

MARCH TO MAY 2022 • AUTUMN ISSUE

# *POSITIVE LIVING CENTRE*

AUTUMN 2022 NEWSLETTER



**thorneharbour**  
health\*

# WELCOME

Welcome to the 2022 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.

At the time of writing of this Newsletter in mid-February 2022, services at the Positive Living Centre have been impacted by the increase in community infections of the Omicron variant. The drop-in element of the PLC was suspended at the beginning of the year, to minimise potential exposure and ensure the health and well-being of all who use our services.

The team at the Positive Living Centre are pleased to announce the Centre will open for Drop-in from Tuesday March 8 2022. We will send out communications as we get closer to date, detailing the nature of services returning and the associated requirements for accessing these, such as mask protocols at the time. We continue to develop plans for the resumption of services and we do so with a great sense of optimism, while maintaining an approach that balances the needs of the community and their health and safety. This strong focus continues to be of prime importance as we progress forward.

Services currently provided include the following:

- Client Care and Support, offered by phone or through appointment based face to face meetings
- HALC and the David Williams Fund, including Financial Counselling and Emergency Relief provided over the phone or other online options
- Nutritional Support continues to be provided in the form of Pantry

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.



# WELCOME

We acknowledge that circumstances over the past two years have been a cause for distress or anxiety amongst those who use our services, especially given the dynamic nature of service closures and restrictions that we have experienced. As always, our client care staff are available for assistance and support.

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 look forward to seeing you back at the Centre soon.

Yours Sincerely

Alex Nikolovski



***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.***

# *AMAZING PEOPLE LIVING WITH HIV: DRAG SUPERSTAR TRINITY K. BONÉT*

During her initial run on season 6 of RuPaul's Drag Race, Trinity K. Bonét (a.k.a. Joshua Jamal Jones, who, like most queens, uses female pronouns for his drag persona) impressed viewers with her top-notch lip sync skills. With her performances and polish, she built herself into the lore of the series as one of the top lip sync assassins. But she also let fans into her personal life as she revealed she is living with HIV. She did this in an episode of the aftershow *Untucked* and became the second queen in series history to do so (Drag Race season 2 contestant Ongina revealed she was living with HIV on the main stage in 2009).

Fast forward to season 6 of *All Stars* this year, when Bonét chose once again to speak out about living with HIV, this time bringing a strong message about U=U (undetectable equals untransmittable).

In a particular challenge, the queens placed themselves into groups and produced segments of "Pink Table Talk," a chat show modeled off of Jada Pinkett-Smith's popular Facebook series, *Red Table Talk*. Bonét was matched with A'keria C. Davenport and Eureka O'Hara, and were given the topic of sex to discuss.



*The world famous drag artist has been open about living with HIV for years — and in 2021 used her platform to educate millions about U=U.*

While Davenport took the segment to talk about having a feminine body due to previously living as a trans woman, Bonét spoke about attitudes around HIV.

"The thing about me when it comes to sex, is in my particular community, it's very taboo when it comes to being open and honest about their status," she said. "Being a person who is openly HIV-positive, for a long time I was a lot of secrets for a lot of people. But I'm nobody's secret. I'm successful, I got my shit together, I'm good in bed. I'm taking care of myself — I'm undetectable which is untransmittable.

“There’s a lot of people out here who are not educated that you can be with someone who is HIV-positive if they are undetectable and not catch the virus,” she continued.

“Thank you for that and I definitely tip my wig to you,” Davenport responded in the roundtable-style discussion. “A lot of people are afraid to acknowledge that they are HIV-positive because of the stigma that we live in in this world.”

Throughout her career, Bonét has functioned as a high-profile activist around various HIV-related efforts as well as the BLM movement. In addition to bringing awareness to HIV facts on international TV, she has participated in Slay Stigma (a drag tour across Canada to raise awareness about HIV), worked with the organization LetsGetChecked, and headlined events like Rock The Know on Worlds AIDS Day.

By Desirée Guerrero

This article appeared in HIV Plus Magazine, November 2021

*“IN MY PARTICULAR COMMUNITY, IT’S VERY TABOO WHEN IT COMES TO BEING OPEN AND HONEST ABOUT THEIR STATUS,”*



# MODERNA STARTS PHASE 1 OF HIV VACCINE

Biotechnology company Moderna announced it has been working with the scientific not-for-profit partnership, International AIDS Vaccine Initiative (IAVI), to develop the HIV vaccine.

Moderna said it has administered the first doses of the trial vaccine at the School of Medicine and Health Sciences at George Washington University.

Moderna and Pfizer created the COVID-19 vaccines that the Therapeutic Goods Administration (TGA) approved for use in Australia.

The Massachusetts-based biotechnology company has also partnered with the Gates Foundation, Scripps Research, Emory University, Fred Hutch, George Washington University, and University of Texas San Antonio to develop the vaccine.

“We are tremendously excited to be advancing this new direction in HIV vaccine design with Moderna’s mRNA platform,” said Mark Feinberg, the president and chief executive officer of IAVI.

“The search for an HIV vaccine has been long and challenging, and having new tools in terms of immunogens and platforms could be the key to making rapid progress toward an urgently needed, effective HIV vaccine.”

“We are grateful to all of our partners and especially to the Bill & Melinda Gates Foundation for funding this trial.”

Messenger RNA (mRNA) induces B-cell responses and neutralises antibodies (bnAbs). The bnAbs are the antibodies that are “widely considered to be the goal of HIV vaccination.”

Scripps Research professor, William Schief, developed the HIV vaccine antigens from proteins.

“We’ve seen promising proof of concept for germline targeting [in the Moderna vaccine], and this trial lets us take this to the next stage,” Schief said.

“What’s more, we’ve been able to expedite production of clinical trial material at a remarkably rapid pace because of Moderna’s technology.”

Participants in the Trial will be ‘Monitored for Safety’

According to the statement, participants in the trial will be “monitored for safety six months after last vaccination” and their immune responses will be “examined in molecular detail” to “evaluate” whether the “targeted responses were achieved.”

