

SEPTEMBER-NOVEMBER 2023 • SPRING ISSUE

POSITIVE LIVING CENTRE

SPRING 2023 NEWSLETTER



thorneharbour
health*

ACKNOWLEDGMENT

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



WELCOME

I am delighted to extend a warm welcome to you and It gives me great pleasure to introduce our latest edition of the Positive Living Centre Newsletter for spring 2023. Our newsletter is a valuable resource that allows us to keep you informed about the latest developments and engaging topics within our field.

This newsletter is a product of collaboration, featuring contributions from various sources that bring you insightful news pieces. It also serves as your compass, guiding you through our upcoming events and activities so you never miss out on the enriching experiences we have in store for you.

At the Positive Living Centre, our mission is to provide a comprehensive range of services designed to promote wellness and self-care. These services encompass a wide array of activities, including peer support groups, invigorating exercise classes, creative outlets through art, and a comprehensive nutritional services initiative. We firmly believe that tending to your physical, emotional, and mental well-being is paramount, and we wholeheartedly encourage all members of our community to take full advantage of these offerings.

To ensure you stay updated on our ever-evolving list of services, please make it a habit to read our regular service update emails or check our Facebook page. Rest assured, you don't need a Facebook account to access this valuable information. We also diligently update content on the Thorne Harbour Health website, making it another convenient platform to stay informed.

In closing, I wish to emphasise that our Centre is a sanctuary of safety and inclusivity for all individuals living with HIV, regardless of race, gender, sexuality, or background. Our commitment to fostering a supportive and welcoming environment where everyone feels valued and respected remains unwavering. We extend our heartfelt gratitude for your unwavering support. We eagerly anticipate the pleasure of your company as we continue to provide valuable services and experiences. We look forward to seeing you soon.

Yours Sincerely,

Alex Nikolovski
Manager, Positive Living Centre

WHAT HAPPENS TO HIV DRUGS IN THE BODY, AND DO MISSED DOSES MATTER?

Antiretroviral therapy has completely transformed HIV into an easily manageable condition for many people. However, if you are living with HIV, you need to take your medication as prescribed in order to fully control the virus and prevent it from damaging your health. Unlike older drugs that needed to be taken at exactly the same time each day, newer medications are more ‘forgiving’. While you should aim to take them every day, for most you do not need to worry about being a bit late.

Most HIV drugs follow specific pathways of absorption (the way the body absorbs the drug) and elimination (the way the body removes the drug). Pills are usually absorbed in the small intestine and elimination could happen via the liver and/or the kidneys. The health of these organs as well as our genetic make-up can lead to some variation in the rates of absorption and elimination. Nonetheless, the standard dosages that are recommended should overcome individual variation in the effective amount of drug present in the body. Additionally, some medicines, herbal and alternative treatments, and recreational drugs can have a more pronounced effect on the absorption and elimination of the HIV drugs. Sometimes they can lead to dangerously high or ineffectively low levels of the drug.

Different drugs have varying times and rates of absorption and elimination, and these two variables determine how long the drug stays in the body. Half-life is the unit used to describe how long a substance stays in the system. If a drug has a half-life of five hours for example, it will require five hours for your body to reduce its concentration by half. Most drugs require five half-lives for complete elimination, so our example drug will take 25 hours before it’s fully eliminated

Although related to the half-life, another essential aspect of HIV drugs is how long they maintain effective concentrations in the system. Each drug has to reach a specific minimal effective concentration (MEC) in the body at which it is fully protective against the virus and minimises the risk of resistance. In other words, even if a drug has a very long half-life, it may still reach levels below MEC relatively quickly and no longer be effective. All HIV drugs are designed to maintain levels much higher than MEC until your next dose – the time it takes the drug to fall below MEC is longer than the recommended time between doses.

All of the above characteristics of drugs can be put together to assess a drug’s ‘forgiveness’.

HIV drugs are also characterised by a barrier to resistance. This term is used to explain how quickly the virus can become resistant to a given drug if doses are missed. Fortunately, many of the newer drugs have a higher barrier to resistance than older drugs. The resistance barrier of a drug depends on which step of the virus' lifecycle it blocks, its target (whether it binds to a very vital place on the virus or not) and its binding strength (how strongly the drug binds to its target). A drug with a high barrier to resistance will bind to a vital place on the virus without which the virus cannot multiply. It will also bind very strongly, so the virus cannot escape and if the virus tries to change that part (mutate) in order to escape, that will be detrimental for the virus.

All of the above characteristics of drugs can be put together to assess a drug's 'forgiveness'. Forgiveness is a concept that helps understand how strict you need to be about taking your medication on time. Taking a more forgiving drug minimises the chance of unwanted outcomes, such as ineffectively low drug levels, resistance and treatment failure. A drug that falls below MEC much later than its dosing time and has a high barrier to resistance will be more forgiving than a drug that falls below MEC around the next dosing time and has a low barrier to resistance. The newer HIV drugs are generally more forgiving than the older ones, so a single missed dose is rarely a cause of treatment failure – but repeatedly missed doses can significantly raise the risk.

One exception to the above conclusion are the long-acting injectable formulations. While, as drugs, they obey most characteristics described so far, their different mode of delivery (non-oral) and release in the body (slower) significantly change their dynamics. Their very long dosing intervals, ranging from weeks to months, make a single missed dose very concerning and risky.



<https://www.aidsmap.com>
[Zekerie Redzheb](#)

ZACH WILLMORE'S JOURNEY WITH HIV INSPIRES US ALL TO LIVE FEARLESSLY

When Zach Willmore was diagnosed with HIV this February, he thought his life was over. But the 19-year-old influencer soon learned that thanks to modern medicine, he could still live a rich and full life, even while HIV-positive.

Lucky for us, Willmore chose to share his story with the world, and now, he documents his life for 1.9 million followers on TikTok. Willmore's content shows what it looks like to live with HIV in 2023, and spoiler alert: the future looks bright.

"When I started recording my journey with getting diagnosed with HIV, it was honestly for myself," Willmore told Queerty earlier this year. "Then after the fact, after I kind of got a grasp of it and was healing myself, I was starting to think, like, a lot of people are also going through this, don't have as good of a support system, don't have as large of a support system as I do. So I really want to be there for people like me, who maybe are still stressed about it. I really wanted to be there to show that other people are going through the same thing as them.

