

plc

POSITIVE LIVING CENTRE

INSIDE THIS ISSUE

**PATIENT ZERO
DISCLOSURE
PROFILE: DANIEL
VAC COUNTRY
TELLING FAMILY**

SUMMER NEWSLETTER

DECEMBER 2016 TO MARCH 2017

PROVIDING INTEGRATED AND
COMPREHENSIVE SERVICES FOR ALL
PEOPLE LIVING WITH HIV. A PROGRAM OF
THE VICTORIAN AIDS COUNCIL



POSITIVE LIVING CENTRE

51 Commercial Road
South Yarra 3141

P: (03) 9863 0444

F: (03) 9820 3166

W: www.vac.org.au

E: plcfeedback@vac.org.au

Tram Stop

No.28 on the 72 Route Camberwell Line

Bus Stop

No.13 which covers Routes 216, 219, 220

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

 [@VAC.org](https://twitter.com/VAC.org)  [VAC.org.au](https://www.facebook.com/VAC.org.au) www.vac.org.au

PLC OPENING HOURS

Tuesday 10am – 4pm
Wednesday 10am – 4pm
Thursday 10am – 8pm
Friday 10am – 4pm

CLOSURES

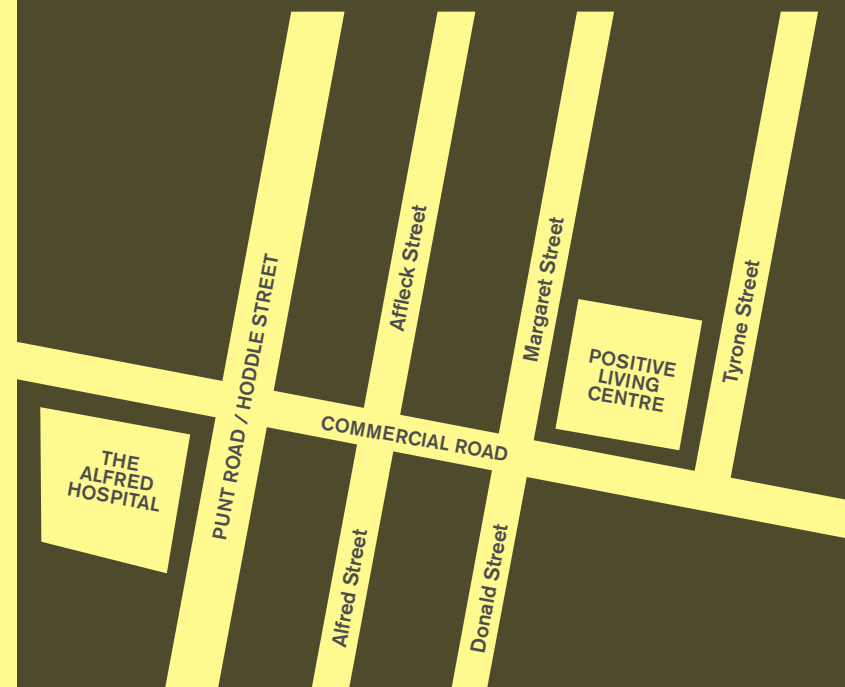
Centre closes at
2.00pm on Friday
December 23rd 2016

Centre Opens
10.00am on Tuesday
January 3rd 2017

Australia Day Thursday
January 26th 2017

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NEWS & FEATURES



WELCOME

WELCOME TO THE SUMMER EDITION OF THE POSITIVE LIVING CENTRE NEWSLETTER. THERE IS A LOT TO READ AND ENJOY AS WELL AS A GREAT DEAL OF USEFUL INFORMATION IN THIS EDITION. THIS IS THE FINAL NEWSLETTER FOR 2016. THE NEXT NEWSLETTER WILL BE ISSUED IN APRIL OF 2017.

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
- **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 is a 24hour confidential telephone support, information and referral service for men with family and relationship problems, especially around family breakdown or separation.
- **DirectLine** on **1800 888 236** provides 24-hour, 7-day counselling, information and referral on alcohol and drug-related matters.
- **Beyondblue infoline** on **1300224636** provides callers with access to information and referral to relevant services for depression and anxiety related matters.
- **Gay and Lesbian Switchboard** on **96632939** or **1800184527** provides counselling, referral and information to the GLBT community.

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

Best Wishes
Alex Nikolovski

FAMILY AND FRIENDS

WHETHER OR NOT YOU TELL YOUR FAMILY MAY DEPEND ON HOW CLOSE YOU ARE TO THEM AND HOW MUCH SUPPORT YOU CAN EXPECT FROM THEM. IF YOU FEEL THEIR CONCERN WILL BECOME A BURDEN FOR YOU, POSSIBLY BECAUSE OF AN EXTREME EMOTIONAL RESPONSE OR EVEN THE POSSIBILITY THAT THEY MAY REJECT YOU, THEN IT MAY BE BETTER NOT TO TELL THEM.

If there is a family member that you are particularly close to, you might want to talk to them first and find out whether they think it would be useful to tell the rest of your family. They may even be able to help you disclose your status to other family members. You could think about who in your family you first told that you were gay, or who was most supportive. It may seem daunting, but disclosing to a family member can actually lead to a stronger relationship. By showing someone that you can turn to them for support and trust them with personal information, they may feel closer to you. These discussions could also help them to feel more able to share any difficulties that they are having in their life.

How your family reacts at first may be very different from the way they behave after they have had time to better understand what living with HIV means. An emotional response could be followed by help and support, or vice versa. It very much depends on the individual you are disclosing to and how well informed they are. By being clear about your reason for telling them (whether it's for support, because you want

someone to listen or just because you want them to know) they may be able to respond in a more positive way.

There are many misconceptions and myths about HIV, so those close to you may become very scared for you when you tell them you have HIV. Where possible, be prepared to provide information; they may have questions and concerns that you could answer which would reassure them and help them to understand what your diagnosis means.

