

SEPTEMBER TO NOVEMBER 2022 • SPRING ISSUE

POSITIVE LIVING CENTRE

SPRING 2022 NEWSLETTER



thorneharbour
health*

WELCOME

Welcome to the 2022 spring 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 fully open for six months and we delighted at the ongoing increase in patronage over this period and the ongoing return of many services, including Naturopathy, Haircuts, lunches, Art Class, Grow Cook and Go and exercise classes through our friends at PUSH! Fitness. Please check out the include schedule for timing of all current services at the PLC.

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.

CHANGING THE STORY OF LIVING WITH HIV

HIV for me has always felt simultaneously impossible and inevitable. Impossible, because like so many of us who are young and privileged with good health, we feel invincible. Although we know something could happen, we doubt that it will happen. This is where impossibility sat, in the arrogance of youth and the privilege of good health. An unspoken confidence that sat uneasily next to my disquiet around HIV and sex.

Like so many of my generation, HIV wasn't a terror but had instead transformed into an anxiety. A ghost looming in the background, semi-present.

Condoms were the ideal and were used when everything was going right. However, at times they felt like a barrier to things other than infection. It's hard to pinpoint one thing that inspires not using a condom; egoism and embarrassment about the fragility of alcohol-fuelled erections; a shortcut to a feeling of physical and emotional intimacy, a hollow performance of trust too readily given; a submission to the inertia of lust and in the darker moments, a reckless act of potential self-harm.

I've been subject to each of these in the past, but they were the exception – especially as I grew older and my sex life became more considered and more confident.

Still a sense of inevitability persisted. It would sit with me in every clinic waiting room, irrational and ever-present.

I returned to Australia just before Christmas, after four years in Indonesia. On New Year's Eve, I woke up with a rash and I spent the countdown to 2019 in bed.

I went to the doctor's a few days later, and I had a sexual health screen. My gut seemed to know what had happened when I got a phone call a week later. The next morning, I sat in a doctor's office and heard the words I had been so anxious about: my HIV test was reactive. That was a few months ago now. I'm HIV positive and it's a reality I'm still processing.

As I work in sexual health, receiving my confirmed result had all the emotional shape of an office meeting. The support I received after my diagnosis was great but it's hard to control what moment will finally take something as mythologised as HIV for a gay man and allow reality to break through.

For me, that moment came sitting in an after-hours hospital pharmacy. It was the first time I was picking up medication. It was quiet. It felt cinematic, a wide-shot focused on the mundane to force introspection.

My name was called, and the pharmacist matter-of-factly handed me a brown paper bag. That's when it felt real, permanent. The beginning of a ritual I will repeat into the foreseeable future. I didn't cry but it felt like hurt. My emotional response was conflicting with my contemporary understanding of what it means to be HIV positive. I stood there, a young educated man, holding a brown paper bag of free, patented medication in one of the world's leading countries in HIV health care. This shouldn't hurt. I took a deep breath, reminded myself I was in Australia and then quickly found a beer.

During my time in Indonesia, I saw far too many young men die. Sudden stories of hospitalisation, late diagnosis and complicated co-infections are shared in the hushed tones that allow mythology to grow. Stigma around having HIV is so overwhelming that people speak in codes: "It was a chest infection" or "It was TB".

Worse still, the recently diagnosed return to their homes in the small towns of Java, or Sumatra, only for you to hear months later they have passed away. The reason remains unconfirmed but the possibility lingers over the community.

It's frustrating and devastating especially as HIV treatment is free in Indonesia. The resources are there for people to live a long life, but a pervasive fear smothers and strangles; fear of HIV itself, fear of the judgement that comes with it.

This is why returning to Sydney felt like stepping into another world.

The narrative of HIV, the stories we are told and the stories we tell ourselves are so vital. They shape the entire experience of what it means to live a life with HIV.

I moved from a place where the weight of death still hangs heavily over the community to one where people can tell the story of what a life with HIV in 2019 can be – a life that is long and healthy. Of course, the reality is that these are both the real world.

We now have the tools and the knowledge to completely change the story of HIV in every part of the world, but the pace is far too slow and the distribution far too uneven. Both these narratives are true; with treatment HIV is now a manageable chronic disease, and in 2019 large numbers of young people are still dying HIV related deaths.

Recently, I saw an old friend, an ex-lover. We had dinner and a few drinks. Later, in bed, we softly spoke of our new lives, our visions of the future, our fumbles in the past.

