

POSITIVE LIVING CENTRE

WINTER 2021 NEWSLETTER



WELCOME

Welcome to the winter 2021 edition of the Positive Living Centre Newsletter. Our regular newsletter is an easy way to keep up-to-date with new developments and interesting topics in the field. With contributions from a variety of sources, our newsletter contains insightful news pieces, and keeps you informed of all our upcoming events and activities so you never miss out.

The past eighteen months have been a challenge for us all, with the impact of COVID-19. Our work continues in the safest and most practical way to support clients, volunteers and staff at the Centre. Our COVID-19 response plans are regularly reviewed and adapted following the latest advice from the Department of Health and Human Services to reduce associated risks. The health and well-being of all those who use our services continues to be of prime importance as we progress forward with the reintroduction of services at the PLC.

We acknowledge that circumstances may be causing distress or anxiety amongst those who use our services, especially given the dynamic nature of restrictions that have been, and may continue to be, in place. I would therefore encourage you to talk confidentially to our client care staff, for assistance and support or if you have any questions or concerns at all.

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

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

Yours Sincerely

Alex Nikolovski

***We acknowledge the PLC
is located on the lands of the Bunurong and we pay our respects to their
elders past and present and emerging.***

SORRY STATEMENT



To all Aboriginal and Torres Strait Islander peoples, your families and communities

We, the Board, staff, volunteers and members of Thorne Harbour Health, say sorry for the injustice, generations of discrimination, marginalisation and human suffering experienced as a result of colonisation.

We acknowledge that the removal of children devastated individuals, families and entire communities and that the intention of those policies was to assimilate Indigenous children and erase their histories and their culture. We recognise these policies of erasure as systemic and deliberate.

We recognise you as a sovereign people who have never given up sovereignty of this, your land and we acknowledge that treaties have never been signed.

We collectively share a sense of outrage related to racist policies in this country and we acknowledge your human right to self-determination.

We recognise that Aboriginal and Torres Strait Islander communities have specific and unique needs in relation to HIV and we are sorry that for nearly 40 years we have often failed to consider these.

We recognise that that Aboriginal and Torres Strait Islander peoples are part of the oldest living culture on earth and we are sorry that in LGBTIQ communities this rich culture has often not been respected or affirmed.

We commit to working in solidarity with you in ways that you choose and determine.

We are part of, and work with many communities who are affected by disadvantage, prejudice, poverty, violence, marginalisation, trauma and social circumstances out of their control. We understand the long-term damage and trauma to communities when these issues are unacknowledged and unaddressed.

We recognise and value your leadership, we honour your visions and we join with you in your hopes for your future and for a better future together.

A REFLECTION AFTER 40 YEARS OF HIV

On the 40th anniversary of the first documented cases of AIDS, Cleve Jones reflects on what this somber anniversary means.

By Cleve Jones

It's almost inconceivable that it's been 40 years. On June 5, 1981, the CDC's Morbidity and Mortality Weekly Report (MMWR) published a summary of five "active homosexuals" who had been treated for a rare type of pneumonia in L.A.—the first report of what would come to be known as AIDS. We have lost so many lives—more than 30 million people worldwide—over the past 40 years.

Now, as we commemorate this somber anniversary, it's a time to remember the many people we have lost, and also the history that should not be forgotten. It's impossible to capture all of the history—but here is a bit of my own: The first time I saw the infamous MMWR, the call I got from Dr. Marcus Conant about patients with Kaposi's sarcoma, and all that led up to the founding of San Francisco AIDS Foundation.

In January of 1980 I was hired by the Speaker of the California State Assembly to work as a legislative assistant for the Democratic Caucus and moved from San Francisco to Sacramento. I was 25 years old, politically ambitious and excited by the career opportunity.



Photo: Mike Hicks, 1983

I had been recommended for the position by then-Assemblyman Art Agnos, who would go on to be Mayor of San Francisco. Ironically, Agnos had defeated my first mentor, Harvey Milk, many years earlier in a bitterly contested race to represent the city's 16th Assembly District.

I was assigned to the Assembly Health Committee where my job was to analyze bills and advise Democratic committee members. Most of the legislation was not controversial but there were occasional hot-button bills. I also wrote speeches for several members. With no real previous background in public health issues, I spent every free minute reading and studying the various public health journals that would arrive by mail in our office every week. Among them was the "Morbidity and Mortality Weekly Report" from the Centers for Disease Control in Atlanta.

Later that summer I returned to San Francisco to work in the district office of Assemblyman Agnos, whose district included Castro Street, South of Market, Polk Street, Haight Street and other neighborhoods with large numbers of what are now known as LGBTQ people. Agnos served on the powerful Ways and Means Committee, which controlled state funding. That would be the reason I got a call from Dr. Marcus Conant, a dermatologist at the University of California Medical Center in San Francisco. Dr. Conant had patients with Kaposi's sarcoma.

Dr. Conant took me to dinner at the Zuni Café and calmly laid out his theory about the growing number of cases. He thought it was probably caused by a previously unidentified virus, that it was likely transmitted through sexual contact, that it acted to cripple the body's immune system and that, if treatments were not discovered, would be fatal. I said, "If you're right, then we're all going to die."

I talked to my boss the next day. The son of Greek immigrants, Art Agnos had worked hard to gain the trust of the gay community after the bruising race against Harvey Milk, introducing legislation to protect people from job discrimination based on sexual orientation. Harvey had been murdered just three years earlier, homosexuality was still illegal in most states and public opinion about LGBTQ people was overwhelmingly negative.

I was homesick for San Francisco and couldn't afford a car so most Fridays I would take the Greyhound bus back to the bay and return to the Capitol on Monday. That first week of June I got back to the office and began leafing through the stack of periodicals on my desk. I glanced at the cover of the June 5 issue of the MMWR and my eyes were caught by the first sentences of the first article: "In the period October 1980 – May 1981, 5 young men, all active homosexuals, were treated for biopsy-confirmed *Pneumocystis carinii* pneumonia at 3 different hospitals in Los Angeles, California. Two of the patients died." I clipped the article and tacked it to the cork bulletin board over my desk.