IT'S POSSIBLE THAT YOU MAY ALREADY KNOW SOME GAY FRIENDS WHO HAVE HIV.

Some people find talking to close friends easier than telling their families, especially if their friends are more informed about HIV. Friends can also provide a different point of view from family members. While it is important to think carefully about who you tell, it's also important to remember that everyone needs someone to talk to from time to time.



It's possible that you may already know some gay friends who have HIV. It's also possible that in telling one of your friends, you find out that they also have HIV. Telling a friend who has HIV may mean that you get some useful support and advice from someone who has been through the same emotions and feelings as you.

Having a close circle of friends who you can confide in will help to relieve some of the pressure you may feel in dealing with HIV on your own. As with your family, be prepared to answer any questions

they may have. Your friends may well need reassurance about what having HIV means as much as you need support from them.

Remember though that since your friends may be worried after hearing that you have HIV, they may feel the need to talk to other friends who may not already know. If you don't want this to happen, be clear with them that you want them to keep the news to themselves.

THIS ARTICLES WAS TAKEN FROM FS ISSUE #155



'PATIENT ZERO' DID NOT BRING HIV TO THE US, STUDY FINDS

GAETAN DUGAS WAS BELIEVED TO BE THE FIRST PERSON TO TRANSMIT HIV IN THE US, BUT GENETICISTS NOW SAY HIV ARRIVED IN THE US LONG BEFORE HE WAS INFECTED.

The Canadian flight attendant dubbed "Patient Zero" and publicly identified for spreading HIV in the US has been exonerated by science more than 30 years after his death. Gaetan Dugas could not have been the first person to bring the virus to the US, according to an

international team of geneticists, whose study was published in *Nature* recently.

The researchers used sophisticated genetic analysis to conclude that the virus arrived in the US from the Caribbean in

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approximately 1970 and remained confined to New York City for about five years before spreading west to the rest of the country, leading to an epidemic that has since killed some 700,000 people in the US alone.

Dugas would have been one of thousands of people infected with the virus in the 1970s, according to the scientists, who studied blood samples that were taken from gay men in New York in 1978 and 1979 as part of a study of a separate disease, also prevalent among the gay community at the time: hepatitis B.

DUGAS, WHO HAD DIED IN 1984, WAS DEMONISED BY THE MEDIA AND DESCRIBED BY THE NEW YORK POST IN ONE HEADLINE AS "THE MAN WHO GAVE US AIDS".

Geneticists believe HIV was first transmitted to a human from a chimpanzee in sub-Saharan Africa, sometime in the early 20th century. It later took hold in Kinshasa, the capital of the Democratic Republic of Congo, before being found in the Caribbean during the 1960s. The new study suggests it moved from Haiti to New York City in 1970 or 1971.

"There really is no question about the geographical direction of movement," Michael Worobey, the evolutionary biologist at the University of Arizona in Tucson who led the study, told the *Los Angeles*

Times. "New York City acts as a hub from which the virus moved to the West Coast and eventually to Western Europe, Australia, Japan, South America and other places."

HIV was officially recognised by the medical community in 1981. In 1987, journalist Randy Shilts identified Dugas as "Patient Zero" in his book about the early Aids crisis, *And the Band Played On*. The book and a subsequent film adaptation portrayed Dugas as continuing to have regular sex with multiple partners despite doctors' warnings that he might spread the infection.

Dugas, who had died in 1984, was demonised by the media and described by the *New York Post* in one headline as "The Man Who Gave Us Aids". In an early study of the infection by the US Centres for Disease Control and Prevention (CDC), Dugas was given the case number 57 – meaning he was probably the 57th patient with the illness.

In a subsequent CDC study conducted in California, he appeared near the centre of a network of 40 men in 10 US cities who had contracted HIV and were connected to one another by sexual contact. In that study, he was named patient "O" – meaning "Outside California" – which was later misread as a zero, hence his subsequent characterisation as the origin of HIV in the US.

In fact, Dugas did not show symptoms of HIV until at least 1979, much later than some of the other men seen by the study.



PROFILE

'THANKS
TO PREP, IT
MEANS THAT
PEOPLE ARE
CHANGING
THEIR FEARS
AROUND HIV.'

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PROFILE DANIEL CORDNER

WHAT DO YOU DO?

Graphic designer
(I volunteer for this newsletter)

WHERE DID YOU GROW UP?

Dimboola, a small country town in regional Victoria. It's claim to fame is the Jack Hibberd play called Dimboola.

ONE WISH?

No more HIV transmissions.

CAT OR DOG?

Dog. I don't have one, but I'd like a boarder collie kelpie cross.

MODE OF TRANSPORT?

Bike

HOW MANY YEARS SINCE YOUR DIAGNOSIS?

11 years

WHO DID YOU FIRST TELL?

I told one of my closest friends first. She was amazing. She hugged me and kissed me. It took me a few weeks to tell anyone close to me. I really needed that hug to make me feel like it was going to be ok.

WHAT DOES PREP MEAN TO YOU?

PrEP means a potential end to new HIV transmissions. To be able to be part of that is amazing. It is also opening up a whole new conversation around sex. Stigma is still out there, but that is starting to change. Thanks to PrEP, it means

that people are changing their fears around HIV. Now days the people at greatest risk are the ones not on medication, and that changes the whole equation.

DO YOU THINK OF HIV EVERY DAY?

I do. When I take my pill every day. Now days HIV is just part of my life. Some days it plays a greater part than other days.

BEST ADVICE GIVEN TO YOU?

To start medication early. It was advice I did not take for a start. In my case, I took medication 5 years after my diagnosis. I had decided to go travel overseas for a few years without medication, and came home quite sick. I learned that hard way that importance of starting meds early in your treatment.

HAS HIV CHANGED YOUR LIFE?

Yes. It has certainly helped change the course, but only for the better. Living with HIV has had it's challenges, but many great things have come from them too. Being part of the Positive Speaker Bureau is one of those. I'm doing something I never thought I'd do and it's allowing me to engage with the community in a way I've not done before.

