

SEPTEMBER TO NOVEMBER 2021 • SPRING ISSUE

POSITIVE LIVING CENTRE

SPRING 2021 NEWSLETTER



thorneharbour
health*

WELCOME

Welcome to the spring 2021 edition of the Positive Living Centre Newsletter. Our regular newsletter is an easy way to keep up-to-date with new developments and interesting topics in the field. With contributions from a variety of sources, our newsletter contains insightful news pieces, and keeps you informed of all our upcoming events and activities so you never miss out.

At the time of writing of this Newsletter in September, we are still faced with the impact of COVID-19. Restrictions are in place and we therefore must take appropriate action to maintain the health and wellbeing of everyone who uses the Positive Living Centre. The Centre has been closed from Thursday 5 August 2021 and the services available during this period are:

1. Client Care and Support, via phone or email.
2. The David Williams Fund (Financial Counselling and Emergency Relief) will be provided over the phone or email.
3. HALC services offered via phone or email.
4. If you require nutritional support, normally provided in the form of Pantry, please contact the service in order to talk to a Client Care and Support Worker who will explore how we can assist you.

As the Victorian community progresses down the path of vaccination and we move to achieving various targets that will reduce restrictions, we look forward to the time that the Centre will start the process of reopening. The team at the PLC have developed plans for the gradual resumption of services. We do so with a great sense of optimism while maintaining a very measured and cautious approach, always considering public health measures. Our strong focus remains the health and wellbeing of all and this continues to be of prime importance as we progress forward. The Centre will re-open in accordance with State Government advice and we will provide a service update to inform you accordingly.

Our work continues in the safest and most practical way to support clients, volunteers and staff at the Centre. Our COVID-19 response plans are regularly reviewed and adapted following the latest advice from the Department of Health and Human Services to reduce associated risks.



WELCOME

We acknowledge that circumstances may be causing distress or anxiety amongst those who use our services, especially given the dynamic nature of restrictions that have been, and may continue to be, in place. I would therefore encourage you to talk confidentially to our client care staff, for assistance and support or if you have any questions or concerns at all.

To stay informed about the latest services offered, please read our regular service update emails or check our Facebook page. You do not have to have a Facebook account to access this information. We also constantly update our content on the Thorne Harbour Health website.

On behalf of the team at the Positive Living Centre, we wish you the best and we look forward to seeing you soon.

Yours Sincerely

Alex Nikolovski



***We acknowledge the PLC
is located on the lands of the Bunurong people and we pay our respects
to their Elders past, present and emerging.***

MEET DAVID MENADUE, ONE OF THE OLDEST LIVING SURVIVORS OF HIV

Marking 40 years of AIDS in Australia, the National Association of People with HIV in Australia (NAPWA) interviewed five community members living with HIV to share their incredible and inspiring personal life journeys*, including David Menadue, one of the oldest living survivors of HIV/AIDS.

Over 40 years, David has seen the HIV/AIDS epidemic shift and change from an unknown virus taking the lives of millions across the world, to a manageable chronic condition with the hope of one day having a cure.

David: Two months after the 1982 Mardi Gras, I developed swollen lymph glands in my groin and under my arms. I didn't attach much importance to them because when I showed them to my doctor at the time, he said it was probably a transitory infection and not to worry too much.

Two years later, they were still there, and we also had more information about a mysterious "gay cancer virus" which had claimed lives in US cities since 1981. So, I attended the Melbourne Sexual Health Centre just in case there was some connection to my symptoms.



David, 1993, speaking at the opening of Victoria's first Positive Living Centre in St Kilda

I was lucky to meet a switched-on doctor there, David Bradford who arranged for me to take a new test, which came back positive.

David said that the conventional medical wisdom was that only one in 10 people would go on to develop AIDS.

I felt reassured. I was feeling healthy and strong, had a secure job and a great life, and could live with those odds. As the eighties unfolded however, the experts started to say that maybe close to 100% of people might develop AIDS-related conditions and many would die.

Tragically, this is what happened to so many of my friends for the next two decades — and which began my own challenges to keep well and stay alive.

“There were no HIV treatments until 1988 when the experimental drug AZT came out which I jumped at the chance to take. It’s a wonder the drug itself didn’t kill me because it was later found to be given at four times the required dose and was causing massive muscle wasting to people’s arms, legs and faces. The virus was also doing this and by the end of the decade people like me were looking like scarecrows from the damage to our bodies.”

So, the Federal Government’s 1987 Grim Reaper advertising campaign—with a scarecrow image coming into people’s lounge-rooms for three weeks—couldn’t have been worse timing for those of us trying to live with the stigma that the virus had already brought into our lives.

In 1984, several babies had been transfused with HIV-infected blood in Queensland and even though the accused gay men had donated not knowing they were infected, the media had a field day and we positive people became the subject of a hate campaign by some.

It’s been a rough ride for me and my peers—the few of us lucky enough to still be here. I can’t explain why I have survived, but I do credit my family and some wonderful friends for sticking by me when things were ugly.

I thank my HIV activist friends who together established PLHIV organisations around the country, including our peak organisation NAPWHA. Through these organisations, we were able to educate HIV+ people about how they could protect others from catching the virus, get better treatments and learn how to live well with it.

And thankfully, now with today’s life-saving treatments, we cannot pass it on to our sexual partners.

*This excerpt is taken from NAPWHA’s 40 Years of HIV in Australia – 1980s-1990s.

To read the full article, visit www.napwha.org.au/positive/40-years-of-hiv-in-australia-1980s-1990s/



David, 2021

DRAMA DOWNUNDER

Thorne Harbour Health's longest-running sexual health campaign, The Drama Downunder, continues to spark complaints to Australia's Ad Standards with the latest seasonal testing campaign. First launched in 2008, the Drama Downunder has been highlighting the importance of maintaining sexual health and wellbeing for over a decade. During that time, the campaign has regularly received complaints - reaching a peak in 2019 when it cracked into the top ten most complained about ads in the first half of the year. The campaign has historically shown its models in a pair of white briefs in various light-hearted situations to destigmatise the discussion around sexual health.

"We're incredibly proud of the Drama Downunder campaign. It was the first sexual health campaign specifically designed for gay men to be implemented in the mainstream in this country. For years, the award-winning campaign has been successfully reminding people to look after their sexual health all over Australia," said Thorne Harbour Health CEO Simon Ruth.

"While Drama Downunder featured one model for several years as the brand was being established, we decided to diversify the representation in the campaign in the last couple of years, and that has brought on a new wave of complaints," he added. "Having two men in the campaign has clearly sparked some homophobic backlash."

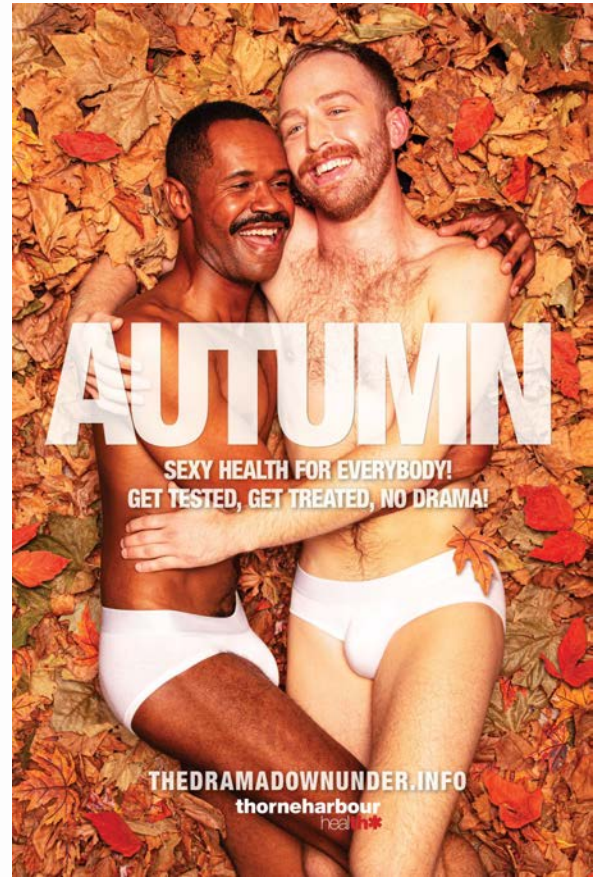
The most recent complaint lodged said the campaign used, "sexually explicit images of two men, suggestive, compromising and grotesque, 24/7 in full public view, without any consideration of who sees these images and how they might impact children, religious persons, conservative people, foreigners and many more." And went on to add, "We do not openly promote prostitution, alcohol use & smoking and not normal sexual behaviour, but gay love is displayed like a car advert? It is utterly revolting!"