Zach Willmore's content covers everything from the first days after his diagnosis, to re-entering the dating scene, to officially becoming undetectable (meaning his viral load of HIV is so low that he cannot transmit the virus). The videos are candid, entertaining, and educational, and Willmore hopes they can help end the persistent stigma around HIV and AIDS.

"I really want to just show people how far medical advancements have come," Willmore said. "I know that when I got diagnosed, I knew very little about the topic about AIDS and HIV in general. So honestly, I hope it reaches everyone, but especially people who already have stigmatized thoughts, or people who could be a little bit more educated about the topic."

Unfortunately, being so open about a topic as taboo as HIV has earned Willmore more than his share of hate online. In one instance, a video Willmore made of him going shopping with his mother went viral on right-wing Twitter, where homophobes took issue with the fact an HIV-positive person could be *gasp* happy with their life and hopeful for their future.

"That was so scary to me, because I honestly don't even have a Twitter account. I learned from someone else who sent me a screenshot, and I saw that it was being taken out of context," Willmore said.

"I remember pacing back and forth through the halls and talking to my friends about how nervous I was." Of course, that increased attention earned Willmore plenty of well-deserved love, too. As one viral response put it, "A goofy Zoomer who gets HIV being able to envision a future of getting a few extra tests and taking a couple of daily pills is one of the greatest triumphs of medical science in human history and we should give daily thanks to god that it happened."

By [Jude Cramer](#) June 16 2023

"When I started recording my journey with getting diagnosed with HIV, it was honestly for myself,"



World AIDS Day Memorial Ceremony 2023

Every year on December 1st, we commemorate World AIDS Day and reflect upon our worldwide response to the HIV and AIDS epidemic. We are proud to continue the tradition of remembering the lives of all those we have loved and lost throughout the past forty years.

Thorne Harbour Health will again collaborate with the AIDS Memorial Candlelight Vigil and Quilt Project Melbourne, the Catholic AIDS Ministry, Positive Women Victoria and Living Positive Victoria to hold the annual World AIDS Day Event at the Positive Living Centre. This important event continues to be a major part of the many activities this organisation undertakes and is an integral occasion within the community.

As we draw closer to this important day we will widely promote the details of this important event.



CHANGES TO HIV TREATMENT ACCESS FOR MEDICARE INELIGIBLE PEOPLE IN AUSTRALIA

The Australian Government has committed to provide free or affordable access to HIV treatment to people with HIV who live in Australia but don't have a Medicare card.

In March 2023, the transition to the new Australian Government HIV treatment access scheme has commenced.

In May 2022, AFAO and the National Association of People with HIV Australia (NAPWHA) have developed a briefing paper to update the HIV community workforce on a Commonwealth initiative to provide equitable access to HIV treatment for people ineligible for Medicare.

In July 2023, all states and territories have made the change.

HIV treatment must be available for all who need it, regardless of Medicare eligibility.

AFAO and NAPWHA believe greater access to HIV treatment will keep people well and prevent onward transmission through effective and affordable treatment as prevention (TasP), ensuring Australia is on track to meet domestic and global elimination targets.

'In 2020, 45% of new HIV notifications among gay and bisexual men were reported in overseas-born men. Providing equitable access to HIV treatment and clinical care, regardless of visa status, is a key priority in the AFAO-led Agenda 2025 consensus statement on ending HIV transmission in Australia.

The Commonwealth initiative to provide HIV treatment for all is a vital step forward in the Australian HIV response with borders now open again and increasing numbers of temporary residents arriving in Australia.



ABORIGINAL AND TORRES STRAIT ISLANDER VOICE TO PARLIAMENT

Thorne Harbour Health (THH) acknowledges the Traditional Owners of Country throughout Australia, their invaluable cultural diversity and enduring connections to land and community. We pay our respects to all Aboriginal and Torres Strait Islander

People, to their diverse cultures, and to their Elders past and present.

THH recognises and celebrates the exceptional contributions made by Aboriginal and Torres Strait Islander LGBTIQ+, sistergirl and brotherboy communities (Rainbow Mob) who have a proud history of championing health and human rights.

Our organisation is acutely aware of the health and wellbeing disparities experienced by Rainbow Mob. These systemic disadvantages have been perpetuated by the enduring impact of colonisation and the continued cycles of intergenerational trauma.

Since 2017, we have stood as a staunch supporter of the Uluru Statement from the Heart and its vision of constitutional reform. Aligning with the Uluru Statement from the Heart's origins within community, THH supports Aboriginal and Torres Strait Islander people being central in leading the design of the Voice to Parliament.

THH believes that the establishment of an Indigenous Voice enshrined in the Constitution and the creation of a Makarrata Commission for treaty-making and truth-telling is paramount. We stand in solidarity with the Victorian Aboriginal Community Controlled Health Organisation (VACCHO), in calling for a 'Yes' vote in the 2023 Referendum, which will empower the voice of Aboriginal and Torres Strait Islander people to be heard.

Thorne Harbour Health recognises the potential of an Aboriginal and Torres Strait Islander Voice to bring additional guidance and accountability to government interventions. This initiative is rooted in the understanding that when Aboriginal and Torres Strait Islander people have a genuine say in policies, programs, and services that affect them, improved outcomes are achieved.

We acknowledge that the path leading to the Referendum may exacerbate existing harms to Rainbow Mob. THH will use its own services and work collaboratively with partner organisations to offer support during these times and into the future.

Our commitment is rooted in the hope that the world's oldest living culture can be truly empowered to have a significant standing in the Country they have nurtured for thousands of years. Through establishing an Aboriginal and Torres Strait Islander Voice in Australia's Constitution, we envisage a brighter future and one that offers hope for generations to come.

ADVANCEMENTS UNVEILED AT INTERNATIONAL AIDS SOCIETY 2023

The 12th IAS Conference on HIV Science, held in Brisbane, proved to be a pivotal platform for unveiling groundbreaking research and insights that are steering the world closer to a future where HIV will be greatly reduced.

