

# plc

POSITIVE LIVING CENTRE

INSIDE THIS ISSUE

PROFILE: KEVIN  
DROP IN HIV  
DIAGNOSES  
OVER 50 & IN  
CHARGE

SPRING SUMMER  
NEWSLETTER

NOVEMBER 2017 TO  
FEBRUARY 2018

PROVIDING INTEGRATED  
AND COMPREHENSIVE  
SERVICES FOR ALL  
PEOPLE LIVING WITH HIV

A PROGRAM OF THE  
VICTORIAN AIDS COUNCIL

VAC 

# POSITIVE LIVING CENTRE

51 Commercial Road  
South Yarra 3144

**P:** (03) 9863 0444

**F:** (03) 9820 3166

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

**E:** [plcfeedback@vac.org.au](mailto:plcfeedback@vac.org.au)

## Tram Stop

No.28 on the 72 Route Camberwell Line

## Bus Stop

No.13 which covers Routes 216, 219, 220

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

Graphic design and cover photography:  
Daniel Cordner Design

## PLC OPENING HOURS

Tuesday 10am – 4pm

Wednesday 10am – 4pm

Thursday 10am – 8pm

Friday 10am – 4pm

## CLOSURES

Melbourne Cup Day Tuesday November 7th 2017

Friday December 15th Centre closes at midday

End of Year

Centre closes at 4.00pm on Friday December 22nd 2017

Centre Opens 10.00am on Tuesday January 2nd 2018

Australia Day Friday January 26th 2018

page 3

SPRING SUMMER  
November 2017 to  
February 2018

# INSIDE THIS ISSUE

## NEW AND FEATURES

- 4 Welcome
- 6 Profile: Kevin
- 9 Resilience and HIV
- 11 Drop in HIV Diagnosis
- 13 Over 50 and in Charge
- 14 LPV's Peer Support Officer
- 16 What is 'Successful Ageing' for people with HIV?
- 18 Consensus Statement
- 20 World Aids Day Memorial Ceremony 2017

## PLC SERVICES

- 23 Nutritional Services
- 24 Simple Recipes
- 26 YEAH
- 27 HIV / AIDS Legal Centre (HALC)
- 28 Activities at the PLC
- 30 HIV Peer Support Group
- 30 GROW at the PLC
- 31 Needle and Syringe Program
- 32 David Williams Fund

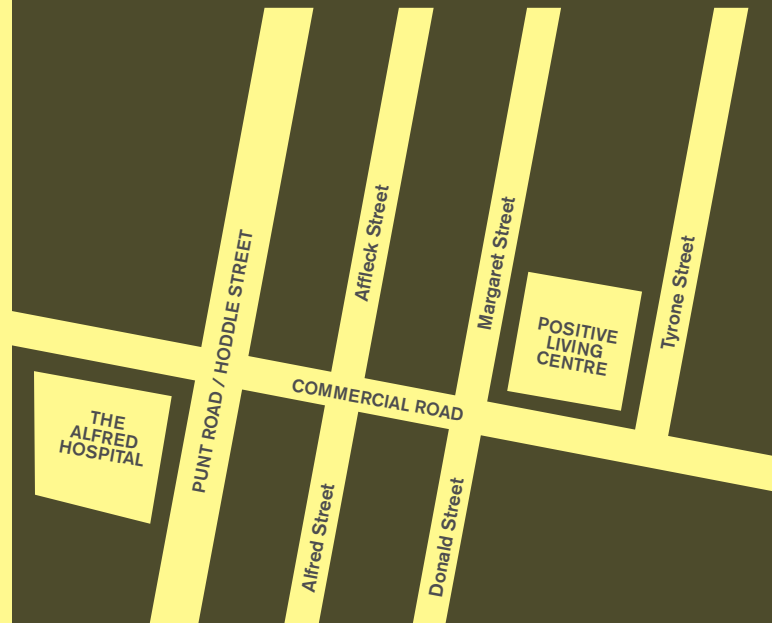
## VAC SERVICES

- 35 VAC Counselling Services
- 36 VAC on Joy 94.9
- 37 VAC Country
- 38 Equinox
- 38 Pronto!
- 43 VAC Alcohol and Drug Services
- 45 VAC Health Promotion Services
- 46 Centre Clinic

## OTHER SERVICES

- 49 Telephone Counselling
- 49 Groups for positive people
- 50 Living Positive Victoria
- 52 Catholic AIDS Ministry
- 52 Multicultural Health & Support Service
- 52 Working Out
- 53 Positive women
- 56 Wise Employment
- 57 Melbourne Sexual Health Centre
- 58 HIV CALD Service
- 59 Useful Numbers
- 59 Useful Websites

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



# NEWS & FEATURES



## WELCOME

WELCOME TO THE SPRING SUMMER EDITION OF THE POSITIVE LIVING CENTRE NEWSLETTER. AS USUAL, THERE IS A LOT TO READ AND ENJOY AS WELL AS A GREAT DEAL OF USEFUL INFORMATION IN THIS EDITION. THIS IS THE FINAL NEWSLETTER FOR 2017, WITH THE NEXT NEWSLETTER TO BE ISSUED IN MARCH OF 2018.

The end of the year for a lot of people is a time for celebrating with loved ones, family and friends and a time to relax; however, for some the reality is that the holiday season can bring on feelings of isolation or loneliness. Issues relating to financial problems, illness, relationships or loss can intensify stress associated with this time of year. A holiday may also mark the anniversary of a loss, such as the first Christmas without a particular person. It is important for everyone to be aware of their feelings and to stay "safe" over the Christmas period. Look after yourselves and also keep an eye out on those around you who may need some extra support at this time. If this time of the year does present any difficulty for you or people you know, given that many services shut down over this period, these are some services that may be very useful:

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

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

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

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

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

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

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

Best Wishes  
Alex Nikolovski



## PROFILE: KEVIN

**WHAT DO YOU DO?**

Technical Support

**WHERE DID YOU GROW UP?**

Cape Town, South Africa

**ONE WISH?**

That no one ever died with regrets

**CAT OR DOG?**

Kittens of all ages (they never really grow up, do they?)

**MODE OF TRANSPORT?**

Legs

**HOW MANY YEARS SINCE YOUR DIAGNOSIS?**

3 years, 6 months and 26 days

**WHO DID YOU FIRST TELL?**

My (now) fiancé.

**WHAT DOES PREP MEAN TO YOU?**

After a few discussions which involved myself, my HIV negative partner and a suitably trained medical professional, my partner decided PrEP was a great way he could assist in taking responsibility over maintaining his HIV negative status. One tablet a day heavily reduces his risk of contracting HIV in our serodiscordant relationship, especially when combined with my undetectable status. Also meaning that if we don't have any condoms at hand, we can afford to relax and simply enjoy good sex with less stress. No, we don't believe that PrEP means never having to use condoms again, least of all because we are non-monogamous and there are other STI's that PrEP does not protect against.

For us it's about mitigating our risks through intelligent, informed choices. I believe it's a very personal choice and no one should ever be ashamed for choosing to either include or exclude PrEP in their safer sex practices. I would always encourage consulting a suitable and well informed medical professional who can guide you through options and potential side effects before making any decisions about introducing new medications.

I think it's vitally important to remember that each of us are in control of our own sexual health and we are responsible for educating ourselves, managing risk and creating an environment where we are comfortable with our actions.

**DO YOU THINK OF HIV EVERY DAY?**

Of course, but these thoughts range on a spectrum from the simple "Oh, time to take my tablets again" to the far more complex "He's cute! Oh, bet he won't want to sleep with me because I'm HIV positive. No wait! Stop that! Let the man decide for himself."

While intellectually I can differentiate between reality and my own insecurities, emotional responses are not so easily controlled. I try to acknowledge that other people are complex individuals in their own right, with their own dreams and insecurities. Few people are actively waiting to reject another human being and frankly I wouldn't want to be "intimate" with someone of that

WHILE THERE WERE THINGS THAT I COULD NEVER CHANGE ABOUT MY LIFE, I DID HAVE A CHOICE ABOUT HOW MUCH I WAS GOING TO LET MY DIAGNOSIS DEFINE WHO I WAS.

calibre in the first place.

### BEST ADVICE GIVEN TO YOU?

Experience is the result of not getting what you want, so want everything and experience all the world has to offer!

### HAS HIV CHANGED YOUR LIFE?

Less than I imagined. In the initial weeks after diagnosis, I went through an overwhelming emotional barrage that I'm sure we've all felt at one point. Fear, isolation, rejection, disgust, emptiness but also feelings of relief, manic joy and a drive to live my life to the fullest. Amidst one pause in this cacophony, I recognised a theme among many of the thoughts I was having. While there were things that I could never change about my life, I did have a choice about how much I was going to let my diagnosis define who I was. I still had a choice about the kind of person I wanted to be.

I chose to reject the worst fears my mind was conjuring up as certainty and instead actively chose to accept life one day at a time. Could things get worse? Sure, but that's nothing new. Could things get better? Well, the world has surprised me enough to ingrain an innate belief that there are still amazing people and experiences just ready to be experienced.

The world will always contain positives and negatives, it's up to us what we learn from them and who we let ourselves become as a result.

### HOW CAN WE BEST COMBAT STIGMA?

Starting internally, resist letting fear guide your choices. For me, a large

part of changing the social dialogue of family, friends and colleagues around HIV was to first understand and change how I thought about all things HIV related (including myself). Full disclosure, it's an ongoing process and something that I often face when confronted with new experience, but that doesn't have to be all bad!