It's blatant homophobia and stigmatising views like these that remind us how important it is to have health promotion campaigns like the Drama Downunder clearly depicting gay men and taking the shame out of having a discussion around sexual health," said Simon Ruth.

The latest Drama Downunder campaign features eight community models and revisits the idea of 'seasonal testing' or testing every three months. While Drama Downunder has run across Australia over the years, the campaign is currently featured on street posters in metropolitan Melbourne. Ad Standards have advised that the campaign does not breach the Code of advertising standards.

For more information, head to: www.thedramadownunder.info



THE FUTURE OF HIV TREATMENT AT ALFRED HEALTH

In recent months, Alfred Health has been consulting with the HIV community about the future of HIV care. Working in partnership with Living Positive Victoria, Positive Women, Thorne Harbour Health and the Department of Health, Alfred Health engaged almost 230 people through surveys and detailed discussions.

Key concerns for People Living with HIV

The key concerns voiced by the community were:

- Ageing, the future and the long-term impacts of HIV
- Burden of having chronic, complex health needs
- Mental health and the need for timely and local service responses
- Costs and accessibility of medication
- Access and equity of services for people living in rural and regional Victoria
- GPs and healthcare professionals should have specialist HIV training

The future of HIV treatment at Alfred Health

Alfred Health highlighted the following current and future actions and initiatives in response to community feedback:

- A new statewide HIV and Ageing Multidisciplinary Clinic, incorporating the HIV neurocognitive clinic
- Care co-ordination to facilitate efficient multi-specialist review, reduce multiple appointments

- Expansion and development of the model for the HIV Complex Metabolic clinic, providing multi-specialist review in one clinic, including expansion to inner north
- Expanded HIV Outward program and building presence in acute hospitals across Melbourne
- Expand Outpatient Psychiatry access with a multi-disciplinary model
- Maximise knowledge and access points to mental health support for PLHIV
- Determine a consistent model to support ongoing access to free HIV medication
- Develop formal linkages and clinical partnerships with rural and regional hospitals, Sexual Health Centres and GPs
- Expansion of educational and mentoring support for the HIV workforce

Inpatient and post-acute care

In relation to inpatient and post-acute care, the community highlighted respect and privacy, confidentiality, private rooms, and staff education/capability as what matters most when staying in hospital. People also emphasized the importance of post-acute recovery care, step down care from the acute environment, and a model of chronic disease management.

Alfred Health response:

- Inpatient care at the Alfred will continue, especially for people with complex care needs and people with chronic or advanced disease requiring health reviews and multiple specialist assessments
- As demand for inpatient beds reduces, care will be housed in a new modern 3-5 bed facility, separate from acute wards, and led by the same philosophy of care from Fairfield House



You can access the full HIV Services Review summary report at www.alfredhealth.org.au/images/resources/corporate-publications/Consultation/HIV-Services-Review-2021.pdf

To provide feedback around Alfred Health's response and plans, visit: <https://redcap.link/1y72pi5o>

AlfredHealth

STIGMA STILL FACED AS AN HIV+ GAY MAN

Australian reporter for ABC News in Los Angeles, Karl Schmid, made headlines earlier this year after revealing his HIV status in an emotional Facebook post. Matthew Wade caught up with him to find out about the response, his role at the ABC, and being a role model for young LGBT people.

In the months since coming out as HIV-positive, what has the response been like?

Fortunately the response has for the most part been overwhelmingly positive and supportive. Honestly, I had no idea when I posted the picture of me wearing the AIDS Memorial t-shirt (#WhatIsRememberedLives) that it would reach anyone beyond my very small social and work circles. The way it took off and continues to make news around the world continues to surprise me.

What motivated you to disclose your status this year?

It's been 11 years since my diagnosis now. Honestly, I had been going back and forth about the idea of speaking publicly about it for some time. I had been following The AIDS Memorial Instagram page and purchased one of their t-shirts.



It's a great feed where people can post pictures and memories of their friends and loved one who we have lost to HIV/AIDS. I didn't really have a personal connection to anyone who had passed away, so I decided to post the picture of me in the t-shirt and tell my story. It's been incredibly liberating.

Do you think there's still a lot of stigma around HIV, even within the gay community?

The stigma associated with HIV is one of the main reasons HIV/AIDS is still spreading at an alarming rate in some parts of the world. The images that were burned into our memory from the 1980s and 1990s were effective at shocking people back then but we haven't moved past that and for many, when they think of or hear the letters HIV, that is all they know.

It shocks me and saddens me that within the younger gay community there is so much stigma and discrimination towards those of us live with HIV. To be asked if I am "clean" when it comes to enquiring about my sexual health and overall health is not only offensive but it's incredibly ignorant.

It's time we have a new and very real conversation about what it means to be HIV-positive in this day and age and hopefully by me telling my story I'm helping to facilitate that a little.

How do you feel about being a role model for younger LGBT people?

If me being out, open, and honest about my HIV status helps those who are living in shame, fear, or isolation because they are either HIV-positive or too scared to get tested, then I'm only too happy to take that role. People must understand that being healthy and undetectable means that there is zero risk of transmitting the infection to anyone else. That's a game changer. But sadly, many health care professionals and organisations are still refusing to listen to the words of the World Health Organisation. Science, not stigma, people.

What do you love most about your role as a correspondent for ABC News in the U.S.?

I'm extremely lucky in what I get to do here at K-ABC in Los Angeles and for ABC Networks and digital, in that I am not just a contributor on camera but I also get to produce. Most of what I do is in the entertainment space so getting to be there at the Oscars every year or other exciting big red carpet events is great fun. But on the flip side I also get to write and produce pieces across the various platforms so one minute I could be interviewing

Oprah or Lady Gaga, and the next I'm producing a piece on some of the world's most famous cocktails. Every day is different, challenging, and exciting.

What advice would you give to younger LGBT people struggling with their identity?

I don't think it's my place to give advice. I think we all struggle with our identity right throughout our lives. Trying to find a balance of being happy and liking who you are while still trying to push yourself to be better and greater than who you currently are should be of focus... now if only I could listen to those wise words of wisdom I just gave.

You're visiting Sydney in December to speak on a panel about HIV stigma. What are you most looking forward to about your trip home?

I haven't been home in three years so I'm very much looking forward to seeing my family - especially my grandmothers. Three years is also a very long time to go without a decent cup of coffee so that will no doubt be one of the first things I grab before I leave Melbourne Airport. Beyond that I'm really looking forward to participating on this panel with the Bobby Goldsmith Foundation alongside Positive Life NSW and ACON.

A new conversation about what it means to be HIV-positive in this day and age must be had and we must start to educate people on the facts. It's not 1984 anymore.

Source: Star Observer 2

ASHM 2021: HOME TESTING AND COVID

Rapid antigen tests at home will be a key part of a more sustainable way of dealing with the pandemic in the coming months, but the head of the Doherty Institute says there is still potential for the coronavirus to throw more curveballs at the world.

Australia will also be a two-tier country for a while with COVID-zero and COVID-positive states taking different measures to control the pandemic, Doherty Institute director Professor Sharon Lewin says.

Professor Sharon Lewin says at-home antigen testing will be an important part of living with COVID. “There will be unexpected challenges that we would not have anticipated — just like we didn’t really anticipate Delta,” she said.

Professor Lewin convened a conference to bring together leading health experts and researchers to discuss the future of COVID-19. The conference, run by the Australasian Society for HIV,

“There’s a whole lot of ways at-home testing can really help in testing people that would not normally be tested”.

