

MARCH TO MAY 2023 • AUTUMN ISSUE

# *POSITIVE LIVING CENTRE*

Autumn 2023 NEWSLETTER



**thorneharbour**  
health\*

# WELCOME

Welcome to the 2023 autumn 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.

This Positive Nutrition Program continues to 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 that is available on [Facebook](#).

This new Food Market Program launched in early March will provide additional nutritious food in the form of fresh fruits/vegetables, aimed at improving health and well-being outcomes for all. Each month we will set up a stall in the dining room of the PLC, comprising a great assortment of fruits and vegetables. This will be offered independently from the Pantry service, and all clients of the Centre will have access to this service and can fill one provided grocery bag with an assortment of fruits/vegetables to their liking. This is an amazing opportunity, especially in these times of rising food prices. We hope to offer this pop-up market a number of times until June. Stay tuned for a promotion about this exciting service in the next few weeks.

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.

As promoted recently, we have introduced a new meal plan. Please check the following schedule.

# WELCOME

## PLC Lunch and Dinner Schedule

Tuesday 28-Feb	Lunch	Thursday 2-Mar	<b>Dinner</b>
Tuesday 7-Mar	Lunch	Thursday 9-Mar	Lunch
Tuesday 14-Mar	Lunch	Thursday 16-Mar	Lunch
Tuesday 21-Mar	Lunch	Thursday 23-Mar	Lunch
Tuesday 28-Mar	Lunch	Thursday 30-Mar	Lunch
Tuesday 4-Apr	Lunch	Thursday 6-Apr	<b>Dinner</b>
Tuesday 11-Apr	Closed for public holiday	Thursday 13-Apr	Lunch
Tuesday 18-Apr	Lunch	Thursday 20-Apr	Lunch
Tuesday 25-Apr	Closed for public holiday	Thursday 27-Apr	Lunch
Tuesday 2-May	Lunch	Thursday 4-May	<b>Dinner</b>
Tuesday 9-May	Lunch	Thursday 11-May	Lunch
Tuesday 16-May	Lunch	Thursday 18-May	Lunch
Tuesday 23-May	Lunch	Thursday 25-May	Lunch
Tuesday 30-May	Lunch	Thursday 1-Jun	<b>Dinner</b>

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.*

# ***HONOURING LONG-TERM SURVIVOR KATHY BENNETT ON NATIONAL WOMEN AND GIRLS HIV/AIDS AWARENESS DAY.***



Functioning in a time when it was often hard to get by day by day. Prospering in a time when our government would barely acknowledge that the epidemic existed. Despite all the hardships they have survived, they are still here, and many are helping to ensure others survive along the way. In honoring long-term survivors and National Women and Girls HIV Awareness Day on March 10, I had the opportunity to speak with Ms. Kathy Bennett. She is a 63-year-old Black woman who has been living with HIV for over 31 years. She recently led the longest-running HIV support group in Maryland.

Bennett was diagnosed in 1990, which was a time of great uncertainty. Her journey is unfortunately a very familiar one. She recalls in 1995, "We were just helping each other because they didn't have the medicine. As for myself, I was very ill, and my doctor was treating me and my best friend. And my best friend didn't make it, and I knew I was right behind her."

Not long after that, her doctor came to her again and told her about new drugs that were available. At the time he didn't know what they were going to do, but she also had nothing to lose. Bennett started taking the medication and was undetectable within four months. For her, it felt like a miracle, and she just thanks God that the right medicine came along at the right time. Bennett knows firsthand about the progress that has been made in HIV treatment and considers it "a dream come true," as over time she has gone from taking 18 pills a day to now taking one pill, once a day...

Before reaching undetectable, Bennett, like so many, was struggling to get by. She was dealing with addiction and incarceration. She was witnessing loved ones succumb to the same condition she was trying to manage. As a means of coping, she started attending a support group. It was run by Dr. Joe Jacques, a psychologist who was also living with HIV.

During the time Bennett became sick, she also became suicidal. She said she would have rather ended it herself than let the virus do it. When Jacques heard this, he introduced her to an HIV specialist and promised he'd take good care of her. The specialist was the same doctor who would later introduce her to antiretroviral treatment. Years later, Bennett was healthy and began working at the Institute herself. By now, Jacques had passed away and Bennett felt this was the opportunity to take up the torch. She went on to work under the Jacques Initiative and lead its HIV support group for 18 years.

After being a true testament to giving back and providing for others, Bennett was able to retire in November of last year. She says, "I feel as though the program had God's hands on it because he knew people were dying... and they had a safe place to come to."

Bennett believes strongly in creating that safe space and getting to the heart of people. She says that regardless of how far we have come with medicine, many people are still broken. Whether it be substance use, mental illness, homelessness, or poverty, we must get to the spirit of the people, connect with them, and address their needs.