HOW CAN WE BEST COMBAT STIGMA?

Talk about sex and let go of shame around STI's. Sometimes, that has to start with our ourselves. We need to create a space where people feel safe to disclose their status.

TO HEAR MORE

Outthink is a podcast looking at issues within the LGBTQI community

<https://itunes.apple.com/au/podcast/outthink/id1173704244>

Photos:
Aaron Walker
www.aaronwalkerphotography.com/

TELLING MY FAMILY I'M LIVING WITH HIV IS THE BEST THING I'VE DONE

I HAD FLOWN HOME ESPECIALLY FOR THE WEEKEND. I HAD SPENT THE PREVIOUS THREE MONTHS OBSESSING OVER THE EXACT CHOICE OF WORDS AND HOW, WHEN AND EVEN WHERE IN THE HOUSE I SAID IT.

By the time I arrived at home I was an emotional and exhausted wreck. We had not long finished our dinner when I saw my younger brother who, sitting on the opposite side of the table, gave me a look as to say 'go on, tell them'. It was then I proceeded to break down in tears as I told my parents I was HIV-positive.

At the start, I decided that I was only going to disclose my status to a close group of friends and that telling my family was going to be put on hold. There were a few reasons for this but there were two that were more important than any of the others. Firstly, I had moved away from home and at that time I was only managing to get back twice a year. I felt that if I told them so soon after being diagnosed everything would have been far more dramatic and they would have either made me fly back home or would have come to London themselves.

At that moment in time I was not ready to face them. I needed my own time to process this. I needed my own space to work out how I felt about myself, being HIV-positive and my future. Secondly

and probably the deciding factor was that I felt that I needed to tell them I was positive with a positive! I thought that the best way for me to do this was to take control of my health, which I knew would have been their number one concern.

As a result I decided that I was only going to tell them when I was undetectable. This way I could somehow soften the blow and hopefully reassure them that everything was going to work out in the end.

Mum and Dad joined my brother at the kitchen table and after months of planning my speech, everything crumbled to pieces and what I actually said was a blubbing mess. Silence was met with crying which was followed by many, many hugs. I had told my brother a few weeks beforehand as I felt I wouldn't be able to completely do this on my own. He reacted with a level of maturity and honesty that pretty much floored me. This response and also being there with me especially that weekend, has been far more important to me than he will ever know.

Mum took the news the hardest, as

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unbeknownst to me she admitted that ever since I came out this was her was biggest fear. Dad remained quite calm and asked a lot of questions which I was prepared for. I made sure I brought every piece of literature I had home with me. That was my strategy. The more I could educate and dispel any myths the better chance they had of understanding and accepting the situation I now found myself in.

DUGAS, WHO HAD DIED IN 1984, WAS DEMONISED BY THE MEDIA AND DESCRIBED BY THE NEW YORK POST IN ONE HEADLINE AS "THE MAN WHO GAVE US AIDS".

The chat, which felt like it went on for hours, was brought to a surprising end when we all had a much needed, albeit slightly awkward, giggle. Dad happened to comment on how positive I was being with everything. I replied, jokingly, asking if we could all not use the word positive just yet. Looking back I definitely feel this was our family breakthrough moment which my Dad and his innocent choice of words should take full credit for!

Over the past two years I have always been very mindful that although it is me who is living with HIV it is also my family and friends who are going through it with me at the same time. I've always ensured

that I have made myself available to them for any questions, concerns or fears they may have. Since I came out, again, my family have not only continued their incredible level of support and love but have continuously taken me by surprise with how they have handled it.

Only recently my Mum, who has been enjoying the social media aspect of life 'i.e. Facebook', took it upon herself to respond to the somewhat harsher critics of one of my previous articles. Initially I was concerned because I am very aware of the soulless maliciousness that can come with social media and didn't especially want my Mum involved in that. However I was wrong as she made very sure that her voice was heard, and I cannot thank her enough.

We all come from different families and I know that some will be more supportive than others. There is no law to say you need to disclose your status to your family. I did because I wanted to. I did because I knew that they would have been completely heartbroken if I took away the opportunity for them to help me. If I didn't have them right there lifting my head up when it fell, encouraging me to be honest with how I felt and simply just loving me, I wouldn't be the happy boy I am today. You've done me very proud.

was diagnosed HIV-positive in August 2014. He's an HIV activist with a keen interest around stopping stigma within the gay community. In his spare time he likes to stalk Victoria Beckham and run after plastic bags on a windy day.



AN ART EXHIBITION EXPLORING METH USE, SEX & INTIMACY AMONG GAY, BI & QUEER MEN.

OPENING
20TH
JAN
6:30
8:30
PM

EXHIBITION
OPEN ON
MON
WEDS
THURS
9AM - 8PM
TUES 4-8PM
SAT 10:30 - 2:30PM

AT
PRONTO!
175
ROSE
ST
FITZROY
\$FREE\$

IF
U FEEL
LIKE U WLD
LIKE SUM HELP
WITH YR DRUG USE
CALL VAC
1800 906 669

VAC PRESENTS 'BE-LONGING FOR IT', AN ART EXHIBITION EXPLORING METH USE AMONG GAY, BI & QUEER MEN. 'PRONTO!' WILL BE CONVERTED INTO A DYNAMIC EXHIBITION SPACE EXPLORING REAL STORIES OF MEN WHO HAVE A LIVED EXPERIENCE OF METH USE. FEATURING THE WORK OF SAM WALLMAN, MYKE VESCIO & BAILEY SHARP, THE EXHIBITION WILL SPAN ACROSS THE MIXED MEDIUMS OF PROJECTION, VIDEO, PRINT AND SOUND.

'BE-LONGING FOR IT' WILL STIMULATE AND CHALLENGE THE AUDIENCE TO REFLECT ON THE MEANING OF CONNECTION AND INTIMACY FOR GAY, BI & QUEER MEN IN 2017 & OUR RELATIONSHIP TO SEX AND DRUG USE, & ENCOURAGE CONVERSATION ON TAKING CARE OF OURSELVES & EACH OTHER.

