

# *POSITIVE LIVING CENTRE*

SUMMER 23/24 NEWSLETTER





# ACKNOWLEDGMENT

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.





# WELCOME

Welcome to the summer edition of the Positive Living Centre Newsletter, where you'll find a wealth of engaging content and valuable information. Enriched with contributions from various sources, our newsletter features insightful news pieces and ensures you stay informed about upcoming events and activities so that you never miss out. As we bid farewell to 2023 you can anticipate the next newsletter in March 2024.

While the year-end is often a time of celebration and relaxation with loved ones, it's crucial to acknowledge that, for some, the holiday season may evoke feelings of isolation or loneliness. Factors like financial challenges, health issues, relationship dynamics, or loss can amplify stress during this time. The holiday season may also serve as a poignant reminder, marking the first Christmas without a significant person. It's essential for everyone to be mindful of their emotions and prioritise their well-being during the Christmas period. If this time of year poses challenges for you or someone you know, especially considering the closure of many services, consider the following helpful resources:

- Lifeline on 131114 (24-hours a day, 7 days a week). [www.lifeline.org.au](http://www.lifeline.org.au)
- Mensline on 1300 789 978 or [www.mensline.org.au](http://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.
- DirectLine on 1800 888 236 provides 24-hour, 7-day counselling, information and referral on alcohol and drug-related matters.
- Beyondblue infoline on 1300224636 provides callers with access to information and referral to relevant services for depression and anxiety related matters.
- QLife on 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 Text: 0480 017 246.
- Kids Help line on 1800 55 1800 (24 hour telephone, web and email counselling service for 5 to 18 year olds) [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

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

# ***HONOURING LIVES, CELEBRATING HOPE: WORLD AIDS DAY MEMORIAL EVENT AT POSITIVE LIVING CENTRE***

December 1st marked World AIDS Day, a day of reflection, remembrance, and hope for millions around the globe. The Positive Living Centre opened its doors to the community for an evening that seamlessly blended solemnity and celebration. The Memorial Ceremony not only paid tribute to those we have lost but also ignited a flame of hope for a future free from HIV and AIDS.

The event boasted an impressive lineup of speakers and performers who lent their voices to the cause. Assistant Minister for Health and Aged Care, The Honourable Ged Kearney, delivered a poignant address, emphasising the government's commitment to combating HIV and offering support to those affected. Alison Thorne, one of the founding members of Thorne Harbour Health, shared her insights, adding a personal touch to the evening. Tex McKenzie, our charismatic Master of Ceremonies, skilfully guided us through the proceedings, ensuring the event flowed seamlessly.

The Memorial Event was further enriched by the uplifting voices of two remarkable speakers representing the positive community, Bev Greet and Stephanie Raper. Bev shared her empowering journey, emphasising resilience and strength within the positive community, while Stephanie's words resonated with hope and unity.

Their heartfelt speeches illuminated the evening, fostering a sense of community and solidarity. Additionally, the event featured a compelling video presentation titled "Thriving," a beautifully woven narrative that showcased the stories of seven inspirational women. Their journeys, intricately intertwined into a powerful poem, served as a testament to the strength, resilience, and determination within the positive community. This visual representation further underscored the evening's theme of remembrance, celebration, and hope, leaving a lasting impact on all those who were fortunate enough to witness it.

Adding to the evening's emotional depth were performances by the acclaimed Stephen Mahy and the Melbourne Gay and Lesbian Chorus. Their artistry filled the room with melodies that resonated with the theme of remembrance and hope. Our Musical Director, David Cheshire's soul-stirring musical compositions created an atmosphere that was not only respectful and compassionate but also deeply moving.

The event received an overwhelming amount of positive feedback, highlighting the significance of the occasion. We extend our heartfelt gratitude to all who contributed to the success of this year's World AIDS Day Memorial Event.



# ***COVID-19 RAISES THE RISK OF CARDIOVASCULAR DISEASE IN PEOPLE WITH HIV***

People with HIV who were diagnosed with COVID-19 had a 35% higher risk of a major cardiovascular event in the following year compared to other people with HIV, a Spanish study has found.

The findings were presented at the [19th European AIDS Conference \(EACS 2023\)](#), taking place in Warsaw, Poland, this week.

Several large studies in the general population have reported that people diagnosed with COVID-19 are at higher risk of experiencing a major cardiovascular event, such as a heart attack, compared to the rest of the population. However, the risk of new cardiovascular events after a COVID-19 diagnosis has not previously been studied in people with HIV.

