

MARCH - MAY 2024 • AUTUMN ISSUE

# *POSITIVE LIVING CENTRE*

## AUTUMN 2024 NEWSLETTER

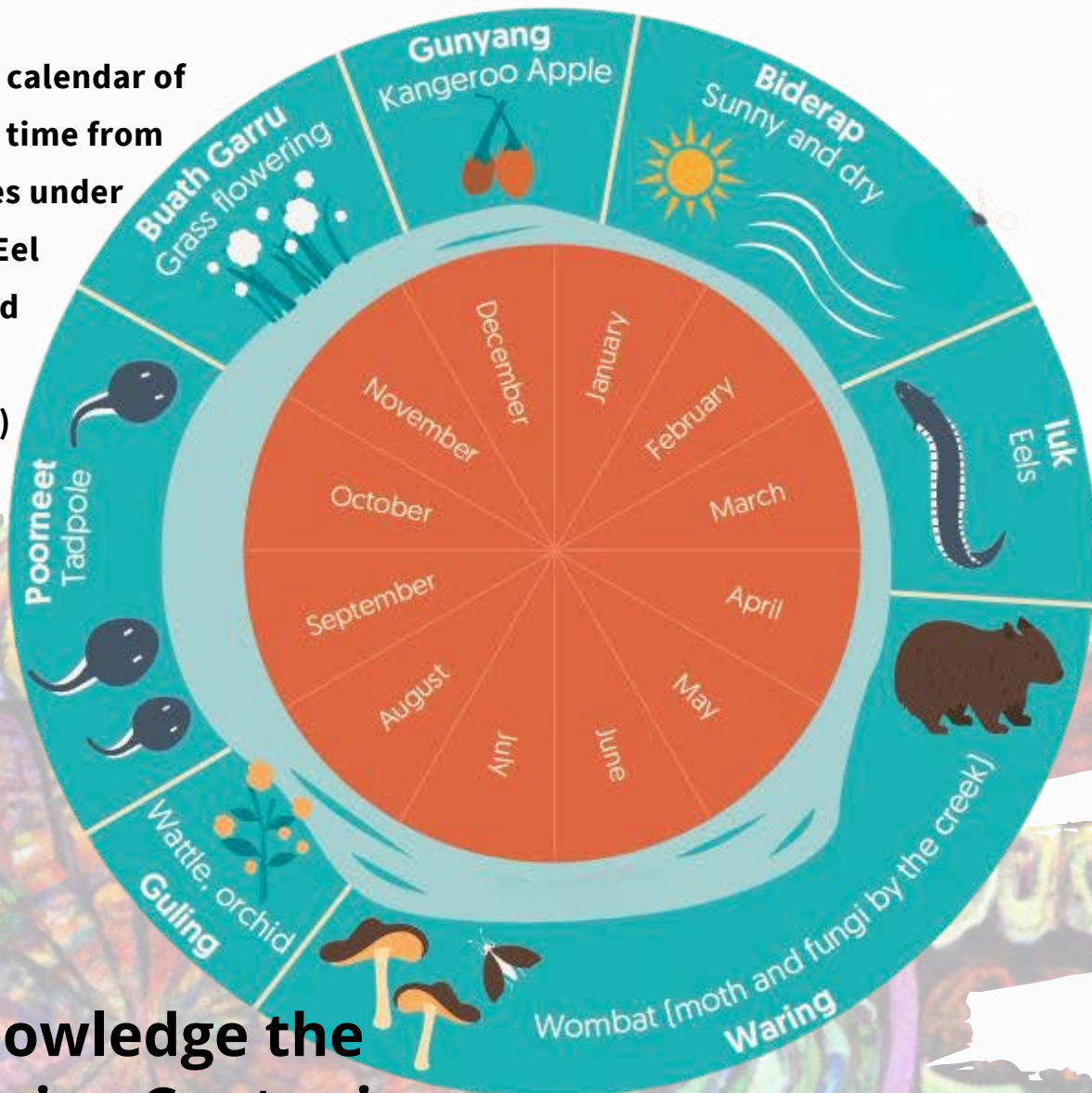


**thorneharbour**  
health\*



# ACKNOWLEDGMENT

In the Kulin Nation calendar of seven seasons, the time from March to May comes under two seasons; *Luk* (Eel Season - March) and *Waring* (Wombat Season - April-July)



**We acknowledge the Positive Living Centre 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 Autumn addition of the PLC Newsletter. As the vibrant hues of autumn begin to paint our surroundings and the weather begins to change, I extend a warm and heartfelt welcome to each one of you. It is with immense joy and gratitude that I step into the role of Acting Manager here at the Positive Living Centre during this season of change.

