

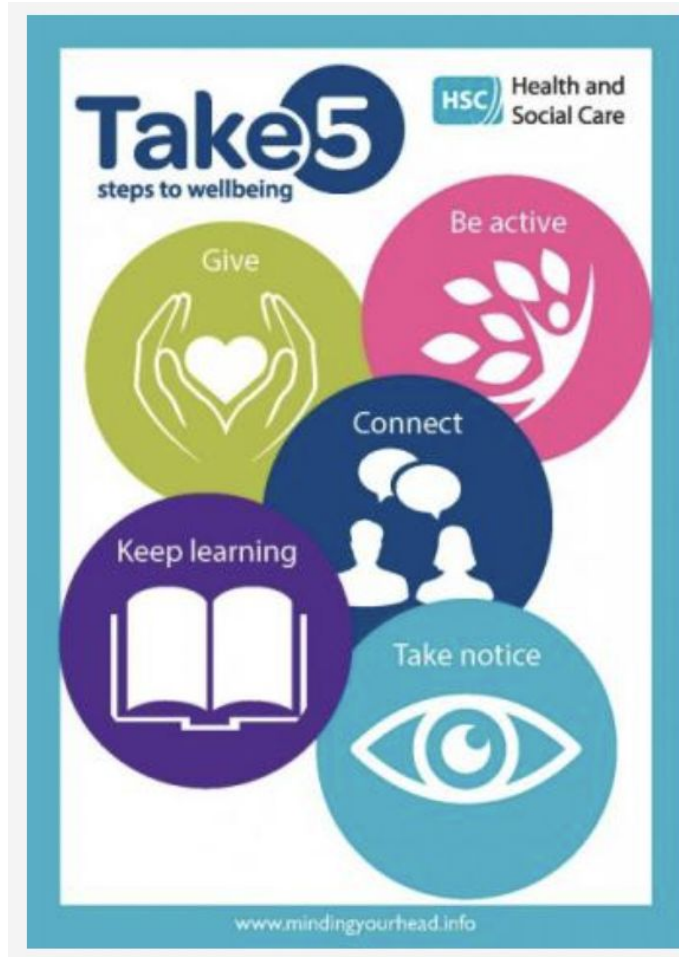
# How Do Women Living With HIV Achieve Good Quality of Life Beyond Viral Suppression?

AIDS IMPACT  
Stockholm June 2023

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## We follow the 5 steps to well being



## 1. Being Active – Self-Empowerment against stigma



## 2. Connecting – Having & encouraging healthy relationships



### 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?)

## 2. Connecting - Mentoring each other/peers



### 3. Giving – Joyful Noise Choir & The Catwalk4Power



<https://www.naz.org.uk/joyfulnoisechoir>

#### STRUTS

1. What is the Catwalk4Power programme and event?
2. Setting up a planning meeting with a core organising group
3. Networking with allies
4. Bonding over creative skills
5. Leadership skills
6. Our Powerful Bodies – what makes women amazing?
7. Performing our messages
8. Poetry and collective writing



