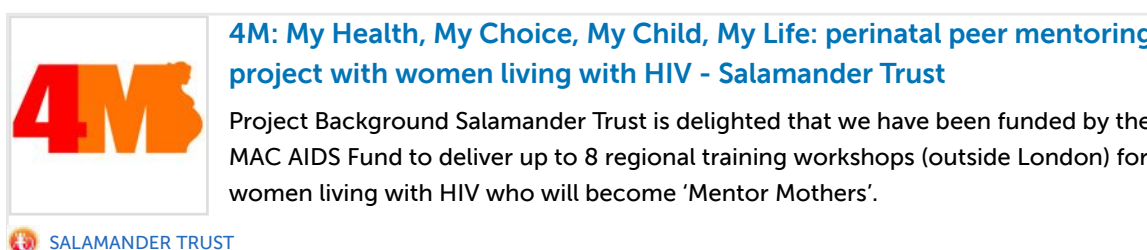


by Salamander Trust · 7 months ago

4M Training of Trainers Workshop Manchester Oct 2017

4M "My Health, My Choice, My Child, My Life", is a peer-led project to support pregnant women living with HIV. This storify is about the Training of Trainers Workshop just held in Manchester, 19-22 October 2017. To learn more see the link below.




PREPARATION!



#4MToT starting soon in Manchester @4Mproject @mbewe_rebecca all set!
pic.twitter.com/AOIHZEq1C2

 SALAMANDER TRUST @SALAMANDERTRUST · 7 MONTHS AGO

 **4M Project**
@4Mproject

Looking forward to @4Mproject #4MToT training for Mentor Mothers starting soon!

 7 MONTHS AGO



#4MToT pre-prepared packs all ready @angelina_namiba @4Mproject @mbewe_rebecca @HIV_SpeakingUp pic.twitter.com/JIyeTHmaCZ

 SALAMANDER TRUST @SALAMANDERTRUST · 7 MONTHS AGO



Looking 4ward to welcoming @4Mproject MMs to #4MToT. Planning mtg in action.@SalamanderTrust @mbewe_rebecca @angelina_namiba @ViiVHC
pic.twitter.com/4W8ddYSfr9

 4M PROJECT @4MPROJECT · 7 MONTHS AGO



Rebecca Mbeve
 @mbewe_rebecca

#4MToT all good to go. Looking forward to an exciting few days!!@4Mproject
 @angelina_namiba @SalamanderTrust

 7 MONTHS AGO



Fungai Murau
 @JorjaPublishing

@4Mproject #4MToT looks like it will be a wonderful weekend @SalamanderTrust

 7 MONTHS AGO

OPENING SESSION DAY 1: Silvia Petretti of Positively UK setting the scene with the national peer support standards



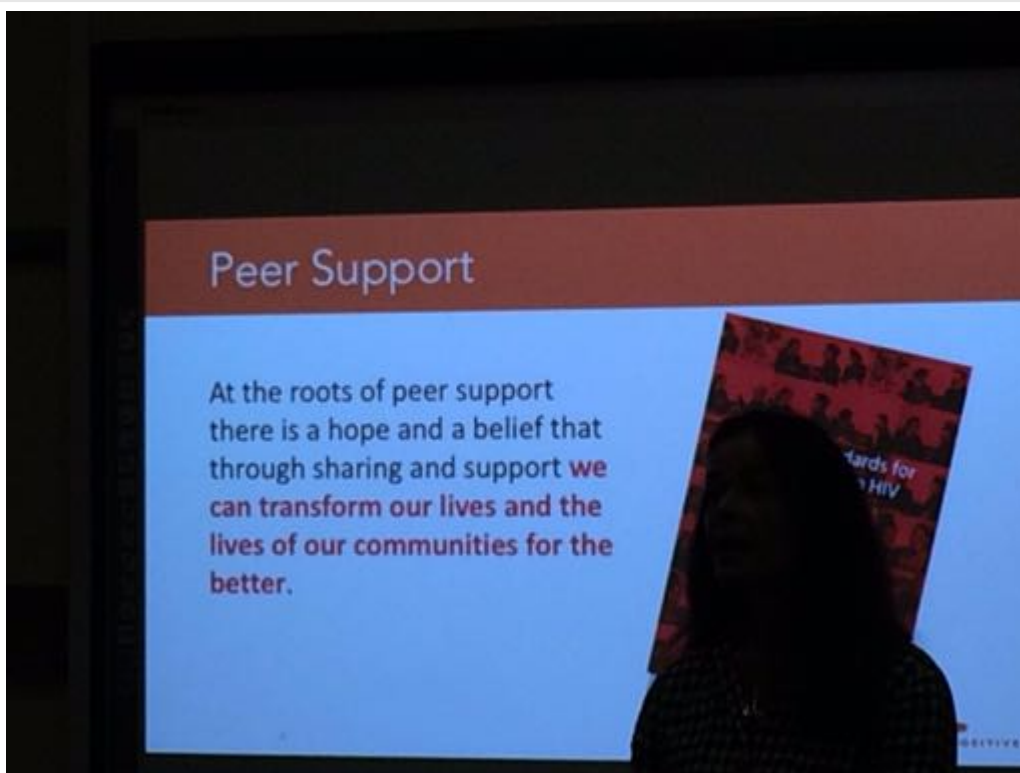
#4MToT the fab @Positively_UK @HIV_SpeakingUp explaining the national peer support standards
pic.twitter.com/GGSyzanMOJ

