



# plc

**POSITIVE  
LIVING  
CENTRE  
SPRING  
NEWSLETTER**

**SEPTEMBER TO  
NOVEMBER 2015**

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

*A PROGRAM OF THE  
VICTORIAN AIDS COUNCIL*

VAC 

# POSITIVE LIVING CENTRE

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South Yarra 3141

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## 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.

## PLC OPENING HOURS

Tuesday 10am – 4pm

Wednesday 10am – 4pm

Thursday 10am – 8pm

Friday 10am – 4pm

## PLC CLOSURES

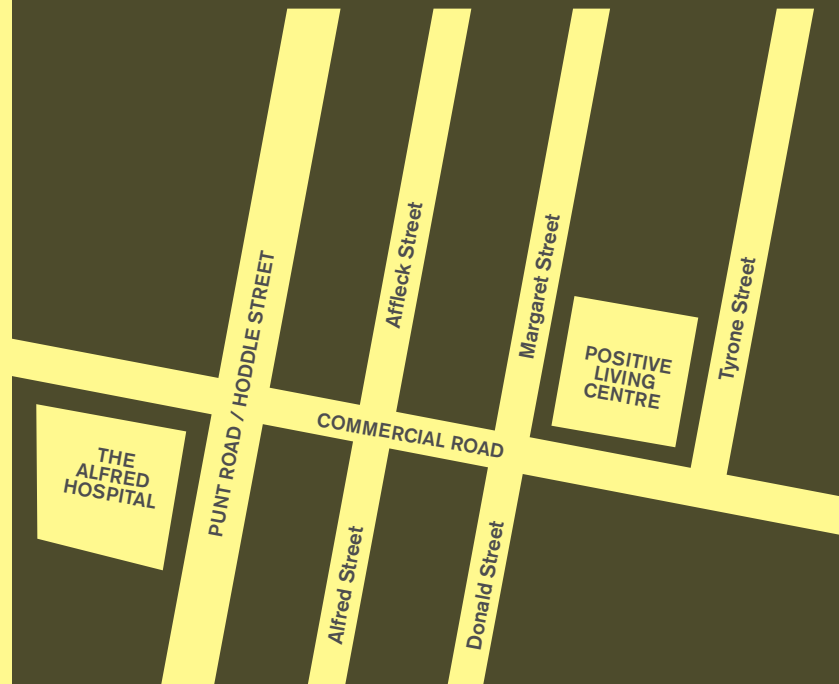
Melbourne Cup Day

Tuesday November 3rd

Grand Final Eve

Friday October 2nd

 @VAC.org  VAC.org.au [www.vac.org.au](http://www.vac.org.au)



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## WELCOME



WELCOME TO THE SPRING 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. BEFORE WE KNOW IT THE FESTIVE SEASON WILL BE UPON US. THE NEXT NEWSLETTER WILL BE ISSUED IN DECEMBER.

As in previous years, the last month of the year will comprise two major events at the PLC. World AIDS Day is Tuesday December 1st and we will hold the Memorial Ceremony at the centre. Our Christmas Dinner is scheduled for Thursday December 17th. Promotional material for both events will be circulated as we draw closer to the time.

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

Best Wishes  
**Alex Nikolovski**

# BETTER TO START EARLY

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A MAJOR INTERNATIONAL RANDOMISED CLINICAL TRIAL HAS FOUND THAT PEOPLE LIVING WITH HIV HAVE A CONSIDERABLY LOWER RISK OF DEVELOPING AIDS OR OTHER SERIOUS ILLNESSES IF THEY START TAKING ANTIRETROVIRAL TREATMENT (ART) SOONER, WHEN THEIR CD4 CELL COUNT IS ABOVE 500 CELLS/MM3, INSTEAD OF WAITING UNTIL THEIR CD4 CELL COUNT DROPS BELOW 350 CELLS/MM3.

These results are likely to have a major impact on international treatment guidelines. The US National Institute of Health comment in their press release: "Together with data from previous studies showing that antiretroviral treatment reduced the risk of HIV transmission to uninfected sexual partners, these findings support offering treatment to everyone with HIV."

The Strategic Timing of AntiRetroviral Treatment (START) study, was a large-scale randomised clinical trial that tested whether earlier ART benefitted all people with HIV. Its predecessor, the SMART study, had a massive impact when it showed, in 2006, that staying on ART was better than interrupting it. Like the previous study, START has been stopped early. Although it was expected to



end in December 2016, an interim review of the study data by the study's Independent Data and Safety Monitoring Board (DSMB) recommended that results be released early.

START, which opened widely in March 2011, was conducted by the International Network for Strategic Initiatives in Global HIV Trials (INSIGHT) at 215 sites in 35 countries. The trial enrolled 4685 men and women with HIV who had never taken ART. They were aged 18 and older, with a median age of 36, and their CD4 counts were all over 500 cells/mm3.

Half of the study participants were randomised to start ART immediately and the other half deferred treatment until their CD4 cell count declined to 350 cells/mm3. On average, participants in the study were followed for three years. Source: aidsmap

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# ACCESS AND SUPPORT PROGRAM

CLIENT CARE STAFF FROM THE PLC RECENTLY MET WITH WORKERS FROM INNER SOUTH COMMUNITY HEALTH AND HEARD ABOUT A PROGRAM THEY HAVE RECENTLY STARTED. SO ANYBODY WHO LIVES IN THE CATCHMENT AREA: CITY OF PORT PHILLIP, GLEN ERIA, AND STONNINGTON MIGHT FIND THIS OF INTEREST. THE PROGRAM IS CALLED ACCESS AND SUPPORT PROGRAM AND THIS WILL PROVIDE YOU INFORMATION ABOUT WHAT'S ON OFFER.

Hi my name is Carrie Weiss and I wanted to introduce myself as the Access and Support worker at Inner South Community Health Service.

My role is to work with people that are aged 50 years and over,



- who identify as part of the Lesbian, Gay, Bisexual, Trans, Intersex community (LGBTI)
- that are homeless/risk of homelessness,
- from Culturally Linguistic Diverse Communities (CALD) backgrounds
- that experience dementia.

The government has noted that some people with these diversity characteristics have difficulty accessing and linking into home and community care services. My role is to make linking into services that bit easier for you. I work with people for up to 12 weeks and during that time complete a holistic assessment and support linking/advocating for them to receive support with needs such as the following:

- accessing home care through the council.
- filling in correct forms for public housing, support with transfer applications and advocacy
- linking in with dentistry,
- linking in with podiatry, physio and medical assistance
- links to counselling and case management support.

