





luse to be creative When I was young 1994 So it brought the memories back to when I was young I learnt from Joyce So when I went home I said I need to try better got inspired

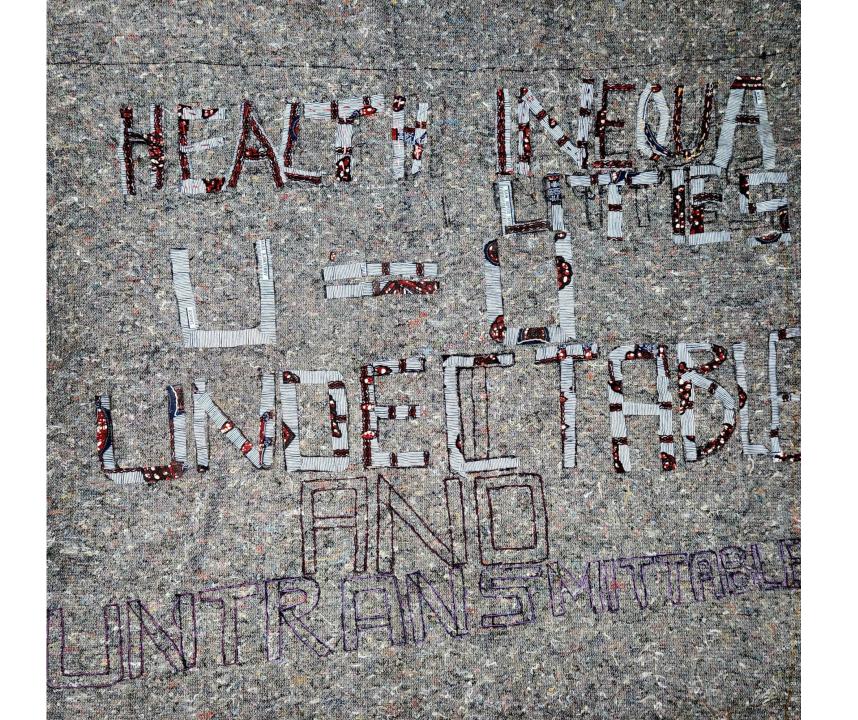
and third week people Were really creative

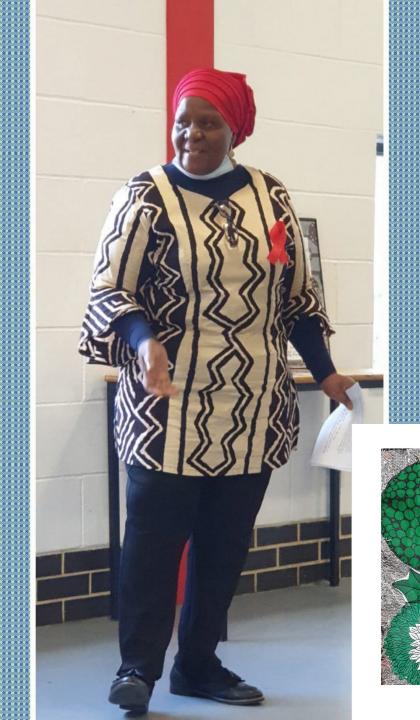
















in partnership with Deptford People's Heritage Museum

# INVITATION

# WELCOME HOME

Since 2010, Red Ribbon Living Well has been a place of safety and support for people living with and affected by HIV. Come and celebrate World AIDS Day 2021 with us and be inspired by our stories.

Wednesday 1 December 11 am - 3.30 pm

The Somerville 260 Queens Road New Cross London SE14 5JN

Our programme details are overleaf



# WELCOME HOME

## PROGRAMME

11.00 Tea and Coffee

### 11.15 Welcoming Address

By Sista Jah Sun Rah, broadcaster, and director of Shine Your Light A minute of silence in memory of the departed

11.20 The Red Ribbon Living Well Story A talk by Husseina Hamza, founder and director of Red Ribbon Living Well, followed by testimonials by Red Ribbon Living Well members

12.15 Challenging Health Inequalities Joyce Jacca, Health Inequalities Community Link Worker, North Lewisham, talks about her role Angela Nzira's Story: Health Battles: "I'll leave no stone

unturned"
Presentation by the LSL (Love, Sex, Life) Sexual Health
Partnership

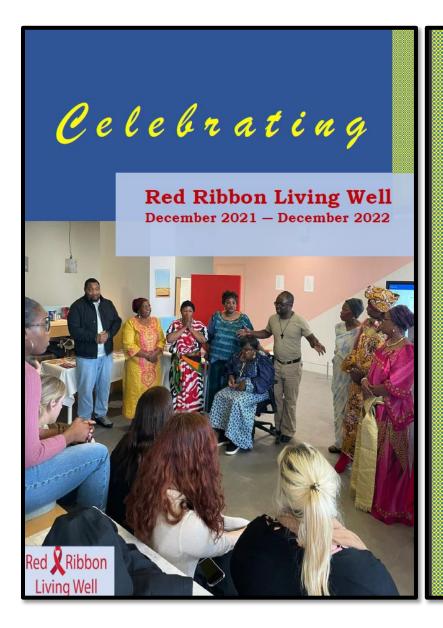
# 13.00 Lunch and Networking Delicious African food and the opportunity to relax and

13.45 Video Screening and Discussion
Extraordinary Ordinary Day, devised by Red Ribbon Living
Well and Lyla's Place, 2021. The video is about HIV-related

stigmas and how these can be overcome 3.15 Event Closes with a Candle Lighting Ceremony

Banners and art works created by Red Ribbon Living Well





# Information and Advice about Testing

# "Better off Knowing"

HIV testing in the UK is free, voluntary and confidential. You can be tested at a sexual health clinic, a GP surgery, A&E, a community testing project or at home using a self-test. Having an HIV test is the only way to know for sure whether you have HIV or you don't.

