



# we are family.

'Family is about helping others to be better than they ever thought possible.'

**BRENT & PAUL & THE BUGGERY ACRES FAMILY**

**THORNE HARBOUR HEALTH**

**ANNUAL REPORT 2021 - 22**



# we are family.

'As a bi woman, I look up to Lev as a queer dude. I admire him because, unlike me, he was out in school. I admire the way he manages himself in the world.'

**SUE & LEV**



# we are family.

In the mid-nineties, during a debate on same-sex marriage, then Prime Minister Paul Keating said in a cabinet meeting that, "Two blokes and a cocker spaniel don't make a family." In 2004, the Howard government changed the *Marriage Act* to ensure that same-sex 'unions' would not be defined as marriages.

Well, that was then.

Long before Marriage Equality, our communities recognised that we needed to make our own families, in our own way. Sometimes our family is a group of friends. Sometimes it is what is important to us or what we need in our lives. From social groups to pets to partners and children — all of these are family to us.

In this year's annual report we celebrate our families in all their rich and varied diversity.



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# we are family.

'This is my chosen family. I have no living family left. These are the people I know I can go to and they will give me the support I need.'

**ROZE**



Crises, outbreaks, pandemics – these times of serious, unexpected, and often dangerous situations demand our attention. They require immediate action. They test us. They can bring out the worst in us, but they can also elicit our most remarkable displays of humanity and innovation – when we come together and find new solutions for the greater good. Founded in response to the emerging HIV and AIDS epidemic in Australia in 1983, our organisation was born out of one such time. The legacy of that collective action lives on as we now seek to advance the health and wellbeing of our LGBTIQ+ communities more broadly.

### COVID RESPONSE

To some extent, our founding primed us to handle the COVID-19 pandemic of the last two years. We have longstanding relationships with clinicians, researchers, and public health officials. We have a remarkable army of volunteers – whose tireless altruism we can never celebrate enough. Many of our achievements in the face of the COVID-19 pandemic were recognised at the most recent GLOBE Community Awards, with Thorne Harbour winning in five categories.

### MONKEYPOX EMERGES

As COVID-19 lockdowns ended and restrictions eased, we were faced with a new challenge with the outbreak of the monkeypox (MPX) virus. With media coverage about a virus rarely seen outside of Africa moving largely through sexual networks of men who have sex with men, many of us were reminded of the epidemic of our founding. But MPX is very different. It's a self-limiting virus and a protective vaccination already exists. That being said, the eventual spread to Australia required us to act. We quickly developed and implemented health promotion campaigns. Once vaccine supplies were readily available, we rolled out vaccination clinics within days. In fact, at the time of this report, Thorne Harbour has delivered more than 90% of Victorian vaccinations and has been supporting vaccination programs in South Australia. While it's too early to tell what will happen with MPX in Australia, our response to this emerging health issue speaks to our ability to face a crisis in a timely and effective manner.



THE ORGANISING PRINCIPLE BEHIND ALL THAT WE DO, AND ALL THAT WE ARE IS TO ENHANCE AND STRENGTHEN THE HEALTH AND WELLBEING OF THE COMMUNITIES WE SERVE.

### HEALTHY COMMUNITIES

The past year has seen a redevelopment of our therapeutic services, expansions in our NDIS service delivery and a focus on supporting Victoria to achieve its mental health reform agenda. We have worked hard to bring about legal and policy changes that protect our communities. New partnerships have formed and old ones have strengthened. We continue to strive to be a trusted source of advice on the needs of our PLHIV and LGBTIQ+ communities with policy makers, peak bodies and governments.

### ORGANISATIONAL CHANGE

We have been taking steps to ensure the organisation stays strong and resilient. One important step is the recent resolution to move to companies limited by guarantee. This decision sets us up to grow our programs and apply for government funding previously unavailable to us due to the organisation's incorporation status. We thank the membership for their support of this change and the trust they have in the Board. Our organisation has a strong legacy, of which to be proud and we have endeavoured to ensure that legacy is not lost within the structural changes.

### QUALITY SERVICES

In order to ensure we continue to deliver quality health services, THH undertakes accreditation against six separate sets of standards. This year

we undertook accreditation against the whole of organisation QIC Health and Community Services Standards and the Rainbow Tick standards. In passing both, the independent audit demonstrates that Thorne Harbour Health is committed to best practice, quality services, and has processes and systems in place to support our growth. During the process, the accreditors noted that the demand on our services is overwhelming and the pace with which we work to serve our communities is challenging. A future expansion into mental health service provision will require accreditation against a seventh set of standards.

### THE FIRST FRIDA

With staff now spread across six sites and two states, ensuring our workforce stays connected is incredibly important. This year we held FRIDA, our first internal conference for staff. The three-day program allowed new and longstanding staff alike to show case their work with their colleagues as well as share ideas and connect on a level that has not been previously possible.

### GROWING BEYOND 40

Our growth over the better part of the last decade has been remarkable. It is paramount that we have a healthy workforce and an infrastructure that can not only sustain our programs, services, and projects – but has the capacity for expansion – because our work is far from over. We are only able to

achieve this through the commitment, dedication and inspiration of our staff, volunteers, Board and members.

Steps like these are vital if we are going to be able to weather future challenges for our communities and our organisations. As we head into our 40th year, we will be again looking to the past and casting our eyes forward as we undertake a new strategic planning process. We will deliver the new Strategic Plan at our 2023 Annual General Meeting. A lot has changed in recent years, but one thing that hasn't changed is our ongoing commitment to seeing an end to the impact of HIV on our communities and working to ensure all of us can live healthy lives with dignity and without fear or discrimination.

Janet Jukes  
President

Simon Ruth  
CEO

A man with short reddish-brown hair and a light beard is sitting on a wooden stool. He is wearing a dark blue t-shirt with a vibrant floral print, brown trousers, and white sneakers. A gold watch is visible on his left wrist. In front of him, a golden retriever is lying on a dark blue patterned rug. The background is a large, colorful quilt made of various plaid and checkered fabric pieces in shades of blue, red, green, and white.

# we are family.

'Hugo came into my life because my sister and brother gave him to me. He goes with me everywhere and brings me joy.'

**XAVIER & HUGO**

## AIDS MEMORIAL QUILT

When Melbourne's AIDS Memorial Quilts are unfolded for World AIDS Day in 2022, it will be, for the first time, as heritage listed and protected objects in the Victorian Heritage Register – a first in Australia and possibly one of the first instances in the global AIDS quilt movement.

### HISTORICAL IMPORTANCE

"The Quilt is one of the most important objects associated with the AIDS crisis in Victoria, and promotes a compassionate and educational dialogue about HIV/AIDS," said Prof Philip Goad as Chair of the Heritage Council of Victoria.

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

Following in the footsteps of AIDS Quilts created in San Francisco in 1985, the AIDS Memorial Quilt tradition started in September 1988. The 'Melbourne chapter' of the movement began at Fairfield Hospital – with volunteers distributing sewing instructions and receiving quilt panels from across Victoria. Quilt 'panels' were often produced by family, friends, loved ones, and chosen family of individuals who died from AIDS. These 3 feet by 6 feet panels, the size of a standard grave, were then sewn together in 'blocks' consisting of approximately 8 panels.

### WORLD AIDS DAY 1988

The first public display of Melbourne's AIDS Memorial Quilts was on World AIDS Day, 1 December 1988, as part of the Australian AIDS Memorial Quilt. In subsequent World AIDS Days, 'the Quilts' would be ceremoniously unfolded and displayed alongside candlelight vigils.

Following the closure of Fairfield Hospital in 1996, custodianship and coordination of the project moved to the office of the (then) Victorian AIDS Council at 6 Claremont Street in South Yarra. Today, Thorne Harbour Health looks after the Melbourne AIDS Memorial Quilt and its 27 blocks consisting of 209 panels – each handmade and individually

designed to commemorate a person or a group of people who died from an AIDS-related condition.

Thorne Harbour's Partnerships Manager, John Hall, helped make several panels for friends and loved ones included in the Quilts.

### STIGMA AND FEAR

"People forget but it was a time of smoke and mirrors. Back then, there was a horrible stigma associated with dying from an AIDS-related illness. Many families would lie and say their son died of cancer. The Quilts became important objects that ensured those people were not forgotten and that they were ultimately immortalised," he said.

While a selection of quilts continue to be displayed in the lead up to World AIDS Day every year at the Positive Living Centre, the AIDS Memorial Quilts have been put on display for a number of special occasions including when Melbourne hosted the International AIDS Conference (AIDS 2014). The South Australian Quilt have been on display through SAMESH in recent years. Partnering with the History Trust of South Australia, the South Australian blocks were displayed for the first time in nearly a decade as part of the SA History

Festival. One panel was also included in the recent *Silhouettes: Fashion in the Shadow of HIV/AIDS* at the David Roche Foundation in Adelaide, and the collection is due to be exhibited at the Bob Hawke Centre in late 2022 as part of the annual Feast Festival.

