

POSITIVE LIVING CENTRE

SUMMER 2022 NEWSLETTER



WELCOME

Welcome to the summer edition of the Positive Living Centre Newsletter. There is a lot to read and enjoy as well as a great deal of useful information in this edition. 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. This is the final Newsletter for 2022. The next Newsletter will be issued in March of 2023.

I am delighted to announce that Malcolm has joined the team at the PLC, appointed to the position of Food Services Officer (Chef) at the Positive Living Centre. Malcolm comes with a depth of experience with nearly 35 years working in the hospitality industry, acquiring a wide range of knowledge and achievements.

The end of the year for a lot of people is a time for celebrating with loved ones, family and friends and a time to relax; however, for some the reality is that the holiday season can bring on feelings of isolation or loneliness. Issues relating to financial problems, illness, relationships or loss can intensify stress associated with this time of year.

A holiday may also mark the anniversary of a loss, such as the first Christmas without a particular person. It is important for everyone to be aware of their feelings and to stay "safe" over the Christmas period. Look after yourselves and also keep an eye out on those around you who may need some extra support at this time. If this time of the year does present any difficulty for you or people you know, given that many services shut down over this period, these are some services that may be very useful:

- Lifeline on [131114](tel:131114) (24-hours a day, 7 days a week). www.lifeline.org.au
- Kids Help line on [1800 55 1800](tel:1800551800) (24 hour telephone, web and email counselling service for 5 to 18 year olds) www.kidshelpline.com.au
- Mensline on [1300 789 978](tel:1300789978) or www.mensline.org.au is a 24-hour confidential telephone support, information and referral service for men with family and relationship problems, especially around family breakdown or separation.

WELCOME

- DirectLine on [1800 888 236](tel:1800888236) provides 24-hour, 7-day counselling, information and referral on alcohol and drug-related matters.
- Beyondblue infoline on [1300 224 636](tel:1300224636) provides callers with access to information and referral to relevant services for depression and anxiety related matters.
- QLife on [1800 184 527](tel:1800184527) [www.qlife.org.au](http://www qlife.org.au) provides counselling, referral and information to the LGBTIQ+community.3pm to midnight everyday
- Rainbow Door - 10am-5pm every day. A free service for all LGBTIQ+ people in Victoria. Phone: [1800 729 367](tel:1800729367) Text: [0480 017 246](tel:0480017246).

With respect to the end of the year, the Centre will close on **Friday December 23rd at 4.00pm** and reopen on **Tuesday January 10th at 10.00am**.

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

Yours Sincerely

Alex Nikolovski
Manager Positive Living Centre



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.

A PERSONAL STORY: MARK ROME

The sharing of peoples' stories and the history of HIV remains a cornerstone of all our ongoing endeavours and it continues to be important to hear the voices of people living with HIV. Mark shared his personal journey with HIV and his connection with community and services. Here is his speech from the 2022 World AIDS Day Memorial.

"My name is Mark and I have been living with HIV for the last seventeen years. In that time, I have seen the treatment and care around HIV change greatly.

For me, once I received my diagnosis, I put it in the back of mind for two years before becoming quite unwell with PCP – or more commonly known as 'Pneumonia'. This is what led me to begin treatment. I had tried a number of combinations of medications eventually finding one that worked effectively.

This took about a year to get my CD4 and viral load counts under control. Let me take you back to when I was in hospital. I was at Fairfield House for about three months and I remember staff having to call an ambulance to take me from Fairfield House to ICU in the main ward of the hospital.

At the time I thought it was funny that I had to travel by ambulance from the rear of the Alfred at Fairfield House to the main building, which is only meters away!

After being discharged from hospital, I was encouraged to link in with services at the Positive Living Centre. In this very building that we are in today.

I walked by the building a number of times, not being able to come inside, fearful of the repercussions of everyday people, knowing why I was going in, knowing I was gay and HIV positive.

There was and still is a lot of stigma and discrimination towards the HIV positive and gay communities.

I stood at the traffic lights on the opposite side of the road and mustered up the courage to finally come inside – it helped that there was no one and no traffic around, so I bolted for the door.

Once inside, I was greeted by a gentlemen at the reception desk. His name was David. He made me feel welcome and put me at ease, strangely, because he didn't treat me any differently. When I come in the centre now, I walk in with my head held high and I am not concerned about what anyone else might think. Well, how things have changed.

