

www.bakitakk.com



Bakita Kasadha

WRITER. CREATIVE. CONSULTANT.



This media pack is interactive.

Biography

About

Bakita Kasadha is a poet, health writer and health researcher based in the UK.

She has shared her poetry and spoken internationally. She has been commissioned for the Sainsbury's Group Black History Month campaign, National Stephen Lawrence Day, 40th anniversary of the UK AIDS Memorial Quilt. Her poem 'Numbers Game' inspired the creation of a multi-million-pound fund to prevent new HIV cases and support people with HIV.

She is a health researcher at the University of Oxford, working on an HIV and infant-feeding project. She is currently co-editing a special collection on women and HIV. Bakita has written for a wide range of publications, including the British Journal of Healthcare Management, Glamour UK, Metro and gal-dem.

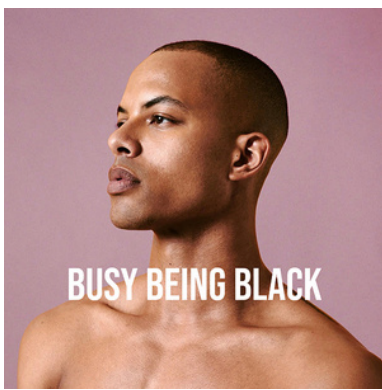
MEDIA COVERAGE



PHOTOGRAPHY STUDIO



CULTURE OR TRASH



PACKAGE OFFERS

POETRY PERFORMANCES & TALKS

Bakita is an international performance poet and TEDx speaker. She has shared her poetry and delivered talks in Africa, Europe and North America. Through her poetry and talks, she explores the tensions between expectations, stereotypes, internal dialogue and social constructs.



She has been commissioned to commemorate the inaugural National Stephen Lawrence Day and UK AIDS Memorial anniversary. She has performed at Latitude Festival and has spoken at the largest health conference in the world. Her poem Numbers Game inspired the creation of a £6.5m NHS fund (which is partly being used for the Fast-Track Cities London Improvement Fund). She was a semi-finalist in the 2020 UN Women Feminist and Women's Movement Action Poetry Contest.



Bakita also writes theatre pieces.

Her piece, *Invisible No Longer* (directed by HIV Voices), was inspired by and named after the research project that shone a spotlight on the needs of women affected by HIV. This piece was performed at a MAC Cosmetics event.

Bakita has released numerous poems, including two poetry projects:

- L Words
- Childlike



Performing at PositiveFest

CONSULTING: SPEAKER, TRAINING, RESEARCH, GOVERNANCE

Bakita has a range of governance experience, as a Founding Member of ViiV Healthcare's Positive Action Strategic Advisory Committee and member of the Sexual Health and HIV All East Research (SHARE) Collaborative Community Advisory Board. She formerly held roles as Chair of the Global Network of Young People Living with HIV, WHO's Global Validation Advisory Committee member and University of Surrey Students' Union Vice President.

Bakita is a collaborator and peer researcher on a SHARE sub-study Implementing Long-Acting Novel Antiretrovirals (ILANA), which is led by Queen Mary University London (ViiV Healthcare funded). The study will evaluate the feasibility of administering injectable HIV medication via NHS HIV clinics and community settings.

Bakita has designed and led several workshops including professional workshops for UCL students; a programme of informational workshops for the Children's HIV Association; creative messaging workshops for QinetiQ. She has also designed and led tutorials and lectures for Oxford University, Brighton & Sussex Medical School and PENTA Infectious Disease.

Bakita offers her expertise to select organisations seeking to strengthen community engagement in their work meaningfully.

Clients include



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SEMINARS & WORKSHOPS

Themes:

- Change Your Inner Story
- Re-thinking Resilience
- Creative writing - being efficient and effective with words
- Creative writing - poetry
- Bespoke workshops



Poetry Themes:

- Identity
- Discovery
- Black and African history
- Displacement
- Self-care/self-love
- Childhood
- Mental health/wellbeing
- Relationships

Previous clients: Elton John AIDS Foundation,
Sainsbury's Group, Metropolitan Police.

Consulting: speaker, training, research, governance

Services:

- Community-led research
- Community engagement and participatory research design
- Poetic inquiry and creative messaging
- Professional and personal development
- Programme design



With Dr Neville Lawrence, after the commemoration
of the inaugural National Stephen Lawrence Day

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KEYNOTE SPEAKER & PANELIST

Themes:

- Changing inner stories
- Accessing health care/ support
- Women's agency
- Political engagement
- Stigma and internalised stigma
- HIV advocacy



Previous appearances include: [TEDxCoventGardenWomen](#),
International AIDS Conference, University of Surrey Students'
Union



Delivering talk at TEDxCoventGardenWomen

Articles & Blog Posts

- Themes:
 - Activism
 - Healthcare (access, representation & experiences)
 - Health research
 - Creativity
 - Self-employment



aidsmap LIVE 2019, HIV & Mental Health

ARTICLES

Bakita is a regular contributor at the **British Journal of Healthcare Management, NAM aidsmap** and **TheBodyPro**.

She co-edited a special collection on women and HIV for the **Journal of Women's Health** and **Therapeutic Advances in Infectious Diseases**.

You can find some of her selected work over the next few pages.

ARTICLES

- Things I didn't expect from travelling solo, for Black Ballad
 - As a black woman living with HIV, my story is often left untold. This silence creates stigma, for Metro
- Why I don't use the term 'People of Colour', for Black Ballad Digital Platform
 - Academic Activism: Letting People In Or Keeping People Out? for Black Ballad digital platform
- 'Who knows 'best' when it comes to breast?'- Shortlisted essay for The Heather Trickey Prize:
 - Will increasing viral load testing reduce HIV transmission through breast milk in low- and middle-income countries? for NAM aidsmap
- Marginalised communities will not get justice from criminalising Covid-19 transmission, for gal-dem
 - This is why I want to see more women - and black people - own the narrative around HIV, for Glamour
- Impact of trauma must be acknowledged in adolescent HIV care, for NAM aidsmap
 - "There's Life After Diagnosis": Black Women Open Up About Bipolar Disorder, for Black Ballad

POETRY & CREATIVE WORK

As a 'Telling Tales of Engagement' poet, Bakita was commissioned to create by Inspace to cut through the corpus of a major research project that took place between 2019 and 2021. Bakita created two bodies of work as part of this commission: a visual-poetic response and a written piece.

Bakita has been commissioned to write poetry for the UK AIDS Memorial Quilt Exhibition and Sainsbury's Black History Month campaign.

ACADEMIC PAPERS

- Co-creating poetry for communicating individuals' emotional experience of living with HIV - Research Gate
- Reducing the risk of stroke: looking beyond lifestyle changes - British Journal of Healthcare Management
- Special Collection - HIV and Women's Health: Where Are We Now? - Joint publication between Women's Health & Therapeutic Advances in Infectious Disease journals.
- Co-Creative Visual Poetic Inquiry for communicating lived experience of HIV self-management and self-care - Design for Health

TESTIMONIALS

“Often I struggle with allowing other people in and sharing various pieces of my work with them, however, I felt that in your class you made me feel that in that room I was free to share whatever I wanted... I honestly cannot even begin to express how much that workshop really boosted me this morning, as I adore writing so much - so it was FUN to get spend the first half of the day channelling our inner creativity.”

“Staggeringly powerful poetry from Bakita, highlighting the importance of unpicking self stigma to improve quality of life”

“Truly an honour and privilege to hear you speak. You are an amazing young woman! Like seriously. You WERE my highlight and I could listen to you speak all day.”