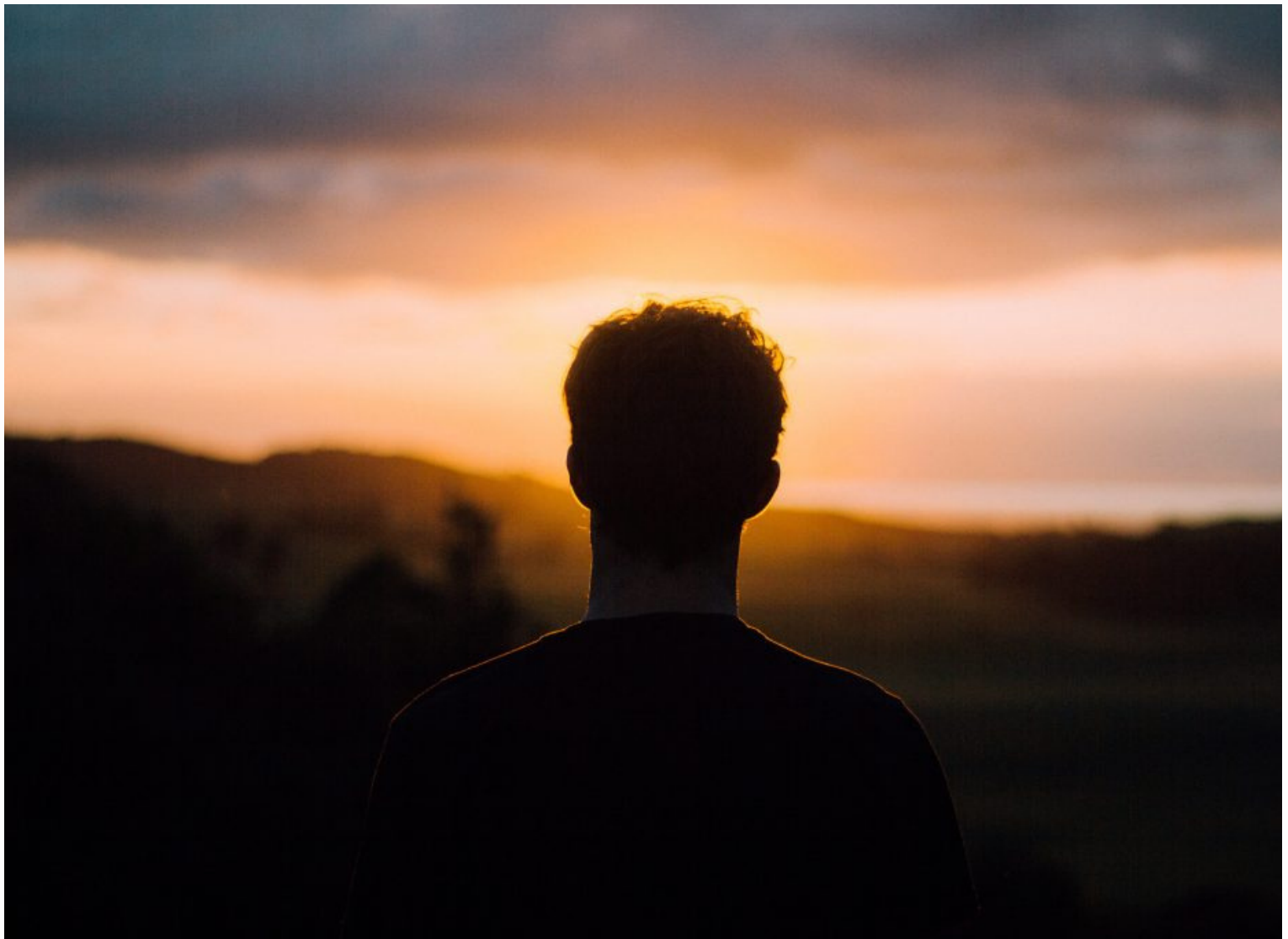
Every sense feels heightened in the deep silence just before dawn. He reached out and gave me a hug and then suddenly I couldn't stop crying.

I've only been positive for a few months, but these tears felt like an accumulation of a life time. A shared grief across generations. Tears for the people I knew who had died, and from knowing that people are still dying now, more needlessly than ever. I sobbed, and he held me. Nothing needed to be said. It was the first physical intimacy I had had since my diagnosis. I was starving myself and hadn't even realised.

At times my diagnosis makes me feel hypocritical and stupid. A cliché who should have known better. Other times, it makes me feel anxious and my body alien. Increasingly, parts of it feel mundane, the boredom and routine of chronic illness.

Trying to take this forward, myself forward, I have pushed myself to speak openly about these mixed feelings, this pain, because I've seen the toll of silence; it's death.

By: Beau Newham



NATIONAL HIV/AIDS STRATEGY IMPLEMENTATION PLAN

The end goal is to ensure that by 2030, the United States will be a place where new HIV infections are prevented, every person knows their status, and every person with HIV has high-quality care and treatment, lives free from stigma and discrimination, and can achieve their full potential for health and well-being across their lifespan. This is the vision outlined in the National HIV/AIDS Strategy.

The measures that President Biden is looking at implementing require a whole-of-government approach that targets specific groups that are at higher risk. These groups include gay and bisexual men, other men who have sex with men, minority people of colour and drug users. “Focusing efforts on these five priority populations will reduce the HIV-related disparities they experience, which is essential if the nation is to succeed on the path toward ending the HIV epidemic by 2030,” details the plan.