I feel confident for the future of those diagnosed and living with HIV because of the advancements in medication and treatment. I would like to acknowledge all the health professionals and allied services that provide care and support for all positive people.

In 2020 I was diagnosed with Hodgkins Lymphoma and have been undergoing treatment since. Receiving this diagnosis for me was more difficult than my HIV diagnosis and I put that down to the advancements in treatment and the support I received from all services

I feel fortunate that I have access to these treatments and often think about the people we have lost who were not so fortunate. Names of people that we see here on the quilts and the memorial shards above us.

World AIDS Day is such an important community event that allows us to reflect on and remember all those we have lost to HIV and AIDS.

It was an honour to speak here this evening and I would like to pay special mention to Alex, the manager, and all the staff here the Positive Living Centre.

I would also like to thank the volunteers across Thorne Harbour Health for their ongoing support and commitment to our community.'

'World AIDS Day is such an important community event that allows us to reflect on and remember all those we have lost to HIV and AIDS.'



HIV FUTURES 10: WHAT'S THE ADVANTAGE OF AN INJECTABLE HIV TREATMENT?

HIV treatments have come a long way since the early days of multiple pills, high doses and chronic side effects. Many of us are now able to take just one pill, once a day and carry on with life as usual. But some people find it difficult to take even one pill at the same time every day. We keep forgetting or simply don't like doing it. That's where the appeal of a monthly or two-monthly injection comes in.

So far, most of the people who have trialled a long-acting injectable find it more convenient and like how it protects their privacy. By not having to take pills they also say it avoids the daily reminder of their HIV status. "It seems to me that it's much better because you simply don't have to worry about anything. If you go on a trip, you don't have to bring your pills or take anything at all along. You follow your 'normal life.' You come once a month. You get the shot and it's over. You don't have to be thinking everyday... oh I forgot to take the pill. Or... when did I take it last... You just don't worry about anything. In reality, taking the pill everyday keeps it [HIV] present... and the shot is just once a month...

You remember it when you come in and the rest of the time you can basically forget it." - Trial participant

The first injectable HIV treatment likely to be approved in Australia is a two-drug treatment containing cabotegravir- an integrase inhibitor that has a long half-life so it is active in the body for longer- and rilpivirine - a second-generation nonnucleoside reverse transcriptase inhibitor (NNRTI), developed to lessen the chance of developing resistance to this drug class. These treatments are given separately in each buttock every one or two months. The two-monthly treatment will probably be available in Australia in the next two years. Trials on people who had already controlled HIV with oral treatment have shown that changing to injectable cabotegravir/rilpivirine is just as good as continuing with oral therapy, with around 90% of participants maintaining an undetectable viral load for a year.

Most participants in these injectable trials reported side effects; however, the symptoms were largely mild, and included soreness and minor bruising at the injection site that cleared up after a day or two. A few experienced fever or impaired mobility (the injection is intramuscular and normally given in the buttock); but for the most part, participants considered any side effects a fair trade-off given what they saw as the benefits of receiving their HIV treatment through a periodic injection rather than a daily pill.

HIV doctors interviewed suggest that injections may not be right for everyone, noting that people still need to show up for appointments.