At this point in her life, HIV is not difficult for Bennett to deal with, yet she herself has still faced recent challenges. Her resiliency never stops.

Bennett wraps up our conversation by saying, "I would like people to know that even with all that I've been through in my life, I am a survivor. I survived all the obstacles that were in my way. From incarceration to being homeless to substance abuse to staying in bed [for] months, being told to get your life in order... I overcame all of that, and then just recently what I went through was worse than being diagnosed [with HIV]. And guess what...still, I rise! And I tell people whatever you do, it ain't over until it's over."

Bennett is living proof that long-term survivors are vital to the HIV movement. There is wisdom in their experience. There is growth in their journey. There is beauty in their survival. These are our elders in the fight against HIV. Speak their names. Tell their stories. Give them their flowers while they are still here. To all the long-term survivors of HIV, I am humbled and grateful. I am humbled by what you have lived through and grateful you have made it this far. Thank you for starting this fight. I look forward to the day when we can finish it. Until then, keep surviving, keep thriving.

# THE WORD

## ‘QUEER’

The speed with which modern society has adapted to accommodate the world’s vast spectrum of gender and sexual identities may be the most important cultural metamorphosis of our time.

The word “queer” has always contained the shimmer of multitudes; even etymologists can’t settle on one origin story. One popular theory is that it descends from quer, an old German word meaning oblique — neither parallel nor at a right angle, but in between. From birth, queer has resisted straightness. By the 1800s, this inscrutability had taken on a negative cast in English usage, and queer marked something as dubious or unseemly: “Queering the pitch” meant to spoil something — a business transaction, say; being on “queer street” meant financial ruin. Eventually, the word came to apply to people with ambiguous peculiarities. A “queer fellow,” in 19th-century English, is decidedly odd, as is someone who is “queer in the head.”



The word became linked to sexual behavior in the early 1900s, as a derogatory term for men deemed effeminate and others who upended traditional gender roles and appearances. As homosexuality was classified as a mental illness and made punishable by law, the word snowballed into a full-blown slur.

This halo of negativity began to dim somewhat in the 1970s when the word was reclaimed by activists and academics. Not only did its deliberate looseness make it a welcome alternative to the rigidity of “gay” and “lesbian, but” it also turned the alienating force of the slur into a point of pride

Academics saw queerness as possessing revolutionary potential. Eve Sedgwick, a professor at Duke who is considered one of the founders of queer theory, described queerness as an “open mesh of possibilities.” David Halperin, a founder of an academic journal on queer studies, describes queerness as a practice, one that is an “exhilarating personal experiment, performed on ourselves by ourselves.” The hit makeover show “Queer Eye for the Straight Guy” debuted on Bravo, each episode culminated in a lavish shopping trip that distilled gay culture down to clothes and hair products — and it was all done in the service of straight men

The radical power of “queer” always came from its inclusivity. But that inclusivity offers a false promise of equality that does not translate to the lived reality of most queer people. Maybe we are relying on a single word, a single idea, a single identity, to do too much. After all, “queer” never belonged to us; it was foisted upon us, and we reconfigured it to make it ours. The future will bring new possibilities and ideas — and new terms for them. Scientists are still learning about the vast and complex components that interact to create human sexuality.

*The radical power of “queer” always came from its inclusivity.*



An article in *Nature* from 2015 delved into the latest research on sex and gender among mice. Sex determination is thought to happen in the womb, but studies of mice suggest that sex can fluctuate between male and female throughout life. Someday, maybe we’ll recognize that queer is actually the norm, and the notion of static sexual identities will be seen as austere and reductive.

To the queer theorist José Esteban Muñoz, queerness was not a label people could claim but a complete reimagining of how people could be. “We may never touch queerness,” he wrote, in his 2009 book, “*Cruising Utopia*.” “But we can feel it as the warm illumination of a horizon imbued with potentiality.” The widespread acceptance and even appropriation of the word “queer” seem to move us both closer to and further from such a future. But the horizon is out there, and you can see it if you squint.

Excerpts from an article by Jenna Wortham

## HIV BUDGET LAYS STRONG FOUNDATIONS FOR LGBTIQ HEALTH AND STEPS UP HIV EFFORT

The Australian Federation of AIDS Organisations has welcomed new Budget funding that lays important foundations for expanding LGBTIQ health services and accelerating the end of HIV transmission in Australia.

Last night's Budget provides welcome funding for peak organisations to lead consultations on LGBTIQ+ health. This includes \$220,000 to AFAO to explore the barriers facing LGBTIQ+ communities when accessing healthcare and options to provide better access to appropriate healthcare for these communities.

