

plc



POSITIVE LIVING CENTRE

**WINTER SPRING
NEWSLETTER
JUNE TO SEPTEMBER 2014**

**PROVIDING INTEGRATED
AND COMPREHENSIVE
SERVICES FOR ALL PEOPLE
LIVING WITH HIV**

*A PROGRAM OF THE
VICTORIAN AIDS COUNCIL*



POSITIVE LIVING CENTRE

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South Yarra 3141

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W: www.vac.org.au

E: plcfeedback@vac.org.au

Tram Stop

No.28 on the 72 Route Camberwell Line

Bus Stop

No.13 which covers Routes 216, 219, 220

Note: We are a short walk from both Prahran and South Yarra railway stations.



@VAC.org



VAC.org.au

PLC OPENING HOURS

Tuesday 10am – 4pm

Wednesday 10am – 4pm

Thursday 10am – 8pm

Friday 10am – 4pm

PLC CLOSURES

Tuesday July 22nd
centre closes at 2.00pm

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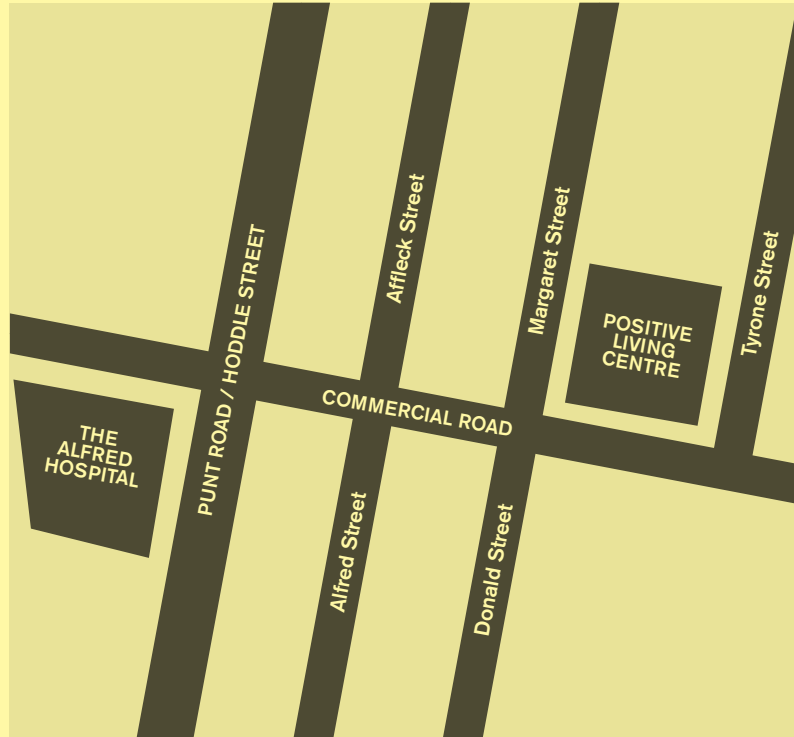
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Welcome



Welcome to the Winter Spring Autumn edition of the Positive Living Centre Newsletter. As usual there is a lot to read and enjoy as well as a great deal of useful information in this edition. Since the last Newsletter there has been a great deal of activity at the PLC and in the HIV sector.

There's been a flurry of activity leading up to the International AIDS Conference to be held in Melbourne in July. The VAC will be involved in a variety of ways, primarily with a space in the Global Village, an area of the conference that can be accessed by the general public. The PLC will also be a showcase for visiting delegates to gain a sense of the various services at VAC. There is an article in this Newsletter about the

various activities that the PLC will be involved in and we will promote these throughout the centre in the period leading up to the conference.

There are a number of changes and new activities for the centre over the past few months, including a Family Day Barbeque, a series of Art Therapy Workshops, the introduction of WiFi and the NEST nutritional program. Of note is the revised Pantry service, which has increased access and equity for all clients and the feedback has been overwhelmingly positive.

From all the team at the Positive Living Centre we wish you all the best and we look forward to seeing you soon.

**Alex Nikolovski
PLC Coordinator**



LET
YOUR
PAST
MAKE
YOU
BETTER
NOT
BITTER

THE VAC WILL BE INVOLVED IN A VARIETY OF WAYS, PRIMARILY WITH A SPACE IN THE GLOBAL VILLAGE, AN AREA OF THE CONFERENCE THAT CAN BE ACCESSED BY THE GENERAL PUBLIC.

VAC'S NEW DIRECTOR OF SERVICES



As I write this it is the start of my fourth week working at VAC as the new Director of Services. I am based at The Positive Living Centre. I can honestly say that never have I felt so welcome by clients and staff of any organisation that I have been a part of. A massive thank you to all of you for going out of your way to make me feel welcome. To those many many of you who I have not yet met, I look forward to the opportunity to meet you face to face over time.

So what is the Director of Services supposed to do anyway?!

The Director of Services at VAC is responsible for leading all the health and support programs that VAC delivers both for PLWHIV and across the GLBTI community. This includes the services of The Positive Living Centre and Community Support. It also includes our Counselling and Alcohol & Drug Services, The Centre Clinic and PRONTO! Rapid HIV Testing.

So, ensuring that the services that The Positive Living Centre provides to you are high quality and are the right services that you need is a big part of my job. To achieve this I will work in partnership with you - our clients; and our brilliant team of staff and volunteers. We also work closely with our partners at organisations such as Living Positive Victoria and many others.



If you see me around please introduce yourself and know that I am always keen to hear from you about our services. The Positive Living Centre and all of VAC's Services are here for you and you have a lead role in the development and direction of what we deliver. Before coming on board with VAC I have had a background in managing health and support services in the community health and mental health fields and in the deep distant past of the mid nineties I was a volunteer receptionist at The PLC back in St Kilda. It's great to be back.

Kind regards
Kent Burgess
Director, Services
VAC

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IF YOU SEE ME AROUND PLEASE INTRODUCE YOURSELF AND KNOW THAT I AM ALWAYS KEEN TO HEAR FROM YOU ABOUT OUR SERVICES

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VOLUNTEER RECEIVES AWARD FROM MINISTER



Ray Carr, a volunteer driver in our Community Support program, was publicly acknowledged for the great work he does by receiving the 'Outstanding Individual Achievement' award at the Minster for Health Volunteer awards during National Volunteer Week in May.

These awards are held annually and are handed out to volunteers who demonstrate exceptional contributions to the community. To receive such an award is a top honour, and as you can imagine, highly competitive amongst the many quality volunteers and volunteer organisations across the State.

Ray supports clients living with HIV by transporting them to important medical appointments and social gatherings, which would otherwise be, in most cases, too difficult to attend.

Ray has suffered several of his own setbacks in his life, which makes his volunteering efforts all the more remarkable. Ray has been diagnosed with Multiple Sclerosis and, in early 2000, suffered several successive heart attacks and strokes, which paralysed the entire left side of his body. Ray, never one to be kept down, made it his mission to ensure he recovered fully so he could continue doing what he loves, volunteering.

Congratulations Ray!

RAY SUPPORTS CLIENTS LIVING WITH HIV BY TRANSPORTING THEM TO IMPORTANT MEDICAL APPOINTMENTS AND SOCIAL GATHERINGS, WHICH WOULD OTHERWISE BE, IN MOST CASES, TOO DIFFICULT TO ATTEND.

STEPPING UP THE PACE

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The 20th International AIDS Conference (AIDS 2014) is in Melbourne in July 2014 and it represents a tremendous opportunity for the gathering for those working in the field of HIV, as well as policymakers, people living with HIV and others committed to ending the epidemic.



It will be a tremendous opportunity for researchers from around the world to share the latest scientific advances in the field, learn from one another's expertise, and develop strategies for advancing all facets of our collective efforts to treat and prevent HIV. AIDS 2014 is expected to convene over 14,000 delegates from nearly 200 countries, including 1,200 journalists. The conference will be held from 20-25 July 2014 at the Melbourne Convention and Exhibition Centre.

Connected to the conference is the Global Village, which is a diverse, dynamic and vibrant community driven space where people from all over the world gather to meet, share and learn from each other in the global response to HIV. Free to members of the public, as well as conference delegates, the Global Village is where dialogue and action between science, community and HIV global leaders

happens, through activities such as: networking, advocacy, activism, cultural expression, outreach, film screenings and exhibitions. We strongly encourage you to take the opportunity to attend the Global Village if you can.

Many of you have been successful in applying to volunteer for this international event and many of you may pursue volunteering with VAC in supporting its large variety of connected activities and events. Here are some of the activities the Positive Living Centre will be involved in during the week of the conference in order to welcome international delegates and to ensure people who use the centre have an opportunity to be involved in some way.

- Clients of the PLC will be offered the chance to attend the Global Village via a shuttle bus, which will leave from the PLC a few times for each day of the

FREE TO MEMBERS OF THE PUBLIC, AS WELL AS CONFERENCE DELEGATES, THE GLOBAL VILLAGE IS WHERE DIALOGUE AND ACTION BETWEEN SCIENCE, COMMUNITY AND HIV GLOBAL LEADERS HAPPENS

AIDS 2014 IS EXPECTED TO CONVENE OVER 14,000 DELEGATES FROM NEARLY 200 COUNTRIES, INCLUDING 1,200 JOURNALISTS.

conference. Bookings will be essential for this service.

- On Wednesday July 23rd and Thursday July 24th at approximately noon during the conference groups of delegates will be visiting the centre to see firsthand the variety of services offered through the PLC and also gain an understanding of the variety of programs and activities undertaken at the Victorian AIDS Council. We know that you will make our international visitors feel very welcome.
- There will be a screening of the documentary, "The Journey from AIDS to HIV" at the PLC after dinner on Thursday July 24th. The film will be introduced by the film maker with a Q&A panel following including some of those interviewed in the film.
- We hope to have a special

international key note speaker come to the PLC on Tuesday July 23rd. Stay tuned for more information as we get closer to the date.

- We will be displaying many of the conference presentations and plenary sessions on the video screen at the PLC.
- Lizzi Craig will be leading a presentation at the Global Village on Friday July 25th, entitled, "Thirty Years on and what have we learnt? HIV and ageing." Through the use of narratives and role plays this presentation will explore how the Community Sector can work in partnership to address the myriad of issues related to HIV and ageing.

As we get closer to the event please watch out for the promotion of these various activities and also the other events that VAC is involved in.

HIV AROUND THE GLOBE



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Global situation and trends: Since the beginning of the epidemic, almost 75 million people have been infected with the HIV virus and about 36 million people have died of HIV.

Globally, 35.3 million [32.2–38.8 million] people were living with HIV at the end of 2012. An estimated 0.8% of adults aged 15–49 years worldwide are living with HIV, although the burden of the epidemic continues to vary considerably between countries and regions. Sub-Saharan Africa remains most severely affected, with nearly 1 in every 20 adults living with HIV and accounting for 71% of the people living with HIV worldwide.

35.3 million people worldwide are currently living with HIV/AIDS, including 2.1 million adolescents (10–19 years).

HIV is the world's leading infectious killer. According to the World Health Organization (WHO), an estimated 36 million people have died since the first cases were reported in 1981 and 1.6 million people died of HIV/AIDS in 2012.

According to WHO, in 2012, an estimated 2.3 million individuals worldwide were newly infected with HIV.