The actions required include education, PrEP access, self-testing kits and housing support. Research indicates that the cases of new HIV infections effect disproportionately Black and Brown communities and Dr Patrick Sullivan from Emory University believes funding and focus should be aimed at those communities.

According to Managed Healthcare Executive, Biden’s plan has allocated USD850 million towards programs for HIV prevention and treatment with hopes to allocate more in the future. Executive director of the HIV+Hepatitis Policy Institute Carl Schmid says, “This is great news and shows the president is committed to ending HIV by boosting the budget for these efforts.

“The USD9.8 billion mandatory spending is really big. It’s a rather large amount of money, and I was shocked when I saw the number because we were asking for USD400 million the first year,” says Schmid.

Summarising the National HIV/AIDS Strategy, there are four goals:

1. Prevent New HIV Infections
2. Improve HIV-Related Health Outcomes for People with HIV
3. Reduce HIV-Related Disparities and Health Inequities
4. Achieve Integrated, Coordinated Efforts That Address the HIV Epidemic among all partners and Interested Parties

Biden’s administration believe if each of these goals are achieved, the implications will be the end to HIV by 2030.

“Ideally, we’d like for PrEP to benefit the communities that have the most risk for HIV. That might mean areas in the South, where I live, but also Black people, Hispanic people, and younger people who have substantial risk,” he says.

AIDS MEMORIAL QUILT INCLUDED IN VICTORIAN HERITAGE REGISTER

Victoria's AIDS Memorial Quilt has formally achieved heritage recognition and protection - a first for Australia and a landmark moment in the history of the AIDS Memorial Quilt movement.

This month, the Heritage Council of Victoria determined to include the Melbourne AIDS Memorial Quilt in the Victorian Heritage Register (VHR), listing it amongst 2,400 sites, objects, and collections legally recognised and protected by the register.

Borne out of the AIDS Memorial Quilt movement in the United States, the Melbourne AIDS Memorial Quilt was originally coordinated by volunteers out of Fairfield Hospital in 1988 - with quilt panels being made by family members, loved ones, or volunteers working with community groups. Today the Quilts consist of 209 panels - each handmade and individually designed to commemorate a person or group of people who died from an AIDS-related condition.

Thorne Harbour Health (then the Victorian AIDS Council/Gay Men's Health Centre) accepted custodianship of the Quilts several years ago and currently maintain the collection.

Thorne Harbour CEO Simon Ruth said, "Every year we put a number of the Quilts on display for World AIDS Day and the cultural significance is undeniable.

They are an incredibly moving piece of our history and a tribute to those who we've lost to the epidemic. Being added to the Victorian Heritage Register is an important step in ensuring the Quilts are here for future generations."

Doris Beecher was the former convener of the Melbourne AIDS Memorial Quilt and her son, Stephen, is included in one of the panels.

"On behalf of our family, I'm absolutely delighted by this listing to ensure the AIDS Quilt is recognised and protected. Stephen would be humbled and touched by this legacy," she said.

Cheryl Olver's son Darren is also featured on the Quilt and the heritage listing is welcome news.



“I’m relieved by the Heritage Victoria listing as now the AIDS Quilt will be there for posterity and not forgotten,” Cheryl said.

“My son Darren would be thrilled to be immortalised in this way, because we loved him, and he loved us. The protection of the Quilt in this way, reflects and protects our love for each other which will always be there for everyone to see and understand.”

The Chair of the Heritage Council of Victoria, Prof Philip Goad spoke to the Council’s decision to include the Melbourne AIDS Memorial Quilt in the Victorian Heritage Register.

“The Heritage Council of Victoria is very pleased to include the Melbourne AIDS Memorial Quilt in the Victorian Heritage Register. The Quilt is one of the most important objects associated with the AIDS crisis in Victoria, and promotes a compassionate and educational dialogue about HIV/AIDS.”

“It is an important example of community and activist art and highlights the impact of the AIDS epidemic.

The decision to include the Quilt illustrates at a broader level the Council’s wish to protect cultural heritage which is significant to the history and development of Victoria, and reflects diverse community narratives and experiences,” he added.

Wednesday 15 JUNE 2022



SEX WORK REFORM FACT SHEET

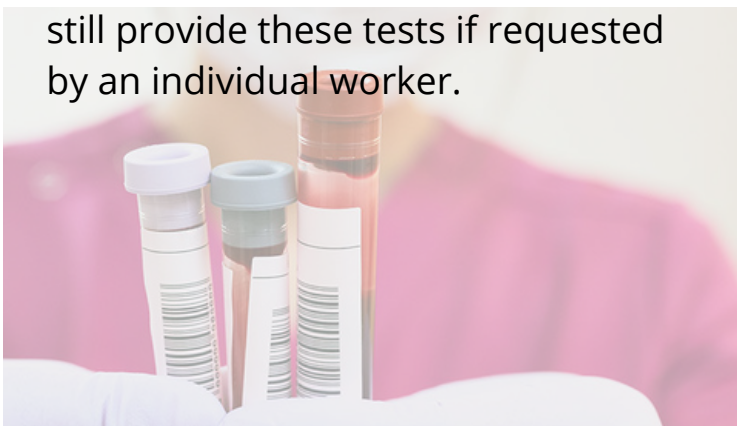
The Victorian government is decriminalising sex work in two stages. The first stage of reforms commenced on 10 May 2022.