**If you feel that you would benefit with support from my program and live in the City of Port Phillip, Stonnington, City of Glen Eria, area contact me at Inner South Community Health on 9525 1300 and ask for: Intake Worker for the Access and Support Program.**



# A PRACTICAL GUIDE TO DISCUSSING HIV WITH A LOVED ONE

THERE HAVE BEEN NUMEROUS ARTICLES WRITTEN ON THE IMPORTANCE OF EFFECTIVE COMMUNICATION BETWEEN A PATIENT AND DOCTOR, OR ON WAYS TO DISCLOSE HIV STATUS TO A LOVED ONE. BUT WHAT ABOUT THE CAREGIVER? WHAT ABOUT THE FRIEND WHO WANTS TO REACH OUT TO SOMEONE WITH HIV, OR A PARENT WHO IS AFRAID THAT THEIR TEENAGER MAY BE AT RISK FOR INFECTION?



These are the people who are often as much affected by HIV as those living with the disease. At times, they are the ones who need to take an active role in a loved one's HIV, whether as advocate or as the lead voice in a crisis intervention. But without the tools for effective communication, they are essentially left rudder-less. There are a few tips that can help. The aim is not so much to "counsel" a loved one, but rather to find the means by which

to seek solution without the stress and conflicts that can sometimes accompany frank discussions about HIV.

## WHAT ARE THE GOALS?

Objectivity is often difficult to maintain in these situations. Emotions and personal issues tend to get wrapped up with the genuine desire to find a solution. Overcoming this, therefore, requires a structured approach, one that is



goal-oriented and fully interactive. The simple aim is to "talk with" a loved one rather than "talking to" that person. But to do so requires an understanding of the principles that underpin effective communication, namely:

- to remove judgment and other patterns of behaviour that can block lines of communication.
- to invite a person to speak freely and openly, rather than just "answering questions."
- to confirm that what you're hearing is what is actually being told you.
- to allow for choices, and to discuss the benefits and consequences of each of those choices.
- to remind yourself that you are not here to set goals, but to help a loved one establish his or her own goals.

## WHERE TO BEGIN

Education is always the best place to start. Walking in without some basic understanding of HIV will only undermine you from the get-go. How, for example, can you even begin to discuss safer sex if you don't understand it yourself? That's not to say you have to become an "HIV expert." But what you most definitely want to avoid is passing on misinformation. If you don't know something, just say it. Be honest. Allow yourself to become a part of the exploration, rather than directing the exploration.

Next, it's important to identify any personal barriers that can get in the way of a productive conversation. After all, the person you plan to speak with already knows you. They "know" how you will react.

They know what makes you uncomfortable or what "ticks you off." Ask yourself honestly:

- Are there any subjects that make you feel uncomfortable, particularly sex or drugs?
- Do you have any religious or personal beliefs that can cause tension between you and the person you plan to speak with?
- Is there any past, personal issue that can "rear its ugly head" again?

The aim is not to "better" yourself or to change who you are. It's simply to prepare yourself should a problematic issue arise. It's about finding the means to stop, step back, and navigate a path around the barriers that can stifle an otherwise productive conversation. It's about learning to remain objective, pure and simple.

By identifying these issues in advance, you'll be less likely to step in the way of your own conversation.

## CREATING AN INTERACTIVE DIALOGUE

In the course of everyday life, conversations tend to develop organically, shifting from one subject to next in an often random, circuitous fashion. We pick up cues from those speaking to us and use those cues to propel the conversation forward. It's not so much about being "interactive" as being a good conversationalist.

Interactive dialogue is different. It's about moving the conversation forward in a way that allows each side to contribute equally. It is structured rather than random, with a clear start and end point. It

demands that you focus on one issue at a time, with equal give and take, before moving onto the next. There are a few, simple techniques that can help:

### THINK ABOUT HOW YOU PHRASE YOUR QUESTIONS

The way that you phrase a question can make the difference between disarming a person's defences or raising them. The goal of open-ended questioning is to allow more than one answer to any question. You don't want a simple "yes" or "no" response. You want to allow your loved one to speak freely and openly, without any sense of being interviewed or interrogated.

Think about the words you choose. As a rule, starting a question with "do," "did" or "are" can only result in a "yes" or "no" response. They can also make a person feel as if he or she has been put on the spot. It is the same with the word "why," which sometimes has an accusatory tone. Here are a few examples:

- Do you practice safe sex?"
- Why don't you use condoms?"
- Are you going to tell your partner you have HIV?"

There are other ways to put these questions. Using words like "what," "how," "where" or "when" can often elicit a more complete response. Consider these alternatives:

- What do you understand about safer sex?"
- What is it about condoms that bother you?"
- What are your feelings about telling your partner?"

In these cases, you're not so much grilling a person as asking what

that person feels or understands. In the end, there are no hard and fast rules when it comes to open-ended questioning. In fact, there will be times when "do," "did," "are" and "why" are the only words you can use. The main point is to understand the principles, which can help guide the words you choose and the way that you say them.

### LIST THE PRIORITIES

Particularly when a person is in crisis, there is a natural tendency to mash every fear, problem and concern into one. This is why it is often so difficult for those in isolation to move forward, unable to untangle one issue from the next. As an objective party, you can help. If faced with a plethora of concerns—be they medical, social or financial—work together to decide which issues are the most pressing. Prioritize each of these separately and agree to discuss them, one-by-one. In this way, you can avoid circling issues without resolution. If suddenly you find the conversation is drifting from one issue into the next, gently stop the conversation and redirect it back to the main topic. ("I hear what you're saying, but let's put that aside for a moment.")

If there are issues you are unable to get to in the course of a conversation, don't be afraid to put them aside. Simply write them down so that you don't forget them the next time you speak.

### LISTEN ACTIVELY

In the course of casual conversation, we sometimes listen to what a person is saying and interpret a meaning. It's a shortcut we develop instinctively. If we get the message

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THE WAY THAT YOU PHRASE A QUESTION CAN MAKE THE DIFFERENCE BETWEEN DISARMING A PERSON'S DEFENCES OR RAISING THEM. THE GOAL OF OPEN-ENDED QUESTIONING IS TO ALLOW MORE THAN ONE ANSWER TO ANY QUESTION.

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THE ULTIMATE GOAL IN THE TREATMENT AND MANAGEMENT OF HIV IS SELF-RELIANCE. AS SUCH, PEOPLE LIVING WITH HIV SHOULD BE ENCOURAGED TO MAKE CHOICES FOR THEMSELVES.

wrong, it's usually no big deal. It simply spins the conversation in a whole new direction.

Active listening doesn't work like that. It's about not interpreting, but about listening and confirming what has been said to you. It comprises a combination of verbal response, body language, facial expression and non-verbal reaction. It is meant to underscore interest and to confirm that you're fully present (as opposed having a list of questions in the back your mind).

