



plc

**POSITIVE  
LIVING  
CENTRE**

**SUMMER AUTUMN  
NEWSLETTER  
FEBRUARY TO MAY 2014**

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

*A PROGRAM OF THE  
VICTORIAN AIDS COUNCIL /  
GAY MEN'S HEALTH CENTRE*

# POSITIVE LIVING CENTRE

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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.



vacgmhc



VAC.GMHC

## PLC OPENING HOURS

Tuesday 10am – 4pm

Wednesday 10am – 4pm

Thursday 10am – 8pm

Friday 10am – 4pm

## PLC CLOSURES

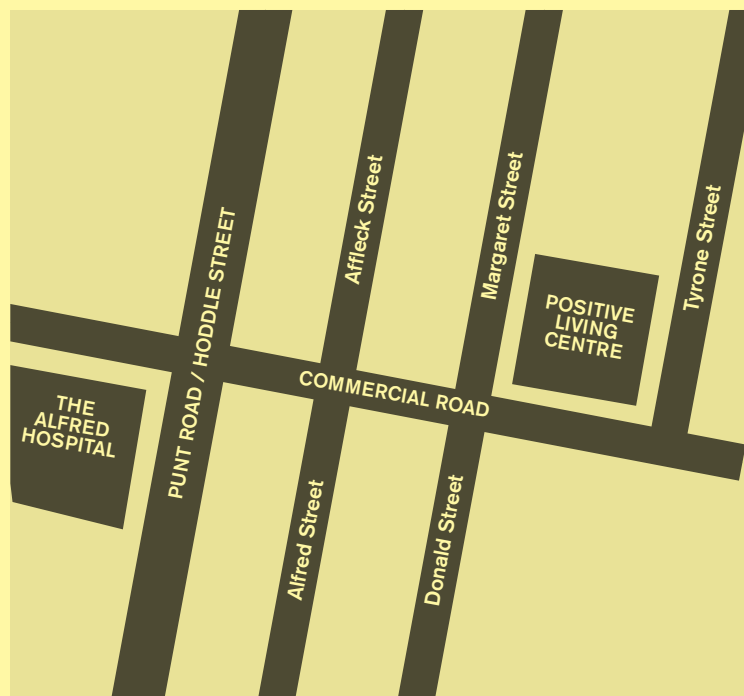
Friday April 18<sup>th</sup>  
Good Friday

Tuesday April 22<sup>nd</sup>  
Easter Tuesday

Friday 25<sup>th</sup> April  
Anzac Day

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# Welcome

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**Welcome to the Summer Autumn 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. You might notice that the Newsletter has a different look and feel to it. I would like to acknowledge Daniel who generously contributed his time and creative energy to volunteer as the Graphic Designer for the Newsletter. Thank you, Daniel.**

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. In the time since World AIDS Day, many clients, volunteers and guests have spoken highly about the whole event.

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.

There's a lot of buzz about the forthcoming International AIDS Conference to be held in Melbourne in July this year. The VAC/GMHC will be involved in a variety of ways, primarily with a space in the Global Village, an area of the conference that can be accessed by the general public. The PLC will also be a showcase for visiting delegates to gain a sense of the VAC/GMHC and obtain an insight into the array of services offered through the centre to people who live with HIV. Stay tuned for more news as we draw closer to this event.

You may notice a focus on nutrition in this edition of the Newsletter. There is an interesting article from Aaron, who is a specialist HIV Dietitian and Health Coach based at Northside Clinic. The Centre will soon be welcoming a volunteer dietician who will be developing some workshops and presentation in the near future. Additionally, we are developing a relationship with

"THERE'S A LOT OF BUZZ ABOUT THE FORTHCOMING INTERNATIONAL AIDS CONFERENCE TO BE HELD IN MELBOURNE IN JULY THIS YEAR"



Photo: Daniel Cordner

OzHarvest, a non-denominational charity that rescues excess food which would otherwise be discarded. They also run a nutrition education program, which provides an opportunity for participants to improve their knowledge around low cost, nutritious healthy eating. We will be running this program on Mondays, commencing in March.

There are a number of changes and new activities planned for the centre. In this Newsletter you will see an article on the change in hours for the centre, effective in March. These hours are an adaptation of the proposal highlighted in the previous Newsletter and after soliciting feedback from clients through a forum held in November. Along with these change in hours, I am pleased to announce a substantial improvement to the Pantry service, which we hope will increase access and equity for all clients

(please read the article on this).

Other new activities and services that are planned include a Women's Afternoon on Monday May 5th, a Family Day Barbeque on Saturday the 5th of April, a workshop to hear what kind of programs you'd like to see introduced at the PLC on the 26th of March and a series of Art Therapy Workshops, aimed at story telling through Art, Myth and Symbology, which will commence on March 21st. We believe these changes will enhance your time at the centre, offer more opportunities for engagement and also meet the needs of others in the community.

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

**Alex Nikolovski**  
PLC Coordinator

# PLC OPERATIONAL HOURS CHANGES

by Alex Nikolovski, PLC Coordinator

As many of you may recall we highlighted a proposal in the last issue, which focussed on changing the operational hours of the centre. The PLC is a valuable community resource for all people living with HIV. Since the commencement of PLC services in 1993, opening hours have continued to be modified and adapted to become what they are today. This has always been in response to the changing nature of the HIV epidemic, the changing needs of people living with HIV and the available resources and staff to respond to these issues.

We held a forum in November of 2013 in which clients expressed their views about the changes and we had the opportunity to provide clarity about what these actually were. One of the major themes to come through during the forum, centred on concerns around the opening time for the PLC, as some felt the proposed 11.00am start would have an adverse impact for a variety of reasons. There were positive comments related to the potential for opening up the centre on different occasions to accommodate other people living with HIV who may not have the opportunity to attend during normal business hours. This forum also allowed us the

opportunity to demonstrate that this is about resource allocation and an effort to spread the resources we have in a more effective way. To those who supplied their feedback, our thanks to you.

After due consideration of this input, especially concerns raised about the opening times, and with the view that we wish to expand services into other times, the following operational hours will become effective from the beginning of March 2014:

**Tuesday 10am to 4pm**

**Wednesday 10am to 4pm**

**Thursday 10am to 8pm**

**Friday 10am to 4pm**

The essential difference is that we will close at 4.00pm each day except Thursday when we close at 8.00pm. It is important to note that these proposed changes will not impact any of the current activities and services and will allow the PLC to undertake a series of new ventures in 2014.

We will have a series of new group activities on Mondays to engage HIV positive people from groups that do not currently use the PLC. An example of this is the NEST nutritional program commencing in March, which is promoted elsewhere in this Newsletter. Other endeavours, such as regular events for positive women, are planned for the coming year.

The PLC will hold forums/workshops/activities in collaboration with partner organisations, after hours on a Wednesday evening or a Saturday; for example, our first Family Day Saturday Barbeque is scheduled for April.

- As stated previously these changes take into account:
- How do we accommodate people who can't access during existing hours?
- How do we best utilise staff time to most effectively support clients?
- How do we provide a variety of services during opening hours, which are most effective and conducive to the improved health and wellbeing of clients?
- Can we differentiate between opening hours and the ability to provide hours set out specifically for appointment or scheduled services?
- How do we increase participation from different elements within the community, allowing for an increased client base and more effective, fairer provision of services?

We believe these new operational hours, and some of the other initiatives you will see unfold in 2014, will enhance your time at the centre and also meet the needs of others living with HIV.

# IMPROVEMENTS TO PANTRY SERVICE

As of March 2014 we are implementing a major improvement to the Pantry service, which will coincide with the change in opening hours for the PLC.

Over the years we have conducted a few surveys about the Pantry service, with very positive feedback in general. One of the criticisms that has often emerged however relates to the narrow time Pantry is open and how this can adversely impact the ability of clients to use the service. This is especially the case for people who have specific commitments throughout the day; for example, appointments and other personal requirements. Another stream of concerns relate to waiting times.