Stage one includes key legislative changes related to sexual health.

Mandatory testing

The 3-monthly sexual health testing requirement for sex workers in Victoria has ended.

- Voluntary testing remains important to sex worker health. Testing frequencies should be determined by a sex worker and their doctor based on individual circumstances.
- Some workplaces may still ask for attendance certificates. Health services should still provide these certificates if requested by an individual worker.
- Many porn workers will continue to need written test results, including Hep B and Hep C tests. The legislative changes do not affect porn companies. Health services should still provide these tests if requested by an individual worker.



Working with an STI or BBV

It is no longer an offence for sex workers to work with any STI or BBV.

- Sex workers who test positive for an STI or BBV should not be told specifically to cease work.
- This includes HIV. It is no longer illegal for an HIV-positive person to engage in sex work.
- Sex workers should receive the same guidance and support as other community members with regards to treatment, partner notification, the need to abstain from sex or use condoms while undertaking treatment, and the risk of re-infection from recent partners.
- This guidance will depend on the STI or BBV. More information can be found in the nationally endorsed guidelines for use in primary care. <https://sti.guidelines.org.au>
- Sex workers should not be required to disclose to their employer that they have tested positive.
- Sex worker status alone should not be considered a reason for further investigation in relation to risk to public health.

Condom use

It is no longer an offence under the Sex Work Act 1994 for individual sex workers to engage in oral, vaginal, or anal services without the use of a condom or other barrier.

- Consistent condom use remains important to sex worker health.
- Business owners still have an obligation under the Public Health and Wellbeing Act 2008 to take reasonable steps to ensure condom use.
 - Private or independent sex workers are classified as business owners.
 - These obligations remain until Dec 2023.
 - Education and support are the main approach in cases of non-compliance. In rare cases, business owners may be subject to a fine.

Sex workers can be referred to:

Vixen www.vixen.org.au for peer education, support, and referrals and Scarlet Alliance Redbook redbook.scarletalliance.org.au for an online STI and BBV resource.

For more information on the reform agenda, please see Sex worker health www.health.vic.gov.au/preventive-health/sex-worker-health



NEW RESOURCES FOR LGBTIQ+ PEOPLE NAVIGATING AUSTRALIA'S NDIS

Thorne Harbour Health and Inclusion Melbourne have released a set of resources for LGBTIQ+ people with disability to understand their rights and navigate Australia's National Disability Insurance Scheme (NDIS). LGBTIQ+ people with disability consistently indicate that they have had poor experiences navigating both the NDIS planning process and working with NDIS registered providers in addressing their specific intersectional needs.

The suite of resources includes:

- Knowing Your Rights: Disability & LGBTIQ+ Australians
- Preparing for your NDIS Plan
- LGBTIQ+ Clauses for Your Contract

Community advocate Ruby Mountford was the project lead on the partnership between Thorne Harbour Health and Inclusion Melbourne.

"Unfortunately, the needs of LGBTIQ+ people with disabilities have not been adequately understood or valued," they said.

"These resources have been developed in collaboration with a group of LGBTIQ+ people with disabilities – built from their collective wisdom and their experiences navigating systems, services and LGBTIQ+ spaces."

"While we want to see the systems that support people with disability build their capacity to better work with LGBTIQ+ people, we also want to equip our communities with the tools they need to make sure their needs and identity are respected. People with disability can use these resources to learn about their rights and embed them into contracts they sign with people they hire to support them," said Inclusion Melbourne's Nathan Despott.

"As we continue to take collective action to advocate for the improved health and wellbeing of our LGBTIQ+ communities, we need to ensure LGBTIQ+ people with disability have the resources they need to protect their rights and get the best possible results when engaging with a NDIS registered provider," said Thorne Harbour Health CEO Simon Ruth.

All three resources are available online at:
thorneharbour.org/disabilityresources



VIRAL - THE MOVIE BREAKING DOWN THE STIGMA AROUND HEPITITIS C

WARNING: Aboriginal and Torres Strait Islander people are warned that the following article contains images and names of deceased persons.

VACCHO is the peak representative for Community controlled health and wellbeing sector of Aboriginal and Torres Strait Islander people in Victoria. In August of 2022, VACCHO attended the highly anticipated premiere of Ilbjerri Theatre Company's film adaptation of VIRAL, a story about breaking down the stigma surrounding Hepatitis C. Described as "a deadly short film about smashing hepatitis C", VIRAL is the story of Ally, Kev and Merv and their journeys navigating life with hepatitis C – the stigma, the cure and the healing.