While cases have been reported in all regions of the world, 95% of new infections occur in individuals

MOST PEOPLE LIVING WITH HIV OR AT RISK FOR HIV DO NOT HAVE ACCESS TO PREVENTION, CARE, AND TREATMENT, AND THERE IS STILL NO CURE.

living in low- and middle-income countries. Sub-Saharan Africa is the most affected region, with nearly 1 in every 20 adults living with HIV. Sixty-nine percent of all people who are living with HIV in the world live in this region.

According to WHO, an estimated 3.34 million children worldwide are living with HIV. Most of these children live in sub-Saharan Africa and were infected by their HIV-positive mothers during pregnancy, childbirth or breastfeeding. Over 700 children become newly infected with HIV each day.

Most people living with HIV or at risk for HIV do not have access to prevention, care, and treatment,

and there is still no cure. The HIV epidemic not only affects the health of individuals, it impacts households, communities, and the development and economic growth of nations. Many of the countries hardest hit by HIV also suffer from other infectious diseases, food insecurity, and other serious problems.

Despite these challenges, there have been successes and promising signs. New global efforts have been mounted to address the epidemic, particularly in the last decade. Prevention has helped to reduce HIV prevalence rates in a small but growing number of countries and new HIV infections are believed to be on the decline. In addition, the number of people with HIV receiving treatment in resource-poor countries has dramatically increased in the past decade.

According to WHO, at the end of 2012, close to million people living with HIV were receiving antiretroviral therapy (ART) in low- and middle-income countries. Of this, about 640 000 were children. This is more than a 30-fold increase in the number of people receiving ART in developing countries between 2003 and 2012, and almost a 20% increase in just one year (from 8 million in 2011 to 9.7 million in 2012). However, almost 19 million other people who are eligible for ART under new 2013 WHO ART guidelines still do not have access to antiretroviral drugs.

This overview compiled with information from WHO, UNAIDS, and the Kaiser Family Foundation's Global Health Policy Division.

THE VICTORIAN AIDS COUNCIL IS NOW RECRUITING VOLUNTEERS TO SUPPORT THEIR PRESENCE AT THE BIGGEST, GLOBAL HIV AND AIDS CONFERENCE TO EVER COME TO AUSTRALIA. INCLUDING THE, MSM WITH MEN PRE-CONFERENCE (MSM).

FOR MORE INFORMATION, OR TO REGISTER

FOR A VOLUNTEER INFORMATION SESSION, GO TO WWW.VAC.ORG.AU



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NUTRITION TRAINING AT THE PLC

A Personal view of the Nutrition Training Program at the PLC OzHarvest is a non-denominational charity that rescues excess food which would otherwise be discarded.



This excess food is distributed to charities supporting the vulnerable in Sydney, Adelaide, Brisbane, Melbourne, Gold Coast and Newcastle. OzHarvest also runs a nutrition education program (NEST Nutrition Education Sustenance Training) which provides an opportunity for participants to improve their knowledge around low cost, nutritious healthy eating in line with the Australian Guide to Healthy Eating.

The training program was undertaken at the PLC from Monday **March 17th to Monday April 14th** inclusive. The following is a personal account from one of the participants:

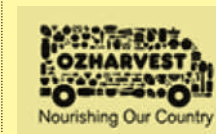
If the "Nest Program" run recently at the PLC was a facebook page, it would get a huge "like" from me. Kylie and her colleague were very welcoming and on the first day, we ran through the modules that were to be covered in the coming

weeks. Each session consisted of 15 minutes theory where we discussed the subject of the day and what would be created from that theme. Then we hit the kitchen where we were each given a job demonstrating different methods of food preparation.

We chopped, simmered, baked and laughed our way through the session very quickly and soon had a delicious meal that we sat down and shared. During the meal, we were able to discuss any issues or ideas that the day's events had raised in our minds. The only disappointment was that it had to end as we had all enjoyed this fun and very educational program.

Tony W

IF THE "NEST PROGRAM" RUN RECENTLY AT THE PLC WAS A FACEBOOK PAGE, IT WOULD GET A HUGE "LIKE" FROM ME.



NORRIE WINS GENDER APPEAL



The androgynous person at the centre of a high court decision recognising those who do not identify as either male or female has described being “overjoyed” at the ruling and expressed the hope that it will encourage Australians to be more accepting.

In a historic decision with far-reaching implications for institutions and individuals across the country, the court on Wednesday formally upheld the right of transgender person Norrie to be registered as neither a man nor a woman with the NSW Registry of Births, Deaths and Marriages.

The decision is recognition by the highest court in the land that “sex” is not binary - it is not only “male” or “female” -and that this should be recognised by the law and in basic legal documents.

“I jumped up and down a lot ... I was getting ready for my shower and I saw it come up and I said, “hooray!” ... I squealed,” Norrie said of the decision at a press conference hosted by the law firm DLA Piper, which took on the case pro bono. “It’s a very exciting victory. I’m overjoyed that it’s happened and happened so decisively. It’s been a long time from start to finish but it’s a great outcome, and it’s Australia-wide not just NSW.

“Maybe people will now understand there’s more options than the binary, and even if a person is specifically male or female, their friends might not be - and hopefully people might be a little bit more accepting of that.”

The case began in 2010 when Norrie, who identifies as neuter and uses only a first name, became the first person in NSW to be neither man nor woman in the eyes of the government with a formal “sex not specified” registration.

But four months later the registry wrote to Norrie, who is from Redfern in Sydney, saying the change had been “issued in error” and was invalid.

“It was completely unproblematic for a month - the world didn’t collapse, the sky didn’t fall in, human life continued,” Norrie told Fairfax late last year. “Then it was on the front page and they suddenly said: ‘Oh, no, we couldn’t possibly do that!’”

Norrie appealed the decision to the Administrative Appeals Tribunal, but the case was dismissed.

Norrie then went to the NSW Court of Appeal, where the three-judge appeal panel unanimously declared that “as a matter of construction ... the word sex does not bear a binary meaning of ‘male’ or ‘female.’”

But the Registry of Births Deaths



“ONE IN 100 PEOPLE ARE EITHER SEX OR GENDER DIVERSE - THAT IS ONE OF LIFE’S REALITIES,” DR O’KEEFE SAID.

and Marriages did not accept the decision, appealing the matter to the High Court at great expense to NSW taxpayers.

The High Court ordered that Norrie’s applications be sent back to the Registrar for determination in accordance with its reasons and otherwise dismissed the Registrar’s appeal.

When the case was heard in the High Court last month, counsel for the Registrar had argued that the acceptance of more than two categories of sex would cause unacceptable confusion. But the judges rejected this argument. “For the most part, the sex of the individuals concerned is irrelevant to legal relations,” their judgment says.

The judges said the Commonwealth Marriage Act was “the chief, perhaps the only, case where the sex of the parties to the relationship is legally significant”.

The judges found there was “evident force” in Norrie’s argument that to classify her as male or female while her sex remained ambiguous would be to record misinformation in the register.

But the court found Norrie’s counsel went too far in arguing that Norrie should be assigned to a separate category of sex such as “intersex” or “transgender”.

The court accepted the Registrar’s submission that male and female were the only “registrable classes” of sex.

“But to accept that submission does

not mean that the Act requires that this classification can apply, or is to be applied to everyone,” the judgment says. “And there is nothing in the Act which suggests that the Registrar is entitled, much less duty-bound, to register the classification of a person’s sex inaccurately as male or female having regard to the information which the Act requires to be provided by the applicant.”

The court found that the provision of that Act, which recognises “ambiguities” in sex and a 1996 amendment which referred to persons of “indeterminate sex”, was a sufficient indication that the Act recognised that “the sex of a person is not ... in every case unequivocally male or female.”

“The Act does not require that people who, having undergone a sex affirmation procedure, remain of indeterminate sex - that is, neither male nor female - must be registered, inaccurately, as one or the other. The Act itself recognises that a person may be other than male or female and therefore may be taken to permit the registration sought, as ‘non-specific,’ the judges found.

In the opening of their reasons for decision, the five-judge panel declared that “not all human beings can be classified by sex as either male or female”.

“The Births, Deaths and Marriages Registration Act 1995(NSW) (“the Act”) expressly recognises that a person’s sex may be ambiguous. It also recognises that a person’s sex may be sufficiently important to the individual concerned to warrant that

person undergoing a sex affirmation procedure to assist that person 'to be considered to be a member of the opposite sex'.

"When a person has undergone a sex affirmation procedure, s 32DC of the Act empowers the Registrar to register a change of sex of the person upon an application by that person."

Dr Tracie O'Keefe from Sex and Gender Education Australia said the High Court's decision meant that "the law now recognises the physical reality".

"One in 100 people are either sex or gender diverse - that is one of life's realities," Dr O'Keefe said. "The law has now recognised that reality, the highest court in the land, through a decision that cannot be appealed."

Dr O'Keefe said she now expected others across the country who did not identify as male or female to seek to be recognised as such on their "cardinal documents" such as birth certificates and other documents held by their local registrars.

"There are people out there who have been wanting to do this but have been unable to," she said. "They now have that option." Samuel Rutherford, the executive director of A Gender Agenda, a community organisation which advocates for transgender, gender-diverse and intersex people, said he was "delighted" with the decision.

A Gender Agenda intervened in the

case as amicus curiae, or a friend of the court.

Mr Rutherford said he was especially pleased that the court had recognised "non-specific" as the most appropriate term for a person who is neither male nor female. He said while the decision would only be binding on NSW, it would be "highly influential" on other jurisdictions.

The ACT last month became the first Australian jurisdiction to make provision for people to be recognised as neither male nor female. It also removed the requirement for surgery for people who wish to change their sex registration.

Mr Rutherford added that Wednesday's decision would be a powerful affirmation of the identity of many people for whom the decision was not personally relevant.

"It's actually a really big thing to have a statement from the High Court saying that you exist and that the law should recognise you," he said.

"Sex and gender diverse people face problems every day accessing services and facilities that most Australians can use without thinking twice. It's essential that our legal systems accurately reflect and accommodate the reality of sex and gender diversity that exists in our society, and the High Court has taken an enormous leap today in achieving that goal," said Ms Brown.

To read the full article, "Neither Man Nor Woman - Norrie Wins Gender Appeal" go to: www.smh.com.au



THE ACT LAST MONTH BECAME THE FIRST AUSTRALIAN JURISDICTION TO MAKE PROVISION FOR PEOPLE TO BE RECOGNISED AS NEITHER MALE NOR FEMALE. IT ALSO REMOVED THE REQUIREMENT FOR SURGERY FOR PEOPLE WHO WISH TO CHANGE THEIR SEX REGISTRATION.

“ONE OF THE BEST WAYS TO FIGHT STIGMA AND EMPOWER POSITIVE PEOPLE IS BY SPEAKING OUT OPENLY AND HONESTLY ABOUT WHO WE ARE AND WHAT WE EXPERIENCE”

Alex Garner, HIV Activist

SUPPORT PROGRAMS MERGE



VAC's Community Support and In-Home Support programs are merging into one program this year.

The merger will enable clients to access all support services with a single referral, and it will also help to ensure that clients get the help they need as their health changes.