Viral Hepatitis and Sexual Health Medicine (ASHM), will hopefully be the first of many to unite scientists, clinical researchers and the community to discuss the latest research about the coronavirus, she said.

Professor Lewin said over the next six to 12 months she expects to see better treatments for people with the disease and more innovation in COVID testing.

“Home tests can make a big difference. We’ve been doing it for pregnancy forever. And we now do it for HIV,” she said.

The Doherty Institute produced the modelling being used by the federal government to guide the national recovery from the pandemic, and that research informed the 70 and 80 per cent double vaccination targets set by national cabinet for restrictions to begin easing.

But Professor Lewin said home testing was an important tool to include in the pandemic response. “We’re relying really heavily on vaccines, relying still really heavily on public-health measures. But if we can use some of these other approaches, it will make a big difference,” she said.

Coronavirus Hotline
1800 675 398

“There’s a whole lot of ways at-home testing can really help in testing people that would not normally be tested. So we’ve got a long way to go on that in Australia.”

The move to living with the coronavirus once vaccination targets are reached will be a big shift for the country. Professor Lewin says the shift will not be uniform across the country. “We might see Australia as a two-tier country, with COVID states and non-COVID states. We might have that for quite a while,” she said.

In non-COVID states, Professor Lewin expects to see intermittent lockdowns as cases leak out of quarantine, while states with COVID will focus on risk reduction and managing the impact on the healthcare system.

“I do really understand that zero COVID’s a very nice place to be, but it’s a really tough thing to hang on to indefinitely,” she said.

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Twenty months into the pandemic, Professor Lewin said the advances have been pretty spectacular. “As difficult as things are in Victoria and in NSW right now, it’s very different – 2021 is not 2020 when we were in lockdown last year and really didn’t know what was at the end, because we had nothing, there was no vaccine,” she said.

Chief executive of ASHM Alexis Apostolellis said everything the organisation had learnt over the past 40 years of the HIV response was informing its work in the pandemic. “We are pleased to be able to facilitate such important discussions on COVID-19 science and we hope this will be a model for bringing global scientific communities together to talk about COVID-19 into the future,” he said.

By Rachel Clun
September 10, 2021



WORLD AIDS DAY 2021

World AIDS Day is held on the 1st December each year and is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to commemorate people who have died. World AIDS Day was the first ever global health day, held for the first time in 1988.

Thorne Harbour Health, Living Positive Victoria, the AIDS Memorial Candlelight Vigil and Quilt Project Melbourne, the Catholic AIDS Ministry and Positive Women Victoria are collaborating to hold the annual World AIDS Day Memorial Ceremony.

This year, due to COVID-19, this event will be carried out without people gathering at the Positive Living Centre. The service will be online on Wednesday December 1st 2021.

Look out for promotion of the event as we draw closer to the date.



ABORIGINAL AND TORRES STRAIT ISLANDER HIV AWARENESS WEEK

Aboriginal and Torres Strait Islander HIV Awareness Week (ATSIHAW) is being held this year between the 29th Nov 2021 to the 6th Dec 2021 to coincide with World AIDS day.

The inaugural ATSIHAW was held in November 2014 to get a conversation going in the Aboriginal and Torres Strait Islander community about HIV prevention and the importance of regular testing for HIV. The theme for ATSIHAW week is ‘U and me can stop HIV’.

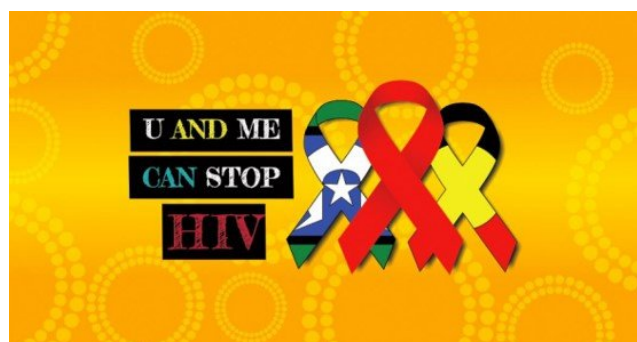
Each year ATSIHAW events are run in local Aboriginal Community Controlled Health Organisations (ACCHO) across the country. They aim to promote awareness of HIV through a variety of ways including information sessions, stalls, BBQs, afternoon teas and many other activities. In past years Thorne Harbour Health has participated in events in collaboration with the Victorian Aboriginal Community Controlled Health Organisation and Living Positive Victoria.

ATSIHAW is important for a number of reasons. In the early years of HIV in Australia there was much activity delivered and driven by Aboriginal and Torres Strait Islander communities. In terms of rates of HIV diagnoses, Aboriginal and Torres Strait Islander people experienced a similar rate of diagnosis to the non-Indigenous population. However in the last five years the rate of diagnosis among Aboriginal and Torres Strait Islander people is more than double the rate of diagnosis among non-Indigenous people born in Australia and this includes more women (3 times higher) , more Injecting drug users (5 times higher) and continuing high rates in Indigenous men who have sex with men.

The website [ATSIHIV.org.au](https://atsihiv.org.au) was launched in 2016, and was developed by the South Australian Health and Medical Institute (SAHMR) as the go-to resource on HIV for Aboriginal and Torres Strait Islander people and community health services across Australia. It provides accessible and relevant information on HIV and other STIs for health practitioners and communities—on how HIV is transmitted, on HIV prevention, on accessible health promotion resources, and on best practice in providing care and support for people in our community who live with HIV.

Together U and me can stop HIV.

For more information visit atsihiv.org.au



NUTRITIONAL SERVICES AT THE PLC

PANTRY

The pantry services provides low cost nutritious food items including packaged goods, fruit and vegetables for clients with a Health Care Card. It is available each day the centre is open. The pantry can be accessed fortnightly in the form of packages, which will be pre-prepared.

Cost is \$2 for clients with a Health Care Card

During periods of lockdown, if you require nutritional support, normally provided in the form of Pantry, please contact the service on 98630444 in order to talk to a Client Care and Support Worker who will explore how we can assist you.



GROW, COOK AND GO!

To support the Grow, Cook and Go program at the PLC, the local Bunnings store at Port Melbourne generously donated the elements and time to design, construct and plant a new veggie and herb garden.

With assistance from the learners, the Bunnings team, Linda, Ross, Andy and Daisy, built and planted four raised garden beds. There is an assortment of winter vegetables and all kinds of delicious herbs growing with a lime, lemon and dwarf apple tree.

We hope to support the continued growth of the garden to be able to use the produce in conjunction with a second term of the Grow Cook and Go program in 2022. If you are interested, please speak with a Client Care staff member on 9863 0444.



SPRING

**SEXY HEALTH FOR EVERYBODY!
GET TESTED, GET TREATED, NO DRAMA!**

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A photograph of two men in white briefs splashing in water against a blue background. The man on the left has a goatee and sunglasses on his head, with a wide-eyed, open-mouthed expression. The man on the right has a mustache and sunglasses on his head, smiling broadly. Both have tattoos on their arms and legs. Water splashes around them, creating a dynamic and energetic scene.

SUMMER

**SEXY HEALTH FOR EVERYBODY!
GET TESTED, GET TREATED, NO DRAMA!**

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HIV/AIDS LEGAL CENTRE - (HALC)

HALC is a community legal centre that provides a free service as part of Thorne Harbour Health. The HALC program is run by volunteer professionals that 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.
- Insurance

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 with HALC: **(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 blood-borne viruses such as HIV, hepatitis C and B, as well as dirty hits, bruising, blood poisoning and abscesses.

The Victorian Needle and Syringe Program (NSP) is a major public health initiative to minimise the spread of blood borne viruses HIV/AIDS and hepatitis C and B among injecting drug users and to the wider community.

It began in 1987 and operates through and in a range of different service providers. These include:

- Primary NSP's whose sole function is NSP
- community health services
- hospital accident and emergency units
- councils
- drug treatment agencies
- youth organisations, and
- pharmacies.



