



plc

**POSITIVE LIVING
CENTRE**

INSIDE THIS ISSUE

**KAIN: PERSONAL STORY
AIDS CONFERENCE
ZERO
TRANSMISSIONS**

AUTUMN NEWSLETTER

MARCH 2019 TO JUNE 2019

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

A PROGRAM OF THORNE HARBOUR HEALTH

**thorneharbour
health***

POSITIVE LIVING CENTRE

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W: www.thorneharbour.org

E: plcfeedback@thorneharbour.org

TRAM STOP

No.28 on the 72 Route
Camberwell Line

BUS STOP

Braille Library/Commercial Road
Routes 216, 219, 220

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

PLC OPENING HOURS

Tuesday 10am – 4pm
Wednesday 10am – 4pm
Thursday 10am – 8pm
Friday 10am – 4pm
Saturday, Sunday & Monday - Centre Closed

CLOSURES

Friday April 19th to Tuesday April 23rd
Anzac Day Thursday April 25th

GRAPHIC DESIGN

Eswar & Kevin Reader



@ThorneHarbour



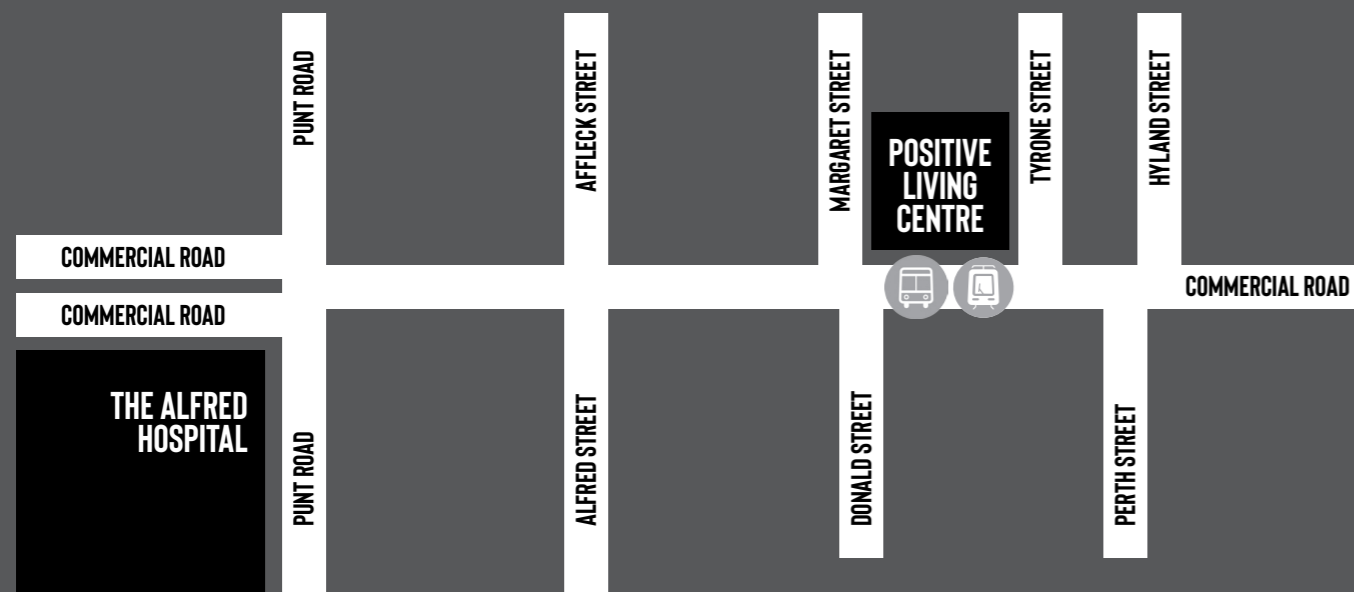
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WELCOME

WELCOME TO THE AUTUMN EDITION OF THE POSITIVE LIVING CENTRE NEWSLETTER. THERE IS A LOT TO READ AND ENJOY AS WELL AS A GREAT DEAL OF USEFUL INFORMATION IN THIS EDITION.

This is the first PLC Newsletter for a while and our sincere apologies for the delay. A special thanks to Danny, who was our volunteer graphic designer for many years. After devoting a great deal of time to the Newsletter he has moved on to other endeavors. I would like to acknowledge Eswar and Kevin who have provided their graphic design expertise to this edition.

There was a major change for the organisation, announced in July last year, when the Victorian AIDS Council (VAC) announced they are changing their name to Thorne Harbour Health. The new name recognises two community leaders in the organisation's history who advocated for the health and wellbeing of both people living with HIV (PLHIV) and the LGBTI community.

The last month of 2018 was a busy one at the Centre, with two major events. On World AIDS Day we held the Memorial Ceremony. On December 13th we held our annual Client Christmas Dinner Party with approximately 100 people enjoying a traditional three course meal, created by Cat and her team of volunteers. Santa and his helper Elf presented gifts to everyone in attendance, including quite a few excited children. A number of Christmas Hampers and various gifts were also given out as lucky door prizes. December was a busy time at the Centre with respect to end of year functions. Living Positive Victoria's Straight Arrows program again held their Christmas Dinner function, which also proved to be very successful, with many people and children in attendance. The Low Rez Male Choir and the Melbourne Gay and Lesbian Chorus held functions and, of course the Centre was the venue for 2018's successful Volunteer function

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

Best Wishes
Alex Nikolovski



I've been positive for 14 years, I am 34 now. I was very frightened when I first got the news. I was dating a guy who I didn't really know and he was very callous and knew of his status. I think that's what messed me up in the head the most when I realised it was that guy who infected me.

I was at university when I got the news and living away from home. I had to carry on regardless at Uni, although I think friends were concerned when I lost a lot of weight at one point. When I finished the course I came back to live at home. I went through a few years of being in denial, not even reading anything which discussed HIV in the gay press. I was going out and drinking a lot to escape the truth. Then there was a turning point a few years later and I re-evaluated my life, myself and HIV.

I took the step of going to a clinic, I started to go for regular check-ups and it wasn't long before I was on meds. My CD4 count at the time was about 160. I wasn't sure of my viral load at the time - but I assumed it was very high. I'd also lost a lot of weight, but because I was still in my 20's, I just

looked like your average slim guy (but I was really aware of it).

I would still socialise with friends, but take the meds in the toilet, never forgetting to take them. My social life has changed as I have got older and I don't like to stay out late, so taking my meds is even less of a burden. I also only drink on rare occasions, as I have such a low alcohol tolerance and I hate feeling hungover!

My viral load is now undetectable and my CD4 count stable, and it has been that way for several years now (about 10). I have learnt a lot about myself since my diagnosis and how I deal with things; I have become more headstrong and I don't give up very easily. I have always been private, but because of the diagnosis I am even more private about things such as my health.

Although I do talk to very close friends about it - it's important to have at least one person who isn't a clinician that you

can talk to because they are helpful. I work out, eat sensibly and work on maintaining my health through regular exercise.

The weight has come back on, and I don't have any facial or bodily muscle wastage and I am pleased about that. It would really get me down if I had lipodystrophy or facial atrophy. I never for one minute forget how my life changed and whilst I no longer dwell on the past, I do have days when I feel depressed because of the whole situation.

But then I look at my life and the things I have achieved and that makes me feel better and more determined to do something with my life.

I have not been in a long term relationship because I guess I'm afraid of the reaction if I told the person. There have been short term relationships but I never feel I know the guy enough to tell them. Although saying that I did date a guy and he disclosed his status and we talked about our experiences- it was a nice change to feel I could talk openly about it.

I do think about the future and what it holds but as long as I have good friends who I meet regardless of whether they know my status, that's the important thing. I do think as I get older I am more likely to tell a guy, I guess because I know myself on a deeper level and feel more comfortable in my skin, HIV is part of my life but it does not control my life.

Source: Avert Global information and education on HIV and AIDS

HOUSING PLUS

Housing Plus (formerly known as AHAG) provides the following services for people living with HIV:

- Case management
- Work with you to identify your housing options
- Assist with applications for permanent housing, including letters of support and other helpful documents
- Advocate on your behalf with a housing organisation
- Support you in accessing transitional housing
- Support you once you have got housing, including during rental or lease reviews
- Provide assistance and support when you move house.