MIDSUMMA
FESTIVAL

PRONTO!

TOUCHBASE.ORG.AU

WE NEED TO TALK ABOUT DISCLOSURE

HIV STIGMA IS INCREDIBLY DAMAGING. IT MAKES US FEARFUL. IT STOPS US FROM REACHING OUT TO OTHERS. IT STOPS US FROM SHARING WHAT'S ON OUR MIND OR IN OUR HEARTS.

Stigma makes our world small and it makes an HIV-positive diagnosis feel like a lonely journey. For too long HIV stigma has stopped many women from living the lives they deserve. In 2016, I can't believe it's still something we need to think about.

As a counter-measure, the HIV-positive community has made great strides over decades to become more open and visible. For an illness that is often (too often, wrongly) associated with the hidden worlds of sex, intimacy or drug use, it needed to.

People living with HIV needed to stand up, be counted and set the story straight. Strong advocates disclosed their status at great personal risk, so that beloved people in their community would start to get the treatment and services they required. It was quite literally a life or death scenario.

But HIV is not a death sentence anymore. People are living long, healthy and successful lives. Today, the life expectancy of a person living with HIV who is on treatment can be the same, or longer than an HIV-negative person.

At Positive Women Victoria, we are thinking more and more about how

we address Ageing and HIV, rather than just how we get people on treatment. It's an incredible time to be working in the sector, because we are getting the opportunity to think about how we can support women to live well, right into their golden years.

Of course, this success also raises some questions about the way we define "living well". For instance, what does this mean for disclosure? Does it change the urgency of how and to whom women share their status? It depends.

Research shows that disclosure can be an effective tool in the process of connecting with care and support, improved adherence to treatment and an increased sense of wellbeing.

For some women it is essential for these reasons. Their disclosure has been the key to opening up the love and encouragement of their networks to support them through their HIV journey. It has also been a powerful way for them to take control of their diagnosis, combat stigma and give back to other people living with HIV and AIDS.

This makes sense. It's pretty hard to criticise someone for their HIV

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status if they are open and unafraid to talk about it. Many women who are comfortable disclosing also find it spurs them on to become engaged in advocacy or public-speaking.

These women are brilliant and we are immensely proud of their courage and honesty. They have given women living with HIV a voice, busted-myths and made it easier for those that follow them to share their stories.

However, we need to remember that their experience isn't the only one.

DISCLOSURE IS KIND OF LIKE HOSTING YOUR OWN PARTY. THE TIMING NEEDS TO BE RIGHT. THE FOCUS IS ON YOU. IF YOU DON'T PLAN AHEAD, IT CAN BE REALLY DIFFICULT.

For some women, disclosure isn't a workable option for a variety of personal, social, cultural or religious reasons - and we need to be very careful that we don't judge or exclude these women.

Anxiety around disclosure is normal. Disclosure is challenging, thought-provoking and entirely personal. It has no particular time-frame and no one's experience of it is the same.

Disclosure is not simply a "milestone" to reach in a positive journey. It's not a place on a map you can mark off to say you have arrived. It is an act of resilience, acceptance and choice. It is an ongoing and negotiated process.

Disclosure gives something profound to women who share, because it allows them to build strength from a place where they may also have felt grief and loss. Disclosure also benefits those who receive it, by making HIV human and tangible. HIV happens to all sorts of people and it will take all sorts of people sharing their experiences to make that message sing - but you are not failing the community if you don't disclose.

What do I mean? Well, disclosure is kind of like hosting your own party. The timing needs to be right. The focus is on you. If you don't plan ahead, it can be really difficult. You will agonise over the guest list. It's nerve-wracking right up until the moment you open the door and once it gets going, you can't control how people will respond and you can't take it back.

Viewing disclosure this way helps us remember that for all the fantastic things that parties can give to us and the guests we invite - there are some people out there who just don't like them. That's perfectly okay.

While the finer legal details differ depending on the State you live in, there is no legal obligation to disclose in most social or work environments in Australia. If

disclosing your status is going to put you in danger, you don't have to do it. This is your right.

There are very valid reasons that some women choose not to disclose. For some HIV can lead to isolation from their family, increased intimate partner violence, cultural shaming or discrimination. It would be irresponsible to suggest that these women are somehow less evolved in their HIV journey because factors outside of their control prevent them from disclosing.

The act of disclosing is important in the wider HIV/AIDS community because it enables the sharing of personal stories. It tells other women living with HIV that they aren't alone and it educates HIV-negative people about the realities of positive experience, but isn't the only way we can share.

We can also communicate anonymous stories, or the stories of those not living with HIV but living with and loving people who do. The important thing is validating a spectrum of experiences.

What is truly special and different about personal disclosure is the journey and personal challenges-faced they represent. They don't just explain the reality of someone who is living with HIV. They are a person feeling confident enough to share that information, regardless of the outcome, because it may help to educate, or give strength to someone else who needs it. This is a gift we should treasure when it can be achieved. Not something we use to further

stigmatise women in our community who choose a different path. In fact, it should propel us forward.

For all those women who can't, we need women with the freedom and desire to disclose, to step up and represent. Women's concerns need to be heard, especially the many factors that ensure disclosure remains an obstacle.

We need to talk about disclosure and we need to talk about why disclosure is still difficult. We need to validate the experiences of women brave enough to stand up and be seen, as well as those who we can't see.

There are incredible opportunities in the positive community to give voice to our stories (and those of women who can't speak for themselves). This includes the Positive Speaker's Bureau, PHOENIX for Women and the Positive Leadership Development Institute.

For those who are struggling with disclosure there are also great resources you can check out to help you decide. You can find them on our page, the Living Well website and The Disclosure Project – or you can give Heather from Peer Support a call on 9863 8747.

At Positive Women Victoria we aim to support women to live well with HIV, but we believe what defines "well" is personal and varied. If you choose to disclose, we thank you for your bravery and honesty. If you choose not to disclose, we thank you for your bravery and your honesty.

