



plc

**POSITIVE
LIVING
CENTRE**

**AUTUMN WINTER
NEWSLETTER
APRIL TO JUNE 2015**

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

**A PROGRAM OF THE
VICTORIAN AIDS COUNCIL**

VAC 

POSITIVE LIVING CENTRE

51 Commercial Road
South Yarra 3141

P: (03) 9863 0444

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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 Easter

April 3rd Good Friday

April 7th Easter Tuesday

page 2

Victorian AIDS Council

page 3

AUTUMN

WINTER

March to June 2015

INSIDE THIS ISSUE

NEWS AND FEATURES

- 4 Welcome
- 6 Undetectable – what does this mean?
- 9 Indigenous Worker VAC
- 10 Alfred advisory Group report
- 12 World AIDS Day 2014
- 14 Dating with HIV
- 15 Art Therapy
- 16 Cold and Flu protection this winter
- 17 Sunday Lunch promotion

PLC SERVICES

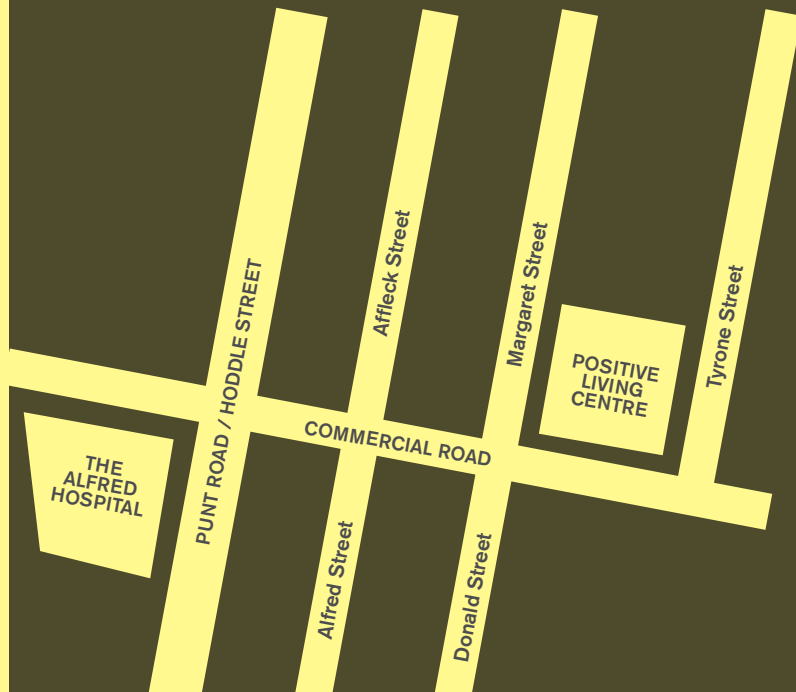
- 19 Nutritional Services
- 20 Recipes
- 21 PLC Activities
- 22 Yoga
- 23 GROW Group at the PLC
- 24 HIV+ Peer Support Program
- 25 Needle and Syringe Program
- 27 HIV / AIDS Legal Centre (HALC)
- 28 David Williams Fund
- 29 David Williams Fund changes

VAC SERVICES

- 32 VAC Counselling Services
- 33 VAC Alcohol and Drug Services
- 34 Meth Advert
- 35 Going Under AOD Advert
- 36 Rewired advert
- 37 VAC Health Promotion Services
- 38 VAC on Joy 94.9
- 39 Centre Clinic

OTHER SERVICES

- 42 Telephone Counselling
- 42 Groups for positive people
- 43 Working Out
- 44 Wise Employment
- 45 Straight Arrows
- 47 Melbourne Sexual Health Centre
- 48 Living Positive Victoria
- 49 Living Positive Victoria phoenix ad
- 50 Positive Women
- 51 Country Awareness Network
- 51 Multicultural Health & Support Service
- 52 Catholic AIDS Ministry
- 52 HIV CALD Service
- 53 Useful Websites / numbers



Welcome



Welcome to the Autumn Winter edition of the Positive Living Centre Newsletter. 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 sector in general.

It's been a few months since World AIDS Day when we held the Memorial Ceremony at the Positive Living Centre. This remains an important event within our community. The heart of the event was led by Marg Hayes. As in previous years this was an incredibly inspirational and poignant service fashioned to be responsive to the needs of those gathered

in the beautiful main hall of the Positive Living Centre. An atmosphere was created that sensitively and thoughtfully allowed everyone involved to commemorate those loved ones lost in the past year, as their names inscribed on the Memorial Shards were acknowledged, in a respectful and compassionate way

Other events of note are the very successful Client Christmas Party in December and the organisation's involvement in Midsumma and the Pride March during January and February.