### HERITAGE LISTING

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

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

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

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

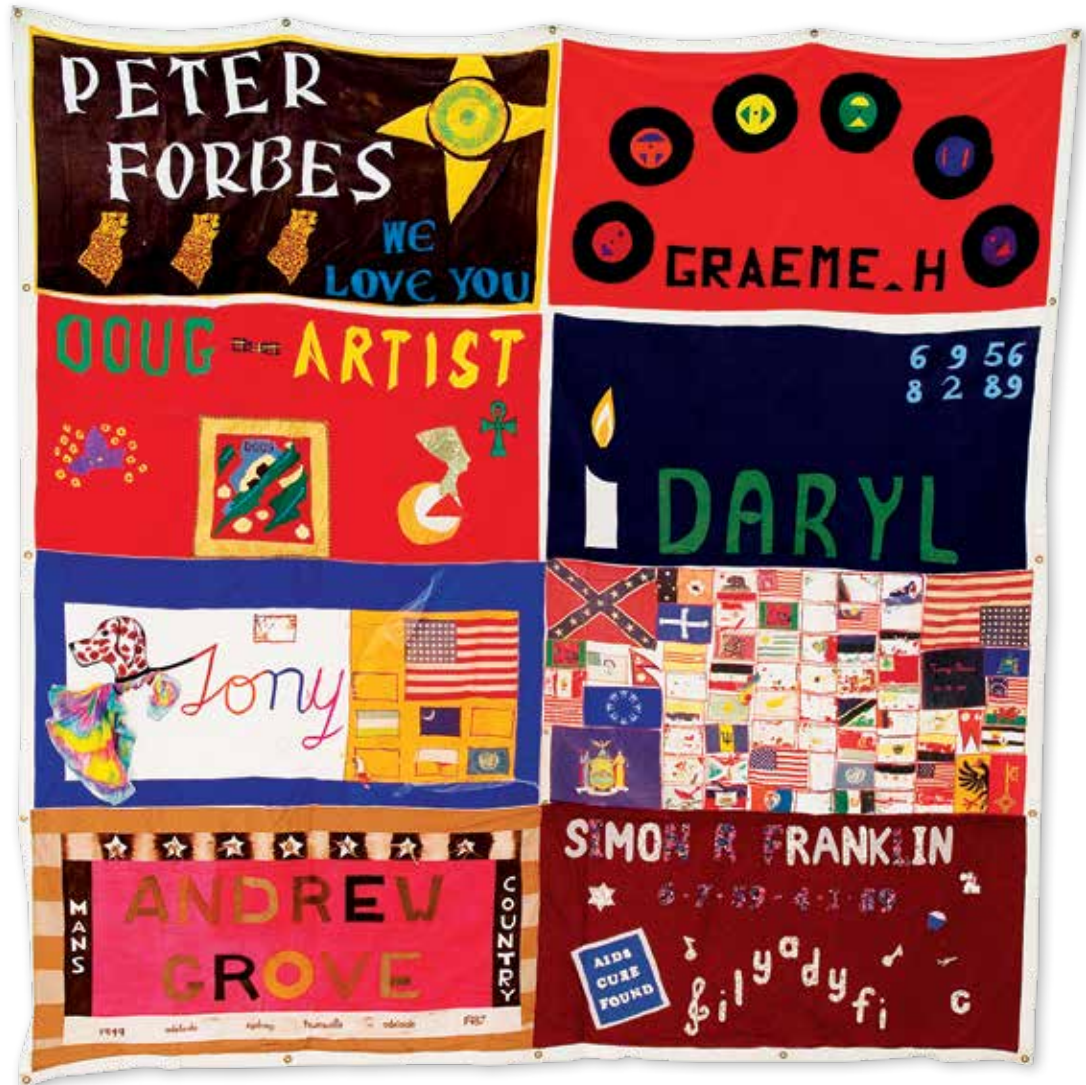
"My son Daren would be thrilled to be immortalised in this way, because we loved him, and he loved us. The protection of the Quilt in this way, reflects and protects our love for each other which will always be there for everyone

to see and understand."

Listing the Quilts amongst the 2,400 sites, objects, and collections legally recognised and protected by the register will help ensure the AIDS Memorial Quilts are here for future generations.

As noted in the official listing recommendation to the Heritage Council of Victoria:

"While the Melbourne AIDS Memorial Quilt began as a commemorative endeavour, it has become one of Victoria's most valuable resources for promoting a compassionate and educational dialogue about HIV and AIDS within diverse communities. Its non-threatening nature and artistic and creative approach enables accessibility to the content and allows people from all walks of life to learn about the AIDS epidemic from its human side."



THE AIDS MEMORIAL QUILT BEGAN AS A COMMEMORATIVE ENDEAVOUR AND HAS BECOME A VALUABLE RESOURCE FOR PROMOTING COMPASSION AND DIALOGUE ABOUT HIV AND AIDS.

# we are family.

'A life less ordinary! We identify with raw sexuality, hedonism and a desire for new experiences, without limitations like societal norms – a life without boundaries. We love to explore all realms of sexuality, regardless of labels.'

**PEPPER & BJ**





All LGBTIQ+ people deserve to live happy and healthy lives and enjoy the benefits of a mental health system that is safe, affirming, and supportive. To this end, over the past year Thorne Harbour Health has done extensive work in research, advocacy, and service delivery to support the mental health of our communities.

### DELOITTE RESEARCH

In 2021, Deloitte Access Economics with StandOUT, its LGBTI+ network and ally community, approached Thorne Harbour Health to undertake research assessing the cost of poor mental health outcomes among Victoria's adult LGBTIQ+ population. Working with Deloitte and key stakeholders, a global first-of-its-kind cost-of-illness study was produced in early 2022.

The research analyses high-prevalence mental health disorders of anxiety and depression as well as suicide attempts, suicide, and suicide bereavement, to determine the economic, financial, and intangible costs associated with these outcomes.

Economic and financial costs include direct health system costs such as hospitalisation, use of mental health services, medication and other out-of-pocket hospital costs. It also includes productivity costs such as work absenteeism, reduced workforce participation, and informal care costs. Other financial costs include government programs, coronial inquiries, ambulance costs, policing or investigation costs, and losses associated with reduced income and increased government welfare.

Intangible costs related to poor mental health include loss of wellbeing due to time spent living with poor mental health and years of life lost due to premature death, which largely impacts LGBTIQ+ individuals, their families, carers, and friends.

### KEY FINDINGS:

The research has some startling findings:

- Poor mental health outcomes amount to \$2.2 - 3 billion per year in economic and financial costs, and \$16.8-\$23.4 billion per year in intangible costs.
- LGBTIQ+ individuals bear approximately 90% of total costs.
- 73% of LGBTIQ+ adults will experience poor mental health in their lifetime, compared to 46% of the general population.
- Approximately 70% of LGBTIQ+ adults have experienced suicidal ideation, compared to 10% of the general population.



ARISING FROM THE FINDINGS OF THE DELOITTE REPORT ON THE COST OF ADVERSE MENTAL HEALTH OUTCOMES IN LGBTIQ+ POPULATIONS, THORNE HARBOUR PRODUCED A SUMMARY OF FINDINGS DOCUMENT AND A PROPOSAL FOR THE ESTABLISHMENT OF LGBTIQ+ COMMUNITY CONTROLLED MENTAL HEALTH SERVICES AND A NETWORK OF EXCELLENCE.

- Bisexual, pansexual, and trans and gender diverse people are at heightened risk of experiencing poor mental health.

It's important to remember that LGBTIQ+ people do not experience disparities in health because of an inherent predisposition to poor mental health due to their sex, sexuality, or gender identity. Rather, these outcomes are caused by a complex and unique set of drivers, including:

- Marginalisation and discrimination both in society and in the health system.
- Intersectionality of identities.
- Trauma associated with conversion practices.
- Increased drug or alcohol use.
- Isolation from LGBTIQ+ communities and support in regional and rural areas.
- The community impacts of suicide.

### THE IMPORTANCE OF RESEARCH

LGBTIQ+ people make up 7.2%-10% of Victoria's population. The findings of this research strengthen the case for greater investment in mental health and wellbeing services, particularly holistic, LGBTIQ+ community-controlled services.

The mental health service needs for

our communities are well known, and we have long been able to articulate what quality services look like and what we need to do to achieve health equity for LGBTIQ+ communities. However, this cost-of-illness study provides a compelling economic case for better mental health services and early intervention – a smaller amount of investment now, can save government, society, and LGBTIQ+ communities billions of dollars in the future.

### ADVOCACY

Using the findings from this research, Thorne Harbour Health has been able to engage politicians on all sides of politics to advocate for greater investment in LGBTIQ+ community-controlled mental health and wellbeing services, particularly an expansion of services beyond inner-Melbourne.

Government must invest in LGBTIQ+ specific mental health services that are operated by our community organisations, that are culturally-appropriate, and attuned to the diversity of needs across our communities. We also need to improve LGBTIQ+ inclusivity at mainstream services, and

we need to stop expecting LGBTIQ+ people to attend services affiliated with organisations that have encouraged discrimination against our communities.

### RESEARCH NEEDS

Further research and better data collection across the health system is needed to quantify the costs of other mental health issues, particularly low prevalence disorders, and problematic alcohol and other drug use.

If data on sexuality, gender identity, and sex characteristics were collected in the census, we would have more accurate data on population prevalence of LGBTIQ+ communities.

This also highlights the need for ongoing funding from government for key research into the health and wellbeing of our communities, such as the *Private Lives* studies conducted by the Australian Research Centre in Sex, Health and Society (ARCSHS) at La Trobe University.

