

A black and white photograph of a man sitting on a white bench. He is looking directly at the camera with a wide-eyed, surprised expression. His hands are pressed against his cheeks, framing his face. He is wearing a dark jacket over a light-colored shirt and light-colored jeans. He is barefoot. The background is a plain, light-colored wall.

# plc

**POSITIVE  
LIVING  
CENTRE**

**SPRING SUMMER  
NEWSLETTER  
OCTOBER 2014 TO  
JANUARY 2015**

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

*A PROGRAM OF THE VICTORIAN  
AIDS COUNCIL*



# POSITIVE LIVING CENTRE

51 Commercial Road  
South Yarra 3141

**P:** (03) 9863 0444

**F:** (03) 9820 3166

**W:** [www.vac.org.au](http://www.vac.org.au)

**E:** [plcfeedback@vac.org.au](mailto: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 November 4th

Melbourne Cup Day

## Christmas New Year

Centre closes 4.00pm on  
Wednesday December  
24th 2014

Centre opens 10.00am  
Tuesday January 6th  
2015

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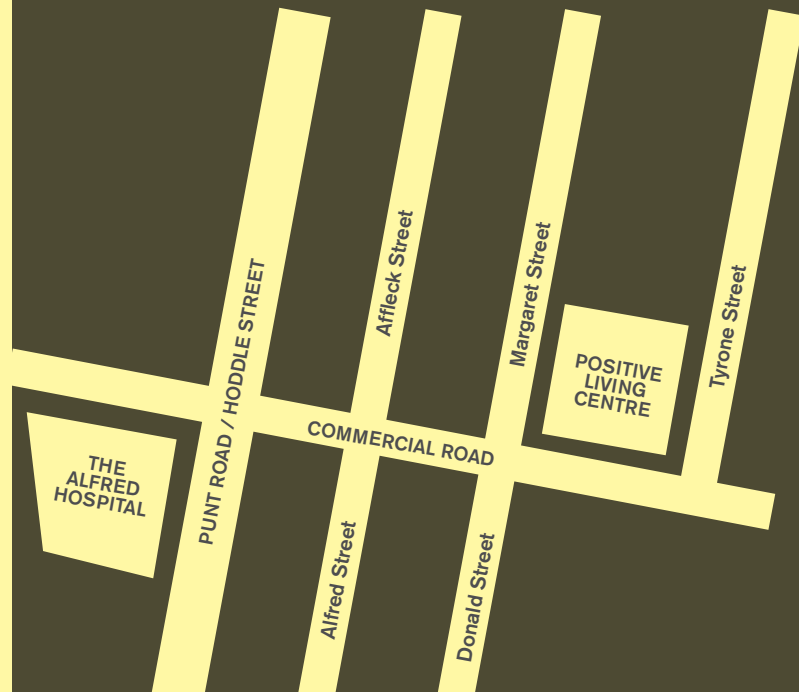
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# Welcome



WELCOME TO THE SPRING  
SUMMER EDITION OF THE POSITIVE  
LIVING CENTRE NEWSLETTER.

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**There is a lot to read and enjoy as well as a great deal of useful information in this edition. This is the final Newsletter for 2014 and before we know it the festive season will be upon us. The next Newsletter will be issued in February of next year.**

As in previous years, the last month of the year will comprise two major events at the PLC. World AIDS Day is December 1st and we will hold the Memorial Ceremony at the centre. Our Christmas Dinner is scheduled for Thursday December 18th. Promotional material for both events will be circulated as we draw closer to the time.

The end of the year for a lot of people is a time for celebrating with loved ones, family and friends and a time to relax; however, for some the reality is that the holiday season can bring on feelings of isolation or loneliness. Issues relating to financial problems, illness, relationships or loss can intensify stress associated with this time of year.

A holiday may also mark the anniversary of a loss, such as the first Christmas without a particular person. It is important for everyone to be aware of their feelings and to stay "safe" over the Christmas period. Look after yourselves and also keep an eye out on those around you who may need some extra support at this time. If this time of the year does present any difficulty for you or people you know, given that many services shut down over this period, these are some services that may be very useful:

**Lifeline**  
on 131114 (24-hours a day, 7 days a week). [www.lifeline.org.au](http://www.lifeline.org.au)

**Kids Help**  
line on 1800 55 1800 (24 hour telephone, web and email counselling service for 5 to 18 year olds) <http://www.kidshelp.com.au>

**Mensline**  
on 1300 789 978 or [www.menslineaus.org.au](http://www.menslineaus.org.au) is a 24-hour confidential telephone support, information and referral service for men with family and relationship problems, especially around family breakdown or separation.

**DirectLine**  
on 1800 888 236 provides 24-hour, 7-day counselling, information and referral on alcohol and drug-related matters.

**Beyondblue**  
infoline on 1300224636 provides callers with access to information and referral to relevant services for depression and anxiety related matters.

**Gay and Lesbian Switchboard**  
on 96632939 or 1800184527 provides counselling, referral and information to the GLBT community.

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

**Best Wishes, Alex Nikolovski**

# SENIOR HONOURED

David Menadue, of Balaclava, was honoured with a Council on the Ageing Senior Achiever Award during the 2014 Victorian Senior of the Year Awards ceremony at Government House today.

Mr Menadue was among 14 seniors recognised for their remarkable contribution and dedication to their local communities, with awards presented by Minister for Ageing David Davis. "David was nominated by Living Positive Victoria and the Victorian AIDS Council in recognition of his 30 year commitment to promoting the health and wellbeing of people living with HIV and AIDS in Victoria," Mr Davis said.

"In the year which Melbourne and Victoria hosted the International AIDS 2014 Conference it is fitting that David be awarded a COTA Senior Achiever Award.

"His enthusiastic attitude to life and ageing inspires both his peers and younger members of the community. His nominators describe him most aptly as a champion," Mr Southwick said. "David's work has been a key factor in ensuring that the community response to HIV in Victoria is recognised as one of the best in the world.

"His work to break down stigma and discrimination cannot be over stated – the impact this has had in improving treatment access, human rights and supported care services has been enormous," Mr Davis said.