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



NEVER,
NEVER,
NEVER
GIVE UP

WINSTON CHURCHILL

Undetectable – What does it really mean?

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NEWS & FEATURES

page 6

Victorian AIDS Council



NEWS & FEATURES

page 7

AUTUMN

WINTER

April to June 2015

ZERO

In the last few years there has been significant debate about having an undetectable viral load and what that really means in HIV transmission. Globally, medical professionals have stated that having an undetectable viral load makes HIV transmission virtually impossible. This idea has been met with disdain from both people within and external to our community.

In 2008, the Swiss National AIDS Commission issued a statement aimed at clinicians in Switzerland, and has since become known as the 'Swiss statement'. It stated, "An HIV-infected person on

antiretroviral therapy with completely suppressed viraemia ("effective ART") is not sexually infectious, i.e. cannot transmit HIV through sexual contact." This statement was met with enormous skepticism about the impact on HIV transmission with gay and bisexual men as the Swiss Statement was based on the findings from a heterosexual study.

But, reported last year at the Conference on Retroviruses and Opportunistic Infections (CROI) held in Boston USA, gay men who are on treatment who have an undetectable viral load represent a virtually zero risk of transmitting the virus. The two year study finally examined the efficacy of

THE PARTNER STUDY PROVIDES THE EVIDENCE THAT TREATMENT AS PREVENTION IS INCREDIBLY EFFECTIVE WHEN IT COMES TO HIV TRANSMISSION THROUGH ANAL SEX.

an undetectable viral load in men who have sex with men. Past studies reported a 96% reduction in transmission for those who were undetectable, but these results were primarily found in heterosexuals. Alison Rodger, who presented at the CROI, said "their best estimate is zero" when asked about the chance of a homosexual male with an undetectable viral load transmitting the virus. The partner study provides the evidence that treatment as prevention is incredibly effective when it comes to HIV transmission through anal sex.

Unfortunately, whenever a story about treatment as prevention is discussed in the media, the

conversation quickly turns from medical facts to character judgments; we only have to look online at the critics of this study. Whether the topic is PrEP or viral load the focus tends to lean to stigmatizing and cruel comments, about how access to this information will lead to increased problems in the hands of an already perceived high risk taking community.

To all the critics: this study is a massive step in ending the spread of HIV and allowing guys access to information to support them in staying negative. **This study is not telling gay men to throw away condoms or to forget about other safe sex practices and it certainly is not telling everyone to trust what people tell them when they don't even know their first name.** The confirmation of the protective nature of undetectable viral load is good news for prevention. Of course decisions around treatment uptake need to be balanced by the readiness and need of individuals to commence therapy.

What this study is encouraging is the massive amount of people who do not know their HIV status to get tested. It reduces the stigma and fear of HIV transmission among sero-discordant couples and HIV positive people. **It is about empowering people with the facts of HIV transmission which will reduce stigma around the virus.** Condoms are tools, PrEP is a tool, but being an empowered individual, having access to accurate information, getting tested, knowing your HIV status is the only way in which we can reduce the spread of HIV and end the epidemic.

**NOBODY
CAN DO
EVERY-
THING,
BUT
EVERYONE
CAN DO
SOME-
THING**

Minyagoo (hello in Yugembeh)

.....



MEET OUR ABORIGINAL AND
TORRES ISLANDER PEER
SUPPORT AND EDUCATION
WORKER

Minyagoo (hello in Yugembeh) everybody, I am Kai, you may have seen me around the PLC lately and have wondered why I am there. I am VAC's new Aboriginal and Torres Islander Peer Support and Education worker and I am very excited about the work I will be doing this year under VAC's Aboriginal Project.

Before I worked at VAC I worked for the Federal Shadow Indigenous Affairs Minister at his QLD electorate office and I also worked at Dreamworld (rollercoaster park) as an Aboriginal Education Officer.

My role at VAC is to provide support to Aboriginal and Torres Strait Islander people who are positive. I would like to talk to more Aboriginal people at the PLC about what you'd like to see in the future or how I can help you with

your journeys.