A major highlight of the conference was the introduction of the "Geneva Patient." This individual, the sixth to be considered "cured" of HIV, demonstrated an undetectable viral load even 20 months after discontinuing antiretroviral therapy. What sets this case apart is the patient's stem cell transplant from a donor with normal CCR5 cells, in contrast to the previously cured cases that relied on donors with a rare HIV-resistant mutation.

Furthermore, the REPRIEVE trial outcomes were unveiled, offering a transformative discovery in the realm of cardiovascular health for people living with HIV. The trial showcased a 35% reduction in major adverse cardiovascular events among participants who took a daily statin. With over 7,700 adults across 12 countries as part of the study, this development could potentially address the heightened risk of cardiovascular disease faced by individuals with HIV.

The conference also underscored the monumental message of "undetectable equals untransmittable" (U=U). Solidifying this concept, researchers emphasised that individuals with HIV who maintain an undetectable viral load through World Health Organisation-approved tests and adherence to prescribed medication carry zero risk of transmitting the virus to their sexual partners. This finding further bolsters the importance of strict adherence to treatment regimens.

Insights into the realm of voluntary medical male circumcision (VMMC) revealed its potential in reducing HIV acquisition among men who have sex with men. A pioneering randomised controlled trial in China exhibited a lack of new HIV seroconversions in the immediate VMMC group, while delayed VMMC saw five infections among participants. This research underscores the significance of timely interventions for HIV prevention.



IAS 2023
23 – 26 July

Examining innate immune sex differences in relation to HIV remission, a longitudinal study in South Africa suggested that boys might have a better chance of sustained HIV remission compared to girls due to inherent immune factors. This discovery offers fresh avenues for enhancing HIV management approaches.

Injectable pre-exposure prophylaxis (PrEP) emerged as a preference among cisgender women in seven African countries. Nearly 80% of participants expressed a liking for long-acting injectable cabotegravir (CAB-LA) over the conventional daily oral TDF/FTC as a preventive measure. This preference, revealed through the HPTN 084 study extension, underscores the need to expand access to injectable PrEP.

On the global front, inner-city Sydney achieved a remarkable milestone by virtually eliminating HIV transmission. The area witnessed an 88% reduction in new acquisitions, positioning Australia on a trajectory to potentially become the first country to eliminate HIV transmission. This achievement signals a significant step toward global eradication efforts.

Lastly, the conference delved into the intricate interplay of HIV, COVID-19, and mpox. Notably, COVID-19 vaccination led to a substantial reduction in mortality among HIV-negative individuals. However, the reduction was more modest for those with HIV, especially those with low CD4 counts. These findings underscore the necessity for equitable access to booster vaccines for people living with HIV and emphasize the importance of comprehensive HIV management.

In essence, the insights, breakthroughs, and achievements showcased at IAS 2023 underscore the continued progress in the fight against HIV. With researchers, healthcare professionals, and advocates collaborating, the world edges closer to a future where HIV ceases to be a threat, promising improved global health outcomes for all.

A major highlight of the conference was the introduction of the "Geneva Patient."



UNDERSTANDING NALOXONE OR NARCAN

It's possible to overdose on all types of drugs, including methamphetamine, alcohol and prescription (pharmaceutical) medication including benzodiazepines, anti-psychotics, anti-convulsant and opioid medication.

The signs of an overdose can look different depending on the drugs involved, but opioid overdoses are particularly dangerous. This is because they slow down a person's breathing. It can be hard to know when a person is having an opioid overdose because they may seem to be sleeping.

An opioid overdose causes a person's breathing to slow to dangerous levels to the point that they can't breathe properly. This can cause brain damage and, in some cases, death.

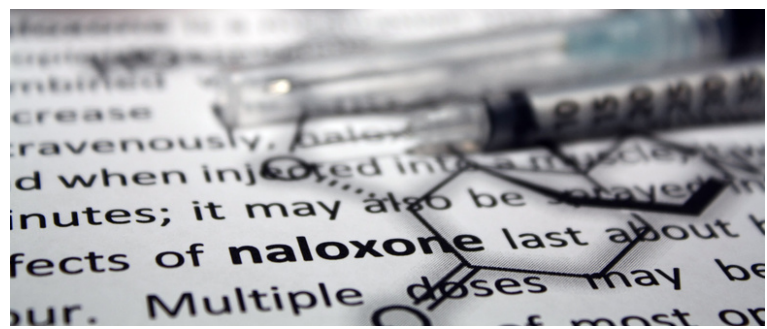
NALOXONE IS A MEDICATION USED TO TREAT OPIOID OVERDOSE

Naloxone temporarily reverses the effects of opioid overdose, allowing the person to breathe again while help is on its way. When administered to a person experiencing an opioid overdose, naloxone reverses the effects of the opioid, restoring their respiratory system and buying time for emergency services to arrive and provide treatment. It is a remarkable medicine, easy to use with very few side effects and no capacity for misuse.

Naloxone has been used for treating opioid overdose for decades, though its use has traditionally been restricted to medical settings. In 1983 the World Health Organization (WHO) classified naloxone as an essential medicine and in 2014 the WHO issued guidelines recommending that people likely to witness an opioid overdose, including people who use opioids and their friends and family be given access to naloxone and training in its use so they can respond in the event of an overdose.

HOW NALOXONE WORKS

Naloxone works by blocking the body's opioid receptors which then prevents the opioid drugs from working. It typically lasts for 30 to 90 minutes after first being administered. If a person has had an overdose reversed with naloxone, they may experience withdrawal symptoms. It's important that they do not use opioids or other depressants for at least two hours. Once the naloxone wears off, the person may overdose again even if they haven't used any more opioids. If they do use in this time, the chance of overdosing again is increased. If a person does not respond to a dose of naloxone, repeated doses can be given every two to three minutes.



SIDE EFFECTS OF NALOXONE

There are very few risks associated with naloxone use. A very small number of people have hypersensitivity to naloxone. If someone is dependent on opioids and they are given a high dose of naloxone, it can bring on symptoms of opioid withdrawal. It is not a drug of abuse or dependence.

Naloxone is available in two forms:

- As an injectable liquid in a pre-filled syringe, or ampoule
- As an intra-nasal spray

Naloxone can be given by injection into the upper arm or outer thigh of the leg, if using a nasal spray, into the nose. The type of naloxone available and how you access it depends on where you live. In most countries, doctors can prescribe naloxone. It may also be available from a drug store or pharmacy without a prescription.

