

JUNE TO AUGUST 2022 • WINTER ISSUE

POSITIVE LIVING CENTRE

WINTER 2022 NEWSLETTER



thorneharbour
health*

WELCOME

Welcome to the 2022 winter 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.

The Centre has been open since March and we continue to see an increase in patronage and the return of many services, including Naturopathy, Haircuts and lunch, and the introduction of some new services, such as Meditation. I am delighted to inform you that Art classes will be returning in July.

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.

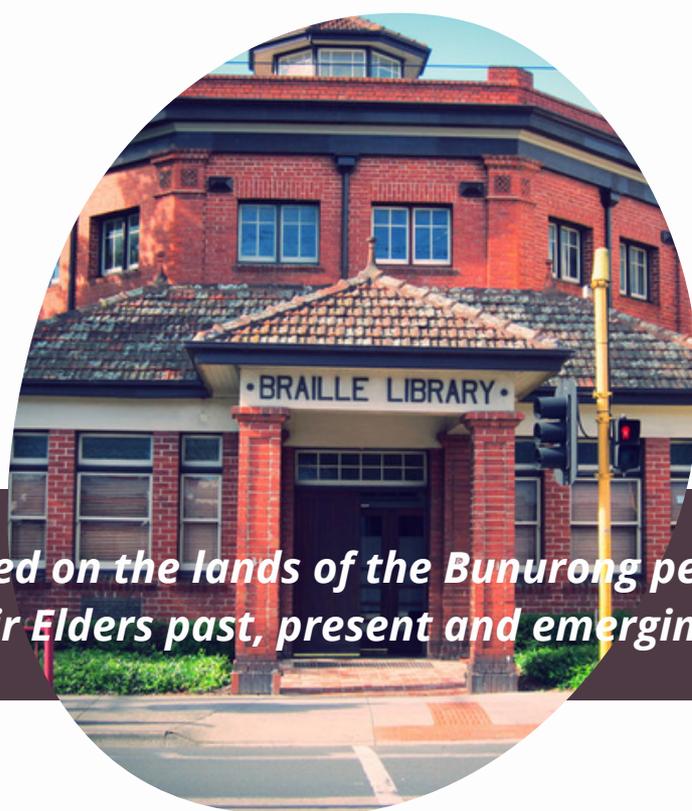
To stay informed about the latest services offered, please read our regular service update emails or check our Facebook page. You do not have to have a Facebook account to access this information. We also constantly update our content on the Thorne Harbour Health website.

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

Yours Sincerely

Alex Nikolovski

Manager PLC



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.

OUR STORIES: SURVIVING AND THRIVING WITH HIV FOR DECADES

Last year, artist and activist Steed Taylor (pictured) was commissioned by the organization Visual AIDS to create a short film that addressed the HIV epidemic — specifically, the topic of “enduring care.” The result is the incredibly moving, *I Am...a Long-Term AIDS Survivor*, which is available to view on Vimeo as well as on Visual AIDS’s website.

Taylor says the project held special meaning for him because he is, like all the other people featured in the short, a long-term survivor of HIV. He also appears in the film and shares some of his own story.

“Long-term HIV and AIDS survivors are developing unexpected health problems and new unforeseen challenges, making this a bumpy and dangerous road ahead for many senior survivors,” says Taylor. “I’m part of this group, so it’s personal. Also, many of the survivors wanted their stories to be told.”

Before the film opportunity came along, Taylor was no stranger to working in the HIV community. In fact, he’s been helping others with HIV since the very beginning of the epidemic — during a time when many couldn’t face the virus’s often deadly results.



Artist and activist Steed Taylor's short film tells long-term survivors' stories in their own words.

“I’ve worked with people living with HIV/AIDS quite a bit,” he says. “Beginning in the ‘80s when I was diagnosed and living in Washington, D.C., I helped start the buddy program at the Whitman-Walker Clinic and was a buddy for several years. It was a brutal and difficult time. There was so much suffering and death.”

When Taylor moved to New York City in 1990, he started working with Visual AIDS and served two terms on its board of directors — so he was delighted to work with the organization again for the short film project. He explains that his goal was to honor these people’s stories and not shy away from the pain and trauma they have experienced.



Some of the long-term survivors who share their stories in Taylor's film

“The film consists of 42 long-term survivors telling their journey with HIV/AIDS, in their own words,” he says. “I want viewers to see how difficult their lives have been. I want viewers to have an emotional response; I want them to cry.”

As this group of original HIV survivors now ages into their senior years, Taylor says it’s important for us, as a society and nation, to not forget this population. He says some of the biggest challenges facing long-term survivors are “not feeling relevant, being forgotten, and a need for more experienced geriatric specialists, age-specific support groups, and social circles.”