Mr Davis said the awards honour the remarkable volunteer work of seniors, as well as those who enable seniors to live healthy lives and who help promote cultural diversity. "We celebrate their generosity, their hard work, their compassion and dedication in making a real difference to communities and people across Victoria," Mr Davis said. Mr Davis said the awards are an inspiring way to kick off the 2014 Victorian Seniors Festival, which is now in its 32nd year.

"The popular festival celebrates the contribution of older people to Victoria with more than 1,500 free or low cost events planned around the state during October," Mr Davis said. "We encourage as many older Victorians as possible to get out and about at festival time, and enjoy the rich array of cultural, social, learning and active living events.

"Once again, free metropolitan and regional public transport is available for all Victorian Seniors Card holders. For the period 5 – 12 October there are eight days of free metropolitan and town bus service travel. Victorian Seniors Card holders can also enjoy five days of free V/Line travel on the 7,8,9,11 and 12 October."

For more information on the 2014 Victorian Seniors Festival and for a full list of award recipients visit [www.seniorsonline.vic.gov.au](http://www.seniorsonline.vic.gov.au)

**Media contact: Ashley Gardiner**  
**0427 560 438 [ashley.gardiner@minstaff.vic.gov.au](mailto:ashley.gardiner@minstaff.vic.gov.au)**



UNLESS  
SOMEONE  
LIKE YOU  
CARES A  
WHOLE  
AWFUL LOT  
NOTHING  
IS GOING  
TO GET  
BETTER

DR. SEUSS

DAVID WAS  
NOMINATED  
BY LIVING  
POSITIVE  
VICTORIA AND  
THE VICTORIAN  
AIDS  
COUNCIL IN  
RECOGNITION  
OF HIS  
30 YEAR  
COMMITMENT  
TO PROMOTING  
THE HEALTH  
AND  
WELLBEING  
OF PEOPLE  
LIVING WITH  
HIV AND AIDS  
IN VICTORIA



Photo: KristalLeePhotography.com

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[ HIDING WASN'T FOR ME. I THOUGHT THE ONLY WAY TO COMBAT STIGMA OR PREVENT GOSSIP WAS TO TELL MY STORY FIRST. ]

"I'M STILL JOSH. YES, I'M LIVING WITH HIV, BUT I'M STILL THE EXACT SAME PERSON."

**That awareness is what led Josh, 30, to tell his family about his diagnosis within 24 hours of finding out he was HIV-positive. "The only way that my family would be OK would be for me to tell them face to face, for them to see me and touch me and look in my eyes and see that I'm still exactly the same person."**

The night Josh received word from his doctor that his flu-like symptoms had been the result of an HIV infection, Josh was home,

telling his family about his newly diagnosed immune disorder. The next day, he called the man who infected him to tell him of his diagnosis. "I figured he obviously didn't know, and I made the decision to contact him before the health department could. That was an interesting call, to say the least."

Josh has been HIV-positive for only a year, and he's not taking medicine yet. "I've made the decision in the past year that being undetectable [having an undetectable viral load] is less important to me than feeling

HIS BLOG ALLOWS JOSH TO TELL HIS STORY, SHARE HIS EXPERIENCE WITH OTHERS, AND CONNECT WITH PEOPLE LIKE HIM, SOMETHING HE HAD A HARD TIME WITH IN THE BEGINNING.

like my body is handling things at the moment," he says.

Once his family knew, Josh was determined to not keep his diagnosis a secret. "Hiding wasn't for me. I thought the only way to combat stigma or prevent gossip was to tell my story first. So I started a blog." His blog allows Josh to tell his story, share his experience with others, and connect with people like him, something he had a hard time with in the beginning. "I had never had one person tell me that they were HIV-positive before I was

diagnosed. I didn't know anybody, and I felt kind of lonely. Plus, I was scared, terrified even, for my health." Since launching his blog, he's had thousands of people reach out to him, almost 200 of them from his region of the country alone. "I'm not lonely at all now. It's a huge honor and very humbling that somebody would choose to share their story via an e-mail just because they felt some sort of connection because I made the decision to tell my story on my blog."

**Imstilljosh.com**

# WELCOME TO DELEGATES AT THE PLC



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AFTER DINNER WOMEN TOOK TIME OUT TO DO A BIT OF SPONTANEOUS DANCING AND OF COURSE LOTS MORE CHATTING ACCOMPANIED WITH FRIENDLY BANTER AND EASY LAUGHTER.

# WELCOME

### **On Saturday 19th July the Positive Living Centre hosted a Welcome Dinner for HIV positive Women attending 2014 World Aids Conference in Melbourne.**

Forty women from around the world took the opportunity to come together to share their experience of living with HIV. There is something very special and about a Women's only space. It fosters a very unique atmosphere which is quite hard to describe. Suffice to say women who had not met before were chatting and sharing their stories, old friends were reconnecting and the vibe was terrific. Add to this mix, music, soft lighting and the occasional

champagne and the party was on its way.

Susan Paxton from the Women's Networking Zone at the conference welcomed and introduced all the delegates and the each gave a brief rundown of their individual roles and expertise.

Eckersley Art Supplies donated posters and materials for all attendees to join together to come up with women specific messages. The women painted these onto banners to be displayed around the conference venue and take on the Mobilisation March.

Mac Cosmetics have a worldwide commitment to support people

WHEN THE MAC CONSULTANTS LEFT THE BUILDING THEY GOT A STANDING OVATION FROM ALL THE WOMEN.

living with HIV/AIDS and very generously offered their services to this event. Mac supplied their own special make up chairs and transformed our activities room into a stunning beauty parlour. Many women attending the dinner had never had the opportunity to experience having a 'makeover' before. Each woman was greeted with a gift from one of Macs fabulous cosmetic range and then sat back and were pampered and looked after by their own expert beauty consultant. Nearly all the women attending the dinner took advantage of the chance to be pampered. When the MAC consultants left the building they got a standing ovation from all the women.

Positive Living Centre's dining room was set up with flowers, candles on tables creating a very congenial space all ready for dinner to be served. All food and drinks were supplied by PLC and special thanks to Ram and all the volunteer kitchen staff who prepared the wonderful menu. Thanks also go to Lizzi, Deirdre, Johann and Heather.

After dinner women took time out to do a bit of spontaneous dancing and of course lots more chatting accompanied with friendly banter and easy laughter.