Dr Raquel Martin Iguacel and colleagues looked for COVID-19 diagnoses in the PISCIS HIV cohort database between March 2020 and July 2022 and for cardiovascular events in the PADRIS database, which compiles data on health service utilisation in the Spanish region of Catalonia.

The analysis identified 4199 people with HIV with COVID-19 and 14,004 without COVID-19. The study population was predominantly male (82%) with a median age of 45 in the COVID group and 48 in the non-COVID group. Approximately 3% had CD4 counts below 200 (a risk factor for severe COVID-19 outcomes).

Among those diagnosed with COVID-19, 7% were admitted to hospital and 25 people required intensive care.

During a median follow-up period of 243 days, 211 people with a COVID-19 diagnosis and 621 without COVID-19 had a cardiovascular event, an incidence rate of 70.2 and 56.8 per 1000 person-years, respectively

*""All people diagnosed with COVID-19 are at higher risk of experiencing a major cardiovascular event""*

In a multivariable analysis that adjusted for demographic factors, HIV-related factors, COVID-19 and co-morbidities associated with COVID-19, a diagnosis of COVID was associated with 35% increased risk of any cardiovascular event.

The difference in risk was concentrated in three types of cardiovascular problem: thrombosis (disorders caused by blood clots), heart failure (failure of the heart to pump sufficient blood) and other heart disorders including aneurysms (where a blood vessel balloons and may suddenly rupture). People with HIV with a diagnosis of COVID-19 did not have higher rates of heart attack or stroke.

The study investigators conclude that among people with HIV diagnosed with COVID-19, even if COVID-19 didn't lead to hospitalisation, cardiovascular health should be a focus of care in people recovering from COVID-19. Ensuring that people with HIV are vaccinated against COVID-19 and keep up to date with booster doses is important for a population that already has an increased risk of heart disease.





## ***LONG-ACTING INJECTABLE TREATMENT HIGHLY EFFECTIVE IN EUROPEAN COHORT STUDIES***

Long-acting cabotegravir (Vocabria) and rilpivirine (Rekambys) is the first long-acting injectable treatment for HIV. It was approved in the European Union in 2020 for treatment of people with suppressed viral load. Cohort studies presented at the conference showed it to be highly effective.

A study in the Netherlands found that long-acting injectable treatment with cabotegravir and rilpivirine did not result in a higher rate of viral rebound above 200 copies. However, looking at five cases of viral rebound, investigators observed the development of high-level drug resistance to one or both injectable agents that could seriously limit future treatment options.

The ATHENA cohort is a national study following almost everyone in HIV care in the Netherlands. The outcomes of 619 ATHENA participants who had switched to long-acting injectable treatment up to September 2023 were presented to the conference. Each person who switched was matched with two cohort members who had not switched to assess the risk of treatment failure.

There was no significant difference in the rate of virological failure between people who switched to injectable treatment (0.9%) and the control group (1.8%).

Dr Annemarie Wensing of University Medical Center Utrecht reported on five cases of virological failure. They occurred in three men and two women, one transgender. All received their injectable treatment at the specified two-monthly intervals.

The earliest rebound occurred three months after switching. A man, who had not had the one-month oral lead-in recommended when injectable cabotegravir and rilpivirine was first approved in Europe, experienced viral load rebound to 830,000. He had detectable resistance to rilpivirine. In a second case, viral load eventually rebounded to 610,000 after a first detectable measure of 260. This patient developed cross-class resistance to integrase inhibitors and NNRTIs. In each case of virological rebound, levels of at least one drug were found to be suboptimal, although further investigation of the relationship between drug concentrations and treatment failure is needed. The study investigators say that some individual characteristics may have affected treatment response, including high body mass index. But in all cases, treatment failure led to extensive cross-resistance and loss of future treatment options, as well as considerable shock for the people taking treatment and their healthcare team.

“Jessy Duran Ramirez of the University of Zurich, Switzerland, reported on the outcomes of 264 people who switched to injectable treatment.