AFAO CEO, Darryl O'Donnell, welcomed the initiative.

"More than four in five young LGBTQA+ people report high levels of psychological distress, while one in ten have attempted suicide in the past year. We have made important strides in supporting the health of LGBTIQ people, but there is nonetheless a continuing crisis.

"LGBTIQ-led health organisations can do so much more if they are properly resourced with secure funding. This is an important step forward and we look forward to partnering with the Government to build a robust primary health option for communities that really need it."

AFAO also welcomed Minister Butler's announcement of an expert task force to get Australia on track to end HIV transmission. Reporting directly to the Minister, the task force will be charged with removing bottlenecks and driving progress to end HIV transmission.

The budget includes renewed HIV funding, including a pilot program for peer-led contract tracing and expanded clinical and counselling support for people newly diagnosed with HIV. The Government has also taken the first steps to restore the funding of AFAO and the National Association of People with HIV Australia (NAPWHA), leading to Australia's effort to end HIV transmission and promote the health of people with HIV.

"The Government has signalled through this budget it is serious about progress on HIV. We've worked closely with the Minister while in Opposition and now in Government to share the evidence on what Australia can achieve on HIV.

"We're encouraged that the Government is stepping up its response and its partnership with us.

"With the right effort, Australia can achieve something that would have seemed astounding as recently as a decade ago, virtual elimination of HIV transmission," Mr O'Donnell said.



# HIV SCIENCE AS ART AT IAS 2023 NAPWHA

“There is an art to science, and a science in art; the two are not enemies, but different aspects of the whole.” Issac Asimov

The National Association of People Living with HIV Australia (NAPWHA) is delighted to bring together 12 pieces of world-class HIV science revisioned through the prism of 12 artists living with HIV from around the world, on show in Brisbane, Australia during IAS 2023, the 12th IAS Conference on HIV Science, from 23-26 July 2023.

“From the earliest days of HIV/AIDS, Australia has had a proud history of working in partnership to bring about meaningful actions to fight HIV and the myths and misconceptions about the disease.” – Scott Harlum, NAPWHA President, “This innovation is a continuation of our commitment that that practice.”

Supported by a team of international artistic and scientific curators, the exhibition will feature 12 of the most outstanding cutting-edge basic, clinical, implementation and prevention science in HIV for discussion at the conference. However, the science will be re-envisioned by a selection of artists living

with HIV from across the Asia/Pacific region and around the world.

“Art can help unite people and amplify our collective efforts’ in the HIV response. IAS – the International AIDS Society is proud to support the Science as Art project at IAS 2023 and is thrilled that all proceeds will support HIV programmes in the Asia/Pacific region.” – Sharon Lewin, IAS President.

The artwork and scientific manuscripts from this first-of-its-kind project will be on display leading up to and during IAS 2023 in Brisbane, Australia. The original pieces of artwork will be available by auction following the conference with a limited number of prints (signed by both the artist and scientific team) available for purchase during the conference.

“As an artist and person living with HIV, this project speaks to the transformative power of both art and science” – Jessica Whitbread member of the artistic curation team on the project and civil society representative on the conference coordinating committee for IAS 2023, “We are looking for artists living with HIV from around the world who create work in any medium to come forward to take part in this exciting project.”

All funds raised through this project will be distributed back to HIV community efforts supporting people living with HIV across the Asia/Pacific region.

# INFLAMMATORY BOWEL DISEASE

Inflammatory bowel disease is a group of conditions that includes ulcerative colitis and Crohn's disease. The conditions damage the gut in different places, but the symptoms are similar. The most common symptoms are recurring diarrhoea (sometimes with blood), pain and cramping in the abdomen, weight loss and tiredness. Inflammatory bowel disease is different from irritable bowel syndrome.

New research suggests that people living with HIV have a higher risk of developing inflammatory bowel disease. One analysis included everyone living with HIV in Denmark. It compared their medical records to those of people of the same age and sex in the general population.

Men living with HIV were almost three times as likely as men without HIV to



develop inflammatory bowel disease. However, the increased risk was not seen in women living with HIV in the study.

A second analysis from the US also found an increased risk in people with HIV. This time it was seen in both men and women.

Researchers did not have access to detailed information about people's HIV treatment, viral load or CD4 count, but it is possible that HIV could play a role in developing the condition. The gut contains large concentrations of immune system cells, including CD4 cells, which HIV uses to replicate. One of the largest HIV reservoirs in the body is in the wall of the gut.

The researchers say that any new gastrointestinal symptoms in people with HIV, such as diarrhoea, pain, blood in stools or weight loss, should prompt consideration of inflammatory bowel disease as a possible cause.

