



MY HEALTH, MY CHOICE, MY CHILD, MY LIFE

Challenges Facing Marginalised Groups. How Women Living with HIV can be Disproportionately Affected

## **THET National Conference**

**From National to Universal. The UK Contribution to Global Health.**

**23-25 October 2017**

**4M: My Health, My Choice, My Child, My Life: Perinatal Peer Mentoring Project With Women Living With HIV**

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Salamander Trust. [www.salamandertrust.net](http://www.salamandertrust.net)



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## Challenges Facing Marginalised Groups. How Women Living with HIV can be Disproportionately Affected

### **4M:** My Health, My Choice, My Child, My Life: Perinatal Peer Mentoring Project With Women Living With HIV

- My Story
- About the Salamander Trust
- Issues for Women Living With HIV – Focus on Pregnancy
- Current Situation
- What Works
- 4M Project: A model of Good Practice
- Recommendations



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**4M:** My Health, My Choice, My Child, My Life: Perinatal Peer Mentoring Project With Women Living With HIV

## My Story



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### **About the Salamander Trust**

Small, young with a global reach

#### **Aims:**

To Protect, Promote & Enhance the Health and Rights of people particularly, but not exclusively, marginalised as a result of their gender, HIV status or sexual & reproductive health

#### **Our work is done through the RIGHTS TRACK**

Training, Research, Global Advocacy, Community & Knowledge



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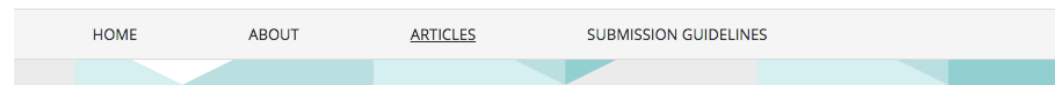
# Developing a National Network of Mentor Mothers to support women living with HIV through pregnancy

## 4M: My Health, My Choice, My Child, My Life: Perinatal Peer Mentoring Project With Women Living With HIV

### Current Situation

UK & International HIV continuum of care...We need a 4<sup>th</sup> 90 in order to truly achieve a 360 degree view!

BMC Medicine



OPINION | OPEN ACCESS

### Beyond viral suppression of HIV – the new quality of life frontier

Jeffrey V. Lazarus [✉](#), Kelly Safreed-Harmon, Simon E. Barton, Dominique Costagliola, Nikos Dedes, Julia del Amo Valero, Jose M. Gatell, Ricardo Baptista-Leite, Luís Mendão, Kholoud Porter, Stefano Vella and Jürgen Kurt Rockstroh

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[Open Peer Review reports](#)



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## What Works

**BMJ Open**

An open access, online-only general medical journal dedicated to publishing research from all disciplines and

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BMJ Open 2016;6:e011499 doi:10.1136/bmjopen-2016-011499

### HIV/AIDS

**'We have beaten HIV a bit': a qualitative study of experiences of peer support during pregnancy with an HIV Mentor Mother project in England**

Jenny McLeish, Maggie Redshaw



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With Women Living With HIV

### **What Works – Meaningful Involvement**

- Ensuring that antenatal care for pregnant women living with HIV is **based on what they want and need.**
- And that women are meaningfully involved in the full life cycle of projects. In the **Planning, Development, Delivery & Evaluation**



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### What Works: Funding & Working in Partnership

**AWID Report** provides analysis on the funding trends affecting women's organisations

- Based on a **survey of a 1,100** women's organisations
- **The Leaves** – Individual women & girls are **receiving Attention without support** for the **Roots** – the sustained Collective action by feminists/women's rights activity & Orgs.
- Makes Recommendations on **how to mobilise more and better resources** for women's rights organisations **through a collective Resource Mobilisation Approach**



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### **A model of Good Practice**

#### **Aims & Objectives**

Train **40** Mentor Mothers Living with HIV across 8 regions of the UK In collaboration with HIV specific third-sector organizations

**46 women trained.**

#### **Training sites – Partnership work**

Bournemouth – Body Positive North West, Brighton – Sussex Beacon, Cardiff – Terrence Higgins Trust, Glasgow – Hwupenyu Health & Wellbeing, Leicester – Faith in People Living with HIV, Leeds – BHA Skyline, London (Essex) – Positive East, Manchester – George House Trust

Funded by



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### **A model of Good Practice**

#### **Method**

- Innovative two-day training package developed & facilitated by two experienced trainers, one a Mentor Mother herself
- Coaching on clinical and psychosocial aspects of pregnancy and HIV, together with creative writing workshops

#### **Result**

Complement Clinical Care



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**4M:** My Health, My Choice, My Child, My Life: Perinatal Peer Mentoring Project  
With Women Living With HIV:

### Impact

It is very important that women get this type of training and get together more [...] the majority of women are still in the dark about these issues.

Creative writing workshop brought a lot of memories [and is] something that can help others. This is something powerful. Without creative writing it is left hidden, forgotten, or never valued. *It is like a hidden treasure.*



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## Developing an International Network of Mentor Mothers to support women living with HIV through pregnancy

**4M+** : My Health, My Choice, My Child, My Life: Perinatal Peer Mentoring Project With Women Living With HIV:

### **Working in Partnership. UK, Kenya & Uganda**

**Aim:** To train 70 Mentor Mothers Living With HIV, in 4 regions of Kenya and Uganda, to support their Peers.

**71 women trained. 65 young mothers (12 pregnant) 6 staff/volunteers**



**Funded by MAC AIDS Fund**



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### 4M+ : Impact

*“The training has improved my skills and knowledge. It has also improved my positive attitude on how I can help others... improved my self esteem...made me to be a change agent within my community, house, county and even my country. It has increased my level of socialization, with others thus how best I can effectively communicate. It has... enabled me to understand that pictorial communicates what one has and its effects. It has also increased my confidence on how to solve problems.*

**” Young woman participant, Nakuru, Kenya, workshop.**

*I feel that it is good to share my experiences because I know it will help others and also relieve myself of some things I could not let out.*

**Young woman participant, Wakiso, Uganda.**



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### **4M Training of Trainers : Scale up**

#### **Aim:**

To Train and Build the Capacity of **15** Mentor Mothers from across the UK able to deliver the Pregnancy Journey Training with their peers. (**14 MMs trained.**)

•Small numbers in comparison to Global epidemic....however...

**“Every Great Movement Begins With ONE Small Step”.**

**MMs trained from:** Brighton, Bristol, Glasgow, Leeds, London, Luton, Manchester & Watford.

Funded **by ViiV Healthcare.**



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## 4M Training of Trainers : A model of Good Practice (Scale up)

### Impact:

“Missing my sisters. What a weekend! We created some powerful healing, learning and love. #WLWHIV. Training Inspiring & Dancing”. **Participant #4MToT**

“The Creative Writing tapped into my frustrations, and my celebrations. There was a release of emotions through writing”. **Participant #4MToT**

“I find that all the training I have done as a Mentor Mother really helps in my day job. Our skills are very transferable.”

**Participant #4MToT**



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### **Conclusion**

Although mainly focused on Women Living With HIV, this project is easily replicable in other contexts such as:

- Women with other long term conditions
- Women with Mental Health issues
- Women who Use Drugs
- Migrant women
- Etc

**The 4M Model is Simple & Adaptable**



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**Questions?**



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