Image descriptions for

Strutting to Stop Stigma

by Mel Rattue

COVER

Pink and white background. The title, written in white text with purple shadowing, reads: *STRUTTING TO STOP STIGMA*. Moving from left to right are four women increasing in size due to perspective. First, and smallest, is a white woman in a blue jumpsuit with her arms above her head. In her left hand is a blue shopping bag with a pink heart. The second woman is a Black woman, with cropped hair, wearing a flowing olive green colored dress. Her hands are pulling the skirt of the dress out and she appears to be floating. The third woman is a Black woman wearing a pink gown with a matching pink shawl that gives the appearance of pulled in wings. She is wearing a gold crown and is using a pink cane. The fourth, and largest woman, is a Black woman standing in a power pose with her hands on her hips. She is wearing red pumps, a yellow knee length dress that has a floor-length matching yellow cape bearing the phrase U = U. *Catwalk4Power* is written above her left shoulder.

PAGE ONE

PANEL 1

Mel, a white woman in a green shirt, is wearing a grey apron with *CAFE* written across it. She is handing a white mug across a counter to a customer waiting in line. There is a partial depiction of a glass serving dish for cookies or cakes and the suggestion of couches in the back.

Mel (the narrator): In a cafe just outside of London.

Mel thinking: Another day, another latte...

PANEL 2

A man with a dark beard and the same apron as Mel can be seen behind her holding a tray.

Mel's colleague: Hey Mel, did you hear the one about the vegetarian? It was a big missed steak!

PANEL 3

Mel's colleague: *Did you know Bertie Bassett had AIDS?* Yeah, he's been sleeping with Allsorts.

Narrator: It's been seventeen years since my diagnosis, but this joke hurts. I can't tell my boss because I fear losing my job. I have a double life: by day a waitress, by night a HIV activist!

Even though women make up one third of people living with HIV in the UK, we are left out of research representation, and decision-making about HIV services.

PANEL 4

Narrator: I do have support though, from a network of women living with HIV, the 4M Network of mentor mothers.

One day I get an invitation on our WhatsApp group...

Text message: There's an event on in Brixton for International Women's Day 2018. It's a fashion show with a difference; some of us are performing. Come and support us!

PANEL 5

Text Box: MARCH 8th - 100 Barrington Road, Brixton.

Mel is in a room with another some other women; one in a flowing blue gown runs past in the background, another wears a yellow dress and is speaking to Mel. There are masks laid out on a table in front of them, and banners hung up behind them. The banners read: ACT UP, and +POSITIVE.

Ange' (in the yellow dress): Good to see you again! Go and find a seat, the place is filling up!

Mel: Thanks for inviting me Ange'. These look amazing, what are they for?

Ange': Just wait and see! All the women have made these masks and outfits!

PANEL 6

A woman wearing a brightly colored red and gold headwrap and dress speaks into a microphone.

Narrator: The event begins with speeches, starting with Husseina.

Husseina: ...Almost half, forty-five percent of women living with HIV in the UK live below the poverty line.

PANEL 7

Narrator: Then my mind is blown as I see beautiful, empowered women rise up to be celebrated and applauded.

Two women, wearing extravagant outfits pose in front of an audience. One woman's outfit has text emblazoned across it, including the phrase *ACCEPT ME*, the other is carrying a sash that reads U = U. Mel is in the audience with her arms raised excitedly.

Woman 1: *I am worthy!*

Mel: WOOO!!

Clapping audience member: YASSS!!

PANEL 8

Mel is speaking to a woman dressed in red, with large earrings and a red headwrap.

Mel: LeaSuwanna that was incredible!

LeaSuwanna: Yaah! We didn't even wear the masks. It felt so great to be stigma free!

PANEL 9

Mel is now sitting on a London bus, thinking: The power is ours!

PAGE TWO

PANEL 1

Narrator: Back in the cafe, I stop listening to the bad jokes and focus more on mentoring.

Mel is depicted at the café once again, with her colleague behind her saying something indecipherable. She is reading a text message on her phone.

Text message: Catwalk4Power is going to Amsterdam for the AIDS2018 Conference in July! Why not join us?

PANEL 2

Narrator: Weeks later I find the courage to talk to my family when we're all together.

Mel sits at a table with various family members.