I am working closely with OutBlack and the work they're doing in the Aboriginal LGBTQI community. OutBlack hold fabulous social outings for the whole community, white and black, gay and straight, young and old (18+). These outings are complimented with a bar; good music and amazing live performances by our Aboriginal cousins in drag. We are also interested to see who'd attend workshops for Aboriginal people who identify as LGBTQI, for later this year.

So by all means, if you do see me at the PLC, don't be shame, come up and have a yarn (chat) to me.

Kindest regards, Kai Clancy
If you're interested to know more about OutBlack events, the workshops or would like to have some input about the Aboriginal Project, contact Kai at kai.clancy@vac.org.au or call VAC at (03) 9865 6700 and ask for Kai.

Alfred HIV Advisory Group Report

NEWS & FEATURES

page 10

Victorian AIDS Council



DAVID MENADUE AND BERNIE SLAGTMAN

Alfred Health set up an HIV Advisory Group last October to consult the HIV community about the way forward for their HIV Services. Some proposed changes, particularly to Fairfield House's operations, had upset a number of people in the community and the hospital, to their credit, decided they need to consult with the community before proceeding with any changes to the service.

The Committee includes a good number of consumers with Max Nigg (Living Positive Victoria), Michelle Wesley (Positive Women), Phillip Elphinstone, Bernie Slagman and myself. Louise Galloway from the Department of Health, Simon Ruth ED of the Victorian AIDS Council and staff from the various areas of the Alfred's services are also represented. The CEO, Andrew Way, chairs the Committee and has shown a willingness to take on board new ideas and suggestions.

At the first meeting in October last year, Andrew Way explained why the Alfred was thinking about changing the service. The clinical environment around HIV is changing, he said, and care is moving more into the community with shared care with S100 prescribers becoming the central way that people living with HIV are managed these days. There was now the likelihood that community pharmacies will be able to stock HIV medications soon. The Alfred doesn't want to duplicate services if they are no longer required.

At the December meeting we did a mapping exercise to work our priorities for further investigation. The list included:

- Non occupational access to PEP

- Residential care – what, why and how?
- Capacity building with health care providers
- Increased testing
- PrEP education to healthcare providers state wide
- Specific groups – services for people from non traditional settings, cultural
- Safety
- Stigma reduction – the rainbow tick
- Access beyond the hospital walls
- Access to psychological/psychosocial services

Three priorities were selected for further discussion at the next meeting in February.

They were:

1. Raising awareness of and improve access to PrEP at The Alfred and around the State;
2. Promoting Cultural Safety in the services provided by The Alfred (which may include achieving the rainbow tick)
3. Review services for people needing interim levels of care (e.g. Horizon Place and Fairfield House clients).

At the February meeting a visit to Horizon Place, a residential service for people living with HIV run by the Alfred, will take place so that all Group members can understand better what this service provides.

A number of positive people have provided input to Group members about the Alfred's services and suggestions about what services must remain, areas in need of improvement or possible changes.

If you would like to have your say, feel free to contact Bernie Slagman or myself (see contact details on attached poster).

THE ALFRED'S HIV SERVICES ADVISORY COMMITTEE

Have your say about HIV services at The Alfred
Are there gaps in current service provision?
Are there services that could be improved?
What services must be kept - no matter what?

Email the community representatives
on the Committee :

alfredcommunityrep@yahoo.com.au

Bernie Slagman 0402 859 885

David Menadue 0412 753 338



World AIDS Day at the PLC



On December 1st last year, the Victorian AIDS Council, Living Positive Victoria, the AIDS Memorial Candlelight Vigil and Quilt Project Melbourne, the Catholic AIDS Ministry, Straight Arrows, Positive Women Victoria, YEAH, the Multicultural Health and Support Service and the CALD Service at the Alfred collaborated to hold the annual World AIDS Day Event at the Positive Living Centre.

In Australia, World AIDS Day aims to raise awareness in the community about issues surrounding HIV, including the need to support, understand and not discriminate against people living with HIV, and the continued need to prevent the spread of HIV. Amongst many of the events and activities that are undertaken on this day, the Memorial Service at the PLC is a very significant event for many within the community and it is a unique and special occasion, one in

NEWS & FEATURES

page 12

Victorian AIDS Council



NEWS & FEATURES

page 13

AUTUMN

WINTER

April to June 2015

which we remember and celebrate the lives of those we have loved and lost throughout the years of the HIV/AIDS epidemic.