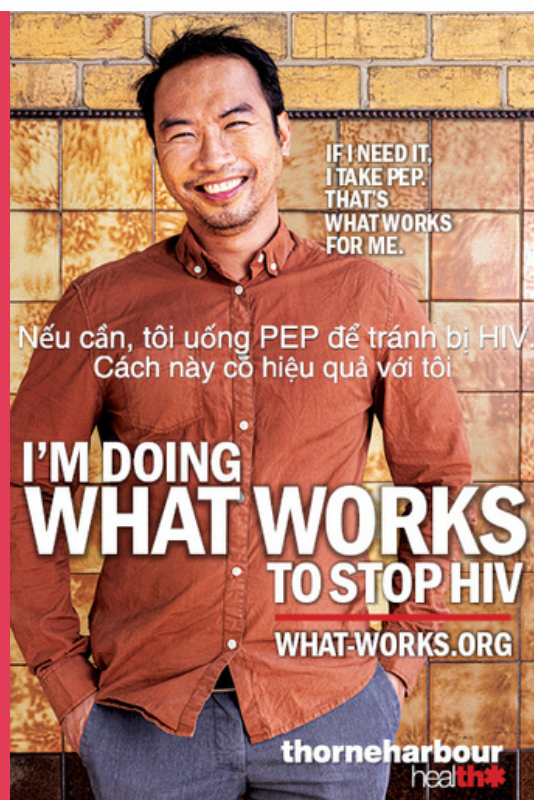
Less than 3% of participants in the Swiss HIV Cohort study have switched and a questionnaire study found high satisfaction with oral treatment and concern that the two-monthly injection interval would lead to a loss of freedom. More people would be interested in switching if a six-monthly injection interval was available, the study found. Eight of the 264 people who switched to injectable treatment discontinued it.

Two experienced adverse drug reactions, one had low rilpivirine blood concentrations, four discontinued for non-treatment-related reasons and one discontinued due to virological failure.



A study in Brighton, UK, also found that not all people eligible for long-acting injectable treatment wanted to switch from oral treatment once they had discussed the implications of doing so with a doctor.

Of 160 people reviewed for eligibility, 52 were ineligible (mainly due to resistance, viraemia or drug interactions), 57 declined a switch in treatment and 33 started long-acting injectable treatment, all of whom remain virally suppressed.





# NAVIGATING THE COMPLEX TERRAIN OF AGEING WITH HIV

In recent years, the landscape of HIV care has undergone a significant transformation, with advances in treatment rendering the condition manageable. The triumphs of modern medicine have led to a growing number of individuals ageing with HIV, portraying a remarkable success story. However, beneath the surface, the clinical reality is far more intricate and challenging than it may appear. Dr. Frederico Duarte, a healthcare practitioner from Matosinhos, Portugal, offers insights into the complex medical journeys of elderly people living with HIV, drawing attention to the critical issue of polypharmacy.

**A Growing Concern:** In the town of Matosinhos, Portugal, where Dr. Duarte practices, people over the age of 70 represent just 5% of the HIV patient cohort. Yet, their medical histories are laden with complexity. These individuals have been on HIV treatment for an average of a decade, with some enduring this regimen for an astounding 25 years. Moreover, they often grapple with multiple co-morbidities, necessitating an extensive array of medications.

Shockingly, four in ten elderly HIV patients are required to ingest ten or more pills daily, with some confronting a daunting regimen of 18 pills.

This phenomenon, termed 'polypharmacy,' poses a unique and concerning challenge. Older individuals often struggle to remember the multitude of medications they must take, especially if they live alone or face issues related to stigma and disclosure. The more drugs a person consumes, the higher the potential for adverse drug interactions. The ramifications of polypharmacy extend far beyond medication management, impacting overall health and well-being.

**A French Perspective:** A comprehensive view emerges from a French cohort of people living with HIV aged over 70, potentially the largest of its kind globally, encompassing around 500 participants. This cohort vividly highlights the prevalence of co-morbidities, with 60% of individuals experiencing three or more concurrent health issues. High blood pressure and dyslipidaemia rank among the most prevalent, affecting 67% of this cohort, followed by cognitive impairment (58%), kidney disease (39%), depression (33%), and diabetes (21%).

**Focusing on Frailty and Functional Impairment:** Dr. Fatima Brañas, a geriatrician at the Hospital Universitario Infanta Leonor in Madrid, emphasizes the need to shift the medical focus from HIV and co-morbidities to the concepts of frailty and functional impairment.

These considerations are pivotal in understanding how health issues affect the daily lives and overall quality of life of elderly individuals living with HIV. Frailty, as Brañas notes, is a reversible condition, setting it apart from disability.