Autumn is a time of transition and transformation, where nature reminds us of the beauty of letting go and embracing new beginnings. In this spirit, I invite you to join me in embracing the opportunities that lie ahead for us as a community.

As we navigate the path forward together, I want to express my deepest appreciation for the trust that has been placed on me. It is an honour to serve as caretaker of this role, and I am committed to upholding the values and principles that make the Positive Living Centre a beacon of hope and positivity for all.

Our autumn newsletter is more than just a collection of updates; it is a testament to the resilience and strength of our community. Filled with inspiring stories, insightful articles, and exciting announcements, it reflects the vibrant tapestry of experiences that make us who we are.

I encourage each of you to take a moment to immerse yourselves in the pages of our newsletter. Let it serve as a source of inspiration, connection, and empowerment as we journey through this season together.

To stay informed about the latest services offered, you can also read our regular service update emails or check our Facebook page. You do not have to have a Facebook account to access this information. We also constantly update our content on the Thorne Harbour Health website.

On behalf of the team at the Positive Living Centre, we look forward to seeing you back at the Centre soon.

Yours Sincerely  
Stephen Borg  
Acting Manager Positive Living Centre

# ***DO I HAVE TO TELL ANYONE THAT I HAVE HIV?***

Living with HIV often presents a complex and deeply personal challenge, one that extends beyond the medical aspects of the condition. The decision of whether to disclose your HIV status to others is a deeply personal one, influenced by a myriad of factors ranging from societal stigma to individual relationships and legal considerations. This article aims to explore the nuanced considerations surrounding this decision, providing insights into why some individuals choose to share their status while others opt to keep it private.

## **The Weight of Stigma and Misconceptions**

It is unfortunate that in the modern era, HIV still carries a substantial amount of stigma and misconceptions. Many people hold outdated beliefs about HIV, often rooted in a lack of education about the remarkable advances in treatment and prevention that have been made over the years. Some continue to associate HIV with frequent illness, an inevitable progression to AIDS, or even the transmission of the virus to babies. This stigma and misinformation contribute to the weight of choosing to disclose one's HIV status.

## **Pros and Cons of Disclosure**

The decision to disclose your HIV status is deeply personal and should be made with great care. It's important to weigh the potential benefits and drawbacks before sharing this information. In many instances, your HIV status is simply not relevant, and you are not obligated to disclose it unless you choose to do so. Your relationship with the person you are considering disclosing to plays a pivotal role in this decision.

However, there are specific situations where sharing your HIV status becomes more pertinent. This includes discussions with sexual partners, conversations with your employer, and interactions with healthcare providers. Depending on where you live, there may also be legal considerations that come into play.

## **Varied Responses to Disclosure**

The reactions you receive when disclosing your HIV status can vary greatly. Some individuals have reported negative responses, which can be emotionally challenging. On the other hand, there are those who have experienced incredibly supportive and empathetic reactions. Interestingly, many people have described a sense of "anticlimax," where the disclosure



itself turns out to be less dramatic than the build-up to it. This nonchalant response can help normalise HIV, making it just a part of life rather than a cause for excessive emotion.

It's crucial to understand that you cannot predict or control how someone will react to your disclosure, nor can you dictate what they do with the information afterward. In situations where you are financially or otherwise dependent on someone, and a negative response could have material consequences, such as loss of income or shelter, the decision requires even more careful consideration.

### **Framing Your Disclosure**

When you do decide to disclose your HIV status, it can be helpful to provide some current information about HIV to help dispel misconceptions. Most people living with HIV today can expect to lead healthy lives with a normal life expectancy. Effective treatments with minimal side effects are available, and a significant breakthrough known as 'Undetectable = Untransmittable' (U=U) means that individuals with an undetectable viral load cannot transmit the virus to their sexual partners.

Regardless of whom you are sharing your status with, framing the conversation in a way that highlights these medical advances can educate and destigmatise HIV. Framing the discussion this way can be a helpful approach to disclosure.

### **Empowerment Through Disclosure**

Many individuals living with HIV have found empowerment in disclosing their status confidently and positively. Sharing your story in an empowering manner, where you take control of the narrative, can make it easier to discuss HIV with others. This approach communicates hope and resilience, rather than shame.

However, it's essential to recognise that you may need time to process and understand your diagnosis and its implications before feeling ready to share it. Some find solace in private reflection, while others seek support from partners, friends, or family. It's crucial to find what works best for you.

In conclusion, the decision to disclose your HIV status is deeply personal and should prioritise your well-being, both mental and emotional. Whether you choose to share it or not, how and when you decide to do so is entirely up to you. Disclosure should not be a traumatic event, and you have the autonomy to make choices that align with your best interests and comfort level.