Mel: I want to go to Amsterdam to support Catwalk4Power...

Family member in blue shirt: Is that the women you saw in Brixton?

Family member in pink shirt: *Perhaps go for a day when you're off work? Let's look at flights from Luton.*

Family member, with glasses and a brown beard: Sounds great, I can drive you!

Black dog with red collar: *Woof!*

Text messages: Yassss! I've got my ticket!

You were right, my family are happy to support my activism. It's great to be able to talk about it, they have known for a few years but I never had any good news to share.

This is really exciting.

PANEL 3

Narrator: I arrive in Amsterdam just in time for the workshop organized by Catwalk4Power.

Two women of color sit behind a table with a banner behind them, and a table on the table that reads *AIDS 2018*.

Organizer in yellow tank top with black hair: We are a grassroots movement empowering women living with HIV to be more visible.

PANEL 4

Narrator: We make sashes with our ACT UP allies, sharing political messages.

Mel is drawing on fabric, while other people work around her, some hold up banners with phrases such as *WOMXN* and *THE FUTURE IS OURS* written on them. In the foreground there is a man wearing a blue ACT UP t-shirt.

PANEL 5

Narrator: Then we do a Strut* workshop with another ally, Madam Storm.

A group of women stand by wearing the sashes they were making in the previous panel. They are watching Madam Storm, a tall Black woman with a shaved head speaking into a microphone.

Madam Storm: Stand tall! Head up high! Own your space!

At the bottom of the page there is a definition of Strut: *To Strut is to walk with pride, with a swagger that signals: I am here, I am powerful, I am gracing this room with my presence, I know my worth and I am fine!

Narrator: After the workshop we visit the conference exhibits, meet lots of other people living with HIV, and learn so much!

Mel and other women are in a space with lots of brightly colored exhibition booths. Some people are protesting with signs held up.

PANEL 7

Narrator: I leave inspired to do more.

Mel is greeted by her family member with glasses and a brown beard, holding a car door open for her. He asks: *How was it?*

Mel: It was fantastic! I met with friends from the USA who I've known online and joined a U equals U protest and...

PAGE THREE

PANEL 1

Narrator: Next day at the cafe my best friend drops by for a latte.

Mel is working in the café while her friend, with red, curly hair and blue polished nails sits at the other side of the counter. The colleague with a beard, who we've seen previously stands by in the background.

Best friend: *Hey, you look happy today.* Are you coming round to my place later?

Mel: Yep!

Mel thinking: I wish I could tell her all about Amsterdam, but it's just not worth the risk. Some of my friends and family have blocked me after I've shared my status before. But maybe we could have our own adventure...

Mel's colleague thinking: Bad jokes...

Mel and her friend are sitting with glasses of wine looking at a computer.

Mel: I've seen a strut masterclass led by Madam Storm. If I book it will you go with me?

Best friend: Ohhh! Who's Madam Storm? Looks like a lot of fun! Yeah, let's go for it!

PANEL 3

Narrator: Later that month, at Madam Storm's workshop in London...

Mel and her friend are standing to the side of a room with Madam Storm, who stands in a power pose with her hands on her hips, at the center of the room. Madam Storm is wearing black thigh-high boots, a matching bodysuit and short blonde hair.

Madam Storm: OK Ladies, let's begin! Hands on your hips and engage your core! Say YAAASS!!

PANEL 4

Mel, her best friend, and Madam Storm are all standing arm in arm, smiling and speaking to another friend, Neo, who is wearing a blue sleeveless shirt with her black hair pulled back in a blue hair tie.

Neo: Hey Mel, looking HOT!

Best friend, thinking: ?

Mel: Thanks Neo, you too! You're a yummy mummy!

PANEL 5

Narrator: Later...

Mel and her best friend are waving goodbye to Neo and some other women.

Best friend: Bye!

Mel: Bye Neo!

Neo: See ya!

Best friend: That was great! Such a brilliant idea! So how did you find out about this and how do you know Neo?

Mel: I'll tell you later...

PANEL 6

Sitting at a table, Mel and her best friend are drinking glasses of red wine, chatting.

Best friend: So?

Mel: We share a medical condition, and we support each other because there is a lot of stigma.