While there is some disagreement on the exact definition of frailty and the ideal screening method, she advises that healthcare providers should not wait for a perfect screening tool to be developed. Any indicator suggesting frailty should prompt clinicians to undertake essential actions, such as optimizing co-morbidity management, reviewing medication regimens to tackle polypharmacy, and ensuring the patient receives the necessary dietary nutrients, particularly sufficient protein intake, as loss of muscle mass often contributes to frailty.

Physical activity emerges as the cornerstone of frailty reversal. As of now, it is the only intervention proven to be effective. Thus, encouraging elderly HIV patients to engage in regular physical activity stands as one of the most significant steps healthcare professionals can take to improve their quality of life. **Frailty Assessment and Progression:** In the French cohort, frailty was assessed using the five-item FRAIL scale. Initial assessments classified 10% of participants as frail, while 66% were identified as pre-frail, and 24% as robust. Remarkably, one year later, these proportions remained relatively consistent.

However, a closer look reveals substantial movements among the categories, indicating that individuals can transition away from frailty towards greater resilience.

Among the initially frail, 47% showed improvements and were categorized as pre-frail a year later. On the other hand, 11% of the initially pre-frail individuals achieved robust status, but 14% deteriorated and became frail. Notably, the poster does not provide specific details about the interventions that these patients received, nor were there clear patient characteristics associated with improvements.

Professor Jaime Vera reports on the implementation of frailty screening in the English city of Brighton. Although guidelines recommend screening all individuals over the age of 50 for frailty, the capacity of the Brighton HIV clinic is insufficient due to the high proportion of patients over 50 (64%). Instead, they chose to screen individuals over 60, constituting 23% of the cohort, utilizing the same five-item FRAIL scale as the French researchers.

The screening process is integrated into annual nurse-led health checks for simplicity and practicality. Over three-quarters of those over 60 have already undergone screening. When pre-frailty is identified, patients' GPs are notified and provided with recommendations on healthy living.



Referrals to non-clinical services for exercise, dietary guidance, and social connections are made when necessary.

In cases where individuals are pre-frail and also contend with cognitive impairment, falls, depression, polypharmacy, or functional impairment, or if they are classified as frail, they are referred for a comprehensive assessment at a combined HIV and geriatrics clinic. The resulting care plans are individualized and often involve input from social care services, specialists managing co-morbidities, and the patient's GP.

Vera highlights the need for further research to assess clinical outcomes related to frailty. The French cohort will be monitored for five years, providing valuable insights into how frailty evolves and whether it genuinely predicts long-term adverse health outcomes.

*Physical activity emerges as the cornerstone of frailty reversal.*

The success story of people ageing with HIV is accompanied by a set of intricate challenges, most notably polypharmacy and frailty. While the medical community grapples with definitions and assessments, the imperative remains to improve the quality of life for elderly individuals living with HIV.

Encouraging physical activity, managing co-morbidities, and addressing polypharmacy are key steps in this ongoing journey.

As the medical landscape continues to evolve, a broader and more comprehensive approach to HIV care that encompasses both clinical and functional well-being is needed for those navigating the complex terrain of ageing with HIV.



## *TRAVEL AND LIVING WITH HIV*

A number of countries restrict the entry and/or residence of people with HIV. Restrictions are not always consistently enforced. Restrictions can change with little notice and it is important to seek up-to-date information. However, the number of countries restricting travel by people with HIV has reduced in recent years.

### **Can I travel if I am living with HIV?**

Yes. Many countries clearly state that your HIV status will not affect whether you can visit, stay, or work. Most countries do not require any type of medical tests for short-term or long-term stays. However, there are still some countries which do limit entry for people living with HIV. A small number of these have an entry ban. This means that if you travel to these countries and you are living with HIV, you might not be allowed to enter.

In other countries, restrictions only apply to longer stays. You might be allowed to enter for a short time (such as for a holiday), but not be allowed to work or live there. In these countries, you may have to take an HIV test or declare your HIV status when applying for a visa or residency permit. In some cases, you might not be asked for information about HIV, but if you are found to have HIV you could be deported (made to leave).

Travel restrictions for people living with HIV are complex and they change from country to country. The rules can change quickly and with very little notice. Not all countries have specific immigration laws relating to HIV, but declaring your HIV status can still sometimes cause issues.