Community Support provides most services through teams of volunteers. These services include social support for isolated clients, practical help such as shopping, and transport to medical appointments. In-Home Support provides domestic support, such as cooking and cleaning, using paid workers, and also some case management.

Anyone living with HIV and on a limited income may apply for support. Referrals are usually made by a doctor, nurse or social worker. The Support program works in

partnership with the Royal District Nursing Service HIV team, so if you are a client of RDNS this is a good way to seek referral for Community Support.

The merged Community Support program is being co-ordinated by Don Hay (former In-Home Support co-ordinator and Campbell Smith (former Community Support team leader) Don works Monday to Wednesday and Campbell works Tuesday to Thursday.

Community Support is aimed particularly at people who are not able to access the Positive Living Centre. All services will be provided for six months and then reviewed, to ensure that support is targeted to those most in need.

To find out more about Community Support, please call the Support office on 9863 0426.

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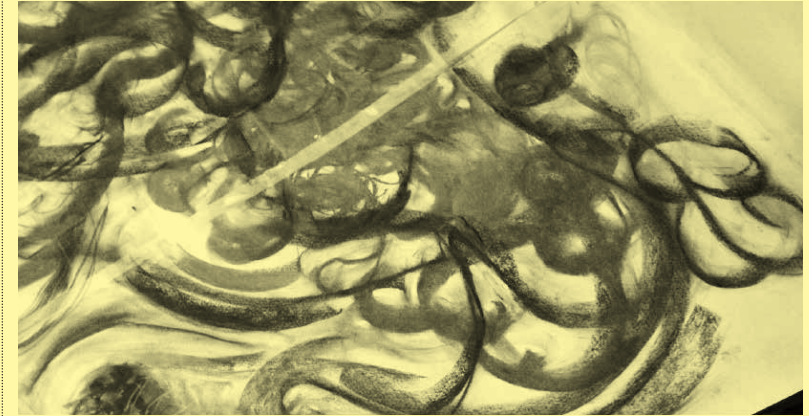
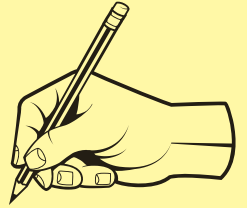
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ART THERAPY WORKSHOP PLC

The art therapy group is facilitated by
Deirdre Byrne Transpersonal Art Therapist



ANYONE LIVING WITH HIV AND ON A LIMITED INCOME MAY APPLY FOR SUPPORT. REFERRALS ARE USUALLY MADE BY A DOCTOR, NURSE OR SOCIAL WORKER.

'CHANGES AND INCREASE OF OWN AWARENESS'

'RELAXATION AND LETTING GO OF OUTSIDE WORLD'

'ON A PERSONAL LEVEL INSPIRED TO EXPLORE MORE'

'DEFINITELY IMMERSSED IN THE PROCESSES'

'HIV Studies have suggested that art therapy can lead to increased awareness of self, as well as improved ability to cope with symptoms, stress and traumatic experiences.' (American Art Therapy Association, 2003, Nainis)

The aim of Art Therapy is a gentle creative way to assist with emotional confusion, stress and anxiety:

Each week Deirdre assisted participants to bring out their unique feelings in art form.' The 'River of Life' theme is a metaphor for where you are at a particular time in your life. E.g. is your river stagnant or flowing? Participants were encouraged to express their own themes through art symbols. This included painting, drawing and pastels. And this was done beautifully by the participants.

Deirdre created a safe, environment for participants to express their own individuality. All art materials are supplied as part of the course.

All you need to do to participate is to bring your own thoughts to start your journey.

River of Life

'One day I felt the urge to draw a circular design. It was very simple circles of various colours. After I completed it, I noticed that I felt a little better.' (Creating Mandalas, Susan Fincher)

There will be a second six session workshop in Late July- August:

This will be: Let art Heal You- 'Creating Mandalas' Remember No art experience necessary!!

WIFI AT THE PLC



We are very pleased to announce that Wi-Fi is now available throughout the PLC.

Many devices can use Wi-Fi, e.g., personal computers, video-game consoles, smart phones, some digital cameras, tablet computers and digital audio players. These can connect to a network resource such as the Internet via a wireless network access point.

To ensure that only clients of the PLC access this service we will change the password on a monthly basis. Simply request to use the service at Reception and they will supply you with a document detailing the new password and some conditions of use.

Your use of the PLC Wi-Fi is governed by the "PLC Wireless Internet Access Terms and

Conditions" which can be viewed at your request. By connecting your equipment to the PLC Wi-Fi you agree to these terms and conditions. If you do not agree, please do not connect your equipment.

Please note in particular:

- The staff of the PLC do not provide support to configure your equipment for PLC Wi-Fi access.
- The access and use of the PLC Wi-Fi is at your own risk.
- VAC does not guarantee the Wi-Fi will be available at all times or in all areas of the building.
- You should familiarise yourself with the "Unacceptable Use" section of the policy.

Thank You

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TO ENSURE THAT ONLY CLIENTS OF THE PLC ACCESS THIS SERVICE WE WILL CHANGE THE PASSWORD ON A MONTHLY BASIS.

FAMILY ROAST LUNCH AT THE PLC

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The PLC is hosting a Family and Friends Day on Sunday August 24th starting at 12:30pm. Join us in the Positive Living Centre's dining room for a free hot roast lunch, delicious desserts, soft drinks, juices, coffee and tea.

If you would like to attend please RSVP to the PLC on 9863 0444

MEDIA RELEASE

AUSTRALIA PUTS INTO ACTION BOLD NEW REFORMS ON HIV NEW PBS INDICATION FOR HIV TREATMENTS



(Sydney, 1 April 2014) – From today, the obligatory CD4 + <500 count criteria for prescribing s100 medicines for HIV treatment is removed. This means that people with HIV need no longer wait for their CD4 counts to fall, or for clinical symptoms to emerge, before they can be prescribed PBS subsidised treatments.

“Now all HIV positive people in Australia can access subsidised antiretroviral therapy. This includes HIV positive people who are well and have high CD4 cell counts but who may wish to commence therapy based on their confidence in the current level of evidence and/or their wish to minimise their risk of transmission to others,” ASHM President A/Prof Wright explains.

This follows a successful submission by ASHM, in collaboration with AFAO¹, and NAPWHA² and with assistance from the Kirby Institute, to the Pharmaceutical Benefits Advisory Committee (PBAC) in late 2013

to have the CD4 count restriction lifted from prescribing antiretroviral therapy on the PBS. The PBAC first announced the lifting of the restriction in December 2013, but it is only now that the change will come into effect.

ASHM, alongside other NGO partners NAPWHA and AFAO have embarked on awareness campaigns to alert doctors, patients and the community to these changes.

HIV treatment has a powerful benefit of helping prevent transmission of HIV to others. Interim results recently released from a large international study³ have confirmed that an HIV positive person on antiretroviral treatment with an undetectable viral load poses virtually no risk of passing HIV onto their partner. In light of these benefits, ASHM greatly welcomes the opportunity for the decision to commence treatment to be taken by patients with their doctors based on individual readiness, not on CD4 count alone. “In this era of clinical management,

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“WE ENCOURAGE ALL GPs WHO HAVE HIV POSITIVE PATIENTS WHO ARE INTERESTED IN LEARNING MORE ABOUT HIV THERAPY TO REFER THEM ON TO THE APPROPRIATE SPECIALIST OR COMMUNITY S100 PRESCRIBING GP FOR FURTHER INFORMATION AND ASSISTANCE.” REFERENCE

¹ Australian Federation of AIDS Organisations (AFAO)
² National Association of People with HIV Australia (NAPWHA)
³ PARTNERS Study

continued from previous page

the patient centred approach to health outcomes means we want to be able to work with our patients and provide options for individuals to start HIV treatment when they choose. I am delighted that Australian patients can engage with their doctors as soon as they wish to start a treatment conversation, and plan for their own optimal health and wellbeing in an empowered way,” says ASHM President A/Prof Wright.

“We encourage all GPs who have HIV positive patients who are interested in learning more about HIV therapy to refer them on to the appropriate specialist or community s100 prescribing GP for further information and assistance.”

ASHM's *2013 Antiretroviral Guidelines with Australian Commentary* – an online resource that offers doctors the information they need to confidently use HIV antiretroviral agents – is available at www.arv.ashm.org.au.

ABOUT ASHM

ASHM is a peak organisation of health professionals in Australia and New Zealand who work in HIV, viral hepatitis and sexually transmissible infections (STIs). ASHM draws on its experience and expertise to support the health workforce and to contribute to the sector, domestically and internationally.

MEDIA ENQUIRIES:

**For further information or an interview, please contact:
Petra Lorenz, Manager,
Communications and
Marketing on 0405 158 636 or
petrana.lorenz@ashm.org.au**

FOOD FOR THOUGHT

YOU ARE INVITED TO ATTEND
FOOD FOR THOUGHT AT THE
POSITIVE LIVING CENTRE.

This program will consist of free Nutrition Workshops, conducted by Nutritionist and Masters Student Amie Milkins. Each work shop will be 60-90 minutes in duration and focus on a range of nutrition based topics. All workshops begin at 2:00pm at the Positive Living Centre on the following dates:

- July 8th 2014

Please register your Interest to Attend at the Positive Living Centre Reception.

Please address further questions to Amie on aemilkins@students.latrobe.edu.au



AN OPPORTUNITY TO SHARE YOUR STORY



Staying Negative aims to emotionally engage, inspire and facilitate imagination in sexual health practices.

This campaign is unique in the fact that we ask the community about the strategies they use to navigate their own sexual health. Staying Negative provides a platform of discussion for both HIV positive and HIV negative men to talk about their own experiences. The campaign profiles the real life stories of gay, bisexual and trans men who have sex with men (MSM). There are also short articles that discuss a wide range of topics such as drugs & alcohol, sexual practices, fetishes, counselling, condoms, etc.

Please feel free to have a look at this campaign:
www.stayingnegative.net.au

Please do not let the name of the campaign throw you as we understand that this can sometimes be seen as stigmatising to HIV positive men; this is no way the intention of VAC. Although the overall aim of this campaign is to reduce the transmission of HIV, this is in no way implying that HIV positive men have somehow failed; we are bringing across the message that both HIV negative and HIV positive men play a role in this. Your experiences are highly valuable and shares insight into issues that others cannot.

Personal narrative is extraordinarily powerful and if you feel like sharing your story with us, we would love to hear from you! Anyone and everyone are welcome to give us a unique insight into the issues that gay, bisexual or trans MSM face on a daily basis.

If this sounds like something you would like to do or you just want a little more information, please email Jessie Wong at jessica.wong@vac.org.au or call her on 03 9865 6709.

We look forward to hearing from you.

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THIS CAMPAIGN IS UNIQUE IN THE FACT THAT WE ASK THE COMMUNITY ABOUT THE STRATEGIES THEY USE TO NAVIGATE THEIR OWN SEXUAL HEALTH



Have you been affected by prostate cancer?

Are you able to take part in a study about sexual wellbeing and quality of life after prostate cancer?

What is the study about? The purpose of this study is to help us gain knowledge and understanding of how prostate cancer affects sexual wellbeing and quality of life in gay and bisexual men and their partners. The information gained will inform health care provision and facilitate ongoing support post cancer.

