Our Sexual and Reproductive Health and Rights in the context of Positive Parenting:
Reclaiming our Quality of Life

STOPAIDS Meeting
25 July 2019
London

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4MNet: Who we are

Our Background:

• Peer led project
• Salamander Trust – On the RIGHT(s) TRACK – Training, Research, Advocacy, based on Community Knowledge
• 4M: My Health, My Choice, My Child, My Life (thanks to Aditi Sharma and Anandi Yuvraj)
• Initially funded by MAC. Also ViiV Healthcare and MIND
• Started 2016 – 46 Mentor Mothers; 2017 – 14 national trained trainers Mentor Mothers
• For us by us
• Steering Group
• Current work
4MNet: What we do

- UK perinatal transmission very low
- Additional complex issues – poverty, housing, immigration, violence, mental health...
- Especially if diagnosed during pregnancy
- Promoting our own perinatal SRHR through safe spaces
- Training women to train others
- Virtual space - WhatsApp
- Personal and shared knowledge & skills development
- Partnerships
- Central recognised platform
- Stronger voice and profile of 4M Network
4MNet: How we do it

✓ Links
✓ Guidelines: care, treatment, and other service provision
✓ Workshops
✓ WhatsApp
✓ Peer supervision
✓ Partnerships with academics
✓ Involvement
✓ Webinars....
Some of our 4M webinars (available publicly....)

[4MNet Webinar]
Attending meetings and how to best represent your group

4M: My Health, My Choice, My Child, My Life
31st January 2019

Professor Jane Anderson
Homerton University Hospital
@jane.anderson

[4MNet Webinar]
Quality of Life of women living with HIV
Webinar No. 3
Tuesday 25th September 2018
Salamander Trust – 4MWebinar Series

[4MNet Webinar]
The Ten Top Tips for Telling your Child/Significant others that you live with HIV

4M: My Health, My Choice, My Child, My Life
31st January 2019

Angelina Namiba

[4MNet Webinar]
BHIVA guidelines on the antiretroviral therapy treatment of adults living with HIV

Yvonne Gilleece
Consultant in HIV Medicine
Brighton & Sussex University Hospitals NHS Trust

[4MNet Webinar]
4MNet Webinar No. 7
An introduction to mental health in pregnancy and beyond

4M: My Health, My Choice, My Child, My Life
26 February 2019
Dr Astrid Schepers and Dr Angela Byrne,
Clinical Psychologists, EUTF

https://tinyurl.com/4Mwebinars
How 4M ties in with achieving the 4th 90?

The Knowledge, The Will and The Power to realise their Quality Of Life

- Knowledge
- Will
- Power
The Bigger Picture... claiming our SRHR globally...


WHO SRHR Guideline 2017

WHO Implementation Checklist 2019
The 2017 Guideline core principles......

• Woman-centred
• Rights-based
• Gender equitable
4MNet sustainability:
ethical & effective, created & owned by us

Our registration as a new CIC in our own right
OUR THANKS:

4MNet Steering Group Members
Rageshri Dhairyawan (Chair), Jane Anderson, Susan Bewley, Laura Byrne, Gill Gordon, Vicky Johnson, Longret Kwardem, Rebecca Mbewe, Angelina Namiba, Shema Tariq, Pat Tookey, Alice Welbourn, Alison Wright

4MNet Members

4M Project Team:
Longret Kwardem, Rebecca Mbewe
Angelina Namiba

QUESTIONS?

tinyurl.com/4MProject