### **Which countries have HIV travel restrictions?**

This following provides general guidance on current regulations across different continents, based on information from the website [www.hivtravel.org](http://www.hivtravel.org). Please note that the regulations may have changed since the time of writing. Before you make any travel plans, including to live or work abroad, we recommend you check the [www.hivtravel.org](http://www.hivtravel.org) website for up-to-date details by country. Western, northern and southern Europe

For entry and short-term stays, there are generally no restrictions for people living with HIV travelling to western, northern, or southern Europe.

In Cyprus, people from outside the EU who are applying for a temporary residence permit have to prove they don't have HIV before a permit will be issued. However, this rule doesn't apply to diplomatic personnel and high-ranking company employees.



## Central and South America

For entry and short-term stays, there are generally no restrictions for people living with HIV travelling to Central and South America.

There are restrictions on long-term stays in Honduras, Nicaragua, and Paraguay. In Paraguay, for example, those travelling to the country because they want to apply for permanent residency have to take an HIV test. A residence permit won't be granted if the test is positive, unless you can pay for your treatment yourself.

For Aruba, Belize, Nicaragua, and Suriname, the regulations are unclear or inconclusive. Contact their respective embassies for guidance before travelling.

## Caribbean

For entry and short-term stays, there are generally no restrictions for people living with HIV travelling to the Caribbean.

Cuba, the Dominican Republic, St Vincent and the Grenadines, Turks and Caicos, and the Virgin Islands all have restrictions on long-term stays. For example, in St Vincent and the Grenadines, work permits are not renewed in the case of a positive HIV test result and HIV-positive foreigners have no access to treatment and services.

In the Cayman Islands, Montserrat, St Kitts and Nevis and St Vincent and the Grenadines, regulations are unclear or inconclusive. No information is available for Bermuda. Contact their respective embassies for guidance before travelling. Sub-Saharan Africa there are generally few restrictions for people living with HIV travelling to sub-Saharan Africa. However, in Equatorial Guinea, you may have to present an HIV test certificate. If you are HIV positive you might be refused entry or deported. The following countries have restrictions on long-term stays: Equatorial Guinea, Mauritius, Seychelles, and Sudan.

Regulations are unclear or inconclusive in Angola and there is no information available for São Tomé and Príncipe. Contact their respective embassies for guidance before travelling. North Africa and the Middle East

Most of the countries that restrict entry based on HIV status are in North Africa and the Middle East.

Living with HIV may mean you are not allowed to enter Jordan, Iran, Iraq, the United Arab Emirates, or Yemen, even for a short stay. However, there are no restrictions if you're passing through Dubai in transit as an airline passenger. Countries with restrictions, or potential restrictions, on long-term stays include Algeria, Bahrain, Egypt, Israel, Kuwait, Lebanon, Oman, Qatar, Saudi Arabia, Syria, and Tunisia. Almost all these countries will also deport people based on their HIV status.

## **Oceania**

For entry and short-term stays, there are generally no restrictions for people living with HIV travelling to Oceania. The exceptions to this are the Solomon Islands, where entry may be denied on the basis of HIV status, and the Marshall Islands, where HIV testing is required for temporary visitors staying more than 30 days.

In Australia, all long-term visa applicants over the age of 15 have to take an HIV test. For those under 15, an HIV test might also be carried out if you have a history of blood transfusions, your mother is living with HIV, or there is a medical sign that you might be living with HIV.

Long-term visa applicants who have any long-term health condition, including HIV, are considered according to how much they might cost the Australian health system. Information on this can be found on the [Australian government's website](#).

In New Zealand, people with HIV are assessed on a 'case by case' basis. If you are living with HIV and in a 'long-term stable relationship' with a New Zealand citizen, you will be granted an automatic medical waiver. This means your HIV status isn't considered as part of your application for a visa or residency permit.

The following countries also have restrictions on long-term stays: Marshall Islands, Papua New Guinea, Samoa, and the Solomon Islands.

In the Solomon Islands and Tonga, the regulations are unclear or inconclusive. For French Polynesia and Kiribati there is no information available on travel restrictions relating to HIV status. Contact their respective embassies for guidance before travelling.

## **Can I travel into a country with entry restrictions?**

If you're living with HIV and you decide to travel to a country that does have entry restrictions you may be refused entry or deported. Some countries will offer waivers that let you visit in certain circumstances, such as if the trip is to visit family members, but they can be difficult to get.



Travel restrictions for people with HIV can change quickly and so they need to be checked before any trip. In countries where restrictions have been recently changed, you should take extra caution discussing your HIV status.