Contact Us

Housing Plus is run from the Positive Living Centre in South Yarra.

For more information, contact:

Phone: 03 9863 0419

Email: housing@thorneharbour.org

Please note: Housing Plus is not a crisis service, if you are experiencing homelessness please call the FREE 24-hour helpline on 1800 825 955.

THORNE HARBOUR HEALTH

Leading up to their 35th anniversary in July 2018, LGBTI health organisation and Australia's oldest HIV/AIDS organisation, the Victorian AIDS Council (VAC) has announced changing their name to Thorne Harbour Health. The new name recognises two visionary community leaders in the organisation's history of advocating for the health and wellbeing of both people living with HIV (PLHIV) and LGBTI communities – Alison Thorne and Keith Harbour.

"It's been a carefully considered decision, one that was informed by feedback from our members, volunteers, staff, and stakeholders. AIDS Councils are trusted institutions in Australia, but our evolution as a community-controlled organisation has seen us outgrow our identity as 'the Victorian AIDS Council'. We're now working with a broader range of LGBTI communities – delivering programs and services interstate and nationally," said VAC President Chad Hughes.

"Thankfully, we're at a point in the epidemic where having an AIDS-defining illness is rare in this country, and the majority of people living with HIV are seeing the health benefits of highly effective treatment options."

CEO Simon Ruth added, "Thorne Harbour Health gives us a fantastic opportunity to tell our story to a whole new generation of people. Alison and Keith represent a much larger group of community leaders, activists, and advocates who worked, and in many cases continue to work, for the

health and wellbeing of our PLHIV and LGBTI communities."

In June 1983, during Melbourne's first community meeting about the emerging HIV/AIDS epidemic, one voice stood out amongst the hundreds of people at the Royal Dental Hospital that night – that of lesbian activist and queer liberationist, Alison Thorne.

Alison motivated and mobilised the meeting by asking 'what are we going to do about this and how can we do it? We need to form an organisation'. A few weeks later, a follow up meeting was held at the Laird Hotel resulting in the formation of what was to become the Victorian AIDS Council.

Keith Harbour was VAC's President from 1987-89. As an inspiring leader, Keith mobilised the community from high-level political policy to grass-roots activism with the AIDS Coalition To Unleash Power (ACT-UP). Keith continued to work tirelessly to get access to lifesaving medicines for PLHIV. In a special ceremony convened by the then Governor of Victoria, Keith was awarded the Order of Australia medal at his bedside at Fairfield Hospital before he died in 1991.

Thorne Harbour Health made this announcement at the 35th anniversary of the organisation on Saturday 7 July at Experimedia in the State Library of Victoria.

WORLD AIDS DAY MEMORIAL CEREMONY 2018



THIS IMPORTANT EVENT CONTINUES TO BE A MAJOR PART OF THE MANY ACTIVITIES THIS ORGANISATION UNDERTAKES AND IS AN INTEGRAL OCCASION WITHIN THE COMMUNITY.

December 1st was World AIDS Day and Thorne Harbour Health collaborated with the AIDS Memorial Candlelight Vigil and Quilt Project Melbourne, the Catholic AIDS Ministry, Positive Women Victoria and

Living Positive Victoria to hold the annual World AIDS Day Event at the Positive Living Centre.

Approximately 200 people were in attendance and the day centered on the World AIDS Day Remembrance Ceremony led by Marg Hayes, where we acknowledged people living with HIV who had died and whose names were memorialized on the PLC shards.

Ten names were added and three others read out, whose next of kin decided not to have their family members memorialised. We also remembered those who had supported the HIV positive community over many years, who passed in 2018.

The Key Note speaker in 2018 was Doctor David Bradford, who is very well known in the community and is a semi-retired sexual health physician and a foundation fellow of the Australasian Chapter of Sexual Health Medicine.

He detailed an interesting story depicting the emergence of the virus in the 1980s and the associated responses from community groups and health professionals. He did so while also adding a personal insight, through his experiences over many years.

Gareth Graham and Dr Susan Paxton offered their insights and reflections of living with HIV. Entertainment was a focus in 2018's event with a number of performers offering their talents.

Garret Lyon commenced the day, followed by Jon Jackson and Dolly Diamond. The Melbourne Gay and Lesbian Chorus finished the day with a resounding applause.

This was the largest compliment of Chorus members to ever perform at this event; they assembled on the balcony and the stage and their many voice reverberated beautifully in the main space of the Centre.

Luke Gallagher, who has hosted the event for ten years, returned as MC, also singing a duet with Dolly, and held the event together as usual in his friendly and professional style.

Cat and her team of volunteers provided an assortment of delicious finger food throughout the day.

LAUNCH HOUSING AT THE PLC

Launch
HOUSING

IT'S TIME TO END
HOMELESSNESS

Launch Housing is a Melbourne based homelessness support service.

We advocate for the thousands of men, women and children who are either homeless or at risk of homelessness each year from our 14 sites across Melbourne.

Launch Housing builds on the legacy of providing housing and support, driving social policy change, advocacy, research and innovation with a goal to end homelessness.

Thorne Harbour Health has acknowledged safe and secure housing is essential to a person's wellbeing, consequently the Positive Living Centre has a Launch Housing worker onsite available by appointment basis each Wednesday.

INFORMATION

Bookings through reception or by calling 98630444.

INTERNATIONAL AIDS CONFERENCE 2018

The fight to end HIV/AIDS was given a boost by a star-studded week of presentations, panel sessions and the occasional protest at this year's International AIDS Conference in Amsterdam.

Held under the theme of "Breaking Barriers, Building Bridges," the real story of this year's conference was the growing realization that the HIV/AIDS epidemic is in crisis, with 1.8 million new infections in 2017.

There are also alarming spikes in new HIV cases among key groups including adolescent girls in sub-Saharan Africa and drug users in eastern Europe and parts of Asia, according to recent figures from UNAIDS.

At the same time, development assistance for HIV dropped \$3 billion between 2012 and 2017. The key takeaways from the conference follow.

1. Target key populations

Attendees agreed that, without drastic change, the world will see global HIV targets missed and a possible resurgence of the epidemic.

But Peter Piot, founding executive director of UNAIDS and now director of the London School of Hygiene and Tropical Medicine, warned the targets themselves could leave key populations even further behind.

Speaking on Thursday, Piot reminded the audience that the 90-90-90 targets set by UNAIDS in 2014 will miss 27 percent of HIV patients.

The framework calls for countries to get 90 percent of people living with HIV diagnosed; 90 percent of those diagnosed to be accessing treatment; and 90 percent of people on treatment to have suppressed viral loads by 2020.

"The 90-90-90 targets are actually 90-81-73," he said, adding that "what the future of the epidemic is going to be determined by is the 10-10-10" — those not hit by the targets.

The 10-10-10 is likely to be made up of key populations including sex workers, men who have sex with men, LGBTI groups, people who inject drugs, and young people — all of whom are less likely to access HIV services due to social stigma, discrimination, criminalization, and other barriers, Piot said. These groups currently account for 47 percent of people with new infections, according to UNAIDS data.

Reaching these key populations was high on the agenda last week. Dudu Dlamini, a campaigner for sex workers' health and rights who was awarded the Prudence Mabele prize for HIV activism during the conference, spoke to Devex about the need to decriminalize sex work in order to remove barriers to HIV services for sex workers.

Leading HIV scientists also put out a statement in the Journal of the International

AIDS Society about laws that criminalize people with HIV for not disclosing their status and for exposing or transmitting the disease.

Such laws, which exist in 68 countries, "have not always been guided by the best available scientific and medical evidence," it said, and when used inappropriately can reinforce stigma and undermine efforts to fight the disease.

2. Prevention Pay Off

With new infections standing at 1.8 million last year, the recent UNAIDS report describes a "prevention crisis." Traditionally, prevention has received only a tiny proportion of HIV funding, with the bulk going toward treatment.

But there was a new buzz around the prevention agenda at this year's event, in part driven by excitement around oral pre-exposure prophylaxis, or PrEP, which can prevent HIV infection among those at high risk.