The research sites mentioned will host 56 “healthy HIV-negative adult volunteers.”

Forty-eight of these participants will receive one or two doses of the vaccine while the other 32 will receive the booster.

The height of the AIDS epidemic was in the 1980s but the disease still kills hundreds of thousands of people worldwide every year.

Moderna also said it is working on vaccines for Epstein Barr Virus and Cytomegalovirus.

“This trial is another step forward in the development towards a vaccine against HIV,” said ACON CEO Nicolas Parkhill.

“We have seen an extraordinary investment into COVID vaccines and from that, we hope there will be significant learnings for other health conditions such as HIV. If successful, we would have a powerful tool to use in our fight against HIV.

However, we still have a long way to go so we continue to encourage everyone in our communities to prevent new HIV transmissions by getting tested regularly and using prevention strategies such as PrEP, condoms or UVL,” Parkhill said.

“Broadly speaking, it’s an amazing time for vaccine research. The possibility that recent advancements could have application in the global response to HIV is exciting,” said Thorne Harbour CEO Simon Ruth.

“However, there’s a long road ahead of us before we might see widespread roll-out of an HIV vaccine. We need to continue to make use of the current tools for HIV prevention including PrEP, undetectable viral load (UVL), PEP, condoms, and regular HIV testing.”

JOSEPH MISURACA — JANUARY 29, 2022



*“This trial is another step forward in the development towards a vaccine against HIV,”*

## LITTLE CHANGES CAN MAKE A BIG DIFFERENCE

### Creating a pathway to better health in the new year.

By Margaret Danilovich, PT, DPT, PHD

The start of a new year is often a time of reflection and resolutions. Subsequently, we are bombarded with advertisements for diet plans, gyms, and smoking cessation products, setting people up with the expectation of making major changes to their lives. The reality is that, according to research from the University of Scranton, only 8% of people achieve their new year's resolutions; most people abandon their desired changes by January 19.

One reason for not achieving health goals is that we attempt changes that are too ambitious. We want to lose 50kg or never smoke a cigarette again. While the goal itself is fine, we have not planned for the daily actions that it will take to achieve that goal.

This year, don't make a dramatic new year's resolution. Instead, resolve to make a small daily change to your health habits to make changes that will truly stick and last all year.

Once you have identified the expected outcomes and the risks of not changing behaviour, it's time to set a small, achievable plan for behaviour change.

One way to make a health behaviour change is to create an action plan. First, imagine the outcomes you expect as a result of changing your health behaviours. These can be both negative and positive. For example, if you resolve to exercise for 30 minutes each day, the expected outcomes might be that you will feel less stress, and sleep better, but also that you might have some muscle soreness or joint pain. These potential outcome expectations can be identified through an if/then statement — If I do "X", then I will have "Y".

If/then statements for a new exercise routine might look like this:

1. If I exercise for 30 minutes per day, then I will be able to sleep better at night.
2. If I exercise for 30 minutes per day, then I might have to give up spending 30 minutes with my friends.

When setting goals for changing your health behaviour, it is also important to think of the risks of not changing your habits. For example, the risk of not quitting smoking is a greater likelihood of getting cancer. Or the risk of not exercising is more difficulty managing blood sugars, which can create major health issues for people who are diabetic.

Once you have identified the expected outcomes and the risks of not changing behaviour, it's time to set a small, achievable plan for behaviour change.



As you think about changing your health habits, here are recent guidelines to give you potential goals to work towards.

### Physical activity

The goal for adults over the age of 18 is to achieve at least 150 minutes (two and a half hours) of moderate-intensity aerobic activity, like biking, brisk walking/jogging, or fast dancing. If you are not reaching 150 minutes each week right now, that's okay! Start where you're at and add seven to 15 minutes more time each week. Adults also need muscle-strengthening activity, such as lifting weights or doing push-ups, at least twice a week. Most importantly, find activities that you enjoy and that are accessible. There is good evidence that people will stick to physical activities they enjoy compared to those they don't. One of the most accessible ways to get physical activity is in your own home.

*Watch this space for more information about PLC's weekly exercise classes, which we hope to resume in the coming months*



### Nutrition

One of the challenges with HIV is body changes from lipodystrophy (fat distribution syndrome), as well as medication side effects that can cause weight changes, increased cholesterol, fatigue, and muscle wasting. Nutritional principles for people living with HIV include eating a diet higher in fruits and vegetables (5–6 servings per day), whole grains, and lean proteins. Because of the muscle wasting that can occur in HIV, the protein recommendation is to aim for 100–150 grams per day for men and 80–100 grams per day for women. It is key to optimize vitamin and mineral intake especially with HIV because of the boost they provide to the immune system. One general recommendation is to “eat the rainbow”—consume a colourful variety of fruits and vegetables every day to get the full range of vitamins and minerals. To make 2022 the healthiest year possible, set small, daily goals to improve your health. Make a detailed plan for how you will achieve your goals. And no matter the setbacks, remind yourself that tomorrow is a brand new day to begin again on your way to positive daily health habits.

*see p 18 for more information on PLC's nutritional services*

# BRITISH ARMED FORCES TO ALLOW THOSE LIVING WITH HIV TO ENLIST IN HISTORIC MOVE

People living with HIV will be allowed to enlist in Britain's army if they no longer carry a detectable amount of the virus. In an announcement on World AIDS Day on 1 December, the Ministry of Defence said it also plans to change the fact that those who have the virus in the army are classed as not fully fit.

Under current rules, people with HIV cannot join the armed forces and those diagnosed with the virus while serving are no longer viewed as "fully fit" and therefore banned from certain military operations.

From early 2022, serving military personnel in Britain who no longer carry a detectable viral load will be classified as fully fit and therefore able to partake in military operations.

In the past, anyone taking regular medication has typically been prohibited from joining Britain's armed forces, but those taking drugs to lower the risk of contracting HIV, such as PrEP, will now be included in the exceptions to this rule.

Leo Docherty, Minister for Defence People and Veterans, said: "Drug treatment has revolutionised the lives and outcomes of people diagnosed with HIV.