To address these issues, I am happy to announce that Pantry will now be available for extended hours each fortnight:

**Tuesday  
11.30 am to 3.30pm**

**Wednesday  
11.30 am to 3.30pm**

**Thursday  
11.30 am to 7.30pm**

**Friday  
11.30 am to 3.30pm**

The process of obtaining a Pantry will not change. You will still pay at

Reception and be issued a ticket with a number and then a Client Support Officer will open the Pantry and assist you through the Pantry process. We ask that you be patient with this new process as staff may be busy at certain times and there will be times that we are restocking. As is currently the case, clients are allowed to access Pantry only once per fortnight.

We are also introducing a formal "Emergency Pantry" for clients who present in an emergency situation during the "off pantry" week. This will be a specific pre-prepared assortment of food products aimed at providing some basic nutritious staples.

This New Pantry process will be trialed for a six month period and reviewed via a client survey at the end of this period.

It is my hope that this new way of delivering the Pantry will prove to be more equitable, more accessible, more dignified and a more enjoyable experience for all the clients of the PLC.

**Alex Nikolovski  
PLC Coordinator**

# THE NEW ERA OF NUTRITION

by Aaron Di Guilmi, APD



**HIV treatments have come a long way since monotherapy in the early nineties and the huge pill burden regimes of late last century where people could take in excess of 30 tablets each day just to stay alive and suppress virus levels. Weight loss, nasty diarrhoea and eventually body changes were commonplace and accepted as side effects of the treatment. We have come into a new era of triple combination therapies available in a once a day tablet, a huge success for pharmacotherapy and the HIV community, making it easier than ever to optimise treatment and balance life, work and leisure.**

Nutrition treatment in HIV has also progressed since the 1980's. Gone are the days of recommending copious high calorie supplements, butter, cheese, cream and biscuits to help people gain weight, albeit disappointing to the cheese lover. Malnutrition and preventing muscle

wasting was the number one priority for dietitians working in the early HIV/AIDS field. Keeping people a healthy weight to fight infections and stay strong superseded any other health concerns down the track.

Today HIV is increasingly being considered a chronic health condition where people with good medication adherence can live a relatively normal life expectancy. With that said, the way we treat our bodies and the lifestyle choices we make now and in the future will determine how our body repays us later in life, the phrase 'you are what you eat' may come to mind. This is where nutrition and physical activity can play a vital role in long-term HIV management and ultimately achieving the best possible quality of life.

Although malnutrition is still an issue for some people, good medical management means people are living longer, more prosperous lives and conditions of ageing are increasing. 50% of the HIV population is estimated to be over 50 years of age by 2020. Overweight, high cholesterol, diabetes, heart

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problems and lung disease are quickly infiltrating the community. Many of these are completely treatable and even preventable, with some small changes to diet, activity levels and lifestyle you can make sure you're looking after yourself and your health.

We don't need crazy fasting diets, daily cross-fit programs or kale smoothies to live healthy lives but there are some simple steps that can keep you out of the deep, dark water. Firstly, get some help to quit smoking. It's a tough thing to do alone and there's no shame in getting a helping hand. Secondly, move more and stand more. Whatever that means to you, take action and keep doing it. Walk, cycle, take the stairs, swim, play tennis, garden, gym, get out of the office at lunch, or stand up when on the phone, it all makes a difference. Build up slowly but aim for 30 minutes of activity on at least 5 days of the week. There's 1,440 minutes in a day so no excuses!

When it comes making nutrition recommendations

the most common messages I focus on with clients is to minimise processed snack foods and increase your vegetable, fruit and nut intake throughout the day. Fruit, berries, nut and seed mixes, yoghurt and some trail bars are great to have in between meals to avoid the temptation of sweets, biscuits and chocolate. Choosing lunch and dinner options with lean protein and plenty of salad or vegetables to keep you full and give you a nutrient boost is always a good idea. Preparing a healthy dinner with lean meat or fish, vegetables and some rice means you can keep left overs for the next day's lunch. Also don't discount the quick take-away lunch

options like sushi, salad rolls, chicken stir-fry, Thai beef salad, Subway® and Sumo Salad®. Just steer clear of fatty burgers, deep fried oily foods, chips and creamy pasta dishes, your waistline and your heart will thank you.

The less processed foods and more fresh, natural, nutritious foods you can eat the better.

All the nutrition information out there can be confusing but a dietitian can help you piece all that together, help you to set goals, and focus on a realistic plan to help you achieve what you want. Many people find having someone they can be accountable to a great motivator to stay on track and move things

in the right direction. It's never too early or too late to get the ball to better health rolling. My philosophy is to have a healthy mind in a healthy body and with the right approach and some determination you can conquer anything.

**Aaron is a specialist HIV Dietitian and Health Coach based at Northside Clinic Allied Health, 391 St Georges Rd, Fitzroy North. He is available for appointments Tuesday and Fridays. You can contact the clinic on 03 9485 7700 or visit his website: [www.innercorehealth.com.au](http://www.innercorehealth.com.au)**

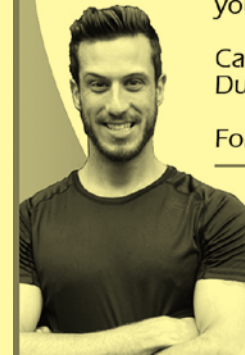
## Time to get fit for summer? Time to sort out your nutrition

Get meal and diet advice from a health professional who cares about what you want. At Inner Core Health we are passionate about getting you RESULTS.

We tailor you a plan with your goals in mind and coach you to better health and fitness.

Call and book an appointment with Aaron. The Food Dude. And get into the BEST shape of your life!

Follow us @innercorehealth for tips and updates.



Clinic in Fitzroy North  
**9485 7700**  
Or contact 0458 810 300.



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# NUTRITION TRAINING PROGRAM AT THE PLC

**OzHarvest is a non-denominational charity that rescues excess food which would otherwise be discarded. This excess food is distributed to charities supporting the vulnerable in Sydney, Adelaide, Brisbane, Melbourne, Gold Coast and Newcastle.**

OzHarvest also runs a nutrition education program (NEST Nutrition Education Sustainance Training) which provides an opportunity for participants to improve their knowledge around low cost, nutritious healthy eating in line with the Australian Guide to Healthy Eating.

The program consists of 5 x 2hr workshops that combine both the delivery of nutrition education along with the practical application of cooking various recipes during each workshop. The participants receive various support material during each session and on completion will also receive a certificate to acknowledge their participation.

The training is delivered on site so that it fits in with your organisations current practices and so

the participants can get the most out of the workshops.

The specific objectives of the NEST program are to:

- 1 Improve knowledge about and skills around low cost, nutritious healthy eating choices and minimizing food waste (including the utilization of left-overs);
- 2 Improve food purchasing and preparation behaviours for future self-sufficiency, independence, better health and mental health and improved life habits;
- 3 Break down barriers associated with food planning and preparation, allowing the people we service to enjoy the nutritional and social benefits of sharing a meal;
- 4 Minimise unintended waste by teaching better use of a variety of food products;
- 5 Up-skill clients, staff and volunteers within agencies to both prepare nutritious meal options within their services and pass valuable knowledge and skills to clients to inspire positive future behaviours and

attitudes around food and meals;

Previous agencies, who have completed the training, have reported that not only had the participants gained further skills and awareness around cooking and nutrition in an enjoyable environment but for some an increase in their own self-confidence and self-esteem. It also provided the motivation for some to make positive and realistic changes to their own eating habits and of those around them.

The training program will run at the PLC from Monday March 17th to Monday April 14th inclusive.