The next day I read the article again and again, searching for some clue in the detached, emotionless dry text. There were none. That night I couldn't sleep. I kept remembering fragments of conversations I'd heard over the past several months about other young men around my age who were sick with some sort of pneumonia or meningitis, or diseases I'd never heard of before. One month later, the New York Times ran an article headlined, "Rare Cancer Seen in 41 Homosexuals," describing clusters of gay men in New York City and California who were suffering from Kaposi's sarcoma and pneumocystis carinii.

Agnos listened to my fears and told me to take whatever time I needed to do whatever we could to identify this new threat and organize to meet the challenge. Dr. Conant insisted that this would require the investment of hundreds of millions of dollars and the creation of social and medical infrastructure that was inconceivable at the time. “We’re going to need a foundation and clinics to fund research and care for patients. This thing is spreading, there’s no time to wait,” Dr. Conant repeated his message to anyone who would listen.

Dr. Conant, joined by Dr. Paul Volberding from San Francisco General Hospital and others started the Kaposi’s Sarcoma Research and Education Foundation in the early months of 1982. We rented two small rooms one flight up in the 500 block of Castro Street. I remember the day our phone was installed. The telephone company technician left and the phone began to ring. Four decades later it’s still ringing.

By 1985 it seemed that almost everyone I knew was dead, dying or caring for someone who was dying. The KS Foundation became the San Francisco AIDS Foundation. We marched, lobbied, ACTed UP, sewed quilts, raised money, got arrested, confronted politicians, transformed medical research, cared for the sick and comforted the dying.

We did everything we could to fight the disease and defend the communities that were under attack. It was a time of appalling loss, terror and misery and yet – somehow – we rose to meet the challenge.

This is what I’m reflecting on today as we commemorate the 40th anniversary of the first documented cases of AIDS. I hope you, as well, take time to reflect on everything we’ve lost—and also what more needs to be done to fight HIV in this day and age.

CLEVE JONES

Cleve Jones is co-founder of San Francisco AIDS Foundation, creator of the NAMES Project AIDS Memorial Quilt, and author of When We Rise: My Life in the Movement. He is a human rights activist with a history of activism spanning four decades.



[I Am a Long-term Survivor of HIV | HIV.gov](http://www.IAmALong-termSurvivorofHIV.org)

[Supporting Long-Term Survivors of HIV | HIV.gov](http://www.SupportingLong-TermSurvivorsofHIV.org)

EAT RIGHT WHEN YOU HAVE *HIV*



There's no specific eating plan for people with HIV, but an overall healthy diet can help your health a lot.

The virus weakens your immune system. Because your body uses nutrients to keep up its defenses against germs, eating well can help you fight off infections. It can also boost your energy, keep you strong, help you avoid health complications, and ease issues brought on by HIV and its treatments.

Follow these simple tips to get started.

1. Eat plenty of fruits and vegetables. They're high in nutrients called antioxidants, which protect your immune system. Aim to have five to nine servings of produce each day. An easy way to meet that goal is to fill half of your plate with fruits and veggies at each meal. Eat a lot of different produce to get the most vitamins and minerals.

2. Go for lean protein. Your body uses it to build muscle and a strong immune system. Choose healthy options like lean beef, poultry, fish, eggs, beans, and nuts.

You may need to eat more protein if you're underweight or in a later stage of HIV. Your doctor can help you figure out the right amount for you

3. Choose whole grains. Like gas in a car, carbs give your body energy.

That makes whole-grain carbs, like brown rice and whole wheat bread, high-end fuel.

They're packed with energy-boosting B vitamins and fiber. And when you eat plenty of fiber, that can lower your chances of getting fat deposits called lipodystrophy, a potential side effect of HIV.

4. Limit your sugar and salt. Whether because of the virus or the treatment drugs you're taking, HIV raises your chances of getting heart disease. Too much sugar and salt can harm your ticker. So aim to get less than 10% of your calories each day from foods and drinks with added sugar. You should also have no more than 2,300 milligrams of sodium per day.

5. Have healthy fats in moderation. Fat provides energy, but it's also high in calories. If you're not trying to gain weight, limit how much of it you eat. Heart-healthy choices include nuts, vegetable oils, and avocado.

6. See your doctor about any problems related to diet or weight. HIV medications, or the virus itself, can set the stage for eating- or weight-related issues.

EAT RIGHT WHEN YOU HAVE *HIV*

Talk with your doctor about them, including these common ones:

- Loss of appetite. Unwanted weight loss can weaken your body, so it's important to have enough calories. You may need to eat more energy-dense foods, like peanut butter or other nut butters. "A good option is a higher-calorie shake or smoothie," says Kristen F. Gradney, director of nutrition and metabolic services at Our Lady of the Lake Regional Medical Center.
- Nausea. If foods make you queasy, you may need to eat smaller amounts more often instead of having three big meals a day. Crackers are easy on the stomach for most people, Gradney says. Pair them with some protein, like peanut butter. If even the smell of cooking makes you nauseated, you may want to ask someone else to prepare your meals.
- Mouth issues. Have a hard time swallowing or pain from mouth sores? Cook your vegetables soft so they're not hard and crunchy. Stay away from spicy or acidic foods, and rinse your mouth with water before and after you eat.

7. Eat the right amount of calories. Your doctor may recommend a nutritional supplement if you have unwanted weight loss.

But people with HIV often carry too much weight. Being overweight or obese can raise your chances of getting long-term diseases, like heart disease, diabetes, and some cancers. What's more, it may make your immune system weaker -- a recent study found a sign of this in obese people with HIV, compared with those who were at a healthy weight.

8. Drink plenty of fluids. Make sure to have at least 8 to 10 cups of water or other healthy drinks during each day. Liquids help carry nutrients and flush out used medications from your body. They can also lift your energy levels and keep you from getting dehydrated.

9. Follow food safety rules. Because HIV lowers your body's defenses against germs, "even a mild case of food poisoning can lead to a serious infection or illness," Gradney says.

Practice these good-for-you habits:

- Wash your hands with soap and water before and after you eat. Also wash cutting boards and utensils after every use.
- Avoid raw eggs. Cook all meat, seafood, and poultry until they're well-done.
- Thaw frozen meats and other foods in the fridge or microwave.
- Rinse all fresh fruits and veggies with clean water.
- Check expiration dates, and throw away any food you think is old.
- Reheat leftovers thoroughly before you eat them.