What is required? An online survey which will take about 30 minutes to complete (hard copy also available). The information you give us is completely **confidential**. You don't have to be in a relationship to take part.

Who are we looking for?

- Gay and/or bisexual men who have, or have had, prostate cancer;
- Male partners of gay and/or bisexual men who currently have prostate cancer (18+ years).

You can find out more about the study and complete the survey online at: www.uws.edu.au/PCAS



Visit us on Facebook at www.facebook.com/UWSPCAS

If you want a paper version of the survey or want more information about the study, please contact Sam on:

☎ 1800 19 20 02 (free call) or cancerandsexuality@uws.edu.au

This study has been approved by the University of Western Sydney Human Ethics Committee (approval HREC 10013), ACON (RERC Reference Number 2013/04), and the Victorian AIDS Council (VAC/GMHC RE&P Approval 13/002).

HEPATITIS C SURVEY



GAY AND BISEXUAL MEN Take the **HEPATITIS C SURVEY**

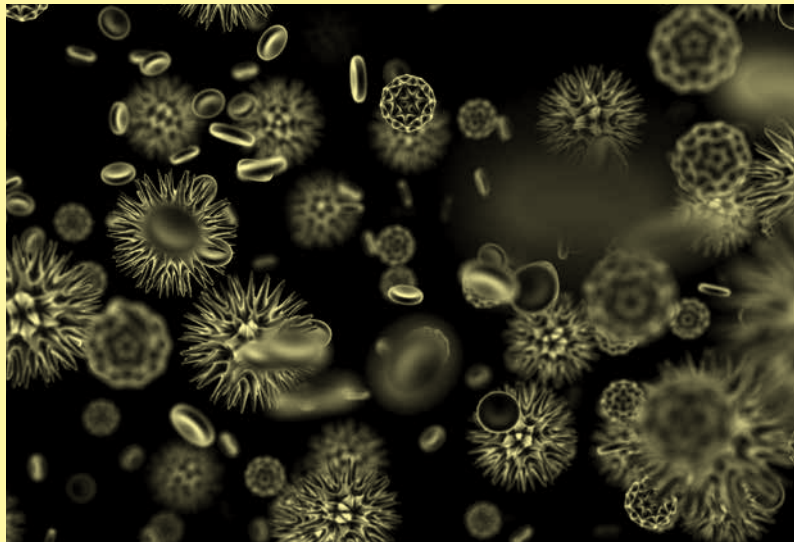
Researchers from the Centre for Social Research in Health at UNSW are conducting a study examining the social aspects of hepatitis C among gay and bisexual men.

We are seeking gay and bisexual men who are living with HIV and/or hepatitis C to complete an anonymous online survey. You can access the survey at <http://hepcsurvey.csrh.org/>

The findings of this study will lead

to the development of strategies to minimise new hepatitis C infections among gay and bisexual men, and how to improve health care and social support services.

If you would like more information, you can contact Dr Toby Lea at toby.lea@unsw.edu.au or Dr Max Hopwood at m.hopwood@unsw.edu.au. This study has received ethical approval from the University of New South Wales and VAC (approval number RPE13/004).



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TOP 2 BOTTOM

The Top 2 Bottom campaign is a HIV prevention campaign that was produced by VAC, launched in September 2012. The campaign provides information to both HIV positive and negative gay and bisexual men about condom use, risk reduction strategies and sexual health.

The campaign covers information such as HIV basics, proper condom use, HIV and STI testing, positive and negative relationships and certain risk reduction strategies. Risk reduction strategies are behaviours that gay and bisexual men may use to minimise their level of risk when having unprotected sex. The risk reduction strategies covered in the campaign include strategic positioning (topping versus bottoming), withdrawal (pulling out before ejaculation), undetectable viral load (the level of HIV in the blood is lower than the test can detect) and sero-sorting (having unprotected sex with someone who

THE
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REDUCTION
STRATEGIES.

is the same HIV status as you). We also talk provide information about Post Exposure Prophylaxis (PEP), which is a month long course of anti-HIV medication that needs to be accessed within 72 hours after a potential exposure and can help prevent someone from becoming HIV positive.

The campaign aims to provide gay and bisexual men with information about how and why each risk reduction strategy may not work so that they can make informed decisions regarding safe sex. By educating gay and bisexual men about the problems with each risk reduction strategy they can understand what their real level of risk may be when using these strategies.. Remember that condoms and water based lube remain the best way to prevent HIV and other STIs.

If you would like more information check out www.top2bottom.org.au



**BOB'S A SMART ARSE
HE KNOWS USING CONDOMS AND
WATER-BASED LUBE IS STILL THE BEST
WAY TO PREVENT HIV AND OTHER STIs
WWW.TOP2BOTTOM.ORG.AU**



HOSPITALITY TRAINING AT THE PLC

CERTIFICATE III COMMERCIAL COOKERY - SIT30812
CERTIFICATE IV COMMERCIAL COOKERY - SIT40412



"These courses aim to provide students with essential grounding in aspects of food preparation and presentation. Skills necessary to become a commercial cook are developed."

An exciting new opportunity at the PLC. The potential to gain a great qualification. These on-site courses cover the core skills of planning, preparing, cooking and serving food and is at no cost to you.

If you are interested and would like to find out more please talk to a Client support officer next time you are at the PLC.



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NUTRITIONAL SERVICES AT THE PLC



MEALS

Nutritious and delicious meals are served at the centre with your choice of a meat or vegetarian main meal and dessert or soup as an entree. Soft Drinks, fruit juices, coffee and tea are also available. Ram has now been with us for a number of years and feedback about the quality and variety of the food he and his volunteers have prepared has been exceptional. Please come to the PLC and enjoy a great meal and chat to others.

- Cost is \$3 for clients and \$5 for guests
- TUESDAY LUNCH
12.30pm – 2pm
- THURSDAY DINNER
6.00pm – 7.30pm

PANTRY

The pantry service is available fortnightly and allows clients on a Health Care Card to choose from a large variety of grocery items, fruit, vegetables and some refrigerated items.

**TUESDAY:
11.30AM TO 3.30PM**

**WEDNESDAY:
11.30AM TO 3.30PM**

**THURSDAY:
11.30AM TO 7.30PM**

**FRIDAY:
11.30AM TO 3.30PM**

Please note that this service will close while lunch and dinner are being served.

Please check the Calender insert for dates.

We encourage you to do your bit for the Environment and bring Recycle Bags to use at Pantry.

Cost is \$2 for clients with Health Care Card

AFTERNOON TEA

Afternoon Tea is offered during the "off-pantry" week on Wednesdays. 2.30pm-3.30pm.

Come along and enjoy cakes, pasties and coffee. It's Free and it's Delicious!

ACTIVITIES AT THE PLC



NATUROPATHY & VITAMART

Naturopathy is the practice of complementary medicine drawing on the disciplines of herbal medicine and nutrition.

Our Naturopath is available by appointment each Thursday 5pm – 9pm

Vitamart: Tuesday to Friday Cost: As per vitamin price list. The Vitamart service provides subsidised vitamins for HIV+ individuals as prescribed by your health practitioner.

ART CLASSES

Wednesday 10am – 12.30pm

Cost: Free

Have you ever wanted to learn to draw or paint? Come and join our small and intimate art class. Liz, our resident art teacher, can help you discover your hidden artistic flair. Beginners welcome.

COMPUTER & INTERNET SERVICES

The Cyber Room is one of the most popular services offered at the PLC. It is open every day and is available to all clients. Every computer is connected to the internet and also has word processing and MS Office software installed. PLC clients must comply with the law and PLC policy when using the Cyber Room computers.

MUSCLES AND CURVES

Wednesday 1:30pm – 2.15pm

Cost: Free

Get yourself trimmed, toned and looking terrific in this weekly exercise class. Classes are facilitated by an experienced Personal Trainer and suitable for beginners and those with more experience.

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PILATES

Friday 11.00am to 12 noon

Cost: Free

A fabulous form of exercise that is low impact, relaxing and helps build up your core muscles, which can effectively and safely reduce back pain and help trim down those waistlines!

TUMS & BUMS

Tuesday 12.30pm – 1.30pm

Cost: Free

A structured, high-energy exercise class focusing on fitness and strength in a fun group environment.

YOGA

Thursday 4pm– 5pm

Cost: Free

Relax, unwind, strengthen and stretch. An all over gentle workout for your body and mind.

MASSAGE

Relaxation massage eases stress from the body and assists the body's immune system functions. We offer several types of massage:

- **Tuesdays:**
11am, 12noon & 1:30pm
Relaxation with Kate
- **Wednesdays:**
1pm and 2:15pm
Deep Tissue with James or Wayne
- **Alternate Thursdays:**
10:30am, 11:30am & 12:30pm
Remedial with Oscar

Cost: \$2 for PLC Clients with Health-Care Card / \$5 for PLC Clients without Health Care Card.

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CONSUMER REFERENCE GROUP

CONSUMER REFERENCE GROUP
MEETING 29/05/2014



PRIMARY PURPOSE

The HIV Services Consumer Reference Group was established to ensure that clients of the HIV Services Program are given an avenue to participate in the planning and development of health promotion services and initiatives.

OBJECTIVES

- To work collaboratively with staff of the HIV Services Program to provide advice and input to assist in servicing the PLHIV community by:
- Providing current information on relevant issues and needs impacting upon PLHIV and advise the HIV Services Program accordingly, in addition to other service providers on the Advisory Committee.
- Raising greater awareness of the specific issues relevant to PLHIV's health and well being.
- Facilitating an exchange of

information between groups with an ongoing interest in HIV and PLHIV health and well being.

The CRG meeting, attended by six consumers, would like to receive feedback from the general HIV community regarding services provided, and any services people would like to have. All members of the group would be happy to receive any feedback or ideas and opinions relating to current or future services. Consumer Reference Group members will be happy to include any ideas you might have or if you would prefer complete a HIV Services Feedback Form provided and leave it at the PLC.

Consumer Reference Group Members can be contacted via Gerry O'Brien, Peer Support and Health Promotion
gerry.obrien@vac.org.au
9863 0444

'GROW' AT THE PLC



GROW is a national organisation that provides a peer supported program for growth and personal development to people with a mental illness and those people experiencing difficulty in coping with life's challenges. GROW is designed for people to take back control of their lives, overcome obstacles and start living a life full of meaning, hope and optimism.

GROW groups offer the opportunity for people to share challenges and solutions for recovery in a supportive and structured way. Participants are also able to attend education and training sessions and participate in a range of social activities.

GROW is free to join and you do not need a referral or diagnosis! If you live with a mental illness, are doing it tough or alone then this could be for you.

The PLC group is 'Organised' by one of our Peer Support facilitators who also has a long history with the GROW movement and is open to all PLC clients. Each meeting goes for 2 hours and will occur each Friday between 1 – 3pm, followed by time to chat over refreshments

If you would like to know more about participating in a GROW Group, please contact Heather Morgan at the PLC 9863-0444

**GROW @ the PLC
Friday's 1 – 3pm**

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CLIENT TESTIMONIAL

I am a HIV Positive man with very limited income, poor health and approaching 60 years of age. I needed to make a Will and Powers of Attorney, both Financial and Medical, in case I become incapacitated. I sought advice from HALC and these very important documents were made.