# THE VOICE TO PARLIAMENT.



Constitutional recognition through a Voice to Parliament is a body enshrined in the Constitution that would enable Aboriginal and Torres Strait Islander people to provide advice to the Parliament on policies and projects that impact their lives.

You might be hearing talk about a Voice to parliament in the media and we thought we would take the opportunity to give you a web address so that you can find out more about this proposal.

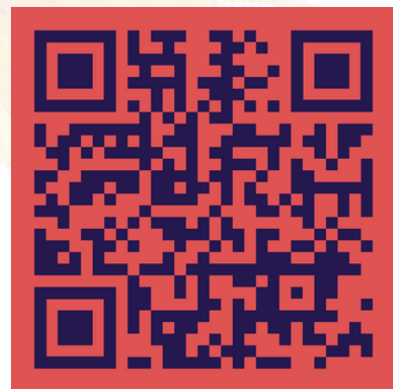
A Voice to Parliament gives the Australian Government the opportunity to make policies with Aboriginal and Torres Strait Islander people, rather than for Aboriginal and Torres Strait Islander people.

In May 2017, over 250 Aboriginal and Torres Strait Islander delegates from all points of the Southern Sky gathered and issued the Uluru Statement from the Heart to the Australian people, which invited the nation to create a better future for all of Australia. For more information about this statement

You will be asked to vote in this referendum next year but the discussions are well and truly underway. To dig a bit deeper into the Voice and why it matters go to the official website



<https://ulurustatement.org/>



<https://fromtheheart.com.au/>



# THE VEGGIE GARDEN

Every Wednesday Grow Cook and Go Class happens here at the Positive Living centre. The initiative behind the class is to build a sense of community and gain independent living skills in both cooking and gardening. The veggie garden created by the class members provides healthy food that is homegrown fruit, vegetables, and heaps of herbs but it is so much more.

The veggie garden has an impact on the class member's diet, cooking, health, and well-being.

It is an area where there is continual problem-solving, an area where one can take on the role of nurturing. It is a welcoming place. Often a person will come up and ask about a plant and how can it be eaten or share a story. It is a place of contemplation, where one can create new mindsets and skills for resilience but above all, it is an environment that evokes curiosity, a place to share ideas, gain knowledge, and friendships.





## 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](mailto: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 two Thursday 27 April  
10.30am -2.30pm

## ENROLMENT

Enrolment requires a  
current Medicare card and  
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

It provides low-cost nutritious food items including packaged goods, refrigerated items, 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 pre-prepared packages.

*The 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.



## Lunch and Dinner

Lunch is served at the Centre from 12.30 pm to 1.30 pm each Tuesday and Thursday.

Dinner will be served on the first Thursday of every month, from 6.00 pm to 7.00 pm. On the days that dinner is provided, there will not be a lunch service.

Please check our Facebook page to see what the meal of the week will be.

The cost is \$3 for clients and \$5 for a client's guest.



## Pop-Up Food Relief Market

This new Food Market Program will provide additional nutritious food in the form of fresh fruits/vegetables, aimed at improving health and well-being outcomes for all. For one week each month, we will set up a stall in the dining room of the PLC, comprising a great assortment of fruits and vegetables. This will be offered independently from the Pantry service, and all clients of the Centre will have access to this service and can fill one provided grocery bag with an assortment of fruits/vegetables to their liking. This is an amazing opportunity, especially in these times of rising food prices. We hope to offer this pop-up market a number of times until June. Stay tuned for promotion about this exciting service at the Centre and on our Facebook page.



## Coffee and Cake

Served each Wednesday at 2.30 pm. Come in and enjoy a delicious sweet treat and a chat.







2023

*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

## **THE DETAILS**

One 4 hour session a week  
Wednesdays  
10.30am - 2.30pm  
Commencing 26 April 2023

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.**

***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>



# *Taking Charge*

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living positive victoria

## **SELF-MANAGEMENT WORKSHOP FOR ALL PEOPLE WITH HIV**

The 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**

**Tuesday 9th May 2023**

**Time to be confirmed**

### **Where**

**Positive Living Centre**

**51 Commercial Rd, SthYarra 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](mailto:gerry.obrien@thorneharbour.org) , 9863 0444 or  
Vic Perri, [vperri@livingpositivevictoria.org.au](mailto:vperri@livingpositivevictoria.org.au)

# STRETCH AND TONE@PLC



## ABOUT THE CLASS

After a lengthy COVID hiatus, The Alfred Physiotherapy crew are back with a new class at PLC starting tuesday October 18th 2022 at 11:00am!

This 1hr class is designed to stretch and tone your entire body, with a focus on core control, limb strength and balance.

If you haven't attended before and are interested, please contact us about getting an assessment done first so we can tailor the exercises to your needs.