After completing the film, Taylor says he took much away from the experience — despite how difficult it was to walk through the pain of those early days of the epidemic again.

“The stories of so many survivors were absolutely brutal and so difficult to hear,” he says. “But I was lucky. I was able to find [a support system] who listened to me and took my health problems seriously. I had the support of my family, friends, and partners. I had the will to help others. I was wrapped in a blanket of love.”

By Desirée Guerrero
APRIL 25 2022 5:11 PM EDT

To watch the short film go to
www.vimeo.com/613904930

NEW HIV TREATMENT CABENUVA POTENTIAL GAME CHANGER FOR REGIONAL AND REMOTE AUSTRALIANS

Almost 30,000 Australians living with HIV are set to benefit from a potential game changing medication now available through the Pharmaceutical Benefits Scheme (PBS).

Australia's first and only long-acting treatment for HIV, Cabenuva, has now been added to the PBS and, unlike previously available options, it need only be administered six times annually, as opposed to 365 days a year.

The CEO of WAAC (formerly known as Western Australian AIDS Council), Lisa Dobrin, said this new treatment might just help to alleviate some of the mental stress caused by the inflexibility of a daily pill regimen.

"Most of us don't really like taking pills. I think that's clear for a start, right?" she said.

"And if you do take pills, then you have to be vigilant about taking them on a regular basis, and sometimes that can be hard enough, just taking vitamins as an example.

"But imagine that ... if you live with HIV, this medication is going to prevent you from being able to transmit this to anyone else."

Relief from anxiety over HIV stigma

Ms Dobrin went on to explain that the stigma surrounding a positive HIV status was another major worry for people living with the virus, a worry she hoped might be lessened with the new treatment.

"There's a lot of discrimination that still exists," she said.

"You can imagine [the stress] if you still have to take [multiple] pills every day, and you're worried about someone knowing your status of having HIV.

"Rather than trying to take pills every single day, if you're able to go six times a year, and have one injection that covers you for two months ... that pill fatigue, that [constant reminder] every time you take a pill ... this is going to reduce that stigma and discrimination significantly."

Ms Dobrin said the treatment could be a game changer for Indigenous people living with HIV, as well as other people in regional areas, where "accessing medication is A harder and B often there are fewer services and support, and more stigma that's prevalent in those communities".

Minorities face added stigma

Ms Dobrin said First Nations people faced more discrimination and isolation than the rest of the community.

"And then you add on that you live with HIV, so then you've got not wanting your mob or your family to find out because there's additional stigma and discrimination within the community," she said.

"So then they've got this decision around do they or don't they reveal their [HIV] status."

HIV is often considered to be an illness that only affects LGBTQIA+ men — a misleading stereotype that is both harmful and inaccurate.

In recent years, Western Australia has seen a decrease in HIV notifications in queer men, and an increase in positive cases for men who identify as heterosexual.

Cases on the rise within FIFO industries

Ms Dobrin said FIFO workers were one particular group that was seeing an uptick in HIV notifications.

"Often [these FIFO cases are] a man who maybe identifies as heterosexual, but perhaps still engages in sexual activity of some kind with another man," she said.



"Generally, due to stigma and discrimination, [they are] probably not likely to tell anyone.

"And also then people who are travelling on their week or two off will go to a region like South-East Asia, which has a high prevalence of HIV."

"If more people are educated around HIV, what it is, how you can get it, how you can't get it, how you can treat it, then we've got a better chance of transmission remaining low, irrespective [of whether the] border is open or not."

Article source:

www.abc.net.au/news/2022-04-07/cabenuva-hiv-treatment-now-on-pbs/100973712

"Generally, due to stigma and discrimination, [they are] probably not likely to tell anyone."

THORNE HARBOUR HEALTH LAUNCHES NEW 'HIV STILL MATTERS' CAMPAIGN



Stephanie, Carlos and Emil share their personal stories in Thorne Harbour Health's new 'HIV Still Matters' campaign.

Thorne Harbour Health has launched a new campaign 'HIV Still Matters', that it says focuses on the "contemporary landscape of HIV in Australia".

"Elevating the voices of people living with HIV has been a vital part of our ongoing response to HIV in Australia for forty years," said Thorne Harbour CEO Simon Ruth in a statement.

"While the landscape around HIV and AIDS has changed dramatically since the 1980s – the reality is that HIV still matters, and understanding the experiences of people living with HIV remains important for us all."

Sharing Personal Stories

The campaign features personal stories from Stephanie, Emil, Carlos, Brenton, and Andy. The personal interviews are featured on the new website hivstillmatters.org, where they share their experiences of living with HIV and disclosing it to friends, partners, family members, work colleagues and the broader community.

The website also makes it easy to access information about HIV, including "what it is, how it is transmitted and how it can be prevented; what stigma, discrimination and disclosure mean when it comes to HIV; and why it is important to remember that HIV still matters."