PANEL 7

Mel's friend's hand is laid over Mel's hand on the table.

Mel: I'm living with HIV...I was diagnosed in 2001...

Best friend: Is that when you were pregnant? Oh, I have so many questions. But you don't have to say any more. Thanks for sharing. So when are we going to show off our new struts then?

PANEL 8

Narrator: The next day.

In the café, Mel's best friend approaches the counter in the café. Mel is in her uniform, with her colleague standing behind her.

Best friend: Hey, a hot latte from a hot lady please!

Mel: Yassss!

Mel's colleague, thinking: ?

PAGE FOUR

PANEL 1

Narrator: December 2018

Text messages: The peer support charity Positively UK are recruiting for two Catwalk4Power coordinators!

It's an ambitious one year project, funded by Public Health England developing a toolkit on how to create Catwalk4Power events.

Mel and her best friend sit at a table looking at a laptop computer.

Mel: I want to apply for this job, will you help me?

Best friend: Sure! With all the things you've told me that you've been doing, you'll be great at this!

PANEL 2

Narrator: We write a new CV, I get an interview, and I get the job!

PANEL 3

Mel and Neo are sitting at computers working.

Narrator: I join Neo as co-coordinator of Catwalk4Power in January 2019

Excited to start working together, we begin with planning the 2 day 'I Am Here' Festival.

PANEL 4 Narrator: We plan five workshops to empower women to rise up!

Neo: So, what do we need to empower women living with HIV to rise up?

Mel and Neo stand at a white board with notes written across it, another woman, in pink shirt with black hair in an updo contributes: *Leadership skills!*

Mel: Body Positivity!

Narrator: Working with our allies we share information and ideas.

A Black woman in an orange sweater holding a card with a colorful wheel on it says: *It's a word wheel!*

Two women stand behind her looking through a range of objects. A woman with blue hair and a purple sweater says: *It's tits!*

PANEL 6

A line up of women of various ethnicities, standing in power poses, are wearing colorful outfits. Neo stands at the center in a blue dress, wearing her blue hair tie. At each side of the panel we see women speaking.

Narrator: Everyday there are challenges...

Woman 1: Madam Storm has broken her ankle!

Woman 2: Who can do the Strut workshop?

Narrator: But we find solutions and leaders...

Woman 3: I can sing.

Narrator: Women step up to show their talents...

Narrator: And so do I!

Mel: I've written a poem.

PAGE FIVE

PANEL 1

Narrator: After the workshops some of us go out.

Mel, Ange', LeaSuwanna and other women that we've seen throughout the comic are sitting around a table.

Ange': That poem is great Mel!

Mel: I want to practice though. There's a scratch night* in Camberwell, would you come and read it with me?

Note at bottom of page: *Scratch nights are events organized for sharing creative works in progress with an audience of peers and other performers for questions and critical feedback.

LeaSuwanna: Yasss, of course!

Brown skinned friend in yellow shirt with black hair: *We can practice together!*

PANEL 2

Narrator: Blue Elephant Theatre in Camberwell.

Mel and LeaSuwanna are standing behind a curtain looking out on a crowd of people.

Mel: There's only 20 people, but I'm so nervous.

LeaSuwanna: We rocked it in rehearsals. I've got your lines, we can do it!

PANEL 3

Narrator: We practice being in front of an audience and we gain confidence.

Mel, LeaSuwanna and their friend in the yellow shirt stand with stage lights beaming behind them.

Mel: We are here!

Friend in yellow: What do you see?

LeaSuwanna: Not the virus in me!

Narrator: The audience and performers of the scratch night write feedback for each other.

LeaSuwanna is reading feedback written on a wall while Mel and their friend are having a drink and raising their glasses to their success.

LeaSuwanna: This is great! Someone's said she's gonna get tested!

Mel: cheers!

Friend in yellow: I can't wait to do it again at the festival!

PANEL 5

Narrator: After weeks of preparation we are nearly ready.

A group of three women, including the woman with blue hair from the previous page, are sewing costumes and trying on outfits. One woman wears a cape that reads *I AM CLASSY*.

PANEL 6

Narrator: On 7th March 2019 the' I Am Here!' festival begins in London at the Royal Central School of Speech and Drama.

