



Spotlight on – Women & Health

The Impact of HIV on Women

Did you know that Women make up one third of people living with HIV in the UK? When I say that most people look shocked, and invariably they say they thought AIDS was just something that happened to gay. Sadly, as the statistic above shows, this is so inaccurate. Despite raising social awareness through shows like Russell T. Davies “It’s A Sin” and recently Zack in EastEnders, our understanding of HIV, like sex, is still seen through the eyes of men. If women are not aware they can acquire HIV, they cannot protect themselves. Historically, HIV prevention campaigns excluded women and consequently, asking a partner to wear condoms was about avoiding unwanted pregnancies. For many women acquiring HIV comes as a shock, because it just wasn’t on their radar.

HIV can also raise social taboos about women and sex, where subconscious messages are mixed with images of virtue and value. Despite the sixties, attitudes towards a woman living with HIV can be judgmental, assuming some level of infidelity or promiscuity, and a sense that these women deserve to be punished. In a society where body shaming exists at so many levels, for women who are HIV positive, being described as dirty or feeling this way is common. Many women avoid relationships for fear of rejection or accept poor relationships in gratitude for any type of acceptance.

Stigma and discrimination are still prevalent, and many women carry the burden of blame. Whilst silence protects a woman and her family, it can be harder for her to come to terms with her diagnosis and this can affect her mental health. Taking medication alone is not enough to manage HIV. HIV Charities and Peer support create communities which are critical to managing the fear of HIV, building self-esteem and women’s raising expectations of relationships. It is also essential that more opportunities exist for “HIV informed counselling” where women are not judged, do not have to hide their diagnosis and can grieve. Ideally making it possible for them, not to just live well with HIV but thrive beyond it.

Article by Yvonne Richards – George House Trust



The disproportionate impact of hunger on women. It is often said that women are the ‘shock absorbers’ of poverty. They are not only more likely to live in poverty; they are also often the people trying to manage a tight budget, working out how to stretch it to cover what everyone in the family needs. Many times, they go without, not only to protect their children from hardship but also to protect other adults in the family. Now new research from the Trussell Trust has laid bare the scale of hunger across the country, and the disproportionate impact it has on women.

Women make up half the population of the UK (51%) but 57% of people facing hunger, with some groups of women at especially high risk. The combination of racial and gender inequality is reflected in the far higher risk of hunger among ethnic minority women (27%) compared to white women (14%). [The disproportionate impact of hunger on women – FiLiA](#)

Women 'failed at every stage' of maternity care with 'many made to feel they were to blame'

[Women 'failed at every stage' of maternity care with 'many made to feel they were to blame' | Politics News | Sky News](#)

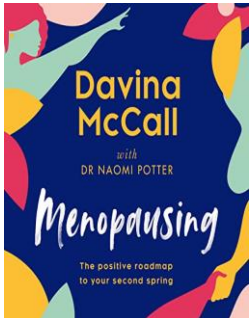
Women should be offered "menopause checks" by GPs after turning 40, campaigners and MPs have said. The Menopause All-Party Parliamentary Group said this should be included in the NHS Health Check offered every five years to those aged between 40 and 74. [Women should get NHS menopause checks at 40 - MPs - BBC News](#)

Young women seeking mental health help called 'dramatic', UK survey finds. The survey also found that 27% of those who had spoken up about a mental health crisis over the past five years were told their issues could be hormonal. [Young women seeking mental health help called 'dramatic', UK survey finds | Mental health | The Guardian](#)



Own My Life - a feminist recovery programme for domestic abuse survivors

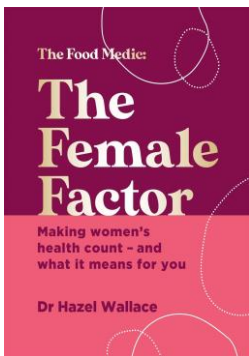
[#194 Own My Life - a feminist recovery programme for domestic abuse survivors \(filia.org.uk\)](#)



For too long, women have had to keep quiet about the menopause – its onset, its symptoms, its treatments – and what it means for us. **Menopausal** will build an empowered, supportive community to break this terrible silence once and for all.



Helen McKenna speaks with Professor Dame Lesley Regan and Dr Janine Austin Clayton about women's health journeys from start to finish. They explore why women can struggle to get medical professionals to listen to them and the impact this has on diagnosis and treatment, as well as the mental and physical effects on women themselves. [What women want: addressing women's health inequalities | The King's Fund \(kingsfund.org.uk\)](#)

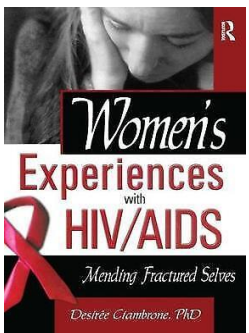


The male body has always been the default body in clinical medicine, making the assumption that women are just smaller versions of men. This could not be more wrong. The Female Factor provides methods to protect and maximise your health in positive, affirming steps.



Caroline Criado Perez: Inside the data gender gap

[Bing Videos](#)



Meet the women behind the statistics! Women's Experiences with HIV/AIDS: Mending Fractured Selves examines the impact of HIV/AIDS on women, the fastest-growing subgroup of the HIV-infected population of the United States.



Sunday 26 November
Dead Women Walking - Domestic violence murder march 2023

Dead Women Walking – Domestic Violence Murder march is a peaceful creative 'Murder March' to remember & represent the women murdered in the UK by partners, ex-partners, family members.

The #DeadWomenWalking march (Manchester) aims to raise awareness of the women behind the statistics of domestic violence murders. It is a women only march and takes place on the Sunday nearest **International Day for the Elimination of Violence against Women**. This year's march will take place on **Sunday 26th November** [Dead Women Walking - Domestic violence murder march 2023 Tickets, Sun 26 Nov 2023 at 14:00 | Eventbrite](#)

Useful Contacts

BHA – Greater Manchester

[Greater Manchester Sexual Health Services - BHA for Equality \(thebha.org.uk\)](#)

George House Trust

[1 to 1 services for everyone | George House Trust \(ght.org.uk\)](#)

NHS Women's Health

[Women's health - NHS \(www.nhs.uk\)](#)

Wellbeing of Women

[Health information \(wellbeingofwomen.org.uk\)](#)



Nelson Street is now world famous for being the former home of **Emmeline Pankhurst**, where she lived from 1898 to 1907, but the tour will illuminate some of its darker mysteries and curious secrets.

A Nightmare on Nelson Street Spooky walk and talk ~ Thursday 26 October

[A Nightmare On Nelson Street \(mag-north.com\)](#)

How Manchester Made Shakespeare Modern – Rosa Grindon, the Suffragist Shakespearean Scholar, Manchester Central Library, Wed 8th November 2023

[How Manchester Made Shakespeare Modern – Rosa Grindon, the Suffragist Shakespearean Scholar at Manchester Central Library event tickets from TicketSource](#)