"As a modern and inclusive employer, it is only right that we recognise and act on the latest scientific evidence."

When someone living with the virus takes the right treatment, the amount of HIV in their blood can be lowered to such a level that it is undetectable and therefore untransmittable.

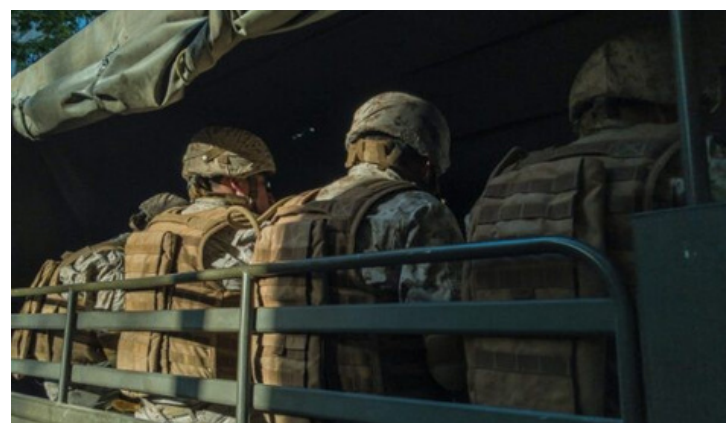
Ian Green, chief executive at the Terrence Higgins Trust, said: "This is a momentous day which shows how far we have come in the fight against HIV.

"It is absolutely the right decision and there is no reason why people living with HIV shouldn't serve in our armed forces.

"It's crucial that all the medical progress that's been made in HIV is reflected in our rules and regulations with the armed forces a clear outlier up until today.

"These changes must now be urgently implemented. Many people will be surprised to learn that this ban was still in place and its removal will mean a huge amount to people living with HIV wanting to join or already serving in the military."

CONOR CLARK



# FEAR OF JUDGEMENT PREVENTS GAY AND BISEXUAL MEN FROM DISCUSSING CHEMSEX

Oğuzhan Nuh

31 January 2022

Only a third of gay and bisexual men who engage in chemsex in Australia said they would feel comfortable discussing chemsex with their GP, according to a study by Dr Daniel Demant and colleagues recently published in *Addictive Behaviours Reports*. Most men agreed they knew where to access relevant information on harm reduction and chemsex, but many participants were worried about being judged by health professionals.

Chemsex is the use of recreational drugs to facilitate sex. Chemsex can operate as a coping mechanism and enhance performance, confidence and sexual experiences. Substances used for chemsex vary depending on the country and accessibility, but include mephedrone, gamma-hydroxybutyrate (GHB), gamma-butyrolactone (GBL), crystal methamphetamine, ketamine and cocaine.

In this cross-sectional study, data from 184 participants who filled in an online survey focusing on chemsex engagement, knowledge, perception and use of health and support services between November 2020 and January 2021. All participants were men who engage in chemsex with men, all were assigned male at birth, and the mean age was 38 years.



Most participants identified as gay (81%) while 14% identified as bisexual and 5% as queer / pansexual / other. Twenty seven percent of the participants were born outside of Australia: in Asia (9.4%), Europe (6.1%) New Zealand (5.6%), the Middle East (2.2%), Africa (2.2%) and South America (1.7%). Almost 40% of participants who weren't born in Australia had lived in the country for more than five years. The majority of the participants identified as White, while 9.2% identified as Asian, 4.3% as Middle Eastern, 1.6% as Indigenous and 4.9% as other.

Most of the participants said they started having chemsex more than five years ago (54%), while 25% started in the last two years and 21% within the last three to five years. Two-thirds of participants had engaged in chemsex in the three months before the survey. Half said they had chemsex on a weekly or monthly basis, while the other half said they engaged in chemsex once or twice in the last 12 months.

Although there were various channels to access information regarding substance use and chemsex, the relevancy and trustworthiness of the information varied for participants depending on the source.

Information received from the LGBTI+ organisations was perceived to be the most relevant, followed by other community organisations, casual sex partners, regular or romantic partners and friends. Information received from the online community and strangers on dating apps were perceived as the least relevant. The information received from professional sources such as sexual health doctors, LGBTI+ and substance use organisations and general practitioners were perceived more trustworthy than sexual partners, friends, online community, and government departments or organisations.

More participants would feel comfortable talking to a sexual health doctor (59%), sexual health counsellor (53%), sexual health nurse (46%) or community health worker (44%) than general practitioners (34%) and general counsellors (36%).

In addition, a significant portion of the participants have felt that they would be judged by health professionals. This concern was a barrier to accessing health services as those who feared judgement knew less about where to access professional help or harm reduction information.

Furthermore, only a small part of the participants have discussed chemsex with any health care professional at all.

Participants were also presented with five potential sources of information and asked how likely they would be to use them. The most preferred source of information was anonymous personal expert advice (54%), followed by formal peer support networks (51%), non-formal peer support networks (49%), public information sessions (34%) and peer-led workshops (31%).

Researchers emphasise the role of trustworthiness and relevancy of the information received on information-seeking behaviours and conclude there is room for improvement for community organisations and sexual health services. They recommend community organisations “establish stronger relationships with this community to understand their information needs and information-seeking behaviour.

Engaging in co-design processes has the potential to lead to resources and offerings of higher relevance for this population, particularly low-threshold interventions and offerings that may allow to reach a substantial proportion of people engaged in chemsex.”

They add that “sexual health services should consider targeted education of medical and nursing staff on chemsex and to communicate the availability of such expertise to the community.”

# GAY MEN AND FATHERHOOD

Article by  
Bakita Kasadha Szilvia Basso/Unsplash

21 January 2022

Healthcare professionals should avoid making assumptions about gay men's parenting desires, report Dr Robert Pralat of the University of Cambridge and colleagues in the BMC Public Health. The London study shows that healthcare professionals are less likely to discuss parenting options with gay men than women and heterosexual men. The study also found that gay men rarely instigated conversations about parenthood with their HIV care team.