The full report, and a summary of findings can be found at:

[www.thorneharbour.org/deloittereport](http://www.thorneharbour.org/deloittereport)

# we are family.

'As the head, for me, family is to provide a safe space – and that doesn't mean just my blood family but everyone that I meet under the umbrella. All of Charlotte's friends want to be in our family.'

**RENEE & CHARLOTTE**





# we are family.

'As a poly-pan couple, our fur child has taught us to openly express unconditional love and accept our abilities – with no restrictions to be who we are.'

**JON & ASHLEY & KIWI**



**1 Building Knowledge**

Thorne Harbour Health continues to participate in a range research partnerships to improve the health of our communities. In addition to our longitudinal studies focussing on HIV such as the Gay Men's Periodic Survey, HIV Futures and the TAIPAN study, current research is also focussed on drug use, family violence, women's health, trans health, HIV risk in newly arrived communities, PrEP, HIV cure, LGBTIQ+ experiences of the criminal justice system and the unique needs of women living with HIV. Our key partners include Australian Research Centre for Sex, Health and Society (ARCSHS) and the Bouverie Centre at Latrobe University, the Doherty Institute and Trans Health Research at Melbourne University, the Kirby Institute and the Centre for Social Research in Health at the University of NSW, the Burnet Institute, Alfred Health, Deakin University, Monash University and Swinburne University.

**2 GLOBE Award Wins**

The 2021 GLOBE Awards saw Thorne Harbour win across a remarkable five categories on the night.

Our collaborative work with the Brave Network, SOGICE Survivors, Queer Middle-Eastern and African Christians in Australia, Equality Australia, Victorian Pride Lobby, and individual survivors on ending harmful 'conversion' practices in Victoria won for 'Outstanding Advocacy of the Year'. Our events programming during Victoria's lockdowns won for 'Preventing Social Isolation in LGBTIQ Communities'. Our very own Abdurahman 'Boudie' Katamish won 'LGBTIQ Volunteer of the Year'. We won the 'Improving Health and Wellbeing for LGBTIQ Peoples' award for ADMIN – our fortnightly peer support group for transgender, non-binary and gender diverse people looking to better manage their alcohol and other drug use. Moreover, our web series *The Bent Spoon* won for 'Outstanding LGBTIQ Media Reporting'.

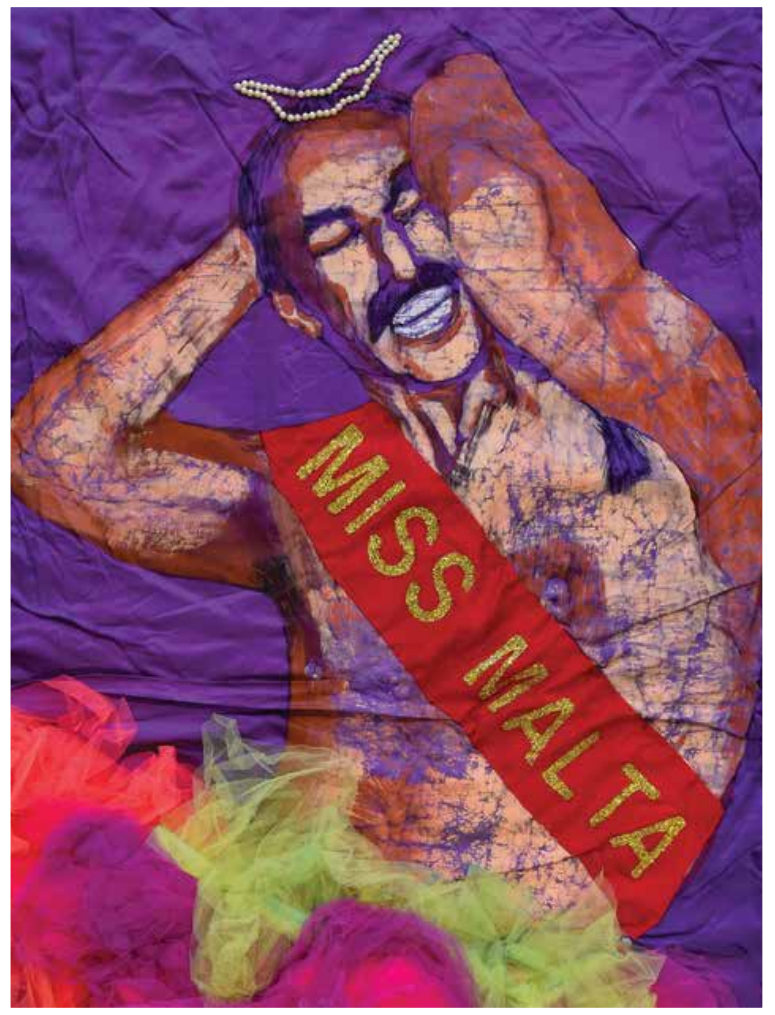


**3 Yarning Blak & Queer**

Launched in June of 2022, Yarning Blak & Queer is a monthly yarning group facilitated by and for queer mob. Held online, the group provides a space for Aboriginal, Torres Strait Islander, and any First Nations people across Australia to access peer education, support, and connection.

"We all come from different experiences and backgrounds, but we all have that deep spiritual connection to country and want to belong," said Ricki Spencer, one of the group's co-facilitators.

Each session is an opportunity for participants to explore what's happening in their lives with other First Nations people – whether that be an upcoming event, reading about different totems, or sharing artwork and songlines.



CARLOS BONNICI AIDS MEMORIAL PANEL, 1989 BY PETER TULLY (1947-1992) AND DAVID MCDIARMID (1952-1995) AS FEATURED IN THE SILHOUETTES EXHIBITION

**4 Silhouettes**

*Silhouettes: Fashion in the Shadow of HIV/AIDS* was a world first art and fashion exhibition curated by SAMESH's Team Manager and hosted by The David Roche Foundation House Museum. Running between 29 January and 18 June, this ground-breaking exhibition showcased works by designers, artists, and activists from around the world who died of AIDS related illness. Featuring over 150 works from private collections from Adelaide, Sydney, Brisbane, London, Paris and New York, as well as Australian public collections including The Art Gallery of South Australia (Adelaide), Australian Queer Archive (Melbourne) and the Museum of Applied Arts and Sciences (Sydney), *Silhouettes* explored the intersection of fashion and HIV/AIDS. Extensive public programming took place including floor talks, forums, guided tours and other events. 3000 attendees visited *Silhouettes* and an additional 500 people attended public programming. Plus, the exhibition's catalogue includes several essays on HIV, fashion, and activism. As Vault Magazine exclaimed, *Silhouettes* is "...a sexy example of fashion as political protest, and an important social document."

**5 Equinox - Sandra**

Over the past year, Sandra\* became a client of Equinox – our trans and gender diverse health service. Every step of the way, Sandra reported a positive experience. The reception team were diligent, caring, and empathic to concerns around identity and the need for discretion. Sandra found the nurse was generous with their time, considered all aspects of Sandra's support needs, and understood that not all experiences are linear. Sandra's doctor actively listened to their concerns and approached their care with dignity as well as autonomy around the process. The strong emphasis of an informed consent model at Equinox allowed Sandra to feel safe in accessing the health service as well as excitement and joy knowing their feelings were supported. Clear explanations allowed Sandra to manage their expectations and better understand potential outcomes. Sandra's questions were encouraged and their identity was never questioned. Plus, referrals to other services were done in a collaborative way so that Sandra's autonomy to care was maintained and valued.

\*Name changed for privacy.

# we are family.

'Family is who you come home to, share things and get to be comfortable with. Family has no gender or identity. Family is universal.'

**RYAN & BOH & SYDNEY & BILLIE**





## 6 Emen8 Turns Five

In the five years since we launched the Emen8 project in partnership with ACON, we've successfully engaged, entertained, and educated gay, bi, and other men who have sex with men across Australia. By embracing modern marketing technologies, we've brought an innovative, digital approach to health promotion.

Condoms haven't worn thinner over 40 years, but attention to sexual health messaging has. To combat message fatigue, Emen8 pioneers a 'stealth health' approach to its content, integrating information and examples of good sexual health behaviours into other everyday topics. Earlier this year, we leveraged sophisticated analytics to determine what our audiences enjoy and re-developed our entire Emen8.com.au website around their experience.

We've learned that harnessing the power of internet search engines like Google is a sure way to increase campaign reach to guys in far-flung places. By combining our technical expertise with friendly, easy-to-understand health advice, we've built a platform that will soon engage guys who need comprehensive HIV and sexual health information in Spanish, Thai, and Simplified Chinese. With our content viewed almost 1.5 million times since we started, Emen8 is leading the conversation about HIV and sexual health nationally.

## 7 Clear Space

Funded by No To Violence, this year our Family Violence team launched Clear Space – an online men's behaviour change program. Open to participants from all over Australia, Clear Space is an innovative pilot program running for 20 weeks, designed specifically for online delivery to gay, bi, trans and queer men and non-binary people. Through Clear Space, facilitators have created a program manual designed to support a process of change for participants. Working with artists Sam Wallman, Clear Space has developed illustrated resources that are culturally specific and relevant to the communities it serves.

SAFE ALWAYS WAS THE FIRST MAINSTREAM CAMPAIGN TO ADDRESS SAME-SEX AND INTIMATE PARTNER FAMILY VIOLENCE IN AUSTRALIA.