Some areas have programs where they give naloxone out for free.

If you're taking opioids, ask your doctor about naloxone and getting trained to use it. If they're not sure about this, contact your local harm reduction organisation. You can also search online for naloxone availability in your area.



HANDLING NALOXONE

Naloxone should be stored at room temperature and protected from light. It should never be exposed to extreme heat or cold, such as in a parked motor vehicle. It can be kept securely inside a cupboard, drawer or handbag or anywhere else that is easily accessible in an emergency.

If you give naloxone to someone who has not taken opioids, it will not have any adverse effects. Unused naloxone loses efficacy over time and should be replaced when its expiry date has been reached.

Anyone using opioids should keep a supply of naloxone at home. People they live with should know where it is, what it does and how to use it.

If you obtain naloxone, tell your friends and family and show them how to use it. If you overdose, you won't be able to give it to yourself. Someone else will have to do it for you.

Naloxone does not "solve" the issue of opioid overdose: it does not address the underlying causes of overdose and therefore cannot be relied upon to reduce the harms of overdose by itself.

RELATED USES

Naloxone is included as an overdose blocker in some opioid-based medicines to reduce the risk of misuse.

Published by Penington Institute.
overdoseday.com

14 December 2022.



Join an exciting venture at the PLC.

PLC ART CLASS

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

THE COURSE OUTLINE

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

THE DETAILS

Commencing weekly
in term four
Thursday 5 October - 30 November
10.30am - 2.30pm

ENROLMENT

Enrolment requires a
current Medicare card and
Health Care card

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

PAINT

LEARN

CREATE

NUTRITIONAL SERVICES AT THE PLC

PANTRY

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

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

We are delighted to announce that we recently received additional funding from Stonnington Council to provide additional nutritional support through our Pantry program. ***The Positive Nutrition Program** will supplement the existing Pantry through the provision of protein products, such as meat, chicken and fish, including a new recipe each fortnight to prepare a delicious and nutritious meal.



Lunch and Dinner

Lunch is served at the Centre from 12.30 pm to 1.30 pm each Tuesday and Thursday.

Dinner will be served on the first Thursday of every month, from 6.00 pm to 7.00 pm. On the days that dinner is provided, there will not be a lunch service.

Please check our Facebook page to see what the meal of the week will be.

The cost is \$3 for clients and \$5 for a client's guest.

COFFEE and CAKE

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



Naturopathy at PLC

WITH VINCE BOYD

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

Appointments available

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

Thursday's from 15 June at the PLC



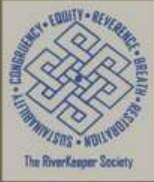
Costs:

\$5 FOR HEALTH CARE
CARD HOLDERS

\$30 FOR NON HEALTH
CARE CARD HOLDERS



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



BREATHWORK CLASSES

BREATHE, TRANSFORM, THRIVE!

Discover Breathwork at the PLC.

Experience transformative healing
with Mark Findlay, a
Practitioner studying at
Summer Healing Ministry.

Connect with your inner self
through conscious breathing,
supporting good mental health, and
finding vitality.

WHEN

Every Wednesday,
starting September 6
until October 11.
1.00pm until 2.30pm

WHERE

51 Commercial Road,
South Yarra.
Activities Room

CALL RECEPTION ON 9863 0444 TO ENQUIRE OR REGISTER

JUST
BREATHE

THURSDAYS FROM 10AM

THERAPEUTIC SERVICES AT PLC

ALCOHOL AND OTHER DRUG SUPPORT

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

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



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

NEEDLE & SYRINGE PROGRAM (NSP)

If you choose to inject drugs, do so as safely as you can. Unsafe injecting risks blood-borne viruses such as HIV, hepatitis C and B, as well as dirty hits, bruising, blood poisoning and abscesses.

The Victorian Needle and Syringe Program (NSP) is a major public health initiative to minimise the spread of blood borne viruses HIV/AIDS and hepatitis C and B among injecting drug users and to the wider community.

It began in 1987 and operates through and in a range of different service providers. These include:

- Primary NSP's whose sole function is NSP
- community health services
- hospital accident and emergency units
- councils
- drug treatment agencies
- youth organisations, and
- pharmacies.



Secondary NSPs

- distribute needles and syringes
- sharps disposal containers
- sterile swabs
- condoms and water-based lubricant and provide health information.
- They also provide options for the appropriate disposal of used injecting equipment.

Secondary NSPs are unfunded programs operating within existing organisations, where the NSP is supplementary to the primary service objectives of that organisation.

INFORMATION References

- <http://www.health.vic.gov.au/aod/>
- <https://thorneharbour.org/lgbti-health/>
- <https://www.healthdirect.gov.au/australian-health-services/20047351/the-salvation-army-crisis-services-needle-and-syringe-program/services/st-kilda-3182-grey>

POSITIVE SELF-MANAGEMENT PROGRAM

The Positive Self-Management Program (PSMP) is an evidence based, person centred, education program model of Stanford Medicine, Stanford University, California. Stanford programs are aligned with principles of self-management, community-based health education and an empowerment philosophy. The PSMP is a series of workshops, comprising of sessions of two and a half hours, once a week, for six weeks. Workshops are facilitated by two trained leaders, who are also PLHIV. Sessions are participative, where mutual support and success build participant confidence in managing their health and maintaining active and fulfilling lives.

The PSMP subjects covered include:

1. How to best integrate medication regimens into daily life so they can be taken consistently
2. Techniques to deal with problems such as frustration, fear, fatigue, pain and isolation
3. Appropriate exercise for maintaining and improving strength, flexibility, and endurance
4. Communicating effectively with family, friends, and health professionals,
5. Nutrition
6. Evaluating symptoms
7. Advanced directives
8. How to evaluate new or alternative treatments



Thorne Harbour Health and Living Positive Victoria have worked in partnership since 2017 in delivering this workshop both in person and more recently during COVID, on line. More recently in 2021 Bobby Goldsmith also became involved in the partnership with the online workshops. The program has been offered to people who are 50 or over. We are now expanding this to include all people living with HIV regardless of age.

