekend training in October 2022. Some sights and sounds from the day:

[READ MORE](#)

**PG POSITHIVA GRUPPEN** Infection-free HIV Activities In progress Visibility Stories About us

Membership / Contact / English

We offer support, education and meeting places for people living with HIV.

[Read more about us](#)

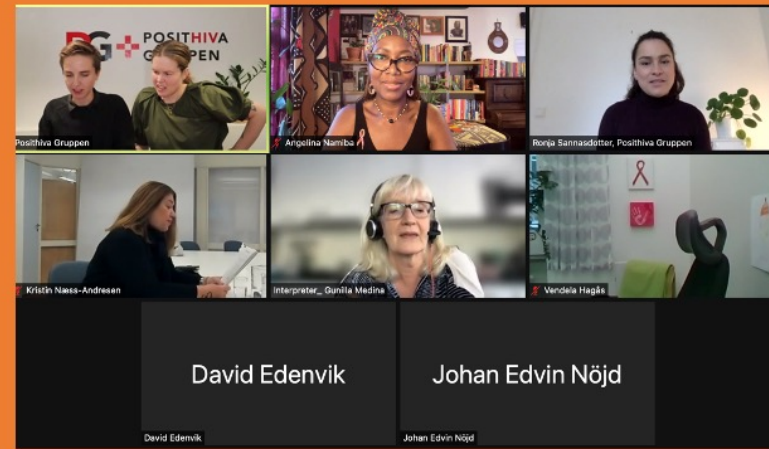
Heather O'Connor (she, her, hers) Angelina Namiba  
Rebecca Mbeve Martha Sichone-Cameron  
Melissa Mbeve Olive Nke of Enzi



## What we do: Collaboration and Partnership: Annual Women & HIV Workshop



# What we do: Infant feeding conversations





**HIV och amning – Är "harm reduction" ett alternativ i Sverige?  
HIV and Breastfeeding – Is harm reduction an alternative in Sverige?**

20<sup>th</sup> October 2021  
Organised by [Positiva Gruppen](#)/Knowledge Network for Women Living with HIV

**Mama Knows Breast:  
The importance of respecting infant feeding choices  
For mothers/parents living with HIV**

Angelina Namiba

anamiba15@gmail.com  
@angelina\_namiba  
@4MProject  
<https://4mm.org/>

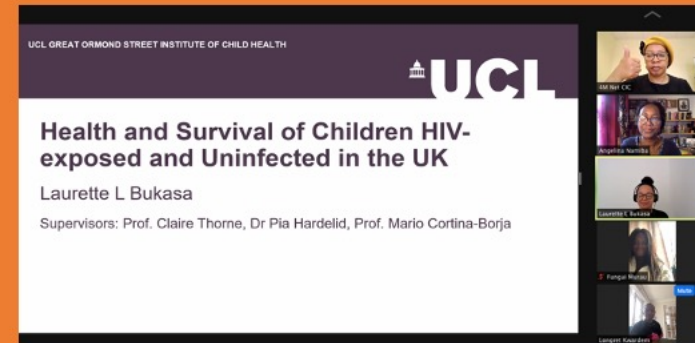
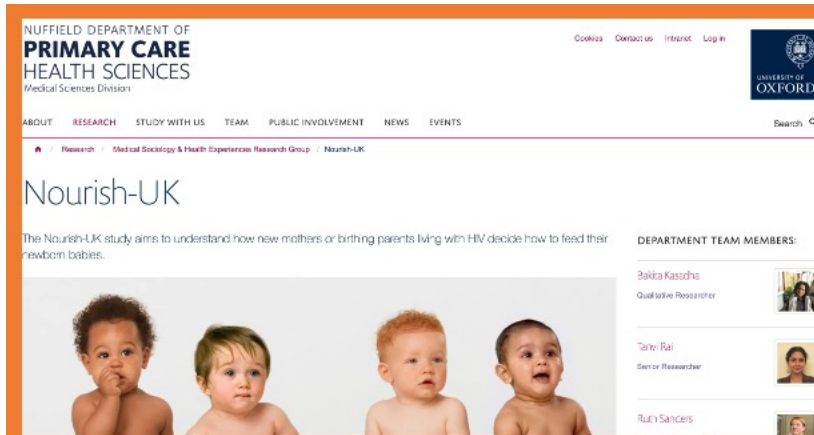

**Is breastfeeding an option while living with HIV?  
The Norwegian guidelines**

Kristin Næss-Andresen  
MSc Reproductive Health and Sexual Health Research,  
RN, Midwife






# What we do: Collaboration and Partnership - Researchers



**COMMUNITY PANEL**

- Women (including pregnant women) are not a "niche", "key" or "special" population. We are the population.
- Without inclusion in clinical trials, pregnant women will receive new drugs anyway but in a way that is uncontrolled and unconsented.
- With appropriate information and support, women should have autonomy to make the decision to participate in research themselves.