**“So much has changed when it comes to HIV. I take only one pill a day, with no side effects. I can expect to live as long as someone without HIV, and because I’m undetectable, I don’t worry about passing it on to my sexual partners.”**

# ***UNDERSTANDING THE AGEING PROCESS: IMPLICATIONS FOR PEOPLE LIVING WITH HIV***

As individuals age, the body undergoes a progressive deterioration, rendering older adults more susceptible to infections, injuries, and diseases. This natural phenomenon diminishes energy, physical strength, and resilience, making older individuals more prone to conditions such as heart disease, diabetes, osteoporosis, and cancer compared to their younger counterparts.

Remarkably, individuals with HIV are now experiencing longer lifespans due to the efficacy of antiretroviral treatments. While these advancements have significantly reduced HIV-related illnesses, a growing number of HIV-positive individuals are grappling with age-related conditions such as heart disease and diabetes. Moreover, there's a perception that these ailments manifest at younger ages in people living with HIV, prompting inquiries into whether HIV accelerates the ageing process.

The discourse surrounding ageing and HIV predominantly focuses on high-income countries, but as research expands to encompass diverse populations and regions, new insights may emerge. Despite the existing data suggesting potential accelerated ageing among people with HIV, the scientific community has yet to reach a consensus on whether HIV directly influences this process. Nonetheless, several key points remain evident:

1. People with HIV exhibit elevated rates of age-related conditions.
2. Various factors, not solely attributed to HIV, contribute to these heightened rates.
3. Preventive measures can significantly mitigate the onset of these conditions.
4. Overall, individuals with HIV enjoy good health and life expectancy.

It's crucial to approach research findings about HIV and ageing with caution. Simple comparisons between HIV-positive and HIV-negative individuals may yield misleading conclusions. Discrepancies in age distribution, healthcare access, and lifestyle factors between these groups can skew interpretations of data.

Moreover, the regular medical surveillance practiced by individuals with HIV may lead to earlier detection of certain conditions, potentially confounding comparisons with the general population.

Additionally, lifestyle disparities and other social determinants of health must be considered when evaluating health outcomes in HIV-positive individuals. To address these complexities, researchers strive to select HIV-negative comparison groups closely resembling HIV-positive cohorts, thereby enhancing the validity of their analyses. Such efforts aim to minimise confounding variables and provide more accurate insights into the relationship between HIV and ageing.

While recent studies have reported higher rates of heart disease, cancer, and other conditions among people with HIV, the underlying mechanisms remain multifaceted. Factors contributing to these disparities encompass lifestyle choices, immune system function, and medication effects.

Epigenetic clocks, which measure gene expression influenced by environmental factors, offer valuable insights into the biological ageing process. Studies indicate that HIV, particularly during acute or uncontrolled stages, can accelerate epigenetic ageing. Consequently, mitigating chronic inflammation and immune activation through HIV treatment remains paramount in addressing these concerns.

### **Several factors contribute to the elevated prevalence of age-related conditions in people with HIV:**

- 1.** Lifestyle factors, including smoking and high stress levels, heighten the risk of certain diseases.
- 2.** Immune system dysfunction, exacerbated by HIV infection, predisposes individuals to health complications.
- 3.** Medications used to manage HIV, though vital, may have side effects that impact ageing-related processes. Despite these challenges, proactive measures can mitigate the impact of ageing on individuals with HIV. Adhering to HIV treatment, maintaining a healthy lifestyle, and regular medical monitoring are essential strategies for preserving health and minimising disease risk.

While uncertainties persist regarding the long-term implications of HIV on ageing, current trends offer optimism. Most people with HIV lead fulfilling lives characterised by good health, and advancements in treatment and care continue to enhance outcomes. By prioritising holistic wellness and leveraging medical advancements, individuals with HIV can navigate the ageing process with resilience and vitality.

# *LIFE EXPECTANCY*

**A NEW LIFE EXPECTANCY STUDY HAS ONCE AGAIN FOUND THAT FOR PEOPLE ON HIV TREATMENT WITH HIGH CD4 CELL COUNTS, LIFE EXPECTANCY WAS ONLY A FEW YEARS LOWER THAN THE GENERAL POPULATION**

This analysis of over 200,000 people who started HIV treatment between 1996 and 2014 in North America and western Europe gives more precise estimates for people in a range of situations.

The study found that for people currently aged 40 who started HIV treatment after 2015, the average life expectancy was 79 years for women and 77 for men. This compares in the general population to 86 years for women and 81 years for men.