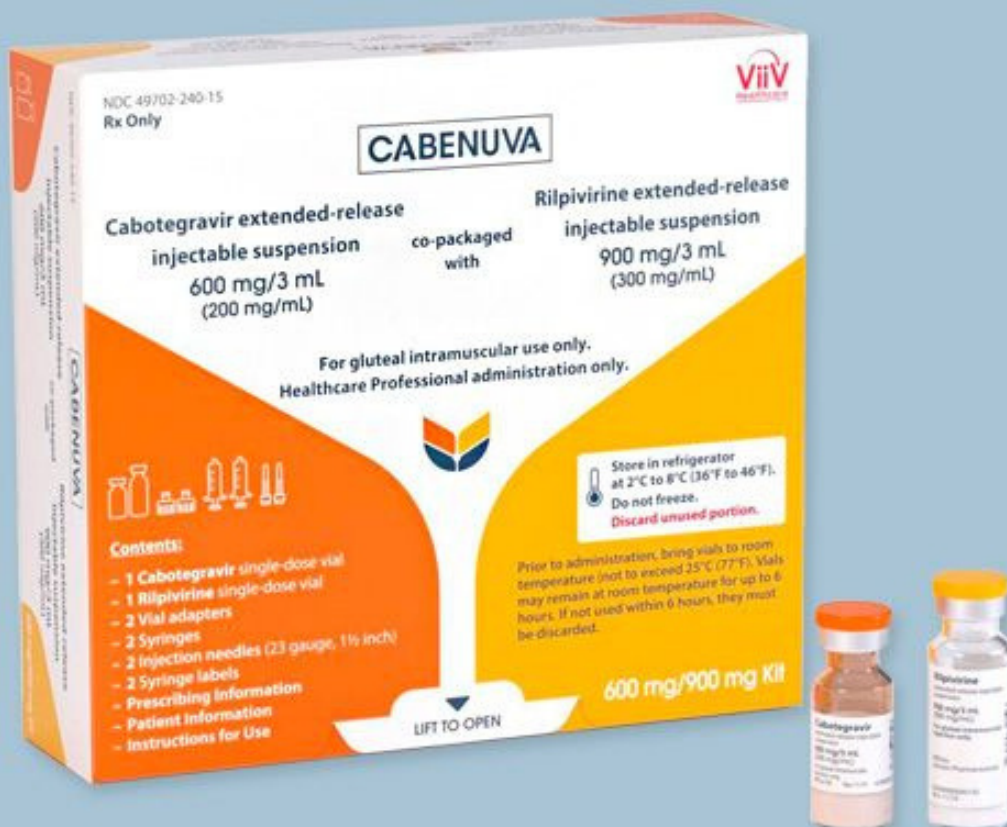
“My concern with injections is this: when you have someone who’s not compliant and they miss two or three oral doses, it’s not the end of the world. If you’re not compliant with an injectable every eight weeks, that could be an issue. So you’ve got to get people who understand the importance of adhering.” - HIV prescribing doctor.

One trial participant, an older man living with HIV noted that as he needed to take several other oral medications in addition to his HIV treatment, he was happy to stick with the pills.

While we wait for a cure, it’s great that we have new treatments in the pipeline. Long-acting injectables are a promising new option that will be helpful for many people living with HIV

Australian Research Centre in Sex, Health and Society HIV Futures is funded by the Australian Government Department of Health and Aged Care, and produced in partnership with the National Association of People with HIV Australia (NAPWA), the Australian Federation of AIDS Organisations (AFAO), and ASHM.

You follow your ‘normal life.’ You come once a month. You get the shot and it’s over. You don’t have to be thinking everyday... oh I forgot to take the pill. Or... when did I take it last... You just don’t worry about anything.



AUSTRALIA RECORDS LOWEST EVER HIV NUMBERS

Only 552 new cases were recorded in 2021, but there are ongoing concerns regarding late diagnoses, a new report shows.

Last year, Australia recorded its lowest annual number of HIV cases since the epidemic emerged, a new report released by UNSW's Kirby Institute has revealed.

The annual surveillance report, published at the joint Australasian HIV&AIDS and Sexual Health Conferences on the Sunshine Coast, shows there were just 552 new diagnoses in 2021, a 48% reduction since 2012 and 39% decrease since 2019.

Kirby Institute epidemiologist Dr Skye McGregor said Australia should be 'very pleased' with the sustained downward trend in diagnoses, but warned the recent low numbers may have been influenced by the COVID-19 pandemic.

'The declines are likely the result of high uptake of HIV prevention measures including pre-exposure prophylaxis, testing, and high levels of treatment among people living with HIV,' she said.

'[But] there is evidence of a decrease in testing, a decrease in casual sexual partners, as well as a decrease in the movement of people in and out of Australia.

'As we emerge from the pandemic and return to pre-pandemic behaviours, it's important to remember to re-adopt HIV prevention measures, and to test frequently. As HIV testing rates also return to pre-pandemic levels, it is possible we will see increases in the number of HIV diagnoses.'

According to the report, most new HIV cases continue to be among gay and bisexual men (68% in 2021), while 27% were attributed to heterosexual sex and less than 2% were a result of injection drug use.

However, even though there was a record low number of new cases in 2021, nearly half were considered to be 'late diagnoses' – meaning the person diagnosed may have been living with the virus for four or more years without knowing and could be experiencing HIV-related illness.

Scott Harlum, President of National Association of People with HIV Australia (NAPWAHA) says late diagnoses are more common among people who acquire HIV through heterosexual sex that it is important to 'normalise' testing among this cohort.

'These communities may not have perceived themselves to be at risk,' he said.

“If you are getting tested for sexually transmissible infections, you should test for HIV too. Early diagnosis is crucial to support the health of individuals, as well as prevent onward transmission.”