As in previous years the day was complimented with music, generously provided by a number of talented artists. Jon Jackson, a classically trained performer with an amazing voice, who has been involved with the event for many years, performed a number of songs suitable to the occasion, and of course the Melbourne Gay and Lesbian Chorus delighted and moved the audience by taking us all on a wonderful journey with their inspirational, stirring renditions of some well known classics at the end of the day. It was apparent that many were moved by these musical interpretations and many commented how the choices had "hit the mark." It was also evident that many shed a tear at certain times.

The key note speaker, Beth Wilson, former Victorian Health Services Commissioner, was inspiring in highlighting a variety of issues related to living with HIV and the associated social and political connections.

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PEOPLE LIVING
WITH HIV,

She spoke eloquently and passionately about these issues and it was an impressive and moving speech. Michelle Wesley also spoke from the heart, as a person living with HIV.

The nucleus of the event was the Ceremony itself, which was beautifully and respectfully led by Marg Hayes. As in previous years this was an incredibly inspirational and poignant service fashioned

to be responsive to the needs of those gathered in the main hall of the Braille Library. There was an endeavour to create an atmosphere that sensitivity and thoughtfully allowed audience members to commemorate those loved ones lost in the past year, as their names inscribed on the Memorial Shards were acknowledged, in a respectful and compassionate way. It was also a space for anyone to publicly acknowledge those that had died over the many years that HIV has been with us.

In the months since World AIDS Day, many have been willing to offer their feedback and have spoken highly about the event, stating that the service was very moving and stirred up emotions while also providing a sense of peace.

Luke Gallagher performed excellently as the Master of Ceremonies, offering his engaging style and professional manner, enabling the day to flow seamlessly and effortlessly.

A sumptuous variety of food was offered to all guests through the talents of The PLC Nutritional Services Officer, Ram and his committed band of talented volunteers.

The success of this kind of event would not have been possible if it were not for the valuable involvement of many staff, volunteers and sector colleagues with respect to its planning and execution. Their contribution and ongoing commitment to this event has been highly valued.

Dating with HIV

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The feeling of being alone had been festering deep within me for years. It began after I was diagnosed with HIV. As soon as I was diagnosed I knew that unless I loved myself first, I would never find true love. Even then, it still took me several years to allow myself to even think about trusting another partner.

I had learnt many lessons along the way on trust and relationships from disclosing my status to my close friends. These lessons helped pave the way for new relationships and potential dates. Dating with HIV is no different from dating someone who has an eating disorder, or depression, or any other illness. I have come to realize that unless someone is educated on HIV, it is very hard to have an honest and open conversation with them about the issues. Though this does not mean you cannot be a guide to their understanding and education.

When I date, I'm honest about who I am, what I am and what my personal situation is. I explain very simply; "If you want honesty, I am your man. If you want foolishness and hypocrisy then you can carry on looking because that's not me."

I believe we make dating harder than it really is. We have way too many expectations, and way too many questions. I have learned that the most successful relationships are based on good communication, time, and accountability. I'm not denying

that dating with HIV comes with its challenges, but they CAN be overcome. That startles some people when I say it, but it's honest. HIV for me has a small residence in my life. It does not reflect my character, nor does it affect my integrity. It is something that has happened, and when that issue can be communicated between two people and understood, the sky is the limit. For those who are having a hard time dating with HIV – first, love yourself more than you love the thought of dating someone. Life is a process, go with the flow. In my journey with HIV, I have had so many people desire to date me. Not because of my diagnosis, but because of my passion to help educate the masses about HIV, and about the correlation between depression and newly infected candidates.

So let me conclude with this: find something deep within you that allows for your passion to glow. That in itself will not only draw people closer to you, but will drive you to know your self-worth in the process.

David D. Robertson is a Program Educator Consultant for Comer Children's Hospital at the University of Chicago and is also a featured HIV empowerment blogger for Poz.com. David is a gifted speaker focused on empowering youth with "anti-bullying" mechanisms and enlightening the public about the pandemic of HIV/AIDS. However, it is David's own story of being affected and infected by HIV that has become the true power behind his message.

NEWS & FEATURES

page 14

Victorian AIDS Council



NEWS & FEATURES

page 15

AUTUMN

WINTER

April to June 2015

Art Therapy Workshop at PLC 2015

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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.

The Hero's Heroine's Journey: This entails exploring a time in your life when you have come to cross roads.

Your story will be shaped through a visual art's diary, using gentle art processes such individual Mandala, storytelling, Mandala groups and

clay work.

During the second half of the course, participants will explore the versatility of clay by creating their own unique piece.