As an active listener, there are a number of considerations to keep in mind:

- Give yourself plenty of time and a safe place to have a discussion. Turn off your cell phone. Let the person you're speaking with know that everything you discuss will be kept in the strictest of confidence.
- Watch your body language. Direct eye contact and body posture (leaning forward, arms unfolded) are key to demonstrating your undivided attention. Also, be conscious of facial expression. Shock or disapproval can be easily read on a face, even if nothing is said.
- If your loved one expresses a fear or concern, make an effort to acknowledge that emotion. If there's something you don't understand, don't try to analyse or interpret. Simply state that you're confused and ask that person to help.
- If you have an inappropriate reaction, don't try to cover or dismiss it. It's better to acknowledge it and apologize, if necessary. The aim is not to be perfect, but to avoid triggering

defences in the one you're talking to.

### OFFER OPTIONS, NOT SOLUTIONS

The ultimate goal in the treatment and management of HIV is self-reliance. As such, people living with HIV should be encouraged to make choices for themselves. Coercion of any form—whether it is "direct" and encouraging, or "indirect" and punitive—rarely results in a lasting solution.

If your loved one is unable to come to a solution, try not to give advice. Instead, acknowledge the problem and use it as means to explore options. Examples of this:

- "I understand you're afraid of being tested, so maybe we should look at the options."
- "I understand you hate condoms, so let's you and I discuss the options."
- "I understand you're scared of telling your partner you're positive. So let's try talking out the scenarios."

The point is that, by offering options, your loved one has the chance to weigh the benefits and consequences of each of those options. Oftentimes, articulating these is enough to move a person toward genuine resolution. However, if a person is stuck and unable to make a decision either way, there is always an additional option. Come back to the problem later. It is better to leave the door open and to avoid pressuring a person into a decision that he or she might not be ready for. On the other hand, if you believe your loved one is making a dangerous decision or is in genuine crisis, seek professional help.

# AGEING WITH HIV: MY HOPES AND FEARS

MICHAEL IS A 54 YEAR OLD MAN WITH HIV. HERE HE TALKS IN HIS OWN WORDS ABOUT HOW HE FEELS ABOUT GROWING OLDER WITH HIV - HIS EXPERIENCES, HOPES AND FEARS. THIS STORY IS ONLY ONE OF MANY THAT HAVE BEEN SHARED WITH US AND IT DOES NOT REPRESENT THE EXPERIENCES OF ALL PEOPLE LIVING WITH.

## “I’ve been living with HIV for 19 years”

“My name is Michael. I am 54 years old and live with HIV. Earlier this year I reached the 19th anniversary of my diagnosis, the 23rd of June 1996. I wasn’t in a high risk group so the news I received that day was a complete and utter shock.

“At the time I was 35 years old and didn’t think I’d see 40, I’d seen all the news reports and heard the horror stories about ‘AIDS’ so gave up on life and expected a slow painful death.

“I was lucky when it came to treatment, I was diagnosed just as triple therapy became common practice. If it wasn’t for those two factors I would not be standing here today. The fact that I am is a testament to the countless medical professionals who have worked tirelessly to find the most manageable, effective and least disruptive treatment to give me and also the fact that my heart refuses to stop beating. I can’t thank the medical profession enough for the work they do on my behalf.

## “I’m living proof that there’s a future for people with HIV”

“Until the introduction of combination therapy HIV was seen as a death sentence so focus was on public awareness and the stark warnings about the danger to society that HIV posed. No one from the 80’s can forget the apocalyptic public information films. At that time it was inconceivable that anyone could have a future living with HIV.

“Now there is a future, I’m living proof of that. I’m 19 years diagnosed with 9 of them undetectable. I have a life, I run my own business and do voluntary work for charities.

## “I am concerned about what old age will bring”

“None of us have a crystal ball so we can’t see what ailments lay in front for us but we will all contract something attributed to old age. The common complaints are well serviced of course but not with HIV in mind. Stigma in care homes, people making assumptions and the unknown effects of long term use of medication are all concerns



IF I LIVE TO 70 I'LL HAVE BEEN ON TOXIC ANTI-RETROVIRAL DRUGS FOR HALF MY LIFE - NOBODY KNOWS THE CONSEQUENCES OF THAT.

of those living and ageing with HIV.

“I don’t worry about dying in hospital prematurely any more - but I am concerned about old age and the problems that it will bring and how those problems will affect my ongoing condition. HIV is an unknown quantity. New drugs are being developed every year increasing life expectancy, but also the questions about how the body will react to long term exposure to treatment. If I live to 70 I’ll have been on toxic anti-retroviral drugs for half my life - nobody knows the consequences of that.

## “Questioning doctors about drug interactions shouldn’t be my responsibility”

“Last November I fell ill, it felt like the flu at first and persisted for a couple of weeks before I saw a doctor. I was taken to hospital and told my kidneys were out of kilter which was caused by a rogue virus that was going around at the time. After a couple of days on fluids and

antibiotics I was back to normal and sent home. Three days later I had a heart attack while walking along the road. Again I was taken to hospital and given the necessary primary care. A blood clot was identified and treated.

“During my first night in hospital the doctor wanted to give me heart medication, I told him I couldn’t take anything until he spoke to my consultant or the pharmacist. The next morning the nurse who was looking after me came over and said ‘fair play to you Michael for standing up to the doctor, one of the drugs he wanted to give you interacts with your HIV meds’. It turned out it was the other way round, one of my HIV meds interacted with the heart drug he wanted to give me, boosting its properties, so the dosage had to be reduced in order for me to be given it.

“If my heart attack had left me unconscious or unable to

NOW THERE IS A FUTURE, I'M LIVING PROOF OF THAT. I'M 19 YEARS DIAGNOSED WITH 9 OF THEM



communicate I wouldn't have been able to question the doctor and might not have survived. As my case demonstrates, treatment that is administered to non HIV patients can't always be given to an HIV patient in the same way. Drug interaction can result in the wrong dosage being administered with potentially fatal results.

"I was lucky that I had the good sense to question the doctor and get the medication checked out first but that shouldn't be the responsibility of a patient, and I don't always get it right.

### **"Doctors who aren't HIV specialists have little or no knowledge of it"**

"In 2009 I had cancer. It has a long technical name so I'll just call it arse cancer. I thought I had piles so went to my GP to get some cream. I was seen by a locum and explained to him that I was HIV positive and had looked up my symptoms online, he admitted he didn't know much about HIV and examined the problem area and agreed with my synopsis. A few weeks later I was back at the doctors for a new prescription and saw another locum, the same scenario applied, on my third appointment I saw my regular GP who knew me and my history.

"As soon as I explained the problem he referred me to a specialist who immediately booked me in for surgery and operated, it was a kind of cancer that HIV patients are susceptible to and less common elsewhere. It's a real concern to me that medical professionals, outside the specific field, have little or no

knowledge of HIV and are inclined to either trust a patient to know their condition or simply treat the immediate concern without taking account of HIV.