Kat, a woman with black hair standing on the steps to the building, says: *Welcome.*

Mel and another approaching the building: Hey Kat.

PANEL 7

Narrator: Coordinating events means a lot of running around...

Neo calls *This way* as she leads a group of women up some steps to a workshop.

PANEL 8

Narrator: Lots of learning...

A white woman wearing a red AIDS ribbon stands in front of an audience with the words SEX & PLEASURE & HIV written boldly behind her.

PANEL 9

Narrator: ... Lots of questions...

A Black woman in a yellow jumpsuit stands before an audience with the words *RIGHTS* written behind her.

Audience member: *How can I get free formula milk for the mothers I mentor?*

PANEL 10

Narrator: And lots of fun!

LeaSuwanna, Mel, and other women pile out of the building.

LeaSuwanna calls out: See you tonight at the party!

PAGE SIX

PANEL 1

Narrator: 8th March, International Women's Day 2019.

We set the stage for day 2 of the 'I Am Here!' Festival...

Mel and another woman are hanging up a pink banner with words and phrases written across it.

PANEL 2

Narrator: *Rehearse...*

LeaSuwanna is holding a clipboard while women Strut behind her.

LeaSuwanna: Who's next? We're on in 20 minutes. Let's nail this!

Narrator: Get ready and calm each other's nerves.

Neo, in a brightly colored shirt and headdress, is having her makeup done by another woman while Mel and Ange' hug in the background.

Mel: It's all so exhausting.

Ange': Just keep going. Just think about the legacy we're leaving!

PANEL 4

Narrator: Then the Catwalk4Power starts...

Mel and Neo stand behind a curtain looking out on a crowd of people.

Neo: It's 100 people, now I'm nervous!

Mel: We can do it!

PANEL 5

Narrator: We explain how we have been invisible in the media, in campaigns about prevention and how we can best support our mental and physical health.

A Black woman, with a multicolored shirt and statement necklace speaks into a microphone: ... We do not need to be forgiven. This is not a moral issue...

PANEL 6

Narrator: We tell our stories, perform poems, and demand to be heard.

Mel is sitting on the stage floor in front of an audience.

Mel: ...I took some knocks...

Narrator: The audience's emotions are stirred.

Narrator: 27 women living with HIV strut, declaring their affirmations and messages. We feel powerful. Finally we celebrate our success by dancing together.

A conga-line of women dressed in brightly colored clothes moves across the page. It includes Neo, Mel and other women we have previously seen in the comic.

A woman dancing to the right of the panel: That was FANTASTIC.

PAGE SEVEN

PANEL 1

Narrator: The next week back at Positively UK.

Mel, Neo and another colleague are working in their office.

Mel: They want us to open AIDS IMPACT 2019!

Colleague: Wow, that's an international academic conference!

Neo: Yeah, and they want us to do the opening ceremony!

PANEL 2

Narrator: There's so much to do.

A numbered checklist is depicted, listing events such as AIDS IMPACT catwalk, Brighton catwalk and Manchester catwalk.

PANEL 3

Narrator: So we find new allies and more women to get involved.

A group of women sit around holding each others' hands, with written signs hung up behind them, that read *Music*, *Movement Workshop*, and *Trust*. Mel, Neo and LeaSuwanna are among the women in the group.

Narrator: We open the conference in London, and make sure we are included in the conversations and scientific research by asking questions and demanding representation.

Mel and other women stand on a stage at the AIDS IMPACT conference. Mel is speaking into a microphone.

Mel: We are here! Empower young women and adolescent girls!

Another woman on the stage: *Why is HIV/AIDS the leading cause of our death globally?*

PANEL 5

Narrator: We continue to make sure our voices are heard by listening to the presentations and speaking up!

A white man stands in front of an audience at a podium. He is gesturing to graphs on a screen. Lots of women in the audience have their hands up to ask questions, including Mel and Neo.

Audience member: What about transwomen?

Neo: We are not hard to reach, your clinic is inaccessible!

PANEL 6

Narrator: After this experience we are empowered to talk to even more people, and so we organize market stalls to connect with the general public, raising awareness and funds.

LeaSuwanna and two other women stand behind a market stall with tshirts hung up behind them, and bunting hung around the stand.

Market stall holder: Can you guess what percentage of the global population of people living with HIV are women?