Participants will benefit greatly by committing to the 12 week program. After 6 weeks, there will be a break of 1 week. The group will be closed to new participants after the first week.

The group will commence on the Monday April 13th starting at 12 noon until 2pm.

Please book at reception. All art materials are supplied including your own visual diary. **No Art Experience Necessary!!**

Colds & Flu



PROTECT YOURSELF AND YOUR FAMILY FROM COLDS AND FLU THIS WINTER.

WINTER IS COMING

Every winter when you get sick, you tell yourself to be more prepared next year. As soon as someone sneezes at work, school, or home, you find yourself with yet another cold or flu. It does not have to be that way this chilly winter season. Arm yourself and your family with the tools to build strong immune defences to reduce your risk of getting sick. If you do get sick, a strong immune system will also reduce the severity of your cold and flu symptoms, and help to speed your recovery.

NATURAL MEDICINES TO PREVENT AND TREAT SYMPTOMS

There are many Natural Medicines that are beneficial in preventing, treating and shortening the duration of colds and flus. These agents can boost your immune system as well as provide the necessary tools to help you fight against infection.

Look out for these immune boosters:

- Zinc: Optimal levels of zinc in the body have been found to inhibit the common cold and influenza viruses.
- Vitamin C: Vitamin C supports healthy immune function by enhancing the activity of your immune defence army of white blood cells; also reducing severity and duration of symptoms.
- Probiotics: These friendly bacteria live in your digestive system and enhance health, and even immunity. Probiotic strains, Lactobacillus acidophilus (NCFM), Bifidobacterium lactis (HN019) and Lactobacillus rhamnosus (HN001), have been scientifically proven to enhance immune responses. By providing healthy

gut immunity, you are providing the best defence against inhaled and ingested pathogens.

- Andrographis: This powerful herb stimulates the body's natural immune response, and significantly reduces the duration of colds. You or your loved ones can take this herb as a preventative to keep your immunity strong; it can also be used acutely as soon as you get cold symptoms.

LIFESTYLE AND DIETARY RECOMMENDATIONS

Incorporate these handy tips into your life to improve your resistance and support recovery from colds and flus:

- Rest! Give your body a chance to gather strength and make sure you get a good night's sleep.
- Eat warm, nourishing foods. Homemade chicken and vegetable soup can help break down mucus that often comes with colds and flus. If you don't have an appetite, the broth alone will provide minerals and vitamins to give you strength.
- Eat foods such as garlic, ginger, onion and chilli to help fight off illness, warm you up and reduce inflammation.
- Drink plenty of water to keep yourself well hydrated.

BE PREPARED

Make sure you are prepared this cold and flu season - and remember, prevention is better than cure! Have all the essential immune nutrients on hand this winter. You may want to include zinc, vitamin C, strain specific probiotics and andrographis in your immune first aid kit, to keep you and your family well this winter. Everyone will want to know your secret of how you keep well.



FAMILY LUNCH AT THE PLC SUNDAY APRIL 19



The PLC is hosting a Family and Friends Day on Sunday April 19th 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

PLC SERVICES

PLC SERVICES

page 19
AUTUMN
WINTER
April to June 2015

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.

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!

RECIPES



CHICKEN ROLLS WITH DIANE SAUCE AND RICE

A quick and easy recipe, offered by someone who uses the service at the PLC, using some of the ingredients commonly found in Pantry:

- 1 Thaw out Chicken Roll
- 2 Pre heat oven to 180 C
- 3 Put Roll into oven and cook for 20 minutes

OR

- 4 Cook for 3 minutes in microwave (but will have soft pastry finish)
- 5 In a saucepan warm up the Diane Sauce (do not boil)

OR

- 6 Microwave in packet for 90 seconds (remember to open up packet)
- 7 For the rice, open up Uncle Ben's Brown Rice and microwave for 90 seconds and leave for one minute to cool.
- 8 Place Chicken on a plate. Pour over Dianne Sauce.
- 9 Add Uncle Ben's Brown rice and serve.

Preparation time 5 minutes.

Cooking time 20 minutes.

PLC SERVICES

page 20

Victorian AIDS Council



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 – 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.

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:

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.

LETTING GO YOGA

WITH BRIONY



Come and try yoga with Briony. If you can breathe, you can do yoga! Briony's classes are different every week, but they all start with relaxation to bring you into the present moment, working with the breath to warm up the spine. The yoga poses will gradually strengthen and lengthen your muscles without you becoming out of breath or achey. You will explore your breath

and learn about ways of working with your own energy to integrate your body, breath and mind.