Everybody agreed it was a fabulous and joyful evening. A great start to the conference ahead.

# INTERNATIONAL COMMUNITY OF WOMEN LIVING WITH HIV



## NAIROBI, KENYA ICW WELCOMES THE NEW PERMANENT GLOBAL DIRECTOR

Nairobi, Kenya August 14, 2014- ICW is thrilled to announce that our new permanent Global Director is Rebecca Matheson from the Asian Pacific region. Ms. Matheson has been a long time ICW member and a leader at both the regional and global levels. She comes to ICW with a wealth of knowledge of senior management, organizational development and fundraising. She is a well versed advocate for the rights of women living with HIV and a devout feminist with over 19 years experience in community organizing in the women's movement.

"ICW will continue to strengthen under Rebecca Matheson's leadership. She is ICW through and through," said Teresa Otieno, ICW Global Chair. "We are excited to have her on board!"

Ms. Matheson will be relocating to Nairobi and will be based in the Global Office. From there she will be actively supporting and managing the physical and virtual office space.

"I envision an ICW that changes perception, fights criminalization laws, and provides resources in every corner of the world," said Rebecca Matheson, the incoming ICW Global Director. "ICW is a

community, we are a team, and we will make change together."

Ms. Matheson announced on the first staff meeting that she wanted to continue to work with Jessica Whitbread in the capacity of Partnership Building and Mobilization Manager. In this role Ms. Whitbread will be focusing on building meaningful relationships and doing consciousness raising with ICW members, partners, key populations and feminist networks.

ICW is very proud of the entire ICW network and wants to graciously thank all of our members and partners for being there to support us through out this transition. As we move forward we will count on your commitment to continuing to advocate against gender oppression and for the rights of women living with HIV all around the world. We are ICW!

**For media inquiries  
please contact: Arinolah  
Elizabeth Nite Ollomo,  
Communications Associate,  
icwglobalcommunications@  
gmail.com**

**Rebecca Matheson, Global  
Director, icwglobaldirector@  
gmail.com**

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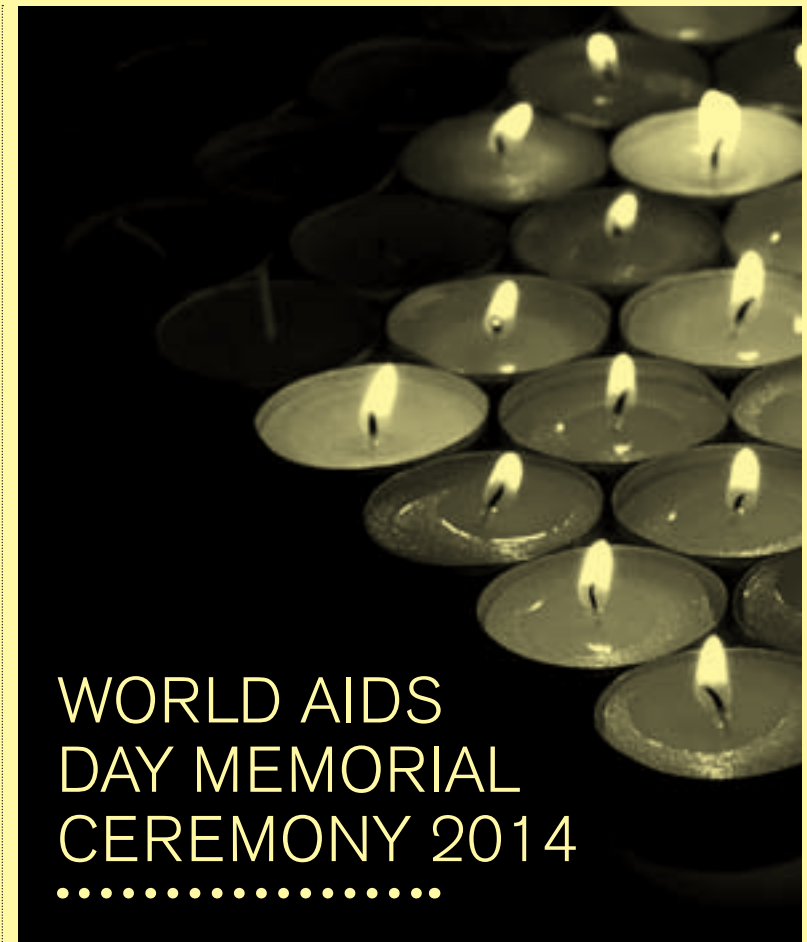


IN THIS  
ROLE MS.  
WHITBREAD  
WILL BE  
FOCUSING  
ON BUILDING  
MEANINGFUL  
RELATION-  
SHIPS AND  
DOING CON-  
SCIOUSNESS  
RAISING WITH  
ICW MEMBERS,  
PARTNERS, KEY  
POPULATIONS  
AND FEMINIST  
NETWORKS.

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## The Positive Living Centre will hold their annual World AIDS Day event on December 1st.

The event will include the World AIDS Day Remembrance Ceremony, where we remember all those we have loved and lost throughout the HIV/AIDS epidemic. There will be a display of Memorial Quilts, hung at the PLC throughout AIDS Awareness Week and various other presentations. There will be guest speakers and entertainment.

This event is open to all. Admission is free and bookings are not required. Refreshments are available. This is a collaborative effort undertaken by the VAC, Living Positive Victoria, the AIDS Memorial Quilt Project, the Catholic AIDS Ministry, Straight Arrows and Positive Women Victoria.

Please watch out for related advertising and promotion as we draw closer to the day.

**[www.facebook.com/  
WADVictoria](http://www.facebook.com/WADVictoria)**

# WOMEN'S DAY 2014

The Positive Living Centre  
Monday 17th November 2pm until 6pm

A scrumptious afternoon tea will be  
served from 2pm onwards

Treat yourself to a MAC Cosmetics make-over.  
(Consultations available between 3pm and 6pm)

Indulge yourself with a relaxing Massage

Child care will be available

This is a unique opportunity to just chill out, kick  
back and indulge yourselves in scintillating  
conversations in a safe and secure environment.  
Come and enjoy the experience!