**This will cover 6 modules delivered over 5 weeks. The session times will be from 11.30am to 1.30pm**

**If you are interested in participating in this exciting new program please call PLC Reception to book. Numbers are limited.**



# HEPATITIS C SURVEY



## GAY AND BISEXUAL MEN HEPATITIS C SURVEY

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

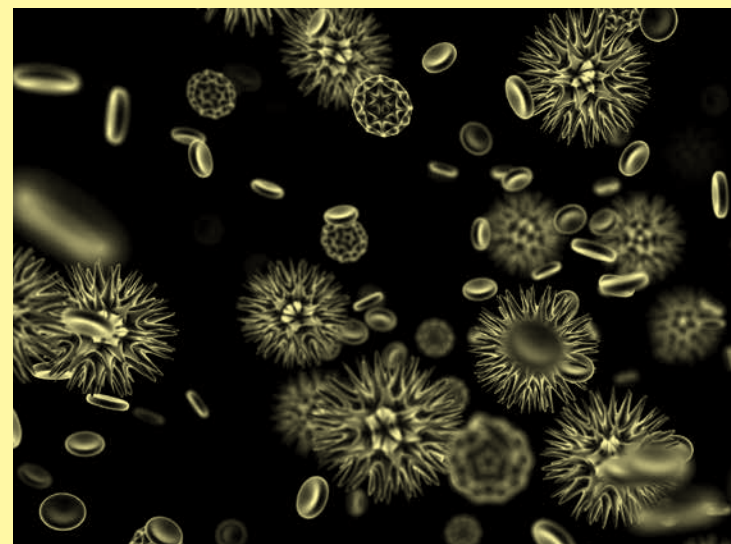
We are seeking gay and bisexual men who are living with HIV and/or hepatitis C to complete an anonymous online survey. You can access the survey at <http://hepcsurvey.csrh.org/>

The findings of this study will lead to the development of strategies to

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

If you would like more information, you can contact Dr Toby Lea at [toby.lea@unsw.edu.au](mailto:toby.lea@unsw.edu.au) or Dr Max Hopwood at [m.hopwood@unsw.edu.au](mailto:m.hopwood@unsw.edu.au)

This study has received ethical approval from the University of New South Wales and VAC/GMHC (approval number RPE13/004).



# POSITIVE TRAVELLER MADE WELCOME



**The old Braille Library is an impressive heritage listed building which has been imaginatively and sensitively developed to provide a remarkable array of services for HIV positive people. When I visited the Positive Living Centre last year, it was in the day time. Heather and Lizzie made me feel most welcome as they showed me round the centre with its surprising variety of spaces inside and outside. However, this time I wanted to meet the people who used the centre and find out what they felt about it. Unsurprisingly, like the staff and volunteers I met last year, they also considered the Positive Living Centre a very special place.**

As an 'international' guest, I was treated to dinner which costs members three dollars for a nourishing, tasty two course meal with cold and hot drinks. Needless to say, there wasn't much conversation at the table at which I sat together with Richard and others as we tucked in to delicious, generous portions of roast beef with potatoes and fresh vegetables, followed by Danish pastry with ice cream topped with caramel sauce. However, the flow

of talk afterwards was unstoppable, unrestricted and very informative.

Richard runs the Centre's own 'Grow' group, a 50 year old pioneering Australian programme that helps people to recover from a range of mental health issues. People living with HIV are more likely to suffer from depression and other mental health conditions than their negative counterparts: something that is as true in Australia as it is in Great Britain.

Pensions and State Benefits are paid fortnightly in Australia; the PLC runs a 'Pantry service' on non-pension weeks. For two dollars those with a health care card can select a generous supply of nutritious food items including packaged goods, frozen and fresh foods, fruit and vegetables. A brilliant scheme...which was deeply appreciated by all I spoke to.

Judging by the intense buzz of voices in the spacious central dining area and outside, peer support was fully functioning. Individuals seemed willing and eager to exchange information and experiences. During one lengthy conversation at our table, the talk turned towards length of diagnoses. When making comparisons, I was surprised that

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PEOPLE  
LIVING WITH  
HIV ARE  
MORE LIKELY  
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AND OTHER  
MENTAL  
HEALTH  
CONDITIONS  
THAN THEIR  
NEGATIVE  
COUNTER-  
PARTS

it wasn't my 30 years of living with HIV that evoked the greatest response, but rather my age. The people I was speaking with were astonished that I could be 72 years old and look so well. Now that kind of reaction boosts one's self esteem no end...and made me feel part of the community.

It was a great pleasure to be given a chance to improvise on the fine grand piano which is one of the treasures of the PLC. It was bequeathed to the group and suffered badly from neglect and misuse when it was housed in a nearby hospital. Thankfully, it has been lovingly restored and maintained in its new home; it was a real joy to play. Several people complimented me on my

performance...one person said that he though he recognised one of the pieces I played. Such generous appreciation!

One of the draw backs of a listed heritage building is the limitation on changes that can be made to its structure. In the case of the Braille Library, this included the preservation of the bookshelves in the great central space. This limitation has been turned into a positive asset: a lending library! It was heartening to note there were few empty shelves in the space of just one year. People have gradually filled up the vast rows of shelves with books, which are now being borrowed, read and returned. Fantastic!

Whilst the Centre is very definitely a living vibrant, supportive community, it remembers its history and does not forget those who have died from AIDS. I was urged to visit on World AIDS Day when the AIDS Quilt is hung around the central space and creates a highly charged emotional response. There is also a beautiful glass mobile that is permanently hanging in the middle of the room engraved with names of past members – an imaginative touching tribute.

In comparison with the difficult situation back at home... with HIV services being curtailed or closed down; I couldn't help but feel envious of my brothers and sisters in Melbourne who enjoy such splendid support facilities with a team of truly enthusiastic and dedicated team of staff and volunteers.

I would like to extend a heartfelt thank you to everyone for making me feel so welcome.. **Maurice**

# EXPERIENCES OF HIV THE SEROCONVERSION STUDY



## WHAT DO WE DO?

People in Australia recently diagnosed with HIV are invited to participate in the Seroconversion Study, conducted by the Kirby Institute (University of New South Wales) and the Australian Research Centre in Sex, Health and Society (La Trobe University). Funding is generously provided by the Health Departments of NSW, Victoria, Queensland, WA and the ACT. The study has been running since 1992 and continues to make a real difference to the lives of people affected by HIV, including:

- Providing information to support health promotion for those affected by HIV;
- Assisting the prevention of HIV and support for those dealing with a recent HIV diagnosis, and

- Highlighting current gaps in policy and program development and implementation including opportunities for new research.

To participate, individuals recently diagnosed with HIV complete an online survey about what they believe led to their infection and their experiences since diagnosis. At completion of the survey, participants are invited to volunteer for a face-to-face interview where they can share their story in their own words. The information provided during these interviews has been particularly valuable and we have received consistently positive feedback from participants.

Anyone over 18 years old living in Australia and having been diagnosed with HIV within the previous two years is eligible.

IMMEDIATELY FOLLOWING THEIR DIAGNOSIS WITH HIV, PARTICIPANTS OFTEN REPORTED CHANGES TO SEXUAL BEHAVIOUR SUCH AS: REDUCING THE NUMBER OF SEX PARTNERS

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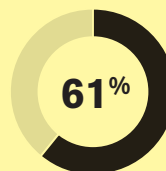
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## WHAT HAVE WE FOUND SO FAR?

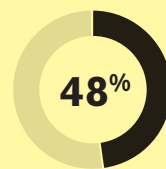
Consistent with HIV infections in Australia overall, most study participants have been gay men.

Some of the study findings so far have included:

- The average age of men at diagnosis is 35 but the youngest study participant was just 16 years old at diagnosis and the oldest was 74.
- In contrast to the common misconception that new infections typically occur at sex clubs or saunas, the most common place where people believe they were infected was at their partners' or friends' home (31%) with the participants' own home being the second most common (24%).
- At the time of infection, more participants (75%) were the receptive partner i.e. the "bottom" than the insertive partner i.e. the "top" (41%). This is the reverse of what is ordinarily found among gay men where being the top is more common than being the bottom.



MOST PARTICIPANTS BELIEVED THAT THEY GOT HIV FROM A CASUAL PARTNER



LESS THAN HALF HAD HEARD OF POST-EXPOSURE PROPHYLAXIS

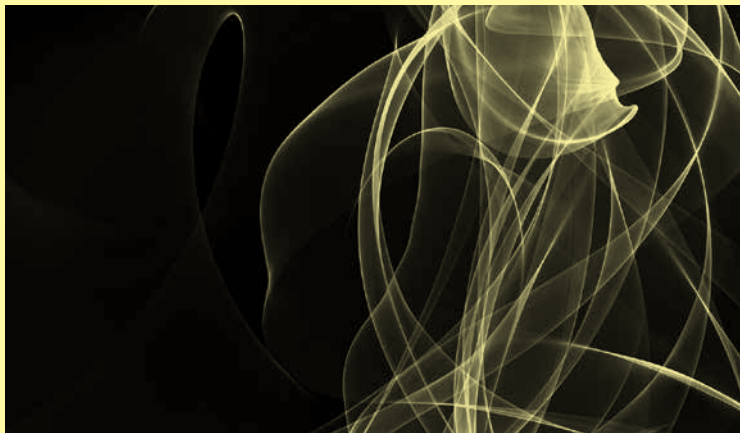
- Most participants believed that they got HIV from a casual partner (61%) rather than a "fuckbuddy" (22%) or their boyfriend (11%). Over half of participants who believed they got HIV from a casual partner did not know his HIV status (56%) but over a quarter (27%) were certain or suspected at the time that this partner was HIV positive.
- Less than half (48%) had heard of post-exposure prophylaxis (PEP) and 13% knew about PEP but did not believe the risk was sufficient to require on the occasion that they later believed was the time when they became infected.