If you're living with HIV you might have travelled into a country when a travel ban was in place. In this case, it's important to know that there is still a risk of being deported even if the travel ban has now been lifted. This could happen if there was proof you knew your HIV status and still entered the country. In this case, you could be deported for breaking the law.

### Other useful information

When you contact an embassy or consulate to ask about travel restrictions, you can keep your name or HIV status anonymous. For British Overseas Territories, the [Foreign, Commonwealth & Development Office website](#) is a good place to start.

## FREE SIMPLE WILLS SERVICE FOR THOSE LIVING WITH HIV

At the Positive Living Centre, we understand the importance of planning for the future, especially when facing unique challenges. That's why we are thrilled to offer a Free Simple Wills Service exclusively for individuals living with HIV.

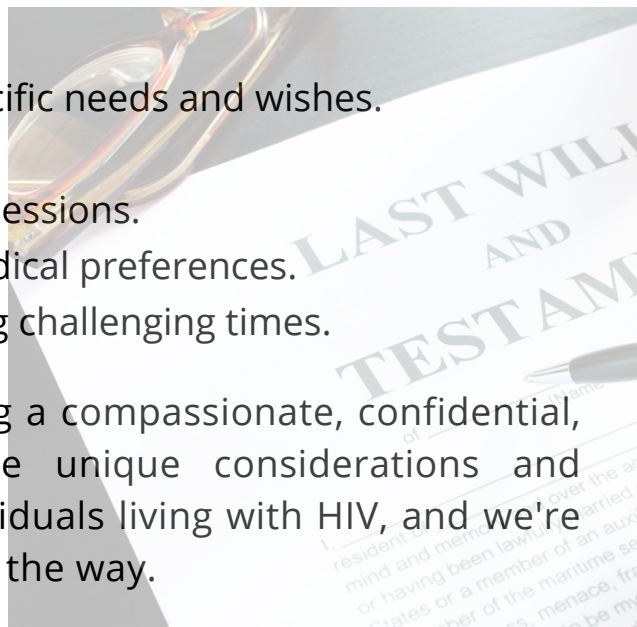
We believe that everyone should have the opportunity to protect their loved ones and assets, regardless of their circumstances. Our Free Simple Wills Service empowers you to:

- ✓ Create a legally-binding will tailored to your specific needs and wishes.
- ✓ Appoint guardians for your dependents.
- ✓ Designate beneficiaries for your assets and possessions.
- ✓ Make healthcare directives and specify your medical preferences.
- ✓ Provide peace of mind to your loved ones during challenging times.

Our experienced team is committed to providing a compassionate, confidential, and hassle-free process. We understand the unique considerations and sensitivities involved in estate planning for individuals living with HIV, and we're here to offer guidance and support every step of the way.

To get started, simply reach out to us on 98630444, and our Client Care Team will guide you through the process, including organising an appointment to complete your Will. Appointments are expected to commence in February of 2024.

**Disclaimer:** This service is for simple wills and does not include complex estate planning. Consultation with a legal professional is advised for specific legal advice.





*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 2024  
Thursday 8 February - 28 March  
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*

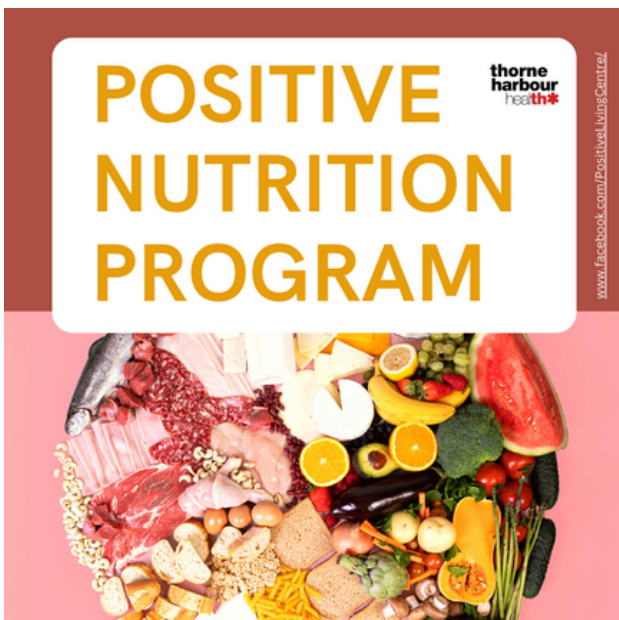
# NUTRITIONAL SERVICES AT THE PLC

## PANTRY

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 additional 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

During January lunches are served on Tuesday's only

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.