[M.Binette@Alfred.org.au](mailto:M.Binette@Alfred.org.au);  
[Kate.Wickham@Alfred.org.au](mailto:Kate.Wickham@Alfred.org.au);  
ph [9076 3450](tel:90763450).

If you have attended our classes previously, we can have a chat on your first class back about any concerns.

Every Tuesday from 11.00am - 12.00pm



*Join an exciting venture at the PLC.*

## ***EXPRESSIONS OF INTEREST WRITER'S WORKSHOP***

In partnership with the Council of Adult Education, we are seeking expressions of interest to support an exciting new creative writing workshop at the Positive Living Centre, starting in April 2023. Whether you're a novice, expert or in between, this initiative will develop your skills in a supportive environment. Creative writing can benefit you through building confidence, encourage artistic self-expression and enhance empathy and communication skills leading to better mental, emotional, and physical health outcomes.

### **THE COURSE OUTLINE**

The program will help develop your creative writing skills, share your writing and participate in feedback. Use a variety of prompts to explore different types of writing. learn the foundations of storytelling including:

- Story structure and language techniques
- Character development
- Writing dialogue
- Different styles of writing

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



# 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? or have fines?
- 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 / TAFEs / Colleges, which this project can direct you to. For more information, please make an appointment with the David Williams Fund Coordinator or check the university / TAFE websites for more information.

## NO INTEREST LOANS SCHEME (NILS)

The David Williams Fund (DWF) can assist with preparing an application for the Good Shepherd Microfinance No Interest Loan Scheme (NILS).

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 are so important.

They provide small loans for items (\$300-\$1500) 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-\$50 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., refrigerators, and washing machines.
- Funeral assistance

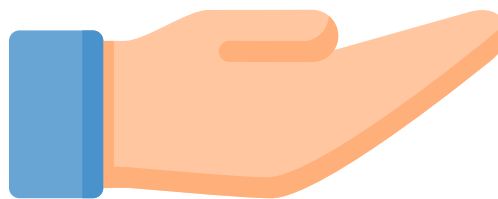
The fund does not make payment for:

- Legal, insurance installments 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](http://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 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](mailto: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.

# 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](mailto:thcountry@thorneharbour.org)**

**Website:**

**[www.thorneharbour.org/thcountry](http://www.thorneharbour.org/thcountry)**

**Facebook:**

**[www.facebook.com/thcountry](http://www.facebook.com/thcountry)**

Check yourself  
before you  
wreck yourself.

TouchBase with us.

# THERAPUTIC 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](mailto:counselling@thorneharbour.org)

Website:

<https://thorneharbour.org/services/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 support.

## 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 their methamphetamine use and better manage their 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:**

**<https://thorneharbour.org/services/alcohol-and-other-drug-services-aod/>**



**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.



rethink the drink

Game day is so much better without the hangover.

LAURA CRUMMALE - DAREBIN FALCONS

COULDN'T HAVE DONE THAT WITH A HANGOVER.

Share your story at [rethinkthedrink.org.au](https://rethinkthedrink.org.au)

thorne harbour health

## 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](mailto:fvintake@thorneharbour.org) or [Revisioning@thorneharbour.org](mailto:Revisioning@thorneharbour.org)

Website:

<https://thorneharbour.org/services/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.

## **QUEER ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE**

Yarning: Blak & Queer

Monthly online yarning group for LGBTIQ+ Aboriginal and Torres Strait Islander First Nations mob. Providing peer education, support and connection, facilitated by the queer mob.

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

Peer workshops for gay, bi, queer and sexually diverse men (including trans participants) 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 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

## **Magnetic - Single Session Workshops**

Single-session workshops 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. They are open to all ages over 18.

## **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.

# HEALTH PROMOTION SERVICES

## 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 over 18.

## 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 to all ages.

## TRANS MEN.

### PACE - SINGLE-SESSION WORKSHOPS

These peer workshops will provide a space for trans men to connect with each other, and 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 AND TRANS FEMININE

### NOVUS - MONTHLY WORKSHOPS

Novus is a monthly peer workshop for trans women, trans feminine, and nonbinary+ participants to connect with each other, and have a safe and social place to engage in discussions and activities relevant to their experiences. Novus workshops are open to all ages over 18. Participants who feel aligned with any of the other peer workshops are welcome to also attend those groups simultaneously.

## NON-BINARY & GENDER-DIVERSE PEOPLE

### RISE - MONTHLY WORKSHOPS

Rise is a monthly peer workshop for nonbinary+ and gender-diverse participants to connect with each other and engage in discussions and activities relevant to experiences and identities beyond the binary.

Participants who feel aligned with any of the other peer workshops are welcome to also attend those groups simultaneously.