**Ring PLC Reception on 9863 0444 to book  
your make-up and massage appointments.**



# SURVEY ON PUBLIC HOSPITAL PARKING

The Chronic Illness Alliance is currently holding a survey on the cost of parking at Melbourne's public hospitals for people travelling from rural Victoria. For our rural readers please refer to the link below. The survey is open until the end of October and the results will be used to publicise the difficulties rural people with chronic illnesses face in travelling to Melbourne's public hospitals due to all the costs.

[www.surveymonkey.com/s/N8VWN5L](http://www.surveymonkey.com/s/N8VWN5L)







# ART THERAPY WORKSHOP PLC

THE ART THERAPY GROUP IS FACILITATED BY  
DEIRDRE BYRNE TRANSPERSONAL ART THERAPIST

*'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.*

Here are comments from the participants:

- *'Changes and increase of own awareness'*
- *'Relaxation and letting go of outside world'*
- *'On a personal level inspired to explore more'*
- *'Definitely immersed in the processes'*
- *'Getting in touch with emotions and understanding, discovery of self'*
- *'The Processes I found very relaxing and surprising in terms of the processes guiding you not you guiding the processes.'*

#### 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)*

**Let art Heal You-workshop  
31st October till 28th November.**

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## 'LET ART HEAL YOU'

ART THERAPY  
OCTOBER 31ST TILL NOVEMBER 28TH  
FROM 11.30 TO 1.30



During the 4 weeks we will be sharing experiences and processes using variety of art mediums. Including, Paint, Crayons, Clay and an external installation in the park. See Reception for bookings.

**NO ART EXPERIENCE NECESSARY !!**

THE AIM OF  
ART THERAPY  
IS A GENTLE  
CREATIVE  
WAY TO  
ASSIST WITH  
EMOTIONAL  
CONFUSION,  
STRESS AND  
ANXIETY:

# DIET AND EXERCISE

EATING WELL IS SOMETHING YOU CAN DO TO HELP MAINTAIN GOOD HEALTH. RESEARCH HAS SHOWN THAT GOOD NUTRITION HAS A POSITIVE EFFECT ON THE IMMUNE SYSTEMS OF ALL PEOPLE.

People living with HIV can get early heart disease and other diseases such as diabetes. Maintaining a healthy weight for your height is important to prevent illnesses such as these. A good way to do this is to eat a well-balanced diet low in saturated fats (e.g. animal fats, coconut and palm oil) and do 30–60 minutes of exercise (such as walking, swimming or cycling) each day. It is also good to eat more unsaturated fats, mainly plant based oils (e.g. olive oil, peanut oil, sunflower oil) and fish.

A general multivitamin may be helpful if you are not having a well-balanced diet, but it cannot replace eating well.

HIV can affect the way your body makes use of the food you eat and places an increased demand on the body to provide nutrients and energy. It can cause malabsorption of food, or diarrhea which also affects food absorption leading to weight loss. Weight loss can be minimised by having a well-balanced diet, eating small frequent meals throughout the day, or using nutritional supplements or prepared food drinks when needed.

You can also reduce some of the side effects of HIV treatments through the types and timing of foods that you eat. You should

check with your doctor before commencing any complementary therapies however, as they can interact with your HIV treatments.

Personal nutritional counselling with dietitians and doctors who have expertise in nutrition and HIV can help you get the most out of your diet. Getting some exercise will put you in a better position to respond both physically and emotionally to HIV/AIDS.

A high level of muscle mass can increase the body's resistance to infections, and improve recovery from them. It also helps the body tolerate HIV medical treatments better. Regular exercise such as walking, swimming, hydrotherapy, light aerobics and light weightlifting can help maintain muscle tissue. Along with diet, exercise can also be useful to help manage some of the side effects you might experience from your HIV treatments, such as changed body shape or weight gain.

You can also get some advice from a physiotherapist. In some cities there are gyms which offer special exercise programs for people with HIV. If there isn't a specialised service in your area, try to get some regular exercise that doesn't put too much strain on your system - walking, swimming, cycling or doing light weights are good for this.

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A LITTLE EXERCISE EVERY DAY IS BETTER THAN A BURST OF ENTHUSIASM FOLLOWED BY THREE WEEKS ON THE COUCH

MAINTAINING BODY WEIGHT, IN PARTICULAR MUSCLE TISSUE, CAN HELP PREVENT DAMAGE TO THE IMMUNE SYSTEM AND HELP SLOW DISEASE PROGRESSION

AUSTRALIAN  
PREMIERE  
OF A NEW  
DOCUMENTARY  
ABOUT  
AMERICAN  
GENDER  
ACTIVIST  
KATE  
BORNSTEIN

# TRANSGENDER FILM NIGHT



**More than 50 people came to the Positive Living Centre on Wednesday, October 1, to see the Australian premiere of a new documentary about American gender activist Kate Bornstein.**

The screening of Kate Bornstein is a *Queer and Pleasant Danger*, presented by VAC and Transgender Victoria, was the fourth in a series of film nights at PLC exploring gender issues. Audience

members were very moved by Kate's powerful message about everyone's right to do whatever is necessary to make their life better.

The new high-definition projection system in the PLC activities room will make it practical to screen films more regularly in future. If you would like to go on the email list to hear about future screenings, please leave your email address at PLC reception or call VAC Community Support on 9863 0426



## FOOD FOR THOUGHT

### Recently, the Positive Living Centre sponsored Health Promotion Masters student Amie Milkins to conduct her research project “Food for Thought”.

This project aimed to increase the nutritional knowledge of PLC clients that participated. For this project, three 90-minute workshops were conducted with a focus on being informative, interactive and educational.

Participants completed questionnaires before and after the workshop sessions, to assess how if any learning occurred. The total number of participants was seven, and four of these attended all three workshops. Results were encouraging yet mixed amongst participants.

70% of participants were able to identify that access to nutritious

food on a budget is achievable post workshop, whereas prior this was not seen as possible. All participants demonstrated improvements in identifying food safety methods, food preparation, and correct methods of storage for cooked food to enhance immunity.

Only 60% of participants reported they were eating the desired intake of 5 vegetables per day, which allows for further investigation into the contributing factors. All participants were able to interpret a nutritional panel on food packaging post workshop, however several indicated that they would not use the nutrition panel on food packaging.