# What we do: Presenting at conferences and other forums

## “Support for the supporters”: A qualitative study of the use of WhatsApp by and for Mentor Mothers with HIV in the UK

Hay, K.<sup>1</sup>, Kwardem, L.<sup>2</sup>, Tariq, S.<sup>3</sup>, Coventry, L.<sup>4</sup>, Welbourn, A.<sup>5</sup>, Namiba, A.<sup>6</sup>, Dhairyawan, R.<sup>6</sup>, Durrant, A.<sup>1</sup>

<sup>1</sup>School of Design, Newcastle University, Newcastle-upon-Tyne, UK; <sup>2</sup>4MNetwork, London, UK; Salamander Trust Associate; <sup>3</sup>Institute for Global Health, University College London, London, UK; <sup>4</sup>Department of Psychology, Northumbria University, Newcastle-upon-Tyne, UK; <sup>5</sup>Stamwood Trust, London, UK; <sup>6</sup>4MNetwork, London, UK; <sup>7</sup>Health Health, NHS Trust

**AIMS**  
Third-sector organisations, an important support for people living with HIV, increasingly use digital technology to improve service efficiency and reach. However, there is limited empirical evidence on this use by women living with HIV.

**METHOD**  
A semi-structured interview study was led by the first author in partnership with a peer researcher in women living with HIV. Seven telephone interviews were conducted with five Mentor Mothers and two project management team (PMT) members in February 2018. Interviews were audio-recorded, transcribed verbatim, manually coded and analysed using Interpretive Phenomenological Analysis (IPA).

**INSIGHTS**  
Participants primarily viewed the 4M Network as a professional community, a place for the members of the group to discuss the latest and goals of 4M by supporting each other with information, updating each other on group activities and having personal and professional development. Features of trust, respect, and community were highlighted. Mentor Mothers found comfort participating in a national, accessible, and flexible service developed by community.

WhatsApp use for 4MNetwork

IAS 2020 Glasgow Tuesday October 6<sup>th</sup> 2020

## Motivations and experiences as women in clinical trials

Longret Kwardem,  
Co-director, 4M Mentor Mothers Network CIC & Salamander Trust Associate

### Strength of the 4MNetwork during a pandemic

My health, My choice, My child, My life

- Self mobilisation
- Ability to reach out to HCPs
- Adapted webinars to address emerging issues such as IPV and mental health & tips and strategies on how to address these

*"I have been running a lot of private groups which we set up to chat with each other, share meals, cocktail evenings, keeps us sane, sharing our stories, relaxing etc. We have a private messenger group and WhatsApp and a public Facebook page if anyone wants to join us they are welcome" 4M Mentor Mother, welcome 12 - May 2020*

### WHO IMPAACT Non-Clinical Workgroup Call #2

31<sup>st</sup> of March 2021

## What do patients want and need to know in order to make a decision to stay on study drug or participate in a trial while pregnant?

Community Perspective  
Angelina Namiba

anamiba15@gmail.com  
@angelina\_namiba  
www.4mnm.org  
@4MProject

### SHARE Research Collaborative

Inaugural Virtual Symposium  
5<sup>th</sup> of May 2021

## Why we need to focus on Health Equity

An East London Community Perspective  
Angelina Namiba

anamiba15@gmail.com  
@angelina\_namiba  
www.4mnm.org  
@4MProject



## What we do: Sharing the U = U message in innovative ways



## 4M Network of Mentor Mothers: Our Magic...



The **meaningful involvement** of women living with HIV in **everything** that we do.

And **encouraging** those with whom we work and partner with, to **actively** do so too.



## The interesting bit at the back...



The image shows a screenshot of the HIV i-Base Twitter profile. At the top, there is a back arrow, the name "HIV i-Base", and "1,348 Tweets". Below this is a header image featuring a collage of posters, with a large circular profile picture on the left containing the "i-base" logo. A "Follow" button is located on the right side of the header. The bio section includes the name "HIV i-Base", the handle "@HIViBase", and a description: "Treatment activist organisation founded in 2000, working in the UK and internationally to improve quality of care for HIV positive people." Below the bio, it lists the location as "UK", the website "i-base.info", and the date "Joined April 2014". At the bottom of the profile, it shows "1,409 Following" and "3,036 Followers". Navigation tabs for "Tweets", "Replies", "Media", and "Likes" are visible at the very bottom.

← **HIV i-Base**  
1,348 Tweets

**i-base**

**Follow**

**HIV i-Base**  
@HIViBase

Treatment activist organisation founded in 2000, working in the UK and internationally to improve quality of care for HIV positive people.

📍 UK 🔗 [i-base.info](http://i-base.info) 📅 Joined April 2014

1,409 Following 3,036 Followers

Tweets Replies Media Likes