Visit [www.hivss.net](http://www.hivss.net) for more information or to participate.

- Over three quarters (77%) of men reported that they had been tested previously, prior to the test when they were diagnosed as HIV positive. However only about half (53%) of men had been tested in the year prior to their positive test. The most common reasons for not having had a test in that year were a lack of symptoms (14%) and being afraid to get tested (14%).
- After being diagnosed as HIV positive, participants accessed a variety of services, such as: treatment advice (57%), information on viral load (49%), emotional support/counselling (47%) and access to networks of other HIV-positive people (41%). Often, participants' knowledge was out-of-date, particularly with regard to the side effects of HIV medication.
- Immediately following their diagnosis with HIV, participants often reported changes to sexual behaviour such as: reducing the number of sex partners (43%), stopping having sex altogether (36%), avoiding sex with HIV-negative partners (32%), disclosing their HIV status more often (25%) and reducing their drug use (17%).
- Participants were most likely to disclose being HIV-positive to regular partners and gay friends. Nonetheless, 17% had not told their boyfriend, 27% had not told any of their gay friends and 54% had not told any of their immediate family.

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**WHAT'S NEXT?**

The study is continuing with funding from most states and territories until 2015. In the context of the many changes in HIV prevention and treatment, individuals who have recently been diagnosed with HIV have a very important story to tell that can help shape how we better respond to those changes and help to inform public policy and HIV prevention and treatment work into the future. We will collect directly relevant information on testing, PEP/PrEP, beliefs about treatments, and changes in circumstance and relationships after being diagnosed with HIV:

- Testing: examine "late diagnosis" in more detail, how people make their choices about getting tested and what they thought were the benefits of testing at that time.
- PEP/PrEP: Investigate why so few people use PEP, the reasons why they do use PEP in some cases, and what participants

know and understand about using treatments to prevent HIV.

- Experiences post-diagnosis: services used and service gaps, changes that may have occurred, experiences of telling people about being HIV-positive, outlook for the future and reflections on how their actual experience may differ from what they imagined at the time of diagnosis.
- Treatments: whether participants are on treatment, their viral load/CD4 count, their experience of treatments, what an undetectable viral load means and how treatments make them feel about sex with their partners (particularly in pos/neg relationships).
- Sex post-diagnosis: their experiences of sex since diagnosis, and whether any changes in sexual behaviour are sustained.

**Visit [www.hivss.net](http://www.hivss.net) for more information or to participate.**

THE STUDY IS CONTINUING WITH FUNDING FROM MOST STATES AND TERRITORIES UNTIL 2015.

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**Françoise Barré-Sinoussi, PhD**

International Chair  
President,  
International  
AIDS Society

Director,  
Regulation of  
Retroviral Infections  
Unit, Institut Pasteur,  
Paris, France



**Sharon Lewin, FRACP, PhD**

Local Co-Chair  
Professor and Head,  
Department of  
Infectious Diseases,  
Alfred Hospital  
and Monash  
University

Co-Head, Centre  
for Biomedical  
Research,  
Burnet Institute,  
Melbourne, Australia



**STEPPING UP THE PACE**

**The convening of the 20th International AIDS Conference (AIDS 2014) in Melbourne, Australia, in July 2014 represents a tremendous opportunity to highlight the diverse nature of the Asia Pacific region's HIV epidemic and the unique responses to it. Gathering in Melbourne, we will work together to strengthen our efforts across all regions and around the world, building on the momentum of recent scientific advances and the momentum from AIDS 2012.**

The biennial International AIDS Conference is the premier gathering for those working in the field of HIV, as well as policymakers, people living with HIV and others committed to ending the epidemic. It will be a tremendous opportunity for researchers from around the world to share the latest scientific advances in the field, learn from one another's expertise, and develop strategies for advancing all facets of our collective efforts to treat and prevent HIV.

AIDS 2014 is expected to convene over 14,000 delegates from nearly 200 countries, including 1,200 journalists. The conference will be held from 20-25 July 2014 at the Melbourne Convention and Exhibition Centre. The International AIDS Society, the world's leading independent association of HIV professionals, with more than 16,000 members in 194 countries, is organizing AIDS 2014 in

collaboration with international and local partners.

The Australian health policy response to HIV has been characterized as emerging from the grassroots rather than top-down, with a high degree of partnership between scientists, government and community. AIDS 2014 will be an important opportunity to share the benefits of such partnerships with other countries.

Hosting AIDS 2014 in Melbourne will also make it possible for those from across the region to attend the conference and share their successes and challenges on a global level. The larger Asia Pacific region has the largest geographic area and population in the world, dramatically varying levels of wealth, and a complex mix of structural and behavioural determinants of HIV risk, giving the experts from the region unique perspectives on the epidemic that will be of great value to their colleagues from around the world.

We are extremely pleased to partner with the City of Melbourne, the State Government of Victoria, the Federal Government of Australia and various scientific and community leaders from Australia, as well as from Asia and the Pacific, with long and impressive histories of leadership on HIV.

We look forward to a strong global partnership among science, leadership and community in building a conference programme that will take another step toward the end of the AIDS epidemic.



ONEDAY,  
I'D LOVE  
TO SAY  
'I USED  
TO HAVE  
HIV'

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# JOHN F MARRIOTT TRUST

.....

**The John F Marriott Trust is a fund which supports complimentary therapies for people living with HIV and is totally independent of any VAC/GMHC or Living Positive Victoria program and/or service. However, the PLC, through our Finance Department, plays an administrative financial role in overseeing the accounts for some clients who are recipients of John F Marriott Trust.**

If you have a balance on your John Marriot account it can be used to purchase supplements from the PLC Vitamart service. Please note that we can only supply repeats of supplements that have been prescribed by your Naturopath or Medical Practitioner.

Unfortunately, due to the demand on Trust resources, we have been informed new applicants cannot be funded until further notice. This means only existing recipients of the Trust may apply again.

The Trust will continue to support past applicants as long as they still meet the usual funding criteria. The annual funding round will still close on March 31st of each year.

Please also note the new address for all correspondence, including applications, is

P.O. Box 1347, St Kilda South 3182.

**Applications must reach the J.M.T. by 31st March 2014.**

**JMT Application Forms are available for collection from PLC Reception.**

THE ANNUAL  
FUNDING  
ROUND WILL  
STILL CLOSE  
ON MARCH  
31ST OF  
EACH YEAR.

## HAVE YOUR SAY

The PLC's new operational hours allows for new courses, workshops & forums. We want to hear what kind of programs you'd like to see introduced at the PLC.

Come along on Wed 26th March from 6 – 7.30pm. Nibble Provided. This is your opportunity to input into the development of the new programs and to Have Your Say.



# CHRONIC ILLNESS ALLIANCE

**In my role as Partnership Program Leader, I would like to take the opportunity to inform you on our organisation's relationship with the CHRONIC ILLNESS ALLIANCE (CIA).**

The VAC/GMHC helped establish the Alliance in the mid 1990s and has generally been represented on their Board since that time. This has usually been the domain of the E.D. however this shall now reside with my position. I have the responsibility of nurturing the broader cross organisational relationships and as a consequence of that collaborative focus, and in keeping with our community based role, I was elected to the CIA Board recently.

With HIV increasingly being seen as a chronic health issue it makes sense more than ever to remain very much connected to this advocacy group.