Classes finish with a guided relaxation or meditation. Briony focuses on getting to know what is right for you. No incense, music, singing, holding hands or lotus flowers! Just yoga, where you can let go of your day and just be.

CLASSES FINISH WITH A GUIDED RELAXATION OR MEDITATION.

PLC SERVICES

page 22

Victorian AIDS Council



PLC SERVICES

page 23

AUTUMN

WINTER

April to June 2015

'GROW' AT THE PLC



GROW GROUPS OFFER THE OPPORTUNITY FOR PEOPLE TO SHARE CHALLENGES AND SOLUTIONS FOR RECOVERY IN A SUPPORTIVE AND STRUCTURED WAY.

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

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>

PLC SERVICES

page 24

Victorian AIDS Council



PLC SERVICES

page 25

AUTUMN

WINTER

April to June 2015

NSP: NEEDLE AND SYRINGE PROGRAM



VAC HAS TWO AVAILABLE OUTLETS, ONE AT 6 CLAREMONT ST. AND ONE AT PLC, 51 COMMERCIAL RD. SOUTH YARRA.

If you choose to inject drugs, do so as safely as you can. Unsafe injecting risks the transmission of blood-borne viruses such as HIV, hepatitis C and B, as well as dirty hits, bruising, blood poisoning and abscesses.

The Victorian Needle and Syringe Program (NSP) is a major public health initiative to minimise the spread of blood borne viruses, such as HIV and hepatitis C and B among injecting drug users and to the wider community. It began in 1987 and operates through and in a range of different service providers. These include:

- Primary NSP's whose sole function is NSP
- Community health services
- Hospital accident and emergency units
- Councils
- Drug treatment agencies
- Youth organisations, and

- Pharmacies.

Secondary NSPs

- distribute needles and syringes
- sharps disposal containers
- sterile swabs
- condoms and water-based lubricant and provide health information.
- They also provide options for the appropriate disposal of used injecting equipment.

Secondary NSPs are unfunded programs operating within existing organisations, where the NSP is supplementary to the primary service objectives of that organisation.

VAC has two available outlets, one at 6 Claremont St. and one at PLC, 51 Commercial Rd. South Yarra.

**Ref: <http://www.health.vic.gov.au/aod/about/needle.htm>
<http://www.vac.org.au/sex-drugs-and-hivstis>**

IF YOU THINK EDUCATION IS EXPENSIVE, TRY IGNORANCE

AUTHOR UNKNOWN

PLC SERVICES

page 27

AUTUMN

WINTER

April to June 2015

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

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 accessibility many people living with

PLC SERVICES

page 28

Victorian AIDS Council



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.



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!

CHANGES WITH THE DAVID WILLIAMS FUND

Due to incredibly high demand on the fund and its resources (such as its Emergency relief, study assist, financial counselling and financial literacy component), we have had to put measures in place to allow the process to run more smoothly.

Richard Gray has resigned from the fund and Marcus Smith has taken over the DWF admin. Marcus will be working on Monday's and Thursday's, with Monday's mainly processing the funds applications Thursdays as an intake worker.

The intake process will mean a much smoother process, directing clients / workers to the appropriate person. Marcus is still fairly new, but learning the ropes very quickly.

Marcus is currently on a temporary

contract (Monday's and Thursdays only) whilst the Fund is undergoing a review.

Calls will be returned on Thursday's mainly and we call from a private number, so if you're expecting a return call, please pick up from a private number on Thursday.

All current Emergency relief forms/ study assist forms and authorities for the DWF are online www.vac.org.au/dwf along with the latest version of a guide to emergency relief throughout Victoria. We appreciate your assistance is helping us provide a better service!

And last but not least, I would like to take the opportunity again to thank Richard for all the marvellous work he did with the fund for the past few years. Richard has been an invaluable team member and he will be greatly missed within this role.

Although he is not leaving our organisation, his work, commitment and enthusiasm to assist with the fund will be a great loss. Richard will still be working as the PLC receptionist, where he will be able to focus his time and energy on that. Richards's high standard has laid an exceptional foundation for Marcus, and I would like to thank him for his significant and ongoing contribution to the work on the fund.

Should you have any questions, please do not hesitate to call me on 9863 0444

Kind regards

Lynda

PLC SERVICES

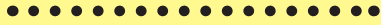
page 30

Victorian AIDS Council



VAC SERVICES

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.