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NUTRITION WITH NICE EASY SIMPLE TIPS

In collaboration with Ozharvest, we are implementing the NEST (Nutrition Education Sustenance Training or Nice Easy Simple Tips) program, which teaches people the skills and knowledge to nurture themselves through guidance around healthier eating choices and food preparation behaviours. The program is tailored to meet the needs of those who access this service, as well as staff and volunteers within the organisation. Topics are covered in several modules such as: balancing your diet; eating food for long-lasting energy; the truth about fats, oils and sugars; budgeting; and

healthy eating for young children and parents as well as reading food labels, planning, storing and strategies to reduce waste. We ran this program a number of years ago and it was very successful.

This new program will run on a weekly basis, from 11.00am to 1.00pm, commencing on Monday February 6th until Monday March 20th 2017.

INFORMATION

To secure your place please contact PLC Reception on 98630444.

A national program by



Proudly supported by the Australian Government Department of Social Services.

CHOOSING BETTER FOOD FOR A BETTER LIFE

The NEST initiative teaches people in need across Australia the skills to nurture themselves through healthier eating choices and food preparation.



NEST – NICE. EASY. SIMPLE. TIPS.

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.

INFORMATION

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.

INFORMATION

To book an STI screen, go online to 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!)

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EQUINOX

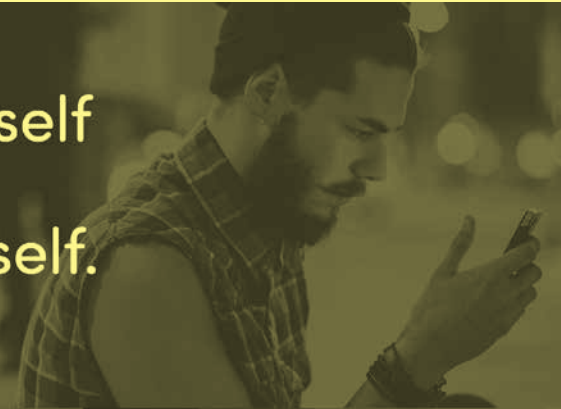
GENDER DIVERSE HEALTH CENTRE

Ph: 03 9416 2889
www.equinox.org.au



Check yourself
before you
wreck yourself.

TouchBase with us.



Australia's national drug & alcohol website for LGBTI communities.



THE VOICES OF PEOPLE OF LIVING WITH HIV

STAYING NEGATIVE IS A CAMPAIGN RUN BY THE VICTORIAN AIDS COUNCIL THAT FEATURES THE REAL LIFE STORIES OF GAY, BISEXUAL AND TRANS MEN WHO HAVE SEX WITH MEN (MSM).

It aims to emotionally engage MSM through the sharing of personal experiences and how they navigate their own sexual health, sexuality and wellbeing. It provides a platform for both HIV-negative and HIV-positive men to talk about the very real everyday issues they face.

It is important to us that the voices of people living with

HIV (PLHIV) in the community are heard and made visible. We are currently looking for new participants to share their story as part of our campaign. Everybody's story is different and we recruit participants from a very wide range of backgrounds.

INFORMATION

Go and check it out!
www.stayingnegative.net.au

If you are interested or just want more information, please feel free to contact Jessie at jessie.wong@vac.org.au



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The Bear Essentials

‘The Bear Essentials’ is a new Pantry Program supported by the generosity of VicBears.

The Positive Living Centre recently received a very generous donation from VicBears to support the Pantry Service.

After your feedback, through the recent Pantry survey, we are pleased to commence a new and exciting program through Pantry.

Each Pantry we will provide additional items that will enable you to prepare a full meal at home. With these ingredients you will also be provided with a detailed recipe on how to cook the meal.

Each Pantry will focus on a different recipe.

This new addition to Pantry is expected to continue until the middle of 2017.

Our thanks go to VicBears for making this extra Pantry Program available to all Positive Living Centre clients.



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



NUTRITIONAL SERVICES AT THE PLC

MEALS

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

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

PANTRY

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

TUESDAY:

11.30am to 3.30pm

WEDNESDAY:

11.30am to 3.30pm

THURSDAY:

11.30am to 7.30pm

FRIDAY:

11.30am to 3.30pm

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

Cost is \$2 for clients with Health Care Card

AFTERNOON TEA

Afternoon Tea is offered during the "off-pantry" week on Wednesdays. 2.30pm-3.30pm.

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

HIV PEER SUPPORT GROUP

STARTING XXXXXXXX

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.

'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.

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

Participants are also able to attend education and training sessions and participate in a range of social activities.

GROW is free to join and you do not need a referral or diagnosis! If you live with a mental illness, are doing it tough or alone then this could be for you.

The PLC group is 'Organised' by a one of our Peer Support facilitators who also has a long history with the GROW movement and is open to all PLC clients. Each meeting goes for 2 hours and will occur each Friday between 1-3pm, followed by time to chat over refreshments

INFORMATION

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

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FAST AND HEALTHY HIGH-FIBRE PASTA



INGREDIENTS:

Olive oil, to grease

500g jap pumpkin, deseeded, peeled, cut into 2cm pieces

1 garlic clove, crushed

1 tsp extra virgin olive oil

Salt & freshly ground black pepper

4 red capsicums, quartered, deseeded

1 x 500g pkt wholemeal spaghetti

200g reduced-fat feta, crumbled

125g pitted kalamata olives, halved lengthways

1/4 cup finely shredded fresh basil

Mixed salad leaves, to serve

THIS LOW-FAT, HIGH-FIBRE DISH IS THE HEALTHY SOLUTION FOR PEOPLE WHO LOVE THEIR PASTA.