Discussions and research about HIV and reproduction have largely focused on women and heterosexual men, with little known about the parenting desires among gay, bisexual and other men who have sex with men (MSM). A previous study in an HIV London clinic found that a third of MSM had considered fatherhood. Even less is known about clinicians' attitudes towards having these conversations.

Gay men may consider a variety of routes towards becoming a father such as surrogacy, co-parenting, adoption and fostering. Some of these routes are complex and require careful planning and time to achieve.

In London, one in eight gay and bisexual men are HIV-positive.

For this study, Pralat and colleagues recruited patients and healthcare professionals through four London HIV clinics.

They interviewed 25 men who were HIV-positive and did not have children. The majority (23) identified as gay, one as bisexual and one as 'other'. The participants were aged between 20 and 45 years-old, the average age was 35 years-old. They were born in the UK, mainland Europe and outside Europe. Participants' ethnicities were White (17), Asian (5) and Black/mixed-race (3).

The researchers also interviewed 16 healthcare professionals working at the clinics. They included physicians (5), sexual health advisers (5), nurses (3) and psychologists (3). Ten of the healthcare professionals were women.

The patients were asked about their feelings towards parenthood. They were also asked if they had discussed parenthood with their HIV clinicians. The healthcare professionals were asked about how and when parenthood and reproductive health were discussed with patients, as well as their perception of MSM's thoughts on becoming parents.

Parenting desires or intentions were rarely discussed, although 12 of the men described wanting to become parents in the future. Nine participants did not want to have children and four were undecided.

Some men were not sure if they had ever discussed parenthood with their clinicians. Of the 25 men interviewed, only four recalled discussing parenthood within a clinical setting. The two men who were told they could have children were the only participants receiving care from a women majority clinic. The only two who had proactively asked about becoming fathers were both of Asian descent and one of them did not identify as gay:

“That was the first question I asked them – will I be able to have children?”

There was limited awareness of vertical transmission and how to prevent HIV transmission to a baby:

“I guess [when I was diagnosed] I just thought, well, that means that if I wanted to have a child it would mean that child would have HIV. And I guess I don’t really understand it that much. I don’t understand how people get around that – or if you can even get around that.”

Some men noted that taking part in the interview was the first opportunity to discuss parenthood:

“Other than the discussion with you, I don’t think that it has ever been discussed with me before.”

Despite half of the patients wanting to become parents, becoming a father was not a priority for most of them. This was particularly true among the younger participants:



“I don’t think there would be a need for that much detail unless someone asked for it. But if someone were to sit you down and go, here are your fertility options, it would be very useful.”

Some participants suggested that HIV clinicians should mention parenthood as an option because of what it symbolises more broadly:

“It’s that whole thing when you’re diagnosed – you do question the future... Even if I wasn’t interested [in having children], the very fact that someone could come and tell you, well, you can still be a parent, means that you actually then think, oh, well, then I can live much longer if you think I can be a parent.”

“I just think [having children] is not something that can be addressed in a sort of, like, you know, your update appointment... Maybe it could just become part of a, you know, sort of general diagnosis, just part of that general checklist of things – these are the things you need to be aware of... and, you know, if you’re considering having a family or, you know, want to have kids... there are options.”

Some healthcare professionals openly reflected on how their patients' sexuality and gender impacted who they proactively discuss reproduction with:

"I wouldn't ask [gay men] that... I'd respond if I was asked, but I wouldn't give them information, perhaps in the way I would if it was with a straight man or a woman. Which may be wrong." - physician

"Assumptions about what matters to gay men with HIV may be impeding conversations about parenthood."

"I would automatically ask women about fertility. I'd probably ask heterosexual men if they're in a relationship – you know, have you got plans to have children? And I suppose because it's a different mechanical process for MSM and how you go about that... potentially I am doing a disservice because I'm not asking about it." - nurse

Despite knowing so much of their patients' personal lives, healthcare professionals reflected on having little awareness of their patients' thoughts about parenthood. They primarily focused on sexual activity, relationships and wellbeing in their conversations:

"I do think I'm used to talking to gay guys about sex and intimacy and the things which get in the way of that..."

I think there was something within me which wasn't allowing the possibility that an HIV-positive guy could be a... dad. And that's bonkers." - sexual health adviser

"Although parenting intentions may not be raised, clinicians noted that they did ask gay patients if they already had children to ascertain possible risk of vertical transmission:

"I do ask everybody if they have kids. Because even if they are, you know, a 20-year-old MSM, you don't know what happened in their teens. So I always ask if they have kids." - HIV physician

Generally, more gay men are choosing to become fathers and this study found that a significant number of participants are interested themselves. Assumptions about what matters to gay men with HIV may be impeding important conversations about parenthood and planning for the future. All people with HIV should be supported to consider parenthood and their reproductive options.

## References

Pralat R et al. Discussing parenthood with gay men diagnosed with HIV: a qualitative study of patient and healthcare practitioner perspectives. *BMC Public Health* (2021) 21:2300 (open access).

# Free Rapid Antigen Test Kits

Thorne Harbour Health has secured a limited number of free Rapid Antigen Tests from the Victorian State Government for clients of the PLC. The tests are intended to ensure that Victorians with pre-existing conditions can determine their COVID-19 status and seek the appropriate care and support.

Please contact reception on 9863 0444 to speak with a Client Care staff member regarding access and information around testing.



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## INTRODUCING VICTORIA POLICE'S FULL-TIME LGBTIQ+ LIAISON OFFICER (LLO)

Victoria Police is committed to working closely with LGBTIQ+ communities to enhance trust, improve relationships, and access to policing services for LGBTIQ+ Victorians.

Victoria Police now has two full-time LGBTIQ+ Liaison Officers (LLO) - one at Prahran Police Station (SC Jeremy OLIVER) and the other at Melbourne East Police Station (LSC Gabby TYACKE).

Victoria Police also has approx. 450 LLO's across the state who provide support to the LGBTIQ+ community, over and above their general duties. These members either identify as part of the community or are allies and receive ongoing training and development in this role.