Overall, results for the project were successful. It is concluded that longitudinal studies are needed to determine the long-term effects that this project may have on the nutritional status of participants.

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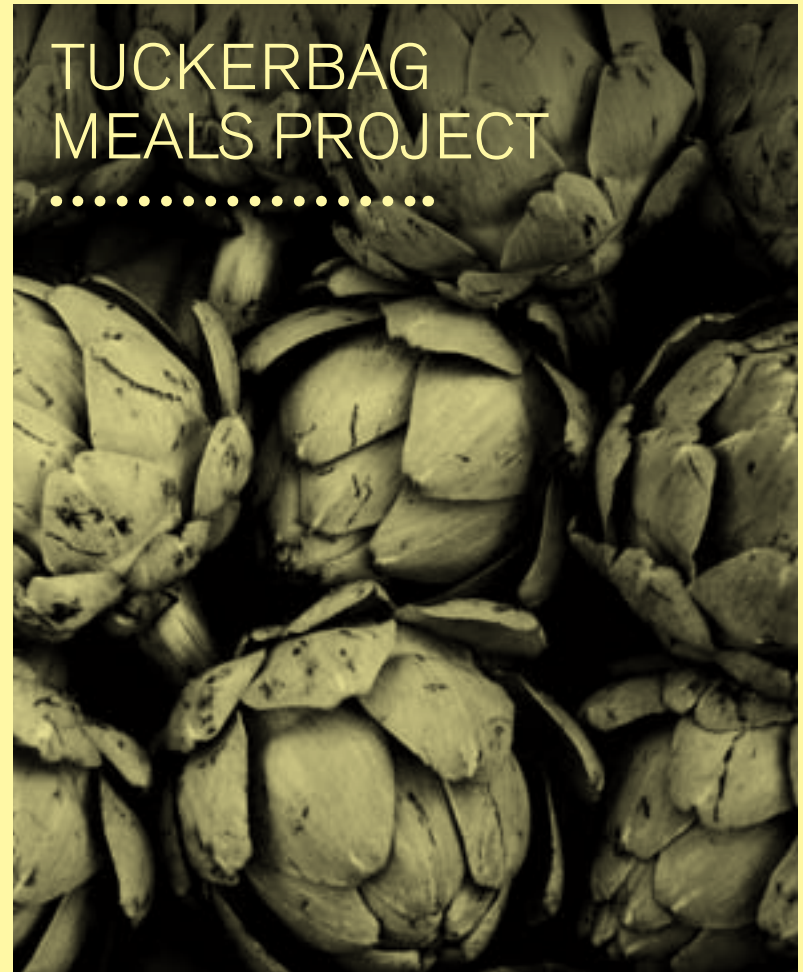
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## TUCKERBAG MEALS PROJECT

### The Tuckerbag Meals nutrition project will start its next round of food deliveries early next year and new clients are now being assessed for the project.

Tuckerbag Meals is a joint venture between VAC Community Support and the Royal District Nursing Service. It aims to improve the nutrition of isolated people living with HIV by providing recipes and ingredients to encourage healthy home cooking. There will be six

fortnightly deliveries over three months.

Tuckerbag clients choose from a list of recipes and the ingredients are delivered by a volunteer driver. The deliveries also include fresh fruit, vegetables, eggs and many grocery items.

Referral to the Tuckerbag Meals project involves an assessment by an RDNS nurse. To find out more, call Community Support on 9863 0421.

# 70%

OF PARTICIPANTS WERE ABLE TO IDENTIFY THAT ACCESS TO NUTRITIOUS FOOD ON A BUDGET IS ACHIEVABLE

# 60%

OF PARTICIPANTS REPORTED THEY WERE EATING THE DESIRED INTAKE OF 5 VEGETABLES PER DAY

# HOW TO BECOME RESILIENT TO STRESS



## STRESS - A MODERN EPIDEMIC

Our modern lifestyles may be contributing to many health complaints commonly seen today. Many of us experience some form of stress; 9 out of 10 Australians report being stressed and 41% of people feel they experience unhealthy levels of stress. Stress and the body's response to it can affect people in different ways. Small amounts of stress that are easily resolved can help to keep us motivated and achieve our goals. The difference with long term or chronic stress is that it can affect the whole body in a negative way.

## LOOKING FOR THE 'OFF' BUTTON

Stress can affect each of us differently. Perhaps you are suffering from anxiety, feeling worried, depressed or irritable; even feeling exhausted and overwhelmed can indicate you are under stress. As well as affecting your ability to cope, stress may also be causing

a disruption to your health. When under stress for a length of time, you may be more susceptible to tension headaches, high blood pressure, frequent colds and flus, digestive disorders or a worsening of an existing condition. So you can see, there are many reasons why it is so important to manage your stress now, before it starts impacting your health and wellbeing.

## HOW RESILIENCE BEGINS

Some people seem to deal with stress better than others. That doesn't mean that the rest of us need to continue suffering. The ability to increase your resilience to stress is something that can be learned and helped with key supplements, combining specific ingredients to support your body's individual stress response system.

## DIS-STRESSED TO DE-STRESSED

Go from 'dis-stressed' to 'de-stressed' with the help of herbs and nutrients:

- **Rhodiola** and **withania** are 'adaptogen' herbs which enhance the body's resilience to stress. Rhodiola has been shown to reduce both physical and mental fatigue during times of stress. Withania can reduce the stress hormone cortisol via its effect on the adrenal glands, thereby having a protective effect in chronic stress.
- The herbs, **passionflower**, **zizyphus** and **magnolia** have

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SOME PEOPLE SEEM TO DEAL WITH STRESS BETTER THAN OTHERS. THAT DOESN'T MEAN THAT THE REST OF US NEED TO CONTINUE SUFFERING.

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been traditionally used in Western medicine for reducing stress, anxiety, insomnia and nervous tension.

- **St John's wort** is well-known for supporting healthy mood and protecting against the effects of stress.
- **Magnesium, glutamine** and **B vitamins** are used in abundance during times of stress, when the body's requirement for these key nutrients is increased. Magnesium assists in muscle relaxation and calms the nervous system.

Your Practitioner can recommend specific supplements tailored to suit your individual stress-related symptoms and concerns, to help you feel on top of your game.