Secondary NSPs

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

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

INFORMATION References

- <http://www.health.vic.gov.au/aod/>
- <https://thorneharbour.org/lgbti-health/>
- <https://www.healthdirect.gov.au/australian-health-services/20047351/the-salvation-army-crisis-services-needle-and-syringe-program/services/st-kilda-3182-grey>

HIV PEER SUPPORT

Many people living with HIV find it helpful to meet other people who are living with HIV. It can be good to talk to someone with personal experience of what it means to live with HIV who perhaps has been through similar things to you. As well as happening informally, HIV community organisations also host groups for people to meet and talk. This is known as 'peer support'.

A group of researchers looked into the research on peer support. They looked for scientific studies that showed if peer support made a difference to people's physical or mental health. They found 20 studies, including ten from the United States and others from Nigeria, Uganda, South Africa, Vietnam, Kenya, China, Mozambique and Spain.

Pooling the data together was often difficult. The nature and setting of peer support programmes varied so much that it was hard to form direct comparison between studies. Also, some of the benefits of peer support may be hard to capture with the methods and questions that researchers used in the studies included.



HIV PEER SUPPORT

What is HIV Peer Support?

Peer Support is based upon knowledge, care, and emotional, social and practical help provided by people who have faced the same challenges and issues as you. 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 people who share this life experience.

The Peer Support and Health Promotion Officer operates out of the Positive Living Centre and provides a friendly, confidential support to people living with HIV. Additionally, the Peer Support Officer supervises the running of HIV Peer Support Groups in consultation with volunteer facilitators.

HIV Peer Support Groups

The groups operate for a few weeks and are run by trained facilitators who are also HIV positive.

Our HIV Peer Support groups are open to all people living with HIV, and provide a non-judgmental and supportive environment.

Participants decide all topics for discussion. Some of these topics may include:

- Relationships (partners, family, friends)
- Disclosure
- Medications and Complimentary therapies
- Managing stress and 'Mental Wellness'
- Staying healthy
- Other HIV related services
- Sex and Sexually Transmitted Infections (STIs)



HIV & AGEING PROJECT

Positive Self-Management

We also offer Positive Self-Management workshops where you can gain the skills to put you in charge of your own health. The Positive Self-Management Program subjects covered include:

- How to best integrate medication regimens into daily life so they can be taken consistently.
- Techniques to deal with problems such as frustration, fear, fatigue, pain and isolation.
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance.
- Communicating effectively with family, friends, and health professionals,
- Nutrition.
- Evaluating symptoms.
- Advanced directives,
- How to evaluate new or alternative treatments.

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HIV Peer Support Network

We also have monthly Peer Support Network gatherings where you can connect with others in a safe and confidential environment. This group will offer short workshops and sessions covering a variety of topics relating to HIV in a social setting.

This is a great opportunity for you to meet up with your friends and even make new ones in a safe and confidential space.

For more information on future Workshops and meetings please contact:

Gerry O'Brien 03 9863 0444 or
gerry.obrien@thorneharbour.org

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

DAVID WILLIAMS FUND (DWF)

The DWF provides financial assistance to people living with HIV (PLHIV) who are experiencing financial hardship. The fund relies upon donations and comprises a number of services.

FINANCIAL COUNSELLING

The David Williams Fund offers financial advice and referral for people in financial hardship. Appointments are with Lynda Horn.

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

STUDY ASSIST

The committee of DWF is proud to offer the DWF Study Assist, a way to support you to gain higher education qualifications. Going back to study after years of unemployment can be difficult, especially the costs associated with returning to study. The DWF Study Assist allocation has been established to contribute towards the cost of further education, i.e. books, enrolment fees, short courses etc.

Further, there are many equity scholarships associated with Universities / TAFE's / Colleges, which this project can direct you to. For more information, please make an appointment with the David Williams Fund Coordinator or check university / TAFE websites for more information.

NO INTEREST LOANS SCHEME (NILS)

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

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

We will be providing small loans (\$300-\$1200) to eligible clients on low incomes (Centrelink or under \$45,000 per year). Applicants will need to show they are capable of, and willing to, repay the loans at around \$20-\$40 per fortnight without causing financial hardship.

EMERGENCY FINANCIAL ASSISTANCE (ER)

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, e.g., refrigerator, washing machine.
- Funeral assistance

The fund does not assist with:

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

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

All applications are assessed on a case-by-case basis. No application is guaranteed. You can discuss your application with the DWF Administration worker to determine the likelihood of your application being approved.



National Debt Helpline is a not-for-profit service that helps people tackle their debt problems. We're not a lender and we don't 'sell' anything or make money from you. Our professional financial counsellors offer a free, independent and confidential service.

We're simply here to help you get back on track

CONTACT US

Call 1800 007 007 to find out how we can help.

Open Monday to Friday, 9.30 am – 4.30 pm.



**NATIONAL
DEBT
HELPLINE**
ndh.org.au

COMMUNITY SUPPORT

Community Support originated as a rapid response to the urgent needs of people living with HIV. Building on more than 30 years of staff and volunteer support in this area, Thorne Harbour is able to assist people living with HIV at home and in the community. In recent years there has been increasing demand for practical support from those ageing with HIV and those with multiple health issues.



Community Support's HIV Services:

Volunteer Team

Local volunteer teams around Melbourne and in regional areas provide social support and practical help to people living with HIV. Support includes help with shopping, home visits for a chat, or going out for coffee or a lunch.

Home Care

Community Support provides a range of services to enable clients to maintain their independence and to live in their own homes for longer than would otherwise be possible. THH's Home Care team has trained staff who can assist with services such as house cleaning, shopping and cooking. This service is designed for people with higher needs that cannot be met by council services alone.

For more information call

(03) 9863 0430

Medical transport

Regular attendance at medical appointments is important for people living with HIV. Volunteer transport to medical appointments is available for people who do not have other transport options.

Peer Support

HIV-positive Community Support staff and volunteers provide one-on-one support and information for people living with HIV who would like to talk to someone who understands their situation. Anyone living with HIV may benefit from peer support, particularly those recently diagnosed.

For more information call

(03) 9863 0426.

Housing Plus

Housing Plus 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:

Positive Living Centre

51 Commercial Road

South Yarra, Victoria 3141

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**.



**Launch
HOUSING**

**IT'S TIME TO END
HOMELESSNESS**

Launch Housing is a secular Melbourne-based community organisation that delivers homelessness services and life-changing housing supports to disadvantaged Victorians.

We want to end homelessness and are passionately committed to creating lasting societal change to help those most in need in our community. In a country as wealthy as ours no one should be homeless.

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 available by appointment basis on Tuesday and Wednesday. Bookings through reception or by calling [98630444](tel:98630444).

THORNE HARBOUR COUNTRY

Thorne Harbour Country provides support, counselling, referrals, resources and information around LGBTI wellbeing, HIV, Hepatitis C and sexual health across the Loddon Mallee. They offer a safe and supportive space for LGBTI people and PLHIV.

Current services and supports include:

- Professional and affordable counselling (face-to-face and phone)
- Peer support for gay, bi and queer men including trans men, around HIV, sex and sexual health
- Information and referrals for LGBTI community
- LGBTI social inclusive morning tea group (located locally)
- Free meeting space for local LGBTI and PLHIV groups



TH Country Office
58 Mundy St, Bendigo VIC 3550
Monday – Friday, 9am – 5pm

Phone: (03) 4400 9000

Email:

thcountry@thorneharbour.org

Website:

www.thorneharbour.org/thcountry

Facebook:

www.facebook.com/thcountry

Check yourself
before you
wreck yourself.

TouchBase with us.

THERAPEUTIC SERVICES

Thorne Harbour Health offers a growing range of therapeutic services and programs aimed at LGBTI communities and people living with HIV, including professional and affordable counselling services, alcohol and other drug services, and family violence services.

Counselling

Our counselling service provides professional, affordable counselling for individuals and couples affected by or at risk of HIV, and for members of the LGBTI community. Our counsellors are professionally trained, sensitive to the needs of people living with HIV and members of the LGBTI community, and are bound by a code of practice privacy, confidentiality and duty of care policies.

Sessions can be provided face-to-face or via telephone or video link. Fees are based on a flexible, sliding scale depending on your income; a gold coin donation is the fee for Healthcare card holders and those on Disability Support Pensions.