The experience I had dealing with the many professional legal volunteers who give their valuable time at the Positive Living Centre to assist clients was professional, thorough and friendly and I would not hesitate in recommending their services.

Assistance in many legal matters may be accessed through HALC and all one needs to do is contact the Positive Living Centre or HALC to make an appointment. Thank you HALC.

HIV / AIDS LEGAL CENTRE (HALC)



HALC is a Community Legal Centre which has been operating since 1993, from the Positive Living Centre. HALC provides a free service and is part of VAC and is run by professional volunteers.

HALC volunteers are sensitive to the variety of issues that may face people living with and affected by HIV. HALC provides legal advice to people living with and affected by HIV/ AIDS within Victoria. People 'affected' includes partners, family members, close friends and carers, of a person living with HIV. Legal services.

HALC can assist with a variety of matters:

- Making a Will
- Medical Powers of Attorney
- Enduring Powers of Attorney
- Criminal Law
- Family Law
- Employment Law
- Superannuation
- Centrelink Matters
- Family and Relationship Law
- Discrimination
- Migration
- Disclosure of Status for Insurance Purposes
- Equal Opportunity
- Debt
- Small/Civil Claims
- Unconscionable Conduct
- Contracts of Sale
- Tenancy

A range of information brochures are available.

APPOINTMENTS

Appointments with lawyers are only offered at the PLC every second Thursday from 7.00pm to 9.00 pm. Availabilities are limited. Alternatively, appointments for women are also available in a female friendly space, once a month, between 7pm and 9pm. HALC will attempt to provide legal assistance within a reasonable period of time. Referrals will be offered under certain circumstances.

Contact Us

If you would like to make an appointment to see a lawyer please contact HALC directly: HALC, 9863 0406 legal@vac.org.au. Alternatively, you can obtain a referral form from PLC reception. Please note: HALC **only operates once a week on a Thursday evening**. A representative will contact you on a Thursday evening between 6.30pm and 9.00pm. It is important that you are contactable during these hours after your initial contact.

**If you require urgent legal advice, please contact:
St Kilda Legal Service 9534 0777
st_kilda_vic@clc.net.au
OR Victoria Legal Aid
1300 792 387
www.legalaid.vic.gov.au**

WILLS

MANY PEOPLE ASK WHY THEY SHOULD HAVE A WILL.

THE ANSWER IS FOUR-FOLD:

- 1** If you don't have a Will (die "intestate"), then a government ordained scheme applies as to who receives your property after you die (usually your domestic partner, children, or next-of-kin), rather than who you wish to receive it.
- 2** If you die intestate, then no-one has immediate authority to deal with your property, and there shall be a delay in unfreezing your property and administering your estate. There may be additional burdens such as the requirement for someone to post surety guarantees to the Court.
- 3** Your estate has no opportunity to save on federal income tax, state stamp duties, provide asset protection to beneficiaries, or exempt itself from obscure and ancient rules that are part of the law (for example, apportionment of income and capital, settled land legislation).
- 4** If you die without a Will, and have no domestic partner and no children and no living parents and no living relatives, then your estate shall devolve to the government. Most people would prefer a chosen charity to receive their estate than the government's consolidated revenue.

WHO CAN MAKE A WILL?

Anyone aged eighteen years and over can make a Will.

A person making a Will needs to have the required mental capacity to understand what it is he or she is doing.

If you are under 18, you can only make a Will if you are married or you get a court order allowing you to make a Will.

A Will must be:

- In writing
- Signed or acknowledged by you
- Made without any pressure from others
- Signed by two witnesses who see you sign or acknowledge the document as your Will
- Dated at the time of signing or acknowledgement

You should consider executing a Will, or updating your current Will, if:

- You have a child
- Your marital status changes
- You would like to change the person you chose as the executor
- You would like to change the beneficiaries that you selected
- You buy or dispose of a significant asset, for example a house or a business
- You change your name; or
- You enter, or end, a de facto relationship.

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IF YOU DIE WITHOUT A WILL, AND HAVE NO DOMESTIC PARTNER AND NO CHILDREN AND NO LIVING PARENTS AND NO LIVING RELATIVES, THEN YOUR ESTATE SHALL DEVOLVE TO THE GOVERNMENT.

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WHEN YOU GO ON HOLIDAY, WILL BE OVERSEAS FOR A KNOWN QUANTITY OF TIME, ARE GOING INTO HOSPITAL, OR MAY BE SUFFERING A DECLINE IN HEALTH, YOU MAY NEED SOMEONE TO MANAGE OR HELP MANAGE YOUR FINANCIAL AFFAIRS AND LEGAL AFFAIRS IN YOUR ABSENCE OR DURING CONVALESCENCE.



POWERS OF ATTORNEY

When you go on holiday, will be overseas for a known quantity of time, are going into hospital, or may be suffering a decline in health, you may need someone to manage or help manage your financial affairs and legal affairs in your absence or during convalescence.

ENDURING POWER OF ATTORNEY (FINANCIAL)

This is a legal document in which the donor gives the attorney legal authority to act on the donor's behalf. The word is used because the attorney can go on acting on the donor's behalf even if the donor is unable by reason of unconsciousness or mental infirmity from acting on his or her own behalf. However, the enduring power of attorney must be executed by the donor whilst he or she is still capable of handling his or her own affairs.

An Enduring Power of Attorney does not authorise the attorney to make the donor's Will for the donor, nor does it allow the attorney

to give approval for the donor to undergo a medical procedure. The donor of an Enduring Power of Attorney should make his or her own Will and should also give thought to executing an Enduring Power of Attorney (Medical Treatment).

WHAT IS AN ENDURING POWER OF ATTORNEY (MEDICAL TREATMENT)?

The donor of the Power authorises someone to be his or her agent, and if the agent is unable to act as such or cannot be located or is overseas at the relevant time, someone else to act as alternate agent. An agent or an alternate agent can approve a medical procedure, such as an operation, to be performed on the donor at such a time as the donor is unable by reason of unconsciousness etc. to give his or her consent or approval himself / herself.

The above Powers of Attorney require qualified witnesses (at least one of whom is authorized to take statutory declarations).

DAVID WILLIAMS FUND

THE FUND

If you are a member of the David Williams Fund (DWF) or wanting to join the fund, we have a requirement for applications, which falls in line with all other charitable organisations. All registrations to the fund MUST be accompanied by a Centrelink Income Statement. The first subsequent application or food voucher application for each year must also have a Centrelink Income Statement attached. Clients of the fund who have more than \$5000 in a bank account (indicated on the Centrelink statement) may not be eligible to access the fund; however, if you have special circumstances, please contact the David Williams Fund Coordinator to discuss the issue.

Centrelink Income Statements can be obtained at Centrelink upon request or can be done during your appointment with the DWF Coordinator. DWF has limited funds and we need to ensure that all monies spent go to those in financial hardship. Please note we do not count Superannuation as money in the bank. The fund also understands that sometimes people are asset rich but income poor, so even if you own your own house, this does not affect applications. The fund is more concerned about those that have the funds in their bank but are asking the DWF to assist them.

Being a client of the PLC does not necessarily mean you are a member of the DWF. To be a member of the DWF you must be on New start / Austudy / single parent pension or a disability pension (Health care card) of some sort and verify that you are HIV+ by a doctor and be in financial hardship (we need the original doctors letter, not a photocopy). Registration forms must also be completed if you would like to join. Feel free to ring reception and book an appointment with the DWF coordinator if you would like assistance to join the fund, or see your Social worker / community worker.

FINANCIAL COUNSELLING

The David Williams Fund offers financial advice and referral for people in financial hardship. If you are booking an appointment for this service please make sure it is a one hour booking.

- Are you in debt?
- Need to know how to manage your money better?
- Being harassed by debt collectors?
- Want to know what your rights are?
- Want to know more about credit?
- Financial Goals
- Budgeting Debt
- Credit & Bankruptcy
- Need to know how to budget?
- Having difficulty with utility companies?

Book a financial counselling advice and referral appointment on 9863 0444.

STUDY ASSIST

With improved medications, longer

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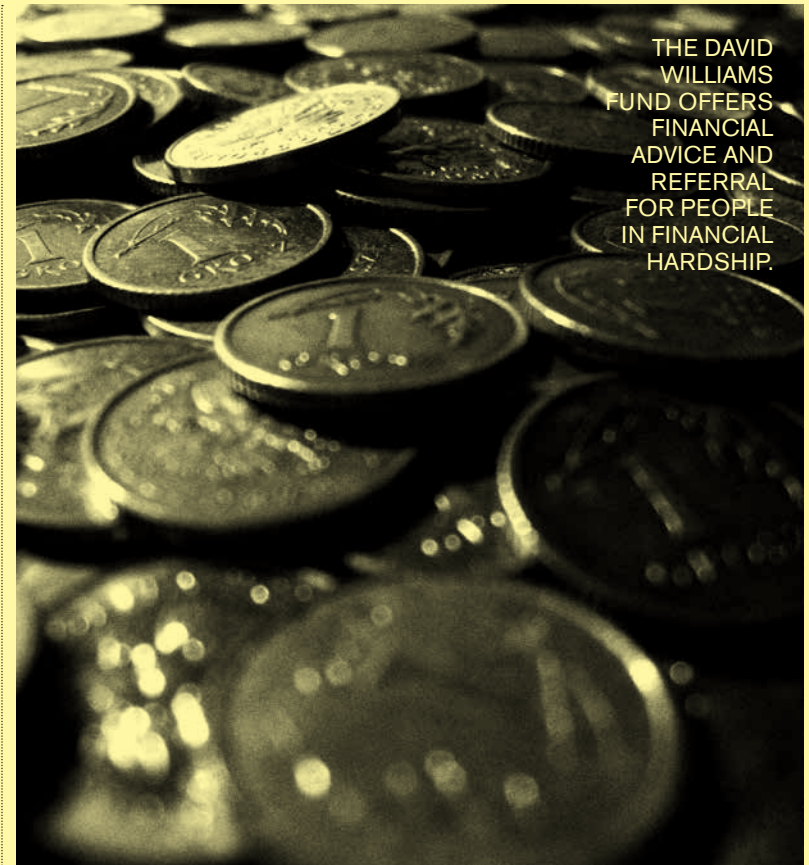
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THE DAVID WILLIAMS FUND IS COMMITTED TO WORKING IN A MORE HOLISTIC WAY TO ENHANCE HEALTH OUTCOMES THROUGH SKILLS DEVELOPMENT AND INFORMATION ACQUISITION THROUGH FURTHER EDUCATION.



THE DAVID WILLIAMS FUND OFFERS FINANCIAL ADVICE AND REFERRAL FOR PEOPLE IN FINANCIAL HARDSHIP.

