



# plc

POSITIVE LIVING  
CENTRE

## INSIDE THIS ISSUE

BRUCE: PERSONAL STORY  
WORKING WITH THE MOB

MOVE TO A DIGITAL  
NEWSLETTER

HIV AND PERMANENT  
RESIDENCY

## SPRING SUMMER NEWSLETTER

OCTOBER 2019 TO JANUARY 2020

PROVIDING INTEGRATED AND COMPREHENSIVE  
SERVICE FOR ALL PEOPLE LIVING WITH HIV

A PROGRAM OF THORNE HARBOUR HEALTH

**thorneharbour**  
health\*

# POSITIVE LIVING CENTRE

## ADDRESS

51 Commercial Road  
South Yarra 3141

**P:** (03) 9863 0444

**F:** (03) 9820 3166

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

**E:** [plcfeedback@thorneharbour.org](mailto:plcfeedback@thorneharbour.org)

## TRAM STOP

No.28 on the 72 Route  
Camberwell Line

## BUS STOP

Braille Library/Commercial Road  
Routes 216, 219, 220

*Note: We are a short walk from both  
Pahran and South Yarra railway stations.*

## PLC OPENING HOURS

Tuesday 10am – 4pm

Wednesday 10am – 4pm

Thursday 10am – 8pm

Friday 10am – 4pm

Saturday, Sunday & Monday - Centre Closed

## CLOSURES

Tuesday November 5th Melbourne Cup Day  
Centre

Festive Season Break:

Closes 2.00pm Tuesday December 24th and  
reopens 10.00am Thursday January 2nd 2020

## GRAPHIC DESIGN

Kevin Reader



@ThorneHarbour



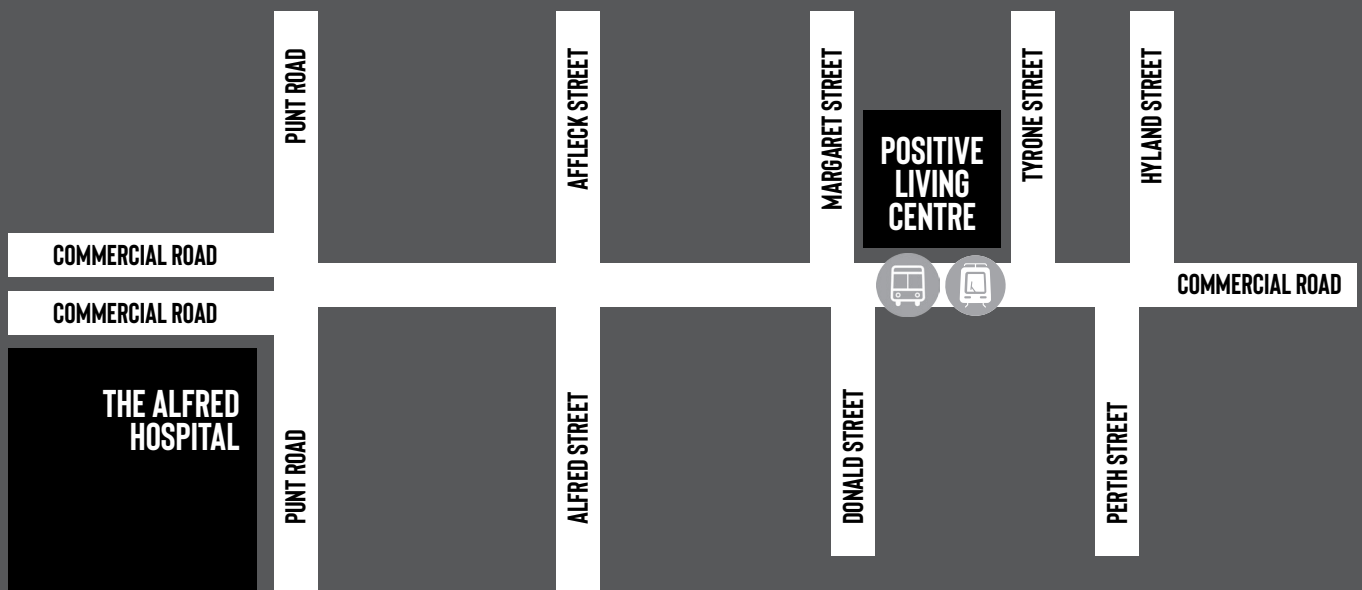
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@ThorneHarbour



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



**BUS STOP**  
BRAILLE LIBRARY/COMMERCIAL RD  
216 / 219 / 220



**TRAM STOP 28**  
BRAILLE LIBRARY/COMMERCIAL RD

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# WELCOME

**WELCOME TO THE SPRING SUMMER EDITION OF THE POSITIVE LIVING CENTRE NEWSLETTER. THERE IS A LOT TO READ AND ENJOY AS WELL AS A GREAT DEAL OF USEFUL INFORMATION IN THIS EDITION.**

Our regular newsletters are an easy way to keep up-to-date with new developments and interesting topics in the field. With contributions from a variety of sources, our newsletter contains insightful news pieces, and keeps you informed of all our upcoming events and activities so you never miss out. I would encourage you to read the article on our plans to move this Newsletter to a digital format rather than its current paper version. The articles on the evolution of the Housing service at the Centre and Voluntary Assisted Dying will also be of interest.

The end of the year for a lot of people is a time for celebrating with loved ones, family and friends and a time to relax; however, for some the reality is that the holiday season can bring on feelings of isolation or loneliness. Issues relating to financial problems, illness, relationships or loss can intensify stress associated with this time of year. A holiday may also mark the anniversary of a loss, such as the first Christmas without a particular person. It is important for everyone to be aware of their feelings and to stay "safe" over the Christmas period.

Look after yourselves and also keep an eye out on those around you who may need some extra support at this time. If this time of the year does present any difficulty for you or people you know, given that many services shut down over this period, these are some services that may be very useful:

- **Lifeline** on **131114** (24-hours a day, 7 days a week) [www.lifeline.org.au](http://www.lifeline.org.au)
- **Kids Help Line** on **1800 551 800** (24 hour telephone, web and email counselling service for 5 to 18 year olds) <http://www.kidshelp.com.au>
- **Mensline** on **1300 789 978** or [www.menslineaus.org.au](http://www.menslineaus.org.au) is a 24-hour confidential telephone support, information and referral service for men with family and relationship problems, especially around family breakdown or separation.
- **DirectLine** on **1800 888 236** provides 24-hour, 7-day counselling, information and referral on alcohol and drug-related matters.
- **Beyondblue** infoline on **1300 224 636** provides callers with access to information and referral to relevant services for depression and anxiety related matters.
- **Gay and Lesbian Switchboard** on **96632939** or **1800 184 527** provides counselling, referral and information to the GLBT community.

From all the team at the Positive Living Centre we wish you the best for the season and we look forward to seeing you soon.

Best Wishes  
Alex Nikolovski

# BRUCE PERSONAL STORY

Bruce Fitzgerald endured a childhood that many would have struggled to survive. But he has overcome trauma and illness to realise his dream of a university education.

He recently graduated from Australian Catholic University (ACU) with a Bachelor of Arts after first completing the Certificate of Liberal Studies through Clemente Australia, an innovative university pathway program that empowers people experiencing social isolation and multiple disadvantages.

Clemente Australia students are often dealing with complex social issues, such as mental illness, disability, addiction, unemployment, homelessness or family breakdown that can make studying difficult.

By choosing to focus on the humanities, the Clemente Australia program supports students to re-engage with their community while enabling them to see themselves as agents of change.

Mr Fitzgerald, who endured mental, physical and sexual abuse as a child, now wants to help others realise new possibilities and life choices.

“The worst part of my childhood was the mental abuse. Being blamed for everything that was wrong and then constantly being told how ugly I was,” he said.



While Mr Fitzgerald did well academically in both primary and high school he was eventually expelled for non-attendance due to his difficult home life.

Most of his working life involved heavy labour in the metal industry, and during this time he began to suffer mental health issues that developed into injecting drug use and a heavy drinking problem.

The drug use left him with serious health issues, including HIV/AIDS and Hepatitis C. After 12 months of treatment and at a “loose end” he began the Clemente Australia program.

ACU first introduced Clemente to Australia 15 years ago and variations of the program are now run at every campus. Clemente Australia's national leader ACU Associate Professor Peter Howard says that Clemente Australia is "transformational".

The program has produced hundreds of graduates with many choosing to undertake further studies. "Clemente Australia opens doors to new opportunities. Everyone is always helpful - there was always support available from the staff," Mr Fitzgerald said.

Mr Fitzgerald is now employed by ACU as an Aboriginal and Torres Strait Islander Graduate. The program provides a two-year, broad-based employment experience across two ACU directorates; student administration and community engagement.

# HOUSING PLUS

Housing Plus (formerly known as AHAG) 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:

**Phone:** 03 9863 0425

**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.

# MOVE TO A DIGITAL NEWSLETTER

The Positive Living Centre Newsletter has evolved over many years to become the comprehensive, informative resource it is today. It continues to be a popular periodical amongst those living with or affected by HIV as well as many workers within the sector. It is a unique and valuable resource as it is the only local publication that provides details regarding all services available for the positive community. For many years it has been available in its current paper version and online via the organisation's website.

Each time we publish the Newsletter we produce around one thousand hard copies to distribute to clients and allied organisations. This represents a significant financial cost related to printing, postage and the purchase of paper; the latter also having an environmental impact.

With this in mind we are migrating the Newsletter so that its primary distribution is online. What does this mean? Unless an individual requests otherwise, the Newsletter will only be available online. This will be the standard for the next Newsletter to be released.

We appreciate that many will not prefer the online platform as the prime way to access this resource and have a strong desire to have a hard copy in their hands. We therefore will continue to produce and post paper versions of the Newsletter for those who specifically request it.

If you would like to continue to receive a physical copy, I would strongly encourage

you to complete the enclosed form and use the supplied return envelope to inform us of your preference. You may also let us know by talking to a Client Care Worker at the Centre. If we do not hear from you, we will assume you are happy to view the Newsletter online. You, of course, can change your preference at any time.

The Newsletter will continue to be available in hard copy versions at services such as clinics specialising in sexual health or other organisations that provide services to the Positive community. It will also continue to be available at the Positive Living Centre.