 SALAMANDER TRUST @SALAMANDERTRUST · 7 MONTHS AGO

 Positively UK
@Positively_UK

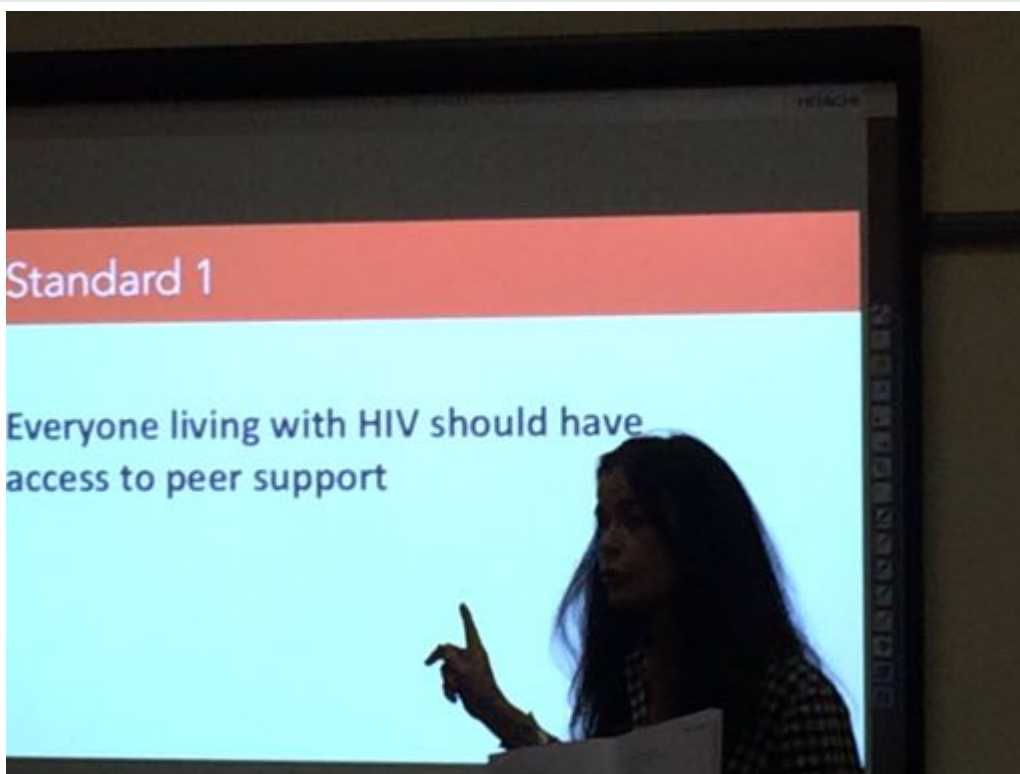
Our Deputy CEO sharing National Standards of Peer Support with #4MToT trainees today
[#HIVPeerSupport hivpeersupport.com/#download-your-...](https://www.hivpeersupport.com/#download-your-...) | @4Mproject

