

BHA SEXUAL HEALTH TEAM

NEWSLETTER

We launched a new project in April called SEXATION. This project brings sexual health and creatives together to enable deeper, stigma-challenging conversations to happen among Black African and Caribbean communities in Manchester and Salford.

Our recent SEXATION "Self-Love" workshop guided participants to explore self-love, intimacy, sex, and relationships. Participants identified key boundaries important for wellbeing in relationships and explored how to communicate them effectively. Feedback from participants included "This conversation is so needed", "We need more spaces like this", and "I will share information with my children".

In another workshop, Symone, a Manchester-based florist, guided a group of ten women to create beautiful bouquets of flowers. The group explored femininity and compared a blooming flower to their womanhood and vulvas. This group was intergenerational, with two mums and their daughters attending together.



Introducing our new team members:
Bothwell and Megan!

Bothwell says: "I am an enthusiastic health promotion professional who is passionate about tailoring interventions to suit the ever-changing needs of our communities. Having worked in the HIV prevention landscape in Zimbabwe for 6 years, I am more than thrilled to be part of the dynamic BHA team. I look forward to sharing my experience with communities in Salford, Rochdale and Tameside and to learn more about the rich history and culture of the local people."



Megan says: "I am a passionate and driven professional with a background in Health Literacy research and working with refugees and asylum seekers in Sheffield. I am so excited to learn from the vibrant team at BHA and look forward to working with communities in Stockport, Trafford and Manchester."

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2ND ISSUE:
DECEMBER 2023



In September of this year we travelled to AMSTERDAM to present our work on PrEP at the FAST TRACK CITIES 2023 CONFERENCE.

This was a great opportunity to raise awareness of our work to ensure equal access to this life-changing medication.

PrEP is a pill that HIV negative people can take to prevent HIV. PrEP prevents HIV even without condom use and is available for free from the NHS.

BHA is working hard to raise awareness of PrEP amongst global majority populations living in Greater Manchester. We facilitate a Community Panel on PrEP, which brings together local people to share experiences of HIV stigma and to design effective campaigns that inform people about PrEP.

We added a NEW guide to our FREE resources available to read online, download, or order in bulk for your clinic, space or community group.

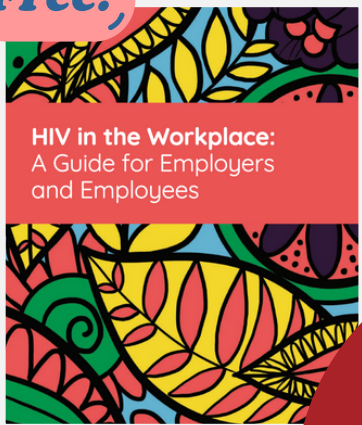
Introducing HIV in the Workplace: A Guide for Employers and Employees!

Our contraception guide is available in English, French, Arabic, Hungarian, Romanian and Ukrainian!

Did you know you can also get our FREE guide to STIs in English, Urdu, Farsi and Portuguese?

To order physical copies in bulk email pash@thebha.org.uk.

Free!



Access our free online resources!



We are excited to introduce our transformative radio show, "The Equality Talk." November 4th 2023 - January 27th 2024
Every Saturday 1:00 PM - 2:00 PM
Contact chantelle@thebha.org.uk to get involved!
Radio Africana (radioafricana.com)



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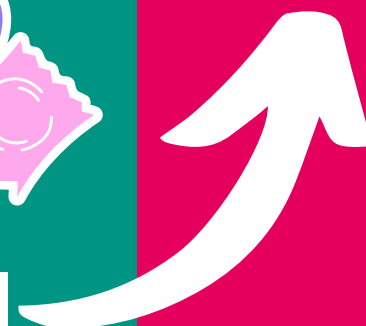
Condoms are one of the best ways to protect yourself from HIV and STIs. Order them for free from BHA.

We have many different types available, including:

- the NEW EXTRA SAFE condom
- WARMING and COOLING sensation
- DELAY, to help sex last longer

We are on a mission to make condoms as accessible as possible and can arrange regular condom delivery for community groups across Greater Manchester. Contact pash@thebha.org.uk

Order
Condoms!



Book with us or
order a Home
HIV test!



1st December 2023 is World AIDS Day. On this day, we come together to commemorate and celebrate those whose lives have been affected by HIV.

The PaSH Partnership World AIDS Day Vigil will take place on Friday December 1st 2023 at 6pm in Sackville Gardens, Manchester.



You can book a FREE and CONFIDENTIAL HIV and STI test with us weekly in Trafford and Manchester, as well as monthly in Salford, Bolton, Rochdale and Wigan.

You can also order a FREE home HIV testing kit which gives you a RAPID result in minutes. We offer phone support for anyone using this service, which you can request when booking your test.

**GREATER
MANCHESTER
HIV TESTING
WEEK 2023**
25 - 30 NOVEMBER

Greater Manchester HIV testing week starts November 25th, and the PaSH (Passionate about Sexual Health) Partnership, a collaboration between BHA for Equality, George House Trust and LGBT Foundation, is inviting Greater Manchester citizens to take control of their sexual health and get tested.

BHA will be increasing HIV testing opportunities by offering HIV and STI tests in several venues in the community across Greater Manchester. Check our social media channels or BHA's website to see where to find us! HIV: Let's sort this Together



BHA's Community Panel on PrEP is still meeting regularly. Want to join in? Email pash@thebha.org.uk

Did you know you can volunteer with BHA's Sexual Health Team? Scan this code to sign up and become a Safer Sex Champion or Digital Champion!



On top of all our extra projects, we are still out there doing community outreach, attending festivals, events and running group sessions across Greater Manchester!

We approach sexual health in a holistic way and, as well as doing HIV prevention, deliver group sessions on navigating the health system as a non-English language speaker, safer sex, menopause, pleasure, body positivity, relationships, consent, talking to children about sexual health, and more!