The report indicates that the very low number of HIV diagnoses among female sex workers and people who inject drugs reflects the ongoing success HIV prevention programs can have.

‘Australia is very fortunate to have low HIV rates among these populations,’ Dr McGregor said.

‘We need to ensure that health programs and services supporting these groups, such as needle and syringe programs and peer-led prevention programs for people engaged in sex work, are sustained.

‘There is also more work to be done to challenge the stigma and discrimination experienced by these groups, which creates social and legal barriers to accessing care.’

The report suggests progress is also still required if Australia is to reach global targets set by UNAIDS related to the proportion of people with HIV who have been diagnosed and are on treatment.

At the end of 2021, an estimated 91% of the projected 29,460 people in Australia living with HIV were diagnosed, while 92% of those diagnosed were on antiretroviral therapy (ART).

Both these rates will need to increase to 95% by 2025 to meet the targets, while the 98% of people on ART who had achieved viral suppression will also need to remain above 95%.

‘It is encouraging that 91% of people with HIV are aware of this status; however, this proportion has not improved very much in the last few years,’ CEO of the Australian Federation of AIDS Organisations (AFAO) Adjunct Professor Darryl O’Donnell said.

‘It’s vital that people know their HIV status. Greater effort is needed to promote HIV testing among all those who may have HIV.

‘Additional investment and effort is [also] needed for Australia to achieve its UNAIDS targets.’

Meanwhile, Kirby Institute researcher Professor Andrew Grulich believes effort is needed to improve access and promotion of PrEP for gay and bisexual men born overseas or who live of inner-city areas, as well as Aboriginal and Torres Strait Islander gay and bisexual men.

‘The downward trend over recent years, alongside the uptake of PrEP, treatment as prevention, and enhanced national prevention strategies, means gay and bisexual men should be very proud of our collective efforts to drive down HIV,’ he said.

'But there is more work to be done. PrEP needs to reach all people who could benefit from it ... and across the board, we need to increase HIV testing.'

Sixty-six per cent of HIV-negative gay and bisexual male participants in the 2021 Gay Community Periodic Survey reported having had an HIV test in the 12 months prior to the survey, down from 74% in 2019.

We know that in 2021 gay and bisexual men continued to report fewer sex partners than before COVID-19, and that HIV risk appeared to be lower,' Professor Martin Holt said.

'HIV testing levels were suppressed compared to before COVID-19, and PrEP use was also slightly lower. Encouraging re-engagement with HIV testing and prevention remains vital, particularly as people become more sexually active again.'



While new cases are down, experts say more effort is needed to improve testing rates in Australia.

It's vital that people know their HIV status. Greater effort is needed to promote HIV testing among all those who may have HIV.

WORLD AIDS DAY MEMORIAL 2022

Each year, on December 1st, the world commemorates World AIDS Day. This day brings together people around the world to raise awareness about HIV and AIDS and demonstrate international solidarity in the face of this epidemic.

World AIDS Day is an opportunity to spread awareness about the status of the epidemic and encourages progress in HIV and AIDS prevention, treatment and care around the world and here in Australia. It has become one of the most recognised international health days and a key opportunity to educate, commemorate those that have died, and celebrate victories such as increased access to treatment and prevention services.

A very successful World AIDS Day Memorial Service was held at the Positive Living Centre on Thursday 1 December 2022. This was the first public gathering of people since 2019 due to the COVID-19 pandemic and the various restrictions in Melbourne.

When we gather, we bring ourselves into an environment that is about the sum of all those present and this hybrid event was an incredibly inspirational and poignant service, fashioned to be responsive to the needs of those present both online and in the main hall of the Positive Living Centre.

World AIDS Day provides a purpose for us to gather and the Memorial, a place to hold everyone with a sense of comfort for all to partake. The comfort and safety of the space allowed for storytelling to wash over those present. Various speakers spoke to their own journeys. Dr Marina Larrison reflected on the inclusion of the AIDS Memorial Quilts in the Victorian Heritage register. These are now recognised by the State of Victoria as one of its most significant cultural objects. One of the quilts features a panel made in loving memory of Darren Olver, who passed away on October 26, 1994. Darren's mother Cheryl, reflected on her son's life and honoured his memory. This was a heartfelt tribute that moved all of those present.

The sharing of peoples' stories and the history of HIV remains a cornerstone of all our ongoing endeavours and it continues to be important to hear the voices of people living with HIV. Mark Rome shared his personal journey with HIV and his connection with community and services.