## LIFESTYLE TIPS TO HELP MANAGE STRESS

Managing your stress is essential for long term health and vitality. With the support of your Practitioner, a variety of stress relief techniques can be introduced, in conjunction with a healthy eating plan to help you stress less. These may include:

1. Exercise: Daily movement is essential for brain health. Aerobic exercise including running, swimming or walking is proven to decrease stress hormones.
2. Enjoy the benefits of spending some time in the sun. Being in nature for 30 minutes per day can help reduce stress hormones and assist recovery after a stressful situation.
3. Meditation and/or yoga can help to increase relaxation whilst benefiting not just the mind, but

also the body. Learning to unwind is important for reducing stress.

4. Favourite pastime: create time for YOU! Do something that you love, like listening to music, enjoying a candle lit bath, watching a movie, or starting a creative project – these fun activities can help you become more tolerant of everyday stress.
5. Get creative and express yourself in as many different ways as feels good; singing, dancing, and art projects are but a few ways to do this.
6. Eat seasonally, fresh and organic as much as possible. Include protein at every meal with a variety of fruit and vegetables.
7. Include good fats such as omega 3s from fish, nuts and seeds, and olive oil to help with brain health and mood regulation.
8. Drink plenty of water, a minimum of eight glasses per day and avoid excessive alcohol, caffeine, sugar and salt.

## STRESS LESS FOR GOOD HEALTH

Our modern lifestyle is inescapable. The stress of it however, is manageable. You can become more resilient to the symptoms and long term effects of stress through the aid of individualised lifestyle and dietary changes, together with key natural medicines as recommended by your Practitioner. Supporting a healthy stress response will allow you to feel more energised, resilient and ready to tackle life, so you can maintain the state of health and wellness that you deserve.

PERHAPS YOU ARE SUFFERING FROM ANXIETY, FEELING WORRIED, DEPRESSED OR IRRITABLE; EVEN FEELING EXHAUSTED AND OVERWHELMED CAN INDICATE YOU ARE UNDER STRESS.

# 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!

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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.

# ACTIVITIES AT THE PLC



## NATUROPATHY

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 – 8pm**

## 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.

## 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.**

# '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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# 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.

**If you would like to be part of this group, contact the Peer Support & Health Promotion Officer at the PLC (9863 0444).**

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

IF YOU  
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PEOPLE  
YOU HAVE  
NO TIME  
TO LOVE  
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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)

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**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](mailto: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](mailto:st_kilda_vic@clc.net.au)**  
**OR Victoria Legal Aid**  
**1300 792 387**  
**[www.legalaid.vic.gov.au](http://www.legalaid.vic.gov.au)**

# 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/ Augury/ 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 life spans and improved social

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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.

## DAVID WILLIAMS FUND CHANGES

The David Williams fund has new authority forms for your Centrelink income statements, (which are required for applications that you make) so you don't have to go in and get them yourselves from Centrelink. If you want us to get your Centrelink income statements, we will need you to sign and fill in our new forms. If you've signed one of the forms in the past, we no longer can use these anymore due to new privacy regulations with Centrelink. Centrelink require us to comply with

their privacy laws, hence the wording has changed. Once signed, we'll keep that copy for verification but remember, you have the right to stop this at any time!

## DAVID WILLIAMS FUND NEWS

As Christmas is fast approaching and the cost of living continues to increase the DWF is making available an additional one-off \$30.00 festive season voucher (along with the December voucher, which is a total of \$60) for all clients of the David Williams Fund that are eligible. To be eligible you must be receiving an income from a Social Security Benefit of some sort and not have more than \$5000 in any account.

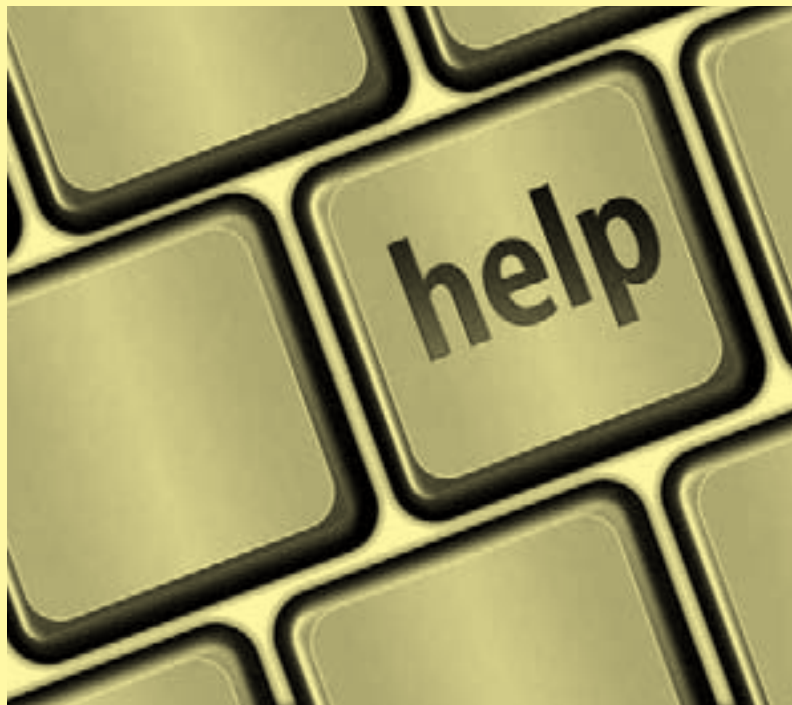
Please Note: Being a member of the PLC doesn't mean you are a member of the DWF. If you want to be a member of the DWF, you must fill in the DWF registration papers, provide verification of your HIV status by providing an original signed letter from your doctor, a 'Centrelink Income Statement' and a copy of your Health Care Card. Should you have any difficulties filling the forms out, please make an appointment with the David Williams Fund by calling reception on 9863 0444.

Letters will be sent to you if you are a member in early October, so please make sure we have your correct address. If you have not received a letter in the post, please ask reception for the Festive season forms.

All forms need to be checked before placing in the festive season food voucher box at the PLC by a staff member.



# VAC COUNSELLING SERVICES



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 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

IT CAN HELP YOU DEVELOP GREATER SELF-ACCEPTANCE, PERSONAL INSIGHT, AND MAKE POSITIVE LIFE CHANGES AND DECISIONS.