FX SERIES 'POSE' BRINGS TO LIFE HIV HISTORY THROUGH BLACK AND LATINX CHARACTERS

George Kevin Jordan

It didn't take long for *Pose*, the Sunday night FX series created by Ryan Murphy, Brad Falchuk, and Steven Canals, to achieve critical acclaim and become a cultural hit among black and Latinx LGBT communities (although overall ratings have been modest). Set in 1987 New York City, the show is rich with music, shoulder pads, and '80s nostalgia. But to truly understand the show's significance, you need only see a pivotal scene from the pilot episode.

In it, Blanca Rodriguez (played by Mj Rodriguez) sits and asks for her medical results. She is stoic and reserved as the doctor says, "Blanca the test confirms that you have HIV." After a long silence, Blanca thanks the woman and tries to dash for the exit.

What is remarkable about this scene is not just the acting, which is powerful and subdued, but also that the protagonist is working with something you don't see much on TV: She is a character living with HIV.

Pose, for all the accolades about its set and clothes, pulled a media coup by having an HIV-positive transgender Latinx character on the screen when representation of LGBT people is burgeoning at best.



And for people living with HIV, it's almost non-existent. In episode 4, it is revealed that Pray Tell, played by Billy Porter, is HIV positive, as well.

Each year GLAAD releases a *Where Are We on TV Report*, which documents LGBTQ inclusion on television, and the numbers tell an interesting story about LGBTQ visibility. Of the 901 characters on broadcast television in 2017, 58 regular characters were LGBTQ, which amounts to 6.4% of all characters on TV. This is the highest number GLAAD has found since it began writing the report. When you include cable and streaming outlets, which the report does, a total of 329 regular and recurring characters are LGBTQ. This is certainly progress. However, the report also reveals how rarely TV characters live with HIV.

According to GLAAD's report, only two characters across all three media platforms were identified as HIV positive. *Pose* will certainly push the numbers up on the 2018 report.

Nevertheless, people living with HIV are not well represented on TV or most other media platforms, for that matter. And if you narrow the focus to HIV visibility of those most impacted by the disease (read black and brown people), the numbers get scary.

In recent years, revivals on stage (e.g., *Angels in America* on Broadway) and television (e.g., HBO's film adaptation of Larry Kramer's *The Normal Heart*) of works about HIV/AIDS have focused solely on the experiences of white gay men during the early part of the epidemic. *Pose* is so remarkable for many black and Latinx LGBTQ viewers because it is one of the first big-budget portrayals for the small screen of what it was like for people of color.

Not since Patrik-Ian Polk's 2005 breakout show for LOGOtv *Noah's Arc*, has any show focused on the lives of LGBTQ black and Latinx communities and made HIV testing, treatment, and prevention a centered reality for the lives of the characters. Where we are depicted at all, it is often as a one-off character isolated from the larger black and Latinx LGBTQ community.

Thankfully, along with *Pose*, a number of mainstream and indie projects are offering much needed visibility and character development to characters with HIV. And some artists are pushing the conversation forward in their work.

Nathan Hale Williams should be known as the writer and co-director of the "little short that could." His short film *90 Days*, which he created two years ago, has slowly garnered an audience and opened up a much-needed dialogue on HIV in the black community.

In the film *Jessica*, played by Teyonah Parris, and *Taylor*, played by Nic Few, have been dating for 90 days.

The audience meets the two characters on their 90th day of dating, when Jessica reveals she is HIV positive to her boyfriend. When you watch the film, you are immediately struck by the unique way in which Jessica navigates the disclosure. Add a little bit of body text" She is not ashamed of her status. She is empowered. She is not in a position of weakness or defiance," the 42-year-old writer/director said.

Williams made a person living with HIV a main protagonist in the film and gave her agency. People noticed. The film has been featured at several film festivals, including Cannes, and it has won several awards, including Best Short film at the Gary International Film Festival and the Hollywood Reel Independent Film Festival.



10 TIPS FOR WINTER WELLNESS

Winter can be a trying time both mentally and physically. The days are darker, colder and shorter and our bodies become more susceptible to all kinds of winter nasties like cold and flu. While it sounds tempting just to stay inside and hide from it all, being proactive about your health and wellbeing will help ensure that you make it through the cooler months cold and flu-free, and in tip-top shape to enjoy the summer. Here are some tips for supercharging your winter wellness.

1. Wash hands

Sounds simple but it's the number one way to stop the spread of germs. Experts recommend washing hands every few hours and in



particular after using the toilet and before meals. Give them a wash after touching someone else's phone or keyboard at work.

2. Get vaccinated

The seasonal flu jab provides 12 months of cover against the major strains of flu.

3. Keep exercising

It's hard to get motivated when it's cold and dark, but your body has to work overtime to get warm, so you can burn more kilojoules on that early morning walk or run.

4. Eat well

Keep your immune system in shape by making sure you're eating a healthy diet. For your body to be able to respond to infection, it needs to have enough protein, so enjoy lean meat, fish and poultry.

5. Dose up on vitamins and minerals

Iron, zinc and vitamin C are also key to a healthy immune system. But before popping supplements, boost your dietary intake of these substances. Look for dark, leafy greens and red and yellow vegetables, which are all high in antioxidants.

7. Rest up

Regular sleep is vital to staying healthy. Don't let yourself get run down. Those who aren't well rested are more likely to get sick.

8. Quit smoking

Smokers are far more susceptible to upper respiratory infections, which tend to strike in winter. Even if you're a social smoker, now's a good time to quit and clear your airways.

9. Clean up winter mould

Mould can trigger nasal congestion, sneezing, coughing, wheezing, respiratory infections and worsen asthma and allergic conditions. So move your spring clean forward to autumn.

10. Save your skin

Cold air, wind and heating will dry out your skin, so keep your face and body well moisturised.

FREQUENTLY ASKED QUESTIONS: *HIV AND THE COVID-19 VACCINE*



Australia is now progressing its COVID-19 vaccine roll-out. While vaccines are not mandatory, getting vaccinated helps protect you from getting sick from COVID-19, particularly for people living with HIV who may be at greater risk.