THH said that a series of clips from the interviews will be launched on its social media channels on Facebook, Instagram, and TikTok.



PERIPHERAL NEUROPATHY AND HIV

Peripheral neuropathy is a common condition amongst people living with HIV.

Neuropathy is damage to the nerves. Nerves transmit signals within the brain and spinal cord (the central nervous system or CNS), and extend from the CNS to the muscles, skin, and organs. The nerves that are outside the CNS are called the peripheral nervous system (PNS). They transmit sensations (such as touch, vibration, and pain) and control movement. They are also important for balance.

Some of the peripheral nerves control body functions over which we have no conscious control, such as blood flow to the organs or the movement of food through the intestines. This is called the autonomic nervous system.

Causes of peripheral neuropathy

The different causes of peripheral neuropathy in people living with HIV, and how they cause nerve damage, are not yet fully understood. The risk of neuropathy in people living with HIV appears to increase if they are older, taller, obese, or have had HIV for a long time.

Neuropathy may be caused by inflammation related to HIV itself, some older antiretroviral drugs, or a combination of both. HIV-related neuropathy tends to emerge gradually whereas antiretroviral-related neuropathy usually develops more quickly and can usually be stopped from worsening by changing medication. The risk of HIV-related neuropathy is reduced by prompt diagnosis and treatment of HIV, before the immune system is too damaged (indicated by a low CD4 count).

The antiretroviral drugs most associated with neuropathy are older treatments that were used in the past – in particular, didanosine (ddI, Videx), zalcitabine (ddC, Hivid), and stavudine (d4T, Zerit). The use of these anti-HIV drugs is now avoided as much as possible.

Not all causes of peripheral neuropathy are necessarily linked to having HIV. For example, uncontrolled diabetes is a leading cause of peripheral neuropathy. There are many other health conditions which can also cause peripheral neuropathy, which means that diagnosing the underlying cause can require many different tests.



Neuropathy can also be caused by treatments for other health conditions including some antibiotics and medications used to treat cardiovascular disease, tuberculosis, and cancer. For example, peripheral neuropathy is a common side effect of vinblastine and vincristine, which are chemotherapy drugs used to treat many types of cancer including Kaposi's Sarcoma and lymphomas.

If you take more than one of these drugs, the risk of developing neuropathy may be increased. If you have previously had neuropathy caused by something else, you may also be more likely to develop neuropathy from taking one or more of these drugs.

Peripheral neuropathy can be caused by consuming large amounts of alcohol over many years: the best treatment in this case is to stop or significantly reduce your intake of alcohol.

Peripheral neuropathy can also be caused by a shortage of vitamin B12, which can be more likely among people living with HIV who have low CD4 counts. Vegans are also at greater risk because vitamin B12 is only present in meat and dairy products. If medical tests confirm that you have a vitamin B12 deficiency, your doctor may offer supplements of vitamin B by injection (tablets are largely ineffective because vitamin B is poorly absorbed in the gut).

Increasing the vitamin B12 content of your diet may also help a little; foods that are rich in the vitamin include fish, kidneys, liver, beef, pork, eggs, and dairy products. Some vegan foods are fortified with vitamin B12 including certain cereals, nutritional yeast, and non-dairy milks. Ask to see a dietitian at your clinic for more advice.

Treatment and management

If you are diagnosed with peripheral neuropathy, your doctor will then attempt to identify the underlying cause. This will usually require a number of blood tests. Treating the underlying cause is the usual approach to managing peripheral neuropathy, but not all underlying causes are treatable.

If you suspect you may have antiretroviral-related neuropathy, speak to your doctor who may recommend stopping or switching treatment or reducing the dose. If you stop or switch your treatment, you may later be able to go back onto a reduced dose of the drugs without the neuropathy returning. For some people, symptoms of peripheral neuropathy may disappear once the underlying cause is treated. For others, however, the pain may become episodic (flaring up occasionally) or persistent (chronic or long-lasting). It may relate to changes in temperature – very cold weather, for example. The aim of treatment is to help you manage your pain so that you can reduce the symptoms and improve your quality of life.

peaking to medical practitioners who understand neuropathy and pain science can be very helpful as they can help you to understand the various influences on your pain, including biological, psychological, and social factors, and help you to manage these better. Your GP or clinician may be able to refer you to a pain specialist. .

Living with peripheral neuropathy can have a substantial impact on your life, and you may feel isolated and depressed. Seeking support is vital to offsetting these feelings and helping you to manage your symptoms.

Patches and creams containing capsaicin. Capsaicin is a substance made from chilli peppers and is used in many topical painkillers.

Heat and cold. Temperature can influence your experience of pain and numbness. You may find that soaking your feet in cold water and wearing warm socks in bed can help to reduce pain.