**For more information contact us at (03) 9865 6700 or email:**

**[peer.ed@thorneharbour.org](mailto:peer.ed@thorneharbour.org)**

**Or**

**<https://thorneharbour.org/services/peer-workshops/>**



# 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 include:

- 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](http://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

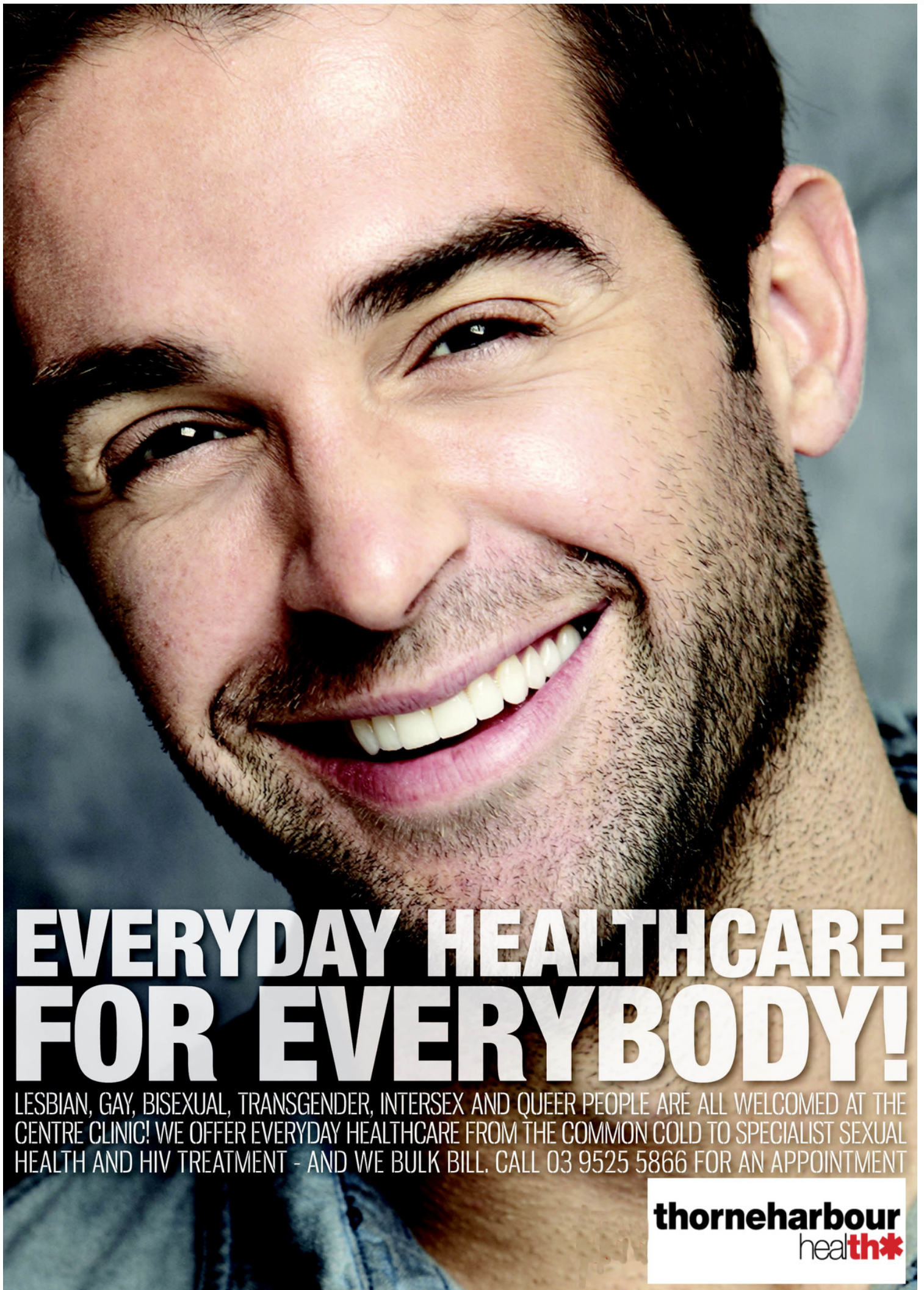
## INFORMATION

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.

<https://thorneharbour.org/services/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](http://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 provides peer-driven support services for lesbian, gay, bisexual, transgender and gender diverse, intersex, queer, and asexual (LGBTIQA+) people, their families, allies, and communities.