### Contact:

For a list of LLO's in each region please visit [www.police.vic.gov.au/LGBTIQ-liaison-officers](http://www.police.vic.gov.au/LGBTIQ-liaison-officers)

To contact the full-time LLO please call or visit:

Senior Constable Jeremy OLIVER -  
LGBTIQ+ Liaison Officer, Southern Metro  
Region

Prahran Police Station, 396 Malvern  
Road, Prahran  
PH: [9520 5200](tel:95205200)

Alternatively, you can liaise with a client care staff member of the Positive Living Centre to assist in contacting an LLO near you.

### How the LLO's can help you:

- Provide safe and confidential advice, guidance, and support to LGBTIQ+ communities
- Provide support to LGBTIQ+ people in navigating policing services
- Encourage LGBTIQ+ victims of crime and family violence to report incidents
- Provide referrals for all LGBTIQ+ victims of crime, family violence, mental health etc
- Connect you to a local LLO (LGBTIQ+ Liaison Officer) in your area
- (For organisations) Discuss complex cases involving LGBTIQ+ clients
- Discuss LGBTIQ+ events and days of significance in your area
- Connect you to LGBTIQ+ awareness training
- Pro-actively engage with LGBTIQ+ organisations, support services, community groups, and businesses



# 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



## Infochange Service Seeker Directory (ISS)

The database presently contains details on over 358,137 government and non-government services and agencies in Victoria alone.

The aim of this Directory is to provide people with access to details to all community and social services provided to them through governments, non-government organisations and community and self-help groups. A directory of this nature will help with the wellbeing of the community and empower people to make informed decisions that will assist them take control of the circumstances in which they find themselves.

[www.serviceseeker.com.au](http://www.serviceseeker.com.au)



# 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](mailto:legal@thorneharbour.org)

HALC only operates once a week on a Thursday evening.

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

If you require urgent legal advice, you can contact:

**St Kilda Legal Service** 9534 0777  
[st\\_kilda\\_vic@clc.net.au](mailto:st_kilda_vic@clc.net.au)

**Victoria Legal Aid** 1300 792 387  
[www.legalaid.vic.gov.au](http://www.legalaid.vic.gov.au)



# 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)



# POSITIVE SELF-MANAGEMENT PROGRAM

## *A workshop for people living with HIV of all ages.*

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](mailto:gerry.obrien@thorneharbour.org)

*"Great workshop. Was good to learn new ideas and feedback from the other participants."*

*"Overall, it was a very affirming experience – challenging at times which was a good thing because it took me out of my comfort zone."*

# 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 / 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](mailto:housing@thorneharbour.org)

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



**Launch  
HOUSING**

**IT'S TIME TO END  
HOMELESSNESS**

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

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

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

# THORNE HARBOUR COUNTRY

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

Current services and supports include:

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



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

**Phone: (03) 4400 9000**

**Email:**

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

**Website:**

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

**Facebook:**

**[www.facebook.com/thcountry](http://www.facebook.com/thcountry)**

Check yourself  
before you  
wreck yourself.

TouchBase with us.

# 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](mailto:counselling@thorneharbour.org)

Website:

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

## Alcohol & Other Drug Services

Our Alcohol and Other Drug (AOD) services provide a range of individual and group programs to LGBTI people interested in addressing their substance use. All services are free and are open to all people living in the state of Victoria.

## AOD Counselling

Our experienced counsellors provide individual support around concerns and goals relating to alcohol or drug use, including learning more about the effects of AOD use on mental and physical health, exploring strategies to better control or reduce drug use, or accessing support to stop using completely.



## Care and Recovery Coordination

Our team can provide short-term comprehensive case-coordination for people who require support in other aspects of their life including housing, accessing health or mental health services, or connecting with community supports.

## Therapeutic groups

We run a range of free therapeutic and peer support groups, including:

- **Re-wired:** for men who have sex with men aimed at helping you learn skills and strategies to change your methamphetamine use and better manage your mental health.
- **Re-Wired 2.0:** a peer-led, goal-based support group open to men who have sex with other men who want support to change, control or stop their methamphetamine use.
- **ADMIN:** a free and confidential group for transgender, non-binary and gender diverse people looking to better manage their alcohol and other drug use.
- **Drink Limits:** a group for lesbian, bisexual and queer women (cis and trans) and anyone female-identifying who is concerned about their drinking.

**Phone: (03) 9865 6700**

**Website:** [www.thorneharbour.org/lgbti-health/alcohol-and-other-drug-services-aod](http://www.thorneharbour.org/lgbti-health/alcohol-and-other-drug-services-aod)

**FEEL LIKE YOU'RE GOING UNDER?**

Are you dealing with issues related to alcohol and other drugs?  
Call 1800 906 669

COUNSELLING SUPPORT GROUPS RECOVERY SUPPORT DRUG INFO

thorneharbour health

**Changing your relationship to meth is tough, but you don't have to do it alone. We're stronger together.**

METH PEER SUPPORT GROUP

**RE-WIRED 2.0**

To register for the group please call 1800 906 669.  
For more information about the group please call 9865 6700 and ask to talk to the AOD intake and assessment coordinator.

## Family Violence Services

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

## Victim/Survivor support services

We offer a variety of services to victim/survivors, including counselling and case management for clients who require supports and referrals to other services. The team can also make applications for Flexible Support Packages (FSP), which provide limited brokerage to establish new and sustainable living arrangements that support health and wellbeing and recovery from experiences of violence.

## Services for people who use violence in their relationships

Our group program, ReVisioning, is a behaviour change program for gay, bisexual or queer men (inclusive of cis, trans and gender diverse identities). The group offers a safe environment to explore the use of violence and learn to break patterns of violent, abusive or controlling behaviours. We are also able to provide case management for people who are not ready for group support and we undertake one-on-one work which also focuses on behaviour change.