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
- 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 counselling service is in South Yarra and easily accessible by train and tram.

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. Appointments

**Monday to Thursday 9am – 8pm
Friday 9am – 4pm**

If you are unsure about seeing a counsellor, call our counselling service Client Liaison/Duty worker between 10AM-4PM Monday-Friday.

Phone: (03) 9865 6700 or 1800 134 840 (free call for country callers). If we are unable to answer your call, we will get back to you within the next working day. In case you are unable to speak to us and you are in crisis please call Lifeline on 13 11 14.



COUNSELLING INVOLVES TALKING WITH AN IMPARTIAL LISTENER IN A CONFIDENTIAL, NON-JUDGMENTAL, SUPPORTIVE AND RESPECTFUL ENVIRONMENT.

VAC ALCOHOL AND DRUG SERVICES



INDIVIDUAL COUNSELLING

Experienced counsellors can meet with you to discuss your concerns and goals around your alcohol or drug use.

You may wish to learn more about the effects of drug use on your health or mental health, find strategies to better control or reduce your drug use or access support to stop using completely and improve your well-being.

Whatever your goals, whether it is to control, reduce or stop your drug use, our counsellors will be able to help you with:

- Information about the effects of alcohol and drug use on your health and mental health
- Helping you to reduce the harms associated with alcohol and drug use
- Developing a plan and practical strategies to control or reduce your use
- Assisting you to plan to cease your drug use and provide you with strategies to prevent relapse
- Information and support for families affected by alcohol and other drug use
- Information and referral to VAC's therapeutic groups or other treatment services including residential or non-residential withdrawal and/or rehabilitation

RECOVERY SUPPORT

Sometimes, when a person is struggling with drug and alcohol issues, they may need support in other areas of their life like housing, accessing health or mental health services or connecting with community supports like social groups and activities.

Our Care & Recovery Coordinator can work

with you to look at the different areas of your life and help you to create a plan and work out goals to help you move forward, not only in relation to changing your drug and alcohol use but in other areas of your life.

Working with our Care & Recovery Coordinator you will supported to:

- Develop a holistic support plan and develop achievable goals in different areas of your life
- Access residential and non-residential alcohol and other drug withdrawal services
- Link in with health and mental health services
- Access Centrelink services
- Access employment services
- Connect with education providers
- Connect with community supports, including social and living skills groups, to help you in your recovery

Our Care & Recovery Coordinator will be able to help you access services by organising referrals and where needed, take you to appointments and introduce you to other service providers. They will also support you on your journey to help you stay on track and access services as your needs and goals change.

For more information on our Alcohol and other Drugs Service, you can call VAC on 9865 6700.

If you would like to access our Counselling or Care & Recovery Coordination services, please call 1800 906 669 for a free and confidential assessment.

Aware of Amphetamines ...MethAmphetamines

VAC are running a community education seminar at the Positive Living Centre to provide information about the impact meth has on our health and well being. This session will go for about 2 hours and start at 6pm on Monday 20th April, 2015.

Please register for this session by contacting Jeremy Wiggins.
Alcohol and Other Drug Services at VAC
Ph. 03 9865 6700 email: jeremy.wiggins@vac.org.au

This event is FREE and food will be provided.



FEEL LIKE YOU'RE GOING UNDER?

Are you dealing with issues related to alcohol and other drugs?

Call VAC on 1800 906 669

COUNSELLING SUPPORT GROUPS RECOVERY SUPPORT DRUG INFO



GET RE-WIRED

Next
Re-wired Group
Starts March 04
CALL TO BOOK YOUR
SPOT NOW!

DO YOU WANT TO CHANGE YOUR METH USE?

There is more than one way to get Re-wired:

- Re-wired One-on-One
- Re-wired Group
- Community Education

IF YOU ARE INTERESTED IN ANY OF THE ABOVE,
PLEASE VISIT VAC.ORG.AU
OR CALL US TODAY ON 03 9865 6700



RE-WIRED  VICTORIAN AIDS COUNCIL

VAC SERVICES

page 37
AUTUMN
WINTER
April to June 2015

VAC HEALTH PROMOTION SERVICES

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.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.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 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.vac.org.au/talk-asian or call 9865 6700.

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.