Written by Ilbjerri Theatre Company (ITC) founding member, Maryanne Sam, and under the creative direction of proud Yagera / Butchalla woman, Kamarra Bell-Wykes, VIRAL was originally developed and performed as a play which toured in 2018/19.

VACCHO teamed up with ITC in 2018 throughout the play's development. Anne Roseman, VACCHO's Sexual Health Coordinator provided the technical health expertise and knowledge that helped shaped the narrative ensuring it brought to light the issues Aboriginal and Torres Strait Islander communities face while healing their bodies of Hepititis C.

Anne was on the play's Reference Group and supported the roll out of the play to VACCHO's Member ACCOs in 2019/2020 and continued working with ITC throughout the film adaptation process.

"We are all excited that all the amazing work on the film is now coming to fruition" – Anne Rosman.

The premiere event held at Collingwood Yards also featured a panel discussion with ITC, Liverwell and Aboriginal Elder, actor and proud Bunurong/Wiradjuri man, Uncle Jack Charles, who spoke of his experience with hepatitis C. The highly informative yarn promoted the treatments and cures available for hepatitis C and encouraged open discussions with Mob to break down the stigma.

VACCHO has continued our close collaborations with ITC and is currently working to develop a new social impact theatre production – The Score. Working closely with Thorn Harbour Health, The Score will be an innovative performance piece exploring deeper issues for young people exploring their sexuality. It will promote strength-based yarns around sexuality, diverse genders, positive relationships and primary prevention of sexually transmitted infections (STIs) in Communities.

Ilbjerri Theatre Company will soon be recruiting young people in the Mildura and Swan Hill area and health workers to be part of this exciting new creative work..



MONKEYPOX (MPX)

The following information is accurate on September 1 2022

WHAT IS MONKEYPOX (MPX)?

MPX is a viral infection caused by the monkeypox virus (MPXV). Cases of MPX were rarely seen outside of Central and West Africa until recently. MPX is usually a self-limited disease with the symptoms lasting from 2 to 4 weeks.

WHAT ARE THE SYMPTOMS?

Initial symptoms can include fever, headache, muscle aches, low energy, and swollen lymph nodes (similar to COVID or the flu) before progressing to a skin rash or lesions. The rash usually begins within one to three days of the start of a fever. The rash or lesions can also be found on the face, arms, and legs as well as in the mouth and around the genitals/anus. The incubation period (the time from infection to the onset of symptoms) of MPX is usually 7-14 days, but it can be as short as 1-2 days or as long as 21 days.

HOW IS IT TRANSMITTED?

MPXV is transmitted through close physical contact with someone who has the virus - in particular through sexual or intimate contact.

While MPX is not classified as a sexually transmitted infection (STI), sexual contact with someone who has the virus poses a high risk of transmission.

Bodily fluids (such as fluid, pus or blood from skin lesions) and scabs are particularly infectious. Ulcers, lesions or sores in the mouth can also be infectious, meaning the virus can spread through saliva.

HOW IS IT TREATED?

Most people with MPX have a mild self-limiting illness and recover within a few weeks without specific treatment. There are some therapies available for the treatment of MPX, particularly for people at high-risk such as those who are immunosuppressed.

AM I AT GREATER RISK IF I'M HIV-POSITIVE?

HIV positive people on effective antiretroviral treatment are at no greater risk than HIV-negative people. However, if a person is severely immunocompromised and not on HIV antiviral medication, MPX can be of greater severity and duration. There is very limited evidence on MPX in people living with HIV.



MONKEYPOX (MPX)

WHAT IF I HAVE RECENTLY RETURNED FROM OVERSEAS?

People who have recently returned from overseas and developed symptoms, particularly an unusual rash or swollen lymph nodes, should seek medical advice immediately.

MPX VACCINATION

As there is currently a very limited supply of the vaccine in Australia. In Victoria, vaccination access is limited to people who meet any of the following eligibility criteria:

- Post-exposure prophylaxis for close contacts of monkeypox cases (within 4 days)
- HIV-negative or HIV-positive sexually active gay, bisexual, or other men who have sex with men (MSM) (including cis and trans men)
 - who have had an STI in the last 12 months OR
 - intending to engage in sexual practices during overseas travel to Europe or North America before 31 October OR
 - who attend sex-on-premises venues (SOPVs) including saunas, adult cinemas/lounges, beats, or sex parties
- Sexually active MSM who are homeless, have significant drug use, or psychiatric illness
- Sex workers who engage in sex with MSM

WHERE CAN I GET THE VACCINE?

Currently, vaccines are in limited supply across Australia. In the metropolitan Melbourne, the MPX vaccine is being offered through a small number of clinics, including Thorne Harbour Health.

While many clinics have exhausted their allocation of vaccines, you can register your details with Thorne Harbour Health and we will notify you when we have more vaccines and appointments available.