We have put together the following FAQs for PLHIV who are considering getting the vaccine. If you have concerns or questions about the vaccine, we recommend speaking to your GP.

1. Am I eligible for the COVID vaccine?

Under Phase 1B of Australia's COVID-19 vaccine roll out, all people living with HIV are now eligible to access the COVID-19 vaccine. This includes international travellers, workers and students. In addition, all Australians over the age of 40 are now eligible to receive the vaccine in Victoria.

2. Do I need to disclose my status to get the vaccine?

Anyone over the age of 40 is now eligible to receive the vaccine, which means you do not need to disclose your status if you are in this age group. If you are below 40 years and do not wish to disclose your status, you can fill in a Phase 1b declaration form. You can access this form on the COVID-19 section on the Thorne Harbour website, or by asking one of Client Care Team members at the Positive Living Centre.



3. Is the COVID vaccine safe for people living with HIV?

All vaccines offer the same benefits to people living with HIV as they do for anyone else within the general community. The COVID-19 vaccines are safe for most healthy adults, including people living with HIV. Before vaccines are approved for use in Australia, they go through a rigorous process of review to ensure they are safe. PLHIV are at no greater risk than anyone else.

4. What are the potential side effects from the vaccine?

All medicine has potential side effects, and this is normal. Potential short term side effects include: pain or redness at the injection site, mild to moderate fever, tiredness, headache, muscle aches, and chills. A small number of people may experience more severe side effects, although these are also temporary. After you receive the vaccine, you will be monitored for any adverse effects.

5. Will the vaccine have any negative interactions with my HIV medication?

People living with HIV have been included in most studies of the COVID-19 vaccine. The COVID-19 vaccines have been found to be both effective and safe for people living with HIV. There is no evidence that either of the vaccines available in Australia will make HIV antiretrovirals less effective or that HIV antiretrovirals will make either of these vaccines less effective.

6. Do I still need to have the COVID vaccine if I've already had COVID?

Yes. If you've been diagnosed with COVID-19, you are still eligible for the COVID-19 vaccine. Currently, there is little evidence that people who have recovered from COVID have immunity from contracting COVID again. The vaccine will provide you with the best protection against COVID-19.

Coronavirus Hotline
1800 675 398.

7. How can I get a vaccine?

You can book your vaccine appointment:
·At a vaccination centre – use the online booking system or call the Coronavirus Hotline on **1800 675 398**.

For an interpreter, press 0.

·If you or the person that you are booking has a disability and needs additional support to get a COVID-19 vaccine, visit:

www.coronavirus.vic.gov.au/vaccination-information-people-disability

·At a participating GP or community health service through the Australian Government Eligibility Checker:

www.covid-vaccine.healthdirect.gov.au/eligibility

8. Where can I get more information about the vaccine?

You can find more information about the vaccines here:

- www.coronavirus.vic.gov.au/vaccine
- www.health.gov.au/initiatives-and-programs/covid-19-vaccines
- www.tga.gov.au
- www.who.int



HIV SERVICES CONSUMER REFERENCE GROUP

The THH HIV Services Consumer Reference Group would like to receive feedback from the general HIV community regarding services provided, and any services people would like to have. The committee would be happy to receive any feedback or ideas and opinions relating to current or future HIV services. Consumer Reference Group members will be happy to include any ideas you might have or if you would prefer complete a HIV Services Feedback Form provided and leave in the suggestion box at PLC.

Consumer Reference Group Members can be contacted via:
peersupport@thorneharbour.org



Thorne Harbour Health's HIV Services Consumer Reference Group (CRG) was established to ensure that clients of all THH HIV Services are given an avenue to participate in the planning and development of services and initiatives.

Objectives:

- To work collaboratively with staff of all THH HIV Services Programs to provide advice and input to assist in servicing the PLHIV Community.
- Provide current information on relevant issues and needs impacting upon PLHIV and advise the THH Programs accordingly; in addition to other service providers on the THH HIV Services Advisory Committee.
- Raise greater awareness of the specific issues relevant to PLHIV's health and wellbeing.
- Facilitate an exchange of information between groups with an ongoing interest in HIV and PLHIV health and wellbeing.
- To ensure services delivered to PLHIV are responsive to the changing needs of people living with HIV.
- To assist in identifying service gaps, development opportunities and potential initiatives and to feed into relevant program development and review.

NUTRITIONAL SERVICES AT THE PLC

LUNCH

Delicious meals are served at the centre on Tuesdays from 12.30pm to 1.30pm with a choice of a meat or vegetarian main meal and dessert as a nutritional and social service to our clients. Our meals balance taste with nutrition and variety. Seating within the Centre will be arranged to support social distancing. Please check our Facebook page closer to the date to see what the meal of the week will be. Numbers are very limited, therefore bookings are essential via reception on 03 9836 0444.

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

PANTRY

The pantry services provides low cost nutritious food items including packaged goods, fruit and vegetables for clients with a Health Care Card. It is available each day the centre is open. The pantry can be accessed fortnightly in the form of packages, which will be pre-prepared.

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

BREAKFAST CEREALS, TEA AND COFFEE

We offer a range of cereals, bread and tea and coffee all day at no cost.



GROW, COOK AND GO!

A cooking course to develop skills including planning, shopping for, preparing and cooking simple, nutritious meals.

Alongside this cooking course is the management and growing of a vegetable and herb garden.

Participants plan and research types of seeds and seedlings to be grown, learn about growing plants from cuttings, suitable plants for a specific garden, composting and harvesting.

This course provides the basic knowledge, skills and confidence to undertake the Certificate II in Hospitality or an Hospitality traineeship.

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



GROW, COOK & GO!

CENTRE FOR ADULT
EDUCATION

in partnership with

THE POSITIVE LIVING CENTRE

*present a 8 week Nutrition and
Horticulture Course*



Join an exciting venture at the PLC.

GROW, COOK & GO!

THE COURSE OUTLINE

A basic cooking course based around developing explicit skills including planning, shopping for, preparing and cooking simple, nutritious meals. Alongside this cooking course is the management/growing of a vegetable/herb garden.

Participants will plan and research types of seeds and seedlings to be grown, learn about growing plants from cuttings, suitable plants for a specific garden, composting and harvesting.