# ReVisioning

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

**Phone: (03) 9865 6700**

Email: [fvintake@thorneharbour.org](mailto:fvintake@thorneharbour.org) or  
[Revisioning@thorneharbour.org](mailto:Revisioning@thorneharbour.org)

Website: [www.thorneharbour.org/lgbti-health/relationship-family-violence](http://www.thorneharbour.org/lgbti-health/relationship-family-violence)

## *WithRespect*

*WithRespect provides resources, tips and advice for LGBTIQ+ people on having and maintaining healthy relationships. they also provide support for LGBTIQ+ people of all ages and their families experiencing difficulty in their relationships, including family violence.*

*Contact WithRespect on*

**1800 LGBTIQ (1800 542 847)**

# HEALTH PROMOTION SERVICES

The Peer Education Program offers workshops for LGBTIQ+ communities. These workshops provide a confidential and welcoming environment for participants to socialise and engage in a shared learning experience.

## **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](mailto: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](http://www.equinox.org.au)

thorneharbour  
health\*

# THE CENTRE CLINIC

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

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

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

## CLINIC SERVICES

The Centre Clinic 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

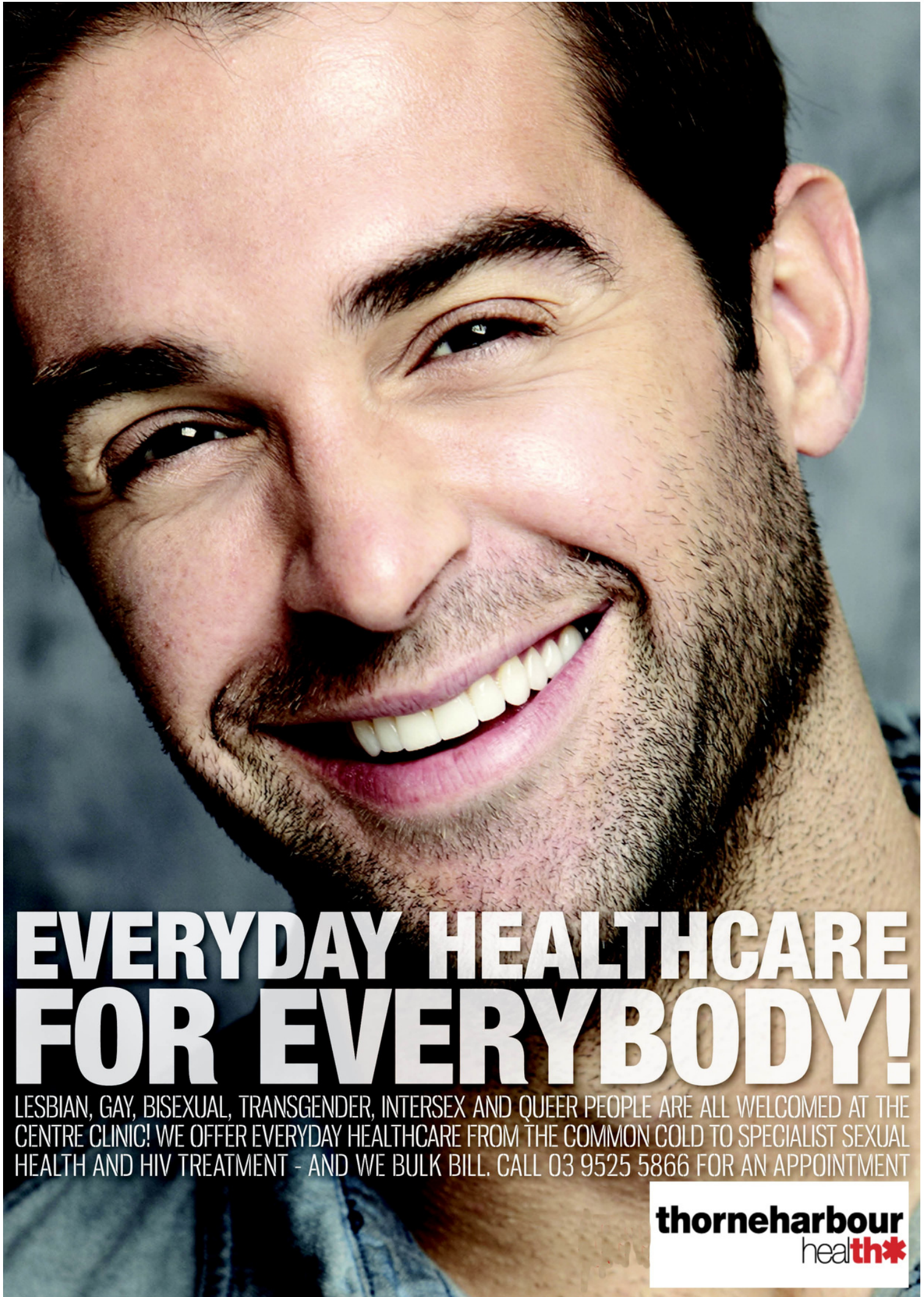
Please ring **9525 5866** for an appointment.

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





# EVERYDAY HEALTHCARE FOR EVERYBODY!

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

**thorneharbour**  
health\*

# WELL, WELL, WELL ON JOY 94.9

Joy94.9 is Australia's LGBTIQ+ independent media organisation, made up of the diverse voices of the rainbow. JOY's presenters, producers, newsreaders, podcasters and everyone in between deliver quality community media, every hour, every day of the year. You can hear and see stories from the LGBTIQ+ community and our allies on JOY 94.9 Radio (FM and DAB+[trial]), online via livestream, in JOY Podcasts and on JOY TV 24 hours a day, 7 days per week at [www.joy.org.au](http://www.joy.org.au)

Thorne Harbour has broadcast over 700 episodes of Well, Well, Well on JOY 94.9 . Listen live every Thursday from 9PM and also available as a podcast, Well, Well, Well focuses on the health and wellbeing issues affecting our LGBTI and PLHIV communities.