For individuals who meet the eligibility criteria for vaccination and reside in regional Victoria, email your closest regional Local Public Health Unit (LPHU).



MONKEYPOX (MPX)

I HAVE BEEN EXPOSED TO MONKEYPOX - AM I ELIGIBLE FOR THE VACCINE?

Anyone categorised by public health authorities as a high risk MPX contact should get the vaccine. Speak to your GP or healthcare professional about vaccine access if you are a close contact.

ARE MORE VACCINES ON THEIR WAY TO AUSTRALIA?

Yes. The federal and state governments are working to secure more supplies of the vaccine. As more vaccines become available, more people can get vaccinated against MPX.

For more information about Monkeypox, head to www.health.vic.gov.au/infectious-diseases/monkeypox

For up to date information check out: thorneharbour.org/sexual-health/monkeypox/





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!



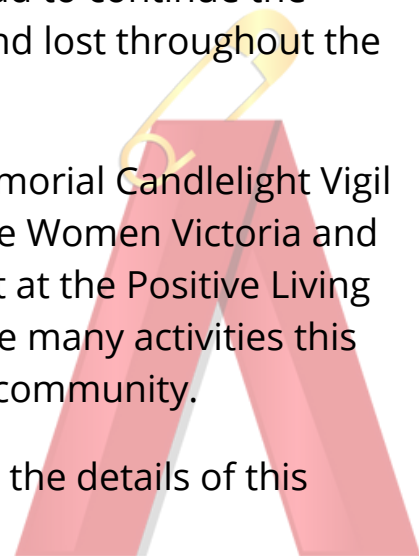
Rainbow WISE
diversity, inclusion & belonging

WORLD AIDS DAY MEMORIAL CEREMONY 2022

Every year on December 1st, we commemorate World AIDS Day and reflect upon our worldwide response to the HIV and AIDS epidemic. We are proud to continue the tradition of remembering the lives of all those we have loved and lost throughout the past forty years.

Thorne Harbour Health will again collaborate with the AIDS Memorial Candlelight Vigil and Quilt Project Melbourne, the Catholic AIDS Ministry, Positive Women Victoria and Living Positive Victoria to hold the annual World AIDS Day Event at the Positive Living Centre. This important event continues to be a major part of the many activities this organisation undertakes and is an integral occasion within the community.

As we draw closer to this important day we will widely promote the details of this important event.

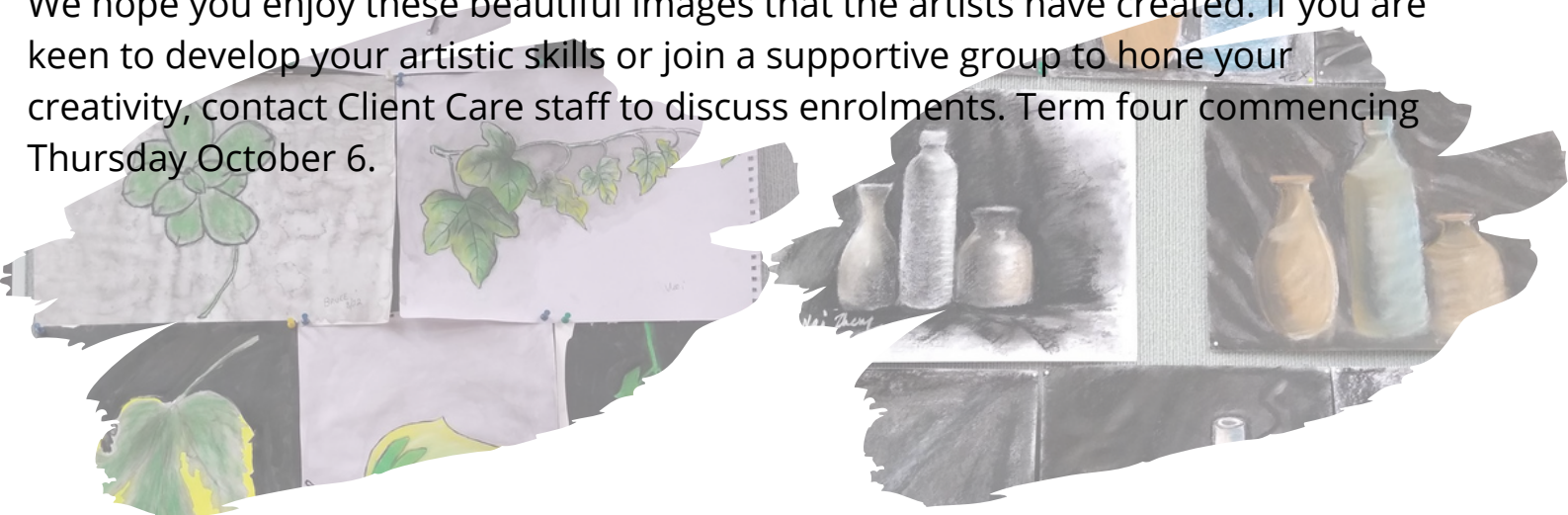


VISUAL ART CLASS AT THE PLC

In partnership with the Council of Adult Education, Art classes returned to the Positive Living Centre on Thursday 14 July.