We believe this transformation is a natural evolution in the development of this Newsletter in our ongoing commitment to provide an excellent, informative and accessible resource to the community. We are also exploring the possibility of using other pathways to access the Newsletter, such as via Facebook. Please feel free to talk to myself or a Client Care Worker at any time if you wish to discuss this.

**IF YOU WOULD LIKE TO CONTINUE TO RECEIVE A HARD COPY OF THE PLC NEWSLETTER PLEASE COMPLETE THE ENCLOSED FORM AND RETURN IT VIA THE PRE-PAID RETURN ENVELOPE.**

Yours Sincerely,  
Alex Nikolovski

# HOUSING PLUS CHANGES

The Housing Plus program is now part of the Community Support Program, based at the PLC.

HOUSING PLUS, WHICH WAS ORIGINALLY THE AIDS HOUSING ACTION GROUP, PROVIDES TRANSITIONAL AND PERMANENT PUBLIC HOUSING AND SUPPORT FOR PEOPLE LIVING WITH HIV.

Since it came to Thorne Harbour two years ago, Housing Plus has been managed by a single worker, with a worker from Launch Housing providing advice on emergency housing needs. Positive Living Centre staff have then managed the program for two months, until the move to Community Support.

The Community Support housing team has six part-time workers, including a new housing case worker, the Launch Housing worker, and current staff from Community Support and the Positive Living Centre.

The change will ensure that all housing clients are assessed for the full range of services available from Community Support, including volunteer social support, medical

transport and home care. There will also be a new volunteer team to support housing clients.

Community Support already has clients in the 13 properties around Melbourne that are part of the In-Home Support program. Between this program and Housing Plus, Community Support now has clients in 50 properties (20 transitional properties and 30 permanent).

The properties are managed by a number of community housing agencies, including Launch Housing, the Salvation Army and Housing Choices. These agencies are responsible for lease arrangements and maintenance, and the Community Support housing team will assist with any tenancy-related issues or other support needs.

The new team is contacting all housing clients to discuss the changes and assess current support needs.

In the meantime, if you have any questions about the housing changes, please call Community Support on 9863 0426.



# NDIS SUPPORT

The Community Support Home Care team is now an accredited provider of support to clients of the National Disability Insurance Scheme.

For the past three years, Home Care has assisted clients living with HIV who need additional support to continue living independently at home.

In addition to this support, the team is now working with several clients who have NDIS plans. We are able to provide NDIS support co-ordination, home help and community participation. This has expanded our work beyond HIV to the broader LGBTI community.

Community Support is continuing to increase the capacity of its Home Care team to meet the rapidly growing demand for NDIS support, and to help clients to get the most out of their NDIS support packages.

To find out more about our NDIS support, please call the Community Support Home Care team on 9863 0430.

# LAUNCH HOUSING AT THE PLC

**Launch**  
HOUSING

IT'S TIME TO END  
HOMELESSNESS

**Launch Housing is a Melbourne based homelessness support service.**

We advocate for the thousands of men, women and children who are either homeless or at risk of homelessness each year from our 14 sites across Melbourne.

Launch Housing builds on the legacy of providing housing and support, driving social policy change, advocacy, research and innovation with a goal to end homelessness.

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 onsite available by appointment basis each Wednesday.

## INFORMATION

Bookings through reception or by calling 98630444.

# DRUG INTERACTIONS AND HIV

## AMPHETAMINE PSYCHOSIS

We all need to get some sleep.

High doses or frequent heavy use may lead to an episode referred to as amphetamine psychosis. It's not fun and it consists of things like paranoid delusions, hallucinations and potentially, aggressive or violent behaviour. Symptoms will generally disappear if you can manage a few days without using and get some shut eye.

If you or someone you know is having a rough time after taking something call for an ambulance immediately. You do this by dialling triple zero (000).

Ambulance officers are not obliged to involve the police so it's better to be safe than sorry. No one is getting in to trouble if you call the Ambos.

## Living with HIV

Recreational drug use (whether it's legal or not) is likely to interact or even interfere with the treatment regime of a person living with HIV. Changes in the concentration of ARV's is a result of two or more drugs interacting.

These changes in concentration are known to be the very thing which ultimately leads to treatment failure and toxicity.

If you're HIV+ and a recreational user, check in regularly with your GP or an experienced HIV medical practitioner. Know your limits, know your body and be aware of the impact that other substances may have on your treatment.

## Interactions with HIV Medications

If you take full dose Ritonavir or low dose Ritonavir to boost other protease inhibitors then using has the potential to increase amphetamine levels in the blood by 2 to 3 times your actual dosage.

What this means is that the negative side effects associated with popping a dexy will dramatically increase the potential for stroke, kidney and liver disease and possibly even death. Elvitegravir and Cobicistat are also proven to have interactions with HIV treatment schedules and may increase amphetamine levels in the bloodstream.

We've worked with the Australian Drug Foundation to bring you up-to-date information on known drug interactions. If you want to check for yourself against any prescription medication a good resource is the aptly titled [drugs.com](http://drugs.com)

TouchBase  
Information, Support and Services  
[www.touchbase.org.au](http://www.touchbase.org.au)

# VOLUNTARY ASSISTED DYING

NEW LAWS IN VICTORIA  
- FROM 19 JUNE 2019,  
VICTORIANS AT THE END OF  
LIFE WHO ARE SUFFERING  
AND WHO MEET STRICT  
ELIGIBILITY CRITERIA ARE  
ABLE TO REQUEST ACCESS TO  
VOLUNTARY ASSISTED DYING.

The law allows a person in the late stages of advanced disease to take medication prescribed by a doctor that will bring about their death at a time they choose.

## Key Points

Under the law, only people who meet the following conditions will be eligible for voluntary assisted dying:

- They have an advanced disease that is expected to cause death within six months (or within 12 months for neurodegenerative diseases like motor neurone disease) and that is causing the person unacceptable suffering.
- They are able to make a decision about voluntary assisted dying and communicate it to their doctor.
- They are an adult 18 years and over.
- They have been living in Victoria for at least 12 months.
- they are an Australian citizen or permanent resident.

A person seeking voluntary assisted dying must communicate three separate requests to their doctor (including one in writing). Two doctors must also agree the person meets the conditions for voluntary assisted dying.

The law has many safeguards to make sure that it is the person's own decision and that no one is under any pressure to request voluntary assisted dying.

## Who can help a person access the voluntary assisted dying medication?

Only a general practitioner (GP) or specialist doctor can help a person through the process to seek voluntary assisted dying. Other health practitioners, such as nurses and residential aged care staff, can give information but cannot help the person access the medication.

Not all doctors or other health practitioners have to participate in voluntary assisted dying

The law protects doctors and other health practitioners, such as nurses and pharmacists, who do not want to participate in voluntary assisted dying because they have a conscientious objection.

This means they cannot be forced to:

- Provide information or support about voluntary assisted dying.
- Assess a person for voluntary assisted dying.
- supply or give the medication used for voluntary assisted dying.

Health services also do not have to participate in voluntary assisted dying. Victorian health services can choose whether or not they will participate in voluntary assisted dying.

Also, some health services may not be in a position to offer voluntary assisted dying, for example, if they do not already provide care to people at the end of life.

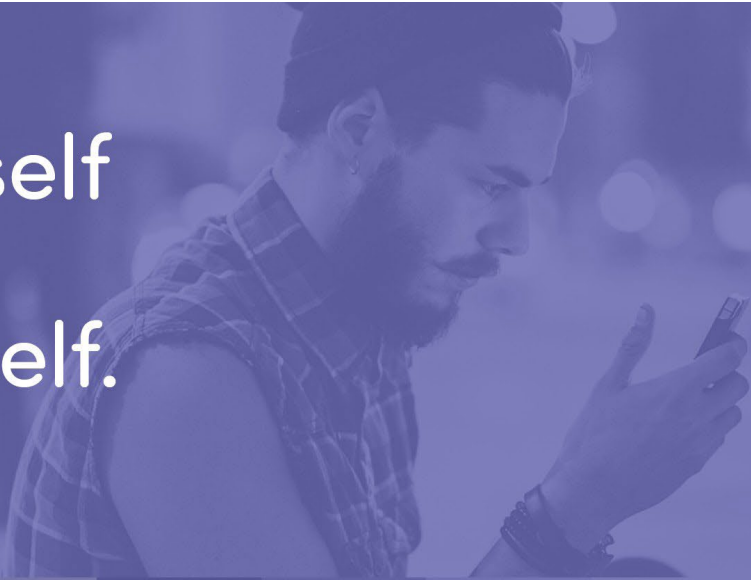
Even if a health service is not participating, people can still ask its doctors or health practitioners where they can go to get information about voluntary assisted dying.

## Getting Support

If you are thinking about or going through the process of voluntary assisted dying, it is likely you will need some support.

Support is available from:

- Your doctor and your healthcare team.
- Carers, family, friends or your support person.
- Voluntary assisted dying care navigator.
- Other services.



Check yourself  
before you  
wreck yourself.

TouchBase with us.



Australia's national drug & alcohol  
website for LGBTI communities.



# POSITIVE LIVING CENTRE POLICY UPDATE

It is important to periodically remind everyone about specific policies within the Centre.

THIS IS BECAUSE POLICIES  
EVOLVE OVER TIME OR WE  
MAY OBSERVE BEHAVIOURS  
OR PRACTICES THAT  
NECESSITATE REINFORCING  
PARTICULAR STANDARDS.

With this in mind I would like to highlight one specific policy that we have recently updated, the Pet Policy.

The following rules apply to bringing pets into the Positive Living Centre and must be adhered to. Failure to do so may result in the pet owner being asked to leave the building or the permanent banning of the pet in question.

Remember that you are sharing the PLC and its grounds with many different users. Pets should not create a nuisance to other members of the community.

Not everyone is comfortable when approached by unfamiliar pets.