## 8 Peer Navigation in SA

This year, SAMESH introduced Peer Navigation for people living with HIV (PLHIV) in South Australia. Data from *HIV Futures 9* shows PLHIV in SA experience a lower quality of life, have a lower educational experience, lower income, experience higher levels of housing instability, higher levels of poor mental health, and in many ways fewer allied services to access.

Aimed at supporting people who are newly diagnosed, SAMESH's Peer Navigation program offers PLHIV a chance to connect with a peer who can support them at a pivotal time and assist them in accessing the services they need to look after their ongoing health and wellbeing.

## 9 Safe Always

Family violence continues to be a serious issue for our communities. We partnered with Rainbow Health Victoria on a bold campaign putting a spotlight on LGBTIQ+ family violence.

The *Safe Always* campaign features four images of LGBTIQ+ couples juxtaposed with various headline texts about family violence - informed by the lived experience of LGBTIQ+ people. The aim was to grab the attention of viewers and achieve a wider recognition of LGBTIQ+ family violence amongst mainstream service providers and community as well as raise awareness within LGBTIQ+ communities of experiences of violence that may otherwise remain hidden.

The campaign website provides further insight into LGBTIQ+ family violence and offers guidance around engaging with support services, in particular those with capacity to appropriately support LGBTIQ+ people.

During its 3-month run, *Safe Always* is estimated to have reached over 565,000 people – effectively communicating its message, broadening the understanding of what constitutes family violence, and educating people that family violence happens in LGBTIQ+ relationships too.

Check it out at: [safealways.org](http://safealways.org)

## 10 PLC & The Centre for Adult Education

In partnership with the Centre for Adult Education (CAE), the Positive Living Centre (PLC) introduced two exciting new programs throughout the year – *Prepare for Visual Arts* and *Grow, Cook and Go*.

*Prepare for Visual Arts* was facilitated by award-winning artist Mia Schoen. The program builds capacity for personal arts practice by identifying individual student needs and serves as a pathway for further study in accredited visual arts training.

*Grow, Cook and Go* is a basic cooking and horticulture course facilitated by Chrysanne Ferguson. This program developed skills in planning, preparing, and cooking nutritious meals. Students also learnt about the planting and management of a vegetable and herb garden at the PLC. This program provides the basic knowledge, skills, and confidence to undertake the Certificate II in Hospitality or a Hospitality traineeship.

CAE delivers accredited courses and has provided learning to the community through a wide range of programs and services, adapting to meet the continually changing needs of adult learners.

The PLC is delighted to continue nurturing this partnership.

# we are family.

'My family is all back in New Zealand. Sometimes I find the distance tough, but it's great to be included in the gay community here – where I can find connection, be myself, and not care about what people think.'

JAY







FOR THE FIRST TIME, THE WHAT WORKS CAMPAIGN WAS TRANSLATED INTO A NUMBER OF LANGUAGES OTHER THAN ENGLISH.

### 11 What Works in Languages Other than English

The latest iteration of the What Works campaign got messages about HIV prevention out on the street in languages other than English. The campaign advertisements featured community members and information about HIV prevention strategies displayed in their native language. Written in Simplified Chinese, Vietnamese, Brazilian Portuguese and Tagalog, the prevention strategies included condoms, Pre-Exposure Prophylaxis (PrEP), Post-Exposure Prophylaxis (PEP) and undetectable viral load. The campaign advertisements were shown on outdoor street posters, bus shelters, and tram stops all across Melbourne as well as online via social networking sites and hook-up apps across Victoria. To further support access to information for people from culturally and linguistically diverse backgrounds, the campaign website was also translated into these languages. During the initial street and digital campaign, the What Works website attracted over 30,000 visitors.

### 12 The Cottage SA

The Cottage recently opened its doors to offer a new service to LGBTIQ+ community members experiencing problems in relation to their substance use in South Australia.

Research tells us that alcohol and other drug (AOD) use is higher in LGBTIQ+ communities than in the general community, while at the same time LGBTIQ+ folk are less likely to access mainstream services. Knowing that The Cottage is delivered by our community, clients can expect a sex positive; sex, gender and sexuality affirming stance; and a good understanding of the impacts of living in a transphobic, heteronormative world.

As one client said, "I feel both seen and safe at The Cottage. I don't have to hide anything and I feel understood".

Word-of-mouth referrals from within community and self-referrals from advertising and pop up stalls at LGBTIQ+ events have been growing. We believe that The Cottage is an important addition to the Adelaide AOD service sector and we want every LGBTIQ+ community member seeking help with their substance use to be offered a referral to The Cottage.

### 13 Alcohol & Other Drugs - Mary

Mary\* (she/they) is a 40 year old lesbian who started attending AOD counselling to address alcohol use and explore their gender identity. She attends fortnightly zoom sessions that fit into their work schedule. Mary has been drinking regularly since age 15, both alone and in social situations, including in the music scene, which has been an important social setting throughout Mary's life. Drinking has been a way for Mary to feel comfortable in social settings and gay bars as it helped her overcome anxiety, lack of confidence, and internalised homophobia. Her drinking had led to the end of multiple intimate relationships. The end of the last relationship was the catalyst for Mary to seek help. Working with their AOD counsellor, Mary has been exploring the reasons she drinks and looked at a safe reduction plan with the support of her GP. Mary has used a number of strategies to delay, limit, and reduce her drinking. By focusing on expanding Mary's 'window of tolerance', she feels able to be in the world and at home with herself without needing to drink. Mary has successfully incorporated 2-3 alcohol free days into her week, begun to understand her relationship to drinking, and has managed to share her journey with two of her friends.

\*Name changed for privacy



### 14 Piloting HOPE

Funded by the North West Melbourne Primary Health Network, we worked with LGBTIQ+ organisations including Zoe Belle Gender Collective (ZBGC), Intersex Human Rights Australia (IHRA), Intertwine, and Switchboard Victoria to develop a training project targeting the high levels of unmet healthcare needs within the LGBTIQ+ population. The training primarily focused on the concerning suicide and mental health prevalence and the discomfort many LGBTIQ+ clients feel discussing their support needs and accessing mainstream organisations.

This pilot training program was tailored to mainstream suicide prevention and support services. These services are located within the Victorian hospital system and commonly known as HOPE teams.

The training project provided the important link between culturally safe practice and appropriate therapeutic considerations and interventions. The training was informed by lived experience and guided by evidenced-based practice.

The Project was a great success, with the HOPE team workers stating that they found the training very relevant and practical to their practice.



### 15 David Williams Fund & Family Violence - Cam

Cam\* had sought assistance from several organisations before connecting with Thorne Harbour's Family Violence Team. At other services, he was frequently told that they were for women only. In some instances, Cam was even assumed to be the perpetrator of the violence because he is male.

Cam did not wish to access a faith-based financial counselling service, so the Family Violence team connected him to the David Williams Fund (DWF).

Prior to his relationship, Cam had a perfect credit rating. However, as a result of a violent relationship, a debt of \$70,000 was accrued in his name. The need for discretion and confidentiality was vital, given that the perpetrator had previously hacked into Cam's email and phone accounts. DWF was able to work on Cam's behalf with the debt collection agency to get most of his debt waived.

Having never dealt with a case involving same-sex family violence, the debt collection agency's manager asked how they could better assist similar cases in the future – opening a pathway to build the capacity of the agency going forward.

\*Name changed for privacy

# we are family.

'Family is the people that show up – either for a milestone moment or show up constantly. For me, just being related doesn't cut it. Everyone needs a Mynx in their life. She is my rock – someone I can rely on.'

**BEREN & MYNX**



## 16 CONNECT

CONNECT is the first federally-funded project in Australia that uses vending machines to dispense free HIV self-test kits. The pilot project aims to help migrants and international students overcome barriers to testing and strengthen pathways to treatment, care and support.

In March 2022, CONNECT saw the installation of five vending machines dispensing free HIV self-test kits across four locations: University of Adelaide, UniSA (Mawson Lakes and City West campuses), and Pulteney 431 sauna in Adelaide.

With 400 users registered, 428 kits were dispensed by the end of the financial year. 48% of those users were overseas-born, 62% were queer-identified, 70% were under 30 years of age, and 66% never tested prior. As the project continues, there seems little doubt that CONNECT is proving effective in engaging people who might not have otherwise tested for HIV – helping Adelaide get closer to achieving its 95-95-95 targets as a Fast Track City.

## 17 The Positive Living Centre - David

"I was diagnosed HIV positive in 1985. The only person I'd come out to as HIV positive was my partner. No one else knew. I ran into an old friend and we got talking and he said 'Have you ever been to the PLC?' This is when it had first moved to Commercial Rd. I said 'no' and he said 'I'll take you over there'.

I was petrified of walking into the Positive Living Centre. I was scared of being looked at – stared at.

I said I didn't want to go in and he said, 'I'll take you in and we'll do this together.'

I found a whole new community. I found a whole lot of new friends all going through the same thing – the same problems. I've never looked back.

My partner suggested we go to World AIDS Day at the PLC and I said 'as long as you hold my hand' and he agreed. I walked in, and it was like as if everybody had opened their arms up and said welcome.

It's a shock to be diagnosed as being HIV positive. It's a setback, and mentally it can be debilitating. But at the same time, look at the positive side of things. Look at the positive sides of life, grab hold of that positivity and run with it. Don't walk – run with it and enjoy your life".