Avoiding tight shoes and socks.

Pain self-management programmes can help improve your quality of life by giving you an active role in managing your pain.

Gentle exercise. If you are experiencing muscle weakness, exercise can help to build your muscle strength.

Medications. Some medications have been found to relieve pain associated with peripheral neuropathy.

Complementary therapies. Many people find acupuncture, yoga, mindfulness, and breathing exercises help to reduce pain and manage their symptoms.

Aidsmap bulletins

Rosalie Hayes

March 2022





Free Rapid Antigen Test Kits

Thorne Harbour Health has secured a limited number of free Rapid Antigen Tests from the Victorian State Government for clients of the PLC. The tests are intended to ensure that Victorians with pre-existing conditions can determine their COVID-19 status and seek the appropriate care and support.

Please contact reception on 9863 0444 to speak with a Client Care staff member regarding access and information around testing.



**thorne
harbour**
health*

Rainbow WISE – helping the LGBTQIA+ community to thrive!

If you are an individual identifying as LGBTQIA+ and you are looking to further your career or build stronger networks, Rainbow WISE may be for you! Rainbow WISE is an inclusive program created by WISE Employment, specifically designed for the LGBTQIA+ community.

We promote awareness and understanding in the employment space and support individuals to achieve their career goals. When you join Rainbow WISE, you will have access to resources and a dedicated team to help you every step of the way.

Learn more about Rainbow WISE

Rainbow WISE is currently available in Melbourne CBD and Preston.

Feel free to reach out to us below:

Email: RainbowWISE@wiseemployment.com.au

Phone: 0448 044 510



Scan here for more info!



Rainbow WISE
diversity, inclusion & belonging



Join an exciting venture at the PLC.

PLC ART CLASS

In partnership with the Council of Adult Education, we are delighted to announce the return of Art classes to the Positive Living Centre. Whether you're a novice, expert or in between, this initiative will develop your skills in a supportive environment, with the support of award winning artist, Mia Schoen. This course builds capacity for personal arts practice by identifying individual student needs and is a pathway for further study in accredited visual arts training.

THE COURSE OUTLINE

The program will allow you to engage in a range of exercises using a range of different mediums. Drawing classes will focus on technique and developing the skills of the individual so you become comfortable with freestyle drawing. This will then build up skills from tracing to observational drawing, still life and life drawing. These skills will develop into freestyle painting where you will be introduced to a number of different paint sources so you can work out what works best for you. From there you will have the opportunity to try different methods and materials. You will also develop your knowledge of the contemporary art scene in Australia.

THE DETAILS

Commencing weekly
in term three
Thursday July 14 to September 15
10.30am - 2.30pm
Continuing through Term 4
October 6 to December 1

ENROLMENT

Enrolment requires a
current Health Care card
and/or Medicare card

Please contact reception at the PLC on 9863 0444 to enrol or speak to a Client Care staff member to find out more about the course.

PAINT

LEARN

CREATE

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

LUNCH

Lunch is back at the Centre from 12.30pm to 1.30pm each Tuesday. Please check our Facebook page to see what the meal of the week will be.

Cost is \$3 for clients and \$5 for visitors

COFFEE and CAKE

Coffee and Cake are served each Wednesday at 2.30pm. Come in and enjoy a delicious sweet treat and a chat.



Infoxchange Service Seeker Directory (ISS)

The database presently contains details on over 358,137 government and non-government services and agencies in Victoria alone.

The aim of this Directory is to provide people with access to details to all community and social services provided to them through governments, non-government organisations and community and self-help groups. A directory of this nature will help with the wellbeing of the community and empower people to make informed decisions that will assist them take control of the circumstances in which they find themselves.

www.serviceseeker.com.au





PLC POP-UP BARBER SHOP



\$5 HAIRCUTS
WEDNESDAYS EVERY FORTNIGHT
STARTING 25 MAY
1.30 TO 3.30PM

BOOKINGS ESSENTIAL AS
NUMBERS ARE LIMITED

CALL RECEPTION ON 9863 0444





Join an exciting venture at the PLC.

GROW, COOK & GO!

THE COURSE OUTLINE

A basic cooking course based around developing explicit skills including planning, shopping for, preparing and cooking simple, nutritious meals. Alongside this cooking course is the management/growing of a vegetable/herb garden.

Participants will plan and research types of seeds and seedlings to be grown, learn about growing plants from cuttings, suitable plants for a specific garden, composting and harvesting.

THE FOOD GROWN WILL BE INCORPORATED INTO THE COOKING CLASS.

ENROLMENT

Enrolment requires a current Health Care Card and/or Medicare Card

This course provides the basic knowledge, skills and confidence to undertake the Certificate II in Hospitality or an Hospitality traineeship. According to their progress students may also transition into the Certificates in General Education for Adults.