 7 MONTHS AGO



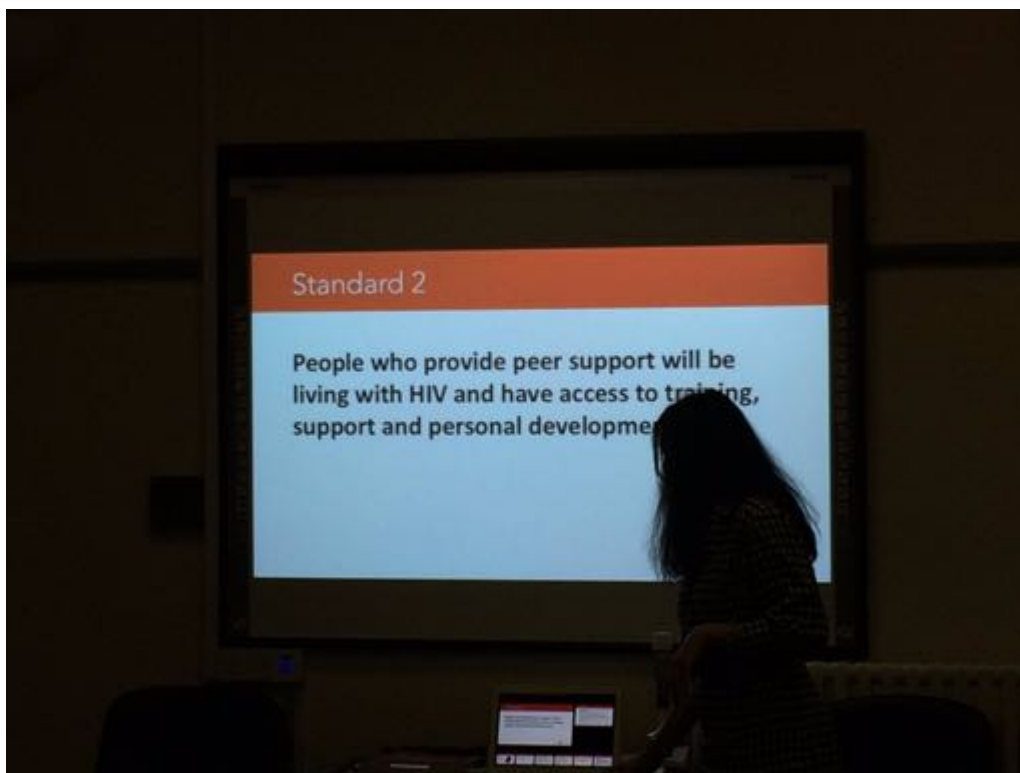
#4MToT @HIV_SpeakingUp pic.twitter.com/nKTgkepJd1

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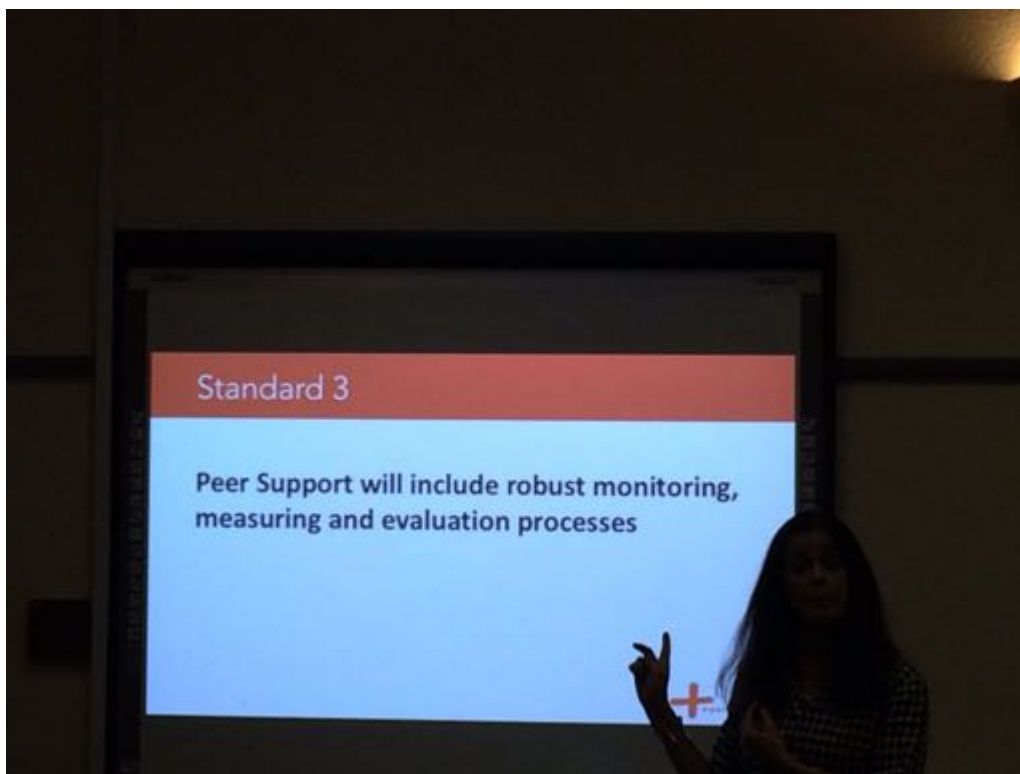
#4MToT @4Mproject Peer Support Standard 1 pic.twitter.com/BxPru03Jz5