Our counselling service also runs therapeutic groups to address the continuing challenges of the living with HIV and the needs of the LGBTI community.

Groups are facilitated by professional counsellors or psychotherapists, are held weekly and run for six to ten weeks.

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

Email: counselling@thorneharbour.org

Website:

www.thorneharbour.org/lgbti-health/mental-health/

Alcohol & Other Drug Services

Our Alcohol and Other Drug (AOD) services provide a range of individual and group programs to LGBTI people interested in addressing their substance use. All services are free and are open to all people living in the state of Victoria.

AOD Counselling

Our experienced counsellors provide individual support around concerns and goals relating to alcohol or drug use, including learning more about the effects of AOD use on mental and physical health, exploring strategies to better control or reduce drug use, or accessing support to stop using completely.



Care and Recovery Coordination

Our team can provide short-term comprehensive case-coordination for people who require support in other aspects of their life including housing, accessing health or mental health services, or connecting with community supports.

Therapeutic groups

We run a range of free therapeutic and peer support groups, including:

- **Re-wired:** for men who have sex with men aimed at helping you learn skills and strategies to change your methamphetamine use and better manage your mental health.
- **Re-Wired 2.0:** a peer-led, goal-based support group open to men who have sex with other men who want support to change, control or stop their methamphetamine use.
- **ADMIN:** a free and confidential group for transgender, non-binary and gender diverse people looking to better manage their alcohol and other drug use.
- **Drink Limits:** a group for lesbian, bisexual and queer women (cis and trans) and anyone female-identifying who is concerned about their drinking.

Phone: (03) 9865 6700

Website: www.thorneharbour.org/lgbti-health/alcohol-and-other-drug-services-aod

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

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.

Family Violence Services

Family violence within LGBTI communities is known to occur at the same rates as for heterosexual relationships, if not higher for some communities such as trans and gender diverse communities.

Victim/Survivor support services

We offer a variety of services to victim/survivors, including counselling and case management for clients who require supports and referrals to other services. The team can also make applications for Flexible Support Packages (FSP), which provide limited brokerage to establish new and sustainable living arrangements that support health and wellbeing and recovery from experiences of violence.

Services for people who use violence in their relationships

Our group program, ReVisioning, is a behaviour change program for gay, bisexual or queer men (inclusive of cis, trans and gender diverse identities). The group offers a safe environment to explore the use of violence and learn to break patterns of violent, abusive or controlling behaviours. We are also able to provide case management for people who are not ready for group support and we undertake one-on-one work which also focuses on behaviour change.



Phone: (03) 9865 6700

Email: fvintake@thorneharbour.org or Revisioning@thorneharbour.org

Website: www.thorneharbour.org/lgbti-health/relationship-family-violence

WithRespect

WithRespect provides resources, tips and advice for LGBTIQ+ people on having and maintaining healthy relationships. they also provide support for LGBTIQ+ people of all ages and their families experiencing difficulty in their relationships, including family violence.

Contact WithRespect on

1800 LGBTIQ (1800 542 847)

HEALTH PROMOTION SERVICES

The Peer Education Program offers workshops for LGBTIQ+ communities. These workshops provide a confidential and welcoming environment for participants to socialise and engage in a shared learning experience.

GAY, BI, QUEER, AND SAME-SEX ATTRACTED MEN.

Peer workshops for gay, bi, queer and sexually-diverse men (including trans, gender diverse and other men-aligned people) are available to those wanting to explore their identity, make new social connections in a safe and welcoming space, and learn more about themselves and others in the community.

KINETIC (FORMERLY 'YOUNG & GAY') AND MOMENTUM - SIX-WEEK WORKSHOPS.

These are an opportunity to bond with a group of peers and have a space to meet up each week. The workshops are a chance to learn about weekly topics, engage in important discussions and activities, and learn more about yourself and those in your community.

The issues explored over the six-week workshops include: identity, coming out, sexual health, community, and stigma among other things.

The six-week workshops run in two different age groups:

Kinetic: age 30 and under. Momentum: age 30 and over.

LESBIAN, BI, QUEER AND SAME-SEX ATTRACTED WOMEN.

Peer workshops for lesbian, bi, queer and sexually-diverse women (including trans, gender diverse and other women-aligned people) are available to those wanting to explore their identity, make new social connections in a safe and welcoming space, and learn more about themselves and other women in LGBTIQ+ communities.

SPHERE - SINGLE SESSION WORKSHOPS.

These are the perfect opportunity to touch base with peers, participate in facilitated discussions and activities, and take away a one-day learning experience.

Single session workshops are for people who wish to explore a specific topic in depth or cannot attend the six-week workshops, and they are open all ages.

SCOPE - SIX-WEEK WORKSHOPS.

These are an opportunity to bond with a group of peers, have a space to meet up each week and learn about weekly topics, engage in important discussions and fun activities, and learn more about yourself and those in your community. The issues explored over the six-week workshops include identity, coming out, sexual health, community and stigma, among other things. The six-week workshop is available to people of all ages.

HEALTH PROMOTION SERVICES



NON-BINARY & GENDER DIVERSE PEOPLE

RISE – MONTHLY SINGLE-SESSION WORKSHOP

Peer workshops for people under the non-binary and gender diverse umbrellas (including, but not limited to: genderqueer, genderfluid, agender, trans masc and trans femme) are open to participants over 18 years of age. You can register your interest in Rise by completing the registration form. The monthly Rise peer workshops provide a safe and social space for non-binary and gender-diverse people to connect with each other and engage in discussions and activities relevant to non-binary experiences. Non-binary people who feel aligned with any of the other peer workshops are welcome to also attend those groups.

“I now have a feeling that the community is a whole lot larger than I previously imagined.”

TRANS MEN.

PACE - SINGLE-SESSION WORKSHOPS

These peer workshops will provide a space for trans men to connect with each other, have a safe and social place to engage in discussions and activities relevant to their experiences. Pace workshops are open to all ages. Trans men who feel aligned with any of the other peer workshops are welcome to also attend those groups too.

TRANS WOMEN.

NOVUS - SINGLE-SESSION WORKSHOPS

The Novus peer workshops will provide a space for trans women to connect with each other, have a safe and social place to engage in discussions and activities relevant to their experiences. Novus workshops are open to all ages. Trans women who feel aligned with any of the other peer workshops are welcome to also attend those groups too.

For more information contact us on **(03) 9865 6700** or

email: peer.ed@thorneharbour.org
<https://thorneharbour.org/lgbti-health/peer-workshops/>

“I loved being able to meet and learn through everyone. The group dynamic was fantastic. Everyone was easy going.”

EQUINOX

Located at 200 Hoddle Street in Abbotsford, Equinox Gender Diverse Health Service offers both a bulk billing General Practice and a low cost counselling service to the trans and gender diverse (TGD) community.

All General Practice Services including:

- General health
- Sexual health
- Mental health support
- Hormone management (Informed Consent Model)
- Vaccinations
- Sex Worker Certificates
- Pre Exposure Prophylaxis (PrEP)

Appointments:

Bookings for GP services can be made by calling **(03) 9416 2889**.

Bookings for counselling services at Equinox can be made by calling THH counselling intake on **03 9865 6700**.

PRONTO!

Since 2013, PRONTO! has been helping men who have sex with men look after their sexual health and wellbeing by offering free rapid HIV testing as well as sexual health screenings and treatment services.

PRONTO! is a peer-led service conveniently co-located with Equinox at Thorne Harbour's site at 200 Hoddle Street in Abbotsford.

For more info, give PRONTO! a call on **(03) 9416 2889**



EQUINOX

GENDER DIVERSE HEALTH CENTRE

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

thorneharbour
 health*

THE CENTRE CLINIC

The Centre Clinic is a medical clinic administered and 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

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.