- Pets must be under effective control of a responsible individual and, at all times, be leashed when in the building.
- Pets are not allowed in the dining room during meal services.
- Pets are not to be fed or watered

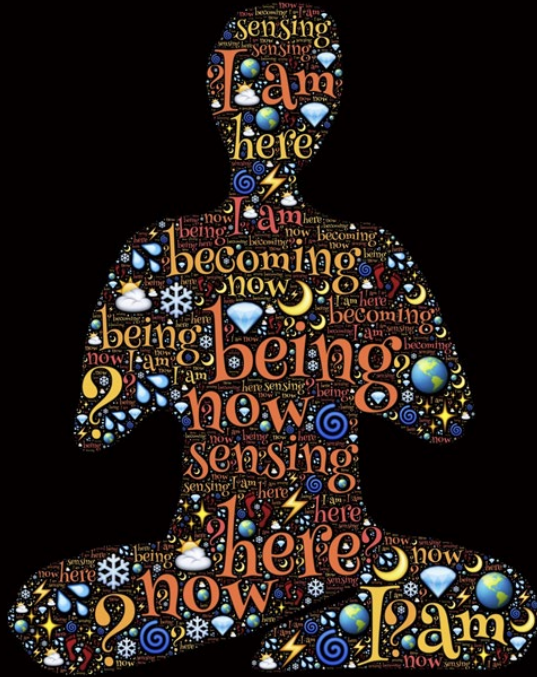
anywhere inside the building.

- Do NOT use kitchen items to feed or give water to your pets. Pet bowls are located outside.
- It is the owner's responsibility to ensure that pets relieve themselves outside, and to clean up after the pet and dispose of the pet's waste properly. It is also the owner's responsibility to clean any incidents that occur within the premises.
- All pets must be registered, healthy and pose no health risk to humans or other pets.
- Having your pet well trained is important. Your pet needs to respond quickly to commands.
- If your pet makes disturbing noises (e.g. barking), you will be asked to remove it from the building. Repeated incidents of the same nature will result in warnings and potentially in pet suspension.
- Any incidents of aggressive behavior or biting, will result in the suspension of the pet in question.
- You must always follow PLC staff instructions regarding your pet.

Your ongoing cooperation and commitment in ensuring these standards are maintained is appreciated.

Yours Sincerely,

Alex Nikolovski



# FREE YOGA CLASSES AT PLC THURSDAY 4-5 PM

Be guided through a series of movements and foundation postures which stretch your limbs, deepen your breathing and relax your mind, at a pace that suits you.

## Yoga to help you

- Move and breathe more easily
- Build strength and flexibility
- Strengthen your back
- Protect and lengthen your spine
- Enhance energy and fitness levels
- Prevent and recover from injury
- Calm your mind

## Yoga for all

Every-body welcome. No need for prior experience. The one hour classes are presented in two parts.

So it's OK to come for the first half (but better to stay for all).

## New! - Six week series

Every six weeks the classes will have a new focus, for example, neck and shoulders, hip opening, strengthening immune system for winter, breath work etc.

You can commit to the six weeks or just come when you can.

I have a particular interest and expertise in yoga for people who are more reticent about physical movement due to injury, lack of fitness or a perception that yoga is not for them.

## Contact

Let me know what your interest or issues are and I can work them into the classes.

**Louise - [terrilou28@gmail.com](mailto:terrilou28@gmail.com)**

01240



**\$5**

# CUTS

\* BUZZCUTS \* FADES \* BEARDTRIMS \*

*Bookings essential at reception  
Thursday 3pm - 7pm*

# EXERCISE CLASSES WITH THE ALFRED

Exercise within the HIV+ population has a range of benefits including increasing energy and strength, improve heart health and assist with weight control.

Research conducted by Dr. Soula Fillipas at the Alfred Hospital shows that people living with HIV who engage in twice weekly exercise result in increased self-esteem and cardiovascular fitness. It has also been shown that strength training three times weekly for the HIV population is safe, increases body weight, strength and improves body proportions.

We offer a range of exercise classes run by physiotherapist from The Alfred Hospital including:

- **Gym Based Circuit Classes** – daily at the Alfred Hospital – free
- **Tums and Bums** (global strengthening class) – Tuesdays 11.30am at PLC – free
- **Hydrotherapy** – 1pm at MSAC – \$5.70
- **Pilates** – Fridays 11am at PLC – free

Before beginning our exercise classes everyone will receive an initial assessment run by a physiotherapist at The Alfred Hospital in order for programs to be tailored towards individual's goals. For more information pick up a brochure from PLC or contact Mark or Soula on 03 9076 3450 to book an initial assessment to get involved with the classes we have on offer.

# LONG STANDING VOLUNTEERS

Every day, volunteers tackle an array of activities across our sites, services, and programs. The volunteers celebrating significant milestones this year illustrate the many ways you can make a difference.

At National Volunteer Week 2019, we held our third annual LGBTI Organisations Volunteer Event (LOVE) in partnership with JOY 94.9, Switchboard, Transgender Victoria, and the Australian Lesbian and Gay Archives. Held at St Kilda Town, LOVE has become an important time to honour longstanding volunteers as well as thank the army of volunteers that keep so many organisations like Thorne Harbour Health alive and well.

Wayne Ostler has been very hands on since arriving at the Positive Living Centre (PLC) as a volunteer.

"I graduated as a massage therapist, and a mate of mine had been doing massage there for a couple of years. He said to me to come on board. The massages are voluntary, but its good experience to build up in your professional field," Wayne explained.

Sue Macgregor has also brought her professional skills into the Positive Living Centre, and has been doing so for 25 years with the HIV/AIDS Legal Centre (HALC).

"I'm a lawyer and I was aware in the early days that they were really short of lawyers. A friend of mine was volunteering, so I came along."





She adds, "I absolutely love it. I love my clients. I love the meal I get on Thursdays. Love the other volunteers. It's a great place."

One of those volunteers behind the meals Sue speaks so highly of is Jaron Ngo. Jaron has been helping in the PLC kitchen for 15 years. "Basically, I came out and went through the Young and Gay program," he explains.

Mark Brizzi also helps our communities get access to healthy meals as a volunteer in the PLC pantry. "Being someone who is HIV positive – I was looking for something to do," Mark said. And five years later, he's still at it.

When asked why he keeps doing it, he explains, "I keep going for all the friendships I've made – what I call my one-day-a-week friends."

While volunteers like Wayne, Sue, Jaron, and Mark often enjoy face time with clients, many of the community members getting help from James Nelson will probably never see his face.

James has been volunteering for 15 years. He is one of Thorne Harbour's online outreach or 'AppReach' volunteers offering sexual health, mental health, and overall health education via online apps like Scruff and Grindr. "There was an opening in Outreach, and I really liked the idea of being hands on and helping people," James explains.

"It's been so rewarding. So many guys think there is no way out of their problems. When you talk to them though and you say, 'hey there's people here you can talk to and there's a solution out there...', you can feel the weight lift off their shoulders." Wayne echoes that rewarding feeling from providing relief to the community.

"I really enjoy it each week. I get very isolated people in to see me. I get people with depression. I get people with physical problems, and just to work on those and to have them walk out saying 'gee I feel a lot better now' – it's what I like."

For Sue, it has been a quarter of a century of 'little highlights'.

When asked if much has changed during her time, Sue is quick to explain, "Oh my god! Huge changes! In the early days, a lot of my clients were looking at dying. They looked shocking. They were in poor health... now my clients look like everyday people."

In addition to highly effective treatment for people living with HIV, James has noticed recent changes that have affected his work online.

"Technology has improved, and there has been a revolution in sexual health with things like PrEP and such. Still, 90% of the questions are bread and butter questions about how to stay healthy."

What each volunteer takes from their time can vary greatly, but LOVE plays an important role in the bringing those various volunteers together for a night of festivities and thanking them for their meaningful contribution to our LGBTI communities.

As Mark Brizzi said, "Tonight has been a highlight for me - being recognised for my time as a volunteer".

# atomo HIV Self Test

## HIV Self Testing

Self-testing is recognised for its potential to positively impact HIV detection rates.

THE CONVENIENCE AND PRIVACY AFFORDED BY HIV SELF-TESTING CAN HAVE A ROLE TO PLAY IN REACHING PREVIOUSLY UNDIAGNOSED AND AT-RISK GROUPS.

By working with HIV charities and frontline health professionals in countries with high HIV infection rates, Atomo has developed integrated HIV self-test solutions to meet the needs of lay users.

The tests require only a small drop of blood from the fingertip, and give an accurate result in just 15 minutes.

The Atomo HIV Self Test is available in Australia directly from Atomo Diagnostics – visit [atomohivtest.com](http://atomohivtest.com) for details – and is the first and only HIV self-test to have been approved by the Australian Therapeutic Goods Administration (TGA).

The kit is also available through Thorne Harbour Health.

# WORKING WITH THE MOB

'HIV still matters' is a slogan used by Thorne Harbour Health around its promotion of world AIDS Day and it still very much matters for the Aboriginal and Torres Strait Islander Community.

The HIV rates are increasing nationally for the Indigenous population while they are decreasing for the non-Indigenous

RESPECT AND INCLUSION ARE VERY KEY TO MY ROLE AND MANY ABORIGINAL PEOPLE CAN FEEL SOCIAL ISOLATION.

population. It's crucial that mainstream services like Thorne Harbour Health have Aboriginal and Torres Strait Islander employees and roles like mine.

Indigenous people like connecting with other Indigenous people. It's important and more workers are needed across the mainstream LGBTIQ+ services. I've been in the health educator role for a couple of years now after commencing in June 2017.

The role had been vacant for a while after the first worker, Kai left to go back to country and really it is a recent initiative for Thorne Harbour Health. My two partner organisations on this project are the Victorian Aboriginal Community Controlled Health Organisation (VACCHO) and the Victorian Aboriginal Health Service (VAHS)

and I rely on them to keep me connected the Aboriginal health services in Melbourne and across Victoria.

I belong to the Ngarigo people of the snowy mountains of NSW but our tribal land also extends into Victoria. The borders are a colonial construction and really like most of the population I am a visitor here on the lands of the Kulin nations in Melbourne. This means I can acknowledge the country but I cannot do a Welcome to Country as that is for traditional owners.

I say this because we can all acknowledge the country we are on and it's an important Aboriginal protocol. So think about it next time you at a meeting of formal occasion as it sends a very respectful message to Aboriginal and Torres Strait Islander people in the room.