### **"The likelihood of misdiagnosis or mistreatment increases"**

"Through time as patients grow older and more common complaints arise, the likelihood of misdiagnosis or treatment will occur with patients being put at risk, not from HIV or the ailment being treated, but the treatment itself and its interaction with HIV medication. If doctors are inclined to misunderstand HIV what chance do the people further down the chain have? Nurses, home help or care home staff all of whom have the responsibility to look after someone's welfare as they get older including their medication. If I develop Alzheimers or Parkinson's disease how will my treatment for that affect my treatment for HIV? All care professionals should be educated about HIV and the potential risks when an HIV patient is presented to them.

"I look after myself, as long as I'm able to do that I'll be fine but if I have to rely on others to look after me, how confident can I be to have the life expectancy that HIV treatment now offers.

"HIV will always be part of my life but nowadays I see it like a 24 hour clock that's stopped. Once a day that clock will tell the right time just like once a day I have to take my medication. For the rest of the day I can forget about HIV just like that broken clock and get on with my life like everyone else around me."

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# A DISCLOSING DILEMMA



I WOULD LIKE TO FOCUS ON AN ISSUE THAT IS RAISED WITH SOME REGULARITY. IN MY EXPERIENCE, AND THE EXPERIENCES OF OTHER STAFF MEMBERS, MANY PEOPLE WHO COME THROUGH THE POSITIVE LIVING CENTRE HAVE A NEED TO TALK ABOUT THE SUBJECT OF DISCLOSURE WITH RESPECT TO THEIR HIV STATUS.

This often relates to telling family members, friends, work colleagues, professionals or potential partners. Disclosure can often be a balance between what may be the secure option of not telling and the compelling need to tell, and this balance is unique to each individual confronted by this issue. Also, disclosure and discrimination are closely linked issues. There often may be distressing outcomes in disclosing one's status, outcomes that are often related to the virus being treated as a moral issue rather than a health issue. Our role

in supporting people living with the virus is not one of telling people what to do, rather it is one of assisting them to explore the need and also investigate their options and potential consequences.

Deciding not to tell certainly may have an upside, especially in a workplace, family or social setting, where a lack of understanding and knowledge can prevail. I want to explore what can be a more subtle set of circumstances in which disclosure may become an issue. The following kinds of scenarios do not represent specific people who use our service but do reflect an amalgam of situations that have surfaced over a period of time. These situations typically involve being in a public setting; for example, having lunch at work with colleagues, participating in a study group, attending a family barbecue or just sitting on the train. They involve hearing something said about HIV that you know to be wrong, to be based on a lack of knowledge, to be derogatory or to



be absolutely prejudiced. These are cases of 'indirect' discrimination.

*"I work in a health care setting for the aged, and I was sitting at lunch today and my work mates were talking about doing something differently if they had an HIV positive patient, such as washing sheets separately or providing different cutlery. They were making comments about how people catch the virus through sex or that they would have to be a drug addict to have the virus. As a person living with HIV, I could just feel my blood boil, and they're health professionals. They should know better. No wonder I don't say anything, if that's what you're up against."*

*"I don't even know why the subject came up. I was at a party and I didn't know many people. For some reason the topic of HIV came up and they started talking about how people acquired the virus. One person even commented that if you 'play with fire you're bound to get burnt.' What does that mean? This is about someone's health! I had to move off because if I heard anymore I would just have to say something. It's just so upsetting; it makes me so mad. I went home early and I just went to bed crying. Why do people have to be that way?"*

If you are a positive person, how do you respond in these situations? Do you correct them or make a comment about their remarks? What are the consequences for you if you do? Does it then raise suspicion about you own status, and how might you cope with that? If you say

nothing how will you feel? Angry? Anxious? Depressed? Alone? Ashamed? There are no right or wrong answers to these questions. It depends upon the situation you find yourself in and, above all, your own judgement and self-worth. But these are situations that invariably have an emotional impact.

This is where the staff at the Positive Living Centre can play a role, a very worthwhile function by giving people the opportunity to talk about their concerns in a supported and confidential way. Talking to Heather, Gerry, Lizzi, Deirdre or I may be a vehicle for people to explore their feelings about these kinds of situations. It may not be about educating or changing the views of others, for that can be a difficult path to go down. It may be about your need to state what you think, how you feel, what you can do about your own situation and what coping strategies work for you. It may be about exploring what being HIV positive actually means to you. It may be about encouraging you to consider professional counselling, which the VAC can offer, and that can be a very effective tool, empowering you and allowing you to take action.

I have highlighted this area just as an example of the kind of assistance the support staff at the PLC (and more broadly the VAC) can offer. You are encouraged to see one of us about any issue you are confronted by and we will do our best to help you in a supported and confidential manner or potentially refer you to the appropriate service for your needs.

**Alex Nikolovski**



## FAMILY LUNCH AT THE PLC

THE PLC IS HOSTING A  
FAMILY AND FRIENDS DAY ON  
SUNDAY OCTOBER 11TH AT 12.30PM.

JOIN US THE POSITIVE LIVING CENTRE FOR  
A FREE LUNCH, DELICIOUS DESSERTS, SOFT  
DRINKS, JUICES, COFFEE AND TEA.

**IF YOU WOULD LIKE TO ATTEND  
PLEASE RSVP TO THE PLC ON  
9863 0444**

# VAC SUPPORTS INTERNATIONAL AIDS SOCIETY CONFERENCE CALL FOR GLOBAL ACCESS TO PREP

THE VICTORIAN AIDS COUNCIL (VAC) HAS WELCOMED THE CALL FROM THE 8TH INTERNATIONAL AIDS SOCIETY CONFERENCE (IAS 2015) IN VANCOUVER FOR PRE-EXPOSURE PROPHYLAXIS (PREP) TO BE MADE AVAILABLE TO PROTECT ALL PEOPLE AT HIGH RISK OF ACQUIRING HIV.

The 'Vancouver Consensus' statement issued out of the conference in July of this year is the strongest call yet from the global HIV community for widespread access to PrEP. When taken as prescribed, PrEP is a medication that significantly reduces a person's risk of getting HIV.

"VAC is advocating for better access to PrEP in Australia for people at risk of HIV, including men who have sex with men, so it's good to see global leaders in the field supporting this key strategy in effective HIV prevention," said Greg Carter, President of VAC.

"PrEP still hasn't been approved by the Therapeutic Goods Administration for use in Australia, so we hope this acknowledgement of its importance by the world's top HIV experts will help substantiate the case for wider access to PrEP for everyone who needs it.