With a healthy level of self-acceptance and solid support network that includes a range of resources at your disposal, you're free to choose where and when you feel comfortable to combat stigma. That's right, I believe that choice is an integral part of individual contribution to combatting stigma. No one should be forced or pressured into a situation that they aren't comfortable being in. Actively combating stigma can be a hugely rewarding experience, but it's not for everyone.

**THE WORLD WILL ALWAYS CONTAIN POSITIVES AND NEGATIVES, IT'S UP TO US WHAT WE LEARN FROM THEM AND WHO WE LET OURSELVES BECOME AS A RESULT.**

Personally, my combating HIV stigma takes the form of giving a face to my disease for people that otherwise lack that perspective. I choose to put my HIV positive status on social media profiles and try to be as transparent as possible about my experiences and thoughts through my blog. I invite and answer questions people might have and direct questions beyond my knowledge to appropriately trained medical staff.

#### NEWS & FEATURES

page 8

Victorian AIDS Council



#### NEWS & FEATURES

page 9

SPRING SUMMER

November 2017 to  
February 2018



## RESILIENCE & HIV

### LONG TERM MEMBER DR SUSAN PAXTON SHARES HER JOURNEY TO RESILIENCE...

Doctor Susan Paxton, PWV member and immediate past Vice-Chair, won second prize in the ENUF Campaign competition for a photo and statement about HIV and Resilience. The exhibition was on display at Federation Square in June. Below is an extended version that accompanied the photo (above).

Before HIV, I was a theatre performer and director. An English migrant at the age of eight, after I completed university I wanted to see the world. I travelled through Asia and Africa in the late '70s, spending a terrifying night in a Congolese jail for trespassing, and hitchhiking alone through the Sahara.

After studying in Paris, I went to London to work in theatre, and in 1981 I founded Scarlet

Harlets, one of Europe's renowned women's theatre companies. We created original physical theatre productions through improvised ensemble work throughout the harsh British winter, and then we toured Europe throughout the spring and summer, hitting all the major festivals. I also worked for several years in Africa before returning to Australia in 1987.

Since my diagnosis almost half my life ago, I have been a passionate researcher, trainer, advocate, and now painter. Peer support and counselling were most important for me when I was first diagnosed. Without these two things, I cannot see how I could have gotten through that first decade after diagnosis. I also threw myself into political activism. I was on the first boards of Positive Women Victoria (PWV), and what is now Living Positive Victoria (LPV). In 1995, I became Vice-President of the Victorian AIDS Council, and one of the first-elected country representatives on the Asia Pacific Network of People living with HIV (APN+). In 1999, after two terms on the board, I became an APN+ Advisor and devoted myself to building the skills of women living with HIV. It was really fulfilling to develop ways to help people living with HIV to advocate for their own rights, particularly within the health sector.

In 2000, I was nominated to carry the torch in the Sydney Olympic Torch Relay, because of my work in human rights of people living with HIV. That was enormously frightening because it meant going public in the media and having my

son possibly facing discrimination; at the same time, it was enormously rewarding as we faced no negative repercussions, and it lifted my own burden of secrecy. I have worked in more than twenty countries in the Asia-Pacific region and Africa. My PhD research in the late 90's shows the significant impact women living with HIV have on young people's attitudes towards HIV.

Also during the late '90s and early '00s, for the APN+, I conducted the first regional documentation of AIDS discrimination, a peer-based, peer-led study which has now been developed into the Global Stigma Index. This 100- item (depending on location) questionnaire asks about discrimination people with HIV face. Many of the questions are the originals we devised for the first survey. The idea is that GNP+ conducts the Stigma Index at the same location over periods of time to measure whether HIV-related stigma changes.

Also for APN+, I wrote a Positive Speakers' Manual: Lifting the Burden of Secrecy to guide people living with HIV going into communities and talking about their lived experience of HIV. It has been translated into many different languages. In 2009, I wrote Diamonds book and dvd, about the lives of women living with HIV in Asia and the Pacific. The last major study I conducted in 2011-12 was: Positive and pregnant: How dare you, which highlights women's reproductive rights abuses in health care settings in six Asian countries: Bangladesh, Cambodia, India, Indonesia, Nepal, Vietnam. This project forced the Indonesian Government to halt its universal policy of coercing pregnant women living with HIV into sterilisation after birth.

After twenty years of living with HIV and being active in the regional community, by 2011 well over one hundred friends, colleagues and lovers with HIV had died.

That was the most difficult experience, to live through those losses, I found myself often completely overwhelmed by grief. At times, I was helped again through counselling at the Victorian AIDS Council.

I realised I needed to pull back from my non-stop advocacy and find something to sustain me as a long-term survivor of HIV and to help me keep my sanity and general wellbeing.

I was fortunate to discover painting. I had never put a paintbrush to canvas before but I walked into the art class at the Positive Living Centre in Melbourne five years ago and have not stopped painting since. I immersed myself in painting water, more water, water crashing against rocks. Painting completely absorbs me. It is soothing, calming and takes me to a peaceful space that I don't experience anywhere else except when I'm under the sea, scuba diving. Over the past few months I have noticed that I have a level of equanimity (calmness) within me. I feel generally at peace. That is not to say that I am always happy. I still have very dark days, but when they happen, I now just accept them, knowing they won't last forever, that tomorrow, or the next day, I may feel quite different. I think I am more content now than ever during the past three decades because of my ability to accept all that may be thrown at me.

i Global Network of People living with HIV [www.stigmaindex.org/about-index](http://www.stigmaindex.org/about-index)

ii Lifting the Burden of Secrecy - A Manual for HIV-Positive People Who Want to Speak Out in Public [www.gnpplus.net/regions/asiapac.html](http://www.gnpplus.net/regions/asiapac.html)

iii Diamonds - Stories of women from the Asia Pacific Network of people living with HIV [www.unifem.org/attachments/products/diamonds\\_publication\\_web.pdf](http://www.unifem.org/attachments/products/diamonds_publication_web.pdf)

iv Positive and pregnant: How dare you <http://www.opendemocracy.net/5050/susan-paxton/positive-and-pregnant-in-asia-how-dare-you>

## DROP IN HIV DIAGNOSES

NEW SOUTH WALES REPORTS RECORD DROP IN HIV DIAGNOSES: FEWEST THIS YEAR SINCE RECORDS BEGAN.

Australia's most populous state, New South Wales (NSW), has reported a steep drop in HIV diagnoses in gay and other men who have sex with men (MSM) in the last year, and particularly since the beginning of 2017. This is despite an equally notable increase in HIV testing, which took a sharp upward turn around March 2016, at the time the EPIC-NSW demonstration study of pre-exposure prophylaxis (PrEP) started in the state. The quarterly figures for HIV diagnoses reported in 2017 are the lowest since records began in 1985.

These declines are seen as vindications of NSW's policy which aims to virtually eliminate HIV transmission by 2020. This combines increasing HIV testing (including distributing self-sampling kits), the PrEP study, and rapid referral and treatment of those diagnosed.

The strategy also includes education campaigns about the effectiveness of testing and treatment: this has resulted in the proportion of MSM in opinion surveys who agreed with the statement "HIV treatments significantly reduce the risk of passing on HIV" from 33% in February 2013 to 83% in September 2016. There was an increase during the same period from 48% to 86% in the proportion of people agreeing that "everything has changed, we can now dramatically reduce HIV transmission." Nonetheless, 94% of people in September 2016 still agreed that "condoms continue to be the most effective way of preventing HIV transmission", a virtually unchanged proportion from 2013.

Particularly notable is a large drop in recent

HIV infections in MSM. HIV infections that were determined to be less than three months old by an incidence assay declined by 40% in the first half of 2017, relative to recent infections in the first halves of the years 2013-16. And there was a 58% decline in the proportion of gay men diagnosed with HIV who had had a negative test in the previous 12 months.

Ninety-five per cent of people who have been diagnosed are on treatment, with 59% placed on antiretroviral therapy within six weeks of diagnosis, and of those on treatment, 94% are virally undetectable.

In contrast, the absolute number of infections in heterosexuals remained steady between 2011 and mid-2016 but actually increased in the last year. The proportion of people diagnosed who were heterosexuals increased by 46% relative to the average number in the previous five years, as diagnoses in MSM have declined.