## 18 Brief & Collaborative Counselling

In an effort to be more responsive to our communities, we introduced Brief & Collaborative Counselling – a short-term counselling service that provides clients with up to 3 sessions. It is based on the Single Session Thinking model – an evidence-informed, person-centered framework intended to make the most of your time with your counsellor. One therapist calls it, "making the most of each visit therapy".

This model seeks to help you manage your most immediate concerns or challenges in a direct, collaborative, and intuitive manner. You and your counsellor work together on strategies for support and change while recognising your existing resilience. While you are the expert of your own experience, together we can help you make sense of what is occurring for you and figure out the next steps.

One participant noted, "I realised after my first appointment that these would be lifesaving for a lot of people. I was concerned it would be a waste due to the brief element of the intervention; however, this made it direct and pragmatic. There was still plenty of time to unpack and explore things in depth thanks to the 1.5hr run time, which I appreciated a lot."

## 19 A Public Cervix Announcement for SA

In May, we took the *Public Cervix Announcement* campaign to South Australia and tailored it for trans masc communities – encouraging LGBTIQ+ people aged 25-74 with a cervix to cervical screen more often.

For the campaign, SAMESH consulted with the Adelaide Trans-Masc community to better understand how they wanted to be represented. Well known as an advocate for the local trans community and founder of TransMasc SA, Zac Cannell stepped forward as one of the models for the campaign. Advertising on Grindr and Facebook was supported by news articles and podcasts to bust myths as well as empower LGBTIQ+ people with a cervix to take control of their sexual health. The campaign was further supported by community workshops aimed at looking at cervical issues through a non-traditional framework.



THE CONNECT PROJECT HAS BEEN THE MOST SUCCESSFUL RAPID HIV TESTING INITIATIVE OF ITS KIND IN AUSTRALIA.

## 20 Family Violence - Millie & Mike

Millie\* was referred to our Family Violence Team via *Revisioning* for family safety work. They have experienced years of physical, psychological and financial abuse from their partner Mike\*. Millie and Mike had two kids together. Millie got an Intervention Order but Mike breached it multiple times. He also made a threat of kidnapping the kids. He was sent to jail and after getting out, he started *Revisioning*. Mike started

learning about the impacts of family violence on Millie and their kids. Through the support of the Family Violence team, Millie was able to access flexible support package, which helped them access the Personal Safety Initiative (PSI) and rebuild their lives again with a sense of safety. Millie and the kids were referred to family therapy. They are on the path to recovery.

\*Name changed for privacy

# we are family.

'When you come here by yourself, being able to find people on the other side of the world that you can call family – it's beautiful. The water polo is really just the excuse for us to come together.'

**CRISTIAN & SEBASTIEN & LINDY & DANIEL**



## ENGAGING COMMUNITIES

We pride ourselves in being an LGBTIQ+ community-controlled organisation, but one of the setbacks of the COVID-19 pandemic has been the loss of opportunities to consistently engage our community/lived experience advisory groups.

We are in the process of revitalising these committees and developing a robust framework and governance structure that will recognise the contributions of participants and introduce accountability measures for our staff. We are reviewing the ways in which we engage our communities to inform the development of policies, services, and programs at Thorne Harbour Health, and further afield.

One of the ways we will be doing this in the year ahead is through our new Lived Experience Mental Health Advisory Committee following the Royal Commission into Victoria's Mental Health System.

With a stronger engagement framework and a renewed sense of purpose, we hope to see our advisory groups and communities of practice come back online in a more meaningful way. We want these groups to directly inform our work and the ways in which we continue to serve people living with HIV and our LGBTIQ+ communities – and factor in the intersectionalities that come along with those communities.

### MEANINGFUL INVOLVEMENT OF POSITIVE PEOPLE

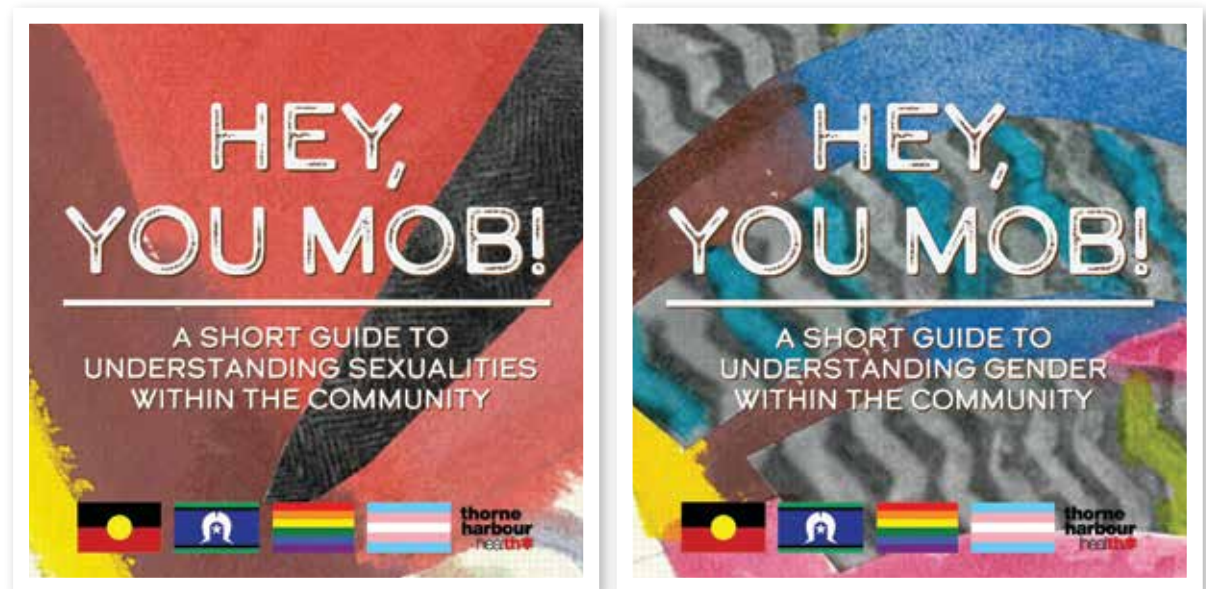
Our Meaningful Involvement of PLHIV (MIPA) framework supports the active participation in all aspects of service provision and encourages people living with HIV to use their lived experience to shape and inform the organisation's policies and practices. The organisation works with HIV positive community representatives to develop and continuously improve its provision of inclusive services for people living with HIV (PLHIV). We are dedicated to ensuring those living with HIV are involved and engaged, thereby improving processes, outcomes and responsiveness, facilitating an enhancement in service user satisfaction and the quality of care and support.

### DISABILITY

Thorne Harbour Health and Inclusion Melbourne released a set of resources for LGBTIQ+ people with disabilities to understand their rights and navigate Australia's National Disability Insurance Scheme (NDIS).

LGBTIQ+ people with disability consistently indicate that they have had poor experiences navigating both the NDIS planning process and working with NDIS registered providers in addressing their specific intersectional needs.

The suite of resources include Knowing Your Rights: Disability & LGBTIQ+ Australians, Preparing for your NDIS



THE 'HEY, YOU MOB' RESOURCES WERE CREATED IN PARTNERSHIP WITH ABORIGINAL AND TORRES STRAIT ISLANDER ARTISTS TO EXPLORE THE DIVERSITY OF BOTH GENDER IDENTITIES AND SEXUALITY.

Plan, and LGBTIQ+ Clauses for Your Contract.

The resources were developed in collaboration with a group of LGBTIQ+ people with disabilities and informed by their experiences of navigating systems and services.

Thorne Harbour Health increased its disability support in 2021-22 as more LGBTIQ+ participants of the National Disability Insurance Scheme chose to have their services provided by an organisation based in their community. Home Care workers in the Community Support team provide home help and community participation, and support coordination staff ensure that participants connect to the services they need while also providing psychosocial recovery coaching. Thorne Harbour Health is a registered and audited provider of NDIS services. In the 2021-22 financial year, the NDIS team provided more than 5,321 hours of support.

### TRANS AND GENDER DIVERSE

Thorne Harbour Health has been involved in a number of projects to increase connection and safety for trans and gender diverse (TGD) communities. The TGD peer workshops (Pace, Novus, and Rise) continued online, maintaining a sense of community and connection for participants and volunteer facilitators. A range of topics were covered every month – such as navigating queer community spaces, healthy relationships, self-care, self-expression, and gender euphoria. Guest experts and leaders from our TGD communities joined these sessions to share knowledge and interact

with participants. In November 2021, all three workshop groups came together for a special session on TGD sexual health. Delivered by volunteer and sexual health nurse, Finn Mercury, the session was well received with every participant saying they learned something new.

Thorne Harbour Health has developed an evidence-based training program that is led, created and delivered by TGD healthcare workers, called Trans and Gender Diverse in Community Health (TGDICH) Training Project. The aim of the TGDICH project is to create safe access to affirming medical care for TGD communities by providing education and support to GPs and primary care workers in predominately community-based settings. This is achieved through the delivery and facilitation of four training types: a GP specific course with 3 modules; a workshop for any and all other healthcare workers; GP observerships at Equinox clinic; and a TGD Health Community of Practice. All of these sub-projects are coordinated and led by trans folk. The project is presented at relevant internal and external conferences and education days. The TGDICH Lead Trainer regularly provides consultation to external organisations such as Burnet Institute and Sexual Health Victoria. The program has strong community connections to, and often collaborates with, other organisations such as Zoe Belle Gender Collective, TransGender Victoria and the RCH Gender Clinic.

### ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE

The Aboriginal and Torres Strait Islander Project at Thorne Harbour Health

developed a range of community initiatives across the year. This included a new peer education workshop, hosting online forums across a range of topics, and producing resources – all of which are tailored to meet the needs of LGBTIQ+ Aboriginal and Torres Strait Islander communities. For example, the 'Hey, You Mob!' resources were created in partnership with Aboriginal artists to explore the diversity of both gender identities and sexuality. These were distributed across Victoria to Aboriginal Health Services and at various community events.

An ongoing focus of the Aboriginal and Torres Strait Islander Project is training and capacity building. LGBTIQ+ sensitivity training sessions were delivered to front line staff members of Aboriginal Community Controlled Health Organisations (ACCHOs) from across the state. The training provided front line staff with an understanding of issues affecting LGBTIQ+ communities, and updates on HIV, sexual health and blood born viruses.



# we are family.

'Chris always wanted to be a dad. For me, it wasn't at my core, but bringing Fletcher into our lives has been an amazing journey that I would have never known otherwise.'

**DAMIEN & CHRIS & FLETCHER**

*homophobia n. fear of  
homosexuals, usu. linked  
with hostility towards them.  
- homophobic, adj.*

## GIVING BACK TO THE COMMUNITY

At Thorne Harbour we know of the benefits to the community that are conferred through volunteering; using facts and figures which generally include the amount of hours contributed or the financial amount saved as a result. It is true that both of these are impressive figures but they don't tell the full story. While it certainly reflects the willingness of people to volunteer in our community, it does not necessarily show the impact of those volunteered hours. Volunteering has always been, and will remain central to, the work of Thorne Harbor Health.

### REDUCING STIGMA

APPreach volunteers offer passive outreach services through online dating apps. The primary purpose of our APPreach program is to provide health information and support to community members. Online platforms provides a safe and anonymous place for community members to seek health information and advice.

Our APPreach volunteers help to expand the reach and impact of our programs. Evan, who has been volunteering since 2014, explains,

'A constant aspect of the role is clarifying misinformation which is sometimes informed by outdated stereotypes and fear. There is a tension in the role as you need to build rapport but at the same time it's important to correct information and help people see things from a different perspective.'

Evan has also become an ambassador for Thorne Harbor Health, promoting sexual health awareness amongst his personal networks: 'Since sharing what I'm doing in this role with friends I've found that more will ask what I'm learning and then follow up with their own personal questions on topics. I like that my friends see me as a resource and I'm not sure this would have happened without this volunteering opportunity.'

The formal and informal elements of our outreach services are central to Thorne Harbor Health's purpose to improve public health awareness, particularly during times of crisis, including COVID and monkeypox.

### COMMUNITY CONNECTIONS

Peer Education has been a cornerstone of our health promotion work, and more recently this work has seen the creation of trans and gender diverse specific groups as well as women's peer education workshops. Workshops



THE DIVERSITY OF OUR VOLUNTEER BASE IS THE UNDERLYING STRENGTH OF OUR ORGANISATION. VOLUNTEERS FROM EVERY PART OF OUR COMMUNITY AND BEYOND ARE ATTRACTED TO WORK WITH US TO GIVE BACK WITH GENEROSITY, SKILL AND CREATIVITY.

are facilitated by passionate and skilled volunteers like Stephanie.

Stephanie is a recent graduate of facilitator training and joined at the inception of our women's workshops. She enjoys providing a space for queer women to connect away from clubbing and dating environments. She reflects,

'Connection is at the core of community - without it, networks cease to exist. I believe this role helps encourage others to connect, engage and learn, and in turn that promotes a healthier space for social interaction and safe community.'

In the short time she's been leading groups with fellow volunteers, Stephanie remarks on how different each group dynamic can be. 'I believe the purpose of my role is to help create opportunities for nurturing and informative conversation between women who love women within the queer space, in an environment with minimal expectation. It is a social space to connect and feel included.'

### A PLACE OF WELCOME

It will come as no surprise that our ever expanding list of sites are powered by volunteers, and none more so than the Positive Living Centre. One of the most

important and long standing volunteer roles has been on our reception desks. This is a volunteer role that is all encompassing and over the years we've been fortunate to have volunteers remain in these roles for long periods of time. A comfort to our clients and invaluable support for our staff.

Gary is one such friendly face and although he performs many other roles for us, his one constant is his Tuesday shift at the Positive Living Centre. Candidly, he remarks,

'A big part of it is just showing up, especially for regular roles. Being there, being that friendly face, being a symbol to our clients and visitors that there are people who care and whose care and service is ongoing; that nod of recognition when you pop up at other events and venues. Some people see the big events and think those are what's made the difference, but I'm reminded more and more of the words of Gandalf, (from Lord of the Rings) when he said: "[Many believe] that it is only great power that can hold evil in check. But that is not what I have found. I have found it is the small things, everyday deeds of ordinary folk, that keeps the darkness at bay." Simple acts of kindness and love.'

Gary concludes, 'Simple acts of kindness and love is what it's all about.'

As our organisation continues to expand it is incumbent upon us to ensure that volunteers remain an integral part of the way we connect with community. Volunteering is central to the work of Thorne Harbor Health, and our volunteers help us to achieve our strategic goals and strengthen our social capital in the community in innumerable ways.

A man with grey hair and a beard is smiling and standing in a vibrant, colorful environment. He is wearing a short-sleeved t-shirt with a rainbow tie-dye pattern and dark blue jeans. He has his hands in his pockets and is wearing a watch on his left wrist and a bracelet on his right. The background consists of large, draped fabric panels in shades of purple, teal, yellow, and red. The floor is also covered with these colorful fabrics.

# we are family.

'Family is where you feel at home, rather than where I was born back in Mumbai. Family does not have to be blood, it's more a connection of the soul.'

**DIVYESH**



## THORNE HARBOUR AWARDS



### LIFE MEMBER

#### Danny Gallant

It was ultimately Danny Gallant's decision that led to the creation of South Australian Mobilisation and Empowerment for Sexual Health (SAMESH), our community partnership with Shine SA. Danny has been a tireless supporter of the program from its inception, ensuring that our funding was secured in the face of minority, but highly vocal community opposition. His steadfast belief in Thorne Harbour Health, Shine SA and the work of SAMESH, has resulted in a program that grows from strength to strength, year after year. Before SAMESH there was nowhere for the community to call its own, now there is a program with a lively volunteer base, initiatives for HIV positive people, a place for community connection, networking, education, community development and community engagement. Without the work and insight of Danny Gallant, this may not have happened.



### LIFE MEMBER

#### Russell Oke

Russell Oke has been a member of VAC/GMHC since 1984. Russell was initially involved in the Education Committee and the Services Committee, helping coordinate the counselling service. Russell was instrumental in the establishment of AIDSLine in 1984 and remained with it in a voluntary capacity until 1987. Russell then went on to coordinate GAMMA, the Gay and Married Men's Association, which would later become the Australian Bisexual Men's Association. This service provided essential support and guidance to gay and bisexual men in heterosexual marriages and also, importantly, supported the female partners of these men. Russell managed this service for over 25 years, and challenged VAC to improve its services to married men and the bisexual community. Russell's dedication to our cause has had a lasting legacy on Thorne Harbour Health.



### PRESIDENT'S AWARD

#### Professor Jenny Hoy

Prof Jenny Hoy has dedicated her entire career to the treatment and care of people living with HIV. She has over 30 years' experience in HIV clinical research and patient care, and established the Clinical Research Unit at The Alfred. Prior to this, she established and directed the Infectious Diseases Clinical Research Unit from 1988-2008, building it into an internationally recognised research program. Jenny has informed much of Thorne Harbour Health's work, including the development of the *Could it be HIV?* video which she appeared in and which has had over 100,000 views.



### SPECIAL SERVICE AWARD

#### Starlady

Starlady is a well-known trans and gender diverse community advocate, and Program Manager at Zoe Belle Gender Collective (ZBGC). In November 2021, ZBGC launched *Transfemme*, a website designed to promote healthier relationships between trans women and cisgender men. *Transfemme* was created to address the need for resources aimed at straight or bisexual+ cisgender men who are attracted to transgender women, celebrating their relationships whilst also addressing societal stigma and shame which are drivers of violence towards trans women. Starlady has contributed extremely useful and engaging training sessions about *Transfemme* and these key community issues to Thorne Harbour Health staff and volunteers.



### SPECIAL SERVICE AWARD

#### Ricki Spencer

Ricki is a proud first nations, trans nonbinary, disabled researcher, teacher and activist who shares their passion with everyone they meet.

Ricki has enthusiastically and lovingly created the *NOVUS* peer workshop for trans women and trans feminine participants. Ricki has also been an assistant facilitator for several of the *RISE* nonbinary peer workshop sessions. More recently, Ricki has become a key volunteer working with our Aboriginal and Torres Strait Islander Project Officer Peter Waples-Crowe to help guide and facilitate the *Yarning Blak & Queer* group. Their personal investment and sharing of their extended networks has enriched this important area of our work.

Ricki is a powerful advocate for Thorne Harbour Health and the work that we do, we are a richer organisation because of their involvement.



### SPECIAL SERVICE AWARD

#### Derryn Pert

Derryn Pert is a long-time volunteer for our organisation and has dedicated hundreds of volunteer hours to various events and projects across the years he has been with us.