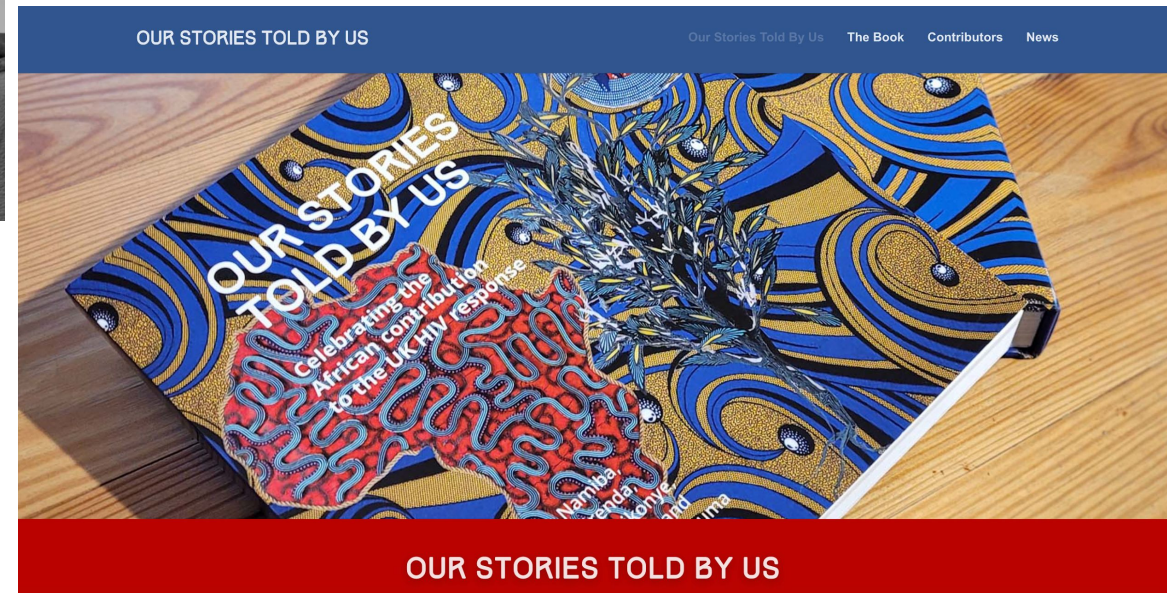
<https://c4ptoolkit.positivelyuk.org/about.html>

## 4. Taking Notice – Addressing the Menopause in an irreverent & non-apologetic way



<https://beardedandflushed.com/>

## 5. Keep Learning – Growing and maintaining meaningful relationships



<https://ourstoriestoldbyus.com/>



## 5. Keep Learning – Ubuntu & Umoja Collectively Sharing and Celebrating

**CELEBRATING THE AFRICAN CONTRIBUTION TO THE UK HIV RESPONSE. OUR STORIES TOLD BY US.**

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**BACKGROUND**

HIV in the UK is concentrated in a few key populations and Africans are among them. And yet, there is no documented record/book to accompany the significant amount of epidemiological data on these communities. No record celebrating the contribution, resilience and lived experience of Africans living with HIV in the UK, their allies and their response to the epidemic.

The project's aim was to develop a book to showcase these experiences and shine a light on this community. The project was led by a steering group of African Women who are longstanding HIV activists and advocates, much respected for their leadership within the HIV community.

The women have been involved in an informal collaborative, supporting, encouraging and mentoring one another in their work over the last ten years. Their experience spans the story of the African community's experience of HIV within the UK. The steering group felt that it was important that they captured and told these stories to ensure that they were accurately recorded in the history of HIV. The project aimed to showcase 40 stories to coincide with the 40<sup>th</sup> anniversary of HIV.

**METHOD**

The book was developed through the following process, the establishment of a steering group, made up of five African women living with HIV, one clinical academic and a project manager, who met monthly to prioritise and delegate project work. There were two face-to-face planning meetings and three poetry workshops alongside monthly meetings. The steering group were responsible for identifying contributors and then interviewing them. The stories were then edited, and the ordering of stories, poetry, postcards, and photographs was decided.

The imagery of the book was carefully thought out, researched, designed and brought to life by a steering group member.

**CONCLUSION**

As the project developed, it revealed the significant need for this work as we were overwhelmed by the eagerness of people willing to contribute and the number of stories submitted which exceeded the target of 40 stories set by the steering group. It was apparent from the contributors' stories that they highlighted the often ignored (significantly missing) resilience, passion, advocacy, activism, leadership and significant contribution of African communities in their response to both the UK and global HIV response journey.










**"IT ALWAYS SEEMS IMPOSSIBLE UNTIL IT IS DONE."**  
Nelson Mandela

<https://ourstoriestoldbyus.com/>

