

October-December 2024

Greater Manchester

BHA FOR EQUALITY

Newsletter



Black History Month, GM Testing week, World AIDS Day 2024 and more inside

Our Menopause Guide has launched

We celebrated the launch of our new Menopause guide with a wonderful event that included workshops, yoga classes, healthy food, teas, herbal remedies and a panel discussion where women shared their stories and experiences of Menopause.

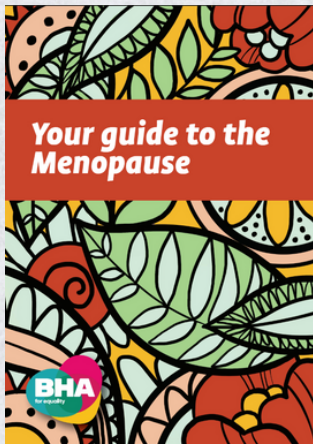


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'YOUR GUIDE TO MENOPAUSE' HAS ARRIVED



In collaboration with minoritised ethnic women, BHA has created a new guide, hoping to provide the necessary information about Menopause to minoritised communities. We hope that this leads to women feeling empowered to make informed decisions about their own health and access the support they deserve.

Access a **FREE** digital version of our guide by scanning the QR Code



The guide includes information on symptoms, treatments, relationships, sex life, menopause in the workplace and much more. It also includes interactive activities such as journaling to help personalise the guide to the reader, as no one menopause experience is the same as another.

To celebrate the launch of our guide we organised an event to bring together women from minoritised ethnic communities for an open and supportive discussion about Menopause.

As well as our presentation and panel discussion, we had stalls on diet, symptoms, vitamins and supplements, talking therapies and a tea station for women to try herbal teas with different menopause-friendly benefits.



BHA attended the Fast Track Cities conference in Paris where our team presented our PrEP fast track referral, which is an innovative approach to reducing disparities in access to PrEP in Black communities in Greater Manchester.

FAST TRACK CITIES PARIS



BHA also presented our Sexation project, which strives to dismantle stigma, promote open dialogue, and empower individuals to take control of their sexual health and well-being. It is a fresh and innovative approach to sexual health education, adopting a holistic perspective; connecting sexual health with identity, culture, and creativity. The presentation highlighted how we use community-led approaches to HIV and STI prevention in Black African and Caribbean communities.



The PaSH  Partnership
Passionate about Sexual Health across Greater Manchester



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SEXATION: A project which bridges sexuality and creativity



Sexation collaborated with LV from LRN who delivered a sewing workshop. Discussions during the workshop were centered around porn, consent, peer pressure and sex education for children. Participants learnt about the vulva and about PrEP and PEP as HIV prevention methods.



"Great info and will definitely tell my friends about getting tested"

BLACK HISTORY MONTH 2024



For this year's Black History Month we attended a number of events such as the Cultural Heritage Celebration in Wigan. BHA were warmly welcomed to offer attendees access to free HIV tests, full screen STI tests, condoms and sexual health advice. We were proud to be breaking the stigma of sexual health and HIV within the community of Wigan.

At BHA we also had our own personal celebration, bringing together staff from across the organisation for our annual Black History Month lunch. In attendance was our CEO, Managers, Programme Leads, Trustees and many other team members. As a large organisation with many staff working remotely, it is vital we have opportunities such as this to celebrate together.



WORLD AIDS DAY 2024



For this year's World AIDS Day the PaSH partnership organised a vigil in Sackville Gardens in Manchester City Centre, providing an opportunity for us to remember people we have lost to HIV. World AIDS Day also drives us to continue our work in reducing HIV stigma, discrimination and raise awareness of HIV activism in Greater Manchester.

BHA are now offering HOME FULL-SCREEN STI tests.

You can test for Chlamydia, Gonorrhea, Syphilis, Hepatitis B, Hepatitis C and HIV, all from home.

Scan the QR code to order a test



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GREATER MANCHESTER TESTING WEEK

Every year Greater Manchester dedicates a week to testing for HIV and STIs in the lead-up to World Aids Day (1st December) as part of its commitment to end all new cases of HIV in a Generation.



During the week, we increased access to testing by hosting several community events across Greater Manchester and offered a variety of ways people could test from the comfort of their own home. Our aim was to encourage as many people as possible to test.



Greater Manchester HIV Testing Week is more than just a testing initiative – it is a movement. A movement toward a future where stigma no longer prevents individuals from seeking the care and treatment they need. Together, we can reduce new transmissions, prevent late diagnoses, and make meaningful strides toward ending new cases of HIV by 2030.



BOOK HIV TEST WITH US

SMOKING CESSATION

BHA can now direct you to the right stop smoking support.

Accessing your local stop smoking service makes it 3 times more likely you'll quit.

Email pash@thebha.org.uk for more information on our Smoking Cessation project.



TRANSLATED SEXUAL HEALTH LEAFLETS

We now have a new STI leaflet that is available in English, French, Kurdish (Sorani), Arabic, Farsi and Tigrinya.

This gives information on our sexual health services.



WELCOME TO THE TEAM

"My previous role was sexual health commissioner for Manchester. It has been two years since I retired which lasted all of three months before I returned to work part time for Manchester, finally leaving earlier this year. As everyone predicted I couldn't stay away. It is great to be back."

Richard Scarborough,
HiVe Programme Lead

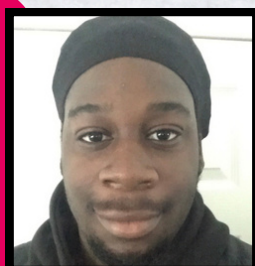


"As a recent MSc graduate in Sexual Health Studies, I'm interested in engaging with minoritised communities and sexual health promotion. I'm excited to contribute to this great organisation and look forward to supporting service users in Greater Manchester."

Arbah Azhar,
Community Engagement & Development Worker

"I've been with the BHA for almost a year now on a project focused on improving the heart health of the Caribbean population in Manchester. I've now joined the sexual health team and I'm excited to continue the important work we do to support the community. It has been a rewarding experience connecting with people and contributing to meaningful community initiatives."

Akil Robinson,
Community Engagement & Development Worker



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