Our guest speakers finished with , Melbourne based performers and visual artists, Will and Garrett Huxley talked about their new project, 'Bloodlines', which honours and worships legendary artists lost to HIV and AIDS. A loving tribute to the many influential voices silenced by the AIDS epidemic of the 1980's and 90's.

The candle lighting ceremony, which is the core of the event, was led by Marg Hayes from the Catholic AIDS Ministry. An atmosphere was created that sensitively and thoughtfully allowed everyone involved to commemorate those loved ones lost in the past year, as their names inscribed on the Memorial Shards were acknowledged, in a respectful and compassionate way.

The evening was complimented with sympathetic songs and music, with performances by the acclaimed Jon Jackson, Rachel Dunham and the Melbourne Gay and Lesbian Chorus.

Through the combination of considered musical composition by David Cheshire, thoughtful words and reflective mood, hosted by the charming Luke Gallagher, a sense of genuine solemnity and respectful atmosphere was created.

The memorial ceremony was incredibly powerful and for many, very moving. The memorial will return in 2023, on December 1.

*Reflection written by Alex Nikolovski and Stephen Borg,
14 December 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.



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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 one
early February 2023
Thursday 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.



POSITIVE NUTRITION PROGRAM

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This program will supplement the existing Pantry through the provision of protein products such as meat, chicken, fish and a plant based option including a new recipe each fortnight to prepare a delicious and nutritious meal.

Keep up to date with the recipe and protein that is available on facebook.

What protein will it be this fortnight?

www.facebook.com/PositiveLivingCentre/

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 delighted to announce that Malcolm has joined the team at the PLC, appointed to the position of Food Services Officer (Chef) at the Positive Living Centre. Malcolm comes with a depth of experience with nearly 35 years working in the hospitality industry, acquiring a wide range of knowledge and achievements.





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**POSITIVE
NUTRITION
PROGRAM**



THAI CHICKEN AND BASIL STIR-FRY

421 CALORIES PER SERVE

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 10 MIN

INGREDIENTS

- 1/4 cup vegetable oil
- 4 eggs
- 3 garlic cloves, finely
grated
- 2 large mild red chillies (or
to taste)
- 500g chicken mince
- 400g choy sum, pak choy
or bok choy, washed well
- 1/2 cup oyster sauce
- 1 tbsp soy sauce
- 1 tbsp fish sauce
- 1 cup Thai basil leaves or
regular Italian basil leaves

DIRECTIONS

Step 1

Heat the oil in a wok or small non-stick frying pan over medium-high heat. When the oil is hot, crack an egg into a small bowl, then carefully pour the egg into the oil. Fry the egg for 1-2 minutes or until the edges are crispy and the yolk is cooked to your liking. Drain on paper towel and repeat with remaining eggs.

Step 2

Discard most of the oil from the pan, leaving about 1 tablespoon.

Step 3

Heat the pan with the oil over medium heat. Grate the garlic straight into the pan and use scissors to slice the chilli into the pan. Stir-fry for 10 seconds. Add the chicken mince and stir-fry, breaking up with a spatula, for 3-4 minutes or until almost cooked.

Step 4

Use scissors to slice the choy sum straight into the pan. Add the oyster sauce, soy sauce and fish sauce. Stir-fry for another half a minute or until everything is well combined and the chicken mince is cooked. Toss through the basil. Divide among serving plates and top with a crispy egg.



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 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
Wednesdays
10.30am - 2.30pm
Commencing early
February 2023

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

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



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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**

TUESDAY FROM 10AM

THERAPEUTIC SERVICES AT PLC

Ever wanted to explore Therapeutic Services at Thorne Harbour Health?



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Thorne Harbour Health's services provides professional, affordable counselling and other services for HIV positive people.

Check out the range of services we offer and see if one might be the right fit for you.

If you are unsure about engaging one of our mental health services, drop in to the PLC on Tuesdays or call our counselling service Client Liaison/Duty worker between

10AM-4PM Monday-Friday on
(03) 9865 6700 or 1800 134 840

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.