THE FOOD GROWN WILL BE INCORPORATED INTO THE COOKING CLASS.

THE COST

No Cost with a current Health Care Card and Medicare Card

THE DETAILS

One 4 hour session a week

This course provides the basic knowledge, skills and confidence to undertake the Certificate II in Hospitality or an Hospitality traineeship. According to their progress students may also transition into the Certificates in General Education for Adults.

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

GROW

*START A
VEGGIE GARDEN*

Plan, prepare, plant and care for a veggie/herb garden

COOK

*USE THE
PRODUCE*

The food grown will be incorporated into the cooking class

GO

*LEARN NEW
SKILLS*

Utilise your new skills at home.

BITE SIZE



PIECES

A series of monthly workshops to inspire and empower healthy eating and good nutrition facilitated by Skye Wiles.

Check the PLC schedule for upcoming dates.

To register or find out more about the program contact Reception or speak with a Client care staff member on 9863 0444

Skye is a qualified clinical holistic nutritionist who has worked in the health and wellness industry for nearly 10 years. She has seen firsthand, both in her own life and with clients, how simple diet and lifestyle changes can profoundly impact our physical, mental, emotional, and spiritual (if you're that way inclined) well-being. Her goal is to make health accessible to all; assisting those who are ready to uncover what health means to them, then supporting them on that journey.

The aim of this program is to provide our community with simple, practical ideas and tools that can be easily incorporated into your life, allowing you to make meaningful change that will improve your health and wellbeing.

Workshops will be held at the PLC and available via ZOOM

**thorne
harbour**
health*

EXERCISE CLASSES

LOCKDOWN RECOVERY CLASSES

A supervised exercise program that can address some of the consequences of the lockdown associated with COVID -19, such as fatigue, lethargy and the reduced ability to be active. The program has been designed to use a number of different disciplines such as pilates, use of weights and exercise.

It has many benefits, including:

- reducing the risk of health conditions
- controlling weight
- reducing stress and anxiety
- improving sleep

When:

Tuesday 11.30 – 12.30

Where:

Positive Living Centre
51 Commercial Rd, South Yarra.

Cost: Free

Bookings are essential, contact Reception on 98630444.



CIRCUIT @ THE ALFRED

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

Accommodates ALL fitness levels.

When:

- Monday 3:30pm
- Wednesday 3:30pm
- Friday 1:30pm and 2.45pm

Where:

Physiotherapy Gym, Level 4 Philip Block
The Alfred

Cost: Free

AlfredHealth

If you have not attended exercise classes at the Alfred or PLC previously, please contact The Alfred Physiotherapy Department on 9076 3450 to arrange an initial assessment so that we can ensure a safe, individualised and appropriate program for you.

"Exercise not only changes your body, it changes your mind, your attitude and your mood."

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

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 with HALC: **(03) 9863 0406**
- 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

Victoria Legal Aid 1300 792 387
www.legalaid.vic.gov.au



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>

HIV PEER SUPPORT

What is HIV Peer Support?

Peer Support is based upon knowledge, care, and emotional, social and practical help provided by people who have faced the same challenges and issues as you. HIV Peer Support Groups at the Positive Living Centre provide a safe and supportive environment where key topics about living with HIV are explored. Whether recently diagnosed, or living with HIV for a number of years, HIV peer support groups can be a great way to meet other people who share this life experience.

The Peer Support and Health Promotion Officer operates out of the Positive Living Centre and provides a friendly, confidential support to people living with HIV. Additionally, the Peer Support Officer supervises the running of HIV Peer Support Groups in consultation with volunteer facilitators.

HIV Peer Support Groups

The groups operate for a few weeks and are run by trained facilitators who are also HIV positive.

Our HIV Peer Support groups are open to all people living with HIV, and provide a non-judgmental and supportive environment.

Participants decide all topics for discussion. Some of these topics may include:

- Relationships (partners, family, friends)
- Disclosure
- Medications and Complimentary therapies
- Managing stress and 'Mental Wellness'
- Staying healthy
- Other HIV related services
- Sex and Sexually Transmitted Infections (STIs)



HIV & AGEING PROJECT

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. The PSMP (HIV) is a workshop for people living with HIV, comprising of sessions of two and a half hours length, 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.



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 (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 upon donations.

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 / TAFE's / Colleges, which this project can direct you to. For more information, please make an appointment with the David Williams Fund Coordinator or check university / TAFE websites for more information.

NO INTEREST LOANS SCHEME (NILS)

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

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 (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, fines, 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

COMMUNITY SUPPORT

Community Support originated as a rapid response to the urgent needs of people living with HIV. Building on more than 30 years of staff and volunteer support in this area, Thorne Harbour is able to assist people living with HIV at home and in the community. In recent years there has been increasing demand for practical support from those ageing with HIV and those with multiple health issues.



Community Support's HIV Services:

Volunteer Team

Local volunteer teams around Melbourne and in regional areas provide social support and practical help to people living with HIV. Support includes help with shopping, home visits for a chat, or going out for coffee or a lunch.

Home Care

Community Support provides a range of services to enable clients to maintain their independence and to live in their own homes for longer than would otherwise be possible. THH's Home Care team has trained staff who can assist with services such as house cleaning, shopping and cooking. This service is designed for people with higher needs that cannot be met by council services alone.

For more information call

(03) 9863 0430

Medical transport

Regular attendance at medical appointments is important for people living with HIV. Volunteer transport to medical appointments is available for people who do not have other transport options.

Peer Support

HIV-positive Community Support staff and volunteers provide one-on-one support and information for people living with HIV who would like to talk to someone who understands their situation. Anyone living with HIV may benefit from peer support, particularly those recently diagnosed.

For more information call

(03) 9863 0426.

Housing Plus

Housing Plus provides the following services for people living with HIV:

- Case management
- Work with you to identify your housing options
- Assist with applications for permanent housing, including letters of support and other helpful documents
- Advocate on your behalf with a housing organisation
- Support you in accessing transitional housing
- Support you once you have got housing, including during rental or lease reviews
- Provide assistance and support when you move house.

Contact Us:

Housing Plus is run from the Positive Living Centre in South Yarra.