I love hearing an acknowledgement to country as it makes me feel respected as a first nation's person.

The rates of HIV are decreasing in the non-Indigenous population but are actually increasing in the Aboriginal and Torres Strait population nationally.

And although sex between men is still the main mode of transmission in both populations, more women and many more injecting drug users make up the new diagnoses in the Aboriginal and Torres Strait islander Community. So HIV does look a little different in the different groups.

My role is to educate and support Aboriginal and Torres Strait Islander people across Victoria and I take a number of different approaches to do this.

At the Positive Living Centre I work as the Aboriginal peer support worker and just as my name suggests I work with Aboriginal mob accessing the centre who are living with HIV.

I act as another client support worker on Tuesday which finds me helping with pantry, the lunch and generally supporting all the clients. Over the last couple of years I have helped a few people who have discovered they have Aboriginal heritage.

I usually link these people into local Aboriginal services such as the Koorie Heritage Trust, who can help with tracing family histories. I think my presence at the centre creates a good environment for people to feel more comfortable to explore and discuss all things Indigenous.

For Aboriginal clients I'm here to support with a chat and being another Aboriginal person to connect with. It's really important for Aboriginal people to feel more connected culturally as in urban areas we often feel lonely.

In 2017 and 2018 I bought the Illbijerri theatre company to perform their Indigenous plays in the positive living centre. They are one of the oldest Aboriginal theatre companies in Australia and for the last 10 years have been performing health promotion plays annually dealing with topics around sexual health and Hepatitis C.

At both events Aboriginal clients felt they could relate to the plays as reflections of their own stories, and there was great sense of pride that an Aboriginal and Torres Strait Islander group was performing in the space.

I hope to bring them back in 2019 as people get a lot out of it.

I think much of my work in health promotion focuses on getting messages out to the Aboriginal and Torres Strait Islander Community about how HIV has changed with the advent of bio-medical interventions.

Prep, U=U, PEP are all new to the Aboriginal community and there is a lot of work to be done to get the people and the Aboriginal health services up to speed with new advances in HIV.

I also work on LGBTI inclusion and providing options for services for the Aboriginal and Torres Strait Islander LGBTI community in Melbourne and beyond.

I also have the job of making sure that the mainstream LGBTI services that Thorne Harbour Health offers are inclusive of first nation's people.

I think having an Indigenous role at THH just reminds people that we need to be included in the services offered and that our culture is important. I'm enjoying the role and hope to be here a bit longer yet.

### **Peter Waples-Crowe (Ngarigo)**

*Peter is the health educator in the Aboriginal and Torres Strait Islander project at Thorne Harbour Health. He is available for client support at the Positive Living Centre every Tuesday.*

# FLEXIBLE SUPPORT PACKAGES



Intimate Partner Violence and/or Family Violence can occur across all communities, social classes, ages, cultural backgrounds and geographical areas.

Family Violence Flexible Support Packages are designed to provide limited financial assistance to victims/survivors of family violence within the LGBTI communities.

They can be allocated to individuals or families who are seeking to leave or have recently left intimate partner or family violence circumstances.

The intention of these packages is to assist people to stabilise and improve their safety in at time of high risk while attempting to leave an unsafe relationship and after leaving such a situation.

To gain access to the Flexible Support Packages, it is best if you if have access to an existing case manager who can assist you to process the application forms with accompanying documentation to substantiate the application.

Sometimes people find the process of application increases their vulnerability and they need to have a degree of professional and emotional support while the process of administering the package is occurring.

A case manager will also be a major support to you in ensuring any funds allocated to you, if you are eligible, are directed to the appropriate sources in a timely fashion.

Flexible Support Packages are not ongoing and any subsequent applications to access funds will be assessed on a case-by-case basis

If you do not have access to an existing case manager, Thorne Harbour Health will be able to support you in appointing a Family Violence Case Manager from our team.

## INFORMATION

Contact us at **(03) 9865 6700** and ask for the Duty Worker or the Family Violence Team.

# HIV AND PERMANENT RESIDENCY

## THE REAL COST OF DENYING PEOPLE LIVING WITH HIV PERMANENT RESIDENCY.

Everyone over the age of 15 who applies for a permanent or provisional visa in Australia must have a HIV test to determine if they meet the 'health requirement' to be granted a visa.

For people living with HIV (PLHIV) this requirement presents a seemingly insurmountable hurdle.

Recently I spoke with several community members and clients of Thorne Harbour Health who were trying to secure partner visas for partners from overseas who are living with HIV.

All of them had their initial applications rejected and were awaiting appeal. While it is not unheard of for some such appeals to be successful, none were hopeful that theirs would be.

The reason for the rejection was always the same, a Medical Officer of the Commonwealth decided they didn't meet the health requirement, and that they fail to meet the criteria for a health waiver.

The health waiver requires that one not "result in a significant cost to the Australian community". The manner in which this

cost assessment for PLHIV is made is quite crude.

The number of years an individual is expected to live is calculated based on their age and average life expectancy, then multiplied by the estimated annual cost of antiretroviral medications, although the assumed treatment regimen is always an expensive one and the calculation does not factor in things such as price reductions built into the Pharmaceutical Benefits Scheme.

AN ARBITRARY THRESHOLD  
OF \$40,000 IS DEEMED TO BE  
A SIGNIFICANT COST; AND IS  
EASILY EXCEEDED BY SUCH  
CRUDE CALCULATIONS.

Indeed, the actual cost is of no consequence. One client informed me that his antiretroviral medication was made freely available to him by post courtesy of the Malaysian Government, and that he could continue to access his medication this way even were he to also be a permanent resident of Australia, meaning there would be no cost to the Australian taxpayer.

This argument didn't help his case. Australian immigration officials are only concerned about the potential cost, and someone having Medicare eligibility means they could potentially incur a cost on the health system.

While cost is rightly a consideration, for a wealthy country like Australia it should not be a concern.

People wishing to be permanent Australian residents, who happen to live with HIV, are not the burden the Department of Home Affairs assumes them to be.

Most will benefit the Australian economy through taxes paid and goods and services consumed. And the several to tens of thousands of dollars people are forced to spend seeking permanent residency in a system stacked against them would undoubtedly be better spent starting their new life in Australia.

The real cost to Australia is not the cost of allowing PLHIV to become permanent residents, but rather the cost of losing skilled prospective and current working Australians to overseas countries due to archaic and discriminatory rules that bar them from becoming permanent residents,

or force their partners to choose between the person they love and their home country.

This is not a choice anyone should have to make, nor is it a choice that an immigration official should make for them based on dodgy accounting.

We are a wealthy country, but we are poorer for denying people living with HIV permanent residency.

### **Jonathan Meddings**

Policy Analyst, Thorne Harbour Health



# WORLD AIDS DAY MEMORIAL CEREMONY 2019



THE POSITIVE LIVING CENTRE WILL HOLD THEIR ANNUAL WORLD AIDS DAY EVENT ON 1ST DECEMBER 2019.

The event will include the World AIDS Day Remembrance Ceremony, where we remember all those we have loved and lost throughout the HIV/AIDS epidemic.

There will be a display of Memorial Quilts, hung at the PLC throughout AIDS Awareness Week and various other presentations. There will be guest speakers and entertainment.

This event is open to all. Admission is free and bookings are not required.

Refreshments will be available. This is a collaborative effort undertaken by Thorne Harbour Health, Living Positive Victoria, the AIDS Memorial Quilt Project, the Catholic AIDS Ministry and Positive Women Victoria.

Please watch out for related advertising and promotion as we draw closer to the day.



# NUTRITIONAL SERVICES AT THE PLC



THE PANTRY SERVICE IS AVAILABLE FORTNIGHTLY AND ALLOWS CLIENTS ON A HEALTH CARE CARD TO CHOOSE FROM A LARGE VARIETY OF GROCERY ITEMS, FRUIT, VEGETABLES AND SOME REFRIGERATED ITEMS.

## MEALS

Nutritious and delicious meals are served at the centre with your choice of a meat or vegetarian main meal and dessert or soup as an entree. Soft Drinks, fruit juices, coffee and tea are also available. Cath has now been with us for a few years and feedback about the quality and variety of the food she and her volunteers have prepared has been exceptional.

Please come to the PLC and enjoy a great meal and chat to others.

Cost is \$3 for clients and \$5 for guests

TUESDAY LUNCH - 12.30pm – 2pm

THURSDAY DINNER - 6.00pm – 7.30pm

## PANTRY

The pantry service is available fortnightly and allows clients on a Health Care card to choose from a large variety of grocery items, fruit, vegetables and some refrigerated items.

TUESDAY - 11.30am to 3.30pm

WEDNESDAY - 11.30am to 3.30pm

THURSDAY - 11.30am to 7.30pm

FRIDAY - 11.30am to 3.30pm

Please note that this service will close while lunch and dinner are being served. Please check the Calender insert for dates. We encourage you to do your bit for the Environment and bring Recycle Bags to use at Pantry.

Cost is \$2 for clients with Health Care Card

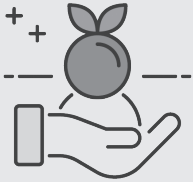
## AFTERNOON TEA

Afternoon Tea is offered during the "off-pantry" week on:

WEDNESDAY - 2.30pm-3.30pm.

Come along and enjoy cakes, pastries and coffee. It's Free and it's Delicious!

# ACTIVITIES AT THE PLC



## NATUROPATHY

**Thursday 3.30pm - 7.15pm**

**Naturopath is available by appointment.** Naturopathy is the practice of complementary medicine drawing on the disciplines of herbal medicine and nutrition.

## VITAMART

**Tuesday to Friday / Cost: As per vitamin price list.**

The Vitamart service provides subsidised vitamins for HIV+ individuals as prescribed by your health practitioner.



## ART CLASSES

**Wednesday 10am - 12:30pm / Cost: Free**

Have you ever wanted to learn to draw or paint? Liz, our resident art teacher, can help you discover your hidden artistic flair. Places are limited and beginners welcome.



## COMPUTER & INTERNET SERVICES

The Cyber Room is one of the most popular services offered at the PLC. It is open every day and is available to all clients. Every computer is connected to the internet and also has word processing and MS Office software installed.