Services available include:

- 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
- Condoms and lubricant for sale

INFORMATION

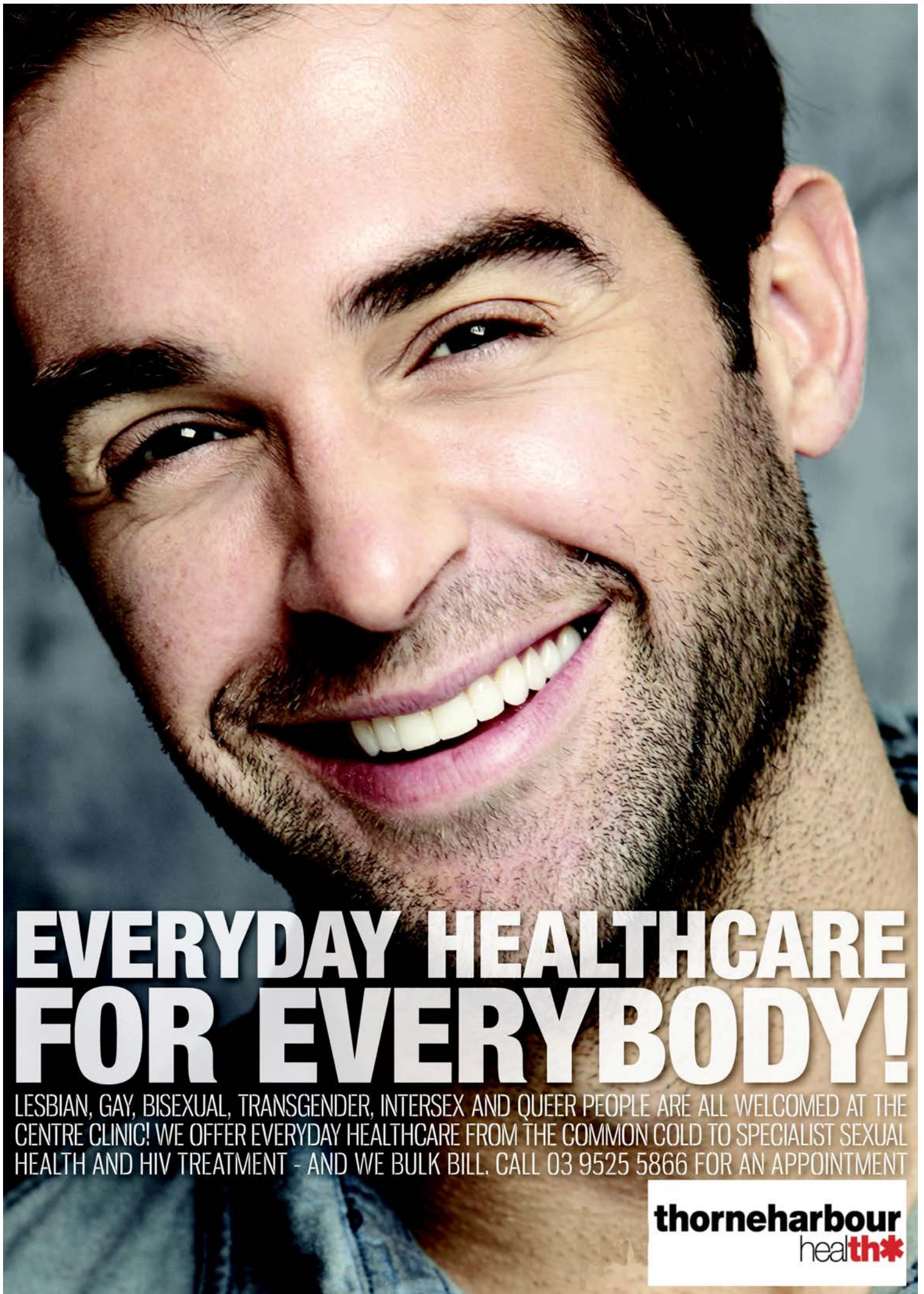
Please ring **9525 5866** for an appointment.

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 but it will be relocating next door into the Victorian Pride Centre in the second half of 2021. Contact details for bookings will remain the same.

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

thorneharbour
health*

It starts with you,
only you have
THE POWER
to become a
HEALTHY
version of
YOU.

- Shaunta, Far Nth QLD



 @ATSIHAW

U AND ME
CAN STOP
HIV



www.atsihiv.org.au/

WELL, WELL, WELL ON JOY 94.9

Joy94.9 is Australia's LGBTIQ+ independent media organisation, made up of the diverse voices of the rainbow. JOY's presenters, producers, newsreaders, podcasters and everyone in between deliver quality community media, every hour, every day of the year. You can hear and see stories from the LGBTIQ+ community and our allies on JOY 94.9 Radio (FM and DAB+[trial]), online via livestream, in JOY Podcasts and on JOY TV 24 hours a day, 7 days per week at www.joy.org.au

Thorne Harbour has broadcast over 700 episodes of Well, Well, Well on JOY 94.9 . Listen live every Thursday from 9PM and also available as a podcast, Well, Well, Well focuses on the health and wellbeing issues affecting our LGBTI and PLHIV communities.



SWITCHBOARD

Switchboard provide peer-driven support services for the lesbian, gay, bisexual, transgender and gender diverse, intersex, queer and asexual (LGBTIQA+) people, their families, allies and communities.

QLIFE provides anonymous and free LGBTI peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.

1800 184 527 - 3pm to 12 midnight, every day of the week.

Webchat online - 3pm to 12 midnight, every day of the week

Rainbow Door supports people of all ages and identities with issues that may include suicidal thoughts, family and intimate partner violence (including elder abuse), alcohol and other drugs, relationship issues, sexual assault, social isolation, mental health and wellbeing.

10am to 6pm every day

A free service for all LGBTIQA+ people in Victoria.

Phone: 1800 729 367

Text: 0480 017 246

Email: support@rainbowdoor.org.au

Visit: rainbowdoor.org.au

Out and About is a friendship and community connections for older LGBTI Victorians. Our service continues with the option of in person visits or virtual / phone / mail contact. Volunteer visitors are trained in COVID-19 infection control. New referrals to use our service are still welcomed at this time.

For more info, call **1800 729 367**

or email

outandabout@switchboard.org.au



CATHOLIC AIDS MINISTRY

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

For details for all events, please contact
8417 1280

Catholic HIV/AIDS Ministry
CatholicCare
Mary of the Cross Centre
23 Brunswick Street Fitzroy 3065

Ph: 0408 230 008

Fax (03) 8417 1299

Email: am23@ccam.org.au



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.

Peer Navigators

Our Peer Navigators can provide one on one support for you on your journey with HIV. They can support you whether you have been recently diagnosed or have been living with HIV for some time.

They offer a knowledgeable, supportive environment in which you can explore your concerns and fears about living with HIV. They can also connect you to other programs, help you with referrals to other services and provide information on many aspects of living with HIV.

Programs and Services for Women and Hetero Men

Social isolation is a concern for many women and heterosexual men living with HIV. Our events are a great way to meet other women and heterosexual men in a safe and welcoming environment.

Peer Support Network

The Peer Support Network is a monthly and informal group gathering. It is conducted in a safe, social and partly educational format. Utilising an empowerment model, it builds resilience and health literacy for participants to engage with health and aged care providers.

Phoenix

Phoenix is a workshop for anyone who has been recently diagnosed with HIV. We currently offer separate workshops for (cis and trans) men and (cis and trans) and women. 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.

Planet Positive

Planet Positive is a social event for HIV positive members and their family and friends to improve their emotional and social wellbeing in a welcoming, enjoyable and safe environment. Planet Positive is held every three months and activities can vary including lawn bowls, picnics and much more

Address: Coventry House, Ground Floor, 95 Coventry Street, Southbank VIC 3006

Phone: (03) 9863 8733

Fax: (03) 9863 8734

Email:

info@livingpositivevictoria.org.au



living positive victoria

POSITIVE WOMEN VICTORIA

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

PWV provides support, information and advocacy for women in Victoria living with HIV. For over twenty five years PWV has responded to the changing needs of women living with HIV, recognising the impact gender has on the way women experience HIV and addressing the specific needs and emerging issues that affect women and HIV in Victoria.

PWV was set up by and for women living with HIV. Positive Women Victoria is funded by the Victorian Department of Health to provide health promotion to women living with HIV.