For more information, contact:

Positive Living Centre

51 Commercial Road

South Yarra, Victoria 3141

Phone: **03 9863 0419**

Email: housing@thorneharbour.org

Please note: Housing Plus is not a crisis service, if you are experiencing homelessness please call the FREE 24-hour helpline on **1800 825 955**.



**Launch
HOUSING**

**IT'S TIME TO END
HOMELESSNESS**

Launch Housing is a secular Melbourne-based community organisation that delivers homelessness services and life-changing housing supports to disadvantaged Victorians.

We want to end homelessness and are passionately committed to creating lasting societal change to help those most in need in our community. In a country as wealthy as ours no one should be homeless.

Thorne Harbour Health has acknowledged safe and secure housing is essential to a person's wellbeing, consequently the Positive Living Centre has a Launch Housing worker available by appointment basis on Tuesday and Wednesday. Bookings through reception or by calling 98630444.

THORNE HARBOUR COUNTRY

Thorne Harbour Country provides support, counselling, referrals, resources and information around LGBTI wellbeing, HIV, Hepatitis C and sexual health across the Loddon Mallee. They offer a safe and supportive space for LGBTI people and PLHIV.

Current services and supports include:

- Professional and affordable counselling (face-to-face and phone)
- Peer support for gay, bi and queer men including trans men, around HIV, sex and sexual health
- Information and referrals for LGBTI community
- LGBTI social inclusive morning tea group (located locally)
- Free meeting space for local LGBTI and PLHIV groups



TH Country Office
58 Mundy St, Bendigo VIC 3550
Monday – Friday, 9am – 5pm

Phone: (03) 4400 9000

Email:

thcountry@thorneharbour.org

Website:

www.thorneharbour.org/thcountry

Facebook:

www.facebook.com/thcountry

Check yourself
before you
wreck yourself.

TouchBase with us.

THERAPEUTIC SERVICES

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

Counselling

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

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

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

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

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

Email: counselling@thorneharbour.org

Website:

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

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 or Revisioning@thorneharbour.org

Website: 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.

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

Peer workshops for gay, bi, queer and sexually-diverse men (including trans, gender diverse and other men-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 others in the community.

KINETIC (FORMERLY 'YOUNG & GAY') 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.

LESBIAN, BI, QUEER AND SAME-SEX ATTRACTED WOMEN.

Peer workshops for lesbian, bi, queer and sexually-diverse women (including trans, gender diverse and other women-aligned people) are available to those wanting to explore their identity, make new social connections in a safe and welcoming space, and learn more about themselves and other women in LGBTIQ+ communities.

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.

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.

HEALTH PROMOTION SERVICES



NON-BINARY & GENDER DIVERSE PEOPLE

RISE – MONTHLY SINGLE-SESSION WORKSHOP

Peer workshops for people under the non-binary and gender diverse umbrellas (including, but not limited to: genderqueer, genderfluid, agender, trans masc and trans femme) are open to participants over 18 years of age. You can register your interest in Rise by completing the registration form. The monthly Rise peer workshops provide a safe and social space for non-binary and gender-diverse people to connect with each other and engage in discussions and activities relevant to non-binary experiences. Non-binary people who feel aligned with any of the other peer workshops are welcome to also attend those groups.

“I now have a feeling that the community is a whole lot larger than I previously imagined.”

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.

NOVUS - SINGLE-SESSION WORKSHOPS

The Novus peer workshops will provide a space for trans women 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. Trans women who feel aligned with any of the other peer workshops are welcome to also attend those groups too.

For more information contact us on **(03) 9865 6700** or

email: peer.ed@thorneharbour.org

<https://thorneharbour.org/lgbti-health/peer-workshops/>

“I loved being able to meet and learn through everyone. The group dynamic was fantastic. Everyone was easy going.”

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

thorneharbour
health*

THE CENTRE CLINIC

The Centre Clinic is a medical clinic administered and supported by THH. It is a general practice with a special interest in HIV and sexual health.

The clinic is committed to achieving the best possible standards of preventative, ongoing care and treatment.

Our aim is to give our patients the highest possible quality of care, by ensuring excellence in all aspects of our practice. We endeavour to provide patients with the best and most current treatments, methods, materials and equipment within our resource capabilities to ensure that patients receive the high quality of service they have come to expect.

CLINIC SERVICES

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

Services available include:

- Health and medical care for people living with HIV/AIDS
- HIV monitoring
- Antiretroviral treatment and advice
- PEP - Post HIV Exposure Prophylaxis
- Sexual, general, emotional and psychological health
- PrEP - Pre Exposure Prophylaxis (Supporting clients to self-import PrEP and PrEP X Trial participants)
- STI testing and treatment
- HIV testing & counselling with results in one week
- Hepatitis screening and vaccination
- Specialist HIV dietician service
- Condoms and lubricant for sale