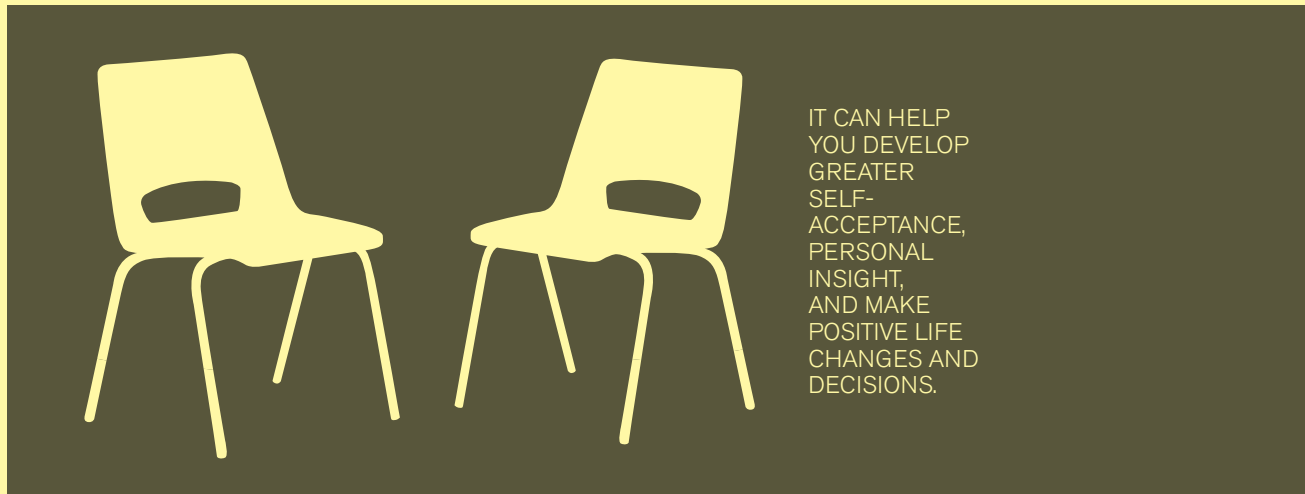
life spans and improved social accessibility many people living with HIV are considering various career options, including returning to study.

The committee of DWF is proud to offer the DWF Study Assist, a way to support you to gain higher education qualifications. Going back to study after years of unemployment can be difficult, especially the costs associated with returning to study. The DWF Study Assist allocation has been established to contribute towards the cost of further education, i.e. books, enrolment fees, short courses etc. Further, there are many equity scholarships

associated with Universities / TAFE's / Colleges, which this project can direct you to. For more information, please make an appointment with the David Williams Fund Coordinator or check university / TAFE websites for more information.

The David Williams Fund is committed to working in a more holistic way to enhance health outcomes through skills development and information acquisition through further education. Ask reception if you would like a copy of a complete information document.

VAC COUNSELLING SERVICES



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Our counselling service provides professional, affordable counselling for individuals and couples who are affected by or at risk of HIV, and for members of the GLBT community. We also offer a therapeutic groups program.

ABOUT COUNSELLING

Counselling involves talking with an impartial listener in a confidential, non-judgmental, supportive and respectful environment. The counsellor will encourage you to work through issues with increased awareness and understanding. It can help you develop greater self-acceptance, personal insight, and make positive life changes and decisions. Counselling helps in a range of areas including:

- New or recent HIV diagnosis or other health issues

- Living with HIV
- Living with HEP C
- HIV and relationships
- HIV positive friends, family members or partners
- Same-sex domestic violence issues
- Anxiety and depression
- Relationship issues
- Coming out
- Self-esteem
- Grief and loss
- Emotional, physical or sexual abuse
- Safe sex.

Be proactive. Getting counselling before you get into a crisis can sometimes prevent it from happening or reduce its effects. Our counsellors are professionally trained in psychology, social work, counselling, couples therapy or psychotherapy. They are sensitive to the needs of people living with

HIV and members of the GLBT community. All counsellors are bound by a code of practice privacy, confidentiality and duty of care policies.

The first session is free. From then on, fees are based on a scale depending on your income. A gold coin donation is the fee for Healthcare Card holders and those on a Disability Support Pension.

If you are unsure about seeing a counsellor, call our counselling service duty worker between 2pm and 4pm, Monday to Friday. Phone: (03) 9865 6700 or 1800 134 840 (free call for country callers).

PRE HAART LONG TERM SURVIVOR GROUP

Commencing in June July 2014

The fourth Pre Haart group will begin in June. This is an eight week closed group for men who were diagnosed with HIV before the advent of combination therapy. It will run in the middle of the day, on a Friday, for a couple of hours.

It is recognised that an HIV positive diagnosis before 1995 irrevocably changed the course of many individuals' lives. Many made decisions based upon a prognosis that would significantly shorten their life expectancy.

Some long term survivors may not have worked or pursued a career since their diagnosis, some live in public housing in relative poverty and experience depression and low self worth. Many report a struggle, as somehow they are meant to

feel grateful that they have survived, yet in reality they experience life as a social, mental and physical challenge.

At the end of the eight week program participants are invited to join a larger group of people who have completed the course in previous years. The larger group catches up socially on a regular basis in the community. Facilitated meetings are organised at VAC for this combined group every couple of months.

If anyone is interested please contact Kieran O'Loughlin or Judith Gorst at VAC on 9865 6700.

ARE YOU IN THE LOOP?

Positive Health (VAC Counselling service) and Living Positive Victoria and are coming together to run a group, In the Loop. This group is for carers of people living with HIV. Partners, family members, close friends, neighbours or anyone who plays a significant role in the life of someone with HIV may be interested in attending.

The group aims to provide general information about the available supports in the community and to explore ways that carers may look after themselves more effectively. It also aims to decrease the sense of isolation some carers may experience through stigma, discrimination and secrecy.

For more information please contact: Suzy Malhotra on 9863 8733 or Judith Gorst (Thurs or Friday) on 9865 6700

WELCOMING SAME SEX ATTRACTED WOMEN TO VAC

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It is common knowledge that VAC has a long and proud history of supporting same sex attracted men. However, not many people are aware that same sex attracted women are also welcome to use our counselling service.

It's time to share with the community this important information, so that women who are seeking the help they need can get access to counsellors who understand the issues faced by lesbian and bisexual women, at an affordable rate.

As well as individual counselling sessions, VAC is also offering group support to same sex attracted women who are currently concerned about their drinking. Research has shown that lesbian

and bisexual women are at a greater risk than heterosexual women of developing long term alcohol dependence issues. The group aims to educate and equip women to better manage their alcohol intake and to find new ways of coping with the stress or anxiety that can lead to heavy drinking.

If you are a lesbian or bisexual woman, and you feel that you could benefit from counselling for whatever reason, contact the Clarendon St office on 9865 6700.

If you are specifically interested in the Drink Limits group, then be sure to mention this when you call. Otherwise, we would love you to do your bit in spreading the word that VAC does offer support and counselling to same sex attracted women.

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VAC HEALTH PROMOTION SERVICES

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PEER EDUCATION PROGRAM

YOUNG & GAY

Young & Gay is a free, 6 weeks workshop for guys who are attracted to other guys. This workshop is for guys aged 26 years and under. This is a great opportunity to meet new people while talking about sexuality, sex and sexual health. Topics for discussion include self esteem, stereotypes, coming out, relationships, HIV, STIs and safe sex.



To find out more, visit www.www.vac.org.au/young-and-gay or call 9865 6700.



MOMENTUM

Momentum is a free, 6 weeks workshop for men aged 27 years and above. This workshop offers a welcoming, confidential and informative environment to meet new people and discuss topics on sexuality, sex and sexual health. This includes homophobia, coming out later in life, relationships, HIV, STIs and safe sex.



To find out more, visit www.www.vac.org.au/momentum or call 9865 6700.



RELATIONSHIPS

Relationships is a free, 6 weeks workshop for men of all ages to talk about topics on establishing, and maintaining, a relationship. This is a great opportunity to share your experiences while receive helpful hints on communication, conflict resolution, and talking about sex with your partner/s.

To find out more, visit www.www.vac.org.au/relationships or call 9865 6700.

GAY ASIAN PROUD/TALK ASIAN

Gay Asian Proud is a social support network for gay Asian men, their partners and friends. We meet once a month in a social setting. Our activities include yum cha, dinner, movies and picnic.

To find out more, visit www.vac.org.au/gay-asian-proud or call 9865 6700.

Talk Asian is a monthly workshop for gay Asian men only to get together and talk about topics relating to sexuality and race/ethnicity. To find out more, visit www.www.vac.org.au/talk-asian or call 9865 6700.

VAC PARTNERSHIP PROGRAM



What has a rugby team got to do with VAC? Well quite a bit really even if it does seem to be coming from left field. (no pun intended!)



VAC sponsors the club, as the Chargers with its many gay players, members and supporters, has a philosophy which aligns with that of VAC and therefore it is in keeping with a broadening of our focus on health & wellbeing for a diverse community: gay, straight, HIV positive or HIV negative. It's about inclusion. Effectively, it is putting flesh on the framework of our Strategic Plan 2012 – 2017, in a very real and practical manner. There are clear synergies between the two organisations.

The Melbourne Chargers have 5 foundation values which clearly align with the vision and principles of VAC. They are:

- The club is inclusive and welcomes everyone whatever their age, fitness level or sexuality. (Translation: focus on acceptance of diversity)
- The club is active and will promote fitness, wellbeing and healthy lifestyles in our communities.

(Translation: focus on physical & psychosocial health & wellbeing)

- The club is encouraging and provides a supportive environment for new players to learn sport. (Translation: Focus on working as a team and offering a supportive and collaborative environment)
- The club is competitive and will continually strive to increase its performance at all levels. (Translation: Focus on improving outcomes for all)
- The club is about mateship and will foster camaraderie on and off the field. (Translation: Focus on social inclusion)

When I spoke at a recent Chargers function I reflected on their values and the philosophy that guides the work we all undertake at VAC and quoted the translations as I saw it, as binding the two of us together. Similarly I reflected on the role the

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THE CLUB IS
INCLUSIVE
AND
WELCOMES
EVERYONE
WHATEVER
THEIR AGE,
FITNESS LEVEL
OR SEXUALITY.

continued from previous page

clubs supporters and volunteers play in sustaining those values and outcomes, much like the way our own supporters and volunteers help us, for without that broader mix of participants, none of us can achieve what we set out to do.

They in turn presented us with a thankyou certificate which quotes the words of Mark Bingham, a young gay rugby player who was killed on Flight 93 on September the 11th, 2001:

“This is a great opportunity to change a lot of people minds, and to reach a group that might never have had to know or hear about gay people ... Let's go and make some new friends ... and win a few games”

The Bingham Cup, named after Mark, is now an established international rugby event, which the Chargers aspire to be part of. The Cup's subtext highlights the human rights and social justice implications that flow from inclusive approaches regarding sexuality, which again align with the principles that underpin the work of VAC.

The Charger players will be assisting VAC in promoting our work in the community and anyone interested in finding out more about the Chargers or becoming a member or to find out about the Bingham cup which will be played in Sydney, in August this year, you can visit their web page www.melbournechargers.org

Cheers,
John E. Hall
PARTNERSHIP PROGRAM
LEADER People & Culture Division

VAC JOY ON 94.9



For those of you who don't know, the Health Promotion Program at VAC have a weekly spot on Joy FM radio. Well, Well, Well is on JOY every Tuesday from 12PM when you can tune in and hear all the latest about HIV and men's health in general, along with snippets of news and events happening around town. And all of this is interspersed with music chosen by the presenters themselves.

So tune into Joy on 94.9 for 'Well, Well, Well' on Tuesdays at noon.