We welcome all Expressions of Interest from the HIV Community in completing the six week workshop at the Positive Living Centre. Please contact Gerry O'Brien, HIV Peer Support Worker for details on gerry.obrien@thorneharbour.org



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CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP FOR PEOPLE WITH HIV

The Positive Self-Management workshop guides you in how to best integrate:

- medication regimens into your daily life so they can be taken consistently
- techniques to deal with problems such as frustration, fear, fatigue, pain and isolation
- exercise and healthy eating that can assist you in maintaining and improving strength, flexibility, and endurance
- effective communication with your family, friends and health professionals

When

TBD

Seeking expressions of interest now
contact Gerry O'Brien 9863 0444
gerry.obrien@thorneharbour.org

Where

Positive Living Centre
51 Commercial Rd, Sth Yarra 3141



The workshop is highly participatory where mutual support and success build confidence in your ability to manage your own health and maintain active and fulfilling lives.

**For more information please contact Gerry O'Brien
gerry.obrien@thorneharbour.org or 9863 0444**

Rainbow WISE – helping the LGBTQIA+ community to thrive!



If you are an individual identifying as LGBTQIA+ and you are looking to further your career or build stronger networks, Rainbow WISE may be for you! Rainbow WISE is an inclusive program created by WISE Employment, specifically designed for the LGBTQIA+ community.

Scan here for more info!



We promote awareness and understanding in the employment space and support individuals to achieve their career goals. When you join Rainbow WISE, you will have access to resources and a dedicated team to help you every step of the way.

Learn more about Rainbow WISE

Rainbow WISE is currently available in Melbourne CBD and Preston.

Feel free to reach out to us below:

Email: RainbowWISE@wiseemployment.com.au

Phone: 0448 044 510

Rainbow WISE
diversity, inclusion & belonging

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

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

I'M DOING WHAT WORKS TO STOP HIV

WHAT-WORKS.ORG

thorneharbour health

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

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

I'M DOING WHAT WORKS TO STOP HIV

WHAT-WORKS.ORG

thorneharbour health

DAVID WILLIAMS FUND (DWF)

The DWF provides financial assistance to people living with HIV (PLHIV) who are experiencing financial hardship. The fund relies upon donations and comprises a number of services.

FINANCIAL COUNSELLING

The David Williams Fund offers financial advice and referral for people in financial hardship. Appointments are with Lynda Horn.

- Are you in debt?
- Need to know how to manage your money better?
- Being harassed by debt collectors?
- Want to know what your rights are?
- Want to know more about credit?
- Financial Goals
- Budgeting Debt
- Credit & Bankruptcy
- Need to know how to budget?
- Having difficulty with utility companies?

STUDY ASSIST

The committee of DWF is proud to offer the DWF Study Assist, a way to support you to gain higher education qualifications. Going back to study after years of unemployment can be difficult, especially the costs associated with returning to study. The DWF Study Assist allocation has been established to contribute towards the cost of further education, i.e. books, enrolment fees, short courses etc.

Further, there are many equity scholarships associated with Universities / TAFEs / Colleges, which this project can direct you to. For more information, please make an appointment with the David Williams Fund Coordinator or check the university / TAFE websites for more information.

NO INTEREST LOANS SCHEME (NILS)

The David Williams Fund (DWF) can assist with preparing an application for the Good Shepherd Microfinance No Interest Loan Scheme (NILS).

NILS works through a process called 'circular community credit'. This means when a borrower makes a repayment to NILS, the funds are then available to someone else in the community. Funds are available to DWF clients because others have repaid their loans before. This is why a willingness and ability to repay the loan are so important.

They provide small loans for items (\$300-\$1500) to eligible clients on low incomes (Centrelink or under \$45,000 per year). Applicants will need to show they are capable of, and willing to, repay the loans at around \$20-\$50 per fortnight without causing financial hardship.

EMERGENCY FINANCIAL ASSISTANCE (ER)

Assistance may be provided for any item that will legitimately improve and enhance the health and well-being of PLHIV.

Items for consideration may include:

- Medical, Pharmaceutical, Dental and Optical expenses.
- Removal/storage expenses.
- Food vouchers.
- White goods, e.g., refrigerator, washing machine.
- Funeral assistance

The fund does not assist with:

- Legal, insurance installments loans/credit cards, pawned items & accounts already paid.

Eligibility

- Provide proof of HIV Status;
- Demonstrated receipt of a Social Security Benefit or Pension
- Demonstrated financial hardship
- Resident of Victoria.
- Provide a Centrelink income statement

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



National Debt Helpline is a not-for-profit service that helps people tackle their debt problems. We're not a lender and we don't 'sell' anything or make money from you. Our professional financial counsellors offer a free, independent and confidential service.

We're simply here to help you get back on track

CONTACT US

Call 1800 007 007 to find out how we can help.

Open Monday to Friday, 9.30 am – 4.30 pm.



**NATIONAL
DEBT
HELPLINE**
ndh.org.au

COMMUNITY SUPPORT

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



Community Support's HIV Services:

Volunteer Team

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

Home Care

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

For more information call
(03) 9863 0430

Medical transport

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

Peer Support

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

For more information call
(03) 9863 0426.

Housing Plus

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

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

Contact Us:

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

For more information, contact:

Positive Living Centre

51 Commercial Road

South Yarra, Victoria 3141

Phone: **03 9863 0444**

Email: housing@thorneharbour.org

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



**Launch
HOUSING**

**IT'S TIME TO END
HOMELESSNESS**

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

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

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

THORNE HARBOUR COUNTRY

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



Current services and supports include:

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

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

Phone: (03) 4400 9000

Email:

thcountry@thorneharbour.org

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.

QUEER ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE

Yarning: Blak & Queer

Monthly online yarning group for LGBTIQ+ Aboriginal and Torres Strait Islander First Nations mob. Providing peer education, support and connection, facilitated by the queer mob.

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

Peer workshops for gay, bi, queer and sexually diverse men (including trans participants) are available to those wanting to explore their identity, make new social connections in a safe and welcoming space, and learn more about themselves and others in the community.