Positive Women Victoria

Coventry House

Suite 1, 111 Coventry Street

Southbank VIC 3006

Tel: 9863 8747

www.positivewomen.org.au



ONLINE SOCIAL GROUPS

Hivsters

Founded in Melbourne, Hivsters is an online community group on Facebook designed for people living with HIV in Victoria. Although primarily a social/support group, it is also a place for all People Living with HIV (PLHIV) irrespective of gender, sexuality, age, race or culture to come together and celebrate the upside of being Positive.

<https://hivsters.wordpress.com/>

The Institute of Many (TIM).

We're Australia's largest grassroots movement for People Living with HIV. We're a place where People Living with HIV find support, online and in person. On this site, you can join our private communities on Facebook, find out about our events, learn all about us and our campaigns. Like our U=U campaign! Check it out below.

<https://theinstituteofmany.org/>

MELBOURNE SEXUAL HEALTH CENTRE (MSHC)

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.

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

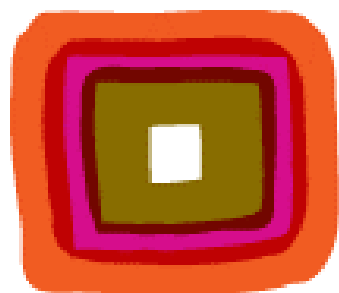


MSHC

MELBOURNE SEXUAL HEALTH CENTRE

Part of **AlfredHealth**

MULTICULTURAL HEALTH



centre for
culture,
ethnicity
& health

CEH's Multicultural Health & Support Service works with communities and health professionals to address the poorer health outcomes experienced by people from refugee & migrant backgrounds, asylum seekers and mobile populations. It aims to prevent HIV, viral hepatitis and sexually transmissible infections, and offer a multicultural approach to alcohol and other drug support.

The goals of the service are:

- To prevent new incidences and transmission of BBV/STI in refugee, asylum seeker and migrant communities, and mobile populations.
- To increase BBV/ STI knowledge, uptake of harm minimisation strategies screening, testing and treatment.
- To increase responsiveness and service coordination in relation to BBV/STI prevention and transmission.

23 Lennox Street Richmond 3121
VIC Australia

email: enquiries@ceh.org.au

Ph: 03 9418 9929



Our General Access Program provides support services to people seeking asylum through the delivery of three sub-programs. New Presentations provides an information and referral service to people seeking asylum who are not ASRC members but still require immediate, short-term support. GAP Drop-In assists members to seek information, referrals and general assistance and support. Material Aid assists members to access material goods through the provision of items such as gift cards, nappies and Myki.

The ASRC in Footscray is open for appointments on Monday to Friday (10am – 5pm).

ASRC services operating;

- Foodbank
- Meals
- Healthcare
- Housing
- Legal AID
- Employment Support
- Case Work
- Education

It is essential to call ahead and book an appointment before visiting.

Please call **03 9326 6066**.

USEFUL WEBSITES

www.aidsinfonet.org

Current information on HIV/AIDS treatment and prevention in 11 languages

www.aidsmap.com

Clear and reliable information on HIV

www.afao.org.au

Peak national organisation for Australia's community HIV response

www.downanddirty.org

Information and resources on different M2M sexual practices

www.i-base.info

HIV treatment information and advocacy

www.medscape.com

Medical news, clinical reference, and education

www.napwa.org.au

Advocacy, representation, policy and health promotion for people with HIV

www.pozpersonals.com

Worldwide dating website for people living with HIV

www.stayingnegative.net.au

Lived experiences of both HIV positive and HIV negative gay, bisexual and trans men who have sex with men

www.thebody.com

Reliable HIV-related information, news, support, and personal perspectives

www.thedramadownunder.info

Information and advice for gay men about signs and symptoms of sexually transmitted infections and their treatment

www.top2bottom.org.au

Information and advice to gay men about various strategies to potentially reduce the risk of contracting HIV and STIs.

www.touchbase.org.au

Information and support for LGBTI Australians regarding drug use, mental health and sexual health

www.treathivnow.org.au

Information on HIV treatments and living with HIV

www.what-works.org

Information and resources on HIV prevention



USEFUL SERVICES

Alfred Hospital | www.alfredhealth.org.au

- I.D. Clinic | [9076 2000](tel:90762000)
- Social Work Department | [9076 3026](tel:90763026)
- HIV/HEP/STI Ed & Resource Centre | [9076 6993](tel:90766993)

Beyond Blue

www.beyondblue.org.au | [1300 22 4636](tel:1300224636)

Bolton Clarke HIV Team (formerly RDNS)

www.boltonclarke.com.au | [1300 221 122](tel:1300221122)

CatholicCare HIV/AIDS Ministry

www.ccam.org.au | [0408 230 008](tel:0408230008)

(Marg Hayes)

Centre for Culture, Ethnicity & Health

www.ceh.org.au | [9418 9929](tel:94189929)

Expression Australia Employment

www.expression.com.au | [8620 7155](tel:86207155)

Green Room

(Melbourne Sexual Health Centre)

www.mshc.org.au | [9341 6214](tel:93416214)

Harm Reduction Victoria

www.hrvic.org.au | [9329 1500](tel:93291500)

Hepatitis Infoline

www.hepatitisaustralia.com | [1800 437 222](tel:1800437222)

Launch Housing

www.launchhousing.org.au | [1800 825 955](tel:1800825955)

Lifeline

www.lifeline.org.au | [13 11 14](tel:131114)

LiverWELL (formerly Hepatitis Victoria)

www.hepvic.org.au | [9863 0406](tel:98630406)

Living Positive Victoria

www.livingpositivevictoria.org.au | [9863 8733](tel:98638733)

Monash Health | www.monashhealth.org

- Monash Health Gender Clinic | [9556 5216](tel:95565216)
- Monash Medical Centre | [9594 6666](tel:95946666)

Northside Clinic

www.northsideclinic.net.au | [9485 7700](tel:94857700)

Partner Notification

www.dhhs.vic.gov.au | [9096 3367](tel:90963367)

PEP Hotline

www.getpep.info | [1800 889 887](tel:1800889887)

Police LGBTIQ Liaison Officers

www.police.vic.gov.au | [9247 6944](tel:92476944)

Positive Women Victoria

www.positivewomen.org.au | [9863 8747](tel:98638747)

Prahran Market Clinic

www.prahranmarketclinic.com | [9514 0888](tel:95140888)

USEFUL SERVICES

Quit Victoria

www.quit.org.au | [13 78 48](tel:137848)

Rainbow Door

www.rainbowdoor.org.au | [1800 729 367](tel:1800729367)

Royal Melbourne Hospital / VIDS

www.thermh.org.au | [9324 7212](tel:93247212)

Services Australia (formerly Centrelink)

www.servicesaustralia.gov.au

- Job Access | [13 28 50](tel:132850)
- Disability, Sickness and Carers | [13 27 17](tel:132717)

Social Security Rights Victoria

www.ssr.org.au | [9481 0355](tel:94810355)

South Eastern Centre Against Sexual Assault

www.secasa.com.au | [9928 8741](tel:99288741)

StarHealth

www.starhealth.org.au | [9525 1300](tel:95251300)

St Kilda Legal Service

www.skls.org.au | [7037 3200](tel:70373200)

Switchboard

www.switchboard.org.au | [9663 2474](tel:96632474)