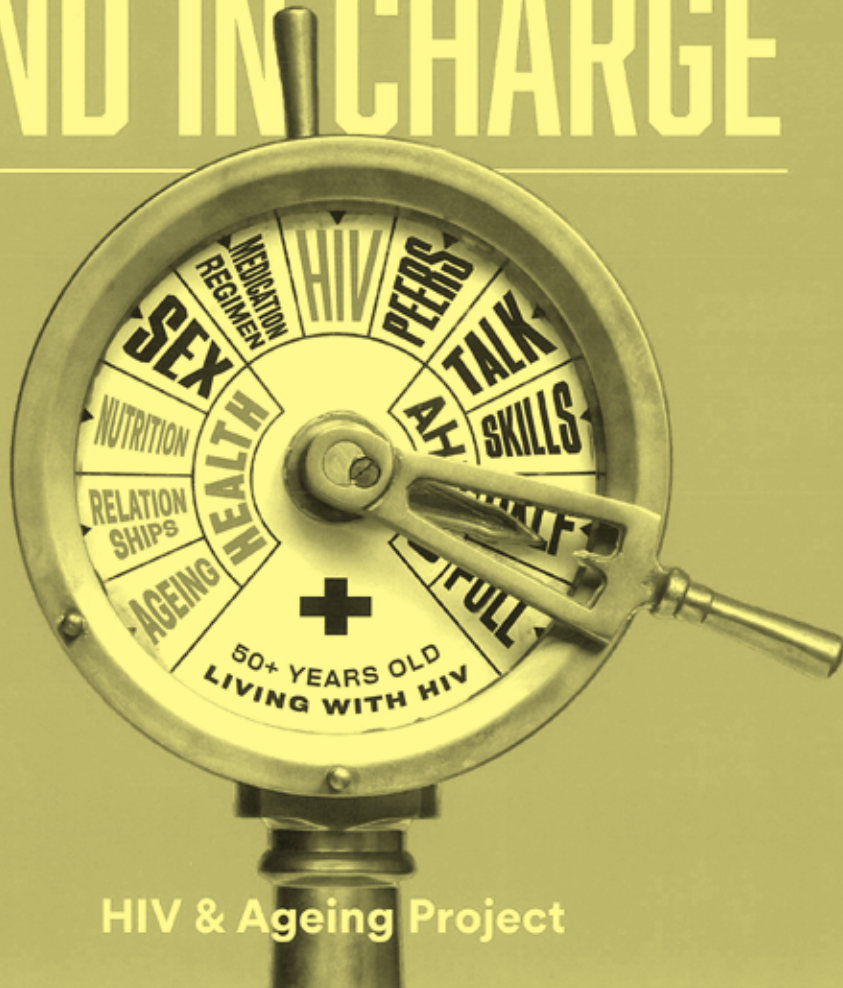
There was also an increase in the proportion of people diagnosed with advanced HIV infection (with a CD4 count of below 200 cells/mm<sup>3</sup>), including amongst MSM. The average age of people diagnosed with advanced HIV has increased in the last two years due to a sharp increase in late diagnoses in people aged over 50.

People born overseas, including MSM, have also seen no decrease in diagnoses. NSW health chief Dr Kerry Chant said that the figures demonstrated NSW's "Continuing leadership in HIV prevention - we are experiencing one of the most rapid decreases in new HIV notifications among gay and bisexual men anywhere in the world."

Source: Aidsmap



# OVER 50 AND IN CHARGE



HIV & Ageing Project

## HIV & AGEING PROJECT

### Over 50 and In Charge of Your Health and Wellbeing

Let the HIV & Ageing Project show you how!

We offer Self-Management workshops where you can gain the skills to put you in charge of your own health.

We also have monthly Peer Support Network gatherings where you can connect with others in a safe and confidential environment.

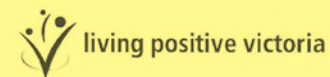
This group will offer short workshops and sessions covering a variety of topics relating to HIV & Ageing in a social setting.

If you want to get involved contact:

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

**Gerry O'Brien**  
03 9863 0444  
gerry.obrien@vac.org.au

This project is supported by funding from ViiV Healthcare Positive Action Community Grants





# LPV'S PEER SUPPORT OFFICER ANTH HAS WRITTEN YOU A LETTER...

A CHANCE TO HEAR FROM ONE OF OUR SUPPORTERS, PEER SUPPORT WORKER ANTH MCCARTHY FROM LIVING POSITIVE VICTORIA.

Dear positive women,

I've been a great admirer of you for a long time, and your example has helped change my life for the better. I'd like to offer some words in thanks and in celebration of all women who live and love courageously in defiance of HIV and the social and emotional baggage that comes with it. You have inspired me and I expect countless others, both directly and indirectly. I'd also like to share some of my story to give context to my place in the HIV community and express my gratitude.

I am a heterosexual man living with HIV, having medically acquired the virus as a child in the mid 1980s. I grew up very fearful of how I would be treated should my status be revealed, and protected my secret with hypervigilance. For years I expected to fall ill and die, but I somehow stayed reasonably healthy and survived despite being tormented by my own stigma.

While HIV could never define me, it has been impossible to separate it from my life experience and development. I now share this life with my gorgeous wife and we have two beautiful children. They are all HIV negative. I think of myself now, as a proud, incredibly fortunate, long-term survivor and I'm grateful to be in a position to treasure my place in the community of people living with HIV.

that the right thing for me, was to let go of the secrecy and fears I held around what others might think of me as a person living with HIV. It was a slow process, but I had a lot to heal from. I used Facebook to make a proud public statement revealing my status, and the response from my family, friends and wider community has been overwhelmingly supportive.

Living openly also made it easier to take up an exciting employment opportunity with Living Positive Victoria, where I provide peer support to other heterosexual people living with HIV.

To the positive women I know, I owe so much to all the different ways you've shown me how to cope and manage my status, in your proud voices, strong examples and activism. Those of you who, are open and own your status, making yourself visible and proud. As well as educating others, you have helped provide the healing and frame I needed to get to this better place. I naturally looked within the heterosexual community for modelling for how to conduct myself as a person living with HIV. I found in your examples more than a spectacularly diverse and vibrant bunch of women. I found powerful positive speakers and strategic script RE-writers. For me, you have been myth debunkers, stigma warriors and dignified, shame-free disclosers. You have shown such tenacity and leadership in the fight to improve the lives and opportunities of all of us who live with HIV.

And yet I've always admired the equal



strength and poise I've found in you who live secretly, silently, away from "HIV fame", getting on with the work of being survivors, purposefully exercising the right NOT to disclose. Being mothers, partners, daughters, friends, carers, community stalwarts, allies and peers. You are limit pushers, limit smashers, intrepid travellers, gentle crusaders, providers of inspiration, unflinching artists. Lovers who teach that HIV, in a way, means nothing.

You gift a particular richness and decency to our cause by being yourselves. As women living with HIV you are a minority within a minority, conspicuously out of proportion to the contribution you make. The way you respond (and don't respond) to the hostility and indifference this virus rouses is creative and kind and redeems humanity.

I'm often struck by how amazing this is and how extraordinary you are. In my humble reckoning, our response to the grand challenge of HIV/AIDS goes to the heart of who we are and who we want to be as individuals and as a global community.

We can respond with love or we can respond with fear. I see you positive women, rising

to the challenge and it's breathtaking. You hold your nerve in the face of the horror and allow love to be your guide. Who could blame you for recoiling in fear, and shrinking into an inward concern for yourselves. Instead you lead us by demonstrating kindness and compassion, and to me you model the best of responses. You show care and respect for yourselves while championing the voiceless and disempowered. And you get active.

I derive comfort from the thought that we are all broken somehow in our humanity. That we are designed to collect bruises and scars on our journey through. We're often born a little broken and we get more broken along life's way. Leonard Cohen expresses it perfectly when he sings, there is a crack in everything, that's how the light get's in." Remarkably, you show an outrageous exuberance in your cracks. It's like the cracks become the icing on your cake. And your laughter, despite your brokenness and pain, shines out to lift us all up, and say "hey, it's okay, that's how we are divine".

Positive women, this epidemic just wouldn't be as interesting without you. Thank you with all my heart.

**Anth McCarthy**

Less than 12 months ago, I finally decided



# WHAT IS “SUCCESSFUL AGEING” FOR PEOPLE LIVING WITH HIV?

WHEN CANADIAN RESEARCHERS ASKED HIV-POSITIVE PEOPLE OVER THE AGE OF 50 HOW THEY WOULD DEFINE “SUCCESSFUL AGEING”, SIX KEY THEMES EMERGED – ACCEPTING LIMITATIONS, STAYING POSITIVE, MAINTAINING SOCIAL SUPPORT, TAKING RESPONSIBILITY, LIVING A HEALTHY LIFESTYLE, AND ENGAGING IN MEANINGFUL ACTIVITIES.

Writing in the *International Journal of STD & AIDS*, Patricia Solomon and colleagues note the emphasis on individual control. Clinicians and service providers should work with people living with HIV to understand their values and aspirations and help them identify their personal goals, the researchers say.

In relation to the general population, there are numerous definitions and models of successful ageing. For example, some authors have said it has three components: avoidance of disease, maintenance of cognitive and physical function, and social engagement. However, the concerns and priorities of people with HIV may be different. The experience of stigma and discrimination may mean that social isolation is a particular concern. Having already dealt with health issues over many years, people with HIV have different feelings about their physical health.

For a qualitative study on HIV, ageing and disability, researchers in Ontario, Canada conducted a series of in-depth interviews with older adults living with HIV. Each person was interviewed on four separate occasions, over an 18 month period.

The 24 interviewees were aged between 50 and 73, with a mean age of 57. Fourteen were male and 10 were female. The length

of time since their HIV diagnoses ranged from 6 to 30 years, with a mean of 18 years. While three-quarters had an undetectable viral load, three-quarters also reported that they experienced at least six “bothersome” symptoms. Only one in five was employed and incomes tended to be low.

At the end of the fourth interview, participants were asked how they would define successful ageing and to reflect on whether they considered themselves to be ageing successfully. The six key themes that emerged are described below.

## ACCEPTING LIMITATIONS

The interviewees talked about the importance of coming to terms with the realities of ageing, of not expecting to be able to do as much as when they were younger and of setting limits. When one man was asked if he considered himself to be ageing successfully, he responded:

***“I’m in a happy place. I could be happier but I mean I’m sort of accepting. I’m accepting what my life is.”***

## STAYING POSITIVE

While many participants talked about being positive and happy, they defined this in a variety of ways – avoiding depression,

## NEWS & FEATURES

page 17  
SPRING SUMMER  
November 2017 to  
February 2018

having dreams and aspirations, and maintaining a sense of humour.