METHOD:

STEP 1: Preheat oven to 200°C. Brush 2 baking trays with oil to lightly grease. Place the pumpkin, garlic and oil in a bowl. Season with salt and pepper, and gently toss until combined. Place pumpkin on a prepared tray. Place capsicum on remaining tray. Bake in preheated oven for 30 minutes or until pumpkin is golden brown and the

capsicum is tender. Set aside for 5 minutes to cool slightly.

STEP 2: Meanwhile, cook the pasta in a large saucepan of salted boiling water following packet directions or until al dente. Drain. Return to the pan.

STEP 3: Thinly slice the capsicum. Add to the pasta, along with the pumpkin, feta, olives and basil. Gently toss until just combined. Season with salt and pepper.

STEP 4: Divide the pasta among serving bowls. Serve with salad leaves, if desired.

ACTIVITIES AT THE PLC

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NATURO PATHY & VITAMART

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

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

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

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



ART CLASSES

Wednesday 10am - 12.30pm Cost: Free

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

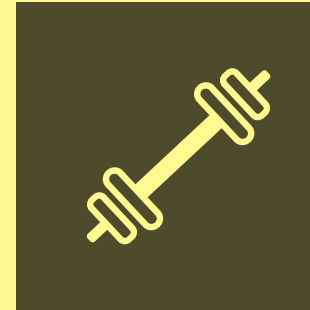
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COMPUTER & INTERNET SERVICES

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.

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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.

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MASSAGE

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

- Relaxation with Wayne Tuesday 10.30am to 2pm
- Wednesdays: 1pm and 2:15pm - Deep Tissue with James or Wayne
- Relaxation with Myka Friday 11am to 2-30pm

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

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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>

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

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CLIENT TESTIMONIAL

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

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

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

HIV / AIDS LEGAL CENTRE (HALC)

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 every second Thursday from 7.00pm to 9.00 pm. Availabilities are limited. Alternatively, appointments for women are also available in a female friendly space, once a month, between 7pm and 9pm.

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

CONTACT US

If you would like to make an appointment to see a lawyer please contact HALC directly:
HALC, 9863 0406
legal@vac.org.au.

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

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



CLOSURES OVER THE FESTIVE SEASON

The DWF will be closed from December 23rd through to Tuesday 3rd January 2017. Applications submitted before the 6th January will be assessed on the following Monday 9th January 2017. We apologise for any inconvenience this may cause you.

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

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 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

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VAC COUNSELLING SERVICES

Our counselling service provides professional, affordable counselling for individuals and couples who are affected by or at risk of HIV, and for members of the 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.

VAC COUNTRY

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THE VICTORIAN AIDS COUNCIL (VAC) IS PROUD TO INTRODUCE VACOUNTRY, OUR BENDIGO-BASED PROGRAM SERVING THE LODDON MALLEE REGION. VACOUNTRY WILL PROVIDE COMMUNITY-LED HEALTH PROMOTION INITIATIVES THAT SUPPORT OUR VISION OF A FUTURE WITHOUT HIV, AND A WORLD WHERE ALL SEXUALLY AND GENDER DIVERSE PEOPLE LIVE WITH DIGNITY AND EQUAL RIGHTS, PARTICIPATING FULLY IN OUR SOCIETY.

We will be engaging with LGBTI and other communities to address stigma and discrimination, with a focus on prevention of blood borne viruses and sexually transmissible

infections. VACountry will also provide a range of support for people living with and affected by HIV and viral Hepatitis. Over the next few months we hope to have a vibrant program running from the Community Hub space at 34 Myers Street, Bendigo. The program will focus on the development of health promotion activities, peer education and social support groups for LGBTI people and community support programs for people living with HIV.

VAC is working with both Bendigo Community Health Services (BCHS) and the Country Awareness Network (CAN) to establish services in the area. CAN has done amazing work in this area for over 20 years, and first and foremost we want to celebrate and congratulate the organisation for

everything it has achieved. We're stepping into some big shoes and VAC is already working closely with the CAN Board and former staff on making the transition as smooth as possible, particularly around the delivery of key services. We're also hoping to keep the current CAN office as an LGBTI community hub. Current CAN members are also being offered [free VAC memberships](#).

VACountry will offer free confidential information, advice and support to the general community, both individuals and organisations, by telephone, email or in person. Our project staff and volunteers can assist in a number of ways such as providing referral information to a range of other general and specialist service providers including support groups, social groups, sexual health and other wellbeing services.

VACOUNTRY WILL OFFER FREE CONFIDENTIAL INFORMATION, ADVICE AND SUPPORT TO THE GENERAL COMMUNITY

We will be working closely with DAC, BCHS, Bendigo and District Aboriginal Co-Operative, Bendigo Health, Headspace, Cobaw Community Health, La Trobe University Queer Department, Centre for Excellence in Rural Sexual Health and other providers locally to ensure we meet the needs of our community. Over the next few months we hope

to create a presence in the local area and develop relationships at a grassroots level. We will be planning a number of peer education events, forums and workshops that will look at programs for young gay men, healthy relationships, HIV-prevention technologies such as PrEP, drug use in the community as well as new treatment options for Hepatitis C. The key messages through all of our work will be harm reduction and HIV prevention.

VAC will ensure that our social marketing campaigns will be integrated and adapted to target communities living in regional and rural areas. VAC will also be delivering inclusive practice training across the region to support organisations to develop services that are inclusive of LGBTI people. This training will help practitioners and providers to understand the needs of LGBTI community consumers, and support organisations to improve existing services to meet those needs.

We will be running forums that aim to educate the community around blood-borne virus prevention, treatment and support. Volunteers are an integral part of how we deliver our programs and we will be holding information sessions and training

INFORMATION

VACOUNTRY have a project lead based in Bendigo.
Contact: harry.mcanulty@vac.org.au or 0437 004 680





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 revisoning@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



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VAC HEALTH PROMOTION SERVICES

PEER EDUCATION PROGRAM

YOUNG & GAY

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



To find out more, visit www.www.vac.org.au/young-and-gay or call 9865 6700.



MOMENTUM

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



To find out more, visit www.www.vac.org.au/momentum or call 9865 6700.