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

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

**Webchat online** - 3 pm 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 well-being.

10 am to 6 pm every day

Phone: 1800 729 367

Text: 0480 017 246

Email: [support@rainbowdoor.org.au](mailto:support@rainbowdoor.org.au)

Visit: [rainbowdoor.org.au](http://rainbowdoor.org.au)



**Out and About** is a friendship and community connection 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](mailto:outandabout@switchboard.org.au)



# LIVING POSITIVE VICTORIA

Living Positive Victoria is committed to the greater and a meaningful engagement of people living with, and affected by, HIV. There is a wide range of activities, programs and events to cater to individuals where they are 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.

## 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. So what can you expect from the workshop?

Our next workshop is in July – Friday 1, 7 pm-9 pm (6.30 pm pizza) and Saturday 2, 9 am-6 pm.

## 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.

## Planet Positive

Planet Positive is a social event for HIV-positive members and their family and friends to improve their emotional and social well-being 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

## 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.



## 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](mailto: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](http://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/>

**GENNEXT**



# 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](http://www.mshc.org.au) for more information.



Green Room  
Specialist Clinic

## 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](mailto: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/support/aids-infonet](http://www.iapac.org/support/aids-infonet)

Current information on HIV/AIDS treatment and prevention

[www.askizzy.org.au](http://www.askizzy.org.au)

Ask Izzy is a website that connects people in need with housing, a meal, money help, family violence support, and much more

[www.aidsmap.com](http://www.aidsmap.com)

Clear and reliable information on HIV

[www.afao.org.au](http://www.afao.org.au)

Peak national organisation for Australia's community HIV response

[www.cisvic.org.au](http://www.cisvic.org.au)

Services that assist people experiencing personal and financial difficulties by providing information, referral, and support services including Emergency Relief.

[www.downanddirty.org](http://www.downanddirty.org)

Information and resources on different M2M sexual practices

[www.i-base.info](http://www.i-base.info)

HIV treatment information and advocacy

[www.medscape.com](http://www.medscape.com)

Medical news, clinical reference, and education

[www.napwha.org.au](http://www.napwha.org.au)

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

[www.pozpersonals.com](http://www.pozpersonals.com)

Worldwide dating website for people living with HIV

[www.stayingnegative.net.au](http://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](http://www.thebody.com)

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

[www.thedramadownunder.info](http://www.thedramadownunder.info)

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

[www.top2bottom.org.au](http://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](http://www.touchbase.org.au)

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

[www.treathivnow.org.au](http://www.treathivnow.org.au)

Information on HIV treatments and living with HIV

[www.what-works.org](http://www.what-works.org)

Information and resources on HIV prevention

# USEFUL SERVICES

Alfred Hospital | [www.alfredhealth.org.au](http://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](http://www.beyondblue.org.au) | [1300 22 4636](tel:1300224636)

Bolton Clarke HIV Team (formerly RDNS)

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

CatholicCare HIV/AIDS Ministry

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

(Marg Hayes)

Centre for Culture, Ethnicity & Health

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

Coronavirus Hotline

[1800 675 398](tel:1800675398)

DirectLine AOD Service

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

Expression Australia Employment

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

Green Room

(Melbourne Sexual Health Centre)

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

Harm Reduction Victoria

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

Hepatitis Infoline

[www.hepatitisaustralia.com](http://www.hepatitisaustralia.com) |

[1800 437 222](tel:1800437222)

Launch Housing

[www.launchhousing.org.au](http://www.launchhousing.org.au) |

[1800 825 955](tel:1800825955)

Lifeline

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

LiverWELL (formerly Hepatitis Victoria)

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

Living Positive Victoria

[www.livingpositivevictoria.org.au](http://www.livingpositivevictoria.org.au) |

[9863 8733](tel:98638733)

LGBTIQ+ Liaison Officer – Victoria Police

[www.police.vic.gov.au/LGBTIQ-liaison-](http://www.police.vic.gov.au/LGBTIQ-liaison-officers)

[officers](tel:95205200) | [9520 5200](tel:95205200)

Mental Health & Wellbeing Hub

[coronavirus.vic.gov.au/mentalhealthhub](http://coronavirus.vic.gov.au/mentalhealthhub)

[1300 375 330](tel:1300375330)

Monash Health | [www.monashhealth.org](http://www.monashhealth.org)

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

Northside Clinic

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

Partner Notification

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

PEP Hotline

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

Positive Women Victoria

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

# USEFUL SERVICES

Prahran Market Clinic

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

QLife

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

Quit Victoria

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

Rainbow Door

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

Royal Melbourne Hospital / VIDS

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

Services Australia (formerly Centrelink)

[www.servicesaustralia.gov.au](http://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](http://www.ssrv.org.au) | [9481 0355](tel:94810355)

South Eastern Centre Against Sexual  
Assault

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

Southside Justice

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

StarHealth

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

Switchboard

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

Wise Employment

[www.wiseemployment.com.au](http://www.wiseemployment.com.au) |  
[1800 685 105](tel:1800685105)