Visitor, looking at a flyer: 2%?

Market stall holder: It's 52% and rising!

Narrator: The more we grow, the more our ambitions grow too!

Mel and Neo are standing in front of Brighton Pavilion, the former royal residence of King George IV, in Brighton, UK.

Neo: How about this as a venue?

Mel: We can ask!

PAGE EIGHT

PANEL 1

Narrator: We reach out to more womxn to create accessible, safe spaces where we can connect and celebrate each other. The movement grows as we go on to do workshops and performances in Brighton and Manchester.

A group of women are standing around a woman singing into a microphone; she has bouffant blonde hair, glasses, a pink dress and a matching pink cloak.

Singer: Stand by me. Ohhhh, stand by me...

Audience members: Yassss!

Audience members: *Whoop!*

Text box: #SussexSistersOfPower

PANEL 2

Narrator: More sisters find their voice and realize their beauty and power!

Women walk the catwalk while others look on. One woman is wearing a blue bathing costume with a long train, another is wearing a sash that bears the phrase *I AM A FIGHTER*.

Narrator: Some go on to train as peer mentors, others are interviewed on the radio.

A white male radio host interviews two women. The sign *BBC MANC* shines behind them.

Woman 1: Over 2000 women in Greater Manchester are living with HIV.

Radio host: I didn't know.

Woman 2: You wouldn't know. I'm just a woman like everybody else.

PANEL 4

Narrator: Many experience a shift in awareness.

A Black woman with dreadlocks and a multicolored t-shirt speaks:

That was awesome, I felt I was in a safe space, where I can't be judged, and no one can reject me. It's empowering sharing my status, when I was first diagnosed, I felt ashamed, now it's like a weight has been lifted. Yeah, I just want to do it again! HIV doesn't define me.

PANEL 5

Narrator: As do our family and friends!

A group of people, including two women, a man and two teenage boys hug each other.

One of the women says: I never thought that there would be a day after my diagnosis when I would be proud...

...and I would be the best version of myself...

...but here I am!

Man, with his arm around her: I'm so proud of her!

Narrator: The celebrations get bigger and better!

Three women of color stand before an audience, each with microphones and notes in their hands.

Woman 1: We are strong!

An audience member in purple, wearing glasses and triangle earrings calls out: Yes we are!

Another audience member: Whoop!

Text box: #ManchesterBeautifulBees

PANEL 7

Narrator: And the empowerment never ends.

The woman in purple from the audience speaks to Mel in front of a *Manchester Beautiful Bees* banner.

Woman in purple: That was amazing! How can I get involved?

Mel: Have a look at the toolkit!

PANEL 8

The audience member in purple is sitting on a bus, mirroring the image of Mel from page 1, and thinking: *The power is ours!*

PAGE NINE

A pink, purple and white background features four women. In the bottom left corner is a Black woman with black afro textured hair. She is wearing a greenish blue vest, a blue dress with a blue necklace and a yellow broach. She is also wearing yellow glasses with blue lenses and blue earrings, holding a yellow and red shopping bag, with bumble bee decals, and the slogan *I AM LOVE*. To the right is a Black woman with a flowing red and orange cape. She is wearing a yellow bracelet, earrings

and dress; her headscarf matches her cape. To the right of that woman is a white woman with flowing blonde hair, her left hand placed on her hip. This woman is wearing a blue dress and is barefoot. In the bottom right corner of the page is the Black woman dressed in purple from the previous page. She has a short afro textured hair. She is sitting with her legs crossed looking at the C4P tool kit on a tablet. She is thinking: *THE POWER IS YOURS*.

Narrator: To be continued...

PAGE TEN

This page has drawings of 6 women and biographies besides each image:

Adela is a mother, lives with her partner and works as a Services Advisor at George House Trust. A Trustee for Catholics for AIDS Prevention and Director of Reinventing Success CIC. She is the force behind #ManchesterBeautifulBees

Aisha is a fierce, strong and independent warrior who believes in women empowering women. She was the MC for #SussexSistersofPower; is the BABME Community Project Lead for THT Brighton; Miss Voluptuous Wales and a Plus size model female empowerment advocate. #supercurvysexylicious

Angelina is the Co-Director of 4Mnet CIC, Project Manager at Salamander Trust and a Trustee and Community Representative on various HIV related bodies/organisations. She is a trainer, mentor and invited Mel to watch the first Catwalk 4 Power in Brixton.