Wise Employment

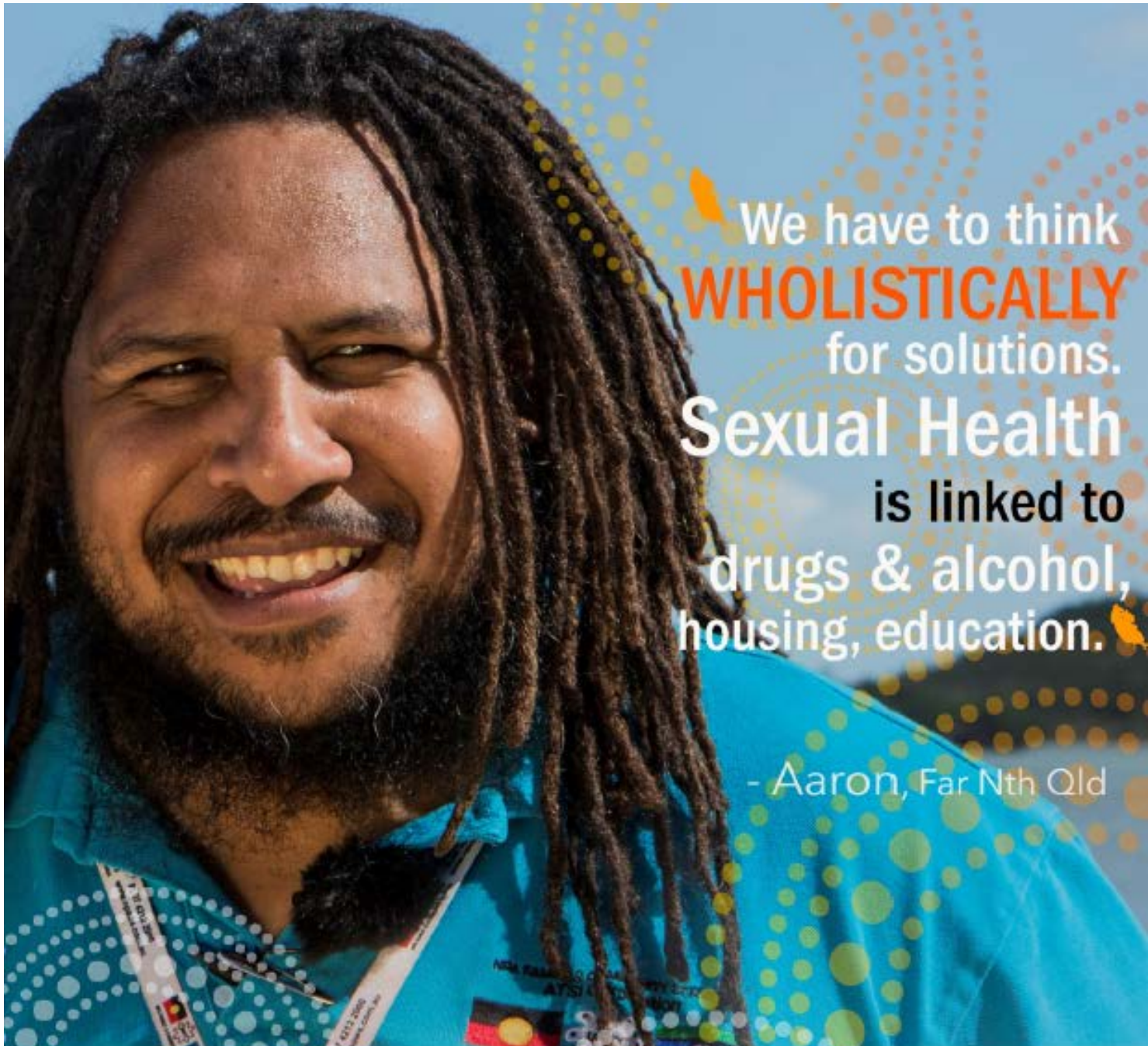
www.wiseemployment.com.au | [9514 8700](tel:95148700)



Thorne Harbour Health Services

www.thorneharbour.org

- AOD Services | [9865 6700](tel:98656700)
- Centre Clinic | [9525 5866](tel:95255866)
- Community Support | [9863 0430](tel:98630430)
- Counselling Services | [9865 6700](tel:98656700)
- David Williams Fund | [9863 0444](tel:98630444) (Lynda)
- Equinox | [9416 2889](tel:94162889)
- Family Violence Services | [9865 6700](tel:98656700)
- HIV Peer Support | [9863 0444](tel:98630444) (Gerry)
- HIV/AIDS Legal Service | [9863 0406](tel:98630406)
- Housing Plus | [9863 0444](tel:98630444)
- Positive Living Centre | [9863 0444](tel:98630444)
- PRONTO! Rapid Testing | [9416 2889](tel:94162889)



We have to think
WHOLISTICALLY
for solutions.
Sexual Health
is linked to
drugs & alcohol,
housing, education.

- Aaron, Far Nth Qld



@ATSIHAW

U AND ME

CAN STOP

HIV



www.atsihiv.org.au/

FIND US

51 Commercial Road
South Yarra 3141

P: (03) 9863 0444

F: (03) 9820 3166

W: www.thorneharbour.org

E: plcfeedback@thorneharbour.org

Tram Stop

No.28: Route 72 Camberwell to Melbourne University.

Bus Stop

Braille Library/Commercial Road: Routes 603 and 604.
Commercial Rd/Punt Rd: Route 246.

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

PLC OPENING HOURS

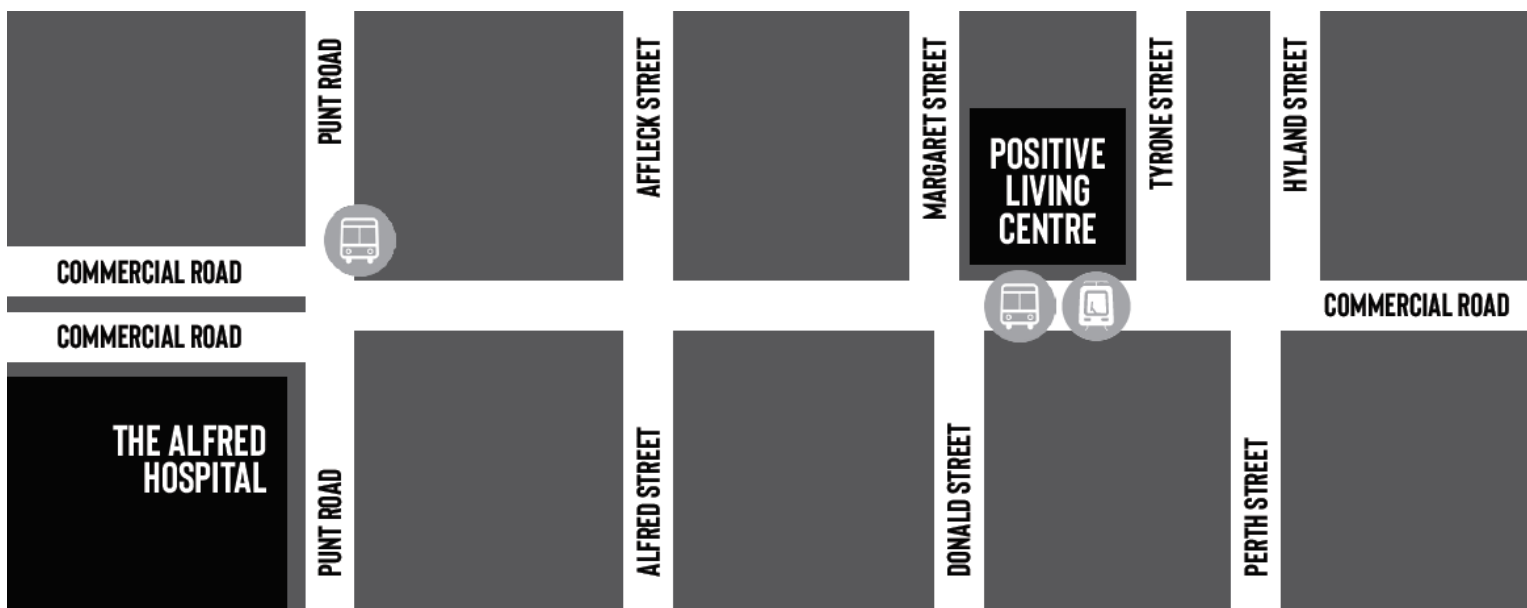
Tuesday 10am – 4pm

Wednesday 10am – 4pm

Thursday 10am – 4pm

Friday 10am – 4pm

Closed for Holidays: Nov 2



****While the doors of the Centre are closed during lockdown, staff are still available during these business hours.**

facebook.com/PositiveLivingCentre
facebook.com/thorneharbour
twitter: [@ThorneHarbour](https://twitter.com/ThorneHarbour)
instagram: [@thorneharbour](https://instagram.com/thorneharbour)