"The recognition of PrEP as part of an effective prevention response to HIV worldwide would be a fantastic legacy of this conference," said Johann Ruth, Acting CEO of VAC.

The Vancouver Consensus also calls for access to antiretroviral (ARV) treatment for all people living with HIV upon diagnosis, drawing on recent results from the START study showing the benefits of immediate treatment for people diagnosed with HIV. Australian guidelines around the prescribing of antiretroviral drugs for PLHIV removed any restriction on people commencing therapy in 2014. However, starting ARV treatment remains an individual choice based on readiness and an individual's ability to adhere to the treatment regimen.

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# WORLD AIDS DAY MEMORIAL CEREMONY 2015



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, YEAH, 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](https://www.facebook.com/WADVictoria)

WHEN  
TAKEN AS  
PRESCRIBED,  
PREP IS A  
MEDICATION  
THAT  
SIGNIFICANTLY  
REDUCES A  
PERSON'S  
RISK OF  
GETTING HIV.



**THE PAST  
HAS NO  
POWER  
OVER THE  
PRESENT  
MOMENT**



## ART THERAPY

**ART THERAPY HELPS INDIVIDUALS RELAX  
PROVIDES A SENSE OF CONTROL  
REDUCES ANXIETY AND DEPRESSION  
ENCOURAGES PLAYFULNESS AND A SENSE OF HUMOUR  
INCREASES SELF ESTEEM  
NURTURING OF SELF AND REDUCES BOREDOM  
IMPROVES COMMUNICATION WITH OTHERS**

**Friday September 4th-25th September  
11.30am to 1.30pm  
Please book at reception**



# PERSONAL TRAINING

I'M CHRIS, I'M 33 AND I HAVE BEEN LIVING WITH HIV FOR 19 YEARS.

I am a former tram driver and I have come back to the Health and Fitness Industry with the idea of helping those living with HIV to increase their quality of life and improve their overall health. My aim is to also advocate and educate through sharing information on my Facebook page, and through delivering my own story as a Positive Speaker. As an out and proud gay man living with HIV, I am sensitive to the needs of those men and women living with HIV.

I currently operate out of Goodlife Coburg, but I also offer a mobile service. I have my Certificate 4 in Fitness, Personal Training. I am registered with Fitness Australia and I have my own insurance through Marsh. I also have a level 1 and advanced certificates in Boxing for Fitness and a certificate in "Rehab Fx" and a current senior first aid certificate issued by St John Ambulance. The Rehab Fx course covered the following areas: group fitness, suspension training, power bags and kettle bells.

I am a big fan of natural therapies, dumbbells and generally getting the body to move itself. The client/trainer relationship, in my opinion, is a unique one and must be grounded in trust and mutual respect so that a free exchange of ideas and opinions can happen, thereby allowing the client and the trainer to learn from each other and work together as one to achieve the client's goals.

I have previously trained my clients in parks and in their homes. These days, I am sub-contracted to Goodlife Health Clubs in Coburg North. The areas I can cover are the Northern Suburbs along with Fitzroy, the CBD, Prahran and their immediate areas.

The costing is simple structure and I am happy to discuss this with individuals. Direct Debit facilities are available. This means clients will be able to book and pay for a block of sessions without carrying large sums of cash.



YOU HAVE  
BRAINS IN  
YOUR HEAD.  
YOU HAVE FEET  
IN YOUR SHOES.  
YOU CAN STEER  
YOURSELF ANY  
DIRECTION YOU  
CHOOSE.



[*Dr. Seuss*]

I will provide the initial session / consultation free.  
Please feel free to contact me on:

**(m) 0414 290 319**

**(e) christopherkershaw@yahoo.com.au**

**f Chris Kershaw**



# PLC SERVICES

## PLC SERVICES

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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.

## 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, pastries and coffee. It's Free and it's Delicious!

# HEALTH EATING

GOOD NUTRITION IS ESSENTIAL FOR PEOPLE LIVING WITH HIV. FOLLOW THESE DIETARY GUIDELINES TO ENSURE THAT YOU OBTAIN ALL THE ENERGY, PROTEIN, VITAMINS AND MINERALS THAT YOU NEED AND TO HELP YOU FIGHT INFECTIONS SUCH AS FLU.



## MAKE STARCHY FOODS PART OF MOST MEALS

Starchy foods, or carbohydrates, provide energy, keep your weight stable and help you to feel energetic during the day. They should form a major part of every meal.

Examples of starchy foods are:

- Bread, crackers
- Porridge, pap and breakfast cereals
- Potatoes and sweet potatoes
- Rice
- Pasta

Choose starchy foods with more roughage (fibre), such as wholewheat bread, brown rice and

wholewheat pasta.

## EAT PLENTY OF VEGETABLES AND FRUIT EVERY DAY

They provide the vitamins and minerals you need to help fight infections. They also provide roughage, which is very good for the digestive system.

Include a variety of vegetables every day, e.g.

- Broccoli and carrots
- Green beans and pumpkin
- Spinach and butternut
- Stir-fry cabbage with mushrooms and red, yellow and green peppers

In summer try more salads that

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include vegetables:

- Lettuce, tomato, cucumber, green beans and corn
- Grated carrot salad with pineapple
- Beetroot salad

Fruit and vegetables provide the essential vitamins and minerals you need to help you fight infections. Have fruit as a snack between meals, e.g. apples, pears, bananas, pawpaw, mangoes and berries.

## FISH, CHICKEN, LEAN MEAT AND EGGS COULD BE EATEN DAILY

These are rich in protein which is good for strong and healthy muscles. Dairy also provides the mineral calcium, which is important for keeping bones healthy.

Include these foods in your daily diet:

- Chicken, pilchards, sardines or cheese with lunch
- Red meat, pork, lamb, chicken, fish or liver with dinner

## HAVE MILK OR YOGHURT EVERY DAY

Dairy foods provide your body with calcium which is important for strong bones and teeth, muscle and nerve function, blood clotting and hormone release.

## EAT DRY BEANS, SPLIT-PEAS, LENTILS OR SOYA REGULARLY

These foods are rich in protein and roughage. Examples of foods to include are:

- Baked beans, butter or kidney beans, lentils, split peas or chickpeas
- Soya mince, soya milk, soya sausages or patties
- Peanuts, peanut butter and other nuts.
- Buy well-known brands of peanut

butter and nuts. Nuts that are of poor quality or stored incorrectly can cause food poisoning.

## INCLUDE SOME SUGARS, FATS AND OILS IF YOUR WEIGHT HAS DECREASED

These foods provide a lot of energy and will help you to maintain your weight. If you have lost weight at any stage, they will help to increase your weight if you eat them in addition to your normal healthy meals.