RELATIONSHIPS

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

To find out more, visit www.www.vac.org.au/relationships 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 or call 9865 6700.

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

JOY FM

94.9FM



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

Program at VAC have a weekly spot on Joy FM radio. Well, Well, Well is on JOY every Tuesday from 12PM when you can tune in and hear all the latest about HIV and men's health in general, along with snippets of news and events happening around town. And all of this is interspersed with music chosen by the presenters themselves.

INFORMATION

So tune into Joy on 94.9 for 'Well, Well, Well' on Tuesdays at noon.



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

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

VAC SERVICES

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Victorian AIDS Council



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



CHALLENGES ARE WHAT MAKE LIFE INTERESTING AND OVERCOMING THEM IS WHAT MAKES LIFE MEANINGFUL

Joshua J. Marine

OTHER SERVICES

OTHER SERVICES

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SUMMER
December to
March 2017

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

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 (LPV) IS COMMITTED TO THE GREATER AND MEANINGFUL ENGAGEMENT OF PEOPLE WITH HIV IN ALL OUR PROGRAMS, EVENTS AND ACTIVITIES. IF SUPPORT IS REQUIRED TO PARTICIPATE (I.E. CHILD CARE, TRANSPORT COSTS, ETC.) PLEASE CONTACT US TO DISCUSS WHAT SUPPORT IS AVAILABLE.

PHOENIX WORKSHOP FOR PEOPLE WHO ARE NEWLY DIAGNOSED WITH HIV

- Gay/Bisexual including Trans Men
- We also have Phoenix workshops for Women and Heterosexual/Bisexual including Trans Men.

This successful weekend workshop for people newly diagnosed with HIV is where you can get valuable information on HIV as well as hear others in a similar situation share their experiences with you.

We look at how HIV affects your immune system and what your CD4 and viral load counts actually mean. We also look at the latest in treatment options. You'll have an opportunity to share with others your feelings and issues around your new HIV identity and what it means to you as well

as explore strategies to deal with them. We discuss the issues around disclosure, sex and relationships. And much much more!

For more information contact Vic Perri 03 9863 8733 or vperri@livingpositivevictoria.org.au

NAPWHA'S GOOD QUALITY OF LIFE SOCIAL MEDIA CAMPAIGN IS HERE!

This is the first of 8 intimate videos of our positive peers revealing what contributes to their own good quality of life. They talk about enjoying great moments, healthy pursuits and the importance of being on the right HIV treatment. The style is gentle and honest and is designed to encourage people to take action in their own lives. The campaign website www.goodqualityoflife.com.au showcases more videos including our peers discussing various aspects of living well with HIV and other content on how to be happy, healthy and connected.

DO YOU WANT TO HAVE A SAY IN THE STRATEGIC PLANNING OF LIVING POSITIVE VICTORIA?

Living Positive Victoria is looking for your input as we develop the upcoming strategic plan.

We'd like to invite all Living Positive Victoria members and other community members

to participate in a short survey to provide feedback into current programs and services. The survey should take no more than 15 minutes - <http://svy.mk/2cXVUFH>

TREATING YOUR HEP C COINFECTION IS NOW EASY (CO-EC)

Are you living with HIV and Hep C? Now is your chance to access the new and improved hep C treatments through an important study in Victoria.

The Burnet Institute and partner clinics are conducting a study around hepatitis C treatment for people living with HIV. You can help us assess the benefits of increasing the number of people being treated, how the new treatments can benefit your health, and be part of the solution to eliminate Hep C coinfection.

How it works:

- You can be treated at the clinic of your choice (6 different options) with any of the now available treatments chosen by you and your doctor.
- You get a study nurse who will help answer all your questions and make your treatment as simple as possible.
- For your convenience, you can choose to attend a GP clinic rather than a hospital.
- Most treatments will take 12-24 weeks.

Want to take part in the study or need more information? Visit coecstudy.com.au or email co-ec@burnet.edu.au or contact the clinical research team on (03) 3 9076 6908.

In the meantime, we would like you to do a short survey. The survey is designed to uncover potential barriers to optimal hepatitis C care and outline the emotional impact of the disease. It should take around 10-15 minutes to complete and can be printed out or accessed here - <https://www.surveymonkey.com/r/5R9XM86>

DO YOU WANT TO BE PART OF EXCITING AND GROUND BREAKING HIV CURE RESEARCH?

Making new discoveries about HIV, including

where it hides in the body during treatment and how it might be defeated, is a long process. Progress relies on the ongoing engagement of people living with HIV who volunteer to participate in research studies.

Here is an interview with Geoff, one of the many people living with HIV in Australia who generously sign up to participate in HIV-related research trials every year.

<https://youtu.be/jORQj3iYvIQ>

More details:

<http://hivcure.com.au/2016/05/17/research-participation-a-personal-account-video/>

<http://hivcure.com.au/2016/03/21/leukapheresis-bulk-lymphocytes-for-latency-characterisation/>

Sounds like something you might want to get involved in? For more information contact:

Alfred Clinical Research on 03 9076 6908 or the Research Unit at the Melbourne Sexual Health Centre on 03 9341 6262

HIV CURE IN THE MEDIA - HOW TO SORT FACT FROM FICTION

Living Positive Victoria, in partnership with Alfred Health and The Peter Doherty Institute for Infection and Immunity, has written a short article about consumers being critical thinkers towards media reports of an HIV cure.

Some things we want consumers to consider when reading media claims of an HIV cure are: Where has the media report been published? Who is the source of the media report? Who is being quoted in the media report? What is the evidence? Just explore this link.