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

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

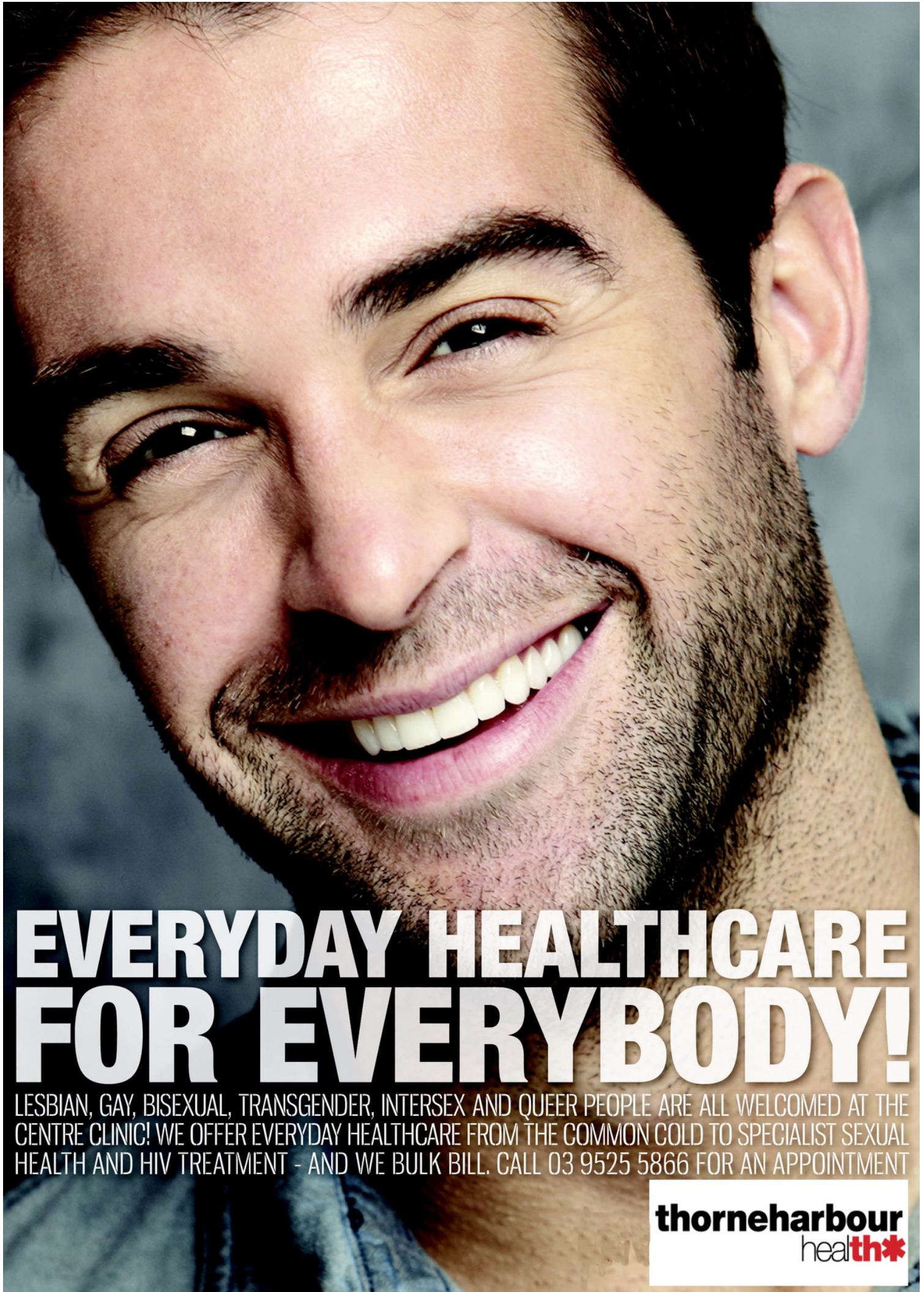
Please ring **9525 5866** for an appointment.

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+), 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: [rainbow door.org.au](http://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



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, Ground Floor,
95 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**.

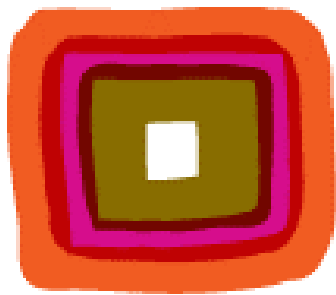


MSHC

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)

QLife

www.qlife.org.au | [1800 184 527](tel:1800184527)

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

South Eastern Centre Against Sexual
Assault

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

Southside Justice

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

StarHealth

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

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

The Centre will be **closed** from
4pm December 23 and **reopen**
10am January 10, 2023.

Closed for Public Holidays:
January 26