 SALAMANDER TRUST @SALAMANDERTRUST · 7 MONTHS AGO



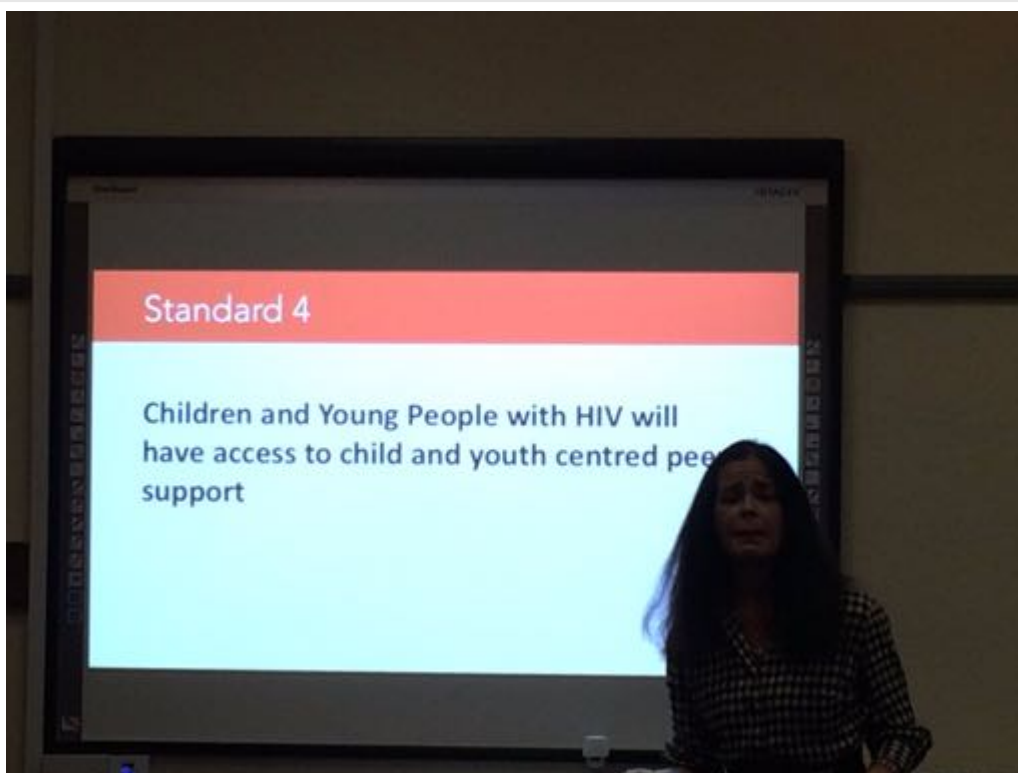
#4MToT @4Mproject Peer support standard 2 pic.twitter.com/e3AX0plf3p

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#4MToT @4Mproject Peer support standard 3 pic.twitter.com/GhW03FDJ8i

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#4MToT @4Mproject Peer Support standard 4 pic.twitter.com/vJvt1h9vWh

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DISCUSSION FOLLOWING SILVIA'S PRESENTATION: what do participants think of peer support?