Please contact reception at the PLC on 9863 0444 to enrol or speak to a Client Care staff member to find out more about the course.

THE DETAILS

One 4 hour session a week
Wednesday July 13 to
Wednesday September 14
10.30am - 2.30pm

GROW

*START A
VEGGIE GARDEN*

Plan, prepare, plant and care for a veggie/herb garden

COOK

*USE THE
PRODUCE*

The food grown will be incorporated into the cooking class

GO

*LEARN NEW
SKILLS*

Utilise your new skills at home.



Naturopathy

- Do you want to try natural treatments?
- Get some essential vitamins and minerals?
- Want to get some general health advice?
- Control the side effects of antiretrovirals?

Thursdays on telehealth from 12:30 to 3:30 pm
with **VINCE BOYD**, our experienced Naturopath.

Book in at Reception or call 9863 0444

\$5 for Healthcard holders

\$30 for non Healthcard holders

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.

CONTACT US

To talk to a Client Care Officer, who will make a referral on your behalf, contact **(03) 9863 0444**

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

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)



POSITIVE SELF-MANAGEMENT PROGRAM

A workshop for people living with HIV of all ages.

The Positive Self-Management Program (PSMP) is an evidence based, person centred, education program model of Stanford Medicine, Stanford University, California. Stanford programs are aligned with principles of self-management, community-based health education and an empowerment philosophy. The PSMP is a series of workshops, comprising of sessions of two and a half hours, once a week, for six weeks. Workshops are facilitated by two trained leaders, who are also PLHIV. Sessions are participative, where mutual support and success build participant confidence in managing their health and maintaining active and fulfilling lives.

The PSMP subjects covered include:

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



Thorne Harbour Health and Living Positive Victoria have worked in partnership since 2017 in delivering this workshop both in person and more recently during COVID, on line. More recently in 2021 Bobby Goldsmith also became involved in the partnership with the online workshops. The program has been offered to people who are 50 or over. We are now expanding this to include all people living with HIV regardless of age.

We welcome all Expressions of Interest from the HIV Community in completing the six week workshop at the Positive Living Centre. Please contact Gerry O'Brien, HIV Peer Support Worker for details on gerry.obrien@thorneharbour.org

HIV SERVICES CONSUMER REFERENCE GROUP

The THH HIV Services Consumer Reference Group would like to receive feedback from the general HIV community regarding services provided, and any services people would like to have. The committee would be happy to receive any feedback or ideas and opinions relating to current or future HIV services. Consumer Reference Group members will be happy to include any ideas you might have or if you would prefer complete a HIV Services Feedback Form provided and leave in the suggestion box at PLC.



THH HIV Services Consumer Reference Group are currently asking for expressions of interest for representation for the group from the; CALD community, a Youth Rep under 30 and a Community Support Representatives. Expressions of interest may be forwarded to the Consumer Reference Group via: peersupport@thorneharbour.org

Thorne Harbour Health's HIV Services Consumer Reference Group (CRG) was established to ensure that clients of all THH HIV Services are given an avenue to participate in the planning and development of services and initiatives. Objectives:

- To work collaboratively with staff of all THH HIV Services Programs to provide advice and input to assist in servicing the PLHIV Community.
- Provide current information on relevant issues and needs impacting upon PLHIV and advise the THH Programs accordingly; in addition to other service providers on the THH HIV Services Advisory Committee.
- Raise greater awareness of the specific issues relevant to PLHIV's health and wellbeing.
- Facilitate an exchange of information between groups with an ongoing interest in HIV and PLHIV health and wellbeing.
- To ensure services delivered to PLHIV are responsive to the changing needs of people living with HIV.
- To assist in identifying service gaps, development opportunities and potential initiatives and to feed into relevant program development and review.