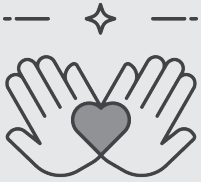
PLC clients must comply with the law and PLC policy when using the Cyber Room computers.



## TUMS & BUMS

**Tuesday 11.30am - 12.30pm / Cost: Free**

A structured, high-energy exercise class focusing on fitness and strength in a fun group environment.



## MASSAGE

**Cost: \$2 for PLC Clients with Health-Care Card / \$5 for PLC Clients without Health Care Card.**

Relaxation massage eases stress from the body and assists the body's immune system functions. We offer several types of massage.



## YOGA

**Thursday 4pm– 5pm / Cost: Free**

Relax, unwind, strengthen and stretch. An all over gentle workout for your body and mind.

## PILATES

**Friday 11.00am to 12 noon / Cost: Free**

A fabulous form of exercise that is low impact, relaxing and helps build up your core muscles, which can effectively and safely reduce back pain and help trim down those waistlines!



# HIV/AIDS LEGAL CENTRE (HALC)

HALC is a community legal centre that provides a free service as part of Thorne Harbour Health. The HALC program is run by volunteer professionals that are sensitive to the variety of issues that may face people living with and affected by HIV.

HALC provides legal advice to people living with and affected by HIV/ AIDS within Victoria. People 'affected' includes partners, family members, close friends & carers, of a person living with HIV.

HALC can assist with a variety of matters, including:

- Making a Will
- Medical Powers of Attorney
- Enduring Powers of Attorney
- Criminal Law
- Family & Relationship Law
- Employment Law
- Superannuation
- Centrelink Matters
- Discrimination
- Migration
- Disclosure of Status for Insurance Purposes
- Equal Opportunity
- Debt
- Small/Civil Claims
- Unconscionable Conduct
- Contracts of Sale
- Tenancy - A range of information brochures are available.
- Insurance

## Appointments

Appointments with lawyers are only offered at the PLC on Thursdays from 7.00pm to 9.00 pm. Availabilities are limited. HALC will attempt to provide legal assistance within a reasonable period of time. Referrals will be offered under certain circumstances.

## Contact Us

To talk to a Client Care officer, who will make a referral on your behalf, contact:

- (03) 9863 0444

To leave a message directly:

- (03) 9863 0406
- [legal@thorneharbour.org](mailto:legal@thorneharbour.org)

HALC only operates once a week on a Thursday evening.

A representative will contact you on a Thursday evening between 6.30pm and 9.00pm. It is important that you are contactable during these hours after your initial contact.

If you require urgent legal advice, you can contact:

### St Kilda Legal Service

9534 0777 | [st\\_kilda\\_vic@clc.net.au](mailto:st_kilda_vic@clc.net.au)

### Victoria Legal Aid

1300 792 387 | [www.legalaid.vic.gov.au](http://www.legalaid.vic.gov.au)

# INSURANCE AND DISCLOSING YOUR STATUS

Do I have to disclose my HIV status when taking out private health insurance?

Private health insurance covers the cost of hospital treatment, and at times other treatments such as physiotherapy or dentistry.

Health insurance is an exception to most other types of insurance because you are not required to disclose your HIV status when you apply for it.

This is because the law requires that health insurance providers must offer coverage to everyone.

However, health insurance providers are allowed to impose a twelve month waiting period during which they will not pay any claims relating to pre-existing conditions, such as HIV, that you already suffered from before you took out the insurance.

You can change from one health insurance Company to another without having to serve another waiting period; provided you don't have a break and you don't reduce your level of cover.

## What about other kinds of insurance?

When taking out other kinds of insurance, you generally have a legal obligation to disclose all relevant information.

HIV status will not be relevant to things such as home and contents insurance or car insurance, but unfortunately it will be

relevant to insurance that covers yourself and income which includes death and disability, life insurance, income protection insurance.

With these kinds of insurance, if you do disclose, there is a possibility you may have these kinds of insurance refused, or you may be charged a higher premium.

However, if you do not disclose your HIV status and the company becomes aware then there may be an issue with payouts on any claims.

As HIV treatment has improved the general health and life expectancy of HIV positive people greatly, the range of insurance policies available to HIV positive people is increasing.

As such, this area of law is open to reform and advocacy towards insurance companies who are discriminating against HIV positive people.

Please contact HALC if you have had difficulties obtaining life insurance or have experienced discrimination from an insurance provider in relation to your status.

Current as of March 2019 - HALC would like to thank Allens and Justice Connect for their assistance.

# NEEDLE & SYRINGE PROGRAM (NSP)

IF YOU CHOOSE TO INJECT DRUGS, DO SO AS SAFELY AS YOU CAN. UNSAFE INJECTING RISKS THE TRANSMISSION OF BLOOD-BORNE VIRUSES SUCH AS HIV, HEPATITIS C AND B, AS WELL AS DIRTY HITS, BRUISING, BLOOD POISONING AND ABSCESSSES.



THH has one available outlet at:  
PLC - 51 Commercial Road, South Yarra

The Victorian Needle and Syringe Program (NSP) is a major public health initiative to minimise the spread of blood borne viruses, such as HIV 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.

**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/about/needle.htm>
- <https://thorneharbour.org/lgbti-health/>

# HIV AND AGEING PROJECT

## HIV PEER SUPPORT NETWORK & POSITIVE SELF-MANAGEMENT PROGRAM

Thorne Harbour Health and Living Positive Victoria are collaborating in delivering a peer-led, HIV & Ageing Project. The project includes the Positive Self-Management Program for HIV (PSMP HIV) and also a monthly Peer Support Network gathering offering sessions covering a variety of topics relating to HIV & Ageing in a social setting.

### Positive Self-Management Program

The approach involves delivering a peer-led, Positive Self-Management Program for HIV (PSMP HIV) to the ageing PLHIV population in Victoria.

The PSMP (HIV) is a patient education program model of Stanford Medicine, part of Stanford University, one of the world's leading teaching and research universities. Stanford programs are aligned with principles of self-management, community-based health education, community health workers and an empowerment philosophy.

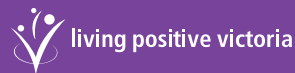
The program gives PLHIV the skills to coordinate all the things needed to manage their health, and to help them keep active in their lives. The PSMP (HIV) is a workshop for people living with HIV, comprising of sessions of two and a half hours length,



## TAKING CHARGE

*50+ and empowered*

*HIV & Ageing Project*



living positive victoria

thorneharbour  
health\*

once a week, for six weeks, in community settings.

Workshops are facilitated by two trained leaders who are PLHIV. Sessions are participative, where mutual support and success build participant confidence in managing their health and maintaining active and fulfilling lives.

One of the core requirements to implement this model within a Community setting is to train a number of facilitators to deliver the program to PLHIV.

In this case we will include older peers to reflect the cohort of clients who the program will target. Facilitator training consists of 4½ days to undertake the all-encompassing

Chronic Disease Self-Management Program (CDSMP) in combination with one day of cross-training for the PSMP (HIV).

The Project aims to serve older people living with HIV (50+), living in the state of Victoria, both metropolitan Melbourne and regional Victoria.

While the majority of PLHIV in Victoria identify as men who have sex with men (MSM), this project is not exclusively focused on this group, but also on women and men who identify as heterosexual, and trans and gender diverse PLHIV.

The program would particularly target those with long standing HIV and significant co morbidities and other challenges such as depression, loneliness, isolation, stigma and rejection and other concerns and needs surrounding aging with HIV, as well as taking an early intervention approach.

The Positive Self-Management Program (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 like 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.

## HIV Peer Support Network

We meet monthly. A social gathering where you'll get heaps of information on a whole range of HIV and Ageing related topics such as how to navigate a range of medical services for multiple health issues, housing, finance, treatments, retirement, emotional health issues, anxiety, depression and HIV disclosure. This is a great opportunity for you to meet up with your friends and even make new ones in a safe and confidential space.

For more information on future PSMP Workshops and PSN meetings please contact:

Gerry O'Brien 03 9863 0444 or  
gerry.obrien@thorneharbour.org

Vic Perri 03 9863 8733 or  
vperri@livingpositivevictoria.org.au



# DAVID WILLIAMS FUND

## IMPORTANT CHANGES TO THE FUND DUE TO LIMITED FUNDING. THIS MEANS THERE WILL BE CHANGES TO THE FESTIVE SEASON VOUCHERS

In the past the DWF received large donations yearly from MAC cosmetics, which have now ceased.

**Due to changes in the funding model of the M.A.C. World AIDS Fund (which is now focusing on research), the David Williams Fund will not be offering Festive Vouchers this year.**

We're sorry to disappoint you all. Other changes to our funding guidelines are likely to follow and we will endeavour to keep you up to date as changes arise

### ABOUT THE DWF

The DWF was established in 1986 to provide emergency financial assistance to people living with HIV (PLHIV) who are experiencing financial hardship. The fund relies entirely upon donations.

Services include:

- Financial advice and referral
- Study Assist
- Emergency Financial assistance
- Food Vouchers
- No interest loan scheme

Poverty affects a substantial number of PLHIV and demand for assistance regularly outstrips available funding. The Fund is now totally reliant upon donations from the community which is very limited.

DWF has restricted funds and we need to ensure that all monies spent go to those in financial hardship. We do not count Superannuation as money in the bank.

DWF also understands that sometimes people are asset rich but income poor, so even if you own your own house, this does not affect applications. The fund is more concerned about those that have the funds in their bank but are asking the DWF to assist them. Being a member of the PLC does not necessarily mean you are registered with the DWF.

To be registered with the DWF you must be on Newstart/ Austudy/ or a disability pension (Health care card) of some sort and verify that you are HIV+ by a doctor and be in financial hardship (we need the original doctors letter, not a photocopy). Registration forms must also be completed.

For assistance to register with the fund ring reception & book an appointment with the DWF coordinator or see your Social worker / community worker.

If you are newly diagnosed or new to accessing our services, please see a client care worker for intake at the Positive living Centre before booking an appointment with the DWF.

## FINANCIAL COUNSELLING

The DWF offers financial advice and referral for people in financial hardship.

- 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?
- Having difficulties making repayments to any financial institution?