***“Having a sunny disposition on life, don’t let things drive you down, don’t sweat the small stuff. That’s a big one. Don’t sweat the small stuff.”***

## MAINTAINING SOCIAL SUPPORT

Connectedness with others was recognised as an essential element of successful ageing. This could be with friends, family, other people with HIV, and other social networks. Interviewees recognised the practical (as well as emotional) support that they sometimes needed.

***“I’ve learned, this was a hard one for me, I’ve learned to ask for help.”***

## TAKING RESPONSIBILITY

Being involved in managing one’s own healthcare was important to many participants.

***“We’re dealing with HIV and it’s not going to go away, so we have to be self-reliant and we have to be good managers of our health and our psyche so that we don’t fall into the doldrums.”***

## HEALTHY LIFESTYLE

Many interviewees recognised the importance of a healthy lifestyle. They spoke about eating healthily, abstaining from drugs and smoking, getting rest and sleeping well, minimising stress and regular exercise.

***“If you want to live a full and long, healthy life, you can... Adherence to your***

***medications is paramount, but coupled with that is the changes you will make in your personal life.”***

## ENGAGING IN MEANINGFUL ACTIVITIES

A key element was the ability of people to take part in activities that were meaningful to them. These could be maintaining existing activities or finding new ones, including taking care of oneself, taking care of other people, volunteering or employment.

***“Everyday I just keep going, I’m not going to stop working. And that helps the mind and the body to keep going.”***

## CONCLUSION

While academic and professional models of successful ageing tend to emphasise physical health and the absence of disease, the researchers say that their interviewees were less concerned about this – only one interviewee mentioned living to an old age – and were more concerned about the psychological and social aspects of getting older.

“Our participants appeared to focus on components of successful ageing that emphasised individual control,” the researchers say. “From a clinical perspective this highlights the importance of working with PLWH [people living with HIV] to understand their values and aspirations, and create patient-centered goals that are meaningful to the individual.”

# CONSENSUS STATEMENT



## RISK OF SEXUAL TRANSMISSION OF HIV FROM A PERSON LIVING WITH HIV WHO HAS AN UNDETECTABLE VIRAL LOAD

The consensus statement, at the end of this article, has been endorsed by over 400 organisations from 59 countries, including the Australian Federation of AIDS Organisations.

There is now evidence-based confirmation that the risk of HIV transmission from a person living with HIV (PLHIV), who is on Antiretroviral Therapy (ART) and has achieved an undetectable viral load in their blood for at least 6 months is negligible to non-existent. (Negligible is defined as: so small or unimportant as to be not worth considering; insignificant.) While HIV is not always transmitted even with a detectable viral load, when the partner with HIV has an undetectable viral load this both protects their own health and prevents new HIV infections.

However, the majority of PLHIV, medical providers and those potentially at risk of acquiring HIV are not aware of the extent to which successful treatment prevents HIV transmission. Much of the messaging about HIV transmission risk is based on outdated research and is influenced by agency or funding restraints and politics which perpetuate sex-negativity, HIV-related stigma and discrimination.

The consensus statement below, addressing HIV transmission risk from PLHIV who have an undetectable viral load, is endorsed by principal investigators from each of the leading studies that examined this issue. It is important that PLHIV, their intimate partners and their healthcare providers have accurate information about risks of sexual transmission of HIV from those successfully on ART.

At the same time, it is important to recognize that many PLHIV may not be in a position to reach an undetectable status because of factors limiting treatment access (e.g., inadequate health systems, poverty, racism, denial, stigma, discrimination, and criminalization), pre-existing ART treatment resulting in resistance or ART toxicities. Some may choose not to be treated or may not be ready to start treatment.

Understanding that successful ART prevents transmission can help reduce HIV-related stigma and encourage PLHIV to initiate and adhere to a successful treatment regimen.

People living with HIV on ART with an undetectable viral load in their blood have a negligible risk of sexual transmission of HIV. Depending on the drugs employed it may take as long as six months for the viral load to become undetectable. Continued and reliable HIV suppression requires selection of appropriate agents and

AT THE SAME TIME, IT IS IMPORTANT TO RECOGNIZE THAT MANY PLHIV MAY NOT BE IN A POSITION TO REACH AN UNDETECTABLE STATUS

# “THIS IS A LANDMARK DEVELOPMENT IN THE RESPONSE TO HIV AND TOO MANY PEOPLE ARE NOT HEARING THIS MESSAGE AND RECEIVING ITS FULL BENEFIT.”

excellent adherence to treatment. HIV viral suppression should be monitored to assure both personal health and public health benefits.

Some important expert quotes related to this statement:

“Last month, the global medical and scientific community at the forefront of HIV research and care came together in Paris for the ninth International AIDS Society Conference, where they announced – unequivocally – that an undetectable HIV viral load means HIV is untransmittable.” Dr. Julio Montaner, UBC-Killam Professor of Medicine; UBC-St. Paul’s Hospital Foundation chair in AIDS Research Editorial (August, 2017)

“Scientists never like to use the word ‘Never’ of a possible risk. But I think in this case we can say that the risk of transmission from an HIV-positive person who takes treatment and has an undetectable

viral load may be so low as to be unmeasurable, and that’s equivalent to saying they are uninfected. It’s an unusual situation when the overwhelming evidence base in science allows us to be confident that what we are saying is fact.” Anthony S. Fauci, M.D., Director, NIAID, NIH NAM aidsmap (July, 2017)

“This is a landmark development in the response to HIV and too many people are not hearing this message and receiving its full benefit. A person living with HIV with a sustained suppressed viral load poses no risk of transmitting HIV. This development puts each one of us living with HIV at the forefront of stopping new infections, and gives everyone strong, clear and direct language to stop the stigma and move all communities faster towards ending the epidemic.” Jesse Milan, Jr., President & CEO, statement from AIDS United (March, 2017)

# WORLD AIDS DAY MEMORIAL CEREMONY 2017



THE POSITIVE LIVING CENTRE WILL HOLD THEIR ANNUAL WORLD AIDS DAY EVENT ON DECEMBER 1ST. THE EVENT WILL INCLUDE THE WORLD AIDS DAY REMEMBRANCE CEREMONY, WHERE WE REMEMBER ALL THOSE WE HAVE LOVED AND LOST THROUGHOUT THE HIV/AIDS EPIDEMIC. THERE WILL BE A DISPLAY OF MEMORIAL QUILTS, HUNG AT THE PLC THROUGHOUT AIDS AWARENESS WEEK AND VARIOUS OTHER PRESENTATIONS. THERE WILL BE GUEST SPEAKERS AND ENTERTAINMENT.

This event is open to all. Admission is free and bookings are not required. Refreshments are available. This is a collaborative effort undertaken by VAC, Living Positive Victoria, the AIDS Memorial Quilt Project, the Catholic AIDS Ministry and Positive Women Victoria. Please watch out for related advertising and promotion as we draw closer to the day.

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

Hi there, I'm **PETE**.

LET'S  
TALK  
ABOUT  
STIGMA

Stigma is a nasty beast. It can come at you in different ways, whether it's around living with HIV or associated with anxiety or depression.

That's where **PETE** comes in. **PETE** offers a safe, online space for men living with HIV so you can get the info you need and connect with other men who are in a similar headspace.

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

Pete has been developed as part of beyondblue's STRIDE project with donations from the Movember Foundation.





# PLC SERVICES

## PLC SERVICES

page 23  
SPRING SUMMER  
November 2017 to  
February 2018

THE PANTRY SERVICE IS AVAILABLE FORTNIGHTLY AND ALLOWS CLIENTS ON A HEALTH CARE CARD TO CHOOSE FROM A LARGE VARIETY OF GROCERY ITEMS, FRUIT, VEGETABLES AND SOME REFRIGERATED ITEMS.

## NUTRITIONAL SERVICES AT THE PLC



### MEALS

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

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

### PANTRY

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

- **TUESDAY:**  
**11.30am to 3.30pm**
- **WEDNESDAY:**  
**11.30am to 3.30pm**
- **THURSDAY:**  
**11.30am to 7.30pm**
- **FRIDAY:**  
**11.30am to 3.30pm**

Please note that this service will close while lunch and dinner are being served. Please check the Calender insert for dates. We encourage you to do your bit for the Environment and bring Recycle Bags to use at Pantry.

Cost is \$2 for clients with Health Care Card

### AFTERNOON TEA

Afternoon Tea is offered during the "off-pantry" week on

- **Wednesdays.**  
**2.30pm-3.30pm.**

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

# SOME SIMPLE RECIPES

(EASY AND FAST TO PREPARE)

## BEANS AND TOMATOES

- 1 medium size tin baked beans,
- 1 medium size tin tomatoes or 5 fresh chopped tomatoes,
- parsley
- basil leaves
- grated cheese

Mix the beans and tomatoes together. Bring to boil and simmer slowly for ten minutes. Add freshly chopped herbs. Sprinkle grated cheese over before serving. (You can also add minced meat or chopped leafy greens and simmer together with the vegetables.)

## BEAN BROTH

- Beans, water, salt

Boil the beans (using more water than usual) until they are well cooked. Drink the broth or use it to make other soups. Serve to family members who do not have diarrhoea. (You can also boil rice, maize meal or millet with the broth to add carbohydrates for more energy.)