BE PROACTIVE. GETTING COUNSELLING BEFORE YOU GET INTO A CRISIS CAN SOMETIMES PREVENT IT FROM HAPPENING OR REDUCE ITS EFFECTS.

- 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).**

## IN THE LOOP

In the Loop is a free one and a half day workshop for partners, friends, family and anyone who plays a significant role in the life of someone living with HIV (PLHIV).

It is recognised that people who look after or who are close to a

PLHIV may often feel silenced by the virus and this can make it harder for them to access support for themselves. This therapeutic workshop aims to provide information about the support available in the community and to explore ways that participants may look after themselves effectively. It also aims to decrease the sense of isolation some may experience through stigma, discrimination and secrecy.

If you are someone who is in the Loop with a person living with HIV, this may be the group for you.

**For more information please contact the Health Promotion Officer at Living Positive Victoria on: 9863 8744**

This group is a joint project being run by Living Positive Victoria and the Victorian AIDS Council.

## PRE-HAART GROUP

The next pre-HAART group will be starting on 24th October.

This is a closed, therapeutic group for men diagnosed with HIV before the advent of combined antiretroviral medications. It will be run on a Friday at the Positive Living Centre between 2-4pm.

It will provide a safe and confidential space for participants to share their experiences of living with HIV and to discuss how their lives have been shaped by the virus.

**For more information please contact Judith Gorst or Kieran O'Loughlin at the VAC on 9865 6700.**

# PRECON-CEIVED NOTIONS ARE THE LOCKS ON THE DOOR TO WISDOM

MERRY BROWNE

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# VAC HEALTH PROMOTION SERVICES

PEER EDUCATION PROGRAM

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### 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.vac.org.au/young-and-gay](http://www.vac.org.au/young-and-gay) or call 9865 6700.

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### 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.vac.org.au/momentum](http://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.vac.org.au/relationships](http://www.vac.org.au/relationships) or call 9865 6700.

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### 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](http://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.vac.org.au/talk-asian](http://www.vac.org.au/talk-asian) or call 9865 6700.

NOBODY  
CAN DO  
EVERY-  
THING,  
BUT  
EVERY-  
ONE  
CAN DO  
SOME-  
THING

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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](http://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.

## OTHER SERVICES

## 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](http://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](http://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](http://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.**

# WHEN IN DOUBT, WEAR RED

BILL BLASS

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THE MELBOURNE SEXUAL HEALTH CENTRE IS VICTORIA'S LEADING CLINIC FOR THE TESTING AND TREATMENT OF SEXUALLY TRANSMISSIBLE INFECTIONS. THE DOCTORS AND NURSES AT MELBOURNE

Sexual Health Centre (MSHC) are experienced specialists in all aspects of sexual health, so clients visiting MSHC can be assured of high quality professional and non-judgmental care. Melbourne Sexual Health Centre also provides support to community based health professionals via online resources and on-site education and training opportunities.

**580 Swanston Street,  
Carlton Victoria 3053**

**Tel: 9341 6200 Free call:  
1800 032 017 (Toll free  
from outside Melbourne  
metropolitan  
area only)**

**TTY: 9347 8619 (Telephone  
for the hearing impaired)  
Fax: 9341 6279**

**[www.mshc.org.au](http://www.mshc.org.au)**

### THE GREEN ROOM

The Green Room provides specialist HIV care for people living with HIV. The team specializes in HIV and comprises doctors, nurses, counselors, pharmacists, a dietician, research nurses and psychiatry. Referrals can be made for social work, support work and other community based workers.

Appointments are necessary and doctors are available from Monday to Thursday. It is ideal that you also have a GP for assistance with general health care and non HIV related conditions. Referral to The Green Room is not necessary. To discuss your HIV health care site options call 93416214.

**The Green Room is located  
at the Melbourne Sexual  
Health Centre at 580  
Swanston Street Carlton**

**Ph: 9341 6214.**



## **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@livingpositive  
victoria.org.au**

### **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 2000 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.  
**www.enuf.org.au**



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# PHOENIX

WORKSHOPS FOR PEOPLE WHO HAVE RECENTLY  
BEEN DIAGNOSED HIV-POSITIVE



Take the first step to living well with HIV.

To find out more email  
[info@livingpositivevictoria.org.au](mailto:info@livingpositivevictoria.org.au)  
or call 03 9863 8733.



[livingpositivevictoria.org.au](http://livingpositivevictoria.org.au)





IN THE LOOP

**In the Loop supporting the people who care for people living with HIV. For immediate release – Thursday, 25 September 2014**

In the Loop is a free workshop for carers, partners, friends and families of people living with HIV (PLHIV) run by Living Positive Victoria in conjunction with the Victorian AIDS Council (VAC).

“In the Loop was literally a life-

saver for our family. It was the turning point in the way we were caring for Will [my brother] when he was ill. Our understanding of HIV increased dramatically and the group was run in such a way that everyone could ask the ‘silly’ questions and get the information and help they were looking for. After it was done, I felt such a profound sense of connection to the other people in the group” says Helen Justice, a previous workshop participant and group facilitator.

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For carers, partners, friends and families of PLHIV having avenues to access the right information and a good support network is vital for living well as someone affected by HIV.

Skilled facilitators and counsellors from Living Positive Victoria and VAC, will lead the workshop which aims to provide information about support services available in the community and explores the challenges and concerns that carers experience and how they might overcome these.

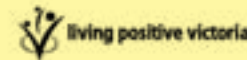
“HIV can be just as scary for those close to someone living with HIV as the person diagnosed. People living with HIV, especially those who have lived with it for a while, most

probably have experienced periods of illness. Regardless if you’ve been caring for someone for a long time or someone you love has just disclosed to you, this is a safe and caring environment for everyone”, says Brent Allan, Executive Officer, Living Positive Victoria.

The workshop was last run twelve months ago and has recently been refreshed and will be run twice a year.