CD4 count had a very strong influence. A 40-year-old man whose CD4 count remained very low (below 50) one year after starting treatment was only expected to live to 58 years, whereas if his CD4 count was between 200 and 349, life expectancy rose to 72. For men with a good response to treatment, reflected in a CD4 count over 500, it was 78 years.



The study was unusual in also estimating life expectancy for people who had been diagnosed and on HIV treatment for much longer.

Reassuringly, life expectancy was only slightly shorter: for people who started treatment before 2015 and are currently aged 40, it was 76 years for women and 75 for men.

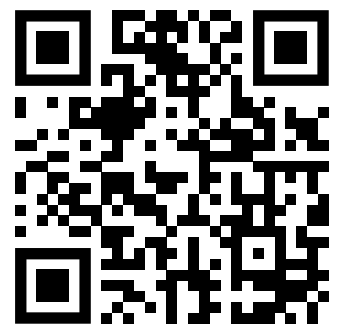
The researchers looked in detail at a number of factors that might increase the risk of death. As expected, there were more deaths reported among older age groups. Men were a little more likely to die than women. People who inject drugs also had higher rates than other groups, probably due both to social factors and the health risks of injecting drugs.

Recent medical issues, such as having a viral load that was not undetectable, having an AIDS diagnosis or having hepatitis C, were also linked to higher numbers of deaths.



The researchers also looked at the impact of medical history – specifically, having previously taken older HIV medications with heavy side effects or having had a very low CD4 count some time in the past. These had less of an impact on the risk of death than other factors.

Overall, the study shows that with the right treatment and care, most people living with HIV in high-income countries will have a more or less normal lifespan – even if they started treatment many years ago.



JOIN OUR  
COMMUNITY

Do you have  
an Asian  
background?

Are you living with HIV?

You are not alone.

Find support with a Positive Asian community  
in Australia

Visit: [napwha.org.au/about-us/pana](https://napwha.org.au/about-us/pana)

**PANA**  
POSITIVE  
ASIAN  
NETWORK  
AUSTRALIA

# MURDER, SECRETS, AND SAUNAS WITH DENNIS ALTMAN



**IN THE DIMLY LIT CORNER OF A SAUNA, WHERE NAKED BODIES MINGLE AND SECRETS HIDE, A DEAD BODY SETS THE STAGE FOR AN INTRIGUING MURDER MYSTERY.**

Amidst the tumultuous 2021 Covid-19 lockdowns in Melbourne, renowned Australian academic and gay rights activist Dennis Altman stumbled upon an idea that would eventually take shape into his latest literary venture: a murder mystery novel *Death In a Sauna*.

Unlike his previous works, Altman was venturing into uncharted territory, exploring the realm of genre fiction for the first time. Altman spoke with *Star Observer* about his new novel, the LGBTQI rights movement in Australia and writing genre fiction.

*Death In A Sauna* is set around 20 years ago during an International AIDS Conference in London. The chair of the conference is found dead in a sauna.

The idea for the book originated during long walks that Altman took with his friend Tom when Melbourne's COVID-19 restrictions meant one couldn't travel beyond five kilometres from one's home.

## **The Idea For A Murder Mystery**

What started as casual brainstorming sessions over daily walks evolved into a gripping narrative that kept Altman on his toes. "I had always toyed with the idea of writing a story that begins with a dead body in a sauna," Altman said in an interview over the phone. "You have to carefully orchestrate a web of plausible suspects, motives, and means. Surprisingly, much of the plotting happened subconsciously, and, even I didn't know the identity of the killer until I was 80% through the book."



Altman's unconventional approach to crafting the story led to unexpected plot twists and mirrored the element of mystery and the thrill of discovery that readers will experience. He described the writing process as akin to playing a computer game, where everything must intricately fit together.

"The person whom Tom and I had originally decided was the killer turned out not to be so. I think that writing a story, particularly this sort of story, which doesn't pretend to have deep emotional psychological depth, is really like playing an elaborate game."

### **The AIDS Epidemic**

Beyond the intricate plot, *Death in a Sauna* also offers a glimpse into an era shaped by the AIDS epidemic.

Set against the backdrop of a major international AIDS conference, the novel incorporates elements of political intrigue and references to AIDS politics. There is also a special appearance by the wife of the President of Uganda. "I would love to think he's reading it but I think it's unlikely," he chuckled over the phone.

Drawing from his own experiences from decades of fearless advocacy, the narrative seamlessly weaves historical context into the dark underbelly of a good old-fashioned murder mystery.

"While I didn't set out to provide a comprehensive overview of the epidemic, there is a significant amount of information and references to AIDS politics in the book. It's a subtle homage to that era."