## BEEF AND LENTILS

- Minced beef
- onion
- margarine
- lentils (soaked overnight)
- carrots
- salt
- pepper
- water
- spinach or other green leaves
- lemon juice

Fry beef and chopped onion in margarine in a large saucepan. When meat is brown add lentils, chopped carrots, salt and pepper.

Add water, cover and cook until lentils are tender (about 30 minutes). Add chopped green leaves and boil another ten minutes. Add a squeeze of lemon juice to serve.

## BEEF BROTH

- Beef
- water
- carrot
- onion
- parsley
- salt & pepper

Boil beef in water with chopped vegetables and parsley until beef is well cooked. Season to taste.

## CARROT SOUP

- Carrots,
- water
- salt
- cinnamon (optional)

Chop carrots and bring to the boil with water. Cook slowly until carrots are soft and then mash them. Add a pinch of salt and ground cinnamon.

## CHICKEN STEW

- Pieces of chicken (raw or cooked)
- onion
- garlic
- oil
- potatoes
- carrots
- pumpkin
- water
- greens

Fry the onion and garlic in a little oil. Add the chicken, potatoes, carrots and pumpkin. Add water

## PLC SERVICES

page 24

Victorian AIDS Council



## PLC SERVICES

page 25

SPRING SUMMER  
November 2017 to  
February 2018

just to cover. Bring to boil and then simmer until vegetables are very soft. Mash vegetables and chicken together. Add finely chopped greens before serving. (If you have a sore mouth, cook the stew without the chicken and mash the vegetables until smooth. Cut the chicken in small pieces, cook separately and then add to the vegetables.)

## CORN AND CHEESE CHOWDER

- 2 cups potatoes
- 1 cup carrots
- 1 cup celery, water
- 1 tin corn
- milk
- 1 cup grated cheese
- salt & pepper

Chop potatoes, carrots and celery. Boil slowly in one cup of water for 15 minutes. Add corn and simmer for five more minutes. Add milk and heat until boiling. Remove from heat and add grated cheese and salt and pepper to taste.

## ENERGY DRINK

- Large clove of garlic, turmeric, finely chopped fresh or ground ginger, water, milk

Boil together all the ingredients. Simmer for ten minutes. Cool slightly. Add a teaspoon of honey or sugar if you like the drink sweet. (If you have diarrhoea or difficulty in digesting milk, replace it with water.)

## FISH CURRY AND YELLOW RICE

- Fish, onions, garlic, ginger, oil, tomatoes, mild curry powder, any combination of vegetables, water, lemon juice, dried coconut, jam, salt

For the rice: rice, water, turmeric, dried coconut, jam, lemon juice, salt

Chop and fry the onions, garlic and ginger in a little oil until brown. Chop and add the tomatoes. Add the curry powder, fish and vegetables. Cook until soft. Add water if necessary. Add lemon juice, coconut, jam and salt to taste. (Prepare the rice as you normally do, but add turmeric to the water when you start cooking. It will make the rice yellow.)

## GINGER TEA

- Ginger
- water

Crush ginger in cold water and boil in water for ten minutes. Place in a covered container, strain the ginger and drink three cups of the liquid per day before meals.

## GREENS STEW

- Greens or other vegetables (such as cabbage, pumpkin, squash, green beans, sprouted beans and peas) onions, garlic, ginger, cinnamon, coriander or mild curry powder, cayenne (if you like a hot taste), oil, chopped meat (optional; use bones or mince), water, carrots, tomatoes, potatoes, lemon juice

Chop and fry the onions, garlic and spices over medium heat in a little oil. When onions are brown, add the meat and water. Cook meat at a high temperature until well done and soft. Chop and add the vegetables other than the greens. Cover and simmer until the vegetables are soft. Chop and add the greens ten minutes before the dish is ready. Add lemon juice to help digestion.

# YEAH

YOUTH EMPOWERMENT AGAINST HIV/AIDS  
WWW.YEAH.ORG.AU

## Positive Living Centre, the proud custodians of the Red Ribbon Sculpture, donated by YEAH

For 12 years YEAH (Youth Empowerment Against HIV/AIDS) has pioneered opportunities for young people to become leaders in promoting positive, inclusive and youth friendly information about sexual health and HIV to their friends and peers. Inspired by a personal connection, YEAH was founded by Alischa Ross who grew up in the late 1980's and 1990's in a family deeply affected by HIV.

Alischa's Mum, Anne Rogerson was one of the early members of Positive Women, back when it was still based out at Fairfield hospital and her baby sister Elisabeth was also treated and cared for there. Her stepdad, Michael Rogerson, a familiar face that can be seen in the PLC's Positive Legends exhibition, was a founder of Straight Arrows and went on to run the organisation for many years. Alischa, was 8 when HIV first became part of her life and since the age of 13 she has been part of World AIDS Day events right back to when the PLC was based in St Kilda.

So it's a fitting story that YEAH has recently gifted a beautiful Red Ribbon Sculpture to the Positive Living Centre, a place that has always symbolised family, connection and community to its founder and CEO and many of their volunteers and team. YEAH was originally designed to try and fill a gap to engage, educate and empower young generations of Australians to connect with, understand and become an active part of ending discrimination, promoting prevention and actively getting involved in the HIV community. Soon after YEAH started in 2005, the

team realised the young people they were engaging with through their programs and activities were not only very interested in learning about HIV but they were also expressing their strong concerns about having limited access to information on other sexual health issues. In response to this, YEAH broadened its horizons and evolved into a youth led sexual health awareness organisation, whilst always maintaining a strong focus and commitment to HIV awareness amongst young people.

Flash forward; the momentum YEAH has built over the past 12 years has resulted in the largest online and face to face reach of sexual health and HIV information with young people Australia wide. YEAH's programs have worked hard to unite young people to work together regardless of gender or sexuality to promote inclusive sexual health and HIV information amongst their peers.

Regrettably last YEAH year had to close its doors due to a loss of government funding, but keeping an upbeat energy that YEAH is famous for, they have spent the past year trying to hatch a plan to preserve the legacy and find a home for their resources and networks to live on.

Back at the Positive Living Centre, a place that YEAH knows so very well, we have been able to help realise part of that dream and have now become the proud custodians of the giant red ribbon sculpture that stands proudly in our centre for all to enjoy. As World AIDS Day 2017 approaches those of us that visit the Positive Living Centre will be able to see this beautiful big red shiny ribbon where we hope it will have a happy home for many years to come as a symbol of the past 30 years and all that is in front of us as we strengthen our commitment and united efforts to end the stigma and discrimination of HIV in the world we live in.

## PLC SERVICES

page 27  
SPRING SUMMER  
November 2017 to  
February 2018

### CLIENT TESTIMONIAL

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

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

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

# HIV / AIDS LEGAL CENTRE (HALC)

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

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

HALC can assist with a variety of matters:

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

A range of information brochures are available.

### APPOINTMENTS

Appointments with lawyers are only offered at the PLC on Thursdays from 7.00pm to 9.00 pm. Availabilities are limited. Alternatively, appointments for women are also available in a female friendly space, once a month, between 7pm and 9pm.

HALC will attempt to provide legal assistance within a reasonable period of time. Referrals will be offered under certain circumstances.

### CONTACT US

If you would like to make an appointment to see a lawyer please contact HALC directly:

**HALC, 9863 0406  
legal@vac.org.au.**

Alternatively, you can obtain a referral form from PLC reception. Please note: HALC **only operates once a week on a Thursday evening.** A representative will contact you on a Thursday evening between 6.30pm and 9.00pm. It is important that you are contactable during these hours after your initial contact.

### INFORMATION

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



# ACTIVITIES AT THE PLC

## PLC SERVICES

page 28

Victorian AIDS Council



## PLC SERVICES

page 29

SPRING SUMMER

November 2017 to

February 2018



## NATURO PATHY & VITAMART

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

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

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

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



## ART CLASSES

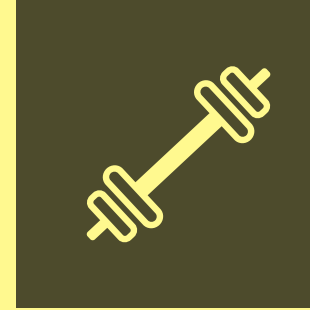
**Wednesday 10am - 12.30pm Cost: Free**

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



## COMPUTER & INTERNET SERVICES

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



## MUSCLES & 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.

**Friday 11.00am to 12 noon Cost: Free**

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

**TUMS & BUMS**

**Tuesday 11.30am - 12.30pm Cost: Free**

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



## YOGA

**Thursday 4pm- 5pm Cost: Free**

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



## MASSAGE

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

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

# HIV PEER SUPPORT GROUP

HIV Peer Support Groups at the Positive Living Centre provide a safe and supportive environment where key topics about living with HIV are explored. Whether recently diagnosed, or living with HIV for a number of years, HIV Peer Support Groups can be a great way to meet other gay or bisexual men who share this life experience.

Other positive people just like you facilitate the groups. Our groups run for eight weeks at the Positive Living Centre on a Tuesday evening from 6 to 8pm.