Salamander Trust
@SalamanderTrust

#4MToT @4Mproject "when you've lived with hiv for so long yr situation changes so yr support needs to change. You can get more isolated..."

 7 MONTHS AGO



Salamander Trust
@SalamanderTrust

#4MToT @4Mproject "peer support is so important & relevant. We go on needing it for life. Docs don't get told what peer supporters are."

 7 MONTHS AGO



Salamander Trust

@SalamanderTrust

#4MToT @4Mproject "we ALL need peer support: it should be on offer to 100% of us"

 7 MONTHS AGO



Salamander Trust

@SalamanderTrust

#4MToT @4Mproject " It's good to live w/out fear and Peer support can help us" "it also supports community cohesion."

 7 MONTHS AGO



Salamander Trust

@SalamanderTrust

#4MToT @4Mproject "how do we keep peer mentors energised, engaged when it's voluntary?"

 7 MONTHS AGO



Salamander Trust

@SalamanderTrust

#4MToT @4Mproject "sometimes our steam runs out. We also need to support younger ones to take up our flame and carry the torch"

 7 MONTHS AGO



Salamander Trust

@SalamanderTrust

#4MToT @4Mproject "I've only recently realised I do a lot of peer support anyway without realising it"

 7 MONTHS AGO



Salamander Trust

@SalamanderTrust

#4MToT @4Mproject "Even now I mentor a lot of people who have no contact w an org. It's hard but I feel passionate about it."

 7 MONTHS AGO



Salamander Trust

@SalamanderTrust

#4MToT @4Mproject "even on messenger or SMS - it's still peer support. It can still help a lot."

 7 MONTHS AGO



Salamander Trust

@SalamanderTrust

#4MToT @4Mproject "I shared with a relative that I volunteer for an hiv agency & they opened up to me about their own status"

7 MONTHS AGO



Salamander Trust

@SalamanderTrust

#4MToT @4Mproject "I can't even mention hiv in my workplace. I have so much knowledge inside me but can't share it"

7 MONTHS AGO



Salamander Trust

@SalamanderTrust

#4MToT @4Mproject "I'm at uni. My lecturer said hiv is only 'for gay people'....."

7 MONTHS AGO



Salamander Trust

@SalamanderTrust

#4MToT @4Mproject "we've done so many courses but then we go home & hv 2 find jobs & then have no time. How can we find paid work in this?"

7 MONTHS AGO



Salamander Trust

@SalamanderTrust

#4MToT @4Mproject "I find that all the training I've done as a mentor mother really helps me in my day job. Our skills are v transferable."

7 MONTHS AGO



Salamander Trust

@SalamanderTrust

#4MToT @4Mproject @HIV_SpeakingUp -all these standards are evidence-based. Peer support works. It's not free - but it's not costly.

7 MONTHS AGO



Rageshri
@crageshri

Follow #4MToT @4Mproject @SalamanderTrust - a pioneering train the trainers workshop for mentor mothers living with HIV!

7 MONTHS AGO

DAY 2: SILVIA PETRETTI OFFERS SOME FACILITATION SKILLS



@HIV_SpeakingUp sets the scene for the Day with a Group Facilitation Skills session #4MToT @angelina_namiba @SalamanderTrust @ViiVHC pic.twitter.com/GxSCBffJML

4M PROJECT @4MPROJECT · 7 MONTHS AGO



Thank you to @4Mproject to invite me to facilitate group facilitation skills #4MToT with @anamiba15 @Positively_UK @SalamanderTrust #HIV pic.twitter.com/qK2b5LBhYl

 SILVIA @HIV_SPEAKINGUP · 7 MONTHS AGO



Salamander Trust
@SalamanderTrust

@HIV_SpeakingUp @4Mproject @anamiba15 @Positively_UK Thank YOU @HIV_SpeakingUp for the gr8 facilitation as always AND the early yoga session! #4MToT @4Mproject #MyHealthMyChildMyChoiceMyLife

 7 MONTHS AGO



Rebecca Mbeve
@mbewe_rebecca

#4MToT Day 2 of 4M training Group facilitation skills @4Mproject @SalamanderTrust @angelina_namiba

