



WORLD AIDS DAY

**RED  
RUN  
LDN**

26 NOVEMBER 2022  
VICTORIA PARK

**COMMUNITY  
HEROES**

The notion of community resonates profoundly when telling the story of HIV. It was in 1981 when AIDS was first mentioned in international press, and at the time it was hastily coined the 'Gay Plague', 'Gay Cancer' and 'Gay Related Immune Deficiency Syndrome'. From the beginning, this kind of language built up a narrative of prejudice and homophobia around those hit hardest. On top of dealing with an unknown virus, an already marginalised population, made up primarily of the gay community, people of colour, IV drug users and those from the trans community, would bear the brunt of a harmful mix of social stigma and misconceptions.

In response, we as a community fought back, and the D.I.Y. movement against HIV flourished. We mobilised rapidly and identified the social, political and medical injustices inherent in society and exposed as a result of the AIDS epidemic. Together, we took to the streets, set up information networks and established charities and community groups – including many of which you are here in support of today.

As a unified and organised community, we have achieved so much. U=U (undetectable equals untransmittable) is a scientific statement of fact, meaning if you are adhering to your medication and have an undetectable viral load, it is biologically impossible to pass HIV on to your sexual partners. PrEP is now available for free on the NHS, and new HIV diagnoses are at an all-time low. These successes have only been possible because of the passion, hard work and dedication of those who have been steadily working in the background whose contributions often going unsung.

We want to shine a light on the incredible work that goes on behind the scenes of these charities and have invited each of them to put forward a Community Hero who has been instrumental to their organisation. Today we are honouring 14 unsung heroes and thank them for all they have allowed us to collectively achieve. These individuals are our 2022 guests of honour.

**Our future is brighter because of them.**

Mark Santos  
Executive Director, Positive East

Meet the 2022 Community Heroes

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# ANT BABAJEE

## National AIDS Trust

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Ant is knowledgeable, passionate, thoughtful, and relentless. He is a dedicated activist whose commitment to National AIDS Trust's work is second to none. He is well known across the HIV sector and Ant is a prime character who strengthens the fight against HIV stigma and discrimination.

In 2021, Ant joined the National AIDS Trust London Activist Network, and he has continuously been a prominent figure in the network with his ideas. This year, he joined NAT's Community Advisory Group – putting lived experience at the heart of policy work – and we can't wait to work more closely with him.

Ant is a force to be reckoned with, and we're proud to call him our hero.



## 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.

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# ASAD ZAFAR

## Prepster

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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.

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# BARBARA TINUBU

## Terrence Higgins Trust

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Barbara has dedicated over 20 years to supporting and advising people living with HIV & AIDS. She's worked in many different teams within Terrence Higgins Trust and is now our National Advice Supervisor for our THT Direct, our vital information and support helpline.

Barbara always goes that extra mile and ensures that the people we work with get the best support possible. Her expertise and knowledge in immigration and social welfare law are vast, and many people would have lost their homes, employment, benefits, and safe spaces, if it was not for Barbara's support.



## About Terrence Higgins Trust

Since 1982 we've been supporting people impacted by HIV and poor sexual health. Today our vital advice line, THT Direct, is a one-stop shop for many. We also support people living with HIV with a hardship fund, counselling, work support, and peer-to-peer support to come to terms with their diagnosis, and we campaign for change.

Together we can end new cases of HIV by 2030, support people living with HIV and impacted by poor sexual health.

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# FRANKIE O'REILLY

## The National HIV Story Trust

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Frankie O'Reilly is one of the National HIV Story Trust's (NHST's) 120+ interviewees, forming a collection of some 200 hours of filmed testimony, charting the experiences and history of people touched by the AIDS pandemic of the 80s and 90s. From The Troubles of Ireland in the 60s, to the streets of London in the 70s, 80s and 90s, Frankie's life story is mesmerising.



Frankie recently gifted the NHST his precious and unique collection of over 9,000 photos, taken throughout the period and covering much of LGBTQ+ life, from prides to activism, HIV and his amazing career as a drag artist. This collection will play a significant part at the NHST in the education of our history for many generations. It will also be available from the London Metropolitan Archives for researchers, students and the general public in perpetuity. It is an invaluable legacy.

## About the National HIV Story Trust

The 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 120+ 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.

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# GERALDINE CARRON

## Wandsworth Oasis

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Geraldine Carron is one of our longer standing volunteers and has been volunteering at Wandsworth Oasis for the past 7 years. Passionate, hard-working, reliable, and kind are just some of the words we would use to describe Geraldine.



Geraldine gets stuck into all aspects of volunteering and takes on various tasks including sorting through and pricing donations, gift aid sign up, working on the till and ensuring the shop is always clean and tidy. She will always greet customers with a warm welcome.



We are incredibly thankful to Geraldine for all that she does for Wandsworth Oasis, through her hard work and dedication, and the work of all our volunteers, we can keep our community charity shops open and trading longer. Geraldine is certainly our very worthy Community Hero.

## About Wandsworth Oasis

Wandsworth Oasis is a rapidly growing chain of charity shops in South-west London. Wandsworth Oasis raises funds for HIV support, prevention and awareness raising projects across London. Unlike most other charity shops, Wandsworth Oasis operates more like a Trust or Foundation. Money raised in the shops, from Challenges and our quirky events programme – after operational costs and reserves – is distributed via a grant scheme to other charities who work directly with vulnerable people affected by HIV. Last year, we awarded more than £102,000 to HIV organisations.