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 0444**

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

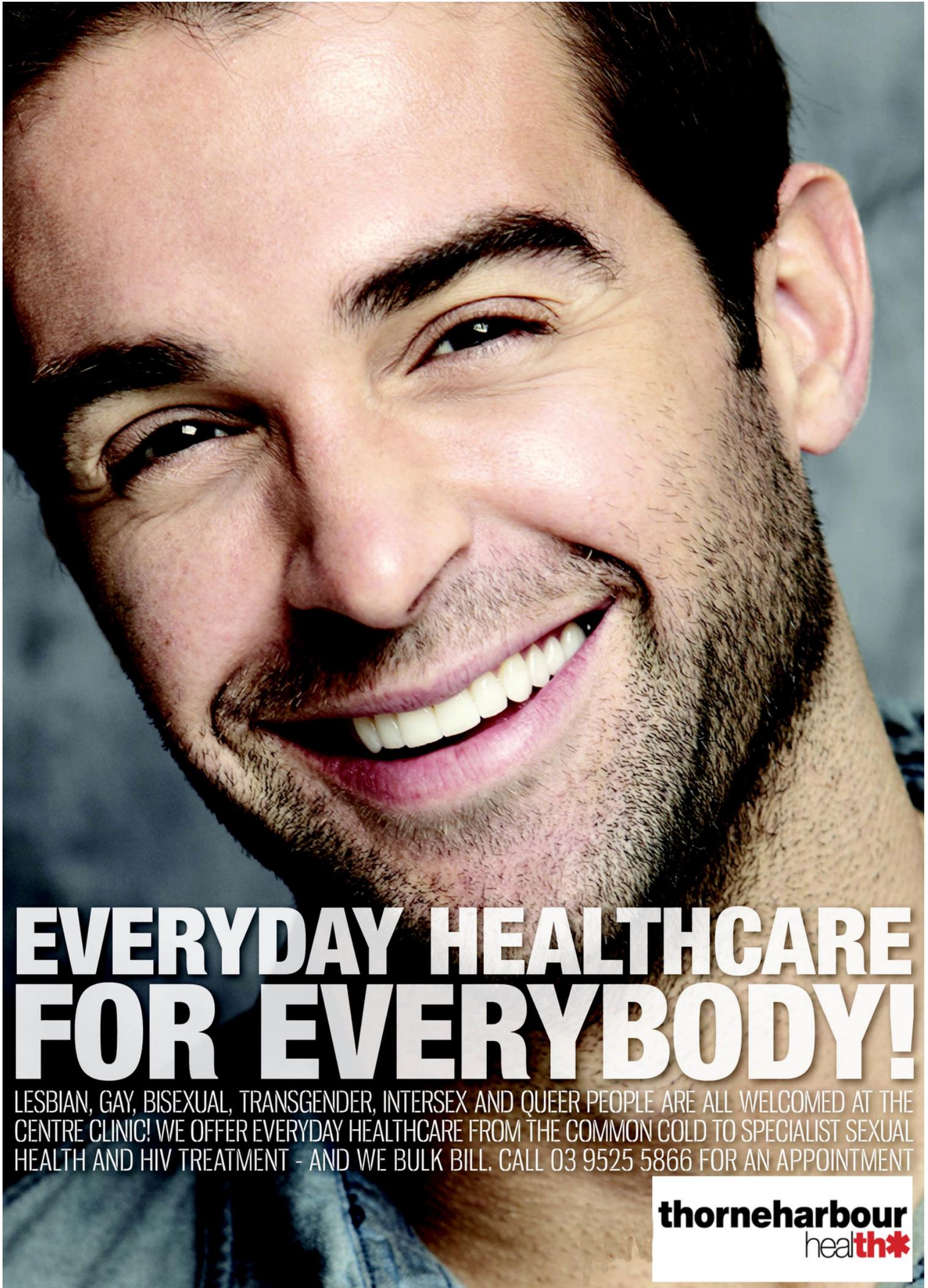
Please ring **9525 5866** for an appointment.

More information about the clinic:

The Centre Clinic is located at the Victorian Pride Centre on Fitzroy Street, St. Kilda, on the corner of Fitzroy and Loch Streets. 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*

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



NAIDOC WEEK 2022

National NAIDOC Week celebrations are held across Australia in the first week of July each year (Sunday to Sunday), to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth. You can support and get to know your local Aboriginal and/or Torres Strait Islander communities through activities and events held across the country.

Some of the events you can attend in Victoria include:

The Flag raising Ceremony on Monday the 4th July at Federation square
LGBTIQ+ Pride Crowning event on Wednesday the 6th July (Venue TBA)
The NAIDOC MARCH on Friday July 8th Leaving from the Victorian Aboriginal Health Service

For more events and details go to
<https://vicnaidoc.com.au/official-vn-events>
Happy NAIDOC everybody.

Peter Waples-Crowe
Aboriginal and Torres Strait Islander project
and Health Promotion Officer





TOGETHER WE CAN HELP YOUR CLIENT LOOK THE PART & BE CONFIDENT, READY FOR INTERVIEW & SET TO SUCCEED.



ESSENTIAL PACKS

Essential packs are for those on the path to employment. Ready Set offers this service for clients who are not quite ready for interview but due to personal circumstances need more support with everyday basics.

CLOTHING & GROOMING

Ready Set offers quality curated outfits selected and prepared by trained volunteers via virtual and onsite appointments. Our service is tailored to individual needs, and clothing and accessories chosen are the clients to keep. Once they secure a role, they can be referred again for additional clothing to help them look and feel the part in their new job. Ready Set has a range of male and female work and safety work wear including steel capped boots, high vis jackets, pants and vests.



