



DATE: Friday 30<sup>th</sup> September 2022

# Empowerment programmes tackling internalised stigma for people living with HIV

- No conflicts of interest
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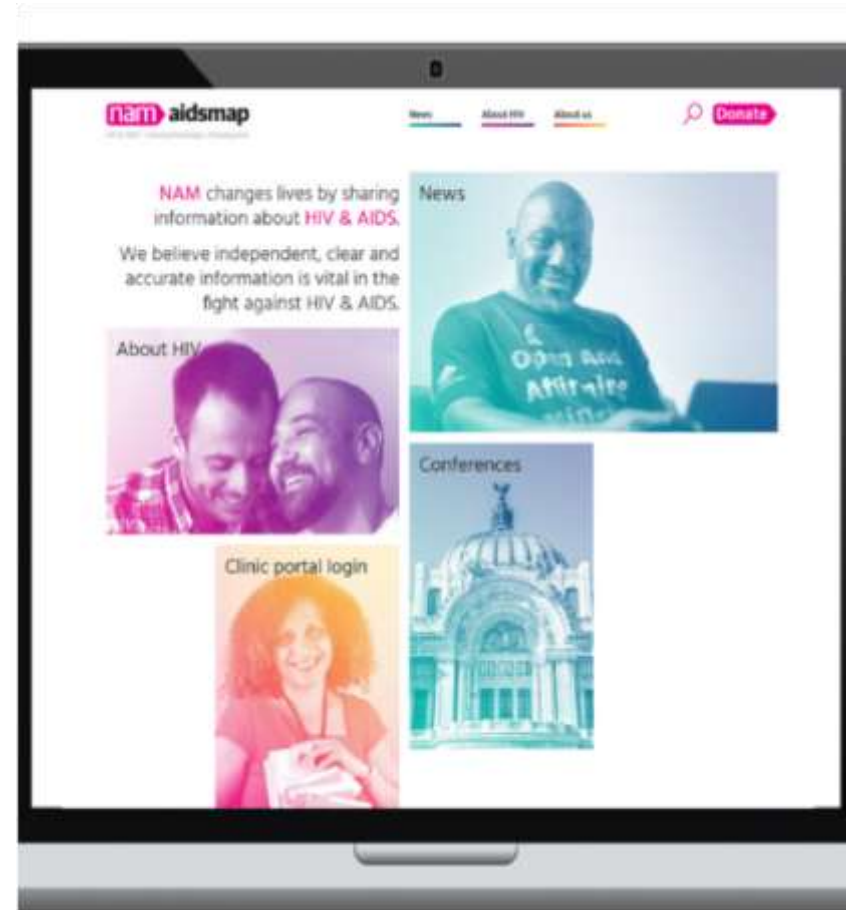
# 4MNet

- Unique peer-led project training women living with HIV as Mentor Mothers (MMs) across the UK, to provide psychosocial peer support across the life course including in their pregnancy journey and beyond. We address quality of life of all women living with HIV, focussing on internalised stigma, supporting self-care.



# NAM aidsmap

- World's leading source of HIV information
- Providing clear, accurate & reliable information since start of HIV pandemic
- aidsmap.com gets over 6 million visits each year
- Over 1 million views worldwide of our video outputs



# Why talk about internalised /self stigma

“it has been self-stigma that has been the more challenging issue to overcome as it can be all consuming, completely overwhelming and debilitating, There is no combination ARV pill for self stigma, nothing to help one achieve an undetectable level of self-stigma. You see, for this is the power of self-stigma. Its ability to strike at the very core of our/my inner belief system, to make us/me believe what others think of us, of how society views us/me. It has taken a journey of many counselling sessions, therapies and medication and the wisdom of age to overcome some of these issues – sure, they still linger. BUT for many these **privileges are not available**” Shaun Mellors, 2018

# Approach

Led by women living with HIV to increase visibility, confidence and reduce self-stigma

Existing trusted relationships and safe community spaces

Objective, with no conflict of interest.

Equal opportunities -all experiences are respected.

Intersectional approach in partnership with stakeholders

Participatory, creative, person-centred approaches.

Flexible tailored methodology focused on well-being, behaviour change, positive, solution-focused, forward-thinking language

Mixture of virtual and face to face interactive training methods for choice, reflection and sharing.

Effective project management skills

Evidence-based approach and participatory peer-led evaluation

# Milestones: Phase 1- piloting, developing a network and virtual empowerment sessions



# Outputs -working together throughout the program

## Key outputs: 4MNet

- Adapt/deliver 4 virtual workshops (Feb, April, June and August) for women living with HIV who identify as black (15 women per session) and other experts to discuss and address internalised stigma. 6-hour interactive workshops over two days (3 hrs per day) including creative writing, mindfulness, webinars/information, group discussions and skill development.
- Organise a day physical workshop (October) for all participants (60) to strengthen the network and consolidate learning
- Establish an Empowerment WhatsApp group for ongoing virtual peer support, communication/develop a participants' network/sisterhood
- Facilitate professional/personal development for women through involvement as participants, ambassadors, community of practice, co-facilitators and expert speakers.
- Creative writing /digital output dissemination
- Evaluation
- Collaboration to train ambassadors





# Outputs -working together throughout the program

## Key outputs NAM aidsmap

Develop empowering digital outputs featuring women living with HIV, recorded & freely shared with stakeholders to address internalised stigma:

- 4 x 2-minute videos: on U=U with a Black female HIV doctor; pregnancy and HIV; Relationships and HIV; Quality of life and HIV.
- 1 x 45-minute live broadcast: panel discussion with women living with HIV and a healthcare professional covering recognising & dealing with self-stigma, coping strategies and increasing empowered representation of communities most affected by HIV
- 1 x 15-minute creative video demonstrating how women with HIV can make empowering U=U T-shirts using African fabric led by 4MNet/NAM with conversation about the importance of women with HIV tackling self-stigma.



# What our participants are saying!

- Access
- Creative Writing
- Mindfulness
- Connecting
- Wakakosha !
- Positive Affirmation

# Thank You



*perinatal peer mentoring project for women living with HIV*