INFORMATION

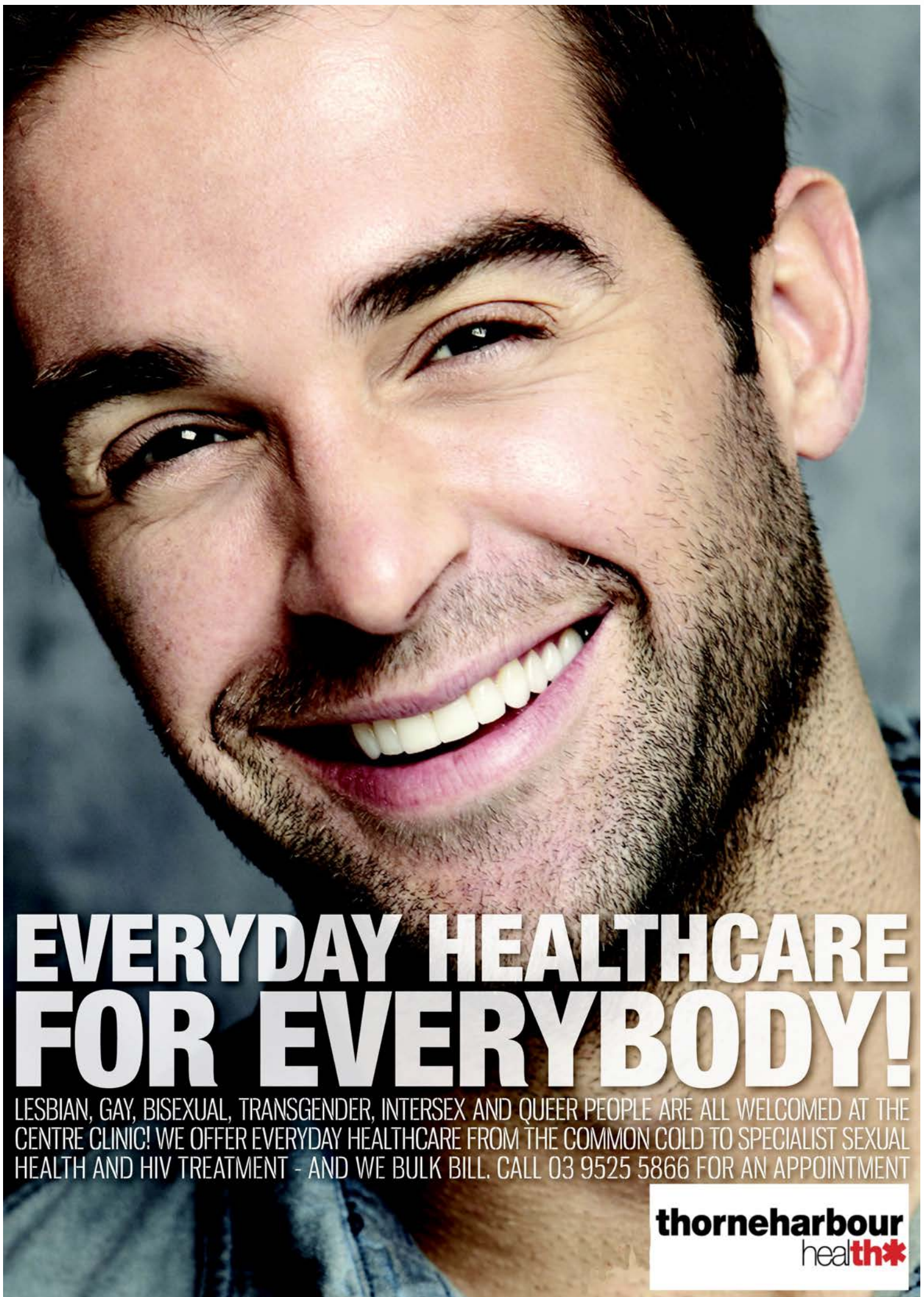
Please ring **9525 5866** for an appointment.

More information about the clinic:

The Centre Clinic is located at the rear of 77 Fitzroy Street, St. Kilda, on the corner of Fitzroy and Loch Streets but it will be relocating next door into the Victorian Pride Centre in the second half of 2021. Contact details for bookings will remain the same.

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*

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

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 (LGBTIQA+) people, their families, allies and communities.

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

1800 184 527 - 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 6pm every day

A free service for all LGBTIQA+ people in Victoria.

Phone: 1800 729 367

Text: 0480 017 246

Email: support@rainbowdoor.org.au

Visit: 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



CATHOLIC AIDS MINISTRY

St. Mary of the Cross Centre
23 Brunswick St. Fitzroy

For details for all events, please contact
8417 1280

Catholic HIV/AIDS Ministry
CatholicCare
Mary of the Cross Centre
23 Brunswick Street Fitzroy 3065

Ph. (03) 8417 1280

Fax (03) 8417 1299

Email: am23@ccam.org.au



LIVING POSITIVE VICTORIA

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

Peer Navigators

Our Peer Navigators can provide one on one support for you on your journey with HIV. They can support you whether you have been recently diagnosed or have been living with HIV for some time.

They offer a knowledgeable, supportive environment in which you can explore your concerns and fears about living with HIV. They can also connect you to other programs, help you with referrals to other services and provide information on many aspects of living with HIV.

Programs and Services for Women and Hetero Men

Social isolation is a concern for many women and heterosexual men living with HIV. Our events are a great way to meet other women and heterosexual men in a safe and welcoming environment.

Peer Support Network

The Peer Support Network is a monthly and informal group gathering. It is conducted in a safe, social and partly educational format. Utilising an empowerment model, it builds resilience and health literacy for participants to engage with health and aged care providers.

Phoenix

Phoenix is a workshop for anyone who has been recently diagnosed with HIV. We currently offer separate workshops for (cis and trans) men and (cis and trans) and women. It's a confidential and supportive space to learn how to deal with managing your HIV diagnosis. The workshop is facilitated by other people living with HIV and HIV specialists including doctors and counsellors.

Planet Positive

Planet Positive is a social event for HIV positive members and their family and friends to improve their emotional and social wellbeing in a welcoming, enjoyable and safe environment. Planet Positive is held every three months and activities can vary including lawn bowls, picnics and much more

Address: Coventry House, Ground Floor, 95 Coventry Street, Southbank VIC 3006

Phone: (03) 9863 8733

Fax: (03) 9863 8734

Email:

info@livingpositivevictoria.org.au



living positive victoria

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
Suite 1, 111 Coventry Street
Southbank VIC 3006

Tel: 9863 8747

www.positivewomen.org.au



ONLINE SOCIAL GROUPS

Hivsters

Founded in Melbourne, Hivsters is an online community group 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/>



ARE YOU LIVING WITH CANCER?

If you are over 18, identify as LGBTQIA and are living with cancer we'd love to hear from you

Complete our survey to tell us about your cancer experience

If you are interested contact Dr Natalie Heynsbergh
on
0419 263 117 or at n.heynsbergh@deakin.edu.au

You will also have the opportunity to participate in a phone interview to tell us more about your story

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 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**.

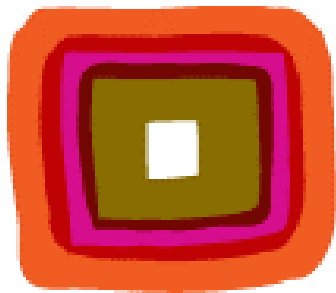


MSHC

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

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**.



ARE YOU A SUPPORT PERSON OF SOMEONE WITH CANCER?

