



**WORLD AIDS DAY**  
**RED RUN**  
COMMUNITY  
HEROES

**VICTORIA PARK**  
27.11.2021  
LONDON

Over the past 20 months, we have been reminded of the power and importance of community. It has only been through our collective strength and action that we've been getting through the COVID19 pandemic.

This notion of community resonates profoundly when telling the story of HIV. It was as a community that we fought back and the D.I.Y. movement against HIV flourished. We mobilised rapidly and identified injustices. We took to the streets, we set up information networks and we established charities and community groups. We grieved together, we celebrated together and we quilted together. We took care of each other, and we loved each other. Our experiences were unique and interlocking and created a community-based movement unparalleled.

As one collective whole we have achieved so much – it is now biologically impossible to pass HIV on to your sexual partners if you're undetectable (U=U) and PrEP is now available on the NHS. We have exceeded the UN Goals of 90-90-90 and new HIV diagnoses continue to fall year on year.

These successes have only been possible because of the passion, hard work and dedication of those who have been steadily working in the background propelling the HIV movement forward with their contributions often going unsung.

The World AIDS Day RED RUN is built on the ethos of community mobilisation with 29 HIV charities taking part in this year's event. Each charity has been invited to put forward a Community Hero, who has been instrumental to their organisation. We honour these unsung heroes and thank them for all they have allowed us to collectively achieve.

These individuals are our 2021 guests of honour. **Our** future is brighter because of them.

Mark Santos  
Executive Director, Positive East

Meet the 2021 Community Heroes

# MARIA ALLEN

## The Food Chain

Maria represents all of our incredible grocery delivery volunteers. When the pandemic hit the UK, hundreds of our Service Users were left without access to food. Unable to get supermarket delivery slots, we turned to our volunteers, people in the city.

They swapped their aprons for supermarket trollies - queuing, shopping and delivering essential food all over London. As the person who did the most deliveries since the beginning of the pandemic, Maria is our hero, along with all the volunteers whose flexibility, generosity and hard work made an enormous difference to some of the most marginalised.



**the food chain**  
feeding the fight against HIV

## About The Food Chain

The Food Chain exists to ensure people living with HIV in London can access the nutrition they need to get well, stay well and lead healthy, independent lives. From our own kitchen in King's Cross we offer cookery and nutrition classes and communal eating opportunities to people living with HIV in London and their dependants. We also arrange grocery deliveries to service users. Inspired by our practical response, hundreds of volunteers deliver our services, supported by a staff team of 10.

[www.foodchain.org.uk](http://www.foodchain.org.uk)

# JOSE CARLOS MEJIA ASSWERIAS

## National AIDS Trust

Jose Carlos Mejia Asserias is a Peer Expert at National AIDS Trust for the HIV and Migration project. He is incredibly passionate about involving people with lived experience in every aspect of our work.

As a member of our research team, he recruited and interviewed migrants living with HIV about their experiences in the UK which contributed to our report 'HIV and Migration: Understanding the barriers faced by people born abroad living with HIV in the UK'.

Jose is a delight to work with, continually strives to be more inclusive of the community in his work, and engaging people whose voices are often not heard.



## About National AIDS Trust

We're the UK's HIV rights charity.

We work to stop HIV from standing in the way of health, dignity and equality, and to end new HIV transmissions. Our expertise, research and advocacy secure lasting change to the lives of people living with and at risk of HIV.

# PARIS BROWN

## Spectra

Paris Brown is one of Spectra's Sessional Outreach Team, joining in 2017. Over the past five years, Paris has been synonymous with delivering consummate professionalism to Spectra's service users, ensuring they are provided with knowledge relating to HIV, STIs, Sexual Health, including PrEP and where to access additional support. In addition to this, Paris has led on projects which have delivered advice and support to people from minority communities, including Somali Women groups on subjects which have included domestic violence, general sex education and contraception. This is in addition to supporting national campaigns working with inmates in prison.



Her commitment to the work we do is second to none and is well-known within the boroughs Spectra works in. She is also often requested to deliver services to groups that require a specific peer-led format.

## About Spectra

Spectra's services are designed and delivered to service users by staff and volunteers who are from your community. This means that when using Spectra services, you have the confidence knowing that our staff, Board, managers and volunteers are made up of people just like you. With a focus on sexual health and emotional wellbeing, we recognise that a person's sense of identity, well-being, culture, knowledge and confidence impacts strongly on the choices they make in life. This could be around isolation, attitudes to protecting yourself, relationships, resilience, stigma or substance use.