Tips on including these foods are:

- Add sugar or honey to your porridge or cereal
- Use jam or honey with peanut butter or cheese on a sandwich
- Include desserts after meals, e.g. jelly and custard, mousse, bread and butter pudding or ice cream
- Use soft margarine or butter on bread and baked or mashed potatoes
- Use a little oil for preparing your meals
- Avocado is a very healthy food to include

## USE SALT AND FOOD HIGH IN SALT SPARINGLY

Avoid cooking with salt. Some food contains a lot of salt, e.g. processed meat, packet crisps, packet soups and sauces. Flavour foods naturally with herbs, garlic, chillies, ginger, black pepper and lemon juice.

## DRINK LOTS OF CLEAN, SAFE WATER

It is an important nutrient that you need every day. Make sure that your water is safe. Drink your water from a tap. If it comes from a river or borehole, boil it before you drink it. You can also have fruit juice, cold drinks, tea, milk or soup. If you have diarrhoea, vomiting or night sweats, drink more fluids.

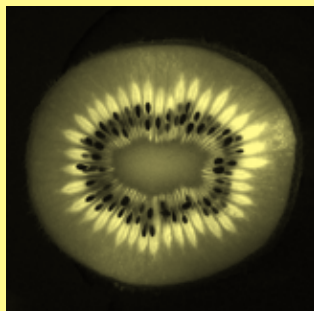
DAIRY FOODS PROVIDE YOUR BODY WITH CALCIUM WHICH IS IMPORTANT FOR STRONG BONES AND TEETH, MUSCLE AND NERVE FUNCTION, BLOOD CLOTTING AND HORMONE RELEASE.

# ACTIVITIES AT THE PLC

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## NATURO PATHY & VITAMART

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

**Our Naturopath is available by appointment each Thursday 5pm - 9pm**

The Vitamart service provides subsidised vitamins for HIV+ individuals as prescribed by your health practitioner.

**Vitamart: Tuesday to Friday Cost: As per vitamin price list.**

## 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.

### TUMS & BUMS

**Tuesday 11.30am - 12.30pm 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.

### 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!

## 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.**

# 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>**

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# 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>**





LIFE IS  
FULL OF  
SURPRISES,  
SO YOU MAY  
AS WELL  
GET USED  
TO IT.

**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](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.**

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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.

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THE DAVID WILLIAMS FUND IS STARTING A NEW NO INTEREST LOAN SCHEME (NILS) FOR ESSENTIAL ITEMS COMMENCING SEPTEMBER 30TH 2015. FOR AN INFORMATION PACK PLEASE CALL RECEPTION ON 03 98630444 OR YOU CAN CALL MARCUS SMITH ON A WEDNESDAY TO DISCUSS YOUR NEEDS FURTHER.

## STUDY ASSIST

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

The committee of DWF is proud to offer the DWF Study Assist, a way to support you to gain higher education qualifications. Going back to study after years of unemployment can be difficult, especially the costs associated with returning to study. The DWF Study Assist allocation has been established to contribute towards the cost of further education, i.e. books, enrolment fees, short courses etc. Further, there are many equity scholarships associated with Universities / TAFE's / Colleges, which this project can direct you to. For more information, please make an appointment with the David Williams Fund Coordinator or check university / TAFE websites for more information.

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

## 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!

The DWF have finally received online Centrelink access. This means, if we have the clients authority, they will no longer have to go to Centrelink to get their income statement. We will be able to do it here, until they either withdraw from our service, or ask us to stop access.

The New Centrelink Income Statement authority form is available at Reception at the centre. Some individuals may not want to give access, and that's not a problem, but they will need to provide their own Centrelink income confirmation with each application. But for most of the individuals registered with the fund, it means much less hassle and a faster smoother service.

Please note that past 'Centrelink Income Statement authority forms' are not accepted by Centrelink, so please destroy any old Centrelink authority forms you may have and only use the new form.

**If you have any questions or queries, please do not hesitate to contact Marcus or Lynda on 9863 0444.**

# VAC SERVICES

## VAC SERVICES

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## 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 to work through issues with increased awareness and understanding. It can help you develop greater self-acceptance, personal insight, and make positive life changes and decisions. Counselling helps in a range of areas including:

New or recent HIV diagnosis or other health issues

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

Be proactive. Getting counselling before you get into a crisis

can sometimes prevent it from happening or reduce its effects.

Our counsellors are professionally trained in psychology, social work, counselling, couples therapy or psychotherapy. They are sensitive to the needs of people living with HIV and members of the GLBT community. All counsellors are bound by a code of practice privacy, confidentiality and duty of care policies. The 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.





# RE-WIRED 2.0

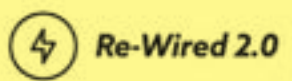
## Peer Support Group

Wrestling with meth? Is it affecting your relationships and your life?

If you are a man who has sex with other men and want regular ongoing support to control, reduce or stop your meth use, then maybe the Re-Wired 2.0 peer support group is for you?

VAC runs a fortnightly peer led support group for men looking to change their meth use.

This small group will be held at  
**VAC, South Yarra**  
 Touch base with VAC on 03 9865 6700 for program details.



For more information or to register interest, please contact VAC on 03 9865 6700



# 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 be 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.**



# VAC JOY ON 94.9



FOR THOSE OF YOU WHO DON'T KNOW, WELL WELL WELL IS A SPOT DEDICATED TO HIV AND MENS HEALTH EVERY TUESDAY ON JOY

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.**

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## VAC SERVICES

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# VAC HEALTH PROMOTION SERVICES

## PEER EDUCATION PROGRAM

### YOUNG & GAY

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



**To find out more, visit [www.www.vac.org.au/young-and-gay](http://www.www.vac.org.au/young-and-gay) or call 9865 6700.**



### MOMENTUM

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



**To find out more, visit [www.www.vac.org.au/momentum](http://www.www.vac.org.au/momentum) or call 9865 6700.**



### RELATIONSHIPS

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

**To find out more, visit [www.www.vac.org.au/relationships](http://www.www.vac.org.au/relationships) or call 9865 6700.**

### GAY ASIAN PROUD/TALK ASIAN

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

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

# 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)**

## VAC SERVICES

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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.