Charity is a founding member of C4P, Peer Mentor, Peer Researcher, Treat Me Right & It Starts With Me Campaigner. She received the Islington Volunteer of the year award 2019 and is a committed Activist, advocating for the rights of migrant women living with HIV.

Edimara is an illustrator of children's books and a qualified childminder. Studying to be an actress, she is a talented singer and dancer, and performed at the 'I AM HERE' catwalk, strutting while pregnant. She has a wonderful family now and her beautiful son is her biggest miracle, keeping her very busy and happy. Grace has been strutting with C4P since Brixton. Her faith keeps her going and she is loved by many. She creates videographs and social media posts, and loves empowering other women, dancing, cooking and zooming. The catwalk has given her courage and many skills. Knowledge is power!

PAGE ELEVEN

This page has drawings of 6 women and biographies besides each image:

Husseina is a Peer Mentor and Community Outreach Support Worker at Africa Advocacy Foundation (AAF). She works with communities in London who are experiencing multiple disadvantages and barriers, sharing knowledgeand training. She is an expert Strutter!

Janine is a Peer Navigator and East London coordinator for Positively UK, based at Homerton hospital, working at the heart of the community where she lives. Mother to two young adults; the jewels of her life, Janine credits her yoga practice as being integral to her health and wellbeing in the 30 years she has been living with HIV.

LeaSuwanna is the mother of two wonderful kids, and partner to a negative person who is lucky to have her. Independently studying to be a Midwife, she is a Nurse Associate Apprentice, NHS Clinic Reviewer, Trustee, PrEPster, Treating Me Right Ambassador, and much more. #gatecrashing to get her heels through the door and our voices heard!

Longret is passionate about community-led research and programs; sustainable funding for grassroots organisations; and economic empowerment and SRHR for women. She is the 2018 NAZ-Oscar women of the year, Co-director of 4M Mentor Mothers Network CIC, Ourspace Coordinator and founding member of C4P.

Memory administers the UK-CAB, a network of HIV treatment advocates, and Positively UK. Her Passion is seeing her peers empowered to be in control of their own care, she is a HIV peer and treatment advocate. Mel is a teacher of mindfulness, working in schools, communities and local businesses. A Peer Mentor and advocate, she continues to write poems and is drawing a new comic about the climate crisis. She will never work in a café and listen to bad jokes again.

PAGE TWELVE

This page has drawings of 6 women and biographies besides each image:

Neo is a founding member of C4P and has strutted in every catwalk, from Brixton, to Amsterdam, Brighton and Manchester, and continues to lead C4P events. She is a yummy mummy of 3, the Women's Project Co-ordinator at Positively UK and a Peer Mentor Mother.

Silvia was born in Rome, Italy, and following her diagnosis, she started accessing women peer lead services at Positively UK, became a volunteer, then a frontline worker, and now leads the organisation as a CEO. She is one of the C4P founding members and has a passion for fashion and cats.

Susan is an award winning writer, broadcaster, public speaker and activist. She's been advocating for women living with HIV for over 18 years. She leads on the community engagement and broadcasting activities for NAM AIDSmap, the HIV information Charity, and wears the best shoes.

Tresca is a Peer Mentor, HIV testing and outreach Volunteer, maternity mate and an activist with ACTUP London. She is a Mum of 4, Grandmother of 3, Sister, Auntie, Niece, and friend to many. A super strutter who has supported C4P in 5 Catwalks and 2 market stalls.

Yvonne is a Peer Mentor, Positive Speaker, George House Trust Volunteer Women's Support and was awarded Volunteer of the Year 2019. She is passionate about finding ways to breathe life into the female narratives of HIV, proud by choice and drop dead gorgeous in the C4P film!

Catwalk4Power (C4P) is an empowerment project created by and for women living with HIV. Initiated to address the silence around women and HIV, C4P workshops and catwalk events all focus on communicating about the lives of women living with HIV. It is a skills sharing, stigma-busting, educational, and transformative process for all who become involved.

END

CREDITS:

Image descriptions by Joselia Hughes and Paul Sammut.