The philosophy and guiding principles of the CIA are to:

- Build better lives through consumer centred health policy and health services for all people with a chronic illness
- Achieve this through education and research projects in which its members needs and services are featured
- Promote and value equity of access to appropriate services

for all people with a chronic illness, regardless of affordability

- Provide opportunities across the lives of people with chronic illness to participate fully in their communities through employment, education, and other activities
- Promote and argue for services and policies for all people with chronic illnesses that are well researched and evidence based.
- Ensure all members of the Alliance are valued and we aim to represent them in all Alliance undertakings.

The synergies between VAC/GMHC and our role in community health and wellbeing, and our activism, makes this a good fit. The Alliance also runs a Peer Support Worker Network for its members and the PLC's Peer Support Worker Dmitri Daskalakis, now links into that group and the support and training opportunities that offers.

The following is the list of Alliance members for your information.

**John E Hall**

**PARTNERSHP PROGRAM LEADER VAC/GMHC**

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WITH HIV INCREASINGLY BEING SEEN AS A CHRONIC HEALTH ISSUE IT MAKES SENSE MORE THAN EVER TO REMAIN VERY MUCH CONNECTED TO THIS ADVOCACY GROUP.

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# TOP 2 BOTTOM

**The Top 2 Bottom campaign is a HIV prevention campaign that was produced by the Victorian AIDS Council/Gay Men's Health Centre, launched in September 2012. The campaign provides information to both HIV positive and negative gay and bisexual men about condom use, risk reduction strategies and sexual health.**

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

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

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

**If you would like more information check out [www.top2bottom.org.au](http://www.top2bottom.org.au)**

THE CAMPAIGN COVERS INFORMATION SUCH AS HIV BASICS, PROPER CONDOM USE, HIV AND STI TESTING, POSITIVE AND NEGATIVE RELATIONSHIPS AND CERTAIN RISK REDUCTION STRATEGIES.

**BOB'S A SMART ARSE HE KNOWS ABOUT TOPPING SAFE SEX: [WWW.TOP2BOTTOM.ORG.AU](http://WWW.TOP2BOTTOM.ORG.AU)**

Victorian AIDS Council / Gay Men's Health Centre

# ART THERAPY WORKSHOP



## Story Telling through Art, Myth and Symbology

Storytelling has been with us since the dawn of time:

- What is your story?
- What has led you to become the person you are today?

Tell your personal story by attending the 'Storytelling and Art Therapy Workshop.'

This is a gentle and creative way where you will discover your story through the use of Symbols,

Storytelling (myth) and art.

Creative processes will include:

- Creating own life story book, creating your personal mandala, discovering your own symbols through art processes, drawing, painting and writing and Creating your own divination game. All art equipment and story books are supplied for the workshops.
- The six session workshop will commence Friday March 21st at 11.30am to 1.30pm.
- Participants are expected to

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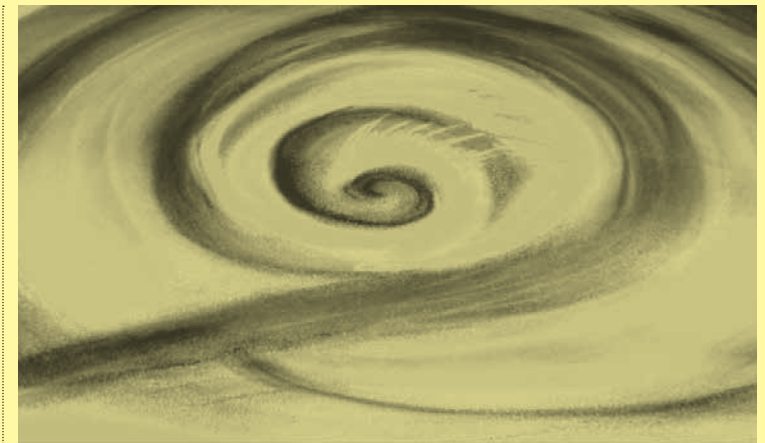
ART THERAPY IS A CLINICAL INTERVENTION BASED ON THE BELIEF THAT THE CREATIVE PROCESS INVOLVED IN THE MAKING OF ART IS HEALING.'

(Nainis et al, 2006)

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attend all of the six sessions.

- Bookings at the Front Reception desk are essential.

For any enquiries please see Deirdre.

**Biography:** Deirdre is a practicing Transpersonal Art Therapist and previously worked in the mental health sector for seventeen years (psychosocial rehabilitation), and HIV sector for four years. She has worked extensively with carers has facilitated a number of carer groups using art therapy and myth. She is passionate about people's stories and life journeys and equally passionate about assisting people to discover their own potential and personal growth through art therapy processes. Deirdre has qualifications in Transpersonal Art Therapy, Mental Health, Management, Counselling and Family Therapy.

Art Therapy for relief of symptoms associated with HIV/AIDS:

Study through Rouledge Taylor & Francis Group:

'Individuals often seek alternatives

*to pharmacologic care to relieve symptoms associated with HIV/AIDS and its treatment.'*

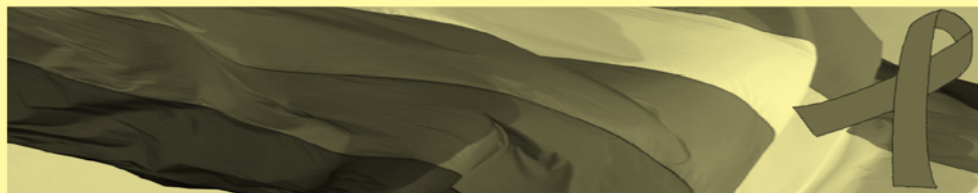
*'One such non pharmacologic strategy is art therapy, a complementary therapy, a complementary being used successfully with medical patients to help manage symptoms. Art therapy is a clinical intervention based on the belief that the creative process involved in the making of art is healing.'* (Nainis et al, 2006)

*'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, 1999, Trauger-Querry & Haghghi, 1999)

*'Research has also found that art therapy lowers stress and gives patients an alternative focus other than their illness.'* (Malchiodi, 1998)

*'Art therapy is also known to shift mental frameworks of patients from a distressed state to a more reassured state of mind.'* (Nainis, 1999)





## Prostate Cancer in Gay and Bisexual Men and their Partners Study

Have you been affected by prostate cancer?

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

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

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

**Who are we looking for?**

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

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



Visit us on Facebook at [www.facebook.com/UWSPCAS](http://www.facebook.com/UWSPCAS)

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

☎ 1800 19 20 02 (free call) or ✉ [cancerandsexuality@uws.edu.au](mailto:cancerandsexuality@uws.edu.au)

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

# RESEARCH STUDY:

SEXUAL WELLBEING AND  
QUALITY OF LIFE AFTER  
PROSTATE CANCER FOR  
GAY AND BISEXUAL MEN  
AND THEIR PARTNERS

.....

It is estimated that 600 - 1000 Australian gay men are diagnosed with prostate cancer each year.

This study aims to examine the psychological burden of changes to sexual wellbeing, sexual identity and intimate relationships in gay and bisexual men with prostate cancer and their male partners. Sexuality and intimacy are important aspects of an individual's quality of life, with changes to sexual functioning, relationships, and sense of self reported to be among the most negative influences on the wellbeing of men with prostate cancer.

However, the focus of previous research has been heterosexual men, with gay and bisexual men with prostate cancer being described as an "invisible diversity", or a "hidden population". This has led to a plea for research on the impact of potentially important differences in sexuality, identity, and intimate relationships on gay and bisexual men's experience of prostate cancer, which can be used to inform health education and health promotion, as well as lead to targeted psycho-social interventions.

THIS HAS  
LED TO A  
PLEA FOR  
RESEARCH  
ON THE  
IMPACT OF  
POTENTIALLY  
IMPORTANT  
DIFFERENCES  
IN SEXUALITY,  
IDENTITY...

This project is funded by Prostate Cancer Foundation of Australia (PCFA) and is a collaboration between UWS and Australian and New Zealand Urogenital and

Prostate Cancer Trials Group (ANZUP). This research has received formal ethics approval from University of Western Sydney, ACON and Victoria AIDS Council (VAC).

