



# SHERO

Championing Sexual and Reproductive Health  
for Black Heritage Women in Lambeth



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# What is SHERO?

## Sexual Health Empowerment and Reproductive Outreach (SHERO)

The SHERO project, led by the Caribbean & African Health Network (CAHN) and Africa Advocacy Foundation (AAF), aims to address sexual and reproductive health (SRH) disparities among women of Black heritage (WBH) in Lambeth.

The primary focus is to reduce high rates of sexually transmitted infections (STIs) and late HIV diagnoses within this community by educating and engaging women in culturally safe, confidential and accessible environments.

SHERO sets out to reach at least 1,100 women by providing SRH education, debunking common myths, and increasing access to essential services like testing, contraception, and vaccinations.

As part of this project, 12 community champions from Caribbean and African backgrounds have been trained to become community leaders. These champions engage women in Lambeth through workshops, outreach programmes, and major community events.

Three major community events have been delivered to date in order to meet SHERO's objectives: a Black History Month launch; a New Year's themed event; and an International Women's Day celebration.

In addition, the programme is focused on overcoming cultural, faith-based, and systemic barriers that hinder access to healthcare, by fostering trust and encouraging health-seeking behaviours. Following their training, the champions are deployed as long-term connectors within their communities to promote ongoing SRH awareness and reduce stigma.

SHERO ultimately seeks to furnish sustained, community-based support to Black-heritage women that continues beyond the lifespan of the project.



## About the SHERO Partnership:



The Caribbean & African Health Network (CAHN) is a Black-led organisation set up to address health inequalities affecting people of Caribbean and African descent in the UK. Working with community groups, faith networks and cross-sector organisations, CAHN leads on strategic engagement to ensure that the voices and experiences of Black people are placed at the heart of public policy and practice.

CAHN's mission is to end health inequalities and wider disparities for Caribbean and African people in a generation.

CAHN's vision is to ensure that the strategic and operational actions of service providers across health and cross sector agencies and commissioners, lead to racial and social justice for Black people.

To discover more, head to: [cahn.org.uk](https://cahn.org.uk)



## About Africa Advocacy Foundation

Africa Advocacy Foundation (AAF) is a registered charity established in 1996 that promotes better health, education and other life opportunities for disadvantaged people through practical support, advocacy, campaigns, policy work, information, advice, guidance and training.

We work with marginalized communities and in particular migrants at risk and those diagnosed with HIV, hepatitis, mental health, TB and other conditions in the UK and across the EU/EEA.

AAF was set up to address poor health outcomes, poverty and disadvantages experienced within the African migrant/diaspora communities and particularly to tackle increasing HIV/AIDS prevalence levels among African communities in the diaspora a time of very low awareness levels, limited HIV treatment opportunities and widespread HIV stigma and discrimination.

Over the past 28 years, AAF's work has expanded to address wider issues in marginalized communities and in particular those relating to healthcare access and health outcomes of migrants in over 20 European countries.

To find out more, head to: [africadvocacy.org](https://africadvocacy.org)

# About Lambeth Council

The SHERO initiative is supported by Lambeth Council, making it a cross-sector collaboration with direct reach into the communities we serve.

Black-heritage residents are a large and vibrant part of the community in Lambeth. The borough has the second-highest proportion of Black Caribbean residents in the country, after Lewisham. Unfortunately, sexual and reproductive health inequalities among Black African and Black Caribbean people persist, particularly in relation to STI testing and treatment, as well as late HIV diagnoses.

## The SHERO Story

In 2024, Lambeth Council's Public Health commissioning teams (Sexual Health) undertook engagement sessions and desktop research with Black-heritage communities aged 25–34. Participants expressed a desire to engage with professionals and peers who "...look like them and who have shared experiences...". SHERO was born out of their feedback and concerns.

Through SHERO, we want to empower Black-heritage women and their families to take charge of their overall health, especially sexual and reproductive health, through open conversations, health checks and via network of Community Champions across the Borough.