CONNECTING

Ready Set recognises the multiple challenges jobseekers may face while on their job search. Our committed staff and volunteers use their connection with recruiters and HR professionals, support services and other organisations to help jobseekers overcome obstacles on the path to employment. We will also guide clients to employment opportunities via job search platforms such as LinkedIn, Seek and Indeed.

COACHING

Career coaching is personalised for each client. Sessions are provided either onsite or via zoom or phone and delivered by professional career coaches and specialist HR/Recruitment partners.

We will provide support for employment coaching, interview preparation, job search, resume preparation and cover-letter applications.



READY TO SUPPORT, SET TO IMPACT, SINCE 2011

(Numbers current June 30, 2021)

9,282

lives changed for the better

56%

of clients find work within 3 months

175,823

items saved from landfill

77,284

volunteer hours

DRESSING & COACHING FOR SUCCESS

Tailored to the individual

CLOTHING STYLING & GROOMING

First impressions are lasting ones.

We provide high quality clothing, footwear, underwear and grooming products for clients, along with advice on grooming and presentation.

As well as interview clothing, we can also offer clothing for specific roles such as hospitality, aged care, nursing, construction and safety wear.

Our dressers will help personalise styles and colours as well as cultural requirements, offering a variety of outfits to help the client look and feel their best when meeting a prospective employer or starting their new role.

EMPLOYMENT COACHING

What job suits your client?

Our coach works with each client to identify the industries, types of businesses and roles that would suit their skillset and motivations. In many cases this is an eye opener for clients in terms of the jobs available.

Sessions can be a 1:1 appointment at our South Melbourne premises or a virtual appointment via zoom, Facetime or phone call.

RESUME COACHING

How to make your resume POP!

Knowing how to make a resume stand out is critical to catching the eye of recruiters and prospective employers. We provide 1:1 coaching to clients so that they end up with a resume that is well structured, easy to read, grammatically correct and accurate. Clients are also taught how to write a cover letter that is aimed at a job that they are applying for.

JOB SEARCH COACHING

Where to look for a job.

Clients are shown how to find a range of job advertisement sites and to identify jobs that suit their abilities. This includes distinguishing between jobs that would suit them and those that would not.

Coaches also help clients identify contacts, networks and other places where jobs may be available, and how best to approach people and the questions to ask.

JOB SEARCH PLATFORMS

How to help employers find you.

To maximize the possibilities of getting a job, clients are introduced to job related and networking sites such as LinkedIn, SEEK and Indeed. They will learn how to place information about themselves, including a resume, on such sites so that they get noticed.

INTERVIEW COACHING

Making a great impression.

Provided 1:1 or in groups of a maximum of 8 clients, these sessions help clients be fully prepared for an interview. Coaches provide practice and practical guidance to clients on dealing with nerves, how to introduce themselves and answer questions in a confident, polite and appealing way. Using sample advertisements, they will learn appropriate questions to ask interviewers.

INDUSTRY EXPERT

WORKSHOPS

New in 2022.

A unique opportunity to learn about the broad range of careers and jobs available in a specific industry. Hear from employers and workers in sectors including health, logistics, manufacturing, retail, hospitality and agriculture.

At each event clients will be able to interact with employers and make enquiries about the industry sector they are employed in. Group Sessions provided via Zoom or on-site at our South Melbourne premises.

“Ready Set gave me the confidence to believe in myself. The clothes are great, but it's more than that. It's knowing that I am supported to go out there and achieve my dreams.”

Winta, Ready Set client, 2019

Book your client in for clothing, coaching & connection.

Call our Referral Partner Manager on 0409 167 338 or book directly at www.readyset.org.au/referral-partner-hub



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



Positive Reflections: Sharing your journey with HIV June 24 2022

How has HIV shaped your life? Join Living Positive Victoria for a three-hour workshop as we explore our personal relationship with HIV.

Our workshop Positive Reflections invites you to trace your evolving experiences of HIV; pre-diagnosis, diagnosis and living with a positive status.

Contact us for more information.

A visit to the NGV for those 50+ June 25 2022

Fancy a visit to the National Gallery of Victoria?

We'll meet in front of the waterwall of the National Gallery of Victoria, St Kilda Road and gather for some lunch after viewing the art.

Contact us to register and for more information

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

Phone: [\(03\) 9863 8733](tel:(03)98638733)

Fax: [\(03\) 9863 8734](tel:(03)98638734)

Email: info@livingpositivevictoria.org.au



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/>

Gen Next

Gen Next is a social group for young people living with HIV.

We welcome people from all backgrounds inclusive of all genders and sexualities. It's a safe and confidential space where you can meet other young people 30 and under.

We catch up regularly and talk about things like disclosure, sex and relationships or anything else at monthly discussion nights and events.