## INFORMATION

**For further information contact Gerry at the Positive Living Centre on either 9863 0444 or e-mail: [peersupport@vac.org.au](mailto:peersupport@vac.org.au)**

# '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 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

## INFORMATION

**If you would like to know more about participating in a GROW Group, please contact the PLC on 9863-0444 Friday's 1-3pm**

## PLC SERVICES

page 30

Victorian AIDS Council



## PLC SERVICES

page 31

SPRING SUMMER

November 2017 to February 2018



# NSP: NEEDLE AND SYRINGE PROGRAM

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

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

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

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

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

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

## INFORMATION

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

# DAVID WILLIAMS FUND

## PLC SERVICES

page 32

Victorian AIDS Council



## VACOUNTRY

The DWF is now doing outreach at VACountry at The Community Hub, 34 Myers Street, Bendigo, on the fourth Monday of each month. Please contact Lynda to book an appointment on 98630444 or Harry from VACountry on 0437004680

## ABOUT THE DWF

The DWF was established in 1986 to provide emergency financial assistance to people living with HIV (PLHIV) who are experiencing financial hardship. The fund relies upon donations.

Services include:

- Financial advice and referral
- Study Assist
- Emergency Financial assistance
- Food Vouchers
- No interest loan scheme

Poverty affects a substantial number of PLHIV, and demand for assistance regularly outstrips the funding available. The Fund is totally reliant upon donations and the generous sponsorship of M·A·C Cosmetics - to ensure adequate levels of funding are available.

## M·A·C Cosmetics

[www.maccosmetics.com.au](http://www.maccosmetics.com.au)

**M·A·C AIDS FUND**

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 member of the PLC does not necessarily mean you are registered with the DWF. To be registered with the DWF you must be on Newstart/ Austudy/ 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. Feel free to ring reception and book an appointment with the DWF coordinator if you would like assistance to register with 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. Appointments are with Lynda Horn.

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

**Book a financial counselling appointment with Lynda by calling reception 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 through skills development and information acquisition through further education. Ask reception if you would like a copy of a complete information document. Interview with the DWF coordinator are essential to be eligible for this service.

## NO INTEREST LOANS SCHEME (NILS)

The David Williams Fund (DWF) is pleased to announce that we are partnering with Good Sheppard Microfinance to provide a No Interest Loan Scheme (NILS) to HIV+ Victorians on low incomes.

Appointments will be available for loan interviews at the Positive Living Centre on Wednesdays (book through reception and get the information pack sent out so you know what to bring in).

NILS works through a process called 'circular community credit'. This means when a borrower makes a repayment to NILS, the funds are then available to someone else in the community. Funds are available to DWF clients because others have repaid their loans before. This is why a willingness and ability to repay the loan is so important.

We will be providing small loans (\$300-

\$1200) to eligible clients on low incomes (Centrelink or under \$45,000 per year). Applicants will need to show they are capable of, and willing to, repay the loans at around \$20-\$40 per fortnight without causing financial hardship.

## EMERGENCY FINANCIAL ASSISTANCE (ER)

What we can assist with

Assistance may be provided for any item that will legitimately improve and enhance the health and well-being of PLHIV.

Items for consideration may include:

- Medical, Pharmaceutical, Dental and Optical expenses.
- Removal/storage expenses.
- Food vouchers.
- White goods, eg, refrigerator, washing machine.
- Funeral assistance

The fund does not assist with

- Legal, fines, loans/credit cards, pawned items & accounts already paid.

All applications are assessed on a case-by-case basis. No application is guaranteed. You can discuss your application with the DWF Administration worker to determine the likelihood of your application being approved. DWF application forms are available online **[www.vac.org.au/dwf](http://www.vac.org.au/dwf) or to get one sent out, call reception on 9863 0444**

Eligibility

- Provide proof of HIV Status;
- Demonstrated receipt of a Social Security Benefit or Pension
- Demonstrated financial hardship
- Resident of Victoria.
- Provide a Centrelink income statement



# VAC SERVICES

## VAC SERVICES

page 35  
SPRING SUMMER  
November 2017 to  
February 2018

## VAC COUNSELLING SERVICES

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

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

New or recent HIV diagnosis or other health issues

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

Be proactive. Getting counselling before you get into a crisis can sometimes prevent it from happening or reduce its effects.

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

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

### INFORMATION

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

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

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

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

JOY FM



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

Program at VAC have a weekly spot on Joy FM radio. Well, Well, Well is on JOY every Monday at 8pm 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.

**WELL, WELL, WELL**

**Airs Monday at 8:00pm / Replays  
Tuesday at 2:00am**  
Also available on podcast on  
[www.joy.org.au](http://www.joy.org.au)

**94.9FM**

**VAC SERVICES**

page 37  
SPRING SUMMER  
November 2017 to  
February 2018

**VACOUNTRY**

**VACountry provides support, resources and information around LGBTI wellbeing, HIV, Hepatitis C and sexual health across the Loddon Mallee. VACountry operates a Community Hub that provides a safe place for the LGBTI community to connect and access information resources and referral services.**

**PEER EDUCATION AND COMMUNITY EVENTS**

We deliver a range of workshops and events. Our workshops include those for gay, bi and queer men including trans men, who are into men and are styled in a way that enables you to make new friends in a safe environment. Key topics covered in workshops include; coming out, sex, pleasure, HIV and sexual health, relationships and the LGBTI community. We also run a range of education forums with the LGBTI community about current community issues and trends and attend LGBTI related community events promoting our services.

**PEER AND SOCIAL SUPPORT**

Peer and social support is available for the LGBTI community and people living with HIV. There are a number of informal and formal ways to access peer and social support projects. One on one peer support for gay, bi and queer men including trans men, around HIV, sex and sexual health

**MONTHLY HIV+ PEER SUPPORT GROUP**

Information and referral for LGBTI

community and links to local social and support groups LGBTI social inclusive morning tea group

**LIVING WITH HIV OR HEPATITIS C**

VACountry provides a range of support and information for people living with or affected by HIV or Hepatitis C. We provide a range of services for people living with HIV. This includes community support, financial counselling, emergency relief and peer support. We also provide resources and referral about HIV management and Hepatitis C treatment.

**VACOUNTRY COMMUNITY HUB**

**34 Myers Street, Bendigo**

The VACountry Community Hub provides free confidential information, advice and support by telephone, email or by attending the drop-in on all topics LGBTI, HIV, Hepatitis C and sexual health. Referral information to other social and support groups and services is available. The community hub is open to LGBTI groups to use as a safe meeting place.

**VOLUNTEER WITH US**

We rely upon the support of volunteers to deliver our programs. If you are interested in volunteering contact us to find out what opportunities are currently on offer. Information and Resources VACountry produce a range of online and print resources around viral hepatitis, HIV, Sexual health and LGBTI health and wellbeing. PLEASE CONTACT VACOUNTRY@VAC.ORG.AU OR CALL 04 3700 4680 FOR MORE INFORMATION

# EQUINOX

EQUINOX IS AUSTRALIA'S FIRST AND ONLY PEER LED TRANS AND GENDER DIVERSE (TGD) HEALTH SERVICE. THE MAJORITY OF OUR STAFF OPENLY IDENTIFY AS TGD AND WE WORK IN CONSULTATION WITH THE VAC TRANS ADVISORY GROUP TO PLAN OUR SERVICE DELIVERY AND GROWTH.

Since opening in February this year, the Equinox Trans and Gender Diverse Health Service operated by VAC has seen over 180 new patients that identify as Trans and Gender Diverse. We provide a number of services at Equinox including:

- General Practice services
- HIV Management
- Mental Health Support Counselling
- Counselling
- Sexual Health testing
- Sex Worker Certificates
- Vaccinations
- PrEP

We welcome all TGD people looking for trans affirmative health care. Appointments with our GP are bulk billed for eligible Medicare Card holders and our counselling service is provided on a low cost, sliding fee scale to ensure affordability. Equinox is situated at 175 Rose Street in Fitzroy and uses the PRONTO! site during the day when PRONTO! isn't operating.

**Appointments can be made by calling our reception team on 9416 2889.**

# PRONTO!

DID YOU KNOW THAT PRONTO! NOW OFFERS STI TESTING SERVICES? IN FEBRUARY THIS YEAR OUR PEER TESTERS BEGAN OFFERING STI TESTING INCLUDING CHLAMYDIA, GONORRHOEA AND SYPHILIS AS A PART OF THE RAPID HIV TESTING SERVICE. WHILE WE RECOMMEND THAT HIV POSITIVE CLIENTS SEE THEIR TREATING GP FOR STI SCREENING AS A PART OF THEIR HIV MANAGEMENT AND CARE, WE ARE HAPPY TO SEE HIV POSITIVE CLIENTS WHO WOULD LIKE AN STI SCREEN.

Because the service is operated by Peer Testers, we can only test clients without symptoms. If you have been a contact of someone with an STI, or have symptoms, we suggest seeing your regular GP / Sexual Health Physician as they will be able to assess and treat you without delay.

STI testing is free for current Medicare Card holders and available to non-Medicare eligible clients at lab cost prices. To book an STI screen, go online to [www.pronto.org.au](http://www.pronto.org.au) and book in for a Rapid HIV test (don't worry, you don't need to do the Rapid HIV Test!)

## VAC SERVICES

page 38

Victorian AIDS Council



# EQUINOX

GENDER DIVERSE HEALTH CENTRE

Ph: 03 9416 2889  
[www.equinox.org.au](http://www.equinox.org.au)







# RE-WIRED 2.0

## Peer Support Group

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

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

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

This small group will be held at

**VAC, South Yarra**

Touch base with VAC on 03 9865 6700 for program details.



**Re-Wired 2.0**

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



# ReVisioning

**DO  
YOU  
HURT  
THE  
PEOPLE  
YOU  
CARE  
ABOUT?  
BEHAVIOUR  
CHANGE  
PROGRAM  
FOR GAY AND  
BISEXUAL MEN**

Intake for the next ReVisioning Program is currently Open - please call VAC on 9865 6700, ask to speak with the duty worker OR email [revisioning@vac.org.au](mailto:revisioning@vac.org.au) to make enquiries about yours or someone you know suitability for ReVisioning.