### WHO CAN PARTICIPATE:

- Gay and/or bisexual men, and/or men who have sex with men, who have (or have had) prostate cancer
- Male partners of gay and/or bisexual men, and/or men who have sex with men who currently have prostate cancer

### HOW TO PARTICIPATE:

If you are willing to take part in this study, you will need to complete a survey, which may take about 30 minutes to complete. The survey has questions about the impact of prostate cancer, and your thoughts about sexual practices, sexual identity, intimate relationships and quality of life. You can access the survey online at <http://www.uws.edu.au/PCAS> (Person with Cancer Survey or Partner Survey).

If you are only interested in participating in Stage 2 of this study which is the interview, please contact the team via the email below. A member of our research team will contact you shortly to arrange the interview with you.

### Contact details:

**Telephone (freecall): 1800 19 20 02 or +61 2 4620 3606**

**Email: [cancerandsexuality@uws.edu.au](mailto:cancerandsexuality@uws.edu.au)**

**More information:**  
**<http://www.uws.edu.au/PCAS>**

**Facebook: <http://www.facebook.com/UWSPCAS>**

# ACTIVITIES AT THE PLC

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Victorian AIDS Council  
Gay Men's Health Centre



### 1 NATUROPATHY & VITAMART

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

**Our Naturopath is available by appointment each Thursday 3.30pm – 8pm**

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

### 2 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.

### 3 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.

### 4 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.

### 4 PILATES

**Friday 11am 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!

### 5 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.

### 6 YOGA

**Thursday 4pm – 5pm  
Cost: Free**

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

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### 7 MEDITATION

**Thursday 5pm – 6pm  
Cost: Free**

Meditation can improve the overall quality of life through the psychological benefits of lowered levels of stress.

### 8 MASSAGE

Relaxation massage eases stress from the body and assists the body's immune system functions.

We offer several types of massage:

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

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

# NUTRITIONAL SERVICES AT THE PLC

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## 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 – 3.30PM**

- **WEDNESDAY  
11.30AM – 3.30PM**

- **THURSDAY  
11.30AM – 7.30PM**

- **FRIDAY  
11.30AM – 3.30PM**



Pantry runs “off-pension” weeks. 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. 3pm – 4pm.

Come along and enjoy cakes, pastries and coffee. It’s Free and it’s Delicious!

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PLEASE COME  
TO THE PLC  
AND ENJOY A  
GREAT MEAL  
AND CHAT TO  
OTHERS.

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# PEER SUPPORT PROGRAM AT THE PLC

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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.vicaids.asn.au/plc-HIV-positive-peer-support>**

# ‘GROW’ AT THE PLC

.....

GROW Groups. 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 a 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**

# 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?

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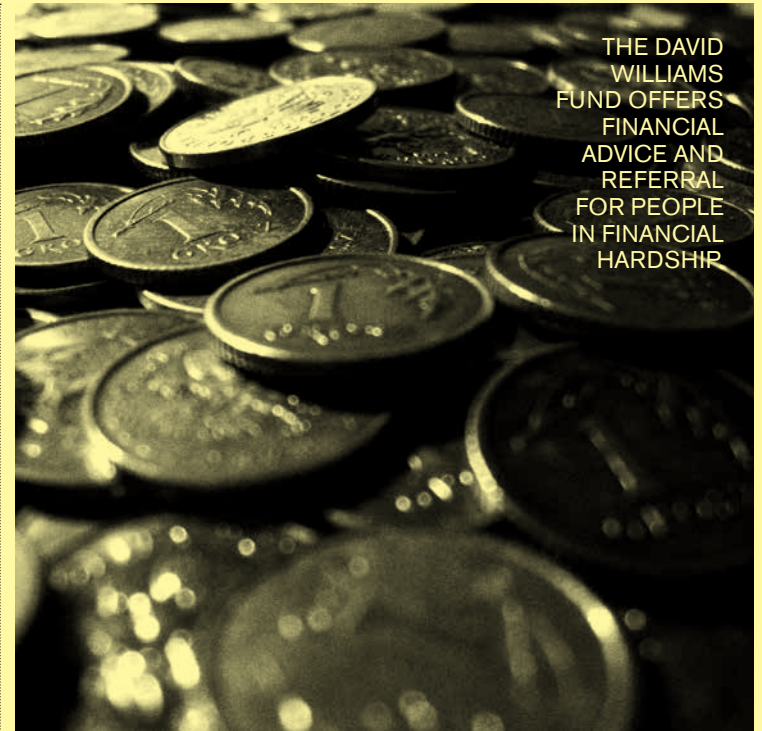
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THE DAVID WILLIAMS FUND OFFERS FINANCIAL ADVICE AND REFERRAL FOR PEOPLE IN FINANCIAL HARDSHIP

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 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 and information acquisition through further education. Ask reception if you would like a copy of a complete information document.**

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 / AIDS LEGAL CENTRE (HALC)

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## CLIENT TESTIMONIAL

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

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

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

- Discrimination and Equal Opportunity
- Migration

Appointments with lawyers are only available every second Thursday between 7pm and 9pm. Availabilities are limited.

If you would like to make an appointment to see a lawyer please contact HALC directly on 9863 0406 or legal@vic aids.asn.au. Alternatively, you can obtain a referral form from our website or PLC reception.

**Please note: HALC only operates once a week on a Thursday evening. A representative will contact you on a Thursday evening between 6.30 and 9.00pm.**

**If you require urgent legal advice, please contact St Kilda Legal Service on 9534 0777 or st\_kilda\_vic@clc.net.au.**

**COST: Free**

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# AN INSIGHT INTO WORKING FOR HALC



**As a law student much of my time is spent studying, writing exams and pouring over legislation so when I received a call last year from the HALC volunteer coordinator to offer me a volunteer position I was elated. Prior to volunteering at HALC I knew little about HIV/AIDS other than the stigma that is often associated with people living with a positive status. In the past 7 months I have gained an incredible insight into the challenges faced by people living with HIV/AIDS. I can truly say that this has been both a humbling and rewarding experience. Further, Volunteering at HALC is a phenomenal way to gain that, which is unfortunately a rarity in law school - practical, professional experience.**

AN ADDED  
BONUS OF  
VOLUNTEERING  
IS THE  
CAMARADERIE  
AND GREAT  
DYNAMIC  
BETWEEN THE  
VOLUNTEERS  
THEMSELVES.

What makes HALC so special are the diverse range of clients and legal issues that we encounter as well the incredible lawyers that dedicate their evenings to helping others. As a volunteer

I'm entrusted with a range of responsibilities such as arranging client appointments and undertaking important research tasks to help our clients better understand certain areas of the law such as that in relation to Wills and Immigration. What I love about HALC is that each week I can be guaranteed to face a new challenge that allows me to learn something new about the law, our clients and myself. This is all made possible by the support and guidance from the lawyers and our volunteer coordinator.

An added bonus of volunteering is the camaraderie and great dynamic between the volunteers themselves. Each of us brings a unique set of skills and experiences to our work, which makes it all the more interesting. As a law student I would strongly encourage other law students to volunteer, as it is a fantastic way to get involved in the community, gain practical legal skills and meet some truly wonderful people along the way.



**HALC is a Community Legal Centre which has been operating since 1993, from the Positive Living Centre. HALC is part of the Victorian AIDS Council/ Gay Men's Health Centre (VAC/GMHC) 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 friend and carers, of a person living with HIV.

HALC can assist with:

- Making a Will
- Enduring Powers of Attorney
- Medical Powers of Attorney
- Criminal law
- Family Law
- Employment Law
- Superannuation
- Centrelink matters



## VAC/GMHC JOY ON 94.9

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For those of you who don't know, the Health Promotion Program at VAC/GMHC have a weekly spot on Joy FM radio. 'Well, Well, Well' is on every Thursday from 8pm until 9pm 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 Thursday evenings 8 – 9pm.**

# PRE-HAART HIV POSITIVE DIAGNOSIS ?

Have you been living with HIV since before 1996 ?

Would you be interested in joining a therapeutic group for men run by Positive Health (The Counselling Service at the VAC/GMHC)?

We will provide a confidential space for people with a long-term HIV diagnosis to talk about how the virus has shaped their lives.

For more information please contact:

Judith Gorst or Kieran O'Loughlin on : 9865 6700

# OVER THE LIMIT



## Do you want to reduce your alcohol intake? Manage your anxiety and worry better?

The Victorian AIDS Council/Gay Men's Health Centre Counselling Service will be conducting an eight week therapeutic group beginning in April for men who have sex with men (MSM) about alcohol and anxiety.