## COFFEE and CAKE

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





# Naturopathy at PLC

WITH VINCE BOYD

Are you seeking holistic approaches to support your health and well-being? Look no further than naturopathy, a natural and comprehensive system of medicine that can complement your existing HIV treatment. Naturopathy focuses on harnessing the body's innate healing abilities to achieve optimal health.

## Appointments available

**1 2 . 3 0 P M T O 3 . 3 0 P M**

**Thursday's from 15 June at the PLC**



### Costs:

\$5 FOR HEALTH CARE  
CARD HOLDERS

\$30 FOR NON HEALTH  
CARE CARD HOLDERS



SEE RECEPTION TO MAKE AN  
APPOINTMENT OR CALL  
9863 0444 TO BOOK OVER  
THE PHONE

THURSDAYS FROM 10AM

# THERAPEUTIC SERVICES AT PLC

ALCOHOL AND OTHER DRUG SUPPORT

Ever wanted to talk to someone about your alcohol or other drug use?



**thorne  
harbour**  
health\*

Thorne Harbour Health's services provides free, professional, AOD (Alcohol and Other Drug) Counseling, case management and group supports for HIV positive people.

Check out the range of AOD services we offer and see if one might be the right fit for you. If you are unsure about engaging with one of our services, drop in to the PLC on Thursdays or call our counselling service Client Liaison/Duty worker between 10AM-4PM Monday-Friday on (03) 9865 6700 or 1800 134 840

# 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

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. Please contact Gerry O'Brien, HIV Peer Support Worker for details on [gerry.obrien@thorneharbour.org](mailto:gerry.obrien@thorneharbour.org)***



# *Taking Charge*

**thorne  
harbour**  
health\*



## ***POSITIVE SELF-MANAGEMENT PROGRAM FOR PEOPLE WITH HIV***

living positive victoria

This 6 Week 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**



**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 , 9863 0444 or  
Vic Perri, vperri@livingpositivevictoria.org.au**



# 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.

Scan here for more info!



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

**Rainbow WISE**  
diversity, inclusion & belonging

MY PARTNER HAS UNDETECTABLE VIRAL LOAD. THAT'S WHAT WORKS FOR ME.

Usó a carga viral indetectável do meu parceiro para evitar o HIV. Isso é o que funciona para mim.

**I'M DOING WHAT WORKS TO STOP HIV**

[WHAT-WORKS.ORG](http://WHAT-WORKS.ORG)

thorneharbour health\*

I TAKE PrEP TO AVOID HIV. THAT'S WHAT WORKS FOR ME.

我服用暴露前预防(PrEP)药物来预防艾滋病。我认为这是一项有效的预防措施。

**I'M DOING WHAT WORKS TO STOP HIV**

[WHAT-WORKS.ORG](http://WHAT-WORKS.ORG)

thorneharbour health\*



# 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 / 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., refrigerator, washing machine.
- Funeral assistance

The fund does not assist with:

- 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 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](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](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](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.

# 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](mailto:counselling@thorneharbour.org)

Website:

[www.thorneharbour.org/lgbti-health/mental-health/](http://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](http://www.thorneharbour.org/lgbti-health/alcohol-and-other-drug-services-aod)



**FEEL LIKE YOU'RE GOING UNDER?**

Are you dealing with issues related to alcohol and other drugs?  
Call 1800 906 669

COUNSELLING SUPPORT GROUPS RECOVERY SUPPORT DRUG INFO

thorneharbour health

**Changing your relationship to meth is tough, but you don't have to do it alone. We're stronger together.**



**METH PEER SUPPORT GROUP**

**RE-WIRED 2.0**

To register for the group please call 1800 906 669.  
For more information about the group please call 9865 6700 and ask to talk to the AOD intake and assessment coordinator.

## Family Violence Services

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

## Victim/Survivor support services

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

## Services for people who use violence in their relationships

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



**Phone: (03) 9865 6700**

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

Website: [www.thorneharbour.org/lgbti-health/relationship-family-violence](http://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.

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

Yarning: Blak & Queer

Monthly online yarning group for LGBTIQA+ 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 LGBTIQA+ 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 all ages.