If you are over 18, identify as LGBTQIA and are supporting someone with cancer we'd love to hear from you

**COMPLETE OUR SURVEY TO TELL US ABOUT
YOUR CANCER EXPERIENCE**

If you are interested contact Dr Natalie Heynsbergh
on
0419 263 117 or at n.heynsbergh@deakin.edu.au

You will also have the opportunity to participate in a
phone interview to tell us more about your story

USEFUL WEBSITES

www.aidsmap.com

Clear and reliable information on HIV

www.afao.org.au

Peak national organisation for Australia's community HIV response

www.downanddirty.org

Information and resources on different M2M sexual practices

www.i-base.info

HIV treatment information and advocacy

www.medscape.com

Medical news, clinical reference, and education

www.napwa.org.au

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

www.pozpersonals.com

Worldwide dating website for people living with HIV

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

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

www.thedramadownunder.info

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

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

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

www.treathivnow.org.au

Information on HIV treatments and living with HIV

www.what-works.org

Information and resources on HIV prevention



USEFUL SERVICES

Alfred Hospital | 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 | [1300 22 4636](tel:1300224636)

Bolton Clarke HIV Team (formerly RDNS)

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

CatholicCare HIV/AIDS Ministry

www.ccam.org.au | [8417 1280](tel:84171280)

(Marg Hayes)

Centre for Culture, Ethnicity & Health

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

Expression Australia Employment

www.expression.com.au | [8620 7155](tel:86207155)

Green Room

(Melbourne Sexual Health Centre)

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

Harm Reduction Victoria

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

Hepatitis Infoline

www.hepatitisaustralia.com | [1800 437 222](tel:1800437222)

Launch Housing

www.launchhousing.org.au | [1800 825 955](tel:1800825955)

Lifeline

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

LiverWELL (formerly Hepatitis Victoria)

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

Living Positive Victoria

www.livingpositivevictoria.org.au | [9863 8733](tel:98638733)

Monash Health | www.monashhealth.org

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

Northside Clinic

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

Partner Notification

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

PEP Hotline

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

Police LGBTIQ Liaison Officers

www.police.vic.gov.au | [9247 6944](tel:92476944)

Positive Women Victoria

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

Prahran Market Clinic

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

USEFUL SERVICES

Quit Victoria

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

Rainbow Door

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

Royal Melbourne Hospital / VIDS

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

Services Australia (formerly Centrelink)

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.ssr.org.au | [9481 0355](tel:94810355)

South Eastern Centre Against Sexual Assault

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

StarHealth

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

St Kilda Legal Service

www.skls.org.au | [7037 3200](tel:70373200)

Switchboard

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

Wise Employment

www.wiseemployment.com.au | [9514 8700](tel:95148700)



Thorne Harbour Health Services

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 0406](tel:98630406)
- 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

E: plcfeedback@thorneharbour.org

Tram Stop

No.28: Route 72 Camberwell to Melbourne University.

Bus Stop

Braille Library/Commercial Road: Routes 603 and 604.
Commercial Rd/Punt Rd: Route 246.

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

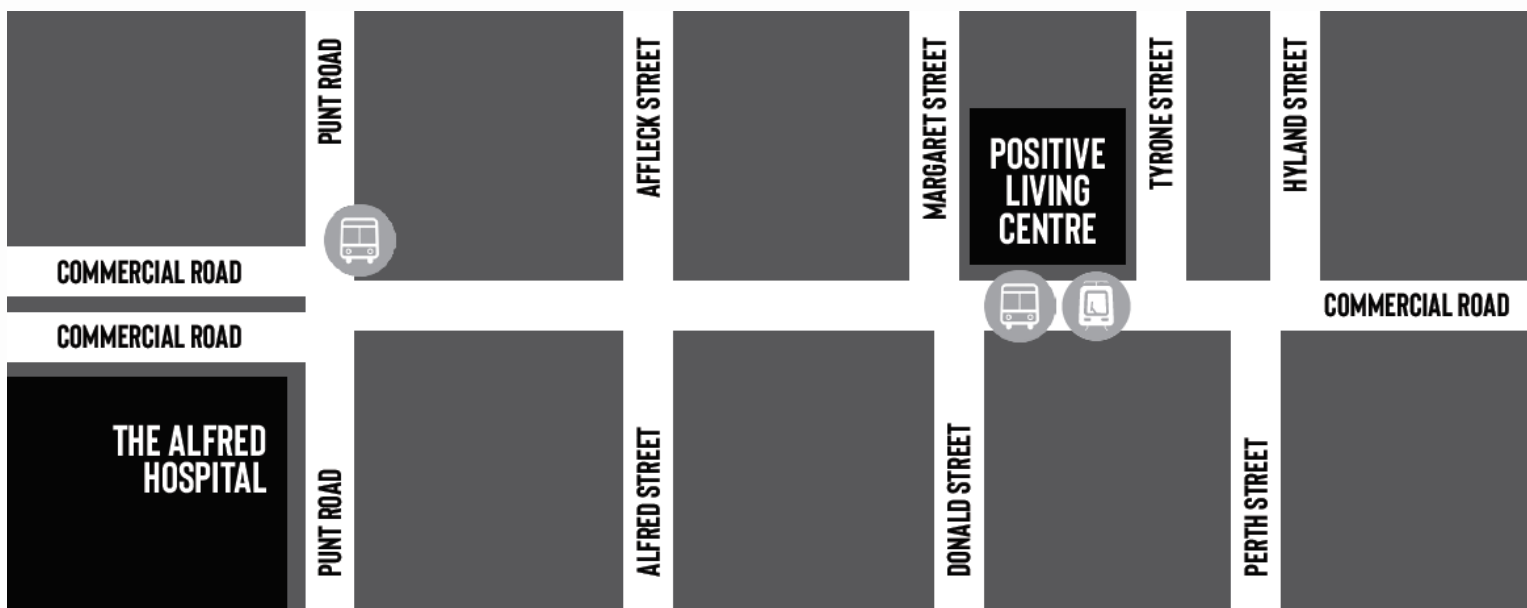
PLC OPENING HOURS

Tuesday 10am – 4pm

Wednesday 10am – 4pm

Thursday 10am – 4pm

Friday 10am – 4pm



facebook.com/PositiveLivingCentre
facebook.com/thorneharbour
twitter: @ThorneHarbour
instagram: @thorneharbour