# VAC ALCOHOL AND DRUG SERVICES

## INDIVIDUAL COUNSELLING

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

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

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

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

## RECOVERY SUPPORT

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

Our Care & Recovery Coordinator can work with you to look at the different areas of your life and help you to create a plan and work out goals to help you move forward, not only

in relation to changing your drug and alcohol use but in other areas of your life.

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

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

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

## INFORMATION

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

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

# FEEL LIKE YOU'RE GOING UNDER?

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

**Call VAC on 1800 906 669**

COUNSELLING SUPPORT GROUPS RECOVERY SUPPORT DRUG INFO





# GET RE-WIRED

## Therapeutic Group

**Is meth getting your life off track?  
Get professional support.**

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

VAC runs a FREE 6 week structured therapeutic group program for men looking to change their meth use.

This small group is held at **VAC, South Yarra**

Touch base with VAC on 03 9865 6700 for program details.



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



### VAC SERVICES

page 45  
SPRING SUMMER  
November 2017 to  
February 2018

# VAC HEALTH PROMOTION SERVICES

## PEER EDUCATION PROGRAM

### YOUNG & GAY

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



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



### MOMENTUM

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



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



## RELATIONSHIPS

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

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

**GAY ASIAN PROUD/TALK ASIAN**  
Gay Asian Proud is a social support network for gay Asian men, their partners and friends. We meet once a month in a social setting. Our activities include yum cha, dinner, movies and picnics.  
**To find out more, visit [www.vac.org.au/gay-asian-proud](http://www.vac.org.au/gay-asian-proud) or call 9865 6700.**

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



# THE CENTRE CLINIC



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

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

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

## CLINIC SERVICES

Services available include:

- The Centre Clinic is a fully bulk billing clinic. This means that we bill Medicare directly for services provided to patients. There is no cost to patients for this service. There are charges however, for some vaccinations and treatments. Your doctor will make you aware of any charges before

treatment is offered.

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

## INFORMATION

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

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

## VAC SERVICES

page 46

Victorian AIDS Council



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

# EVERYDAY HEALTHCARE FOR EVERYBODY!

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

 VAC | CENTRE CLINIC

# OTHER SERVICES

## OTHER SERVICES

page 49  
SPRING SUMMER  
November 2017 to  
February 2018

## TELEPHONE COUNSELLING, INFORMATION AND REFERRALS



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

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

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

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



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

## GROUPS FOR POSITIVE PEOPLE



### CIRCUIT @ THE ALFRED

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

**When: Monday 3:30pm, Tuesday 11:00am, Wednesday 3:30pm, Thursday 2:30pm & Friday 12:30pm**

**Where: Physiotherapy Gym Level 4 Philip Block**

**The Alfred  
Cost: Free**

### HYDROTHERAPY @ MSAC

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

**When: Thursday 12:30pm  
Where: Melbourne Sports & Aquatic Centre: Aughtie Drive, Albert Park**

**(Wellness Zone, level 3)  
Cost: \$4.95 casual.  
Less with 'club card'**

### PHYSIOTHERAPY DEPARTMENT

**P: 03 9076 3450**

**F: 03 9076 543**

# LIVING POSITIVE VICTORIA

LIVING POSITIVE VICTORIA IS COMMITTED TO THE GREATER AND MEANINGFUL ENGAGEMENT OF PEOPLE LIVING WITH, AND AFFECTED BY, HIV. THERE ARE A WIDE RANGE OF ACTIVITIES, PROGRAMS AND EVENTS TO CATER TO INDIVIDUALS WHERE THEY ARE AT IN THEIR HIV JOURNEY.

## STRAIGHT ARROWS AND LIVING POSITIVE VICTORIA MERGE INTO ONE ORGANISATION.

In August, 2016 the membership of Living Positive Victoria and Straight Arrows voted unanimously to merge into one organisation. The merger builds upon the shared synergies of the two agencies and the collaborative partnership we have developed over the past few years. Using our combined expertise we are able to be an inclusive voice advocating for all Victorians living with HIV.

Straight Arrows programs will continue to be available to all members through Living Positive Victoria but the Straight Arrows organisation itself has ceased. Under Living Positive Victoria, heterosexual men, women and their families will be able to access even more services with the addition of Straight Arrows that will improve their health, wellbeing and social connectedness. For more information visit [livingpositivevictoria.org.au/straight-arrows](http://livingpositivevictoria.org.au/straight-arrows)

## WORKSHOPS FOR PEOPLE WHO ARE NEWLY DIAGNOSED WITH HIV

The Phoenix workshop is tailored to suit people of all gender and sexual identities. It's a confidential and supportive space to learn how to deal with managing your HIV diagnosis. The workshop is facilitated by other people living with HIV and HIV specialists including doctors and counsellors. So what can you expect from the workshop?

- Meet other people living with HIV and share your experiences
- Explore issues around disclosure, negotiating sex and relationships
- Find out how to maintain your sexual health
- Have your questions answered by HIV specialists including information on the latest HIV treatment options
- Learn about other HIV support and services
- Start planning for the future

The two workshops available are *Phoenix for gay, bisexual and trans men* and *Phoenix for women including trans women*.

For more information call 03 9863 8733 or email [info@livingpositivevictoria.org.au](mailto:info@livingpositivevictoria.org.au)

## SERVICES FOR PLHIV AND FAMILIES

The Straight Arrows program has many events for heterosexual men, women and their families. We recognise the importance of families and make space for children to be included and allow other families in similar situations to connect with each other. Visit [livingpositivevictoria.org.au/straight-arrows](http://livingpositivevictoria.org.au/straight-arrows) for a list of programs and events.

## POSLINK NEWSLETTER

Poslink is the newsletter of Living Positive Victoria and provides readers with the latest HIV treatment and service information, personal stories of living with HIV and helpful advice on maintaining a healthy lifestyle. To subscribe, call 03 9863 8733 or email [info@livingpositivevictoria.org.au](mailto:info@livingpositivevictoria.org.au)

## POSITIVE LEADERSHIP DEVELOPMENT INSTITUTE (PLDI)

The PLDI™ program aims to build the resilience and leadership capacities of people living with HIV in Australia and New Zealand. The program has four key ingredients that contribute to its success and effectiveness: Residential – creating an exceptional space for honest discussions that are removed from

the distractions of everyday life;

- **Selective** – individual participants are people who have shown emerging potential for leadership, while the make-up of workshop groups reflect the diversity of positive community;
- **Intensive** – the program of activities includes social, emotional and physical aspects and active participation is expected;
- **Containment** – the program is only open to people living with HIV and strong group bonds are formed during the program.

Workshops are facilitated by a team of PLHIV who have all graduated themselves from PLDI™ with demonstrated capacity to lead and train others. PLDI workshops are held four times a year and is open to any person living with HIV. Visit [pldiaustralia.org.au](http://pldiaustralia.org.au) for more information and details on the next workshop.

## HIV & AGEING PEER SUPPORT NETWORK

The HIV & Ageing Peer Support Network is a monthly event open to all people living with HIV who are 50 years of age and over. It's important that as you get older with HIV that you stay healthy both mentally and physically. This is a great opportunity for you to meet up with your friends and connect with new ones in a safe and confidential space. You'll have access to information on a range of topics related to HIV and ageing including how to best advocate for your medical services, retirement, emotional health and wellbeing, HIV disclosure and more.

Email [info@livingpositivevictoria.org.au](mailto:info@livingpositivevictoria.org.au) for more details and upcoming dates.

## LIVING POSITIVE VICTORIA EVENTS

### Camp Seaside

Date: 10-12 November 2017

Location: Camp Marysville, 959 Buxton-Marysville Rd, Marysville VIC

Cost: Free

RSVP by 23 October 2017 by calling 9863 8733 or at [www.trybooking.com/RKTC](http://www.trybooking.com/RKTC)

The passwords are: camp OR seaside

Join the Straight Arrows Program for a fantastic weekend away with the family at Camp Seaside. This year we'll be in Marysville at the foothills of Lake Mountain, approximately 90 min from Melbourne. There will be separate facilitated outdoor education for the kids and adults fostering team work and personal development skills. Activities such as ropes courses, canoeing and team building games ensures everybody will be able to participate. There will also be time to relax for the adults including massages and group discussions. All food is provided from Friday evening to Sunday lunch time. Accommodation is cabin style with internal en-suites. The camp is open to all families living with or affected by HIV.

## CHRISTMAS PARTY

Date: 20 December 2017

Time: 6pm-9pm (Dinner will be served at 6:15pm with entertainment at 7pm)

Location: Living Positive Victoria – 1/111 Coventry Street Melbourne VIC 3006

The Straight Arrows Program invites you to join us at our annual Christmas Party which includes a traditional spit roast dinner and dessert. There will be a jumping castle and entertainment for the kids and if we're all very good, Santa will drop by with some presents.

Bookings are essential so we can cater accordingly.

Please RSVP by 4 December by calling 9863 8733 or at

[www.trybooking.com/RUQQ](http://www.trybooking.com/RUQQ)

The password is Santa





## CATHOLIC AIDS MINISTRY

Activities at St. Mary of the Cross Centre  
23 Brunswick St. Fitzroy

Cup day in the carpark at St. Mary of the Cross Centre

Come along in your glad rags, enter our sweep, watch the race.