The antiretroviral medication has been successfully rolled out in North America, Western Europe, and Australia, and has been shown to help reduce new infections among men who have sex with men.

WHO's Baggaley said PrEP had "energized the prevention agenda." However, questions remain about the feasibility of rolling it out in low-income countries, and about its efficacy for women.

"There is a prevention crisis and we need to find better ways of addressing it," said Christine Stegling, executive director of the International HIV/AIDS Alliance.

But while PrEP is a promising tool, a full approach to prevention needs to include a range of methods, combined with interventions that tackle human rights issues and gender inequality, she said.

3. A Youth Bulge

It was impossible to miss the strong youth presence at this year's AIDS conference, which organizers said had a larger number of young people attending than ever before, and featured dozens of youth-focused events.

This is linked to a growing recognition that adolescents face a disproportionately high risk of becoming infected with HIV, especially in Africa where the population is set to rapidly increase, and where new infection rates are on the rise among young people.

Ugandan youth advocate Brian Ahimbisibwe, a volunteer ambassador for the Elizabeth Glaser Pediatric AIDS Foundation, said: "Without the youth, the future of all these conferences, and more importantly [of] services and programs, [is] compromised."

However, 28-year-old Tikhala Itaye, co-founder of women's rights group Her Liberty in Malawi, said the youth voice had not been fully integrated and that young people were still being "talked at" during many of the sessions, as opposed to being listened to.

"There's now acceptance that young people need to be at the centre ... they do have the demographic weight and power

to influence issues around HIV," she said, but "you still find the different youth events happening in different rooms ... Why aren't we all coming together as one to build the bridges and have a global voice?"

4. The Need for Integration

A number of sessions talked about the need to integrate HIV programming, which has traditionally been siloed due to having its own funding streams, into broader health care.

This was a key message of The Lancet Commission report on strengthening the HIV response published ahead of the conference, and was also the message delivered by WHO director-general Tedros Adhanom Ghebreyesus during the opening plenary.

"We have not truly helped a child if we treat her for HIV, but do not vaccinate her against measles. We have not truly helped a gay man if we give him PrEP but leave his depression untreated ... Universal health coverage means ensuring all people have access to all the services they need, for all diseases and conditions," he said.

Baggaley said integrating HIV into the broader health agenda posed both "an opportunity and also a challenge and risk for those populations most marginalized," explaining that key populations currently served by externally funded non-state health services could see their assistance diminished under UHC if the country in question did not believe UHC includes key populations or had punitive laws against gay men or sex workers, for example.

There was much discussion around the need to combine HIV and tuberculosis efforts, especially in the run up to the first U.N. high-level TB event in September. TB is the number one killer of people with HIV, who are up to 50 times more likely to develop it, according to WHO.

Speaking in between interruptions from the crowd, former U.S. President Clinton highlighted the need to address HIV and TB in tandem during the closing plenary and called on world leaders, notably India which has the highest TB burden, to attend the upcoming U.N. TB meeting.

"If you think ... anyone ..that we can possibly bring the developing world to where we want it to be by abandoning the fight against HIV/AIDS and the collateral struggle against TB, you need to think again," he said.

New findings from the Sustainable East Africa Research in Community Health program, presented during the conference, showed positive results from a community-based program which combined HIV testing and treatment with other diseases including TB, diabetes, and hypertension.

The findings of a three-year randomized controlled trial in Kenya and Uganda showed that communities receiving testing and care for HIV alongside related conditions saw nearly 60 percent fewer new TB cases among HIV-infected people and that hypertension control improved by 26 percent.

5. Medical Developments

Concerns about GlaxoSmithKline's so-called "wonder drug" dolutegravir, which a study recently suggested might be linked to serious birth defects among children

in Botswana, sparked debate amongst conference goers about whether potential mothers should be prescribed the drug.

WHO already advises that women of childbearing age wishing to take the antiretroviral have access to effective contraception, and will be re-evaluating its guidance as new evidence emerges, Baggaley told Devex.

But there are concerns the agency could introduce blanket restrictions for women of childbearing age, which would force them to take other antiretroviral drugs that have worse side effects. The controversy could also lead to delays in the rollout of other forms of the drug, such as a paediatric version.

The conference also featured new data from the APPROACH study, which is evaluating the safety of several different HIV vaccines currently undergoing clinical trials in the U.S., East Africa, South Africa, and Thailand – but researchers admitted a vaccine will take years to develop.

6. The Trump Effect

The shadow of U.S. President Donald Trump's beefed-up "global gag rule," otherwise known as the Mexico City Policy, loomed large over the conference, and a number of sessions discussed how it is negatively affecting HIV programs.

Unlike previous iterations of the policy – which restricts U.S. funding to non-U.S. organizations that offer services related to abortion – Trump's version is applied to almost all U.S. global health assistance, including PEPFAR.

Santos Simione from AMODEFA, an NGO

that offers sexual health and HIV services in Mozambique, said his organization had lost U.S. funding due to the gag rule and was forced to close half of its youth clinics, which offered sexual and reproductive health services alongside HIV testing, counselling, and antiretroviral therapy.

"We could not provide condoms ... testing ... we just stopped everything," Simione said. Participants also spoke of a chilling effect, whereby organizations have stopped offering services that may not actually be prohibited under the rule, and raised concerns about PEPFAR's staying power within a hostile Trump administration.

Meanwhile, there was heated debate about arrangements for the next conference, which the International AIDS Society has said will take place in San Francisco, California, in 2020.

The decision has been met with fierce opposition and threats to boycott the event from AIDS campaigners who say many key population groups affected by HIV will have difficulties attending due to strict immigration policies.

In 2009, former U.S. President Barack Obama lifted a restriction banning people with HIV from entering the country, but sex workers and people who use drugs still face legal challenges entering.

By Sophie Edwards of Devex



FREE YOGA CLASSES AT PLC THURSDAY 4-5 PM

Be guided through a series of movements and foundation postures which stretch your limbs, deepen your breathing and relax your mind, at a pace that suits you.

Yoga to help you

- Move and breathe more easily
- Build strength and flexibility
- Strengthen your back
- Protect and lengthen your spine
- Enhance energy and fitness levels
- Prevent and recover from injury
- Calm your mind

Yoga for all

Every-body welcome. No need for prior experience. The one hour classes are presented in two parts.

So it's OK to come for the first half (but better to stay for all).

New! - Six week series

Every six weeks the classes will have a new focus, for example, neck and shoulders, hip opening, strengthening immune system for winter, breath work etc.

You can commit to the six weeks or just come when you can.

I have a particular interest and expertise in yoga for people who are more reticent about physical movement due to injury, lack of fitness or a perception that yoga is not for them.

Contact

Let me know what your interest or issues are and I can work them into the classes.

Louise - terrilou28@gmail.com

01240

ChopSuey

\$5

CUTS

* BUZZCUTS * FADES * BEARDTRIMS *

*Bookings essential at reception
Thursday 3pm - 7pm*

GLOBE TICKET COMPANY 495

ZERO TRANSMISSIONS MEANS ZERO RISK



Alison Rodger at the PARTNER 2 press conference.

The chance of any HIV-positive person with an undetectable viral load transmitting the virus to a sexual partner is scientifically equivalent to zero, researchers confirmed at the 22nd International AIDS Conference (AIDS 2018) in Amsterdam.

Final results from the PARTNER study were presented this morning at a press conference on the opening day of AIDS 2018. Results originally announced in 2014 from the first phase, PARTNER 1, already indicated that “Undetectable equals Untransmittable” (U=U).

However, the statistical certainty of this result was not quite as convincing in the case of gay men, or for anal sex, as it was for vaginal sex.

Results from PARTNER 2, the second phase, which only recruited gay couples, were presented today. The results indicate, in the

words of the researchers, “A precise rate of within-couple transmission of zero” for gay men as well as for heterosexuals.

The PARTNER study recruited HIV serodiscordant couples (one partner positive, one negative) at 75 clinical sites in 14 European countries. They tested the HIV-negative partners every six to 12 months for HIV, and tested viral load in the HIV-positive partners. Both partners also completed behavioural surveys. In cases of HIV infection in the negative partners, their HIV was genetically analysed to see if it came from their regular partner.

