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Sophia Forum "Conversations for Change" Dinner: Information Leaflet

Welcome!

SO, WHAT EXACTLY IS A CONVERSATION FOR CHANGE?

Invite some people round, have some delicious food and find out more about women, HIV and AIDS. And then have a conversation for change – decide who you might share the information with or what action you might take. Having a group round your house for dinner is also the perfect opportunity to raise funds to support the SOPHIA forum's work in this area. We'll provide all the material you need to host the discussion.

WHY

More and more women are contracting HIV as the virus is increasingly spreading through the heterosexual community. In the UK alone, there were 30,000 HIV-positive women in 2008, of whom only 20 have spoken out openly about their status. Why do the other women keep silent? Who are they? How do they live? What makes them different? Sophia Forum is asking for your help to raise issues facing all of us as women in relation to HIV, whether we live here in the UK or elsewhere in the world. An evening of your time over a meal with friends is all it takes. Sophia was the Greek Goddess of knowledge and wisdom, help us spread the word.

WHEN

You choose! You could link it to a special day. For instance, every year the 8 March marks International Women's Day. There are other special days each year, such as Valentine's Day, Mothers' Day, World Population Day, 11 July; World AIDS Day, 1 December... Host a Conversation for Change event to recognise one of these days as well as how HIV and AIDS affects the realities of women around the world.

Sophia Forum

*The UK Chapter of the Global Coalition on Women and AIDS
c/o Positively Women, 347-349 City Road, London EC1V 1LR
www.sophiaforum.net*



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Registered Charity: No. 1131629*

WHO TO INVITE

Anyone you like! It could be your neighbours, old school friends, work colleagues, sports group, parents of your children's school-friends, members of your faith group – or a mixture of all of these. Also, the number of guests depends entirely on you and how many you feel you can cope with at one go.

WHAT ABOUT THE FOOD

Why not have a focus on dishes from a part of the world you'd like to focus the conversation on. Wherever you choose your recipes from, HIV will be an issue for women there to be aware of too. Or you could even encourage your guests to bring a dish from different parts of the world.

SUPPORT FOR YOU

OK, so you've thought about when, where and who, we'll help you out with the what. We'll provide you with a pack to support your conversation for change event. In the pack you'll find a mini quiz, so that you and your guests can share and test your knowledge together about what HIV is and what it isn't. There will be some short films for you to watch, so it would be great if you had a DVD player handy. Or failing that, perhaps you could use a laptop with a DVD drive that everyone could view together. We will also send you details about how you can access various articles and Sophia Forum forms which you can hand around for your guests to read.

RAISING THE GAME?

If you are also feeling able to use this event as a fund-raiser for Sophia, that would be wonderful! But we don't want this to put you off having the C4C meal if you don't feel you can do this. The important thing for us is that you all come away having learnt something more about women and HIV and how it can affect us all.

HOW TO FIND OUT MORE

If you are ready to hold a dinner, send us your name by email, together with how many people you plan to be there (including yourself of course) and we will send you details about how to access all the information you need for the evening. Please email: C4C@sophiaforum.net

Bon appétit! ¡Que aproveche! Guten Appetit! Buon appetito! Bom appetito!

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