Enjoy a bbq lunch and general frivolity.

Tuesday Nov 7 @ 11.30am for 12.30pm lunch.

(Lunch on Mon Nov 6 as usual)

Christmas gathering and carols at St. Mary of the Cross Centre

Sunday Dec 17. Arrive from 4pm. BBQ dinner at 5ish.

And our ongoing Monday lunch gathering of friends.

Please join us. All welcome!

At St. Mary of the Cross Centre

Except on public holidays.

Cuppa from 11am, optional Taize prayer 12.15pm

Lunch served by the irrepressible Colleen around 12.30pm

Catholic HIV/AIDS Ministry

CatholicCare

Mary of the Cross Centre

23 Brunswick Street Fitzroy 3065

Ph. (03) 8417 1280

Fax (03) 8417 1299

E am23@ccam.org.au

—



## MULTICULTURAL HEALTH AND SUPPORT SERVICE

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

We can help by:

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

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

### INFORMATION

**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)**

—

## WORKING OUT

**WorkingOUT is a 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 LGBTI community.**

In this free Government-funded program, LGBTI 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 LGBTI

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 LGBTI workers with a disability who feel that their job is in jeopardy and would like some support overcoming barriers or issues.

### INFORMATION

**Check out**

**[www.senswide.com.au](http://www.senswide.com.au) for more information or to apply for service.**

**Alternatively, call 03 9015 5155 to speak with someone directly, or TTY 9614 3070.**

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

—

## POSITIVE WOMEN VICTORIA

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

PWV provides support, information and advocacy for women in Victoria living with HIV. For over twenty five years PWV has responded to the changing needs of women living with HIV, recognising the impact gender has on the way women experience HIV and addressing the specific needs and emerging issues that affect women and HIV in Victoria. PWV was set up by and for women living with HIV. Positive Women Victoria is funded by the Victorian Department of Health to provide health promotion to women living with HIV.

A peer support worker from PWV is available at the Positive Living Centre every second Thursday from 10am until 3pm.

**Positive Women Victoria  
Coventry House  
Suite 1, 111 Coventry Street  
Southbank VIC 3006  
Tel: 9863 8747  
[www.positivewomen.org.au](http://www.positivewomen.org.au)**

—



# PHOENIX

for women

A WORKSHOP FOR WOMEN LIVING WITH HIV



**PHOENIX** IS FOR WOMEN WHO HAVE BEEN RECENTLY DIAGNOSED OR LIVING WITH HIV FOR SOME TIME AND ARE READY TO CONNECT IN A SAFE AND CONFIDENTIAL ENVIRONMENT

Meet other women living with HIV and receive the latest information from the healthcare profession on treatment, relationships, disclosure and wellbeing

*"What a confidence booster - I didn't think I needed this but I was so wrong"*

*"Meeting and talking with others in the same situation makes all the difference"*

Morning tea, lunch and afternoon tea will be provided

Childcare is available

Financial assistance for long distance travel can be arranged

**BE INFORMED. BE EMPOWERED. THRIVE.**

To find out more email [peersupport@positivewomen.org.au](mailto:peersupport@positivewomen.org.au)  
or call 03 9863 8747



# WISE EMPLOYMENT SERVICE

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

## ABOUT US

WISE Employment Service is an area wide, free service where individuals can access suitable and sustainable employment opportunities. Our program aims to assist people who may be living with a disability or one or more medical conditions to re-enter the workforce and obtain employment that matches their skills and capabilities, as well as being mindful of personal circumstances and support needs. Our approach is strength based and focuses on individuals capabilities. No two people are the same and with that in mind, our tailored service creates employment opportunities through working closely with employers to promote the skills and attributes of our clients.

Our consultants do 'Reverse Marketing', which means we attempt to obtain access to current vacancies before employers advertise. This allows individual advocacy to take place and ensures the job requirements match a person's skills set and needs. As part of this function, WISE also offers wage incentives to potential employers to assist participants in getting a foot in the door and helping them establish their career and a future employment pathway.

## ABOUT YOU:

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

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

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

## OTHER SERVICES

page 56

Victorian AIDS Council



## OTHER SERVICES

page 57

SPRING SUMMER  
November 2017 to  
February 2018



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

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

**580 Swanston Street,  
Carlton Victoria 3053**

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

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

**www.mshc.org.au**

## THE GREEN ROOM

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

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

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

**Ph: 9341 6214**



# HIV CALD SERVICE

## OTHER SERVICES

page 58

Victorian AIDS Council



## HIV CALD SERVICE

THE HIV CALD SERVICE PROVIDES SUPPORT TO INDIVIDUALS LIVING WITH HIV FROM CULTURALLY AND LINGUISTICALLY DIVERSE BACKGROUNDS. INDIVIDUALS SUPPORTED BY THE SERVICE COME FROM DIVERSE CULTURAL BACKGROUNDS AS REFUGEES, ASYLUM SEEKERS, INTERNATIONAL STUDENTS, PARTNERS AND WORKERS. THEIR JOURNEYS ARE COMPLEX AND CHALLENGING.

An important part of this support is to reduce isolation for the individual who often fears disclosure in their own community will result in stigma and discrimination. The coworkers meet with the individual in the community, and this often occurs in a café where they can speak to the individual in a relaxed and somewhat non-threatening environment.

**For referrals or consultations, please contact M. Plain, Co ordinator, HIV CALD service on 9076 3942/0404 028 552. The HIV CALD service will be closed between Christmas Day and New Year.**



# USEFUL NUMBERS

- Alfred Hospital 9076 2000
- **Alfred Hospital I.D. CLINIC** **9076 6081**
- Alfred Social Work Department 9076 3026
- **Beyondblue** **1300 22 4636**
- CALD Service Alfred Hospital 90763942
- **Catholic AIDS Ministry** **8417 1280**
- **Contact Marg Hayes**
- Centre Clinic 9525 5866
- **Centrelink (Employment services)** **13 28 50**
- Centrelink (Disability, Sickness and Carers) 13 27 17
- **Counselling VAC** **98656700 1800134840 (free country)**
- David Williams Fund - Contact Lynda 9863 0444
- **Dental Service "Dental Plus"** **9520 3177**
- Gay & Lesbian Switchboard 9663 2939
- **Green Room** **93416214**
- Harm Reduction Victoria 9329 1500
- **Hepatitis Infoline** **1800 703 003**
- Hepatitis Victoria 9380 4644
- **HIV/HEP/STI Ed & Resource Centre (Alfred)** **9076 6993**
- HIV / AIDS Legal Service (HALC) 9863 0406
- **HIV Peer Support at the PLC** **9863 0444**
- **Contact Gerry**
- Launch Housing 1800825955
- **Housing Plus** **9863 0444**
- Lifeline 13 11 14
- **Melbourne Sexual Health Centre** **9341 6200**
- Monash Medical Centre 9594 6666
- **Multicultural Health & Support Service** **9342 9700**
- Northside Clinic 485 7700
- **Partner Notification** **90963367**
- PEP Hotline 1800 889 887
- **Living Positive Victoria** **9863 8733**
- Police Gay & Lesbian Liaison Officer 9247 6944
- **Positive Living Centre** **9863 0444**
- Positive Women Victoria 9863 8747
- **Prahran Market Clinic** **9514 0888**
- Royal District Nursing Service 1300 334 455
- HIV Team
- **Royal Melbourne Hospital / VIDS** **9324 7212**
- SensWide Employment 86207155
- **Straight Arrows** **9863 9414**
- Turning Point Drug and Alcohol Service 8413 8413
- **Victorian AIDS Council** **9865 6700**
- Wise Employment 95293688

# USEFUL WEBSITES

## LOCAL SITES

- [www.afao.org.au](http://www.afao.org.au)
- [www.aidsinfonet.org](http://www.aidsinfonet.org)
- [www.beyondblue.org.au](http://www.beyondblue.org.au)
- [www.communitylaw.org.au/stkilda](http://www.communitylaw.org.au/stkilda)
- [www.downanddirty.org](http://www.downanddirty.org)
- [www.getpep.info](http://www.getpep.info)
- [www.hrvic.org.au](http://www.hrvic.org.au)
- [www.livingpositivevictoria.org.au](http://www.livingpositivevictoria.org.au)
- [www.napwa.org.au](http://www.napwa.org.au)
- [www.northsideclinic.net.au](http://www.northsideclinic.net.au)
- [www.pozpersonals.com](http://www.pozpersonals.com)
- [www.prahranmarketclinic.com](http://www.prahranmarketclinic.com)
- [www.pronto.org.au](http://www.pronto.org.au)
- [www.protection.org.au](http://www.protection.org.au)
- [www.stayingnegative.net.au](http://www.stayingnegative.net.au)
- [www.thedramadownunder.info](http://www.thedramadownunder.info)
- [www.top2bottom.org.au](http://www.top2bottom.org.au)
- [www.touchbase.org.au](http://www.touchbase.org.au)
- [www.vac.org.au](http://www.vac.org.au)
- [www.whereversexhappens.co](http://www.whereversexhappens.co)

## OVERSEAS SITES

- [www.aidsmap.com](http://www.aidsmap.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.com](http://www.pozpersonals.com)
- [www.thebody.com](http://www.thebody.com)



PROVIDING INTEGRATED AND COMPREHENSIVE SERVICES FOR ALL PEOPLE LIVING WITH HIV

*A PROGRAM OF THE VICTORIAN AIDS COUNCIL*