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

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# HARUN TULUNAY

## PositivelyUK

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Harun, an avid HIV community activist & advocate for sexual health is committed to speaking publicly, sharing his life experiences to tackle stigma and raise awareness of HIV, monkeypox and mental health, as well as the anti-LGBT+ hostility & discrimination he faced as a gay man in Turkey.



He is a peer mentor to support others living with HIV and shares up to date information on sexual health in Turkish and English through his social media. After contracting Monkeypox in June, he has been openly sharing his experiences to tackle misconceptions and call the government for action.



His story has been shared with the world by WHO and UN to raise awareness.

## About PositivelyUK

PositivelyUK 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.

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# HELLEN WAMBUI

## Mildmay Mission Hospital

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Hellen Wambui, Team Leader Nursing and Discharge Coordinator.

At our last AGM, Hellen received a special award from our CEO, Geoff Coleman, for going 'above and beyond' to keep Mildmay Mission Hospital running during the extreme challenges of the COVID-19 pandemic.



**MILDMAY**

Transforming Lives



Mildmay Mission Hospital

## About Mildmay Mission Hospital

For over 31 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)

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# IDRIS MWENDWA

## STOPAIDS

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Idris Mwendwa (he/him) is a young advocate living with HIV. Idris works as a Program Coordinator for community-based organisation in Mombassa - HIV and AIDS People's Alliance of Kenya.



Having contracted HIV at 17, Idris began his activism journey to advocate for issues affecting the HIV, LGBT+ and sex worker community. Idris works tirelessly to advance the rights of marginalised communities. In 2017, Idris spoke on the Youth Stop AIDS Speaker tour where he shared his powerful story and mobilised thousands to take action.

**STOP  
AIDS.**

Idris also spoke at the 2022 UK parliamentary reception to mark the International Day Against Homophobia, Biphobia and Transphobia. Idris is a member of STOPAIDS' key stakeholder advisory group and fed into the development of STOPAIDS' anti-oppression framework which underpins STOPAIDS' 2022 strategy.

## About STOPAIDS

STOPAIDS is a UK-based membership network working to mobilise civil society on global health issues. With a focus on the HIV and AIDS response, we work across interconnected health rights and equity issues.

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# LIZ LESLEY

## Positive East

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We can't think of anyone who better defines the word "hero" than Liz Lesley. Liz's commitment, dedication and passion for Positive East and the HIV movement in general has for too long gone unsung. Therefore, Liz is undoubtedly our 2022 World AIDS Day RED RUN unsung community hero.



Liz is our Office Manager, an absolute rock to the organisation and is central to everything we do. Each project, activity or event that Positive East provides to the community involves

Liz in some way - from managing our office to supporting our workshops, HIV testing, the RED RUN and everything in between.



Positive East would not be the organisation it is today - supporting over 3,000 people per year - without the support of our hero Liz. Thank you Liz for all that you help us to achieve.

## About Positive East

For 31 years Positive East has been one of the largest community based 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.

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# LIMPHO NTEKO

## mothers2mothers

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Limpho Nteko was just 21 years old when she discovered that she was HIV-positive. Pregnant with her first child, Limpho struggled to accept her condition. Adhering to treatment came with its own set of challenges and she unfortunately lost her baby when she was just three weeks old. In 2013, pregnant with her second child, Limpho met mothers2mothers at her local clinic.



The Mentor Mothers supported her and encouraged her to take treatment regularly. A year later Limpho applied to be a Mentor Mother and has since built a successful career in the public health sector in Lesotho. Until early 2020, she managed 84 Mentor Mothers across 16 health facilities, and has since transitioned to a management role in Monitoring and Evaluation. She is also a proud mother to two young daughters, both of whom are HIV-free.



### About mothers2mothers

mothers2mothers (m2m) is an African not-for-profit that unlocks the power of women to eliminate paediatric AIDS and create healthy families. m2m trains and employs women living with HIV in sub-Saharan Africa as Community Health Workers. These “Mentor Mothers” become role models who help women and families at health facilities and in their communities access essential services and medical care, start on any treatment they need, and continue with their health journey.

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# PARIS BROWN

## Spectra

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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.

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# PETER BODNAR

## The Food Chain

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Before his referral to The Food Chain, Peter “hadn’t engaged with anything to do with HIV, because of the stigma”. Referred 22 years after his diagnosis, Peter says “Without The Food Chain, I don’t think I would have got here. I feel very positive now.”

Although he isn't a volunteer per se, Peter has represented The Food Chain in numerous case studies, interviews and events. Whether it's to funders, volunteers, supporters or the public, he speaks eloquently on behalf of those who aren't able to come forward and makes a passionate case for why The Food Chain's services are still so vital. He's an asset to The Food Chain.



**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.

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# TRESCA WILSON

## 4M NETWORK

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Tresca was diagnosed with late stage HIV in August 2015. She has lived openly with HIV since 2019 and is a 4M Network Mentor Mother.

She works across a wide range of diverse community spaces, testing people for HIV and other STI's, as well as doing Health Intervention Outreach where she delivers condoms and information resources to LGBT+ venues in Hackney and the surrounding areas. Tresca has a passion for engaging with and empowering different communities, helping to fight HIV stigma and end new HIV diagnoses by 2030.



In addition, she made a video for National HIV Testing Week for the Positive Champions campaign with African Advocacy Foundation and Fast Track Cities London.

Tresca was born in Manchester to Caribbean parents. She is a mother of four young adults and a grandmother of four.

### 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.

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# TRISH SMITH

## Living Well CIC

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

Over the past 10 years, and particularly throughout the last 2 years, 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, especially 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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1 DECEMBER 2018  
VICTORIA PARK

LOVEY

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