The SVS offers health weeks for women called „Entspannt durch die Wechseljahre“ (Relaxed through menopause). There women can increase their knowledge about physical and psychological age-related changes in menopause, which promotes their acceptance and good handling. In workshops topics like supportive nutrition, relaxation and mindfulness exercises as well as support for possible complaints are covered. Additional parts of the programme are physical exercises to increase fitness and prevent osteoporosis, a workshop with a gynecologist and general health checks. All in all women should be empowered to see changes as opportunities and to become aware of the positive aspects of menopause.
The Belgian liberal mutuals have published some messages on **HPV vaccination** and on **cervical cancer screening** (also in Dutch and French). One sheet is a call for **HPV vaccination**. The other one is about **cervical cancer screening**.
BEST PRACTICES: Germany – IKK

The IKK Brandenburg Berlin’s jeansbox-project is raising awareness towards sexual health among 10th grade students in Brandenburg. In cooperation with the AIDS Service Organisation Brandenburg 15,000 of these boxes are given to school graduates each year as part of the medical school leaving examinations. They contain information material about sexually transmittable diseases, prevention measures, counselling possibilities and support hotlines.
The network of the Regional Unions of the French Mutual Insurance Society (RU- Unions Régionales de la Mutualité française) implements a range of actions in prevention and health promotion. "Sexual health" is one of the themes dealt with. The network proposes and implements actions to meet the needs of the members of the mutual insurance companies they represent in this area, the target groups being young people and the elderly, for a total of 104 actions in 2020.

The actions targeting young people mainly concern risk reduction and sexual and emotional health education. The RUs are therefore setting up workshops on sexual and reproductive health in secondary schools, involving external speakers and training teachers. More diverse means of expression can also be used, such as forum theatres for student audiences. Finally, harm reduction is accompanied by stands at student forums or festivals.

Actions targeting older people’s sexual and emotional health are part of support for ageing well, with the aim of destigmatising older people’s sexuality and maintaining a social fabric. These actions therefore mainly take place in the form of workshops, in independent structures where the participants can go, or in establishments welcoming older people.
BEST PRACTICES: Belgium - Solidaris

The Belgian mutual Solidaris enjoys a wide associative network, which allows them to take action in the fight against STIs. Within their network, the Federation of Family Planning Centres of Socialist Women Providers (FCPF-FPS) offer the possibility to get tested against STIs (including during the pandemic and respecting sanitary measures). On Word AIDS Day, some centres offer free AIDS testing.

Solidaris advocates, with FCPF-FPS, for the establishment of a national policy on HIV and STIs; the expansion of access to free and anonymous testing through the creation of new testing centres recognised by the National Sickness and Invalidity Insurance Institution (INAMI); and the authorisation, through a change in legislation, of demedicalised and decentralised screening.
BEST PRACTICES: Belgium - Solidaris

Solidaris is also committed **internationally** in the fight against AIDS. Since 2006, the mutual insurance company has had a partnership with the Congolese NGO “Parlons Sida aux Communautaires” (PASCO). Information and **awareness-raising** projects on HIV-AIDS and Sexually Transmitted Infections (STIs) have been carried out in schools, among young people and teenagers and teachers and, following a community approach, «**peer educator networks**» have been formed.

Solidaris calls for the response to HIV and AIDS to be at the heart of the «Decade of Action» to achieve the Sustainable Development Goals (2030). The aim is to work towards sustainable change for universal health, improved living conditions and inclusive societies, leaving no one behind. To do so, Solidaris highlights the role of **community-based organisations**.