Over the Limit aims to explore your motivation to change and set goals around reducing your anxiety and your alcohol intake. Anxiety and drinking alcohol can be impacted by a range of things including parties and club environments,

sexuality, gender identity, living with HIV and difficult feelings.

The group is facilitated by professional counsellors and aims to provide a respectful, safe environment to talk with others, share experiences and learn ways to reduce your alcohol intake and manage your anxiety better.

**If you would like to register your interest for the group which begins in April, please contact David on 9865 6725, or the VAC/GMHC Counselling Services Duty Worker on 03 9865 6700 on weekdays between 2pm and 4pm.**

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OVER THE LIMIT AIMS TO EXPLORE YOUR MOTIVATION TO CHANGE AND SET GOALS AROUND REDUCING YOUR ANXIETY AND YOUR ALCOHOL INTAKE

## VAC/GMHC SERVICES

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# VAC/GMHC 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.vicaids.asn.au/young-and-gay](http://www.vicaids.asn.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.vicaids.asn.au/momentum](http://www.vicaids.asn.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.vicaids.asn.au/relationships](http://www.vicaids.asn.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.vicaids.asn.au/gay-asian-proud](http://www.vicaids.asn.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.vicaids.asn.au/talk-asian](http://www.vicaids.asn.au/talk-asian) or call 9865 6700.**





**WE'RE PLANNING SOMETHING NEW AND WE WANT TO HEAR WHAT YOU THINK.**

**REGISTER TO BE PART OF A FOCUS GROUP - YOU WILL BE REIMBURSED FOR YOUR TIME. EMAIL US AT: FOCUS@VIC AIDS.ASNLAU FOR MORE INFORMATION CALL ADAM HYNES ON: 9865 6700**



# VAC/GMHC COUNSELLING SERVICES



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

#### **ABOUT COUNSELLING**

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

- New or recent HIV diagnosis or other health issues
- Living with HIV
- Living with HEP C
- HIV and relationships
- HIV positive friends, family members or partners
- Same-sex domestic violence issues
- Anxiety and depression
- Relationship issues
- Coming out

- Self-esteem
- Grief and loss
- Emotional, physical or sexual abuse
- Safe sex.

Be proactive. Getting counselling before you get into a crisis can sometimes prevent it from happening or reduce its effects. Our counsellors are professionally trained in psychology, social work, counselling, couples therapy or psychotherapy. They are sensitive to the needs of people living with HIV and members of the GLBT community. All counsellors are bound by a code of practice privacy, confidentiality and duty of care policies.

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

**Monday to Thursday,  
9am – 8pm  
Fridays 9am – 4pm**

**If you are unsure about seeing a counsellor, call our counselling service duty worker between 2pm and 4pm, Monday to Friday.**

**Phone: (03) 9865 6700 or 1800 134 840 (free call for country callers).**

#### **ARE YOU IN THE LOOP?**

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

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

**In the Loop will be run on May 17th 2014**

**It will be run from 111 Coventry Street, Southbank, between 0930 and 1600.**

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

**HIV IS  
STILL  
HERE,  
AND  
SO  
AM I**

OTHER SERVICES

# THE CENTRE CLINIC

**The Centre Clinic is a medical clinic administered and supported by VAC/GMHC. 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: [www.vicaids.asn.au/medical-services](http://www.vicaids.asn.au/medical-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. 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**

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

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

**F: 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**

**P: 9341 6214**

# WorkingOUT



If you are living with HIV and looking for work, we can assist you through our Government funded employment service.

Contact SensWide Employment for a confidential chat or for more information about receiving support.

## **SensWide Employment**

**Phone:** (03) 8620 7155

**TTY:** (03) 9614 3062

**Email:** [info@senswide.com.au](mailto:info@senswide.com.au)

**Web:** [www.senswide.com.au](http://www.senswide.com.au)

**SensWide Employment**

*Communication  
is the key*

## OTHER SERVICES

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## WORKING OUT

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

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

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

- Career counselling
- Training options to fill skills gaps
- Job search techniques and preparation
- Preparing a professional resume
- Job interview practice and support
- Referrals to other agencies
- Coming out in the workplace (or choosing not to)

- Ongoing support to make the new job a success
- Disability and/or Sexuality Awareness Training for colleagues in the workplace

WorkingOUT can be accessed from an office in the Melbourne CBD or the Positive Living Centre. WorkingOUT can assist job seekers to join the program, or can organise a transfer from another DES provider if a job seekers is not satisfied with their services and would benefit from a more understanding approach.

WorkingOUT is also available for GLBTI workers with a disability who feel that their job is in jeopardy and would like some support overcoming barriers or issues.

## WorkingOUT

**Check out  
[www.senswide.com.au](http://www.senswide.com.au) for  
more information or to apply  
for service. Alternatively, call  
03 9015 5155 to speak with  
someone directly, or TTY  
9614 3070.**

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

## WISE EMPLOYMENT SERVICE

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**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 though 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. We will also coach you through the medical form that is required for you to be eligible for our services.

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**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 you 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



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**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.

—

straight  
arrows

**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.**



# Summer BBQ



**Planet  
POSITIVE**

A social afternoon for  
Positive people, their friends  
and family.

Enjoy great food, beverages and door prizes in a safe  
and friendly environment.

Date: Saturday 15 March 2014

Time: 1pm-5pm

Venue: DTs Hotel  
164 Church Street Richmond  
(cnr Church Street & Highett Street)

RSVP: Wednesday 12 March 2014  
Contact 03 9863 8733 or  
[info@livingpositivevictoria.org.au](mailto:info@livingpositivevictoria.org.au)

No cover charge, and complimentary food provided.



# 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)

# LIVING POSITIVE VICTORIA



## PHOENIX WORKSHOP FOR 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!

## QUIT FRESH START

4 week course for ALL people living with HIV who wish to quit smoking

In partnership with Quit Victoria, Living Positive Victoria provides this free 4 week course for all 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.

**BOOK NOW or for more information contact Vic Perri on 03 9863 8733, vperri@livingpositivevictoria.org.au**

## AUTUMN BBQ - PLANET POSITIVE

Saturday 15 March, 1pm – 5pm

Join us for a social afternoon for people living with HIV, friends and family at the Autumn BBQ. Enjoy great food, beverages and door prizes in a safe and friendly environment.

**DTs Hotel: 164 Church Street, Richmond (cnr Church Street & Highett Street)**

**RSVP: Wednesday 12 March No cover charge and complementary food provided.**

**For more information contact 03 9863 8733 or info@livingpositivevictoria.org.au**

## CONNECT LINE

The HIV & Sexual Health Connect Line is a Victorian information and referral service for those with questions or concerns about HIV and other sexually transmissible infections (STIs).

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(CONTINUED FROM PREVIOUS PAGE)

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

## HAVE YOU JOINED THE ENUF CAMPAIGN?

Join your voice to the 1,200 already supporting the ENUF campaign and share your story of HIV stigma or resilience.



## 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**

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.



### 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**

We would like to invite you to a

# Family Fun Day



To be held in the gardens of the  
**Positive Living Centre** on  
**Saturday 5th April**  
**4:30pm – 7:30pm**

**There will be a free B.B.Q , nibbles & delicious desserts, soft drinks, juices, coffee & tea. Fun for all the family !**

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



## POSITIVE WOMEN VICTORIA



### PWV NEW HEALTH PROMOTION COORDINATOR

Vicky comes to Positive Women Victoria with great enthusiasm and excitement! 'Health Promotion Coordinator' is the role Vicky has stepped into. Vicky has extensive experience working with women who are marginalised, both in Australia and the Asia-Pacific region. Vicky has most recently been working directly with women exiting prison (Jesuit Social Services) and previously with women in prostitution (Project Respect). Solidarity, holistic health frameworks and lifelong learning are central themes to the work Vicky does.

**Feel free to contact Vicky – queries, comments, questions in general – all welcome – [healthpromotion@positivewomen.org.au](mailto:healthpromotion@positivewomen.org.au)**

**PWV NATIONAL WOMEN'S CONFERENCE 'ADVANCING THE AGENDA' – LAST CHANCE TO REGISTER!**

Advancing the Agenda is the fourth national conference designed for women living with HIV in Australia.