In 2020, we were unable to run our World AIDS Day street appeal for the first time in our history due to the global pandemic. As a result, we set out to deliver workplace and community presentations about the history of HIV and AIDS. Not only did Derryn support us, he delivered a thoroughly balanced and researched presentation which was both warm and personable.

Another notable volunteer highlight for Derryn includes his work on our *Rupaul's Drag Race Trivia Showcase Extravaganza* fundraising event.

Derryn's commitment to his community extends beyond volunteering with us. Derryn is also the captain of the Melbourne Chargers, who Thorne Harbour Health sponsor.



### SPECIAL SERVICE AWARD

#### Dr Marina Larsson

On 2 June 2022, Dr Marina Larsson, an award winning historian and Principal Assessor at Heritage Victoria achieved what hitherto seemed unattainable, the inclusion of the Melbourne AIDS Memorial Quilt on the Victorian Heritage Register. The Melbourne AIDS Memorial Quilt is the first to receive heritage listing and protection in Australia, and it is a landmark moment in the history of the AIDS Memorial Quilt movement internationally. Dr Larsson, who has been active in Melbourne's queer worlds since the mid-1990s, has worked assiduously to achieve this recognition.



### SPECIAL SERVICE AWARD

#### Marina Carman

In recognition of her tireless work, driving our family violence response. At the time, Marina could have pursued this work with any agency she chose, but out of recognition of the work of Thorne Harbour and the deep roots to community of both Rainbow Health and our organisation she chose us. The result was *SAFE ALWAYS*, the first ever public-facing mainstream campaign examining issues related to same-sex and LGBTIQ family violence. Marina has guided this project with grace, insight, intelligence and sensitivity.



### GREIG FRIDAY YOUNG LEADER AWARD

#### Tegan West

Tegan was a committed but initially shy volunteer, and over 2021 and early 2022 emerged as a leader among fellow volunteers and community members. Tegan brings a warm smile and sense of humour to each workshop, Outreach shift, and volunteer meeting. Tegan's collaboration skills with other volunteers stands out during each interaction and they have also contributed to important training and planning discussions, always ready with useful feedback and suggestions.

Tegan has facilitated the Scope LGBTIQ+ women's peer workshop and the Rise nonbinary peer workshop throughout their time at Thorne Harbour Health, working cooperatively with a diverse range of co-facilitators and creating a friendly learning environment for all participants.



# we are family.

'We come from really open families. Cheryl has been out since she was 14 and I grew up with a gay aunt. We have been accepted since day one. You can kind of forget that's not everyone's experience.'

**CHERYL & SAM**

## WOMEN'S HEALTH

### LGBTIQ+ WOMEN'S HEALTH STRATEGY LAUNCH

On Wednesday 3 November 2021, we launched the organisation's first LGBTIQ+ Women's Health Strategy. The strategy is an ambitious, and much needed, platform identifying existing gaps within LGBTIQ+ women's health. The Strategy launched online with over one hundred people in attendance. Thorne Harbour Health President, Janet Jukes, introduced the Strategy before Dr Julie Mooney-Somers presented an overview and a history of the SWASH study (the largest lesbian, bisexual and queer women's health survey). Facilitated by our Women's Health Lead, a panel discussion included Dr Julie Mooney-Somers, Dr Ruth McNair, Dr Judy Tang, Tarsha Jago and Miss Katalyna. The Strategy addresses physical health, sexual health, mental health and social health. It also outlines a blueprint of programs, projects and services, which target higher rates of mental health issues, higher rates of drinking and smoking and lower rates of screening for diseases such as breast and cervical cancers. The Strategy identifies the need to address this population's experience of increased rates of isolation and a disproportionately low understanding of their sexual health risks. We're continuing to see research reveal the poorer health outcomes and inadequate health literacy LGBTIQ+ women experience compared to other populations. It is vital Thorne Harbour Health continues working towards the inclusion of LGBTIQ+ women within its policies, programs and services with the aim of improving the health and wellbeing of all LGBTIQ+ women.

### LGBTIQ+ WOMEN'S HEALTH CONFERENCE

The fifth LGBTIQ+ Women's Health Conference took place in the first week of November 2021. Due to COVID-19 restrictions, the Conference was held online; however, this allowed for people in regional and rural areas (as well as those overseas) to participate. In fact, over four hundred people attended the Conference. The LGBTIQ+ Women's Health Conference has grown exponentially each year (over three hundred attended the previous conference in Melbourne) – demonstrating the ongoing demand for such an event. One of the key areas of focus for the Conference is exploring how intersectionality impacts on the health and wellbeing of LGBTIQ+ women. It is important to acknowledge the significant lived experience of discrimination and oppression for many LGBTIQ+ women, firstly due to gender and then sexuality. As our communities grow to understand the correlation between long-term discrimination and its effects on self-esteem and mental health, it is important that forums such



re  
think  
the  
drink

Couldn't have done that with a hangover.

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

thorne  
harbour  
health\*

ReTHINK THE DRINK SEEKS TO INSPIRE ALCOHOL CULTURE CHANGE AMONG LGBTIQ+ WOMEN WHO ENGAGE IN RISKY DRINKING BEHAVIOURS.

as the LGBTIQ+ Women's Health Conference continue to thrive. The Conference provides opportunities for discussion and exploration of LGBTIQ+ women's health needs as well as share emerging research, innovative programs, and existing services.

#### ReTHINK THE DRINK

This year, Rethink the Drink released its second campaign reminding LGBTIQ+ women that they *Couldn't Have Done That with a Hangover*. ReThink the Drink seeks to inspire alcohol culture change among LGBTIQ+ women who engage in risky drinking behaviours. This iteration of our campaign saw us engage with women from local sporting clubs. We worked with the Fitzroy Football Club, Darebin Falcons, Victorian Roller Derby League, The Clams Aquatic Water Ballet, and the Queer Sporting Alliance to produce a series of inspiring images of LGBTIQ+ women doing what they love and advocating what can be achieved when we live life hangover free.

#### PICTURE OF HEALTH

In 2022, Thorne Harbour Health worked with BreastScreen Victoria on the Picture of Health campaign to raise awareness around screening for

breast cancer. Research undertaken by BreastScreen Victoria shows that LGBTIQ+ women experience unique barriers to participating in screening. For this campaign, we worked with a diverse range of LGBTIQ+ women, 50 years of age and over. The campaign was launched in April 2022 and included images and videos featuring our Picture of Health ambassadors and encouraging LGBTIQ+ women to screen for breast cancer.

#### PUBLIC CERVIX ANNOUNCEMENT II

The Public Cervix Announcement campaign is aimed at encouraging lesbian, bisexual, and queer women, and people with a cervix to screen regularly for cervical cancer. Research consistently shows this cohort regularly under-screens. 1 in 5 (20%) of Victorians with a cervix, who identify as lesbian, gay, bisexual, same-sex attracted, transgender, or who have an intersex variation, have never had a Pap test (the former method of cervical screening) – this can result in a greater risk of developing cervical cancer. In 2018, working in partnership with Cancer Council Victoria, we launched Public Cervix Announcement. The success of this

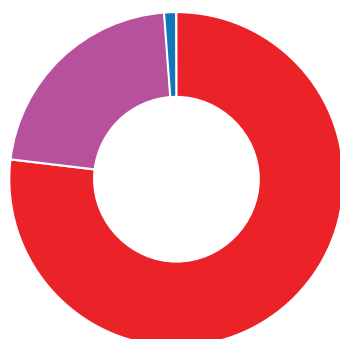


THE ORGANISATION'S FIRST WOMEN'S HEALTH STRATEGY WAS LAUNCHED IN 2021.

campaign exceeded expectations and saw a 7,843% increase in visits to Cancer Council Victoria's cervical screening website. In 2022, we partnered with Cancer Council Victoria again to develop the second iteration of this campaign – this time, including information around the new guidelines for self-collection. For this campaign, we worked with community members from both LBQ women's and trans masc communities to develop a series of images and videos that will be released as part of a statewide social media campaign. Our ongoing work with Cancer Council Victoria and other mainstream health organisations is vital – it raises awareness around the importance of these organisations to create campaigns that are inclusive of LGBTIQ+ women, and strengthens our standing as a leading LGBTIQ+ health institution.