Award winning artist, Mia Schoen has engaged participants in a range of exercises using a variety of different mediums over the past few weeks. A number of the skills explored so far are tracing, observational drawing and still life. These skills will develop into freestyle painting where artists will be introduced to a number of different paint sources. There will be opportunities to try different methods and materials, while also developing knowledge of the contemporary art scene in Australia.

The participants in the class have provided their consent for some of their work to be displayed here. We have received wonderful feedback regarding the classes so far and look forward to nurturing the relationship between the CAE and the PLC. We hope you enjoy these beautiful images that the artists have created. If you are keen to develop your artistic skills or join a supportive group to hone your creativity, contact Client Care staff to discuss enrolments. Term four commencing Thursday October 6.





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 four
Thursday
October 6 to December 1
10.30am - 2.30pm

ENROLMENT

Enrolment requires a
current Medicare Card
and/or Health Care 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

We are delighted to announce that we recently received some funding from Stonnington Council to provide additional nutritional support through our Pantry program. ***The Positive Nutrition Program** will supplement the existing Pantry through the provision of protein products, such as meat, chicken and fish, including a new recipe each fortnight to prepare a delicious and nutritious meal.

We will promote the commencement of this new program very soon.



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.

We are still looking to employ a part-time Food Services Officer (Cook) who would undertake tasks to ensure that the Centre delivers its Food Services program and that this is compliant with Food Safety regulations. If you or someone you know has a relevant qualification and cooking and serving people in a community environment is a passion, then I encourage you to contact Alex on 9863 0444.





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 October 5 to
Wednesday November 30
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.

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
- Centrelink Matters
- Discrimination
- Migration and Citizenship
- Disclosure of Status for Insurance Purposes
- Equal Opportunity
- Debt and Consumer Protection
- Unconscionable Conduct
- Tenancy
- Insurance(including through your Superannuation)

A range of information brochures are available.



Appointments

Appointments with lawyers are only offered on Thursdays from 7.00pm to 9.00 pm. Availabilities are limited. HALC will attempt to provide legal assistance within a reasonable period of time. Referrals will be offered under certain circumstances.

CONTACT US

If you would like advice on a legal matter, please contact the PLC on (03) 9863 0444 to speak to a Client Care Worker for an initial discussion and referral.

Or email us at: 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>

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



**thorne
harbour**
health*

CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP FOR PEOPLE WITH HIV

The Positive Self-Management workshop guides you in how to best integrate:

- medication regimens into your daily life so they can be taken consistently
- techniques to deal with problems such as frustration, fear, fatigue, pain and isolation
- exercise and healthy eating that can assist you in maintaining and improving strength, flexibility, and endurance
- effective communication with your family, friends and health professionals

When

TBD

**Seeking expressions of interest now
contact Gerry O'Brien 9863 0444
gerry.obrien@thorneharbour.org**

Where

**Positive Living Centre
51 Commercial Rd, Sth Yarra 3141**



The workshop is highly participatory where mutual support and success build confidence in your ability to manage your own health and maintain active and fulfilling lives.

**For more information please contact Gerry O'Brien
gerry.obrien@thorneharbour.org or 9863 0444**



Push! Fitness Docklands and the PLC **GROUP FITNESS CLASSES**



A series of facilitated group fitness classes that can improve your overall health and well being. These classes have been designed to use a number of different disciplines such as;

- Yoga and Stretch
- Core Strength
- Full Body Conditioning
- Dance Moves with a focus on Pop, Latin and R&B beats

Each class will be easy to follow, tailored to your level of fitness and be fun and effective. Classes are provided for PLC clients at no cost.

Exercise has many benefits, including:

- reducing the risk of health conditions
- controlling weight
- reducing stress and anxiety
- improving sleep



When

Every Tuesday 10am-11am
commencing 9th August

Where

Shop 2P 833 Collins Street,
Docklands 3008

For more information or to book a class, contact PLC reception on 9863 0444 and speak with Client Care staff.