THE CENTRE CLINIC



The Centre Clinic is a medical clinic administered and supported by VAC. It is a General Practice with a special interest in HIV and Sexual Health.

The clinic is committed to achieving the best possible standards of preventative, ongoing care and treatment.

Our aim is to give our patients the highest possible quality of care, by ensuring excellence in all aspects of our practice. We endeavour to provide patients with the best and most current treatments, methods, materials and equipment within our resource capabilities to ensure that patients receive the high quality of service they have come to expect.

CLINIC SERVICES

Services available include:

- The Centre Clinic is a fully bulk billing clinic. This means that we bill Medicare directly for services provided to patients. There is no cost to patients for this service. There are charges, however, for some vaccinations and

treatments. Your doctor will make you aware of any charges before treatment is offered.

- Health and medical care for people living with HIV/AIDS
- HIV monitoring
- Antiretroviral treatment and advice
- PEP – Post HIV Exposure Prophylaxis
- Sexual, general, emotional and psychological health
- STI testing and treatment
- HIV testing & counselling with results in one week
- Hepatitis screening and vaccination
- Specialist HIV dietician service
- Accredited acupuncturist service
- Condoms and lubricant for sale

APPOINTMENTS

Please ring 9525 5866 for an appointment. Appointments are preferred. For more information about the clinic:

The Centre Clinic is located at the rear of 77 Fitzroy Street, St.Kilda, on the corner of Fitzroy and Loch Streets. Melway Ref. p58 A9. www.vac.org.au/medical-services

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OUR AIM IS TO GIVE OUR PATIENTS THE HIGHEST POSSIBLE QUALITY OF CARE, BY ENSURING EXCELLENCE IN ALL ASPECTS OF OUR PRACTICE.

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TELEPHONE COUNSELLING



Gay and Lesbian Switchboard (Victoria) Incorporated is a volunteer organisation which provides a telephone counselling, referral and information service for the Victorian and Tasmanian GLBTI communities, their family and friends and to health and welfare professionals working with GLBTI clients.

Switchboard's service is free, anonymous and confidential. Our phones are staffed by trained volunteers who themselves are lesbian, gay, bisexual or transgender.

Find out more at
www.switchboard.org.au
P: 9663 2939

Regional Victoria
1800 184 527

Mon to Thurs 6-10pm
(Wed 2 – 10 pm),
Fri Sat Sun and
Public Holidays 6 – 9pm

GROUPS FOR POSITIVE PEOPLE



CIRCUIT @ THE ALFRED

A fun, structured or individualised exercise group focusing on cardiovascular fitness, muscular strength & flexibility. Accommodates ALL fitness levels.

When: Monday 3:30pm, Tuesday 11:00am, Wednesday 3:30pm, Thursday 2:30pm & Friday 12:30pm
Where: Physiotherapy Gym Level 4 Philip Block The Alfred
Cost: Free

HYDROTHERAPY @ MSAC

A fun, water-based exercise group run in a relaxing (& warm!) hydro pool.

When: Thursday 12:30pm
Where: Melbourne Sports & Aquatic Centre: Aughtie Drive, Albert Park (Wellness Zone, level 3)
Cost: \$4.95 casual. Less with 'club card'

PHYSIOTHERAPY DEPARTMENT

P: 03 9076 3450
F: 03 9076 543

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WORKING OUT

WorkingOUT is specialist job service for gay, lesbian, bisexual, transgender or intersex identified people with a disability. It is a unique job service in Australia catering to the GLBTI community.

In this free Government-funded program, GLBTI jobseekers with a disability will be able to access the support they need to find and keep sustainable and worthwhile employment.

An experienced Employment Consultant with a background in GLBTI community work can tailor a range of services each job seeker will need to meet their work goal. This can include assistance with:

- Career counselling
- Training options to fill skills gaps
- Job search techniques and preparation
- Preparing a professional resume
- Job interview practice and support
- Referrals to other agencies

- Coming out in the workplace (or choosing not to)
- Ongoing support to make the new job a success
- Disability and/or Sexuality Awareness Training for colleagues in the workplace

WorkingOUT can be accessed from an office in the Melbourne CBD or the Positive Living Centre. WorkingOUT can assist job seekers to join the program, or can organise a transfer from another DES provider if a job seekers is not satisfied with their services and would benefit from a more understanding approach. WorkingOUT is also available for GLBTI workers with a disability who feel that their job is in jeopardy and would like some support overcoming barriers or issues.

WorkingOUT

Check out
www.senswide.com.au for more information or to apply for service. Alternatively, call 03 9015 5155 to speak with someone directly, or TTY 9614 3070.

WorkingOUT is a Disability Employment Service. Potential clients must meet Centrelink eligibly criteria. Working out is a new initiative from SensWide Employment, a division of the Victorian Deaf Society.

WISE EMPLOYMENT SERVICE

Founded in Australia in 1992, WISE Employment is a not-for-profit community service organisation, with branches across Victoria, New South Wales, Tasmania and the Northern Territory.

ABOUT US

WISE Employment Service is an area wide, free service where individuals can access suitable and sustainable employment opportunities. Our program aims to assist people who may be living with a disability or one or more medical condition/s to re-enter the workforce and obtain employment that matches their skills and capabilities, as well as being mindful of personal circumstances and support needs. Our approach is strength based and focuses on individuals capabilities. No two people are the same and with that in mind, our tailored service creates employment opportunities through working closely with employers to promote the skills and attributes of our clients. Our consultants do 'Reverse Marketing', which means we attempt to obtain access to current vacancies before employers advertise. This allows individual advocacy to take place and ensures the job requirements match a person's skills set and needs. As part of this function, WISE also offers wage incentives to potential employers to assist participants in getting a foot in the door and helping them establish their career and a future employment pathway.

ABOUT YOU:

At WISE, we assist you with either full or part time employment, however to be eligible for our service you must be willing to work a minimum of 8 hours per week. You also need to attend Centrelink for a Job Capacity Assessment (JCA). For those that have heard of the JCA it can be common to see it as a daunting process. We will work with participants to answer all your questions and concerns regarding this process, can attend JCA appointments with you to advocate and ensure a fair, accurate assessment is completed, and that all the medical and personal circumstances are taken into account.

For further information or enquiry: Please contact the WISE Disability Employment Case Manager in Prahran on 9529 3688. As WISE Employment Service is an area wide service, they will be able to refer you to an office in your local area.

**Alternatively, feel free to visit the office:
Level 2/159 High Street
Prahran 3181
P: 9529 3688
WISE Employment Service offers a monthly outreach service at the PLC.**

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STRAIGHT ARROWS



**Men, Women, Children,
Partners, Families-
You are not alone.**

Straight Arrows is a not for profit organisation governed by and for heterosexual people living with HIV and is Victoria's lead agency for heterosexuality and HIV. We offer peer support, information, advocacy, health promotion and referrals for HIV positive heterosexual men, women, their partners and families. In recognition of our members' diverse needs, we provide a safe and comfortable environment that is completely confidential. SA can assist, facilitate, and/or advocate on your behalf. We provide regular lunches, dinners and outings.



**Visit our website
www.straightarrows.org.au
Suite 1,
111 Coventry Street
Southbank 3006 VIC**

**You can contact the
Straight Arrows office
on 9863 9414 for further
information.**



**PHOENIX
PHOENIX workshop for Gay
and Bisexual men newly
diagnosed with HIV**

This successful weekend workshop for people newly diagnosed with HIV is where you can get valuable information on HIV as well as hear others in a similar situation share their experiences with you.

We look at how HIV affects your immune system and what your CD4 and Viral load counts actually mean. We also look at the latest in treatment options. You'll have an opportunity to share with others your feelings and issues around your new HIV identity and what it means to you as well as explore strategies to deal with them. We discuss the issues around disclosure, sex and relationships. And much more!

To book or for more information contact: Vic Perri on 03 9863 8733, vperri@livingpositivevictoria.org.au

**June
Friday 13th, 7pm-9pm
Saturday 14th, 10am-5pm
Sunday 15th, 10am-5pm**

CONNECT LINE

The HIV & Sexual Health Connect Line is a Victorian information and referral service for those with questions or concerns about HIV

and other sexually transmissible infections (STIs).

The HIV and Sexual Health Connect Line is staffed by professional community and health promotion workers who have an understanding of the medical and social implications of HIV/AIDS and other sexually transmissible infections. Our staff offer information in a confidential and non-judgemental manner and provide referrals to appropriate treatment and support services.

**HAVE YOU JOINED THE ENUF
CAMPAIGN?**

Join your voice to the 1,200 already supporting the ENUF campaign and share your story of HIV stigma or resilience. Our collective voices are what will help mobilise a social movement to resist stigma within our communities. The ENUF campaign aims to encourage all people, regardless of their HIV status, to have the courage and skills to identify and refuse to tolerate the manifestations of stigma in our lives, here are some of the stories that have been shared already:



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**SOME
SEE A
HOPELESS
END,
WHILE
OTHERS
SEE AN
ENDLESS
HOPE.**

YOU'LL
HAVE AN
OPPORTUNITY
TO SHARE
WITH OTHERS
YOUR
FEELINGS
AND ISSUES
AROUND
YOUR NEW
HIV IDENTITY
AND WHAT
IT MEANS TO
YOU AS WELL
AS EXPLORE
STRATEGIES
TO DEAL WITH
THEM.



The key to living well with HIV
as you get older.

WeCanDo! aims to support
people to age well with HIV in
Victoria.

WeCanDo! is a free, state-wide
community service for all
Victorians.

Health coaching
Information about ageing
Services

www.wecando.org.au
✉ refer@wecando.org.au
☎ 1800 004 122

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WE CAN DO PROJECT

HIV experts at The Alfred hospital have launched a program for older Victorians with HIV. Although HIV has led to the death of many people at a young age, effective treatments now mean that people with HIV are living longer and the average age of people with HIV in Victoria will soon be over 50 years.

Director of Clinical Research at The Alfred and Monash University's Department of Infectious Diseases, Dr Julian Elliott said while advances in HIV treatment mean many people are living longer this brings new and emerging challenges. "With effective treatment now available people with HIV are living longer. Yet, despite the improvements in treatment and life expectancy, people with HIV are at higher risk for chronic diseases such as cancer, heart disease, stroke, dementia and liver and kidney disease".

Dr Karalyn McDonald, a Monash University research fellow, said "Older people with HIV are often socially isolated and have limited family or other people available to support them as they age. There is still significant discrimination in the community and this leads to significant mental and social difficulties for all people with HIV, but particularly for older people who may have greater needs and less capacity and resources." The new program responds to the growing needs of older people with HIV (40 years and older) by fostering positive experiences for people ageing with HIV and at the same time taking into consideration the burden of HIV-associated chronic diseases. The new program includes a health coaching services, a

health promotion campaign and an online resource, www.WeCanDo.org.au. Health coaches from The Alfred Hospital, the Victorian AIDS Council's Positive Living Centre and the Royal District Nursing Service will work with older people with HIV to build their own capacity to address issues that are impacting on their lives. The online resource will provide information on ageing with HIV and available services in order to assist people with HIV, their carers and health professionals find appropriate services and programs. The health promotion campaign will emphasise positive opportunities for people ageing with HIV, addressing the fear people often feel about what it is like to age with HIV.