# EVERYDAY HEALTHCARE FOR EVERYBODY!

LESBIAN, GAY, BISEXUAL, TRANSGENDER, INTERSEX AND QUEER PEOPLE ARE ALL WELCOMED AT THE CENTRE CLINIC! WE OFFER EVERYDAY HEALTHCARE FROM THE COMMON COLD TO SPECIALIST SEXUAL HEALTH AND HIV TREATMENT - AND WE BULK BILL. CALL 03 9525 5866 FOR AN APPOINTMENT

 VAC | CENTRE CLINIC

# OTHER SERVICES

## OTHER SERVICES

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ANONYMOUS,  
FREE  
TELEPHONE  
COUNSELLING,  
INFORMATION  
AND  
REFERRALS  
FOR THE  
LESBIAN, GAY,  
BISEXUAL,  
TRANSEXUAL  
AND INTERSEX  
COMMUNITIES  
OF VICTORIA  
AND TASMANIA  
1800 184 527  
5.30PM TO  
10.30PM  
SEVEN DAYS  
PER WEEK

WECHAT AT  
OLIFE.ORG.AU

## TELEPHONE COUNSELLING, INFORMATION AND REFERRALS



Switchboard is a volunteer organisation which provides a free, confidential and anonymous telephone counselling, referral and information service for the Victorian and Tasmanian lesbian, gay, bisexual, transgender, intersex and queer (LGBTIQ) communities and their supporters.

The telephones are answered by trained volunteers who themselves identify as LGBTIQ and we receive calls from a wide range of people; some may be experiencing problems at work, in their relationships, with family or who are coming out; not to mention callers who simply want a referral to other community organisations and groups.

We also do speak to the family and friends of people who might identify as LGBTIQ; and receive calls from health and welfare professionals.

Please explore our website and feel free to call our counsellors to seek any information you need or to discuss any issues.

[www.switchboard.org.au](http://www.switchboard.org.au)

## 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**





"STIGMA HURTS. BECAUSE OF AIDS, CHILDREN ARE BULLIED, ISOLATED AND SHUT OUT OF SCHOOL. THEY ARE MISSING OUT ON EDUCATION. THEY ARE MISSING OUT ON MEDICINES. CHILDREN ARE MISSING YOUR LOVE, CARE AND PROTECTION. JOIN ME. AND BECOME A STIGMA BUSTER. UNITE FOR CHILDREN UNITE AGAINST AIDS"  
- JACKIE CHAN

## 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 conditions 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

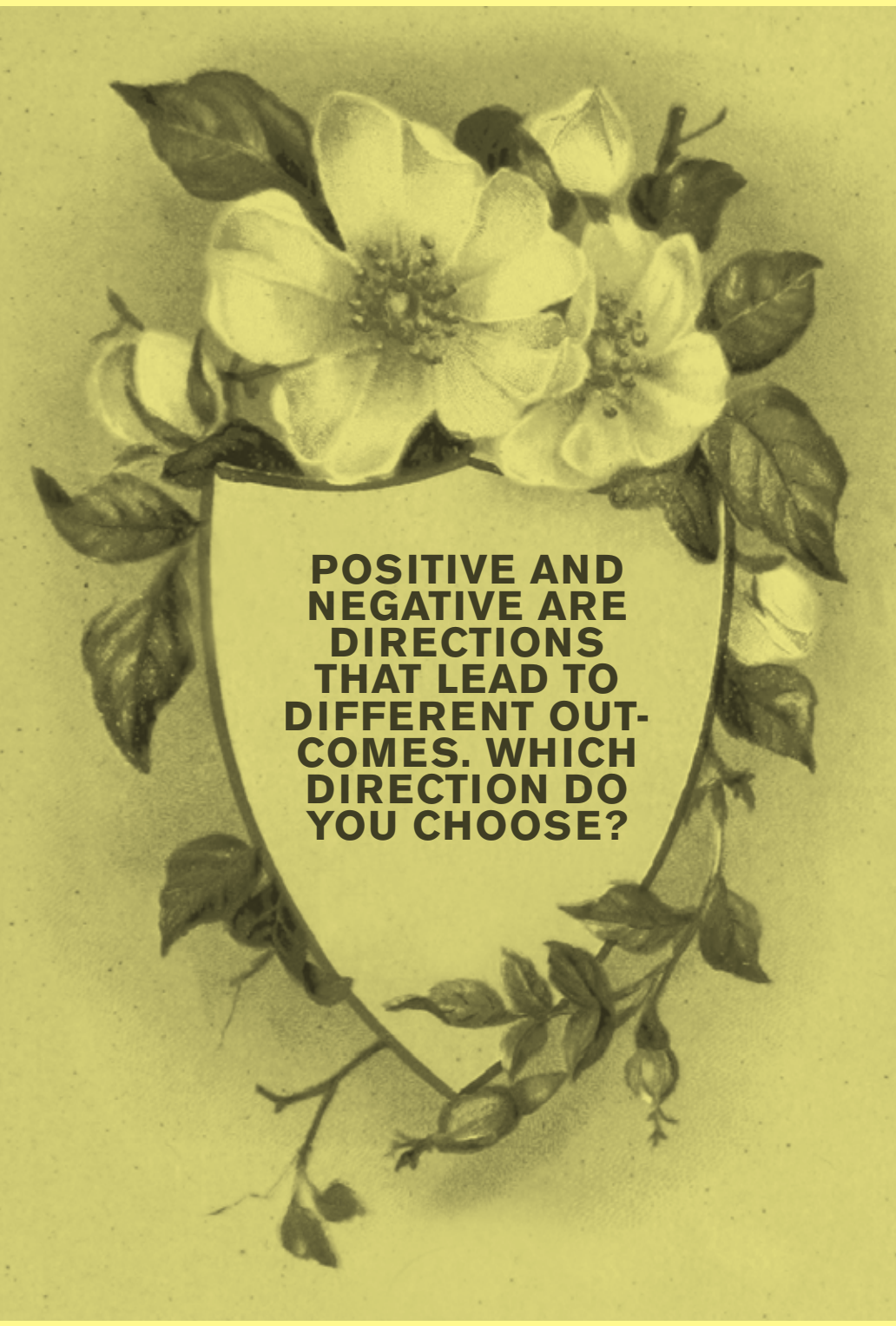
**Men, Women, Children,  
Partners, Families-  
You are not alone.**

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.**



**POSITIVE AND  
NEGATIVE ARE  
DIRECTIONS  
THAT LEAD TO  
DIFFERENT OUT-  
COMES. WHICH  
DIRECTION DO  
YOU CHOOSE?**

**OTHER SERVICES**

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**MELBOURNE SEXUAL  
HEALTH CENTRE**

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

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.

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**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**



# LIVING POSITIVE VICTORIA

## PHOENIX

Workshop for Gay and Bisexual men newly diagnosed with HIV. This successful weekend workshop for people newly diagnosed with HIV is where you can get valuable information on HIV as well as hear others in a similar situation share their experiences with you. We look at how HIV affects your immune system and what your CD4 and Viral load counts actually mean. We also look at the latest in treatment options. You'll have an opportunity to share with others your feelings and issues around your new HIV identity and what it means to you as well as explore strategies to deal with them. We discuss the issues around disclosure, sex and relationships. And much more! To book or for more information contact:

**Vic Perri on 03 9863 8733,  
vperri@livingpositivevictoria.  
org.au**

## QUIT FRESH START

One on one or group, face to face or online face to face via webex. Living Positive Victoria in partnership with Quit Victoria and Inner South Community Health offers the Quit FRESH START course free for people living with HIV who wish to quit smoking. 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**

## 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:

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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.