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

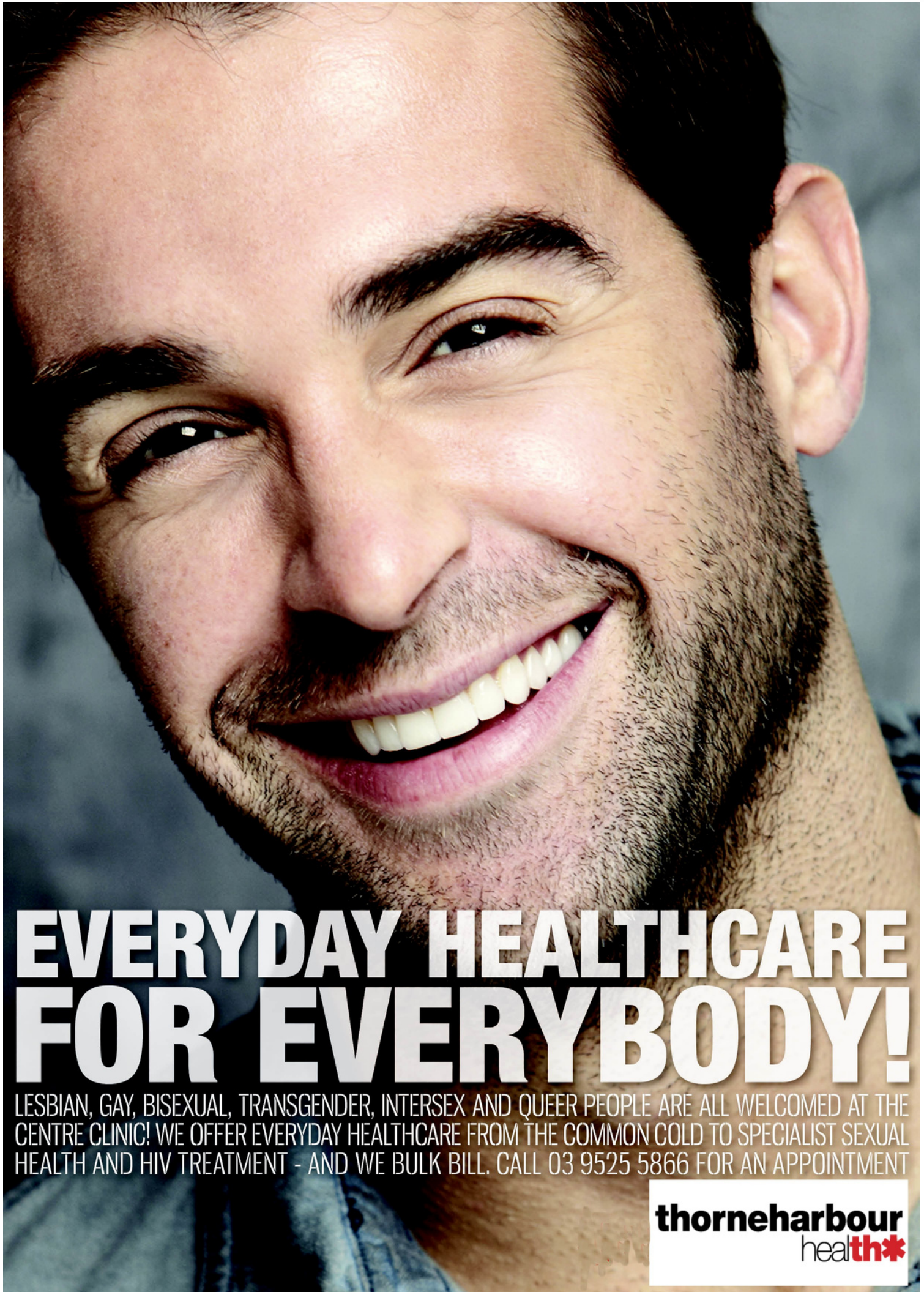
Please ring **9525 5866** for an appointment.

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 (LGBTIQ+) 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 LGBTIQ+ 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: (03) 8417 1280

Fax (03) 8417 1299

Email: am23@ccam.org.au



2022 Annual Retreat



What a Wonderful World

*Check in with The Spirit
with Yourself
with Your Community*

An invitation to take time to pause and reflect

Friday 21st October 4pm - Sunday 23rd October 2022 2pm

At Don Bosco Retreat Centre , 465 Lysterfield Rd, Lysterfield, 3156

Cost: waged \$60 and unwaged \$30

Completed registration forms need to reach us by **Wednesday 12th October**

For enquiries and registration form, contact us on **0408 230 008** or **am23@ccam.org.au**



CatholicCare
VICTORIA

Catholic
HIV/AIDS Ministry



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 Leadership Development Institute

The PLDI™ program aims to build the resilience and leadership capacities of people living with HIV in Australia.

The Institute is an international collaboration with a similar program operating in Canada and is based upon the principles of the greater involvement and meaningful engagement of people living with HIV. The Institute is focused upon placing people living with HIV as central and vital in all aspects of the Institute's programs and services.



Positive Leadership Development Institute™
Australia and New Zealand

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**.

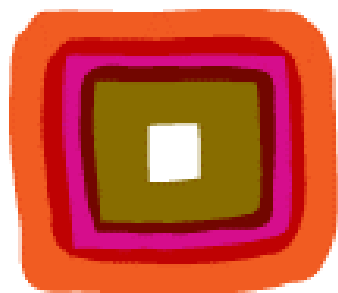


MSHC

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.iapac.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

Closed for Public Holidays:

Grand Final Eve Friday Sep 23

Cup Day Tuesday Nov 1