VAC SERVICES

page 38

Victorian AIDS Council



THE ONLY THING WE HAVE TO FEAR IS FEAR ITSELF

FRANKLIN D. ROOSEVELT

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

VAC SERVICES

page 40

Victorian AIDS Council



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
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

OTHER SERVICES

page 42

Victorian AIDS Council



OTHER SERVICES

page 43

AUTUMN

WINTER

April to June 2015

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.**

OTHER SERVICES

page 44

Victorian AIDS Council



OTHER SERVICES

page 45

AUTUMN

WINTER

April to June 2015



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.**

**DO NOT
TAKE LIFE
TOO
SERIOUSLY**

**YOU WILL
NEVER GET
OUT OF IT
ALIVE**

ELBERT HUBBARD

OTHER SERVICES

page 47
AUTUMN
WINTER
April to June 2015



**MELBOURNE SEXUAL
HEALTH CENTRE**

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

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

LIVING POSITIVE VICTORIA

This comprehensive course covers: Understanding Smoking, Planning to Quit, Health Effects, Quitting methods, Coping without Cigarettes Physically and Emotionally, Staying stopped in the short term and long term, and Enjoying being a Non Smoker forever.

To book or for more information contact:

Vic (online course) or Dimitri (face to face)
03 9863 8733
vperri@livingpositivevictoria.org.au, ddaskalakis@livingpositivevictoria.org.au

YOUNG MEN WITH HIV

A group of young men with HIV that identify with Generation Y meet on the first Friday of the month alternating between an information-discussion-social nights one month and social only the other month. The discussion meets cover a range of topics such as disclosure, sex, relationships, treatments, the law, etc. Activities during the social meets have been dinners, 10 pin bowling, karaoke and whatever the members suggest.

For more information contact genyguys@gmail.com

IN THE LOOP

In partnership with VAC, In the Loop is a free workshop for carers, partners, friends and families of people living with HIV.

Friday 21st and Saturday 22nd March

It is recognised that people who

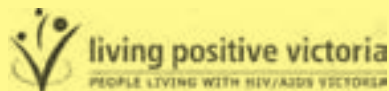
look after or are close to people living with HIV may often feel silenced by the virus and this can make it harder for them to access support for themselves. This therapeutic workshop aims to provide information about support services available in the community and seeks to explore the constraints that carers may experience and how they might overcome these.

For more information and to book a place for the next workshop Living Positive Victoria.

Phone: 9863 8733
Email: intheloop@livingpositivevictoria.org.au

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:



OTHER SERVICES

page 48

Victorian AIDS Council



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
or call 03 9863 8733.



livingpositivevictoria.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.

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

OTHER SERVICES

page 50

Victorian AIDS Council



OTHER SERVICES

page 51

AUTUMN

WINTER

April to June 2015

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

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

HIV CALD SERVICE UPDATE



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 refugees, asylum seekers, international students, as partner or family members. Bi lingual co workers support individuals to engage with health services and address other issues such as resettlement that may impact on the individual.

The HIV CALD Service is an important part of the HIV sector in Victoria with over 100 individuals from 28 diverse cultural backgrounds having or continuing to be supported by the program

since its instigation in 2004.

Recently at 'The Inaugural International Conference on Migration, Social Disadvantage and Health' held from 11-13 February in Melbourne, the coordinator delivered two presentations - HIV CALD Service and outcomes from research project 'Journey of resettlement for individuals living with HIV from CALD backgrounds.

Referrals to the HIV CALD Service can be made by contacting - Maureen Plain, Coordinator, HIV CALD Service, Alfred Health Ph: 9076 3942

The HIV CALD service will be closed on the public holidays of the Easter break.

OTHER SERVICES

page 52

Victorian AIDS Council



OTHER SERVICES

page 53

AUTUMN

WINTER

April to June 2015



CATHOLIC AIDS MINISTRY



Labour Day holiday
Monday March 9.
Mary of the Cross Centre closed.

EASTER

Good Friday 3 April
2 – 4pm Hot cross buns
4pm Taize prayer

2015 ANNUAL RETREAT

April 24 - 26
Holy Cross Centre, Templestowe
Theme: What keeps me going
Numbers limited.
Please phone, email or talk to
Marg/Anthony no later than
8 April to register your interest.

**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**

USEFUL WEBSITES



LOCAL SITES

- www.afao.org.au
- www.ahag.org.au
- www.aidsinfonet.org
- www.can.org.au
- www.communitylaw.org.au/stkilda
- www.hrvic.org.au
- www.hiv aids.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

OTHER SERVICES

page 54

Victorian AIDS Council



OTHER SERVICES

page 55

AUTUMN

WINTER

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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