The study found no transmissions between gay couples where the HIV-positive partner had a viral load under 200 copies/ml – even though there were nearly 77,000 acts of condomless sex between them.

Why PARTNER matters

It is fitting that the results of PARTNER 2 appear on the tenth anniversary of an impassioned debate at the Mexico City International AIDS Conference in 2008 on the validity of the Swiss Statement, which was the first published document to say that, under defined circumstances, people with HIV who have fully suppressed viral loads due to treatment cannot transmit HIV.

At the time it was said that due to lack of viral load monitoring in anything but high-income countries, this fact – even if true – would have little relevance to most people with HIV.

There was also concern that telling people with HIV that they were not infectious if virally suppressed would be counter-productive because it would discourage safer sex. The more important message to give to people, some experts said, was that they should take every dose of their therapy.

The U=U (Undetectable equals Untransmittable) campaign was founded as a reaction to these positions.

The thinking behind U=U is that telling people they are not infectious if virally suppressed was a message of hope, and something earnestly desired by many people with HIV. It would help to combat the stigma against them, and their own self-stigma. By providing a powerful incentive to take treatment it could also have a positive impact on public health, as well as on individuals.

The Swiss doctors who issued the original 2008 statement apologised at the time that stating that people “do not” transmit HIV under the circumstances above was too definite, and that they had only meant to indicate that the likelihood of transmission was reduced.

But what PARTNER tells us is that they were right all along. People who are virally suppressed do not transmit HIV.

It was widely assumed at the time that sexually transmitted infections (STIs) might make people infectious even when they normally had an undetectable viral load. But PARTNER tells us that STI infections have no impact on HIV infectiousness in people who are fully suppressed. And it was thought that because HIV is transmitted more easily via anal than vaginal

sex, the results might not hold for gay men.

But PARTNER 2 now tells us that U=U holds just as strongly for gay men (and for anal sex) as for heterosexuals.

What ‘Zero’ means

‘Zero’ needs a precise explanation. When principal researcher Alison Rodger announced the results of the first phase of the study, PARTNER 1, back in 2014, she said, of the risk of transmission by an undetectable partner, that “Our best estimate is, it’s zero”.

By ‘estimate’ she meant that it is impossible to prove that something will never happen. So researchers use confidence intervals. These do not state what the findings show, but what they can show. They define how precise their findings are.

In the first announcement of the PARTNER 1 data, concerns were expressed because what is called the ‘higher bound of the 95% confidence interval’ was 0.45% for all, but 0.84% for any sex between gay men and 4% for receptive anal sex with ejaculation.

The 0.45% means that, if you were to run PARTNER 1 20 times, it would become more likely than not that, one time out of these 20 study repeats, you’d find one HIV transmission in every 222 couples if you followed them for a year – or one transmission in any one couple if you followed them for 222 years. The 4% would increase that likelihood to one in 25 couples per year (or one transmission every 25 years per couple).

It is important to stress that these might not be real events. The confidence interval is a statement about 'noise', and so is a statement both about the chances of missing one transmission (a false-negative) and about the chances of mistakenly 'seeing' a transmission that isn't real (a false-positive).

The fact that the higher bound for anal sex was higher than for all sex was not due to the fact that anal sex transmits HIV more efficiently than vaginal. It was because there were fewer couples who had anal sex – so the resolution of the findings was lower, like a photo with fewer pixels.

It especially did not mean, as some people misunderstood, that the likelihood of transmission from an undetectable condomless anal sex partner where the positive partner was insertive and ejaculated was 4%. It was still the case that the most likely chance of transmission was zero.

But because there were fewer gay than heterosexual couples in PARTNER 1, it was decided to recruit more couples, to narrow the confidence intervals for anal sex between men. These new couples, plus the original gay couples from PARTNER 1, formed the cohort studied for PARTNER 2.

About PARTNERS 1 and 2

PARTNER 1 was conducted between September 2010 and May 2014, and PARTNER 2 from May 2014 to April 2018. There were 888 couples in PARTNER 1, 337 of them (38%) gay couples.

In PARTNER 2, another 635 gay couples

were recruited, making a total of 972 gay couples and 516 heterosexual ones in the whole study.

Not all those couples provided what's called "couple-years of follow-up" (CYFUs) throughout their time in the study. Couples only contributed to the data if they had had condomless sex since the last data were collected, if the HIV-positive partner had maintained a viral load under 200 copies/ml throughout, and if the HIV-negative partner had not used pre-exposure prophylaxis (PrEP) or post-exposure prophylaxis (PEP).

This meant that 783 male/male couples ended up providing 1596 couple-years of data, with an average eligible time within the study of 1.6 years. Couples reported on average 43 acts of condomless sex a year.

At baseline, the average age of the HIV-negative partners was 38 and of the HIV-positive ones, 40. They reported having had condomless sex with each other for an average of a year before joining the study. The HIV-positive partners had been on antiretroviral therapy for an average of four years. Ten per cent of the negative partners and 14% of the positive ones were diagnosed with an STI during the study.

The 1596 couple years, containing an estimated total of 76,991 condomless sex acts, produced no transmission between partners.

There were 15 new infections – but three-quarters of them reported recent condomless sex with a different partner, and genotyping of the HIV transmitted showed that not one infection came from the regular partner; six had a completely different subtype of HIV. Altogether, 285 of the HIV-negative men (37%) reported

condomless sex with other men.

These new data allowed the researchers to estimate much narrower confidence intervals. The upper bound of the 95% confidence interval for all condomless sex in the whole of PARTNER is now 0.23%. And the upper bound for receptive anal sex with ejaculation is 0.57% – fairly close to the upper bound for all sex in PARTNER 1.

What this means is: if you ran the PARTNER study 20 times, there is a more-than-even chance that you'd miss a real transmission (or see a false one) in 435 couples followed for one year – or one transmission in one couple followed for 435 years.

And if you repeated the study only using the 19,836 estimated occasions of the HIV-negative partner being receptive, and the HIV-positive partner ejaculating, you'd miss a real transmission (or see a false one) once in 175 couples in a year – or once in 175 years in one couple.

These, to repeat, are very unlikely to reflect the true likelihood of transmission – they are statements about how likely it is that the zero transmissions observed might not reflect reality. It remains the case that the most likely probability, by far, that an HIV-positive person with a viral load under 200 copies/ml can infect their partner is zero.

The researchers were also able for the first time to compute the upper limit of the 95% confidence interval for the risk of transmission where one partner had an STI.

This is higher, at 2.74%, or a 5% chance of seeing (or missing) one transmission per couple per 35 years – but again, the most likely risk was zero, and the only reason this zero is 'fuzzier' is because there were only

an estimated 6301 occasions of condomless sex (of any sort) where one partner had an STI.

PARTNER is not the only study we currently have about viral load and infectiousness. Last year the Opposites Attract study also found no transmissions in nearly 17,000 acts of condomless anal sex between serodiscordant gay male partners, meaning that no transmission has been seen in about 126,000 occasions of sex, if you combine this study with PARTNER 1 and 2.

What has changed is that we can now state that U=U with at least as much confidence for gay men as we already could for heterosexuals or, as the researchers say, "PARTNER2 provides a similar level of confidence for gay men as for heterosexual couples in PARTNER 1."

"We looked so hard for transmissions," Alison Rodger told aidsmap.com. "And we didn't find any."

Source: AIDS MAP

EXERCISE CLASSES WITH THE ALFRED

Exercise within the HIV+ population has a range of benefits including increasing energy and strength, improve heart health and assist with weight control.

Research conducted by Dr. Soula Fillipas at the Alfred Hospital shows that people living with HIV who engage in twice weekly exercise result in increased self-esteem and cardiovascular fitness. It has also been shown that strength training three times weekly for the HIV population is safe, increases body weight, strength and improves body proportions.

We offer a range of exercise classes run by physiotherapist from The Alfred Hospital including:

- **Gym Based Circuit Classes** – daily at the Alfred Hospital – free
- **Tums and Bums** (global strengthening class) – Tuesdays 11.30am at PLC – free
- **Hydrotherapy** – 1pm at MSAC – \$5.70
- **Pilates** – Fridays 11am at PLC – free

Before beginning our exercise classes everyone will receive an initial assessment run by a physiotherapist at The Alfred Hospital in order for programs to be tailored towards individual's goals. For more information pick up a brochure from PLC or contact Mark or Soula on 03 9076 3450 to book an initial assessment to get involved with the classes we have on offer.