# SWITCHBOARD

Switchboard provide peer-driven support services for the lesbian, gay, bisexual, transgender and gender diverse, intersex, queer and asexual (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](mailto:support@rainbowdoor.org.au)**

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

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

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

or email

[outandabout@switchboard.org.au](mailto:outandabout@switchboard.org.au)



## 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: 0408 230 008**

**Fax (03) 8417 1299**

**Email: [am23@ccam.org.au](mailto:am23@ccam.org.au)**



## CONNECTING BACK TO CULTURE THROUGH THE KOORIE FAMILY HISTORY SERVICE

Knowing who you are and where you come from is an essential part of identity and pride for Koorie people.

Koorie people have been dispossessed of this knowledge through the policies and practices of past governments, including the taking away of children from family and Community. The main purpose of our Koorie Family History Service is to provide members of the Stolen Generations and their descendants with knowledge of their family tree, family history, culture and Community. It's an important part of building pride and creating a sense of wellbeing in the Koorie Community.

Through the Koorie Family History Service, they provide confidential client-based genealogy research. They assist members of the Stolen Generations, Koories in custody and members of the Koorie Community to trace their family history and access records including:

- Creating family trees for members of the Stolen Generations, Koories in custody and members of the Koorie Community
- Accessing personal records on behalf of clients from government and non-government agencies
- Searching government archives for information on family members
- Gaining copies of written material that relates to an individual's family tree and helps to create a sense of their family history
- Providing cultural information
- Referrals to support providers
- Provide family history advice for people searching for their heritage if we are unable to take them on as clients

As part of their work, they have built an extensive database of Koorie family trees and genealogy information. This confidential family tree database is a valuable tool, which the researchers use to assist Koorie clients searching for family, cultural and historical knowledge. They strive to ensure family trees are as accurate as possible.

We will do our best to assist you subject to our program guidelines. If we are unable to take you on as a client, they will provide you with search advice and referrals

For more information regarding the application process, please telephone 03 8662 6329 and ask for the Koorie Family History Service or email: [familyhistory@korieheritagetrust.com](mailto:familyhistory@korieheritagetrust.com)



# 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](mailto: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](http://www.positivewomen.org.au)

## ***PWV Retreat 2022 - 25-27 March***

Expressions of Interest have closed for the Retreat. We had more interest than places, so we will offer priority to women who have not attended before, and to be as fair as we can, randomly select the other places in a draw as we did last time. Members who are offered a place will be notified shortly and advised of details, and COVID vaccination and other requirements. While we are pretty confident the Retreat will go ahead, please be aware that it may be postponed due to the ever changing situation with COVID-19. Those who miss out will go on a waiting list, and if we have any cancellations, we will offer those places to other women.

## ***Simply Social Over 50s Lunch - Saturday, 30 April***

If you're over 50 and living with HIV, Simply Social Over 50s is for you. Our first event for 2022 will be lunch at a lovely city venue to enjoy a delicious meal together. It's a chance to make friends, stay connected, and talk about health issues, what you hope for, relationships, the joys of families and grandkids, how you stay well.

Whether newly diagnosed or you've lived with HIV for a longer time, this group is for you. Lunch and refreshments provided.

RSVP to [info@positivewomen.org.au](mailto:info@positivewomen.org.au)  
or phone [\(03\) 9863 8747](tel:0398638747)



# Reaching your Potential

Positive Women Victoria is excited to have received support from ViiV Healthcare's Positive Action Community Grants to run a unique program of events to support women who live with HIV to reach their potential.

Women living with HIV support each other in many valuable ways, from personal friendship and support networks, through to volunteering, sharing stories, or even being on committees and the board that runs PWV. If you've ever wanted to find out what role you can play, Reaching Your Potential could be for you.

The program of three workshops will open in 2022 for a total of 10 women living with HIV. You'll learn communication skills and tips, have fun learning to be in front of a camera or be part of an interview. You'll also spend time with some amazing women living with HIV who have used their voice and experiences to really make a change,

whether by volunteering in peer support, by sharing information about experiences that can help make life better for other women, or even by helping set up an organisation like PWV.

The skills you will learn can help you reach your potential, whatever that might mean for you. Build confidence, make friends, and learn the ways you can help make a difference, whatever that means for you, and in a safe and private setting with other inspiring women.

We'll be taking Expressions of Interest for the program in a few weeks. We'll also be looking for women to support the program by being on a steering committee or helping with some program admin. Stay tuned for information and offers.

If you would like to know more about this program, please email us at:

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



# ONLINE SOCIAL GROUPS



## Hivsters

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

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

## The Institute of Many (TIM).

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

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

<https://theinstituteofmany.org/>

## Gen Next

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

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

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

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

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

# MELBOURNE SEXUAL HEALTH CENTRE (MSHC)

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

The Melbourne Sexual Health Centre is located at:

**580 Swanston Street, Carlton Victoria 3053**

**Tel: (03) 9341 6200**

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

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

**Fax: (03) 9341 6279**

Or visit their **website** [www.mshc.org.au](http://www.mshc.org.au) for more information.



## THE GREEN ROOM

The Green Room provides specialist HIV care for people living with HIV.

The team specializes in HIV and comprises doctors, nurses, counsellors, pharmacists, a dietician, research nurses and psychiatry.

Referrals can be made for social work, support work and other community based workers. Appointments to The Green Room are necessary and doctors are available from Monday to Thursday. It is ideal that you also have a GP for assistance with general health care and non HIV related conditions. Referral to The Green Room is not necessary.

The Green Room is located at the Melbourne Sexual Health Centre.

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

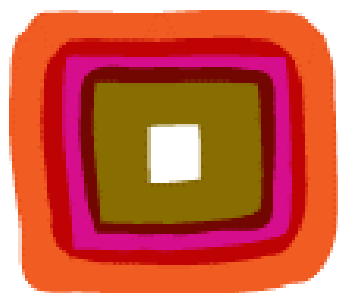


# MSHC

MELBOURNE SEXUAL HEALTH CENTRE

Part of **AlfredHealth**

# MULTICULTURAL HEALTH



centre for  
culture,  
ethnicity  
& health

CEH's Multicultural Health & Support Service works with communities and health professionals to address the poorer health outcomes experienced by people from refugee & migrant backgrounds, asylum seekers and mobile populations. It aims to prevent HIV, viral hepatitis and sexually transmissible infections, and offer a multicultural approach to alcohol and other drug support.