Kinetic and Momentum - Six-Week workshops

These are an opportunity to bond with a group of peers and have a space to meet up each week. The workshops are a chance to learn about weekly topics, engage in important discussions

and activities, and learn more about yourself and those in your community. The issues explored over the six-week workshops include identity, coming out, sexual health, community, and stigma among other things. The six-week workshops run in two different age groups:

Kinetic: age 30 and under

Momentum: age 30 and over

Magnetic - Single Session Workshops

Single-session workshops are the perfect opportunity to touch base with peers, participate in facilitated discussions and activities, and take away a one-day learning experience. Single-session workshops are for people who wish to explore a specific topic in depth or cannot attend the six-week workshops. They are open to all ages over 18.

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

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

HEALTH PROMOTION SERVICES

SCOPE - SIX-WEEK WORKSHOPS.

These are an opportunity to bond with a group of peers, have a space to meet up each week and learn about weekly topics, engage in important discussions and fun activities, and learn more about yourself and those in your community. The issues explored over the six-week workshops include identity, coming out, sexual health, community and stigma, among other things. The six-week workshop is available to people of all ages over 18.

SPHERE - SINGLE SESSION WORKSHOPS.

These are the perfect opportunity to touch base with peers, participate in facilitated discussions and activities, and take away a one-day learning experience. Single session workshops are for people who wish to explore a specific topic in depth or cannot attend the six-week workshops, and they are open all ages.

TRANS MEN.

PACE - SINGLE-SESSION WORKSHOPS

These peer workshops will provide a space for trans men to connect with each other, have a safe and social place to engage in discussions and activities relevant to their experiences. Pace workshops are open to all ages. Trans men who feel aligned with any of the other peer workshops are welcome to also attend those groups too.

TRANS WOMEN AND TRANS FEMININE

NOVUS - MONTHLY WORKSHOPS

Novus is a monthly peer workshop for trans women, trans feminine, and nonbinary+ participants to connect with each other, have a safe and social place to engage in discussions and activities relevant to their experiences.

Novus workshops are open to all ages over 18. Participants who feel aligned with any of the other peer workshops are welcome to also attend those groups simultaneously.

NON-BINARY & GENDER-DIVERSE PEOPLE

RISE - MONTHLY WORKSHOPS

Rise is a monthly peer workshop for nonbinary+ and gender-diverse participants to connect with each other and engage in discussions and activities relevant to experiences and identities beyond the binary.

Participants who feel aligned with any of the other peer workshops are welcome to also attend those groups simultaneously.

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

peer.ed@thorneharbour.org

Or

<https://thorneharbour.org/services/peer-workshops/>

EQUINOX

Located at 200 Hoddle Street in Abbotsford, Equinox Gender Diverse Health Service offers both a bulk billing General Practice and a low cost counselling service to the trans and gender diverse (TGD) community.

All General Practice Services including:

- General health
- Sexual health
- Mental health support
- Hormone management (Informed Consent Model)
- Vaccinations
- Sex Worker Certificates
- Pre Exposure Prophylaxis (PrEP)

Appointments:

Bookings for GP services can be made by calling **(03) 9416 2889**.

Bookings for counselling services at Equinox can be made by calling THH counselling intake on **03 9865 6700**.

PRONTO!

Since 2013, PRONTO! has been helping men who have sex with men look after their sexual health and wellbeing by offering free rapid HIV testing as well as sexual health screenings and treatment services.

PRONTO! is a peer-led service conveniently co-located with Equinox at Thorne Harbour's site at 200 Hoddle Street in Abbotsford.

For more info, give PRONTO! a call on **(03) 9416 2889**



EQUINOX

GENDER DIVERSE HEALTH CENTRE

Ph: 03 9416 2889
www.equinox.org.au

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

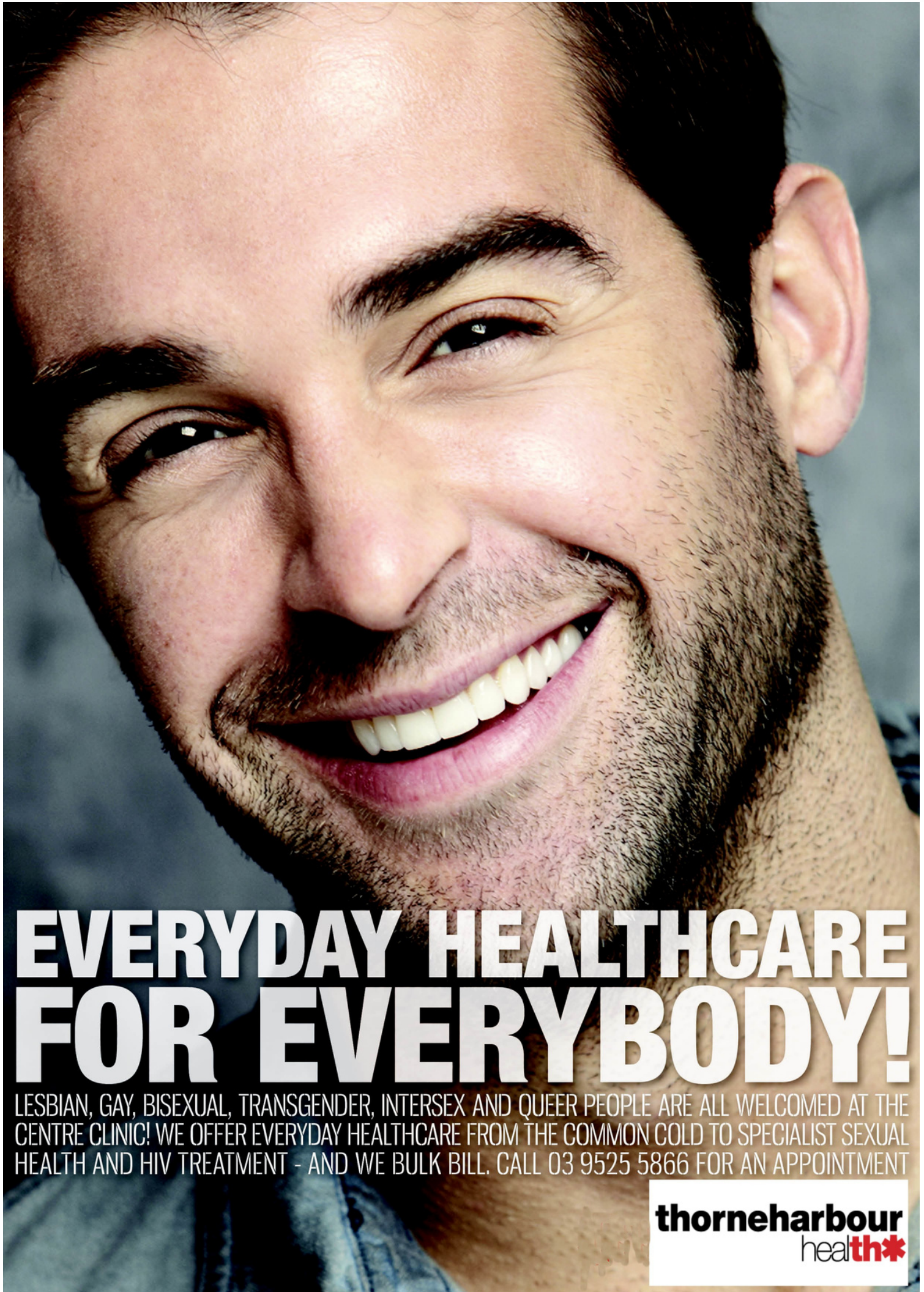
Please ring **9525 5866** for an appointment.