HEPATITIS WHAT YOU NEED TO KNOW

Hepatitis has been making headlines lately. Earlier this year, the Victorian Deputy Chief Health Officer announced a death associated with the recent outbreak of Hepatitis A in Victoria. This outbreak has been primarily affecting gay, bisexual and other men who have sex with men (MSM). While deaths associated with Hepatitis A are extremely rare, this event underscores the need for timely vaccinations. In Victoria free vaccinations are available till December 31, 2018.

We spoke to Associate Professor Benjamin Cowie, infectious diseases specialist at Royal Melbourne Hospital.

1. What is hepatitis?

"Hepatitis' just means an inflammation of the liver. But when we talk about a 'hepatitis outbreak', what we normally mean is infectious hepatitis caused by a virus," explains Cowie.

Symptoms of hepatitis can vary, but they include nausea, fatigue, abdominal pain, diarrhoea and jaundice (yellowing of the skin and eyes). Becoming infected with viral hepatitis can also have non-specific symptoms, or no symptoms at all.

2. What are the different types of hepatitis?

"We most commonly deal with a group of

viruses called hepatitis A through E. They're all completely different viruses. In Australia, hepatitis B and C are most common, but outbreaks of viral hepatitis are usually caused by hepatitis A."

"Importantly, both hepatitis A and hepatitis B can be prevented with vaccinations."

3. So, hepatitis A, B, C, D and E aren't actually part of the same 'family'?

"No. They're not otherwise related apart from the fact that they're all viruses and they all attack the liver. Hepatitis A actually has more in common with the common cold virus than it does with hepatitis B."

4. How do you get hepatitis? What was going on in those saunas in Sydney?

Transmission is different for each hepatitis virus. "Hepatitis A, which is responsible for both recent outbreaks in Australia, is acquired through the mouth, predominantly from contaminated food or faecal-oral transmission," says Cowie.

Faecal-oral transmission doesn't necessarily mean direct contact with faeces. The virus can survive for several hours outside the body and it can be easily transferred on food or hands (or anything else you put in your mouth).

Hepatitis B is carried in body fluids like blood and semen. It can be transmitted during sex or by using unsterile injecting equipment. "Globally, most people living with chronic (long-term) hepatitis B acquired it in childhood, often from mother-to-child transmission during birth."

Importantly, both hepatitis A and hepatitis B can be prevented with vaccinations.

See below for more details! Hepatitis C is transmitted via infected blood. This is usually through unsterile injecting equipment.

"Hepatitis C can now be readily cured with short courses of oral medication in over 90 per cent of people."

5. Why are men who have sex with men (MSM) more at risk of contracting hepatitis?

Simply put, we're more at risk because of the sort of sex we have. Rimming, anal sex and ass-play can all help to spread hepatitis A. "Oral-anal contact is potentially a significant risk factor for hepatitis A transmission," adds Cowie. "Having condomless sex with multiple partners also increases the risk of acquiring a variety of STIs, including hepatitis A."

6. What if I acquire hepatitis? Is it treatable?

Yes and no – again, it depends what sort.

Hepatitis A can't be treated, so you just have to wait it out. "If you get infected, your body will clear the virus by itself, and you'll have long-standing immunity against it," says Cowie. "However, a person with acute hepatitis A can be unwell for weeks or months." Hepatitis A symptoms will usually appear 2-6 weeks after infection, and it will usually resolve within two months, though some cases can last up to six months.

Hepatitis B resolves by itself in around 95 per cent of adults who acquire it, compared with only 10 per cent of infants. Symptoms will usually appear around 90 days after exposure, and your immune system will

usually clear the infection within a few weeks, though some infections can last up to six months. For the approximately 5 per cent of adults who do develop chronic hepatitis B, regular monitoring is important and, if required, specific antiviral treatment can control it and reduce the risk of liver complications.

Hepatitis C can now be readily cured with short courses of oral medication in over 90 per cent of people. "Since March 2016, the hepatitis C treatment has been on the PBS in Australia – it's now curable with 12 weeks of tablets, with very few side effects," says Cowie. Anyone who thinks they may have hepatitis C, or has been at risk, should see their doctor for a test – and if they have hep C, get cured!

Again, it's important to know that you can still spread hepatitis A, B and C without having any symptoms. "Know your status, get vaccinated if you're not immune, and get into care if you have hepatitis B or hepatitis C – hepatitis B is treatable, and hepatitis C is curable."

7. How do hepatitis vaccinations work?

Getting vaccinated for hepatitis A and B is common practice in Australia. Many children get vaccinated as part of routine childhood immunisation, particularly with regard to hepatitis B. Each vaccination is given on a specific schedule over a series of months to help your immune system build a proper response to the virus.

"Hepatitis A and B vaccines are really safe and effective. In general, we try to give vaccinations at the appropriate schedule," Cowie says. "Getting an injection later than

recommended in the schedule is OK – but getting it too early is not."

The hepatitis A vaccine is given on a schedule of two injections. The second dose is given at least six months after the first. Sometimes there can be mild pain at the site of the injection, but there aren't any other common side effects. "Hepatitis A vaccination gives you immunity for at least ten years, if not life," Cowie says.

The hepatitis B vaccine is given on a schedule of three injections. The second dose is given at least one month after the first, and the third dose is given at least six months after the first. Side effects aren't common, but there can be some pain at the injection site and a slight fever after the injections. "The hepatitis B vaccine is for life – once you have immunity, you'll never need a booster," says Cowie.

A combined hepatitis A and hepatitis B vaccine is also commonly used in Australia, depending on which state you're in and whether you already have immunity to either hepatitis A or hepatitis B. This is given on the same schedule as the hepatitis B vaccine (second dose after one month, third dose after six months).

8. What are the best ways to protect ourselves against hepatitis?

If you're not vaccinated (or not sure), using a condom during sex will help protect against hepatitis B – but hepatitis A is trickier. Cowie's recommendation is threefold: know your status, get vaccinated if you're not immune, and get into care if you have hepatitis B or hepatitis C – hepatitis B is treatable, and hepatitis C is curable.

by Emen8

FREE VACCINES AVAILABLE

Immunisation is one of the best ways you can protect yourself and others from infectious diseases in our community. In partnership with Thorne Harbour Health, Victorian government has launched an immunisation campaign to encourage gay and bisexual men and men who have sex with men to take up of the offer of four free vaccinations (some are available for a limited time). You must live in Victoria to be eligible for these free vaccines.

Hepatitis A vaccination

Since March 2017, there has been an increasing number of confirmed cases of hepatitis A across Victoria. To stop the spread of this disease, the Victorian government has introduced a free, two dose hepatitis A vaccination program for those at risk.

From 22 January 2018 until 31 December 2018, Victorian men who have sex with men can access a free hepatitis A vaccine. These are available from GPs and all other immunisation providers across Victoria (including sexual health clinics).

Hepatitis B vaccination

Immunisation is your best protection against hepatitis B. Hepatitis B (also known as hep B) is a viral infection that causes liver inflammation and can lead to serious illness or death. In Victoria, a free hepatitis B vaccine is provided for men who have sex with men and people living with HIV.

Human papillomavirus (HPV) – immunisation

Protect yourself into the future and get the Human papillomavirus (HPV) vaccine. HPV infections are common, highly contagious and usually have no symptoms. Some types of HPV can cause genital warts while others can cause some cancers.

The HPV vaccine helps prevent the types of HPV that cause most HPV-related cancers in men. The HPV vaccine is very safe and effective and can protect against 90 per cent of HPV-related cancers in men, and 90 per cent of genital warts. Immunisation against HPV involves a course of three injections over a six-month period and is available free of charge for Victorian men (aged up to 26 years old) who have sex with men until 31 December 2018

Meningococcal ACWY vaccination

To combat a recent rise in cases of meningococcal C disease, the Victorian Government has introduced a free, time-limited (from 11 December 2017 until 31 December 2018) vaccine program for Victorian men who have sex with men.