# PAUL COLEMAN

## The National HIV Story Trust

Paul Coleman is the co-founder of the National HIV Story Trust. He has worked professionally in the Film and TV industry for more than 35 years. Starting in 2015, Paul's aim was to record and tell the stories of people from the 80s/90s AIDS pandemic, with the project subsequently becoming a charity in 2019.



Paul has managed the collection of over 100 stories (and growing), making for the largest UK video archive of the period, now housed at the London Metropolitan Archives.



The charity has ambitious aims to provide education in schools, produce a variety of media, annual HIV and ageing conferences and support arts and culture projects.

## About the National HIV Story Trust

The National HIV Story Trust (NHST) was established as a repository of real life stories, to preserve the history of the HIV/AIDS pandemic, remembering the stories of tragedy but also those of love, compassion and humanity. The NHST hopes the 100+ interviews filmed with families, partners and medical professionals, will be a voice for those who didn't survive, a chance to honour those who did, and an education for those who live so freely today because of this generational struggle.

# EUGENE LYNCH

## Terrence Higgins Trust

Eugene Lynch was diagnosed with HIV in 2013. After a period of declining mental health due to HIV stigma, he received counselling from Terrence Higgins Trust in 2018. Later that year Eugene started volunteering on the THT Direct helpline as a way of giving back.

*"Volunteering with THT Direct has been a great way to give back to an organisation that has helped me so much. It's a real privilege to be able to support callers in need. Volunteering on the helpline has taught me so much about HIV and has helped me build my confidence."*

In 2020, Eugene joined the Terrence Higgins Trust Positive Voices team as a volunteer speaker. This year he joined THT as a staff member - leading the Positive Voices programme - and continues to support others living with HIV and smashing stigma!



## About Terrence Higgins Trust

Terrence Higgins Trust is the UK's leading HIV and sexual health charity, offering support, information and advice services for those living with HIV and affected by HIV or poor sexual health.

Our vision is a world where people with HIV live healthy lives free from prejudice and discrimination, and good sexual health is a right and reality for all.



# RESTY MULEMWA

## Positive East

Intelligent, passionate, hard-working, reliable, thoughtful and fierce are just a few words to describe the indomitable Resty Mulemwa. Resty has been with Positive East since 2000 working with our African clients to ensure they have the support and care they need to live well with HIV. She also leads support groups and workshops.



In addition, Resty is always one of the first to volunteer for our activities and events (including the World AIDS Day RED RUN!) She always goes above and beyond.



Resty strengthens the HIV movement, propelling Positive East forward as we work to achieve our Mission. She is not only our hero - but we know the hero of countless of others.

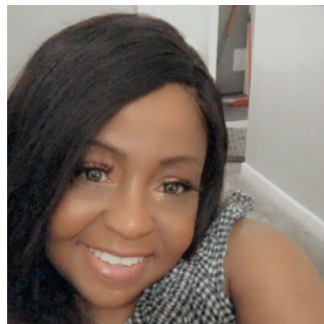
## About Positive East

For 30 years Positive East has been one of the largest communitybased HIV charities in London. Support services include advice (to access benefit entitlement and housing), counselling, support groups, ReAssure (our specialist psychology service for HIV positive female refugees and asylum seekers), volunteering, peer mentoring and peer support, and health and wellbeing workshops. Positive East also provides free HIV/STI testing across East London.

# ESTELLE NDUNGA

## 4M Network

Estelle has volunteered tirelessly over the years with numerous HIV charities supporting children, young people, women and families living with HIV. She is an activist, public speaker and open about her HIV in a community where stigma is still quite marked. Yet she continues to share her story and to challenge stigma, shatter myths and share facts about the reality of living with HIV today.



She is a Mentor Mother with 4M Network and the social media platforms supporting and helping communities reduce isolation and support their wellbeing. During the COVID -19 pandemic, Estelle set up support systems using WhatsApp groups and Facebook, to help women to stay connected with their peers.

Estelle is a mother to two young adults. She is a true inspiration and a joy to know.

## About 4M Network

4M is a unique peer-led programme led by Black migrant women. We train women living with HIV across the UK as Mentor Mothers to provide psycho-social support to peers in their pregnancy journey and beyond. It is now entirely possible that, with the right care, respect and support, women living with HIV can have babies born HIV-free through normal vaginal delivery. As a result of our work, Mentor Mother peer support is now promoted as good practice in the British HIV Association National Pregnancy Guidelines.