"We know that people with chronic conditions, like HIV, achieve better outcomes when encouraged and supported to take greater control of the own care. Health coaching and the WeCanDo website aims to help people ageing with HIV take steps to achieve that.

"WE KNOW
THAT PEOPLE
WITH CHRONIC
CONDITIONS,
LIKE HIV,
ACHIEVE
BETTER
OUTCOMES
WHEN
ENCOURAGED
AND
SUPPORTED
TO TAKE
GREATER
CONTROL
OF THE OWN
CARE.

**For further information you
can contact the We Can
Do team on 1800 004 122,
email refer@wecando.org.au
or go to the website
www.wecando.org.au**

POSITIVE WOMEN VICTORIA



Positive Women Victoria (PWV) is the only community based organisation specifically funded to support women living with HIV in Australia.

PWV provides support, information and advocacy for women in Victoria living with HIV. For over twenty five years PWV has responded to the changing needs of women living with HIV, recognising the impact gender has on the way women experience HIV and addressing the specific needs and emerging issues that affect women and HIV in Victoria.

PWV was set up by and for women living with HIV. Positive Women Victoria is funded by the Victorian Department of Health to provide health promotion to women living with HIV.

NEWSLETTERS

Positive Women provide newsletters with support & health articles for women living with HIV. **If you would like to receive our newsletter, please contact the office on 9863 8747 or email info@positivewomen.org.au**

MEMBER DINNERS

Our dinners are open to all positive women and are held in a private room (at restaurants) so that women can talk openly. If you are interested in attending one

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of our member dinners, please contact us on 9863 8747 for more information.

AIDS 2014

The 20th International AIDS Conference (AIDS 2014) is being held in Melbourne, from 20 – 25th of July 2014. The conference represents a gathering for those working in the field of HIV, as well as policy makers, persons living with HIV and other individuals committed to ending the pandemic. It is a chance to assess where we are, evaluate recent scientific developments and lessons learnt, and collectively chart a course forward.

AIDS 2014 is expected to convene over 14,000 delegates from

nearly 200 countries, including 1,200 journalists. The International AIDS Society, the world's leading independent association of HIV professionals, with more than 16,000 members in 194 countries, is organizing AIDS 2014 in collaboration with international and local partners.

For more information go to www.aids2014.org

WHAT IS THE WOMEN'S NETWORKING ZONE?

The Women's Networking Zone (WNZ) runs parallel to AIDS 2014. The WNZ facilitates a global network of women to come together during the conference to share ideas, advocate, educate and network during the conference. The WNZ will also provide relevant

PWV PROVIDES SUPPORT, INFORMATION AND ADVOCACY FOR WOMEN IN VICTORIA LIVING WITH HIV.

information and events specifically for women attending AIDS 2014.

How is Melbourne preparing for the Women's Networking Zone?

The Melbourne planning group for Women's Networking Zone formed at the end of 2012. Over 30 women are involved, coming from a diversity of backgrounds and experience in the health, HIV and community sectors and/or are living with HIV. The planning group works in collaboration with regional and global partners to assist in the development of the Women's Program and the WNZ at AIDS 2014.

Positive Women Victoria is an active member of the planning group. The group will be responsible for managing volunteers, planning events, organising logistics and supporting women attend AIDS 2014 and be involved in the WNZ. The Melbourne planning group encourages Australian women to get involved.

To get involved with the Women's Networking Zone Contact Positive Women Victoria on (03) 9863 8747 or email us. Alternatively contact Straight Arrows on (03) 9863 415 or email them.

Location
Positive Women Victoria
Coventry House
Suite 1,
111 Coventry Street
Southbank VIC 3006
P: 9863 8747
www.positivewomen.org.au

COUNTRY AWARENESS NETWORK VICTORIA



The Country Awareness Network Victoria Inc. (CAN) is a community based, not for profit, non government membership organisation funded, in part, by the Department of Human Services Victoria (DHS). CAN provides information, education, support, referrals and advocacy to Victorian rural/regional communities regarding HIV/AIDS, Hepatitis C, other Blood Borne Viruses (BBVs) and Sexually Transmitted Infections (STIs).

CAN's Mission Statement
To foster appropriate, sensitive and accessible support, services, advocacy and resources in rural areas for people infected or affected by HIV/AIDS, Hepatitis C, other Blood Borne Viruses and Sexually Transmitted Infections.

The CAN Resource Centre is situated at 34 Myers Street in Bendigo.

**9am til 5pm
Monday to Friday
(except public holidays)**

**P: 03 5443 8355 or
P: 03 5443 2299
F: 03 5443 8198**

**PO Box 1149
Bendigo VIC 3552**

www.can.org.au

CATHOLIC AIDS MINISTRY



St Mary of the Cross Centre is open each Monday (except public holidays) from 11am for a cuppa, and lunch served at 12.30pm. For those inclined, there is the opportunity for quiet meditation/prayer with chant for 15 mins prior to lunch.

We are starting to get very excited about AIDS2014 and entering into the spirit and atmosphere of the conference. We hope to see many of YOU, our local friends at the global village and at planned events. We have put out an invitation to AIDS2014 conference delegates AND the corresponding Ecumenical Pre-Conference, to join us for lunch on Monday 21st July. We hope to have the opportunity to give them a taste of some local hospitality. Please join us! Come along and meet some new friends and perhaps meet some international people living with HIV and hear about their experiences in their home countries.

**Catholic HIV/AIDS
Ministry CatholicCare
Mary of the Cross Centre
23 Brunswick Street
Fitzroy 3065**

P: (03) 8417 1280

F: (03) 8417 1299

E: am23@ccam.org.au

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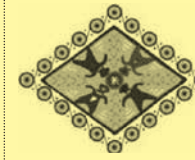
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HIV CALD SERVICE



The HIV CALD service continues to provide support to individuals living with HIV from culturally and linguistically diverse backgrounds. Many of these individuals are newly arrived and have experienced many challenges in the migration journey. But despite this, there have and continue to be many extraordinary outcomes in terms of improved health and participating in work and study.

Over the past 12 months, the HIV CALD Service with Monash University has undertaken the research project -

JOURNEY OF RESETTLEMENT FOR INDIVIDUALS LIVING WITH HIV

This research is now completed and has highlighted the issues for these individuals around using interpreters, accessing health care and stigma and discrimination in their own cultural communities.

Referrals to the HIV CALD Service can be made by contacting:

**Maureen Plain,
Coordinator, HIV CALD Service, Alfred Health**

P: 9076 3942

MULTICULTURAL HEALTH AND SUPPORT SERVICE



The Multicultural Health and Support Service (MHSS) is a free and confidential service for people from migrant and refugee backgrounds with issues relating to sexual health and viral hepatitis.

We can help by:

- answering any questions you may have on HIV, hepatitis and STI/
- going with you to get tested for infections
- helping you to access health services
- assisting you and your family to remain safe and healthy

Our bi-cultural community workers can talk to you over the phone or meet you in person. You can speak to a male or female worker, whichever you choose.

Contact us:

P: +61 3 9418 9929

F: +61 3 9421 4662

E: enquiries@ceh.org.au

**Visit our website for more information
www.ceh.org.au/mhss.aspx**

PEER SUPPORT PROGRAM AT THE PLC

Our Peer Support Groups (PSGs) provide a safe and supportive environment where key topics about living with HIV are explored. Whether you have been recently diagnosed, or living with HIV for a number of years, PSG can be a great way of meeting other gay men who share this common life experience.

The group meets for 8 weeks, discussing issues around HIV. Some of the topics of discussion include: 'relationships', 'sex', 'disclosure', 'living well with HIV', 'medications', and 'managing stress'. The main aim of the Peer Support Group is to empower men living with HIV.

- **10/09/2014**
6pm start for eight weeks and,
- **7/10/2014**
11am start for eight weeks

If you would like to be part of this group, contact the Peer Support & Health Promotion Officer at the PLC

P: 9863 0444

For more information go to <http://www.vac.org.au/plc-HIV-positive-peer-support>

USEFUL WEBSITES

LOCAL SITES

- www.afao.org.au
- www.ahag.org.au
- www.aidsinfonyet.org
- www.can.org.au
- www.communitylaw.org.au/stkilda
- www.hrvic.org.au
- www.hivaids.webcentral.com.au
- www.napwa.org.au
- www.northsideclinic.net.au
- www.livingpositivevictoria.org.au
- www.pozpersonals.com
- www.prahranmarketclinic.com
- www.projectmen.net
- www.pronto.org.au
- www.protection.org.au
- www.thedramadownunder.info
- www.thinkagain.com.au
- www.vac.org.au

OVERSEAS SITES

- www.aidsmap.com
- www.aidsmeds.com
- www.hivpositive.com
- www.i-base.info
- www.managinghiv.com
- www.medscape.com
- www.pozpersonals

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USEFUL NUMBERS

- Alfred Hospital 9076 2000
- **Alfred Hospital I.D. CLINIC** **9076 6081**
- Alfred Social Work Department 9076 3026
- **The ALSO Foundation** **9660 3900**
- Catholic AIDS Ministry - Contact Marg Hayes 8417 1280
- **Centre Clinic** **9525 5866**
- Centrelink (Employment services) 13 28 50
- **Centrelink (Disability, Sickness and Carers)** **13 27 17**
- Connect Line 1800 038 125
- **Country Awareness Network** **5443 8355**
- David Williams Fund - Contact Lynda 9863 0444
- **Dental Service "Dental Plus"** **9520 3177**
- Gay & Lesbian Switchboard 9663 2939
- **Green Room** **93416214**
- Harm Reduction Victoria 9329 1500
- Hepatitis Infoline 1800 703 003
- **Hepatitis Victoria** **9380 4644**
- HIV/HEP/STI Ed & Resource Centre (Alfred) 9076 6993
- **HIV / AIDS Legal Service (HALC)** **9863 0444**
- HIV+ Peer Support at the PLC - Contact Dimitri 9863 0444
- **Homeground Housing Service** **9537 7711**
- Housing Plus (previously AHAG) 9066 1401
- **In Home Support Program** **9863 0444**
- Lifeline 13 11 14
- **Melbourne Sexual Health Centre** **9341 6200**
- Metlink Info 13 16 38
- **Middle Park Clinic (South Melb. Family Practice)** **9284 3400**
- Monash Medical Centre 9594 6666
- **Multicultural Health & Support Service** **9342 9700**
- Northside Clinic 9485 7700
- **PEP Hotline** **1800 889 887**
- Living Positive Victoria 9863 8733
- **Police Gay & Lesbian Liaison Officer** **9247 6944**
- Positive Attitude Inc. 9471 0033
- **Positive Living Centre** **9863 0444**
- Positive Women Victoria 9863 8747
- **Prahran Market Clinic** **9514 0888**
- Royal District Nursing Service HIV Team 1300 334 455
- **Royal Melbourne Hospital / VIDS** **9324 7212**
- Straight Arrows 9863 9414
- **Tenants Union** **9416 2577**
- Turning Point Drug and Alcohol Service 8413 8413
- **Victorian AIDS Council** **9865 6700**
- Welfare Rights Unit 9416 1111



PROVIDING INTEGRATED AND COMPREHENSIVE SERVICES FOR ALL PEOPLE LIVING WITH HIV

A PROGRAM OF THE VICTORIAN AIDS COUNCIL