More information about the clinic:

The Centre Clinic is located at the Victorian Pride Centre on Fitzroy Street, St. Kilda, on the corner of Fitzroy and Loch Streets. Contact details for bookings will remain the same.

www.thorneharbour.org/lgbti-health/centre-clinic/





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

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

1800 184 527 - 3pm to 12 midnight, every day of the week.

Webchat online - 3pm to 12 midnight, every day of the week

Rainbow Door supports people of all ages and identities with issues that may include suicidal thoughts, family and intimate partner violence (including elder abuse), alcohol and other drugs, relationship issues, sexual assault, social isolation, mental health and wellbeing.

10am to 6pm every day

A free service for all LGBTIQ+ people in Victoria.

Phone: 1800 729 367

Text: 0480 017 246

Email: support@rainbowdoor.org.au

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

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

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

or email

outandabout@switchboard.org.au



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.

The next Phoenix Workshop is for Women, including Trans Women and Gender Diverse Folk.

Friday 6th, 6-9pm and Saturday 7th, 9am - 5pm of October

Phoenix workshop for gay, bi+ and trans men with HIV **Friday October 27th at 6:30 pm and Saturday October 28 at 6:00 pm** Thorne Harbour Health, 200 Hoddle Street Abbotsford

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

Positive Relationships: An HIV Disclosure Workshop

In this three-hour workshop we will:

- Learn from each other when it comes to sharing status in different ways in different settings
- Explore the benefits of sharing and not sharing, and the issues that may arise
- Consider settings where it may be necessary to share your status, according to the law
- Meet people who have successfully shared their status with their friends, family, loved ones as well as romantic or sexual partners.

This workshop is open to anyone living with HIV. This workshop will be facilitated by our Peer Navigation Team. We will also be joined by a couple from our community who will talk about their experiences of dating & relationships and talking about HIV.

November 17th 6:00 pm - 9:00 pm
Thorne Harbour Health, 200 Hoddle Street Abbotsford.



Camp Seaside

Living Positive Victoria is proud to host Camp Seaside 2023, a fantastic weekend for families living with and/or affected by HIV. Camp Seaside is a great opportunity to connect with other families in a supportive and safe environment. Camp Seaside is open to all families with children 17 and under that are living with and/or affected by HIV. There will be separate facilitated outdoor education for the kids and adults fostering team work, personal development and fun! This year's camp will be held at Phillip Island Adventure Resort 10th-12th of November.

All food and accommodation is provided from Friday evening to Sunday lunch time.

Registrations close **Friday 15th September.**

Positive Leadership Development Institute

The PLDI™ program aims to build the resilience and leadership capacities of people living with HIV in Australia.

The Institute is an international collaboration with a similar program operating in Canada and is based upon the principles of the greater involvement and meaningful engagement of people living with HIV. The Institute is focused upon placing people living with HIV as central and vital in all aspects of the Institute's programs and services.



Positive Leadership Development Institute™
Australia and New Zealand

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

Phone: [\(03\) 9863 8733](tel:(03)98638733)

Fax: [\(03\) 9863 8734](tel:(03)98638734)

Email: info@livingpositivevictoria.org.au



POSITIVE WOMEN VICTORIA

Positive Women Victoria (PWV) is the only community based organisation specifically funded to support women living with HIV in Australia.

PWV provides support, information and advocacy for women in Victoria living with HIV. For over twenty five years PWV has responded to the changing needs of women living with HIV, recognising the impact gender has on the way women experience HIV and addressing the specific needs and emerging issues that affect women and HIV in Victoria.

PWV was set up by and for women living with HIV. Positive Women Victoria is funded by the Victorian Department of Health to provide health promotion to women living with HIV.



Positive Women Victoria

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

Tel: 9863 8747

www.positivewomen.org.au

ONLINE SOCIAL GROUPS



Hivsters

Founded in Melbourne, Hivsters is an online community group on Facebook designed for people living with HIV in Victoria. Although primarily a social/support group, it is also a place for all People Living with HIV (PLHIV) irrespective of gender, sexuality, age, race or culture to come together and celebrate the upside of being Positive.

<https://hivsters.wordpress.com/>

The Institute of Many (TIM).

We're Australia's largest grassroots movement for People Living with HIV. We're a place where People Living with HIV find support, online and in person.

On this site, you can join our private communities on Facebook, find out about our events, learn all about us and our campaigns. Like our U=U campaign! Check it out below.

<https://theinstituteofmany.org/>

Gen Next

Gen Next is a social group for young people living with HIV.

We welcome people from all backgrounds inclusive of all genders and sexualities. It's a safe and confidential space where you can meet other young people 30 and under.

We catch up regularly and talk about things like disclosure, sex and relationships or anything else at monthly discussion nights and events.

If you're interested in becoming part of the group call 03 9863 8633.

<https://livingpositivevictoria.org.au/programs-and-services/groups-and-activities/gen-next/>

MELBOURNE SEXUAL HEALTH CENTRE (MSHC)

Melbourne Sexual Health Centre (MSHC) are experienced specialists in all aspects of sexual health, so clients visiting MSHC can be assured of high quality professional and non-judgmental care. Melbourne Sexual Health Centre also provides support to community based health professionals via online resources and on-site education and training opportunities.