If you're interested in becoming part of the group call 03 9863 8633.

<https://livingpositivevictoria.org.au/programs-and-services/groups-and-activities/gen-next/>

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**.

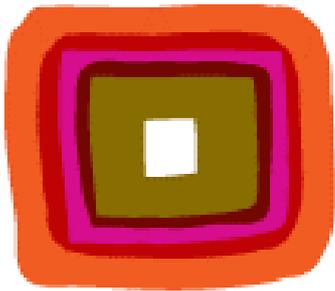


MSHC

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)

Coronavirus Hotline

[1800 675 398](tel:1800675398)

DirectLine AOD Service

www.directline.org.au | [1800 888 236](tel:1800888236)

Expression Australia Employment

www.expression.com.au | [1300 780 225](tel:1300780225)

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)

LGBTIQ+ Liaison Officer – Victoria Police

www.police.vic.gov.au/LGBTIQ-liaison-officers | [9520 5200](tel:95205200)

Mental Health & Wellbeing Hub

coronavirus.vic.gov.au/mentalhealthhub
[1300 375 330](tel:1300375330)

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)

Positive Women Victoria

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

USEFUL SERVICES

Prahran Market Clinic

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

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 | [1800 685 105](tel:1800685105)



thorneharbour
health*

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 0444](tel:98630444)
- Housing Plus | [9863 0444](tel:98630444)
- Positive Living Centre | [9863 0444](tel:98630444)
- PRONTO! Rapid Testing | [9416 2889](tel:94162889)

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.

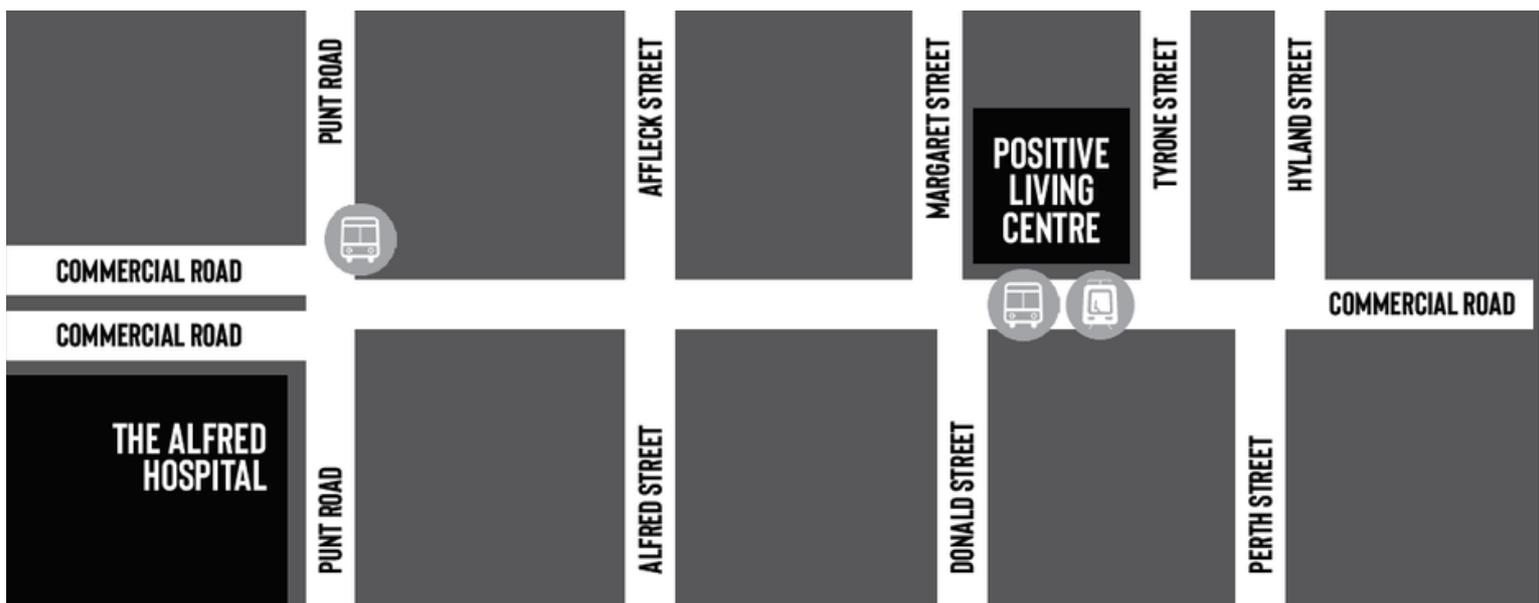
PLC OPENING HOURS

Tuesday 10am – 4pm

Wednesday 10am – 4pm

Thursday 10am – 4pm

Friday 10am – 4pm



****Subject to Victorian Government current COVID-19 restrictions**

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