Book a financial counselling appointment with Lynda Horn by calling 03 9863 0444.

## STUDY ASSIST

With improved medications, longer life spans and improved social accessibility many people living with HIV are considering various career options, including returning to study. 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). There are many equity scholarships associated with Universities/TAFE's/Colleges, which we can direct you to.

For information, please make an appointment with a DWF Coordinator or check University/TAFE websites.

The David Williams Fund is committed to working in a more holistic way to enhance health outcomes through skills development and information acquisition through further education.

Ask reception if you would like a copy of a complete information document. Interview with the DWF coordinator are essential to be eligible for this service.

## NO INTEREST LOANS SCHEME (NILS)

The David Williams Fund (DWF) is pleased to announce that we are partnering with Good Sheppard Microfinance to provide a No Interest Loan Scheme (NILS) to HIV+ Victorians on low incomes.

Appointments will be available for loan interviews at the Positive Living Centre on Wednesdays (book through reception and get the information pack sent out so you know what to bring in).

NILS works through a process called 'circular community credit'. This means when a borrower makes a repayment to NILS, the funds are then available to someone else in the community.

Funds are available to DWF clients because others have repaid their loans before. This is why a willingness and ability to repay the loan is so important.

We will be providing small loans (\$300-\$1200) to eligible clients on low incomes (Centrelink or under \$45,000 per year).

Applicants will need to show they are capable of, and willing to, repay the loans at around \$20-\$40 per fortnight without causing financial hardship.

## **EMERGENCY FINANCIAL ASSISTANCE**

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, eg, refrigerator, washing machine.
- Funeral assistance.

The fund does not assist with Legal, fines, loans/credit cards, pawned items & accounts already paid.

All applications are assessed on a case-by-case basis. No application is guaranteed. Discuss your application with the DWF Administration worker to determine the likelihood of it being approved.

DWF application forms are available online **[www.thorneharbour.org/dwf](http://www.thorneharbour.org/dwf)** or to get one sent out, call reception on **9863 0444**

### **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
- No more than \$5000 in savings, shares or managed accounts

# THORNE HARBOUR COUNTRY



THORNE HARBOUR COUNTRY PROVIDES SUPPORT, COUNSELLING, RAPID HIV TESTING, RESOURCES AND INFORMATION AROUND LGBTI WELLBEING, HIV, HEPATITIS C AND SEXUAL HEALTH ACROSS THE LODDON MALLEE.

Operating out of the Community Hub, Thorne Harbour Country provides a safe place for the LGBTI community to connect and access information resources and referral services.

## COMMUNITY HUB

The Community Hub offers a safe and supportive space for LGBTI people and PLHIV.

Some of current services and supports include:

- Professional counselling for LGBTI people and PLHIV
- One-on-one peer support for gay, bi and queer men including trans men, around HIV, sex and sexual health
- Monthly HIV+ peer support group
- Information and referral for LGBTI community
- LGBTI social inclusive morning tea group

## PRONTO! RAPID HIV TESTING

PRONTO! Bendigo is a peer led rapid HIV and sexual health clinic that is run by

and for gay, bi and trans-masculine men and men who have sex with men. The service provides a free, confidential and non-judgmental service that is safe and supportive.

Results from the rapid HIV test can be given in 15 minutes with results from the full sexual health check-up given within 10 days.

The clinic runs Thursday fortnight from 2:30pm – 7pm at Bendigo Community Health Centre, 171 Hargreaves Street, Bendigo.

To make an appointment phone Bendigo Community Health Centre on (03) 5448 1600 and ask specifically to be booked into the PRONTO! Clinic.

## **COUNSELLING**

Thorne Harbour Country offers a professional and affordable counselling service for the LGBTI community and anyone affected by HIV.

Services are offered across the Loddon Mallee either face-to-face at our Community Hub in Bendigo or via telephone or online platforms. Outreach support may be available depending on the circumstances.

## **PEER EDUCATION & WORKSHOPS**

Thorne Harbour Country offers a number of Peer Education Services which are run by and for gay, bi and queer men including trans men, men who have sex with men and those who identify as non-binary.

Current services include our PRONTO!

Rapid HIV Testing Clinic, the 'Sexperts' Program as well as a number of workshops and events that are run throughout the year.

Workshops run periodically throughout the year and are styled in such a way that enables people to make new friends in a safe environment.

## **COMMUNITY EVENTS**

Across the Loddon Mallee there are a number of excellent initiatives and projects that Thorne Harbour Country supports, collaborates and participates in. From large community events like the ChillOut Festival in Daylesford and the Bendigo Queer Film Festival to more smaller and local events.

If you have any questions or simply would like to know more information about a topic please feel free to get in touch.

To get in contact with Thorne Harbour Country please phone us on (03) 4400 9000.

# PRONTO!

DID YOU KNOW THAT PRONTO! NOW OFFERS STI TESTING SERVICES? IN FEBRUARY THIS YEAR OUR PEER TESTERS BEGAN OFFERING STI TESTING INCLUDING CHLAMYDIA, GONORRHOEA AND SYPHILIS AS A PART OF THE RAPID HIV TESTING SERVICE. WHILE WE RECOMMEND THAT HIV POSITIVE CLIENTS SEE THEIR TREATING GP FOR STI SCREENING AS A PART OF THEIR HIV MANAGEMENT AND CARE, WE ARE HAPPY TO SEE HIV POSITIVE CLIENTS WHO WOULD LIKE AN STI SCREEN.

Because the service is operated by Peer Testers, we can only test clients without symptoms.

If you have been a contact of someone with an STI, or have symptoms, we suggest seeing your regular GP / Sexual Health Physician as they will be able to assess and treat you without delay.

STI testing is free for current Medicare Card holders and available to non-Medicare eligible clients at lab cost prices.

To book an STI screen, go online to [www.pronto.org.au](http://www.pronto.org.au) and book in for a test (don't worry, you don't need to do the Rapid HIV Test).

# EQUINOX

EQUINOX IS AUSTRALIA'S FIRST AND ONLY PEER LED TRANS AND GENDER DIVERSE (TGD) HEALTH SERVICE. THE MAJORITY OF OUR STAFF OPENLY IDENTIFY AS TGD AND WE WORK IN CONSULTATION WITH THE VAC TRANS ADVISORY GROUP TO PLAN OUR SERVICE DELIVERY AND GROWTH.

We provide a number of services at Equinox including:

- General Practice services
- HIV Management
- Mental Health Support Counselling
- Counselling
- Sexual Health testing
- Sex Worker Certificates
- Vaccinations
- PrEP

We welcome all TGD people looking for trans affirmative health care. Appointments with our GP are bulk billed for eligible Medicare Card holders and our counselling service is provided on a low cost, sliding fee scale to ensure affordability. Equinox is situated at 175 Rose Street in Fitzroy and uses the PRONTO! site during the day when PRONTO! isn't operating.

Appointments can be made by calling our reception team on **9416 2889**.



# EQUINOX

GENDER DIVERSE HEALTH CENTRE

Ph: 03 9416 2889  
[www.equinox.org.au](http://www.equinox.org.au)

**thorneharbour**  
health\*



# PRONTO!

FREE CONFIDENTIAL RAPID HIV AND STI TESTING FOR  
GAY AND MEN WHO HAVE SEX WITH MEN

**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.



# THH COUNSELLING SERVICES

Our counselling service provides professional, affordable counselling for individuals and couples who are affected by or at risk of HIV, and for members of the LGBTI community. We also offer a herapeutic groups program.

Counselling involves talking with an impartial listener in a confidential, non-judgmental, supportive and respectful environment. The counsellor will encourage you to work through issues with increased awareness and understanding.

It can help you develop greater self-acceptance, personal insight, and make positive life changes and decisions.

Counselling helps in a range of areas including:

- New or recent HIV diagnosis or other health issues
- Living with HIV
- Living with HEP C
- HIV and relationships
- HIV positive friends, family members or partners
- Same-sex domestic violence issues
- Anxiety and depression
- Relationship issues
- Coming out
- Self-esteem
- Grief and loss
- Emotional, physical or sexual abuse
- Safe sex.

Be proactive. Getting counselling before you get into a crisis can sometimes prevent it from happening or reduce its effects.

Our counsellors are professionally trained in psychology, social work, counselling, couples therapy or psychotherapy. They are sensitive to the needs of people living with HIV and members of the GLBT community. All counsellors are bound by a code of practice privacy, confidentiality and duty of care policies. The counselling service is on St Kilda Rd and easily accessible by tram.

The first session is free. From then on, fees are based on a scale depending on your income. A gold coin donation is the fee for Healthcare Card holders and those on a Disability Support Pension.

## INFORMATION

Monday to Thursday 9am – 8pm

Friday 9am – 4pm

If you are unsure about seeing a counsellor, call our counselling service Client Liaison/ Duty worker between 10AM-4PM Monday-Friday.

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

If we are unable to answer your call, we will get back to you within the next working day. In case you are unable to speak to us and you are in crisis please call Lifeline on 13 11 14.

# Do you...

- Like being the 'boss' and the one making the decisions?
- Control your partner's decisions?
- Blame your partner or other factors for making you angry?
- Find it hard to express your feelings and then exploding?
- Hurt your partner or family physically or emotionally?
- Sometimes feel anxious or confused about your behaviour?
- Find yourself constantly apologising for your behaviour?

Did you answer 'yes' to any of the above questions – either about your current partner or an ex-partner? A yes answer might mean you have been or are using violence in your intimate partner relationships.

Thorne Harbour Health is committed to working to help break patterns for people using violent, abusive or controlling behaviours and to increase the safety for those people effected by the use of power and control in their relationships.