Altman is known for his groundbreaking nonfiction works and life-long advocacy for the LGBTQI community. His 1971 book, *Homosexual: Oppression & Liberation*, was a seminal text that was informed by his own experiences as a gay man, at a time when homosexuality was criminalised in Australia.

Altman stressed the importance of recognising the changes and substantial support for the LGBTQI community in the country.

### **Hate Has A Long History In The US**

"A very well-known feminist and Australian author said to me that the gay rights movement was the most successful movement to come out of the 70s. And I think she's right. I know that at the moment, people are feeling very vulnerable and bruised because the crazy right has targeted trans issues but I think what people forget is how far things have moved."

Altman said it was important for the conversations on LGBTQI rights to be around state-sponsored homophobia

across the world and providing refuge to those seeking asylum due to their sexuality or gender identity and less on what's happening in the US.

"We need some global perspective and stop being overly obsessed with the United States," he said, adding, "The United States remains wedded to a madman. I think that's something that even ten years ago, nobody would have predicted. This extensive hatred and acting out of that hatred is, unfortunately, part of a long historical tradition in the US."

"Don't forget that the sorts of extraordinary homophobia that was floated around the US in the early stages of the AIDS epidemic was much more frightening and dangerous. So far Americans haven't felt the need to ask Australia for political asylum. I mean, things might be tough in Florida, but you can, of course, move to California."

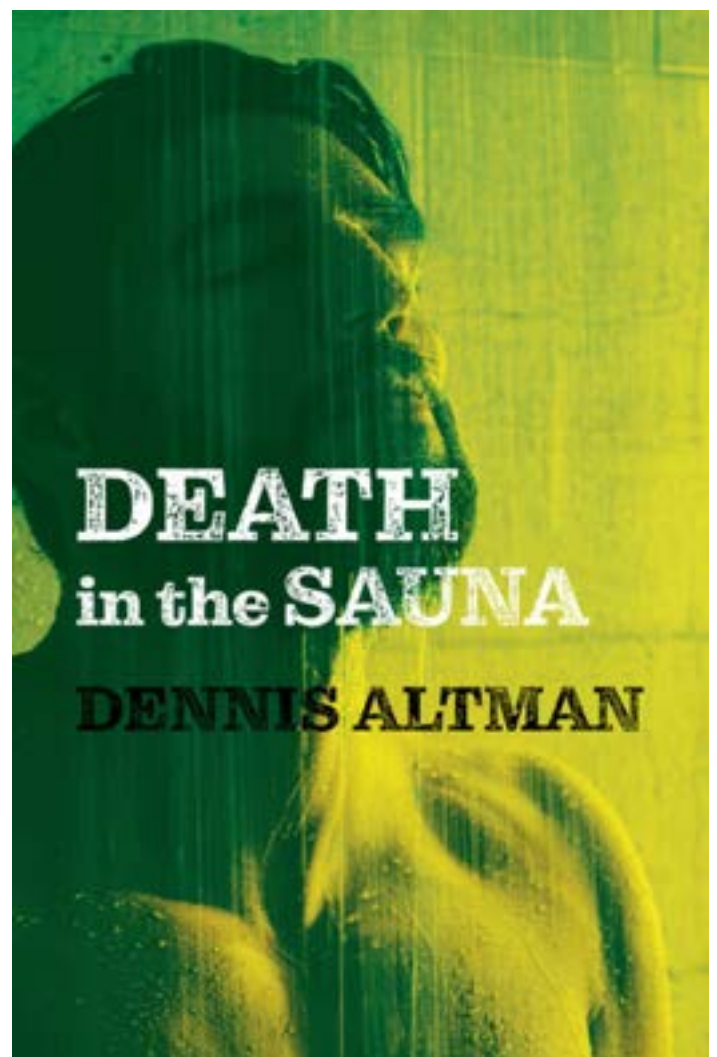
### **Supporting Queer Bookshops**

The release of a new book has meant Altman can indulge in another cause that he is passionate about – queer book shops and publishers. (*Death In A Sauna* is published by Melbourne-based independent publisher Clouds of Magellan).

"Australia is one of the few countries that still has queer bookshops like Hares & Hyenas in Melbourne and The Bookshop in Darlinghurst, Sydney.

They've survived for decades, when in many other parts of the world, including the US, queer bookshops have collapsed. And one of the great things about doing a book like this is that I've been able to do events in those shops. And I hope that brings people, who otherwise wouldn't know of them, into the shops," said Altman.

The reaction to the book has been overwhelming from readers and fellow writers. Australian author Benjamin Law described *Death in a Sauna* as the book Agatha Christie would have written had she been a gay man. For the self-confessed Agatha Christie fan, that was the ultimate compliment.