The Melbourne Sexual Health Centre is located at:

580 Swanston Street, Carlton Victoria 3053

Tel: (03) 9341 6200

Free call: 1800 032 017 (Toll free from outside Melbourne metropolitan area only)

TTY: (03) 9347 8619 (Telephone for the hearing impaired)

Fax: (03) 9341 6279

Or visit their **website** www.mshc.org.au 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**.

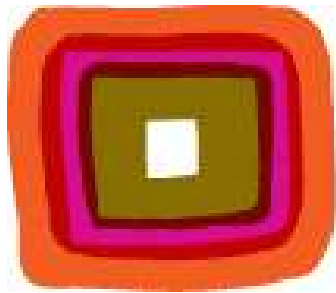


MSHC

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**.

USEFUL WEBSITES

www.iapac.org/support/aids-infonet

Current information on HIV/AIDS treatment and prevention

www.askizzy.org.au

Ask Izzy is a website that connects people in need with housing, a meal, money help, family violence support, and much more

www.aidsmap.com

Clear and reliable information on HIV

www.afao.org.au

Peak national organisation for Australia's community HIV response

www.cisvic.org.au

Services that assist people experiencing personal and financial difficulties by providing information, referral, and support services including Emergency Relief.

www.downanddirty.org

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.napwha.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)

Centre for Culture, Ethnicity & Health

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

Coronavirus Hotline

[1800 675 398](tel:1800675398)

DirectLine AOD Service

www.directline.org.au | [1800 888 236](tel:1800888236)

Expression Australia Employment

www.expression.com.au | [1300 780 225](tel:1300780225)

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)

LGBTIQ+ Liaison Officer – Victoria Police

www.police.vic.gov.au/LGBTIQ-liaison-officers | [9520 5200](tel:95205200)

Mental Health & Wellbeing Hub

coronavirus.vic.gov.au/mentalhealthhub
[1300 375 330](tel:1300375330)

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)

Positive Women Victoria

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

USEFUL SERVICES

Prahran Market Clinic

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

QLife

www.qlife.org.au | [1800 184 527](tel:1800184527)

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

South Eastern Centre Against Sexual
Assault

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

Southside Justice

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

StarHealth

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

Switchboard

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

Wise Employment

www.wiseemployment.com.au |
[1800 685 105](tel:1800685105)



thorneharbour
health*

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 0444](tel:98630444)
- Housing Plus | [9863 0444](tel:98630444)
- Positive Living Centre | [9863 0444](tel:98630444)
- PRONTO! Rapid Testing | [9416 2889](tel:94162889)



“ It’s a virus we can’t even see - why let something so small cause you so much fear, people are OK, you will be OK. ”

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 10 am – 4 pm

Wednesday 10 am – 4 pm

Thursday 10 am – 4 pm*

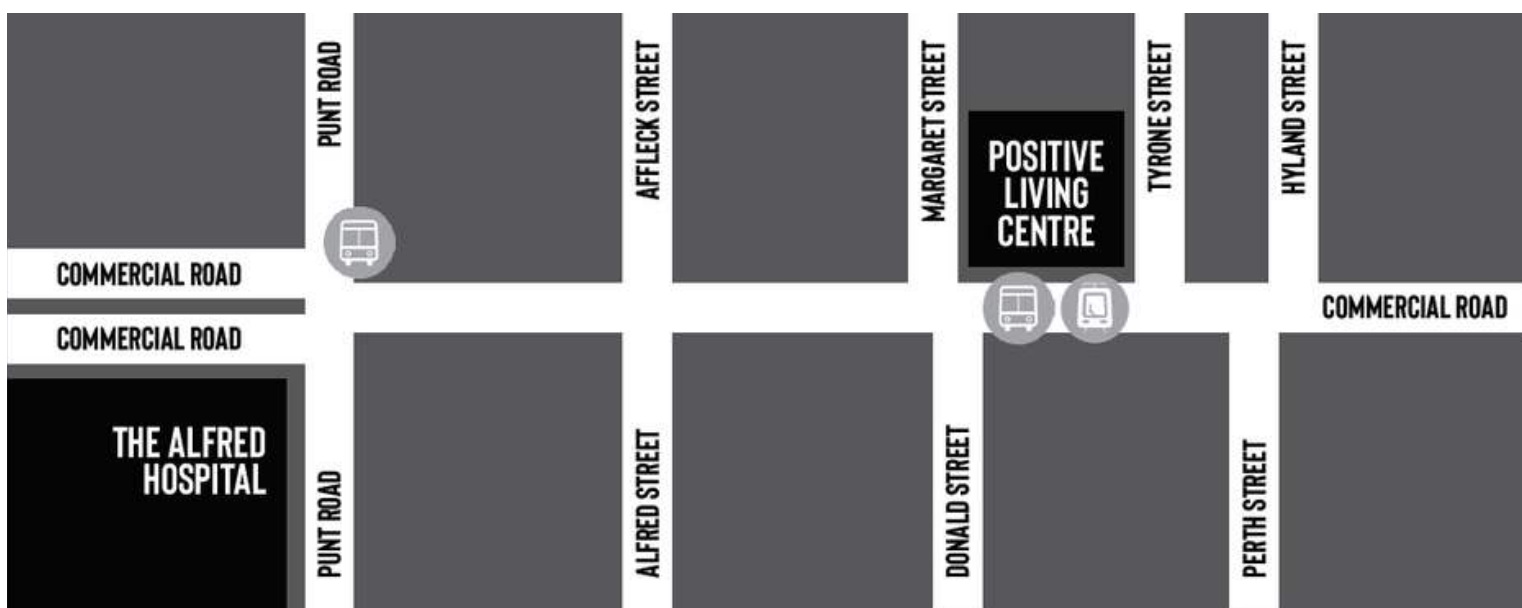
Friday 10 am – 4 pm

*The centre will be open until 8 pm on the first Thursday of each month.

Closed for Public Holidays:

Friday 29 September

Tuesday 7 November



facebook.com/PositiveLivingCentre

facebook.com/thorneharbour

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

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