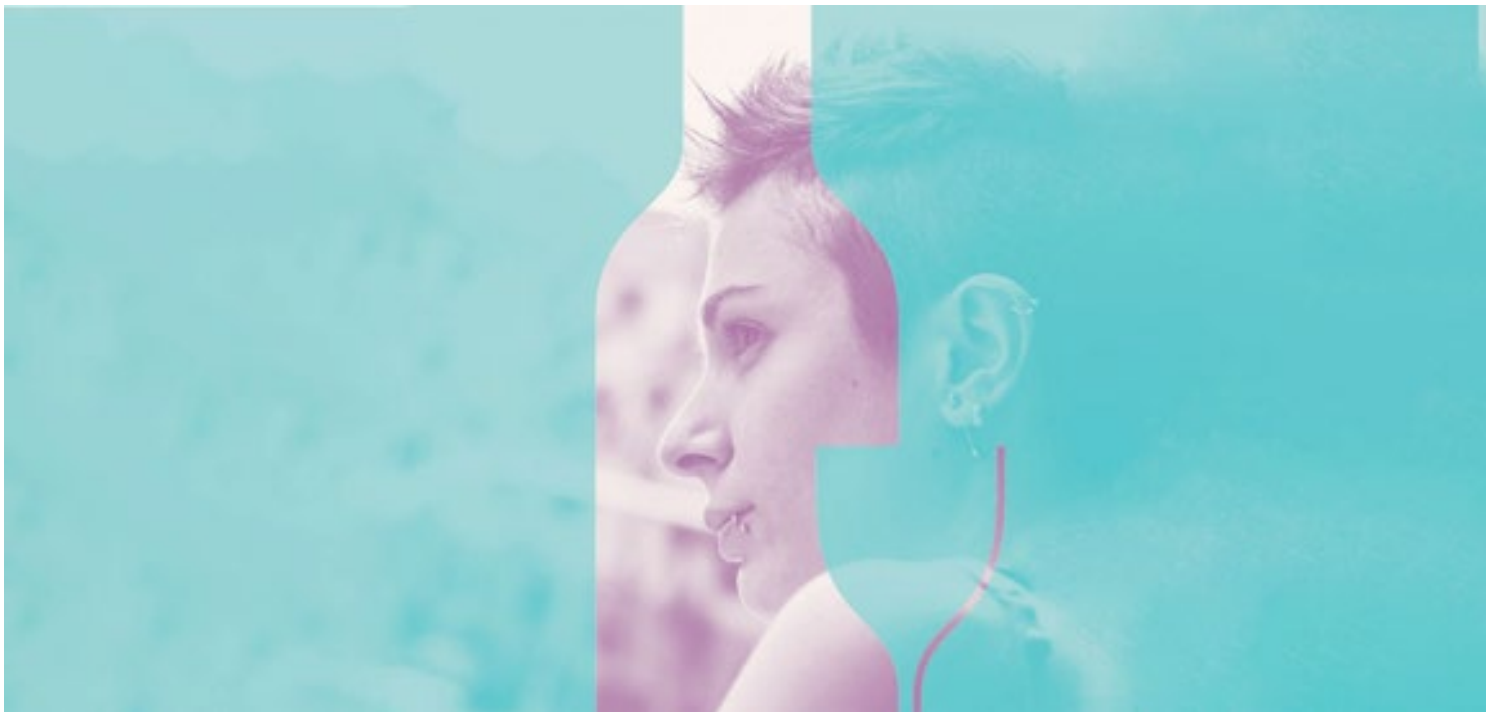
One option could be Thorne Harbour Health's ReVisioning group: a 20 session behaviour change group open to gay, bisexual or transmen who are concerned they are hurting the people they care about. Referrals are currently being taken for the next ReVisioning group. Please call Thorne Harbour Health on 9865 6700 to ask about the assessment process and to get more information about the group

If any of the above has happened to you, please call Thorne Harbour Health for information and support options.. If you believe you are in immediate danger please call 000.



# **Re***Vi*sioning

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



Drink Limits is a free eight week therapeutic group looking at alcohol use and anxiety for Lesbian, Bisexual and Queer women, gender diverse and non-binary people.

Drink Limits explores the barriers that get in the way of changing your drinking habits. It also offers a space to share techniques that might be useful in your goal to reduce or stop drinking and attain a level of resilience to deal with life's problems in ways other than alcohol.

We aim provide a safe and non-judgemental space for a small group of 6–10 participants. Drink Limits is a closed group which runs for eight weeks. We work from a harm minimization and stages of change framework. We are relational in our approach and use Motivational Interviewing, Arts Therapy, Cognitive Behaviour Therapy, Mindfulness, Dialectical Behaviour Therapy and some Strengths-Based techniques.

Participants will learn relapse prevention strategies and supports to enable their recovery process. The facilitators are experienced alcohol and other drug clinicians with expertise in this field.

If you wish to look at how alcohol affects your life and relationships this could be the group for you.

If you are interested in Drink Limits, please call us today on (03) 9865 6700.

# THH ALCOHOL & DRUG SERVICES

## INDIVIDUAL COUNSELLING

Experienced counsellors meet with you to discuss your concerns & goals around your alcohol or drug use. You may wish to learn more about the effects of drug use on your health or mental health, find strategies to better control or reduce your drug use or access support to stop using completely and improve your wellbeing.

Whatever your goals, our counsellors will be able to help you with:

- Information about the effects of alcohol and drug use on your health and mental health
- Helping you to reduce the harms associated with alcohol and drug use
- Developing a plan and practical strategies to control or reduce your use
- Assisting you to plan to cease your drug use and provide you with strategies to prevent relapse
- Information and support for families affected by alcohol and other drug use
- Information/referral to THH's therapeutic groups or other treatment services including residential or nonresidential withdrawal and/or rehabilitation

## RECOVERY SUPPORT

Sometimes, when a person is struggling with drug and alcohol issues, they may need support in other areas of their life like housing, accessing health or mental health services or connecting with community supports like social groups and activities. Our Care & Recovery Coordinator can work with you to look at the different areas of your life and help you to create a plan and work out goals to help you move forward,

not only in relation to changing your drug & alcohol use but in other areas of your life.

Working with our Care & Recovery Coordinator you will be supported to:

- Develop an holistic support plan and achievable goals in all areas of your life
- Access residential and non-residential alcohol and other drug withdrawal services
- Link in with health and mental health services
- Access Centrelink services
- Access employment services
- Connect with education providers
- Connect with community supports, including social and living skills groups, to help you in your recovery

Our Care & Recovery Coordinator will be able to help you access services by organising referrals and where needed, take you to appointments and introduce you to other service providers. They will also support you on your journey to help you stay on track and access services as your needs and goals change.

For more information on our Alcohol and other Drugs Service, you can call THH on 9865 6700.

If you would like to access our Counselling or Care & Recovery Coordination services, please call 1800 906 669 for a free and confidential assessment.



# 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\*

**Thinking about changing  
your meth use? Come learn  
the skills and strategies to  
keep things in balance.**



**METH & MENTAL HEALTH THERAPEUTIC GROUP**

# **RE-WIRED**

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.

# THH HEALTH PROMOTION SERVICES

The Peer Education Program offers workshops for gay and same-sex attracted men that provide a confidential and welcoming environment for participants to socialise while learning more about their sexuality and well-being. These workshops are facilitated by volunteer peer facilitators to enhance peer-to-peer learning.

## Momentum

Momentum is a free, six-week workshop for same-sex attracted men aged 27 years and above to socialise in a welcoming and confidential environment. It also offers an interactive and informative environment for the group to talk about issues relating to sexuality and well-being. These include homophobia, coming out, self-esteem, community, HIV stigma and sexual health.

## Relationships

Relationships is a workshop for same-sex attracted men of all ages and relationship status to get together and learn more about relationships. This interactive and informative workshop aims to develop your communication and conflict resolution skills, and helps you explore your needs, desires rights and responsibilities in a relationship. It also looks at sexual health in relationships including where partners have differing HIV-status.

## Young and Gay

Young & Gay is a workshop for guys aged 26 years and under who are attracted to other guys, including those who don't necessarily identify as gay. It provides a fun and welcoming environment for you to meet new people and expand your social network. It also offers an interactive and informative space for you and your peers to talk about sexuality and well-being. We talk about negative stereotypes, self-esteem, coming out, relationships, community, HIV stigma and sexual health.

## Gay Asian Proud

Gay Asian Proud (GAP) is a social support network for gay Asian men in Melbourne. The group offers a welcoming and understanding environment for you to meet new people and expand your social network. We organise social events such as yum cha, movies, dinners, picnics, and outings to gay venues. Some of our activities are open to our non-Asian partners and friends. Gay Asian Proud is a diverse group and we have zero tolerance policy on stigma and discrimination.

## INFORMATION

To find out more please visit:  
[www.thorneharbour.org/lgbti-health/peer-workshops/](http://www.thorneharbour.org/lgbti-health/peer-workshops/)  
or call (03) 98656700



# JOY 949 FM

## WELL, WELL, WELL



For over 600 episodes, Well, Well, Well has been broadcasting on JOY 94.9 - Australia's out and proud community radio station.

Currently on air every Thursday night from 8-9PM and replays Monday at 1.00am. Well, Well, Well focuses on health and wellbeing issues affecting our LGBTI communities with a particular emphasis on HIV and sexual health.

Missed an episode? Previous episodes of Well, Well, Well can be streamed online via **[www.joy.org.au](http://www.joy.org.au)** or download the podcast on iTunes or Spotify.

# THH CENTRE CLINIC

THE CENTRE CLINIC IS A MEDICAL CLINIC ADMINISTERED & 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

Services available include:

- The Centre Clinic is a fully bulk billing clinic. This means that we bill Medicare directly for services provided to patients. There is no cost to patients for this service. There are charges however, for some vaccinations and treatments. Your doctor will make you aware of any

charges before treatment is offered.

- 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
- Accredited acupuncturist service
- Condoms and lubricant for sale

## INFORMATION

Please ring 9525 5866 for an appointment. Appointments are preferred.

For more information about the clinic: The Centre Clinic is located at the rear of 77 Fitzroy Street, St.Kilda, on the corner of Fitzroy and Loch Streets.

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



# EVERYDAY HEALTHCARE FOR EVERYBODY!

LESBIAN, GAY, BISEXUAL, TRANSGENDER, INTERSEX AND QUEER PEOPLE ARE ALL WELCOMED AT THE CENTRE CLINIC! WE OFFER EVERYDAY HEALTHCARE FROM THE COMMON COLD TO SPECIALIST SEXUAL HEALTH AND HIV TREATMENT - AND WE BULK BILL. CALL 03 9525 5866 FOR AN APPOINTMENT

**thorneharbour**  
health\*

# TELEPHONE COUNSELLING INFORMATION AND REFERRALS

Switchboard is a volunteer organisation which provides a free, confidential and anonymous telephone counselling, referral and information service for the Victorian and Tasmanian lesbian, gay, bisexual, transgender, intersex and queer (LGBTIQ) communities and their supporters.