**For more information contact Dimtiri on 03 9863 8733.**

**For media enquiry please contact Daniel Brace, Communications Coordinator, Living Positive Victoria 0412 8006 034**



For more information about In the Loop contact Living Positive Victoria:

TELEPHONE: 9863 8733  
EMAIL: [intheloop@livingpositivevictoria.org.au](mailto:intheloop@livingpositivevictoria.org.au)  
[livingpositivevictoria.org.au/programs/in-the-loop](http://livingpositivevictoria.org.au/programs/in-the-loop)

# 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.

## SAVE THE DATES

Annual PWV Retreat

November Friday 21st  
until Sunday 23rd November

World AIDS Day Brunch  
Monday 1st December

PWV Christmas Event  
Thursday 18th December  
All venues and timings to be confirmed.

**Positive Women Victoria  
Coventry House  
Suite 1,  
111 Coventry Street  
Southbank VIC 3006**

**Tel: 9863 8747**

**[www.positivewomen.org.au](http://www.positivewomen.org.au)**

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# HIV CALD SERVICE



**The HIV CALD service welcomes referrals for individuals living with HIV from culturally and linguistically diverse backgrounds. These individuals may have travelled to Australia as a refugee, asylum seekers, an international student or as a partner or family member.**

Bi lingual co workers provide support to these individuals to engage with health services and address other issues such as resettlement that may impact on health and wellbeing.

The HIV CALD Service is an important part of the HIV sector in Victoria with over 100 individuals from 26 diverse cultural backgrounds having or continuing to be supported by the program since its instigation in 2004.

The research project 'Journey of resettlement for individuals living

with HIV' has been completed. While it is highlighted the many challenges experienced by the participants in their resettlement and living with HIV, it also emphasised the resilience of participants many of whom had experienced conflict, extended periods of displacement and persecution prior to arriving in Australia.

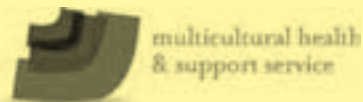
The HIV CALD service will be closed between the Christmas and the New Year period.

**Referrals to the HIV CALD Service can be made by contacting -**

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

**Ph: 9076 3942 or  
multiculturalservice  
@alfred.org.au**

## 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](mailto:enquiries@ceh.org.au)**

**Visit our website for more information**  
**[www.ceh.org.au/mhss.aspx](http://www.ceh.org.au/mhss.aspx)**

## 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](http://www.can.org.au)**

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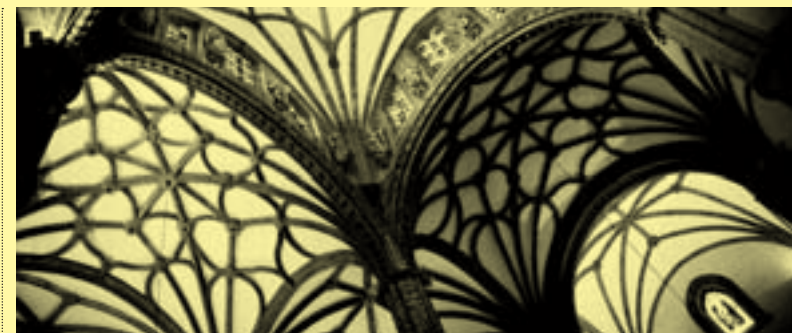
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## CATHOLIC AIDS MINISTRY



### MONDAY LUNCH CONTINUES

Arrive after 11am for 12.30pm lunch. Delicious, nutritious and generous servings by Colleen. Except public holidays.

### Nov 4th 12 - 4pm "Cup day in the Car park"

Watch the famous race, enjoy a BBQ lunch and enter the sweep to win loose change! Feel free (but not obliged) to arrive in your best frock, suit, hat or fascinator.

### Nov 12th 4.30pm Mass and 5pm reflection/fishbowl/info sharing on AIDS2014

November is traditionally the time that Catholics gather to pray for those who have died.

This evening will begin with Mass to remember our loved ones who have passed away. We will combine this with an opportunity to share information and our experiences of AIDS2014. Come along and hear about the conference that was AIDS2014 from those who attended. Also we'd love to hear your own reflections, impressions and the

things you learnt at the conference.

All of this will include a BBQ tea. Please let us know by phone or email if you plan to come.

### CAROLS IN THE CARPARK

Dec 21, 5 – 8pm  
Celebrate Christmas with us - singing solo is optional!

**To let us know you are coming please contact us on 8417 1280 or [am23@ccam.org.au](mailto:am23@ccam.org.au)**

**15th Dec will be our last Monday lunch for 2014, resuming for 2015 on Feb 2.**

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

**Ph. (03) 8417 1280  
Fax (03) 8417 1299  
E [am23@ccam.org.au](mailto:am23@ccam.org.au)**

## USEFUL WEBSITES



### LOCAL SITES

- [www.afao.org.au](http://www.afao.org.au)
- [www.ahag.org.au](http://www.ahag.org.au)
- [www.aidsinfonet.org](http://www.aidsinfonet.org)
- [www.can.org.au](http://www.can.org.au)
- [www.communitylaw.org.au/stkilda](http://www.communitylaw.org.au/stkilda)
- [www.hrvic.org.au](http://www.hrvic.org.au)
- [www.hivaids.webcentral.com.au](http://www.hivaids.webcentral.com.au)
- [www.napwa.org.au](http://www.napwa.org.au)
- [www.northsideclinic.net.au](http://www.northsideclinic.net.au)
- [www.livingpositivevictoria.org.au](http://www.livingpositivevictoria.org.au)
- [www.pozpersonals.com](http://www.pozpersonals.com)
- [www.prahranmarketclinic.com](http://www.prahranmarketclinic.com)
- [www.projectmen.net](http://www.projectmen.net)

- [www.pronto.org.au](http://www.pronto.org.au)
- [www.protection.org.au](http://www.protection.org.au)
- [www.thedramadownunder.info](http://www.thedramadownunder.info)
- [www.thinkagain.com.au](http://www.thinkagain.com.au)
- [www.vac.org.au](http://www.vac.org.au)

### OVERSEAS SITES

- [www.aidsmap.com](http://www.aidsmap.com)
- [www.aidsmeds.com](http://www.aidsmeds.com)
- [www.hivpositive.com](http://www.hivpositive.com)
- [www.i-base.info](http://www.i-base.info)
- [www.managinghiv.com](http://www.managinghiv.com)
- [www.medscape.com](http://www.medscape.com)
- [www.pozpersonals](http://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