FLEXIBLE SUPPORT PACKAGES



Intimate Partner Violence and/or Family Violence can occur across all communities, social classes, ages, cultural backgrounds and geographical areas.

Family Violence Flexible Support Packages are designed to provide limited financial assistance to victims/survivors of family violence within the LGBTI communities.

They can be allocated to individuals or families who are seeking to leave or have recently left intimate partner or family violence circumstances.

The intention of these packages is to assist people to stabilise and improve their safety in at time of high risk while attempting to leave an unsafe relationship and after leaving such a situation.

To gain access to the Flexible Support Packages, it is best if you if have access to an existing case manager who can assist you to process the application forms with accompanying documentation to substantiate the application.

Sometimes people find the process of application increases their vulnerability and they need to have a degree of professional and emotional support while the process of administering the package is occurring.

A case manager will also be a major support to you in ensuring any funds allocated to you, if you are eligible, are directed to the appropriate sources in a timely fashion.

Flexible Support Packages are not ongoing and any subsequent applications to access funds will be assessed on a case-by-case basis

If you do not have access to an existing case manager, Thorne Harbour Health will be able to support you in appointing a Family Violence Case Manager from our team.

INFORMATION

Contact us at **(03) 9865 6700** and ask for the Duty Worker or the Family Violence Team.

NUTRITIONAL SERVICES AT THE PLC



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.

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:

WEDNESDAY - 2.30pm-3.30pm.

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

ACTIVITIES AT THE PLC



NATUROPATHY Thursday 3.30pm - 7.15pm

Naturopath is available by appointment. Naturopathy is the practice of complementary medicine drawing on the disciplines of herbal medicine and nutrition.

VITAMART Tuesday to Friday / Cost: As per vitamin price list.

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



ART CLASSES Wednesday 10am - 12:30pm / Cost: Free

Have you ever wanted to learn to draw or paint? Liz, our resident art teacher, can help you discover your hidden artistic flair. Places are limited and 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.



MASSAGE

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

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



MUSCLE & CURVES Wednesday 1:30pm - 2.15pm / Cost: Free

Get yourself trimmed, toned and looking terrific in this weekly exercise class. Classes are facilitated by an experienced Personal Trainer and suitable for beginners and those with more experience.

TUMS & BUMS Tuesday 11.30am - 12.30pm / Cost: Free

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



YOGA Thursday 4pm - 5pm / Cost: Free

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

PILATES Friday 11.00am to 12 noon / Cost: Free

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

Check yourself
before you
wreck yourself.

TouchBase with us.

 [TOUCHBASE.ORG.AU](https://touchbase.org.au)

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

  Australian Federation of AIDS Organisations
 Australian Drug Foundation | Healthy people. Strong communities.

HIV/AIDS LEGAL CENTRE (HALC)

Operating since 1993 from the PLC and run by professional volunteers, HALC is a community legal centre that provides a free service as part of THH.

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 & carers, of a person living with HIV.

HALC can assist with a variety of matters, including:

- Making a Will
- Medical Powers of Attorney
- Enduring Powers of Attorney
- Criminal Law
- Family & Relationship Law
- Employment Law
- Superannuation
- Centrelink Matters
- 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.

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

CONTACT US

To talk to a Client Care officer, who will make a referral on your behalf, contact:

- **(03) 9863 0444**

To leave a message directly:

- **(03) 9863 0406**
- **legal@thorneharbour.org**

HALC only operates once a week on a Thursday evening. A representative will contact you on a Thursday evening between 6.30pm and 9.00pm. It is important that you are contactable during these hours after your initial contact.

If you require urgent legal advice, you can contact:

St Kilda Legal Service

9534 0777 | st_kilda_vic@clc.net.au

Victoria Legal Aid

1300 792 387 | www.legalaid.vic.gov.au

NEEDLE & SYRINGE PROGRAM (NSP)

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 ABSCESSSES.



THH has one available outlet at:
PLC - 51 Commercial Road, South Yarra

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.

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.

INFORMATION

References

- <http://www.health.vic.gov.au/aod/about/needle.htm>
- <https://thorneharbour.org/lgbti-health/>

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 AT THE POSITIVE LIVING CENTRE.

FOR FURTHER INFORMATION CONTACT GERRY AT THE POSITIVE LIVING CENTRE ON EITHER 9863 0444 OR E-MAIL: PEERSUPPORT@THORNEHARBOURHEALTH.ORG

DAVID WILLIAMS FUND

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. 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 available funding. DWF is totally reliant upon donations and the generous sponsorship of M-A-C Cosmetics - to ensure adequate levels of funding are available.

maccosmetics.com.au

DWF has limited funds and we need to ensure that all monies spent go to those in financial hardship. We do not count Superannuation as money in the bank.

DWF 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.

For assistance to register with the fund ring reception & book an appointment with the DWF coordinator or see your Social worker / community worker.

FINANCIAL COUNSELLING

The DWF offers financial advice and referral for people in financial hardship.

- 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 Horn by calling 03 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). There are many equity scholarships associated with Universities/TAFE's/Colleges, which we can direct you to. For information, please make an appointment with a DWF Coordinator or check University/TAFE websites.

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

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. Discuss your application with the DWF Administration worker to determine the likelihood of it being approved.

DWF application forms are available online www.thorneharbour.org/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

THORNE HARBOUR COUNTRY



THORNE HARBOUR COUNTRY PROVIDES SUPPORT, COUNSELLING, RAPID HIV TESTING, RESOURCES AND INFORMATION AROUND LGBTI WELLBEING, HIV, HEPATITIS C AND SEXUAL HEALTH ACROSS THE LODDON MALLEE.

Operating out of the Community Hub, Thorne Harbour Country provides a safe place for the LGBTI community to connect and access information resources and referral services.

COMMUNITY HUB

The Community Hub offers a safe and supportive space for LGBTI people and PLHIV.

Some of current services and supports include:

- Professional counselling for LGBTI people and PLHIV
- 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
- LGBTI social inclusive morning tea group

PRONTO! RAPID HIV TESTING

PRONTO! Bendigo is a peer led rapid HIV and sexual health clinic that is run by and for gay, bi and trans-masculine men and men who have sex with men. The service provides a free, confidential and non-judgmental service that is safe and supportive.

Results from the rapid HIV test can be given in 15 minutes with results from the full sexual health check-up given within 10 days.

The clinic runs Thursday fortnight from 2:30pm – 7pm at Bendigo Community Health Centre, 171 Hargreaves Street, Bendigo.

To make an appointment phone Bendigo Community Health Centre on (03) 5448 1600 and ask specifically to be booked into the PRONTO! Clinic.

COUNSELLING

Thorne Harbour Country offers a professional and affordable counselling service for the LGBTI community and anyone affected by HIV.

Services are offered across the Loddon Mallee either face-to-face at our Community Hub in Bendigo or via telephone or online platforms. Outreach support may be available depending on the circumstances.

PEER EDUCATION & WORKSHOPS

Thorne Harbour Country offers a number of Peer Education Services which are run by and for gay, bi and queer men including trans men, men who have sex with men and those who identify as non-binary.

Current services include our PRONTO! Rapid HIV Testing Clinic, the 'Sexperts' Program as well as a number of workshops and events that are run throughout the year.

Workshops run periodically throughout

the year and are styled in such a way that enables people to make new friends in a safe environment.

COMMUNITY EVENTS

Across the Loddon Mallee there are a number of excellent initiatives and projects that Thorne Harbour Country supports, collaborates and participates in. From large community events like the ChillOut Festival in Daylesford and the Bendigo Queer Film Festival to more smaller and local events.

If you have any questions or simply would like to know more information about a topic please feel free to get in touch.

To get in contact with Thorne Harbour Country please phone us on (03) 4400 9000.

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 and book in for a test (don't worry, you don't need to do the Rapid HIV Test).

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.

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**.



EQUINOX

GENDER DIVERSE HEALTH CENTRE

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

thorneharbour
health*



PRONTO!

FREE CONFIDENTIAL RAPID HIV AND STI TESTING FOR
GAY AND MEN WHO HAVE SEX WITH MEN

Changing your relationship
to meth is tough, but you
don't have to do it alone.
We're stronger together.



