ROOTED IN STRENGTH

Supporting Black People Living with HIV

Rooted in Strength is a community-led initiative supporting Black people living with HIV to address. The project recognises the impact of cultural silence, racialised experiences, trauma and systemic barriers, which can contribute to isolation and disengagement from care.

What We Offer

Monthly Conversational Cafés provide informal, peer-led spaces where participants can connect, share experiences and explore what it means to live well with HIV. Through **culture, food, storytelling and lived experience**, the sessions encourage trust, belonging and open conversations around identity, health, relationships, faith and wellbeing.

Participants may also access limited one-to-one counselling with culturally competent therapists.

Our Aims

Rooted in Strength aims to:

- Reduce internalised HIV stigma and shame
- Strengthen self-worth, resilience and confidence
- Create safe, supportive and affirming spaces
- Explore the intersections of HIV, race, gender, culture, faith and trauma
- Support reconnection with care, community and identity
- Celebrate Black identity, culture, joy and collective strength

Refreshments and a hot, culturally appropriate meal will be provided.

Conversational Café Dates

Date	Time	Theme
30 Oct 2026	12:00–16:00	**Who You Are:** Exploring identity
27 Nov 2026	12:00–16:00	**Breaking the Silence:** HIV, families & faith
29 Jan 2027*	12:00–16:00	**Carrying It All:** Race, gender, trauma & health
26 Feb 2027*	12:00–16:00	**Rooted in Strength:** Reclaiming pride & identity
30 Apr 2027*	12:00–16:00	**Faith & Belonging:** Faith, health & hope
28 May 2027*	12:00–16:00	**Black Joy & Resistance:** Art, music, food & healing

Venue: AAF, 16 The Crescent, Beckenham, Bromley BR3 1DU

Information & Referrals

Email: Juddy@africadvocacy.org
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