The telephones are answered by trained volunteers who themselves identify as LGBTIQ and we receive calls from a wide range of people; some may be experiencing problems at work, in their relationships, with family or who are coming out; not to mention callers who simply want a referral to other community organisations and groups.

We also do speak to the family and friends of people who might identify as LGBTIQ; and receive calls from health and welfare professionals.

Please explore our website and feel free to call our counsellors to seek any information you need or to discuss any issues.

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

Call: 1800 184 527

Available 3pm-Midnight everyday

## GROUPS FOR POSITIVE PEOPLE

### CIRCUIT @ THE ALFRED

A fun, structured or individualised exercise group focusing on cardiovascular fitness, muscular strength & flexibility.

Accommodates ALL fitness levels.

When:

- Monday 3:30pm
- Tuesday 11:00am
- Wednesday 3:30pm
- Thursday 2:30pm
- Friday 12:30pm

Where:

Physiotherapy Gym, Level 4 Philip Block  
The Alfred

Cost: Free

### HYDROTHERAPY @ MSAC

A fun, water-based exercise group run in a relaxing (& warm!) hydro pool.

When: Thursday 12:30pm

Where:

Melbourne Sports & Aquatic Centre -  
Aughtie Drive, Albert Park  
(Wellness Zone, level 3)

Cost: \$4.95 casual (Less with 'club card')

### PHYSIOTHERAPY DEPARTMENT

P: 03 9076 3450



# SEXY HEALTH FOR EVERYBODY

TEST FOR STIs!  
GET TESTED, GET TREATED  
NO DRAMA!

[THEDRAMADOWNUNDER.INFO](http://THEDRAMADOWNUNDER.INFO)

thorneharbour  
RealLife



# SEXY HEALTH FOR EVERYBODY

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GET TESTED, GET TREATED  
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thorneharbour  
RealLife



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thorneharbour  
RealLife



# SEXY HEALTH FOR EVERYBODY

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NO DRAMA!

[THEDRAMADOWNUNDER.INFO](http://THEDRAMADOWNUNDER.INFO)

thorneharbour  
RealLife



Ross Duffin speaking at the 2019 International AIDS Candlelight Memorial.

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.

## Focus on ageing with HIV

Ross Duffin has been living with HIV long-term. He spoke about the challenges of ageing with HIV at Living Positive Victoria's 2019 International AIDS Candlelight Memorial on Sunday 19 May at Federation Square.

"An HIV cure and a preventative vaccine are now not just remote possibilities, but possible in most of our lifetimes. But some issues remain. Stigma towards people with HIV still exists. There has been almost forty years of linking sex with fear of infection and death. It is not surprising this is hard to undo and there are still big issues confronting my peer group and older people living with HIV."

Living Positive Victoria's HIV and Ageing workshops are for all older people living with HIV (50+), regardless of gender and sexuality identity and living in Victoria. These workshops are confidential and in a supportive space to learn how to deal with managing ageing with HIV and are facilitated by people living with HIV. New participants are warmly welcomed and encouraged.

For more information about what's involved, contact:

**Vic Perri**

Phone: 9863 8733 or

Email: [vperri@livingpositivevictoria.org.au](mailto:vperri@livingpositivevictoria.org.au)

**Ongoing monthly dinner & discussion  
for heterosexual men**

Be part of a growing group of men who connect over a meal in a confidential environment. This is an opportunity to share experiences and learn from each other. If you are recently diagnosed or a longer-term survivor, this the place where you can come as you are, build connections and thrive with other heterosexual men living with HIV.

To enquire further, please contact:

**Anth McCarthy**

[amccarthy@livingpositivevictoria.org.au](mailto:amccarthy@livingpositivevictoria.org.au)

**Phoenix for Women**

Our next workshops for women will be held on Fri 25 and Sat 26 Oct. Meet other women living with HIV and receive the latest information about treatment, relationships, disclosure and wellbeing in a safe and confidential space. Phoenix for Women is run by women living with HIV, for women living with HIV.

Get more information at

(03) 9863 8733 or

[info@livingpositivevictoria.org.au](mailto:info@livingpositivevictoria.org.au)

# MELBOURNE SEXUAL HEALTH CENTRE

THE MELBOURNE SEXUAL HEALTH CENTRE IS VICTORIA'S LEADING CLINIC FOR THE TESTING AND TREATMENT OF SEXUALLY TRANSMISSIBLE INFECTIONS.

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 at:

- 580 Swanston Street, Carlton Victoria 3053

To discuss your HIV health care site options call **(03) 9341 6214**.



# 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.

A peer support worker from PWV is available at the Positive Living Centre. See the calendar for details.

Positive Women Victoria  
Coventry House  
Suite 1, 111 Coventry Street  
Southbank VIC 3006  
Tel: 9863 8747  
[www.positivewomen.org.au](http://www.positivewomen.org.au)

# CATHOLIC AIDS MINISTRY



Our ongoing Monday lunch gathering of friends.

Please join us – all Welcome! At St. Mary of the Cross Centre, Fitzroy.

Cuppa from 11am,  
Lunch served at 12.30pm

Knitting & Crochet Club every 2nd Monday from 2-3pm – all levels of beginners and experienced crafters welcomed. Aiming to knit for KOGO (distributes knitted items to the homeless and needy).

Catholic HIV/AIDS Ministry  
CatholicCare  
Mary of the Cross Centre  
23 Brunswick Street Fitzroy 3065  
Ph. (03) 8417 1280  
Fax (03) 8417 1299  
E: [am23@ccam.org.au](mailto:am23@ccam.org.au)



## USEFUL NUMBERS

- Alfred Hospital - (03) 9076 2000
- Alfred Hospital I.D. CLINIC - (03) 9076 6081
- Alfred Social Work Department - (03) 9076 3026
- Beyondblue - 1300 22 4636
- Bolton Clarke (HIV Team – formerly RDNS) - 1300 221 122
- Catholic AIDS Ministry - (03) 8417 1280 (Contact Marg Hayes)
- Centre Clinic - (03) 9525 5866
- Centrelink (Employment services) - 13 28 50
- Centrelink (Disability, Sickness and Carers) - 13 27 17
- Counselling Thorne Harbour Health - (03) 9865 6700 / 1800 134 840 (free country)
- David Williams Fund - Contact Lynda - (03) 9863 0444
- Dental Service “Dental Plus” - (03) 9525 1300
- Expression Employment (formerly SensWide) - (03) 8620 7155
- Green Room - (03) 9341 6214
- Harm Reduction Victoria - (03) 9329 1500
- Hepatitis Infoline - 1800 703 003
- Hepatitis Victoria - (03) 9380 4644
- HIV/HEP/STI Ed & Resource Centre (Alfred) - (03) 9076 6993
- HIV / AIDS Legal Service (HALC) - (03) 9863 0406
- HIV Peer Support at the PLC - (03) 9863 0444 (Contact Gerry)
- Housing Plus - (03) 9863 0444
- Launch Housing - 1800 825 955
- Lifeline - 13 11 14
- Living Positive Victoria - (03) 9863 8733
- Melbourne Sexual Health Centre - (03) 9341 6200
- Monash Medical Centre - (03) 9594 6666
- Multicultural Health & Support Service - (03) 9342 9700
- Northside Clinic - (03) 9485 7700
- Partner Notification - (03) 9096 3367
- PEP Hotline - 1800 889 887
- Police Gay & Lesbian Liaison Officer - (03) 9247 6944
- Positive Living Centre - (03) 9863 0444
- Positive Women Victoria - (03) 9863 8747
- Prahran Market Clinic - (03) 9514 0888
- Royal Melbourne Hospital / VIDS - (03) 9324 7212
- Social Security Rights Victoria - (03) 9481 0355
- Switchboard (Victoria) - 1800 184 527
- Thorne Harbour Health (formerly VAC) - (03) 9865 6700
- Turning Point Drug and Alcohol Service - (03) 8413 8413
- Wise Employment - (03) 9529 3688



### USEFUL WEBSITES (LOCAL)

- [www.afao.org.au](http://www.afao.org.au)
- [www.aidsinonet.org](http://www.aidsinonet.org)
- [www.beyondblue.org.au](http://www.beyondblue.org.au)
- [www.communitylaw.org.au/stkilda](http://www.communitylaw.org.au/stkilda)
- [www.downanddirty.org](http://www.downanddirty.org)
- [www.getpep.info](http://www.getpep.info)
- [www.hrvic.org.au](http://www.hrvic.org.au)
- [www.livingpositivevictoria.org.au](http://www.livingpositivevictoria.org.au)
- [www.napwa.org.au](http://www.napwa.org.au)
- [www.northsideclinic.net.au](http://www.northsideclinic.net.au)
- [www.pozpersonals.com](http://www.pozpersonals.com)
- [www.prahranmarketclinic.com](http://www.prahranmarketclinic.com)
- [www.pronto.org.au](http://www.pronto.org.au)
- [www.protection.org.au](http://www.protection.org.au)
- [www.stayingnegative.net.au](http://www.stayingnegative.net.au)
- [www.ssrvc.org.au](http://www.ssrvc.org.au)
- [www.thedramadownunder.info](http://www.thedramadownunder.info)
- [www.thorneharbour.org](http://www.thorneharbour.org)
- [www.top2bottom.org.au](http://www.top2bottom.org.au)
- [www.touchbase.org.au](http://www.touchbase.org.au)
- [www.whereversexhappens.co](http://www.whereversexhappens.co)

### USEFUL WEBSITES (INTERNATIONAL)

- [www.aidsmap.com](http://www.aidsmap.com)
- [www.i-base.info](http://www.i-base.info)
- [www.managinghiv.com](http://www.managinghiv.com)
- [www.medscape.com](http://www.medscape.com)
- [www.pozpersonals.com](http://www.pozpersonals.com)
- [www.thebody.com](http://www.thebody.com)

# **thorneharbour** health\*

Providing integrated and comprehensive services  
for all people living with HIV