METH PEER SUPPORT GROUP

RE-WIRED 2.0

To register for the group please call 1800 906 669.
For more information about the group please call 9865 6700
and ask to talk to the AOD intake and assessment coordinator.

THH 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 herapeutic 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 on St Kilda Rd and easily accessible by 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.

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.

Do you...

- Like being the 'boss' and the one making the decisions?
- Control your partner's decisions?
- Blame your partner or other factors for making you angry?
- Find it hard to express your feelings and then exploding?
- Hurt your partner or family physically or emotionally?
- Sometimes feel anxious or confused about your behaviour?
- Find yourself constantly apologising for your behaviour?

Did you answer 'yes' to any of the above questions – either about your current partner or an ex-partner? A yes answer might mean you have been or are using violence in your intimate partner relationships.

Thorne Harbour Health is committed to working to help break patterns for people using violent, abusive or controlling behaviours and to increase the safety for those people effected by the use of power and control in their relationships.

One option could be Thotne Harbour Health's ReVisioning group: a 20 session behaviour change group open to gay, bisexual or transmen who are concerned they are hurting the people they care about. Referrals are currently being taken for the next ReVisioning group. Please call Thorne Harbour Health on 9865 6700 to ask about the assessment process and to get more information about the group

If any of the above has happened to you, please call Thorne Harbour Health for information and support options.. If you believe you are in immediate danger please call 000.

ReVisioning

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



Drink Limits is a free eight week therapeutic group looking at alcohol use and anxiety for Lesbian, Bisexual and Queer women, gender diverse and non-binary people.

Drink Limits explores the barriers that get in the way of changing your drinking habits. It also offers a space to share techniques that might be useful in your goal to reduce or stop drinking and attain a level of resilience to deal with life's problems in ways other than alcohol.

We aim provide a safe and non-judgemental space for a small group of 6-10 participants. Drink Limits is a closed group which runs for eight weeks. We work from a harm minimization and stages of change framework. We are relational in our approach and use Motivational Interviewing, Arts Therapy, Cognitive Behaviour Therapy, Mindfulness, Dialectical Behaviour Therapy and some Strengths-Based techniques.

Participants will learn relapse prevention strategies and supports to enable their recovery process. The facilitators are experienced alcohol and other drug clinicians with expertise in this field.

If you wish to look at how alcohol affects your life and relationships this could be the group for you.

If you are interested in Drink Limits, please call us today on (03) 9865 6700.

THH ALCOHOL & DRUG SERVICES

INDIVIDUAL COUNSELLING

Experienced counsellors meet with you to discuss your concerns & 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 wellbeing.

Whatever your goals, 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/referral to THH's therapeutic groups or other treatment services including residential or nonresidential 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 & alcohol use but in other areas of your life.

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

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

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

For more information on our Alcohol and other Drugs Service, you can call THH 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 1800 906 669

COUNSELLING SUPPORT GROUPS RECOVERY SUPPORT DRUG INFO

thorneharbour
health*

Thinking about changing your meth use? Come learn the skills and strategies to keep things in balance.



METH & MENTAL HEALTH THERAPEUTIC GROUP

RE-WIRED

To register for the group please call 1800 906 669.
For more information about the group please call 9865 6700
and ask to talk to the AOD intake and assessment coordinator.

thorneharbour.org
Level 5, 615 St Kilda Road, Melbourne VIC 3004

thorneharbour
health*

THH HEALTH PROMOTION SERVICES

The Peer Education Program offers workshops for gay and same-sex attracted men that provide a confidential and welcoming environment for participants to socialise while learning more about their sexuality and well-being. These workshops are facilitated by volunteer peer facilitators to enhance peer-to-peer learning.

Momentum

Momentum is a free, six-week workshop for same-sex attracted men aged 27 years and above to socialise in a welcoming and confidential environment. It also offers an interactive and informative environment for the group to talk about issues relating to sexuality and well-being. These include homophobia, coming out, self-esteem, community, HIV stigma and sexual health.

Relationships

Relationships is a workshop for same-sex attracted men of all ages and relationship status to get together and learn more about relationships. This interactive and informative workshop aims to develop your communication and conflict resolution skills, and helps you explore your needs, desires rights and responsibilities in a relationship. It also looks at sexual health in relationships including where partners have differing HIV-status.

Young and Gay

Young & Gay is a workshop for guys aged 26 years and under who are attracted to other guys, including those who don't necessarily identify as gay. It provides a fun and welcoming environment for you to meet new people and expand your social network. It also offers an interactive and informative space for you and your peers to talk about sexuality and well-being. We talk about negative stereotypes, self-esteem, coming out, relationships, community, HIV stigma and sexual health.

Gay Asian Proud

Gay Asian Proud (GAP) is a social support network for gay Asian men in Melbourne. The group offers a welcoming and understanding environment for you to meet new people and expand your social network. We organise social events such as yum cha, movies, dinners, picnics, and outings to gay venues. Some of our activities are open to our non-Asian partners and friends. Gay Asian Proud is a diverse group and we have zero tolerance policy on stigma and discrimination.

INFORMATION

To find out more please visit:
www.thorneharbour.org/lgbti-health/peer-workshops/
or call (03) 98656700

JOY 949 FM WELL, WELL, WELL



For over 600 episodes, Well, Well, Well has been broadcasting on JOY 94.9 - Australia's out and proud community radio station.

Currently on air every Thursday night from 8-9PM and replays Monday at 1.00am. Well, Well, Well focuses on health and wellbeing issues affecting our LGBTI communities with a particular emphasis on HIV and sexual health.

Missed an episode? Previous episodes of Well, Well, Well can be streamed online via www.joy.org.au or download the podcast on iTunes or Spotify.

THH CENTRE CLINIC

THE CENTRE CLINIC IS A MEDICAL CLINIC ADMINISTERED & SUPPORTED BY THH. 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
- PrEP - Pre Exposure Prophylaxis (Supporting clients to self import PrEP and PrEP X Trial participants)
- 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.

www.thorneharbour.org/lgbti-health/centre-clinic/



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



TELEPHONE COUNSELLING INFORMATION AND REFFERALS

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

Call: 1800 184 527
Available 3pm-Midnight everyday

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

WORKINGOUT

WorkingOUT is a free specialist employment program by Expression Employment for lesbian, gay, bisexual, trans and gender diverse or intersex identified people with a disability or mental health condition that may be a barrier to employment.

IT IS A UNIQUE SERVICE AND THE ONLY ONE IN AUSTRALIA CATERING TO THE LGBTIQ+ COMMUNITY.

In this free Government-funded program, LGBTIQ+ 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 LGBTIQ+ community work can tailor a range of services each job seeker will need to meet their work goals.

This can include assistance with:

- Career advice
- 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

We have created two training packages that can be tailored to your needs; Trans@work and LGBTIQ+ Awareness Training are delivered by an experienced Employment Consultant with lived experience.

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

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

INFORMATION

www.employment.expression.com.au
Expression Employment (formerly known as Senswide) for more information or to apply for service.

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

WorkingOUT is a Disability Employment Service. Potential clients must meet Centrelink eligibility criteria. Working out is an initiative from Expression Employment.

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 though working closely with employers to promote the skills and attributes of our clients.

Our consultants do 'Reverse Marketing', which means we attempt to obtain access to current vacancies before employers advertise. This allows individual advocacy to take place and ensures the job requirements match a person's skills set and needs. As

part of this function, WISE also offers wage incentives to potential employers to assist participants in getting a foot in the door and helping them establish their career and a future employment pathway.

ABOUT YOU

At WISE, we assist you with either full or part time employment, however to be eligible for our service you must be willing to work a minimum of 8 hours per week.

You also need to attend Centrelink for a Job Capacity Assessment (JCA). For those 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.

INFORMATION

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

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.

The Phoenix Workshop

Workshops for people who are newly diagnosed with HIV are 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

HIV & Ageing Peer Support Network

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 friends and connect with new ones in a safe & 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 for more details and upcoming dates.

Adult lunch & lawn bowls

April 7 @ 1:00 pm - 4:00 pm

Join us for lunch and a game of lawn bowls at the Richmond Union Bowls Club.

We will feast on a delicious gourmet BBQ followed by a relaxing social game of lawn bowls. No bowling experience is necessary, so please come on down and share a great afternoon with us.