## What do our Community Champions do?

Our Community Champions are dedicated to advocating for health equity within their communities. SHERO Champions play a pivotal role in outreach efforts, facilitating discussions, and connecting women to health services. Their passion and commitment ensure that SHERO's message resonates throughout Lambeth, creating a network of informed and empowered women.

# Signposting to Services

## Local Sexual Health Clinics

These spaces offer free and confidential support for all your sexual health needs. Whether you need testing and treatment for STIs and HIV, birth control options, emergency contraception, pregnancy testing, or even hormone therapy, they are there for you.

Find sexual health services – including specialist services for people living with HIV – near you by visiting:

[findsexualhealth.org.uk](https://findsexualhealth.org.uk) or [nhs.uk/service-search](https://nhs.uk/service-search)

## Sexual Health London

A free, discreet service for Londoners, this STI testing service is for people who have mild or no STI symptoms and want to get tested. You can also request free regular and emergency contraception – all delivered to your home address. Once you have completed your order, a self-sample kit will arrive at your address within a few days.

Order your test kit at [shl.uk](https://shl.uk).

## Do It London

The London HIV Prevention Programme (LHPP) is a flagship HIV public health initiative supporting efforts to reduce new HIV diagnoses in the capital. LHPP promotes early HIV testing and prevention choices through its 'Do It London' campaigns, which involve face-to-face outreach and engagement with Londoners as well as social media and outdoor advertising.

Find out more at [doitlondon.org](https://doitlondon.org).

## Under 25s Condom Scheme

Young people can pick up free condoms in London at a variety of locations, called outlets. Once registered, you can collect condoms or get advice from any outlet displaying the Come Correct logo.

For more info, visit [comecorrect.org.uk](https://comecorrect.org.uk).

## Pharmacy Services

Did you know that you can get condoms and "the pill" from your local pharmacy? They also offer advice and referrals for long-acting reversible contraception (LARC).

Find a pharmacy at [findsexualhealth.org.uk](https://findsexualhealth.org.uk) or [nhs.uk/service-search](https://nhs.uk/service-search).

## cliniQ at Kings

A service for trans, gender-diverse and non-binary people that provides counselling, mental health support, HIV testing, PrEP (pre-exposure prophylaxis) advice, cervical smears, hormone injections and hormone blood tests.

## HIV Care and Support

The Bridges service provides support for Lambeth, Southwark and Lewisham residents living with HIV to make the most of living well and tackling challenges together, to embrace positive individual and collective futures.

Visit [bridgeslondon.org.uk](https://bridgeslondon.org.uk).





# find sexual health

**Find Sexual Health** is a new online service brought to you by Lambeth, Southwark, and Lewisham that lets you search, plan and manage your sexual health and contraception needs. It's discreet and confidential.

## **Minnie Kidd House, Clapham Sexual and Reproductive Health Service**

This service is provided by Guy's and St Thomas' NHS Foundation Trust and is available on the newly refurbished first floor of Minnie Kidd House. The Streatham clinic where this service was previously offered, has now closed.

### **Walk-in service provides:**

- Assessment of sexual health symptoms
- Contraception
- Treatment for STIs
- Post-exposure prophylaxis (PeP)
- Pre-exposure prophylaxis (PrEP)
- Care & support after experiences of sexual assault, sexual violence, or domestic violence
- Care & support if you have problems with chemsex (using drugs as part of your sex life)
- Referral information for sexual health counselling
- Referral information for psychosexual therapy
- Priority service for under-18s, emergency contraception, and people with severe symptoms

Minnie Kidd House,  
51c Hazelbourne Road,  
1st Floor, Clapham South,  
London,  
SW12 9NU.

**Tel: 0207 188 6666**



**Find out more:**  
[www.shero.london](http://www.shero.london)

For more information about SHERO, or to access our services,  
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**Learn more:**

Caribbean & African Health Network:  
[cahn.org.uk](http://cahn.org.uk)

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**Africa Advocacy Foundation:**  
[africaadvocacy.com](http://africaadvocacy.com)