<http://www.livingpositivevictoria.org.au/LiteratureRetrieve.aspx?ID=212897>



LIVE FOR THE MOMENTS

Good quality of life starts with the right HIV treatment

Discover how at goodqualityoflife.com.au

napwha national association of people with HIV Australia

GOOD Quality OF LIFE

CATHOLIC AIDS MINISTRY

Monday lunch at
St. Mary of the Cross Centre
Cuppa from 11am,
Taize prayer 12.15
Lunch served at 12.30pm

Christmas gathering and carols at
St. Mary of the Cross Centre
Sunday Dec 18. 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

Visit our website for

more information

www.ceh.org.au/mhss.aspx

WORKING OUT

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

In this free Government-funded program, GLBTI jobseekers with a disability will be able to access the support they need to find and keep sustainable and worthwhile employment. An experienced Employment Consultant with a background in GLBTI community work can tailor a range of services each job seeker will need to meet their work goal. This can include assistance with:

- Career counselling
- Training options to fill skills gaps
- Job search techniques and preparation
- Preparing a professional resume
- Job interview practice and support
- Referrals to other agencies
- Coming out in the workplace (or choosing not to)
- Ongoing support to make the new job a success
- Disability and/or Sexuality Awareness

Training for colleagues in the workplace

WorkingOUT can be accessed from an office in the Melbourne CBD or the Positive Living Centre. WorkingOUT can assist job seekers to join the program, or can organise a transfer from another DES provider if a job seekers is not satisfied with their services and would benefit from a more understanding approach. WorkingOUT is also available for GLBTI workers with a disability who feel that their job is in jeopardy and would like some support overcoming barriers or issues.

INFORMATION

Check out

www.senswide.com.au for more information or to apply for service. Alternatively, call 03 9015 5155 to speak with someone directly, or TTY 9614 3070.

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

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.

INFORMATION

Positive Women Victoria
Coventry House
Suite 1, 111 Coventry Street
Southbank VIC 3006
Tel: 9863 8747

www.positivewomen.org.au

STRAIGHT ARROWS

Men, Women, Children, Partners, Families – You are not alone.

Straight Arrows is a not for profit organisation governed by and for heterosexual people living with HIV and is Victoria's lead agency for heterosexuality and HIV. We offer peer support, information, advocacy, health promotion and referrals for HIV positive heterosexual men, women, their partners and families. In recognition of our members' diverse needs, we provide a safe and comfortable environment that is completely confidential. SA can assist, facilitate, and/or advocate on your behalf. We provide regular lunches, dinners and outings.

INFORMATION

Visit our website
www.straightarrows.org.au

Suite 1, 111 Coventry Street
Southbank 3006 VIC
You can contact the
Straight Arrows office
on 9863 9414 for further
information.

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"

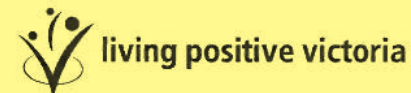
"Meeting and talking with others in the same situation makes all the difference"

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
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 that have heard of the JCA it can be common to see it as a daunting process. We will work with participants to answer all your questions and concerns regarding this process, can attend JCA appointments with you to advocate and ensure a fair, accurate assessment is completed, and that all the medical and personal circumstances are taken into account.

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

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

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SUMMER
December to
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MELBOURNE SEXUAL HEALTH CENTRE

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

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

**580 Swanston Street,
Carlton Victoria 3053**

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

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

www.mshc.org.au

THE GREEN ROOM

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

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

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

Ph: 9341 6214

HIV CALD SERVICE

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Victorian AIDS Council



THE HIV CALD SERVICE IS A HEALTH SUPPORT PROGRAM FOR INDIVIDUALS LIVING WITH HIV FROM CULTURALLY AND LINGUISTICALLY DIVERSE BACKGROUNDS WITH SUPPORT PROVIDED BY BI LINGUAL CO WORKERS. THE FOCUS IS TO ASSIST INDIVIDUALS TO ENGAGE WITH HEALTH SERVICES WHILE ALSO PROVIDING AN SUPPORTIVE AND CONFIDENTIAL ENVIRONMENT TO DISCUSS CONCERNS AROUND HEALTH AND OTHER ISSUES WHICH MAY IMPACT ON THE INDIVIDUAL'S HEALTH AND EMOTIONAL WELLBEING.

The coworkers work on an outreach capacity and twice yearly they came together as a team where they can share their experiences, concerns and discuss new developments and knowledge in the HIV sector. We were 'snap happy' at a recent meeting.

For referrals to the CALD service contact the coordinator PH: 90763942
The HIV CALD service will be closed from 23 December 2016 to 3rd January 2017.

PHOTO: Bernadette, Nastaran, Ismail, Priya, Maureen (coordinator) – Seated Tehiya, Tina and Annie (absent Ngun)



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 - Contact Marg Hayes 8417 1280**
- Centre Clinic 9525 5866
- Centrelink (Employment services) 13 28 50**
- Centrelink (Disability, Sickness and Carers) 13 27 17
- Counselling VAC 98676700**
- 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 - Contact Gerry 9863 0444**
- Launch Housing 1800825955
- Housing Plus (previously AHAG) 9066 1401**
- Lifeline 13 11 14
- Melbourne Sexual Health Centre 9341 6200**
- Monash Medical Centre 9594 6666
- Multicultural Health & Support Service 9342 9700**
- Northside Clinic 9485 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 HIV Team 1300 334 455
- 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
www.aidsinfolnet.org
www.beyondblue.org.au
www.communitylaw.org.au/stkilda
www.downanddirty.org
www.getpep.info
www.hrvic.org.au
www.livingpositivevictoria.org.au
www.napwa.org.au
www.northsideclinic.net.au
www.pozpersonals.com
www.prahranmarketclinic.com
www.pronto.org.au
www.protection.org.au
www.stayingnegative.net.au
www.thedramadownunder.info
www.top2bottom.org.au
www.touchbase.org.au
www.vac.org.au
www.wheneversexhappens.co

OVERSEAS SITES

www.aidsmap.com
www.i-base.info
www.managinghiv.com
www.medscape.com
www.pozpersonals.com
www.thebody.com



PROVIDING INTEGRATED AND COMPREHENSIVE SERVICES FOR ALL PEOPLE LIVING WITH HIV

A PROGRAM OF THE VICTORIAN AIDS COUNCIL