Food and soft drinks are provided. Partners welcome.

Please note: This is an adult only event and is for people who are living with HIV and identify as heterosexual

Phoenix for Women

A workshop for women newly diagnosed with HIV.

May 17 @ 6:00 pm - May 18 @ 6:00 pm

Meet other women living with HIV and receive the latest information about treatment, relationships, disclosure and well-being in a safe and confidential space. Phoenix for Women is run by women living with HIV, for women living with HIV.

Be informed. Be empowered. Thrive.

The workshop runs Friday 17th May, 6pm-9pm and Saturday 18th May, 9am-6pm.

Dinner on Friday night and lunch/morning & afternoon tea on Saturday are provided.



MELBOURNE SEXUAL HEALTH CENTRE

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

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

The Melbourne Sexual Health Centre is located at:

- 580 Swanston Street, Carlton Victoria 3053

Tel: **(03) 9341 6200**

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

TTY: **(03) 9347 8619** (Telephone for the hearing impaired)

Fax: **(03) 9341 6279**

Or visit their website www.mshc.org.au for more information.

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 to The Green Room 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.

The Green Room is located at the Melbourne Sexual Health Centre at:

- 580 Swanston Street, Carlton Victoria 3053

To discuss your HIV health care site options call **(03) 9341 6214**.

POSITIVE WOMEN VICTORIA



James and the Team at Positive Women Victoria formally accepting James' very generous fundraising donation at The Laird

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. See the calendar for details.

Positive Women Victoria

Coventry House
Suite 1, 111 Coventry Street, Southbank VIC
3006
Tel: 9863 8747
www.positivewomen.org.au

“James Addinsall picked Positive Women Victoria as the organization to raise funds for through his title of The Laird Leatherman this year. He raised over \$1800.00 for PWV! Here is an article that James wrote for our members, about what it means to hold the title of Laird Leatherman and why he chose PWV as his fundraising organization.”

In August of 2017, during an annual event known as ‘A Week of Leather’, I entered and won the Laird Leatherman Competition. This competition elects a representative of the Laird community to raise funds for a cause close to the winner’s heart and to represent the events’ sponsors, The Laird and Mannhaus.

During my year as Laird Leatherman I’ve hosted several fundraisers for Positive Women Victoria.

Every month, at a weekly event called Sunday Social, I facilitated a fundraiser bbq at The Laird. During these events I held raffles with prizes donated by some absolutely amazing sponsors.

My first major fundraiser was a collaborative art book called An Illustrated Guide To The Hanky Code. In this book, over 20 international and local artists and over 20 men who are part of the international fetish community contributed a unique

insight or donated an original piece of art based around The Hanky Code - a symbolic representation of sexual preference that primarily began during the period when homosexuality was illegal. I held a book launch at the premises of my major sponsor, Mannhaus, and was blown away by the reception of this project. I’m pleased to say that since the launch of this project, over 70 copies have been sold.

My second major fundraiser was a gender inclusive event I hosted at The Laird, called Save or Shave. During this event the crowd were able to donate to Positive Women Victoria, and the donations earned them a vote that allowed them to help decide if each of the four volunteers got to keep their beards or had to have them shaved. It was the first time in years that I’d seen myself clean shaven, and while I’ll not repeat that look for many years to come the money and awareness we raised made it 100% worth it.

My choice to raise awareness and funds for Positive Women Victoria was very much influenced by my participation in PLDI - the Positive Leadership Development Institute - where I spent the weekend with a dozen other people living with HIV, and for the first time heard the stories of women living with HIV.

I saw this as a unique opportunity to bring attention to women living with HIV within a space that is men only. This relationship between gay men and women in the fight against HIV has been one that’s existed for decades. While my year as Laird Leatherman is coming to a close in the second week of August, I hope that I have the privilege of working with you again soon. Because only together can we end HIV.

MULTICULTURAL HEALTH AND SUPPORT SERVICE



WE AIM TO PREVENT HIV,
VIRAL HEPATITIS AND
SEXUALLY TRANSMISSIBLE
INFECTIONS IN REFUGEE AND
MIGRANT COMMUNITIES,
ASYLUM SEEKERS AND
MOBILE POPULATIONS.

Who we work with

- Newly arrived refugees, asylum seekers, temporary protection visa holders and migrants
- Young people from migrant and refugee populations
- Adult men and women
- Injecting drug users
- People in custodial settings
- Same-sex attracted people
- International students from high prevalence countries
- Mobile populations

WHAT WE OFFER

Are you from a refugee or migrant background and want to lead changes to improve the health of your community? We want to develop long term partnerships with people from the community like you to help guide our actions and our work.

The Multicultural Community Action Network (M-CAN) is also a space for you to meet people from your community as well as people from other communities to share ideas and learn from one another.

There are three meetings held each year, which also include guest speakers who will present about useful topics to help develop your skills to advocate for your community needs.

For example, one topic included information about how to contact the media to promote issues that are important to your community.

To join the network, please just click on the button below and fill out the form. Membership is free. For more information about the network, please contact Mabor Chadhuol.

We provide free community education sessions to people from refugee, migrant, asylum seekers backgrounds, and international students at selected institutions.

As we are not funded to work with the broad international student population at this time, we need to charge a small fee to universities.

Our education sessions focus on healthy and respectful relationships, consent, gender

equity, sexual health, contraception, cultural understanding, sexually transmissible infections (STIs), and blood borne viruses (BBVs).

We work with communities to understand and reduce the harms associated with drug use. We deliver information in a culturally responsive way that aims to decrease stigma and discrimination.

If you are interested in a topic that is not listed, please contact us to see if we are able to build a session that suits your needs.

We bring together people who work across sectors to share information, enhance service coordination and explore ways to improve sexual health for people from refugee and migrant backgrounds.

We run three forums a year to discuss emerging blood borne virus and sexual health issues and how they may affect people from refugee and migrant backgrounds.

CATHOLIC AIDS MINISTRY



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

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

For further details for all events, please ring Marg or Lisa on 8417 1280 or 0408 230 008

Catholic HIV/AIDS Ministry
CatholicCare
Mary of the Cross Centre
23 Brunswick Street Fitzroy 3065
Ph. (03) 8417 1280
Fax (03) 8417 1299
E: am23@ccam.org.au

USEFUL NUMBERS

- Alfred Hospital 9076 2000
- Alfred Hospital I.D. CLINIC 9076 6081
- Alfred Social Work Department 9076 3026
- Beyondblue 1300 22 4636
- Bolton Clarke 1300 221 122 (HIV Team – formerly RDNS)
- 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 Thorne Harbour Health 9865 6700 1800 134 840 (free country)
- David Williams Fund - Contact Lynda 9863 0444
- Dental Service "Dental Plus" 9525 1300
- Expression Employment 8620 7155 (formerly SensWide)
- Green Room 9341 6214
- 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)
- Housing Plus 9863 0444
- Launch Housing 1800 825 955
- Lifeline 13 11 14
- Living Positive Victoria 9863 8733
- Melbourne Sexual Health Centre 9341 6200
- Monash Medical Centre 9594 6666
- Multicultural Health & Support Service 9342 9700
- Northside Clinic 9485 7700
- Partner Notification 9096 3367
- PEP Hotline 1800 889 887
- Police Gay & Lesbian Liaison Officer 9247 6944
- Positive Living Centre 9863 0444

- Positive Women Victoria 9863 8747
- Prahran Market Clinic 9514 0888
- Royal Melbourne Hospital / VIDS 9324 7212
- Social Security Rights Victoria 9481 0355
- Switchboard (Victoria) 1800 184 527
- Thorne Harbour Health - 9865 6700 (formerly VAC)
- Turning Point Drug and Alcohol Service 8413 8413
- Wise Employment 9529 3688

USEFUL WEBSITES (LOCAL)

- www.afao.org.au
- www.aidsinfoline.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.ssr.org.au
- www.thedramadownunder.info
- www.thorneharbour.org
- www.top2bottom.org.au
- www.touchbase.org.au
- www.wheneversexhappens.co

USEFUL WEBSITES (INTERNATIONAL)

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

thorneharbour health*

Providing integrated and comprehensive services
for all people living with HIV