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# POSITIVE SPEAKERS



HAVE YOUR VOICE HEARD IN THE COMMUNITY - BE PART OF A TEAM THAT OFFERS PUBLIC SPEAKING TRAINING, PEER SUPPORT AND COMMUNITY EDUCATION.

Living Positive Victoria's diversity statement focuses upon the involvement of all PLHIV in the HIV response. Becoming a speaker will provide both personal and professional skills that will translate across your whole life and in turn by telling our stories, help all of us challenge the stigma facing people living with HIV in the community.

The Positive Speakers Bureau and Senior Voices Project are seeking to recruit additional male

and female speakers to ensure we equally reflect gender, sexuality and age demographics of men and women living with HIV.

We are calling for expressions of interest from HIV positive people to enhance our program capacity and to ensure that a diversity of positive experiences are represented in the community.

**For further information  
please contact the  
Positive Speakers  
Coordinator on 9863 8733  
or speakers.bureau@  
livingpositivevictoria.org.au**



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.

Positive Women Victoria is actively recruiting Volunteer Peer Support

Workers and Board Members. The two day training for Volunteer Peer Support Workers is scheduled on the 19th and 20th of September and the term for new Board Members commences in November. For more information including position descriptions detailing key selection criteria, visit <http://www.positivewomen.org.au/about-pwv/board-and-volunteer-opportunities>.

Positive Women is also accepting expressions of interest for the Peer Support Coordinator role.

**For more information contact PWV's Executive Officer, Alison Boughey, on [executiveofficer@positivewomen.org.au](mailto:executiveofficer@positivewomen.org.au).**

**Location**  
**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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# PHOENIX

WORKSHOPS FOR PEOPLE WHO HAVE RECENTLY BEEN DIAGNOSED HIV-POSITIVE



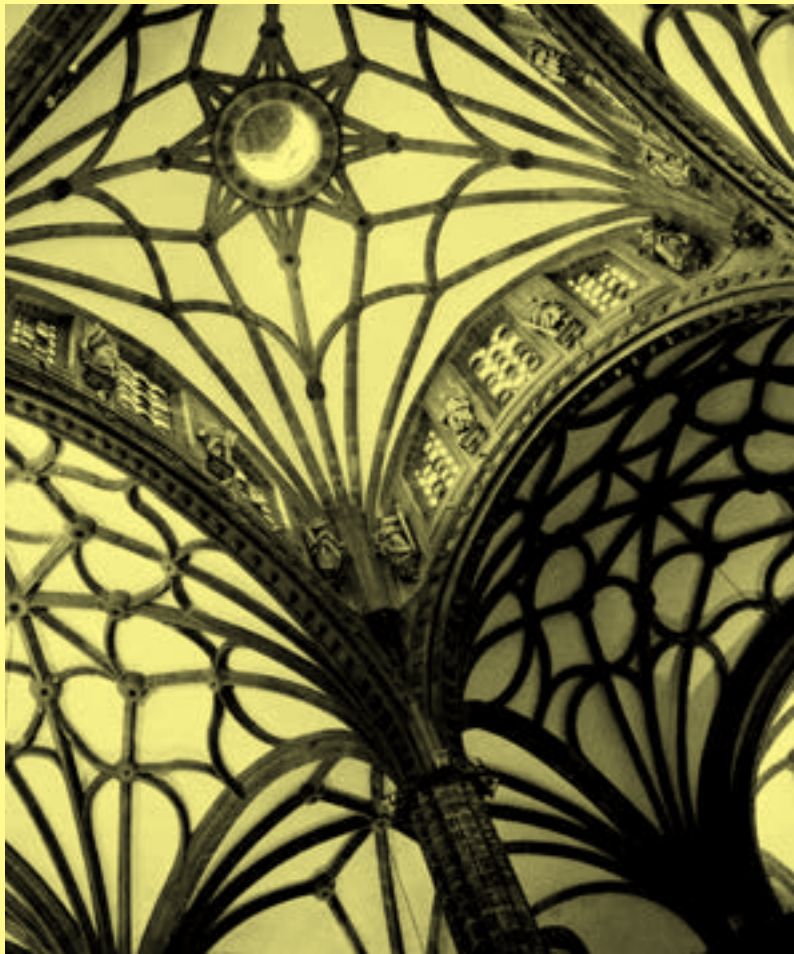
Take the first step to living well with HIV.

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)





## CATHOLIC AIDS MINISTRY

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### “Cup day in the carpark” Tues 3rd Nov @11.30am

Join us for a delicious BBQ lunch, enter the sweep and watch the race Prize for the best hat or fascinator

### Annual Mass 15th Nov 3pm Mass followed by afternoon tea

St. Mary of the Cross Centre  
23 Brunswick St Fitzroy

### 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)



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## MULTICULTURAL HEALTH AND SUPPORT SERVICE

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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**

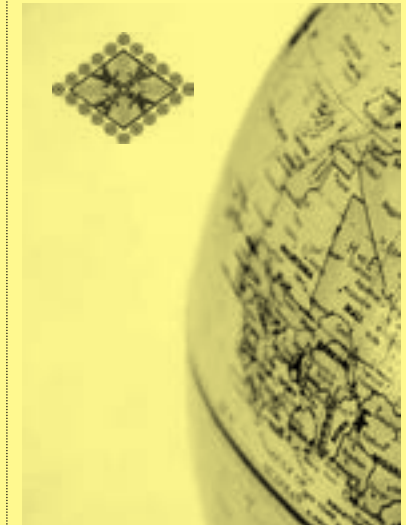
**E: [enquiries@ceh.org.au](mailto:enquiries@ceh.org.au)**

**Visit our website for  
more information**

**[www.ceh.org.au/mhss.aspx](http://www.ceh.org.au/mhss.aspx)**

## HIV CALD SERVICE UPDATE

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The HIV CALD service continues to support individuals living with HIV from culturally and linguistically diverse backgrounds.

There are eight co workers who speak various languages – Tina (Khmer), Annie (Vietnamese), Ismail (Arabic), Ngun (Burmese/Chin), Nastaran (Farsi), Bernadette (Swahili), Tehiya (Amharic/Ormo) and recently Priya (Thai) has joined the team.

During the next few months, we hope to assist a number of the clients of the program to obtain their Australian Citizenship.

For enquires/referrals, please contact

**Maureen Plain, Coordinator,  
HIV CALD Service, Alfred  
Health Ph: 9076 3942**

## 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.hiv aids.webcentral.com.au](http://www.hiv aids.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