The sooner you know you have HIV the sooner you can get the medical care you need. This will give you the best chance of getting the treatment and care you need to stay well.

#### U=U means "Undetectable and Untransmittable"

This means that when a person living with HIV is on regular treatment that lowers the amount of virus in their body to undetectable levels, there is zero risk of passing on HIV to their partners. The low level of virus is described as an undetectable viral load.

People who are taking HIV treatment and have an undetectable viral load do not pass HIV on to their sexual partners. The U=U campaign is supported by the British HIV Association (BHIVA), which is the professional association for doctors and other healthcare professionals working in HIV in the UK.

#### What is PrEP?

PrEP is Pre-Exposure Prophylaxis. It is a once-daily pill regimen that can help you stay HIV-negative. It is an approved prescription medication.

Pre-exposure prophylaxis (PrEP) is a form of HIV prevention that uses anti-HIV drugs to protect HIVnegative people from acquiring HIV

PrEP is highly effective for preventing HIV. PrEP reduces the risk of getting HIV from sex by about 99% when taken as prescribed.

## Addressing stigma and health inequalities

Stigma and health inequalities create significant barriers to accessing testing, prevention, and care for BAME communities.

All national and local HIV treatment and prevention initiatives should explicitly plan and evaluate how they will address HIV-related stigma, discrimination and health inequalities. Stigma isn't something that's new and it isn't something that's going to go away overnight.

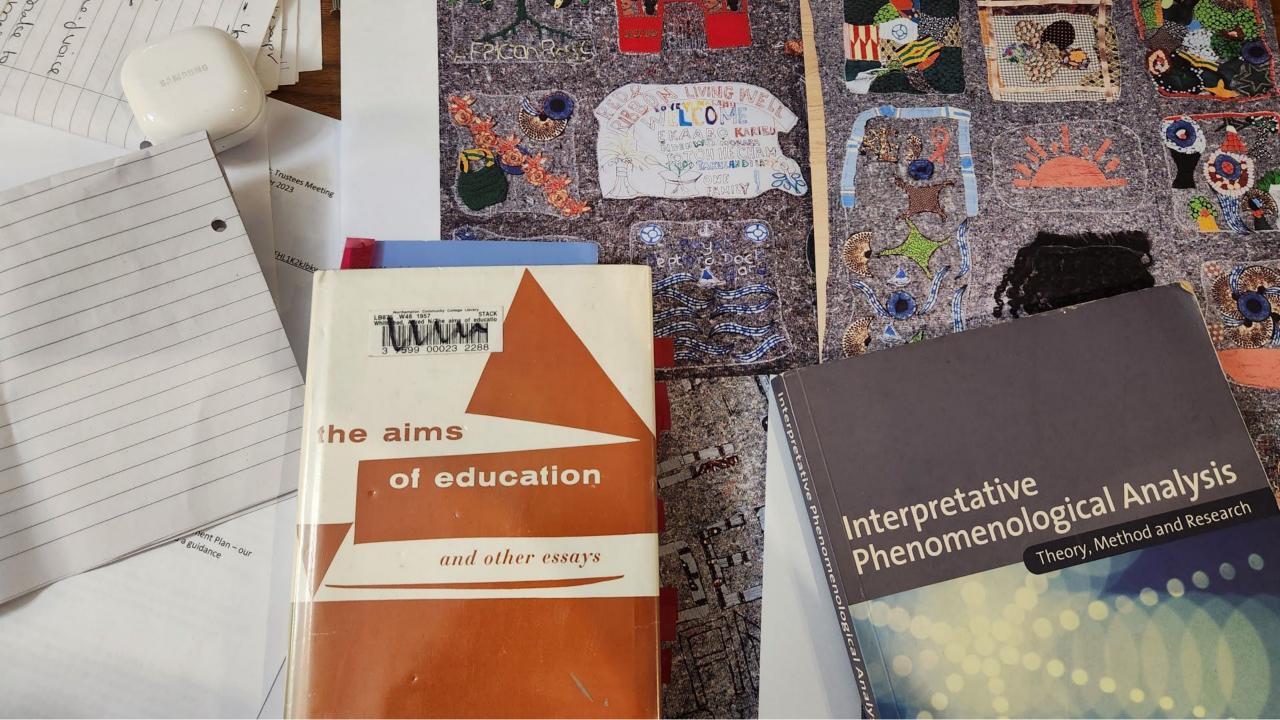
Alongside this, we must increase the knowledge and awareness of HIV amongst the general healthcare workforce and service providers e.g., Housing, Jobcentre, Citizen Advice and all government bodies.



"... we were like a nest ... ourselves ... but when we started working with Goldsmiths we started coming out, slowly by slowly by slowly"

"The way in which the world is imagined determines at any particular moment what people will do."

Walter Lippmann, Chapter 1: The World Outside and the Pictures in Our Heads, *Public Opinion*, 1922.



"The justification for a university is that it preserves the connection between knowledge and the zest of life ...

Alfred North Whitehead, Universities and their Function in The Aims of Education, 1929, 139.