# EDITH NTABYERA

## METRO Charity

Our Community Hero is Edith Ntabyera. Originally from Rwanda, Edith's passion for working with people affected by HIV began during her teenage years, quickly becoming a carer for people living with and those dying from HIV and AIDS in Sub-Saharan Africa.

After completing her first degree in Education, Edith moved to the UK, becoming involved in migrant support work. She completed a Masters in Refugee Studies & International Human Rights and became a research assistant. Edith then worked at two other HIV organisations, AHEAD and Harbour Trust, before joining METRO.

As HIV Family Support and Advocacy Manager at METRO, Edith oversees our work supporting families affected by HIV across London - working alongside a hugely experienced and dedicated team.



## About METRO Charity

Working collaboratively with our staff, volunteers, users, partners and supporters to make a difference to people's lives, we champion equality, nurture aspiration, embrace difference and challenge others to do so. We promote health and wellbeing through our transformative services to anyone experiencing issues relating to sexuality, gender, equality, diversity and identity, and use our unique insight from these transformative services and our diverse heritage to influence decision makers and to effect positive change.

# ELIAS PHIRI

## African Advocacy Foundation

Elias Phiri (1967-2021) was a towering HIV advocate, a dedicated campaigner and influential community leader. He was a consummate networker and a truly great human being for those who had the privilege to meet or know him personally or professionally.



Africa Advocacy Foundation is proud to nominate him as our Red Run Community Hero and recognise his immense contribution to the HIV sector in the UK and globally for many years.



## About Africa Advocacy Foundation

The Africa Advocacy Foundation works with marginalized communities especially black, migrants at risk and those diagnosed with HIV, hepatitis, mental health, TB and other conditions in the UK and across the EU/EEA.

# DONNA RIDDINGTON

## PositivelyUK

Donna Riddington, a long-standing ally of HIV communities, is an artist and activist whose work is framed by her queer, feminist and immigrant perspectives.

As a valued member of Act Up London and various access to medicines movements, Donna addresses HIV/HCV and health injustice through her creative, direct action skills. Donna was instrumental in the development of the Catwalk 4 Power collective and led on the design and development of Catwalk4Power and Changing Perceptions Toolkits.

Throughout the pandemic, she has collaborated with #FreeTheVaccine activists to create actions that demand Covid-19 vaccine equity and knowledge sharing, globally.



## About PositivelyUK

Positively UK provides peer-led support, advocacy and information to everyone living with HIV to improve their knowledge, confidence and connections and effectively manage any aspect of their diagnosis, care and life with HIV. We host the National Biannual Conference for People Living with HIV, and our advocacy work aims to influence policy-makers in order to improve the healthcare system and services for people living with HIV.

# TRISH SMITH

## Living Well CIC

Trish is a Life Coach with an MSc in Coaching Psychology.

Over the past 9 years, and particularly throughout the last 18 months, she has been one of Living Well's unsung Community Heroes, working hard to provide mental health and emotional wellbeing support to people across London.



Trish is a great believer in the power of the subconscious and helps clients uncover their own hidden spirit to achieve personally ambitious goals.



For many living with HIV, through Covid, she has been a constant, working with gentleness, humour, empathy and challenge to help clients keep upbeat, positive and moving forward.

## About Living Well

Living Well provides a wide range of psychological, psychosocial and behaviour change services to people living with and affected by HIV in London. Our mission is to support people, especially those from marginalised communities, improve and maintain their physical, mental health and emotional wellbeing. All our services are intended to promote long-term life skills, encourage the development of a supportive social networks and empower participants with the ability to better self-manage their lives.

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# EDWIN SSESANGE

## African Equality Foundation

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Mr Edwin Ssesange is an LGBTQI activist and advocate for equal human rights.

He is the founder of African Equality Foundation.

He is also an HIV mentor. He helps in supporting and coordinating activities to our service users.



## About African Equality Foundation

African Equality Foundation is an LGBTQI charity that supports asylum seekers and refugees in the UK. Our major aim is inclusion, empowerment and integration of multi-ethnic LGBTQI asylum seekers and refugees.

# HELLEN WAMBUI

## Mildmay Mission Hospital

When COVID-19 struck, London went into lockdown and our wards rapidly filled with patients. By mid-April, Mildmay Mission Hospital was at capacity.