POSITIVE LIVING CENTRE

# SIMPLE WILLS

*Service*

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 SERVICE:

- ✓ 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.
- ✓ Create a legally-binding will tailored to your specific needs and wishes.



Appointments are the first  
Thursdsay of each month  
at 6.30pm.

Call Reception on 98630444, and our Client Care Team will guide you through the process, including organising an appointment to complete your Will.





*Join an exciting venture at the PLC.*

# *PLC ART CLASS*

In partnership with the Council of Adult Education, we are delighted to announce the return of Art classes to the Positive Living Centre. Whether you're a novice, expert or in between, this initiative will develop your skills in a supportive environment, with the support of award winning artist, Mia Schoen. This course builds capacity for personal arts practice by identifying individual student needs and is a pathway for further study in accredited visual arts training.

## THE COURSE OUTLINE

The program will allow you to engage in a range of exercises using a range of different mediums. Drawing classes will focus on technique and developing the skills of the individual so you become comfortable with freestyle drawing. This will then build up skills from tracing to observational drawing, still life and life drawing. These skills will develop into freestyle painting where you will be introduced to a number of different paint sources so you can work out what works best for you. From there you will have the opportunity to try different methods and materials. You will also develop your knowledge of the contemporary art scene in Australia.

## THE DETAILS

Commencing weekly  
in term two 2024  
Thursday 18 April - 27 June  
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 service complements your grocery shopping by offering low-cost, nutritious food items, including packaged goods, fruits, and vegetables, tailored for clients with a Health Care Card.

It's accessible every day the centre is open, with pre-prepared packages available fortnightly.

Pantry is \$2 for clients with a Health Care Card

Please speak with a Client Care Staff member if you do not have a health care card and require nutritional support.

## COFFEE & CAKE

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



## Lunch & Dinner

We're pleased to announce the launch of our **fortnightly dinners, commencing on Thursday May 2nd, 2024.** This decision comes after careful consideration of your preferences and satisfaction levels regarding our current meal schedule.

Our recent survey revealed that while our current schedule generally meets the needs of many clients, there is room for improvement to enhance overall satisfaction.

The survey results highlighted various options and the fortnightly dinner option stood out as the most favorable choice, with **54%** of respondents expressing satisfaction, indicating its appeal and the least polarisation.

In addition to the new fortnightly dinner schedule, we're pleased to inform you that lunch every Tuesday will continue as usual. Furthermore, to accommodate clients on Thursdays when there is no dinner, lunch will be available, ensuring you can enjoy two delicious meals every week. We will closely review the numbers to track the success of this new schedule.

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.**

# 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.



## Costs:

\$5 FOR HEALTH CARE  
CARD HOLDERS

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\$30 FOR NON HEALTH  
CARE CARD HOLDERS

## Appointments available

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

**Thursdays at the PLC**



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



**thorne  
harbour**  
health\*

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

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

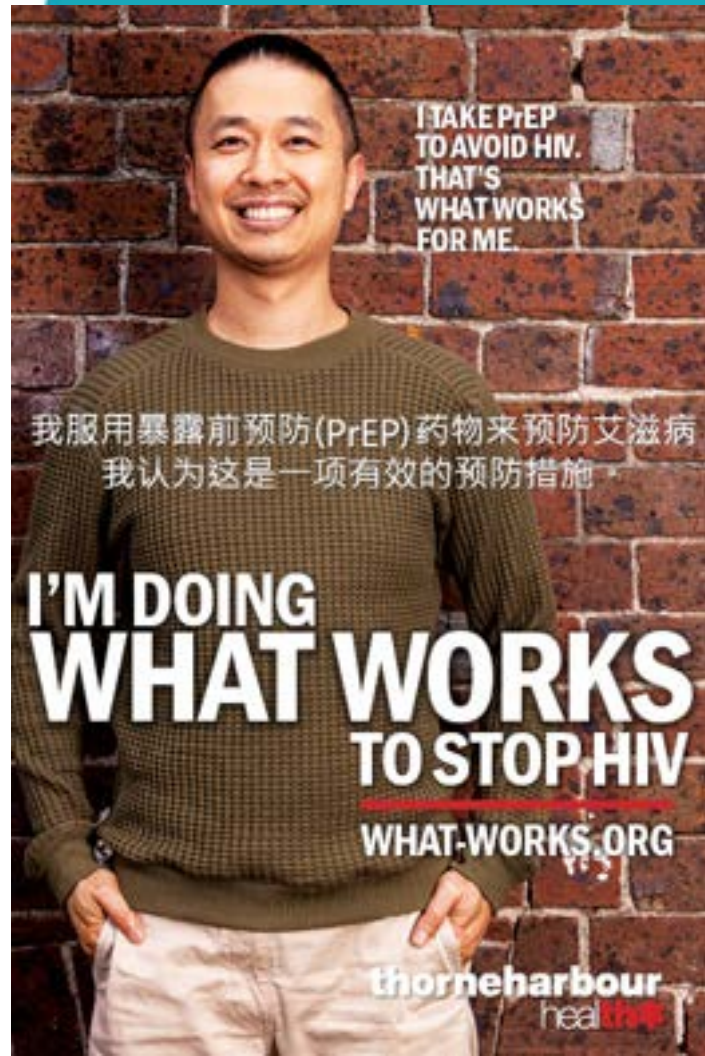
Rainbow WISE is currently available in Melbourne CBD and Preston.