### REVENUE BREAKDOWN

- Grant income 77%
- Operating income 22%
- Investment income 1%



#### Revenue breakdown

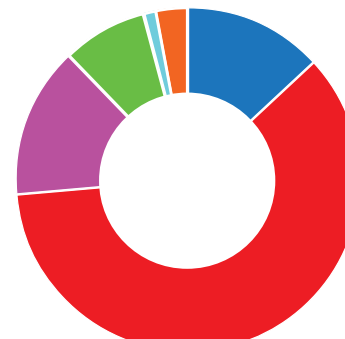
Grant income	13,518,955
Client fees	1,781,273
Donations, fundraising and bequest income	468,247
Goods and Services Income	1,473,833
Membership fees	7,356
Interest income	56,236
Other revenue	304,816
<b>Total revenue</b>	<b>17,610,716</b>

#### Revenue summary

Grant income	13,518,955
Operating income	3,868,548
Investment income	223,213
	<b>17,610,716</b>

### EXPENSES BREAKDOWN

- Operating expenses 13%
- Employee costs 60%
- Campaign expenses 14%
- Client support expenses 8%
- Professional expenses 2%
- Other expenses 3%



#### Expense breakdown

Operating expenses	2,261,581
Employee costs	10,345,649
Campaign expenses	2,434,623
Client Support expenses	1,347,656
Professional fees	236,480
Other expenses	536,402
	<b>17,162,391</b>

VICTORIAN AIDS COUNCIL INC./GAY MEN'S HEALTH CENTRE INC. (AGGREGATED)

Summary Aggregated Statement of Profit or Loss For the Year Ended 30 June 2022

	2022	2021
	\$	\$
<b>Revenue</b>	17,610,716	16,469,251
<b>Less: expenses</b>		
Operating expenses	(2,261,581)	(1,792,117)
Employee costs	(10,345,649)	(9,178,850)
Campaign expenses	(2,434,623)	(1,758,378)
Client support expenses	(1,347,656)	(1,284,004)
Professional fees	(236,480)	(220,448)
Other expenses	(536,402)	(108,586)
	(17,162,391)	(14,342,383)
<b>Surplus / (deficit) for the year</b>	<b>448,325</b>	<b>2,126,868</b>

Aggregated Statement of Financial Position As At 30 June 2022

	2022	2021
	\$	\$
<b>Assets</b>		
<b>Current assets</b>		
Cash and cash equivalents	7,615,645	6,687,520
Trade and other receivables	377,720	274,248
Other financial assets	4,307,913	4,626,970
Other assets	147,537	172,380
<b>Total current assets</b>	<b>12,448,815</b>	<b>11,761,118</b>
<b>Noncurrent assets</b>		
Trade and other receivables	570	3,113
Right-of-use assets	1,743,449	87,819
Property, plant and equipment	14,784,117	14,479,986
Intangible assets	23,249	49,185
<b>Total noncurrent assets</b>	<b>16,551,385</b>	<b>14,620,103</b>
<b>Total assets</b>	<b>29,000,200</b>	<b>26,381,221</b>
<b>Liabilities</b>		
<b>Current liabilities</b>		
Trade and other payables	1,148,976	1,044,307
Provisions	1,529,186	1,373,538
Other liabilities	1,047,048	816,480
Lease liabilities	151,839	40,888
<b>Total current liabilities</b>	<b>3,877,049</b>	<b>3,275,213</b>
<b>Noncurrent liabilities</b>		
Provisions	141,450	173,582
Lease liabilities	1,648,402	47,452
<b>Total noncurrent liabilities</b>	<b>1,789,852</b>	<b>221,034</b>
<b>Total liabilities</b>	<b>5,666,901</b>	<b>3,496,247</b>
<b>Net assets</b>	<b>23,333,299</b>	<b>22,884,974</b>
<b>Equity</b>		
Reserves	390,410	240,410
Accumulated surplus	22,942,889	22,644,564
<b>Total Equity</b>	<b>23,333,299</b>	<b>22,884,974</b>

The above summary financial information has been extracted from the audited financial statements.

No audit opinion has been issued in relation to the summary financial statements. These should be read in conjunction with the audited financial statements that are available to the members on our website [www.thorneharbour.org/financials](http://www.thorneharbour.org/financials)

## Aggregated Statement of Changes in Equity for the Year Ended 30 June 2022

2022	Accumulated Surpluses	Asset Revaluation Surplus	Future Funding Contracts Reserve	Total
	\$	\$	\$	\$
<b>Balance as at 1 July 2021</b>	22,644,564	240,410	-	22,884,974
Net surplus/(deficit) for the year	448,325	-	-	448,325
Transfers from accumulated surpluses to future funding contracts reserve	(150,000)	-	150,000	-
<b>Balance at 30 June 2022</b>	<b>22,942,889</b>	<b>240,410</b>	<b>150,000</b>	<b>23,333,299</b>
2021	Accumulated Surpluses	Asset Revaluation Surplus	Future Funding Contracts Reserve	Total
	\$	\$	-	\$
<b>Balance as at 1 July 2020</b>	20,517,696	240,410	-	20,758,106
Net surplus/ (deficit) for the year	2,126,868	-	-	2,126,868
<b>Balance as at 30 June 2021</b>	<b>22,644,564</b>	<b>240,410</b>	<b>-</b>	<b>22,884,974</b>

## Aggregated Statement of Cash Flows For the Year Ended 30 June 2022

	2022	2021
	\$	\$
<b>Cash flows from operating activities</b>		
Grants received	13,518,955	11,258,722
Payments to suppliers and employees	(17,089,286)	(13,982,056)
Interest received	33,227	67,975
Dividends received	140,350	159,891
Receipts from customers	5,291,669	6,580,956
Donations and bequests received	468,247	133,957
Net GST paid	(689,264)	(350,319)
<b>Net cash provided by/(used in) operating activities</b>	<b>1,673,898</b>	<b>3,869,126</b>
<b>Cash flows from investing activities</b>		
Payments from sale of plant and equipment	550,000	-
Payments for financial assets	(871,848)	-
Payments for property, plant and equipment	(1,018,017)	(3,864,516)
Proceeds from disposal of financial assets	784,225	2,917,969
<b>Net cash provided by/(used in) investing activities</b>	<b>(555,640)</b>	<b>(946,547)</b>
<b>Cash flows from financing activities</b>		
Repayment of lease liabilities	(190,133)	(274,101)
<b>Net cash provided by/(used in) investing activities</b>	<b>(190,133)</b>	<b>(274,101)</b>
Net increase/(decrease) in cash and cash equivalents held	928,125	2,648,478
Cash and cash equivalents at beginning of year	6,687,52	4,039,042
<b>Cash and cash equivalents at end of financial year</b>	<b>7,615,64</b>	<b>6,687,520</b>

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THANK YOU!

- ACON
- ADA CHEUNG
- ADELAIDE PHN
- AFAO
- ALFRED HEALTH
- AQUA
- ALISON THORNE
- ARCSHS
- ASU
- AUSTIN HEALTH
- AUSTRALIAN GOVERNMENT
- BALLARAT COMMUNITY HEALTH
- BENDIGO COMMUNITY HEALTH SERVICES
- BERRY ST
- BENDIGO CITY
- BETTER HEALTH NETWORK
- BOLTON CLARKE
- BONNIE HART
- BRAVE NETWORK
- BREAST SCREEN VICTORIA
- BURNET INSTITUTE
- CANCER COUNCIL VICTORIA
- CENTRE FOR EXCELLENCE IN RURAL SEXUAL HEALTH
- CENTRE FOR SOCIAL RESEARCH IN HEALTH
- CHILLOUT
- CITY OF MELBOURNE
- CITY OF YARRA
- COHEALTH
- COLIN KRYCER
- DAVID OWEN
- DEAN ARCURI
- DOHERTY INSTITUTE
- DYKES ON BIKES
- EDWINA WRIGHT
- EQUALITY AUSTRALIA
- EXPRESSION AUSTRALIA
- GIPPSLAND PRIDE INITIATIVE
- GOULBOURN VALLEY PRIDE INC
- GEORGE FORGAN SMITH
- GIVEOUT
- HARM REDUCTION VICTORIA
- HAVEN; HOME, SAFE
- HEADSPACE
- HERBERT SMITH FREEHILLS
- HOUSING CHOICES
- JEN DIXON
- JOY 94.9
- KIT FAIRLY
- KOORIE PRIDE VICTORIA
- LAUNCH HOUSING
- LIVING POSITIVE VICTORIA
- LUKE GALLAGHER
- MAC COSMETICS
- MANY COLOURED SKY
- MELBOURNE GAY & LESBIAN CHORUS
- MELBOURNE POLYTECHNIC
- MENTAL HEALTH VICTORIA
- MIDSUMMA
- MOFF
- MISS KATALYNA
- NAB
- NATE REID
- NAPWHA
- LGBTIQ+ HEALTH AUSTRALIA
- NWMPHN
- POSITIVE LIFE SOUTH AUSTRALIA
- POSITIVE WOMEN VICTORIA
- REGIONAL VICTORIANS OF COLOUR
- RELATIONSHIPS MATTER
- RO ALLEN
- ROBERT REASON
- SARAA
- SEMPHN
- SCARLET ALLIANCE
- SHINE SA
- SOUTH AUSTRALIAN GOVERNMENT
- SWITCHBOARD VICTORIA
- TASKFORCE
- THE ART GALLERY OF SOUTH AUSTRALIA
- THE BOUVERIE CENTRE
- THE CENTRE
- THE DAVID ROCHE FOUNDATION HOUSE MUSEUM
- THE LAIRD
- THE MUSEUM OF APPLIED ARTS AND SCIENCES
- TIMOTHY ROBERTS
- TODD FERNANDO
- TRANSGENDER VICTORIA
- VAADA
- VACCHO
- VAHS
- VICTORIA POLICE
- VICTORIAN GOVERNMENT
- VICTORIAN HEALTHCARE ASSOCIATION
- VICTORIAN PRIDE CENTRE
- VICTORIAN PRIDE LOBBY
- VIXEN COLLECTIVE
- WOMEN'S HEALTH LODDON MALLEE
- YOUR COMMUNITY HEALTH
- ZOE BELLE GENDER COLLECTIVE

# we are family.

'We got engaged the day after the decision came out about marriage equality in Australia. We've been married for nearly four years now.'

**MARK & ANDREW**





THORNEHARBOUR.ORG