Despite many of our staff falling ill, our nursing team, led by Hellen, stepped up to keep our hospital running, working horrendous hours but maintaining the highest levels of care, encouraging and supporting others and never faltering.

Thankfully, everyone survived the first wave, but the impact on the families who supported our front line nurses, doctors, therapists, caterers and cleaners was like nothing experienced before. We are so proud of Hellen, who represents the very best of Mildmay.



**MILDMAY**

Transforming Lives

## About Mildmay Mission Hospital

For over 30 years, Mildmay Mission Hospital has been at the forefront of specialist HIV services, and we continue to adapt and respond to meet new, often complex, and rapidly changing needs. Since 1998, Mildmay has also had a huge impact overseas - primarily in East Africa, delivering HIV services to those in greatest need. Our Mission is to transform and empower lives through the delivery of quality health services, treatment and care. Mildmay places individuals at the heart of all its planning, services and activities.

[www.mildmay.org.uk](http://www.mildmay.org.uk)



# CHRIS WILLIAMS

## Plus Health

Plushealth trustees have nominated Chris Williams as our community hero.

Chris founded Plushealth in 2018 and developed it to becoming a charity in July 2020. He's our Service Lead and responsible for running the Fast-Track Cities London, Peer Support project as well as the day-to-day running of the charity.



Chris is uncompromisingly passionate about empowering others to live well with HIV. He's an experienced health and treatment advocate, qualified peer mentor and mental health first aider. He has supported people living with or affected by HIV for over a decade in a variety of roles allied to the treatment and care of HIV and mental ill-health.



## About Plushealth

We inform, empower, support and improve the lives of people living with HIV, their HIV negative partners, family members, close friends and carers.

Our vision is to promote emotional, and physical wellbeing by providing practical help and support so everyone living with HIV can live healthy active lives, free from stigma and prejudice.

# ASAD ZAFAR

## Prepster

Asad is the outreach worker with our team for The Lovetank/Team prepster and with the GMI partnership.

He joined our organisation in June this year and has been delivering outreach as part of the LHPP programme.

Whilst Asad is relatively new to the HIV and sexual health sector he has already made an impact.



# Prepster

## About Prepster

PrEPster is a program of The Love Tank, a not-for-profit community interest community (CIC) that promotes the health and wellbeing of under-served communities through education, capacity building and research.

Through our work we aim to educate and agitate for PrEP access and improve the sexual health in England and beyond.



WORLD AIDS DAY  
**RED  
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1 DECEMBER 2018  
VICTORIA PARK

WORLD AIDS DAY



**WORLD AIDS DAY**

**RED  
RUN  
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**27 NOVEMBER 2021  
VICTORIA PARK**

The last weekend in November is now a date, firmly fixed in the diary, for the HIV community and its allies to come together in Victoria Park for the annual World AIDS Day RED RUN.

The community knows that this is more than just a run. It's an opportunity to celebrate the strength and diversity of our communities. A time in which we can literally stand together in solidarity for the journey yet to be travelled. A space where we collectively and publicly challenge HIV Stigma. A platform through which HIV charities raise much needed funds to deliver their services supporting people across the Capital and the South East.

The Red Run has grown since its origins. Starting with 50 people, running 5K in Richmond Park, raising £5,000. It has now grown to one of the UK's largest HIV community-based events.

It's an event that has been opened by Dame Barbara Windsor, Mayor Sadiq Khan and Sir Ian McKellen. This year we have spoken word performances by HIV Voices, a display of some of the panels of the UK AIDS Memorial Quilt, Pop up AIDS Memorial, a collection of HIV campaign posters from the Wellcome Collection, HIV charity stalls, and international DJs from the Eagle .

Since its inception, the World AIDS Day RED RUN has raised over £650,000 for HIV support services. This year our focus at the Red Run is celebrating the community. This seems so important as it was the strength of our communities that helped us to navigate the last 18 months of the COVID pandemic.

As long as HIV support and prevention services are needed, the Red Run will remain and we hope you will continue this journey with us.

**Take Action. Lace Up.**

[redrun.org.uk](http://redrun.org.uk)





The 2021 **World AIDS Day** **RED RUN**  
is proudly sponsored by:



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**NOMURA**

**STATE STREET**



The World AIDS Day RED RUN is organised by East London based HIV charity Positive East  
with a special thanks to Anne McLellan.