 7 MONTHS AGO



Salamander Trust
@SalamanderTrust

@mbewe_rebecca @4Mproject @angelina_namiba Thanks to @ViiVHC for all yr support! #4MToT

 7 MONTHS AGO

Day 2 #4MToT. 'Critical friends' @mbewe_rebecca & @SalamanderTrust sum up the Top Tips of Facilitating. @angelina_namiba @ViiVHC [pic.twitter.com/6OuvWjxGlC](https://t.co/6OuvWjxGlC)
<https://t.co/6OuvWjxGlC>

 4M PROJECT @4MPROJECT · 7 MONTHS AGO

We then turned twitter off to focus on the workshop.....

DAY 3: HOUSE ON FIRE EXERCISE to understand how different people have different priorities...



House on fire exercise #4MToT Day 3 @4Mproject @angelina_namiba in action Thanks to @ViiVHC !
pic.twitter.com/hEGCCEE0Gj

 SALAMANDER TRUST @SALAMANDERTRUST · 7 MONTHS AGO



More from Day 3 #4MToT. Nell Osborne introduces the Creative Writing session. @SalamanderTrust @angelina_namiba @crageshri @savoy__truffle pic.twitter.com/uSQrLiqSWY

 ANGELINA NAMIBA @ANGELINA_NAMIBA · 7 MONTHS AGO



Salamander Trust
@SalamanderTrust

#4MToT @4Mproject deeply moving & inspiring creative writing session with the fab @nellosborne Day 3.

 7 MONTHS AGO



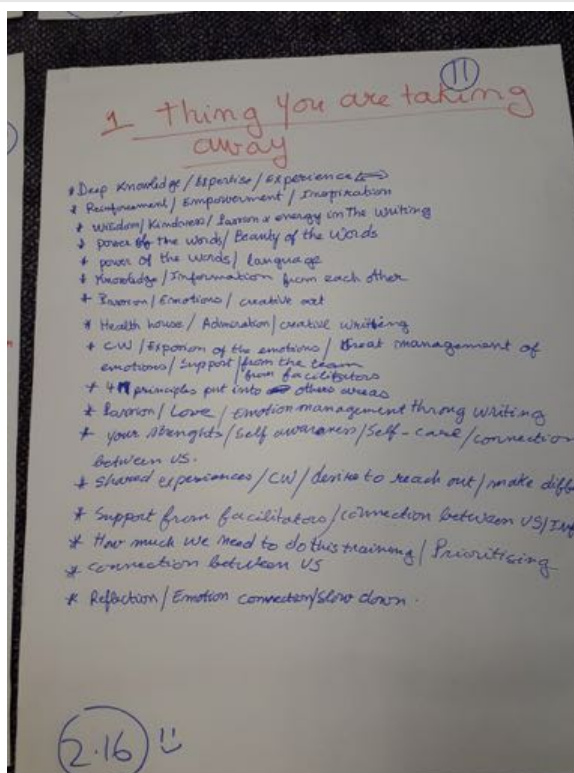
Day 3 #4MToT @SalamanderTrust leads the session on Conceptualizing our SRHR
[@angelina_namiba](#) [@ViiVHC](#) pic.twitter.com/ArRkoYTNrm

 4M PROJECT @4MPROJECT · 7 MONTHS AGO



Day 3 #4MToT @SalamanderTrust on How @4Mproject connects with the wider picture.
[@angelina_namiba pic.twitter.com/HxgGbQQmOc](https://pic.twitter.com/HxgGbQQmOc)

 4M PROJECT @4MPROJECT · 7 MONTHS AGO



Day 3 #4MToT. Participant take aways. Engaging Emotional Inspiring. @SalamanderTrust @angelina_namiba @crageshri @savoy__truffle @ViiVHC pic.twitter.com/gt0P6Qsjby

4M PROJECT @4MPROJECT · 7 MONTHS AGO



Rageshri
@crageshri

Powerful feedback from a participant of #4MToT course training mentor mothers to train other mentor mothers living with HIV. 🙌 @4Mproject twitter.com/4mproject/stat...