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



# 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.**



## Rainbow Connection Expands

Community Support is expanding its Rainbow Connection program, which provides volunteer social support for older, isolated members of the LGBTIQ+ community.

Rainbow Connection, which started in 2012, is now funded as part of the Commonwealth Aged Care Volunteer Visitors Scheme.

The extra funding for volunteer visits was a recommendation of the Aged Care Royal Commission, which identified widespread social isolation among people receiving aged care services. Rainbow Connection volunteers visit older people regularly to have a chat, or to take them out in their local area. People are eligible for Rainbow Connection if they are a member of the LGBTIQ+ community, live in a residential aged care facility, have a home care package or are waitlisted for a home care package.

The main service area is the southern region of Melbourne.

**If you or someone you know might benefit from volunteer visits,**

**Call: (03) 9863 0426**

**Email:**

**[rainbowconnection@thorneharbour.org](mailto:rainbowconnection@thorneharbour.org)**

People who do not fit the above criteria, or who live in other parts of Melbourne, can still contact Rainbow Connection to discuss support options.



## NDIS support

Community Support's NDIS team has immediate vacancies to support new clients.

If you have a new NDIS plan, or if you are not happy with your current NDIS support, get in touch with our NDIS staff to see how we can help.

Thorne Harbour's NDIS services are focused on the needs of people living with HIV and people in the LGBTIQ+ community.

We have skilled support coordinators and recovery coaches who will work with you to achieve your goals, and culturally sensitive staff, including trans and gender diverse peer support workers, who can help you at home and connect you to your community.

**To find out more**

**Call: (03) 9863 0430**

**Email [ndis@thorneharbour.org](mailto:ndis@thorneharbour.org).**

## 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.

# THERAPUTIC SERVICES

Thorne Harbour Health offers a growing range of therapeutic services and programs aimed at LGBTI communities and people living with HIV, including professional and affordable counselling services, alcohol and other drug services, and family violence services.

## Counselling

Our counselling service provides professional, affordable counselling for individuals and couples affected by or at risk of HIV, and for members of the LGBTI community. Our counsellors are professionally trained, sensitive to the needs of people living with HIV and members of the LGBTI community, and are bound by a code of practice privacy, confidentiality and duty of care policies.

Sessions can be provided face-to-face or via telephone or video link. Fees are based on a flexible, sliding scale depending on your income; a gold coin donation is the fee for Healthcare card holders and those on Disability Support Pensions.

Our counselling service also runs therapeutic groups to address the continuing challenges of the living with HIV and the needs of the LGBTI community.

Groups are facilitated by professional counsellors or psychotherapists, are held weekly and run for six to ten weeks.

Phone: **(03) 9865 6700** or **1800 134 840**  
(free call for country callers)

Email: [counselling@thorneharbour.org](mailto:counselling@thorneharbour.org)

Website:

[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

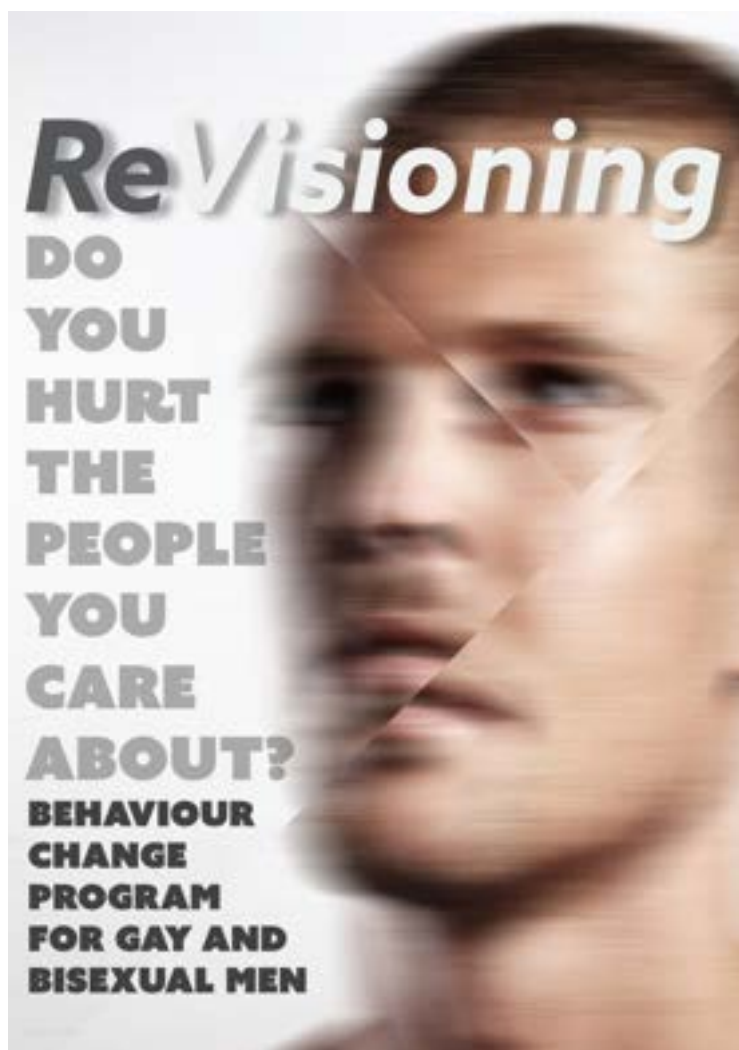
Family violence within LGBTI communities is known to occur at the same rates as for heterosexual relationships, if not higher for some communities such as trans and gender diverse communities.

## 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: [rainbow door.org.au](http://rainbowdoor.org.au)**

**Out and About** is a friendship and community connections for older LGBTI Victorians. Our service continues with the option of in person visits or virtual / phone / mail contact. Volunteer visitors are trained in COVID-19 infection control. New referrals to use our service are still welcomed at this time.

For more info, call **1800 729 367**

or email

[outandabout@switchboard.org.au](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.

## 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.

**Our next workshop is in on Saturday 13 April, 1-4:30pm (12:30 for pizza) and Sunday 14, 10am-5pm.**

## 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

**The next Planet Positive event is:  
March 23rd 1:00 pm - 4:00 pm  
The Laird Hotel Melbourne  
149 Gipps St Abbotsford**

## 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.



# Positive Reflections

## How has HIV shaped your life? Join Living Positive Victoria for a three-hour workshop as we explore our personal relationship with HIV.

Our workshop Positive Reflections invites you to trace your evolving experiences of HIV; pre-diagnosis, diagnosis and living with a positive status.

In this intimate workshop we will ask you to explore and reflect on the ways in which HIV has impacted their lives. With a focus on the challenges, misconceptions and building wellbeing, we hope to provide a safe space for you to share your personal journeys with other people living with HIV.

This workshop is open to anyone living with HIV. The workshop will be facilitated by our Peer Navigation Team.

As part of your registration, our workshop coordinator, Emil will be in touch with you to check in if you need any additional support. If you do have any questions or would like to talk to Emil now, please feel free to send Emil an email at [emil@livingpositivevictoria.org.au](mailto:emil@livingpositivevictoria.org.au)

Following the workshop, you're also invited to join us for a BBQ at Planet Positive next door, our quarterly community BBQ where you can meet the wider community of Positive folks in Victoria.

We're looking forward to hearing your story.



### DETAILS

Date: March 23

Time: 9:00 am - 12:00 pm

VENUE:

Thorne Harbour Health  
200 Hoddle Street  
Abbotsford, VIC 3067



## 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/>



# 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.



## 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**.

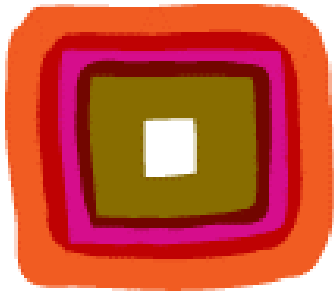


# MSHC

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)

## 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 is open until 8 pm on the first Thursday of each month

[facebook.com/PositiveLivingCentre](https://facebook.com/PositiveLivingCentre)

[facebook.com/thorneharbour](https://facebook.com/thorneharbour)

[twitter: @ThorneHarbour](https://twitter.com/ThorneHarbour)

[instagram: @thorneharbour](https://instagram.com/thorneharbour)

### The PLC will be closed due to Public Holidays on the following dates:

11 March	Labour Day
29 March	Good Friday
2 April	Easter Tuesday
25 April	Anzac Day

### 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.