## 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 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, 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 on (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 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](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 uses a mixed billing model for General Practitioner and Nurse Practitioner consultations. We bulk bill all patients with current, Australian issued:

- Health Care Concession Cards
- Low Income Concession Cards
- Disability Pension Cards
- Eligible DVA cards
- Seniors Concession Cards
- Full time student cards (under the age of 25 years)
- Children under the age of 16 years

## 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/](http://www.thorneharbour.org/lgbti-health/centre-clinic/)





# 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

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 5pm every day

A free service for all LGBTIQ+ people in Victoria.

**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 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](mailto:outandabout@switchboard.org.au)







Q+Law provides a free, state-wide, safe entry point for legal assistance for all LGBTIQ+SB Victorians. Individuals can contact our service for initial advice, information or referral. Our service is available over the phone, online or in person.

Types of issues we can help with and advise on include but are not limited to:

- Discrimination, harassment and/or violence on the basis of LGBTIQ+ identity
- Issues affecting trans and gender-diverse people, such as name change or access to services
- Family violence
- Family law
- Employment law
- Tenancy law



Pictured: The Q+Law team celebrating Wear It Purple Day.



Pictured: Cake cutting ceremony at the Q+Law launch party.

We offer appointments only — no walk-ins. To make an appointment, call or email the details below:

(03) 9968 1002

[qlawadmin@fls.org.au](mailto:qlawadmin@fls.org.au)

Our office is wheelchair accessible and we offer interpreters. We are open Monday to Friday 9am-5pm.

Q+Law, Level 3, Victorian Pride Centre  
79 - 81 Fitzroy Street  
St Kilda VIC 3182



## DRAG EXPO 2023

Q+Law attended the Drag Expo 2023. It was a glorious event that allowed for many connections with community members including four-legged friends. We laughed, danced and gained a few Instagram followers along the way. To keep updated on our work, follow us @qlaw\_vic.



Pictured: Q+Law team at the Drag Expo 2023 speaking to community about our service.



Pictured: Students from Melbourne Law School presenting to the Q+Law team.

## EDUCATIONAL RESOURCES

Over the course of a semester, Q+Law and students from Melbourne Law School created LGBTIQ+ educational resources. These will benefit our communities by equipping them with legal knowledge around important topics such as How to Take Action: Trans and Gender Discrimination.

## BY AND FOR THE LGBTIQ+ COMMUNITIES

In collaboration with Drummond Street, Queerspace and Transgender Victoria, Q+Law hosted a change of ID event to help trans and gender diverse people with the legal process of changing their ID.



Pictured: The Change of ID event informational tile from our Instagram @qlaw\_vic.

# 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

PEER

2

PEER



## 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**.

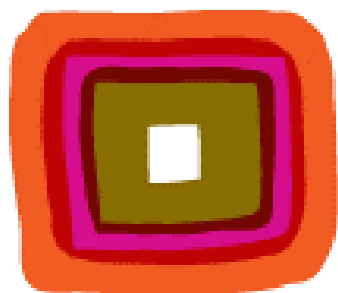


# MSHC

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)

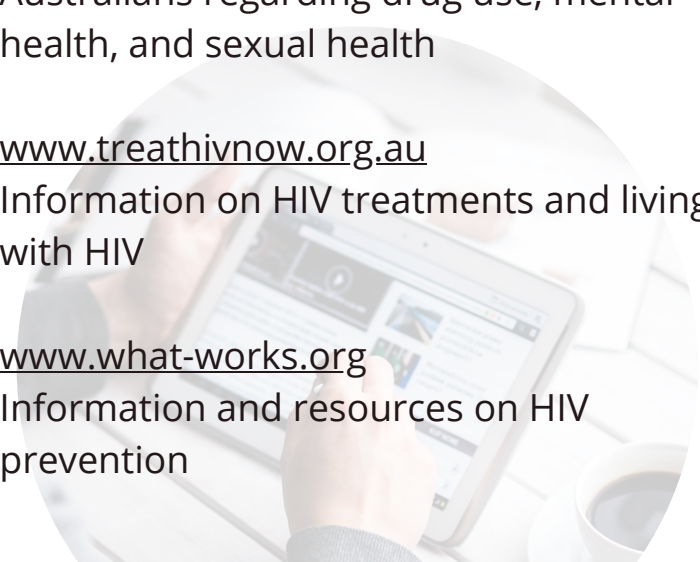
Information and support for LGBTI Australians regarding drug use, mental health, and sexual health

[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)

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-officers](http://www.police.vic.gov.au/LGBTIQ-liaison-officers) | [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 from 4pm 22 December until 9 January