7 MONTHS AGO

#4MTOT @SalamanderTrust @4Mproject #MyHealth #MyChoice #MyChild #MyLife
#Mentormothers #languagematters #mothersmatter #WLHIV #peersupport
[pic.twitter.com/1ZLPX8ekbl](https://t.co/1ZLPX8ekbl)<https://t.co/1ZLPX8ekbl>[pic.twitter.com/1ZLPX8ekbl](https://t.co/1ZLPX8ekbl)

 POSITIVELY MINDFUL @MINDFULHIV · 7 MONTHS AGO



#HIV #motHers #Infants #thriVing #PositiveAffirmationDay #PADHIV #PAD2017 #4MTot
@SalamanderTrust @4Mproject #MyChild #MyLife #Mentormothers [pic.twitter.com/2MtogGmlo2](https://t.co/2MtogGmlo2)

 POSITIVELY MINDFUL @MINDFULHIV · 7 MONTHS AGO

DAY 4: MONITORING & EVALUATION AND THE WAY FORWARD.....

Day 4 #4MToT Laura shares exp of being a Peer Researcher on the @4Mproject & member of @SWIFT_women SG @SalamanderTrust @angelina_namiba [pic.twitter.com/dCx1S8swdX](https://t.co/dCx1S8swdX)<https://t.co/dCx1S8swdX>

 4M PROJECT @4MPROJECT · 7 MONTHS AGO



Day 4 #4MToT. @nellosborne facilitates an Introduction to Monitoring & Evaluation. @4Mproject @SalamanderTrust pic.twitter.com/AULzFFhBTw

 4M PROJECT @4MPROJECT · 7 MONTHS AGO

AND FEEDBACK.....



Positively UK
@Positively_UK

Thank you for inviting us to share the Standards at training the trainers event: a fabulous group of women providing #HIVPeerSupport [twitter.com/salamandertrust...](https://twitter.com/salamandertrust)



@lyndashentall · 7 MONTHS AGO



Neo Moepi
@NeoMoepi1

@SalamanderTrust @mbewe_rebecca @4Mproject @angelina_namiba @ViiVHC Wow what a brilliant residential training! It was a pleasure to be part of this movement!



7 MONTHS AGO



4M Project
@4Mproject

@NeoMoepi1 @SalamanderTrust @mbewe_rebecca @angelina_namiba @ViiVHC Thank you!
for being an integral part of #4MTOT

7 MONTHS AGO

Missing my sisters what a weekend #4MTOT We created some powerful healing, learning & love
#WLHIV Training inspiring & dancing @4Mproject [pic.twitter.com/bH4DIKy6qE](https://t.co/bH4DIKy6qE)
<https://t.co/bH4DIKy6qE>
<https://t.co/bH4DIKy6qE>
<https://t.co/bH4DIKy6qE>

MEL RATTUE @MELPAINTER2014 · 7 MONTHS AGO



Positively Mindful
@MindfulHIV

"Sperm washing is sooo 1990s" "I am impregnated with Knowledge" "never leave me off this list
of women, I feel their pain" #4MTOT

7 MONTHS AGO



Positively Mindful
@MindfulHIV

"This has ignited something within me, there is an awakening, the giant inside - is coming"
#4MTOT

7 MONTHS AGO



Positively Mindful
@MindfulHIV

"Even the women i didnt really get to meet, to spend time with, their smiles talked to me & I felt connected to each individual #4MToT

7 MONTHS AGO



Positively Mindful
@MindfulHIV

"How well equipped the facilitators are, even when its stormy" "The passion and love in the room made me normal" #4MToT @4Mproject

7 MONTHS AGO



Positively Mindful
@MindfulHIV

"We do need this" #4MToT

7 MONTHS AGO



Positively Mindful
@MindfulHIV

"The creative writing tapped into my frustrations, and my celebrations" "there was a release of emotions through writing" #4MToT @4Mproject

7 MONTHS AGO



4M Project
@4Mproject

@MelPainter2014 Thank YOU for being a special part of #4MToT.

7 MONTHS AGO



Lynda Shentall
@lyndashentall

Great project, great city & venue :) twitter.com/SalamanderTrus...

7 MONTHS AGO

A HUGE BIG THANKS TO EVERYONE INVOLVED, OUR STEERING GROUP AND OUR FUNDERS, ViiV HealthCare