**thorneharbour**  
health\*

Thorne Harbour Health Services  
[www.thorneharbour.org](http://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](http://www.thorneharbour.org)

E: [plcfeedback@thorneharbour.org](mailto: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 10 am – 4 pm

Wednesday 10 am – 4 pm

Thursday 10 am – 4 pm\*

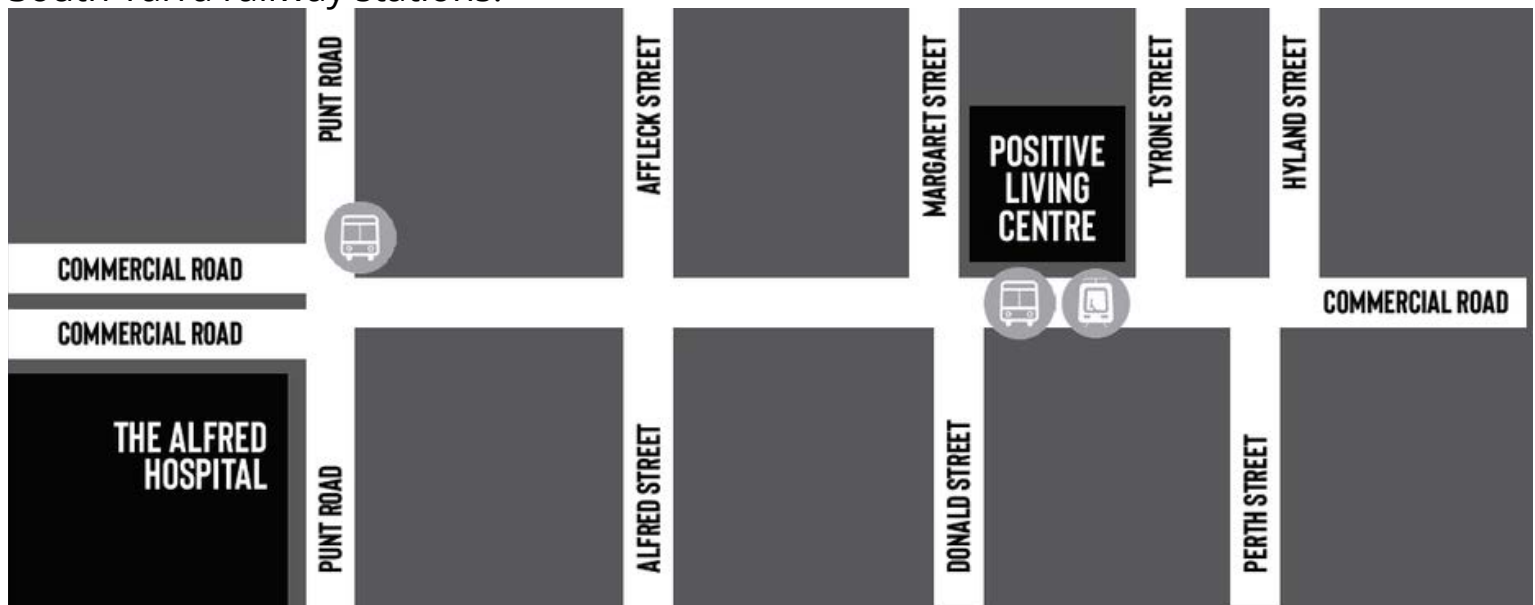
Friday 10 am – 4 pm

\*The centre will be open until 8 pm on the first Thursday of each month.

Closed for Public Holidays:

Friday 7 and Tuesday 11 April

Tuesday 25 April





Communication is vital so that all users of the various services offered at the **Positive Living Centre** are aware of those services and informed about upcoming activities and events. This Newsletter, digital and hard copy form, is an example of our endeavours to ensure up-to-date information is offered to all. We also provide a monthly email service update to over 500 clients of the service. Our Facebook page and Thorne Harbour Health website are also valuable platforms on which we promote a variety of activities and services.

To ensure you receive the information you require, we would appreciate you ensuring your contact details and contact preferences are up to date. Next time you are in the Centre please feel free to have a chat with a Client Care Worker or contact us at 98630444.



PLC Facebook page at: [www.facebook.com/PositiveLivingCentre](https://www.facebook.com/PositiveLivingCentre)  
Thorne Harbour Health Website: [HIV Positive Services](#) | [Thorne Harbour Health](#)  
Contact the Positive Living Centre at 9863 0444 or email  
[plcfeedback@thorneharbour.org](mailto:plcfeedback@thorneharbour.org)

MARCH TO MAY • AUTUMN ISSUE



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