It is nearly 20 years since the last national women's conference! Now is the time to connect with other women: to learn, discuss and advocate on issues that affect everyone. This is your chance to connect, share experiences, skill up, discuss what is important to you, collect and digest current information about HIV related issues, celebrate the contribution of WLWHIV and have your say on the key issues for Advancing the Agenda for WLWHIV in Australia.

Positive Women Victoria will provide full scholarships for women interested in attending the national conference. Details on our website: [www.positivewomen.org.au](http://www.positivewomen.org.au) Last chance to register! Hurry!

### PEER SUPPORT

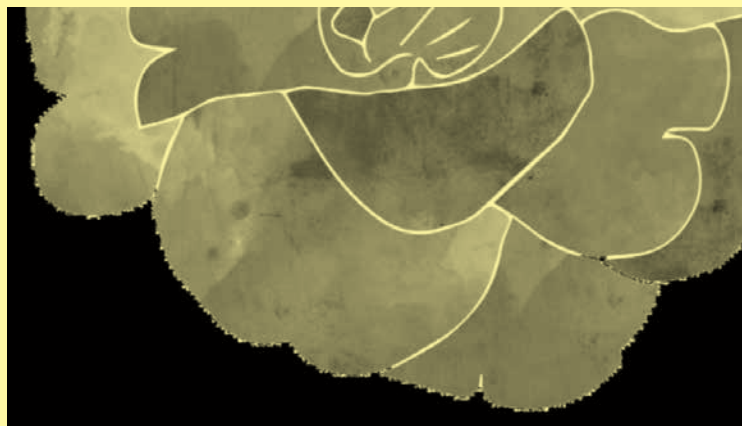
The Peer Support Coordinator works on Thursdays and Fridays. PWV continues to provide food vouchers for members experiencing financial hardship. A monthly dinner for members is also always on the cards! The next ones are:

**March - Thursday 6th – 6.30pm - La Porchetta 93 Toorak Rd Sth Yarra – The booking has been made under 'Michelle'**

**April – Thursday 24th  
June – Saturday 26th**

**Please contact Michelle to let her know if you'd like to come along!**

## “MY POSITIVE JOURNEY” KIT



**The “My Positive Journey” Kit is a new resource from Positive Women Victoria that has been written by and developed for women living with HIV.**

“My Positive Journey” is a kit with information, support and comfort for all women living with HIV, providing insight into the realities and needs they face. The kit weaves together the lived experiences of thirty two women living with HIV in Australia, in their own words.

### HOPE – MY STORY IS A TREASURE OF HOPE

Our journey with HIV has many ups and downs but right now life is much better than ever seemed possible at the time we were diagnosed. Today, HIV is a chronic, manageable condition and living a full, long life is not only common, it is expected.

Women living with HIV are working, caring for families, studying and travelling.

There is life after HIV, and it can be long, healthy and fulfilling.

*“I’m proud of myself – I’ve beaten everything that’s put before me.”*

*“The future is good. I have a long life to live with my beautiful children.”*

*“You are never alone.”*



**For your “My Positive Journey” Kit contact:**

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

**P: 03 9863 8747**

**E: [healthpromotion@positivewomen.org.au](mailto:healthpromotion@positivewomen.org.au)**

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## CATHOLIC AIDS MINISTRY



### GOOD FRIDAY

#### Friday 18th April

2 – 4pm Hot cross buns  
4pm Taize prayer

### 2014 RETREAT

#### Friday 30 May – 1 June

Holy Cross Centre, Templestowe  
Please phone, email or talk to Marg/Anthony before Thurs May 8 to register your interest.

### VISIT TO ST. PATRICK’S CATHEDRAL

#### St Patrick’s Day, March 17

Leaving St. Mary of the Cross Centre at 2pm. Please phone, email or talk to Marg/Anthony before Wed. 12th March. St Mary of the Cross Centre is open each Monday (except Public Holidays) from 11am for a cuppa with lunch served at 12.30pm. There is the opportunity for quiet prayer and relaxation between 12 & 12.30 with Taize Prayer (meditative chant.)

**Catholic HIV/AIDS  
Ministry CatholicCare  
Mary of the Cross Centre**

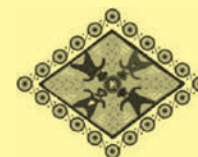
**23 Brunswick Street  
Fitzroy 3065**

**P: (03) 8417 1280**

**F: (03) 8417 1299**

**E: [am23@ccam.org.au](mailto:am23@ccam.org.au)**

## HIV CALD SERVICE



Supporting the health and wellbeing of people living with HIV from culturally and linguistically diverse (CALD) backgrounds.

The service provides confidential and culturally sensitive support to people living with HIV from CALD backgrounds. The service has been successful in reducing cultural barriers for a number of individuals and has been a key part in ensuring that individuals are linked to medical services and other support services as required.

The HIV CALD service has instigated a number of group activities enabling opportunities for the clients of the program to meet.

The HIV CALD Service provides support to individuals living with HIV from CALD backgrounds throughout Victoria.

**To discuss a referral or self referrals to the program, please contact –**

**The Coordinator  
HIV CALD Service**

**P: 9076 3942**

**E: [multiculturalservice@alfred.org.au](mailto:multiculturalservice@alfred.org.au)**

## USEFUL WEBSITES

### LOCAL SITES

- [www.afao.org.au](http://www.afao.org.au)
- [www.ahag.org.au](http://www.ahag.org.au)
- [www.aidsinfony.net](http://www.aidsinfony.net)
- [www.can.org.au](http://www.can.org.au)
- [www.communitylaw.org.au/stkilda](http://www.communitylaw.org.au/stkilda)
- [www.hivaids.webcentral.com.au](http://www.hivaids.webcentral.com.au)
- [www.napwa.org.au](http://www.napwa.org.au)
- [www.northsideclinic.net.au](http://www.northsideclinic.net.au)
- [www.livingpositivevictoria.org.au](http://www.livingpositivevictoria.org.au)
- [www.pozpersonals.com](http://www.pozpersonals.com)
- [www.prahranmarketclinic.com](http://www.prahranmarketclinic.com)
- [www.projectmen.net](http://www.projectmen.net)
- [www.pronto.org.au](http://www.pronto.org.au)
- [www.protection.org.au](http://www.protection.org.au)
- [www.thedramadownunder.info](http://www.thedramadownunder.info)
- [www.thinkagain.com.au](http://www.thinkagain.com.au)
- [www.vicaids.asn.au](http://www.vicaids.asn.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)

## TELEPHONE COUNSELLING



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

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

Find out more at  
[www.switchboard.org.au](http://www.switchboard.org.au)

**P: 9663 2939**

**Regional Victoria  
1800 184 527**

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

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## COUNTRY AWARENESS NETWORK VICTORIA



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

CAN's Mission Statement

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

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

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

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

**F: 03 5443 8198**

**PO Box 1149  
Bendigo VIC 3552**

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

## 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 C 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)**

## USEFUL NUMBERS

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

## OTHER SERVICES

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Victorian AIDS Council  
Gay Men's Health Centre



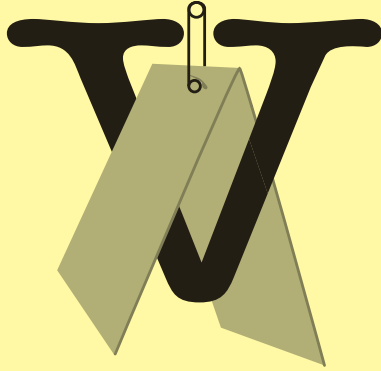
# IMAGINE THE QUALITY OF LIFE YOU COULD HAVE IF YOU QUIT



The sooner you quit,  
the better your  
health.

For a **FRESH START**  
contact us on 9863 8733  
[info@livingpositivevictoria.org.au](mailto:info@livingpositivevictoria.org.au)

 **living positive victoria**  
PEOPLE LIVING WITH HIV/AIDS VICTORIA  
[livingpositivevictoria.org.au](http://livingpositivevictoria.org.au)



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

*A PROGRAM OF THE VICTORIAN AIDS COUNCIL / GAY MEN'S HEALTH CENTRE*