The goals of the service are:

- To prevent new incidences and transmission of BBV/STI in refugee, asylum seeker and migrant communities, and mobile populations.
- To increase BBV/ STI knowledge, uptake of harm minimisation strategies screening, testing and treatment.
- To increase responsiveness and service coordination in relation to BBV/STI prevention and transmission.

23 Lennox Street Richmond 3121  
VIC Australia

**email:** [enquiries@ceh.org.au](mailto:enquiries@ceh.org.au)

**Ph: 03 9418 9929**



Our General Access Program provides support services to people seeking asylum through the delivery of three sub-programs. New Presentations provides an information and referral service to people seeking asylum who are not ASRC members but still require immediate, short-term support. GAP Drop-In assists members to seek information, referrals and general assistance and support. Material Aid assists members to access material goods through the provision of items such as gift cards, nappies and Myki.

The ASRC in Footscray is open for appointments on Monday to Friday (10am – 5pm).

ASRC services operating;

- Foodbank
- Meals
- Healthcare
- Housing
- Legal AID
- Employment Support
- Case Work
- Education

It is essential to call ahead and book an appointment before visiting.

Please call **03 9326 6066**.

## USEFUL WEBSITES

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

Current information on HIV/AIDS treatment and prevention in 11 languages

[www.aidsmap.com](http://www.aidsmap.com)

Clear and reliable information on HIV

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

Peak national organisation for Australia's community HIV response

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

Information and resources on different M2M sexual practices

[www.i-base.info](http://www.i-base.info)

HIV treatment information and advocacy

[www.medscape.com](http://www.medscape.com)

Medical news, clinical reference, and education

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

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

[www.pozpersonals.com](http://www.pozpersonals.com)

Worldwide dating website for people living with HIV

[www.stayingnegative.net.au](http://www.stayingnegative.net.au)

Lived experiences of both HIV positive and HIV negative gay, bisexual and trans men who have sex with men

[www.thebody.com](http://www.thebody.com)

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

[www.thedramadownunder.info](http://www.thedramadownunder.info)

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

[www.top2bottom.org.au](http://www.top2bottom.org.au)

Information and advice to gay men about various strategies to potentially reduce the risk of contracting HIV and STIs.

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

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

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

Information on HIV treatments and living with HIV

[www.what-works.org](http://www.what-works.org)

Information and resources on HIV prevention



# USEFUL SERVICES

Alfred Hospital | [www.alfredhealth.org.au](http://www.alfredhealth.org.au)

- I.D. Clinic | [9076 2000](tel:90762000)
- Social Work Department | [9076 3026](tel:90763026)
- HIV/HEP/STI Ed & Resource Centre | [9076 6993](tel:90766993)

Beyond Blue

[www.beyondblue.org.au](http://www.beyondblue.org.au) | [1300 22 4636](tel:1300224636)

Bolton Clarke HIV Team (formerly RDNS)

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

CatholicCare HIV/AIDS Ministry

[www.ccam.org.au](http://www.ccam.org.au) | [0408 230 008](tel:0408230008)

(Marg Hayes)

Centre for Culture, Ethnicity & Health

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

Coronavirus Hotline

[1800 675 398](tel:1800675398)

Expression Australia Employment

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

Green Room

(Melbourne Sexual Health Centre)

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

Harm Reduction Victoria

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

Hepatitis Infoline

[www.hepatitisaustralia.com](http://www.hepatitisaustralia.com) |

[1800 437 222](tel:1800437222)

Launch Housing

[www.launchhousing.org.au](http://www.launchhousing.org.au) |

[1800 825 955](tel:1800825955)

Lifeline

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

LiverWELL (formerly Hepatitis Victoria)

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

Living Positive Victoria

[www.livingpositivevictoria.org.au](http://www.livingpositivevictoria.org.au) |

[9863 8733](tel:98638733)

LGBTIQ+ Liaison Officer – Victoria Police

[www.police.vic.gov.au/LGBTIQ-liaison-](http://www.police.vic.gov.au/LGBTIQ-liaison-officers)

[officers](tel:95205200) | [9520 5200](tel:95205200)

[Mental Health & Wellbeing Hub](http://www.coronavirus.vic.gov.au/mentalhealthhub)

[coronavirus.vic.gov.au/mentalhealthhub](http://www.coronavirus.vic.gov.au/mentalhealthhub)

[1300 375 330](tel:1300375330)

Monash Health | [www.monashhealth.org](http://www.monashhealth.org)

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

Northside Clinic

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

Partner Notification

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

PEP Hotline

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

Positive Women Victoria

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

Prahran Market Clinic

[www.prahranmarketclinic.com](http://www.prahranmarketclinic.com) |

[9514 0888](tel:95140888)

# USEFUL SERVICES

Quit Victoria

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

Rainbow Door

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

Royal Melbourne Hospital / VIDS

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

Services Australia (formerly Centrelink)

[www.servicesaustralia.gov.au](http://www.servicesaustralia.gov.au)

- Job Access | [13 28 50](tel:132850)
- Disability, Sickness and Carers | [13 27 17](tel:132717)

Social Security Rights Victoria

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

South Eastern Centre Against Sexual Assault

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

StarHealth

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

St Kilda Legal Service

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

Switchboard

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

Wise Employment

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



Thorne Harbour Health Services

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

- AOD Services | [9865 6700](tel:98656700)
- Centre Clinic | [9525 5866](tel:95255866)
- Community Support | [9863 0430](tel:98630430)
- Counselling Services | [9865 6700](tel:98656700)
- David Williams Fund | [9863 0444](tel:98630444) (Lynda)
- Equinox | [9416 2889](tel:94162889)
- Family Violence Services | [9865 6700](tel:98656700)
- HIV Peer Support | [9863 0444](tel:98630444) (Gerry)
- HIV/AIDS Legal Service | [9863 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](http://www.thorneharbour.org)

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

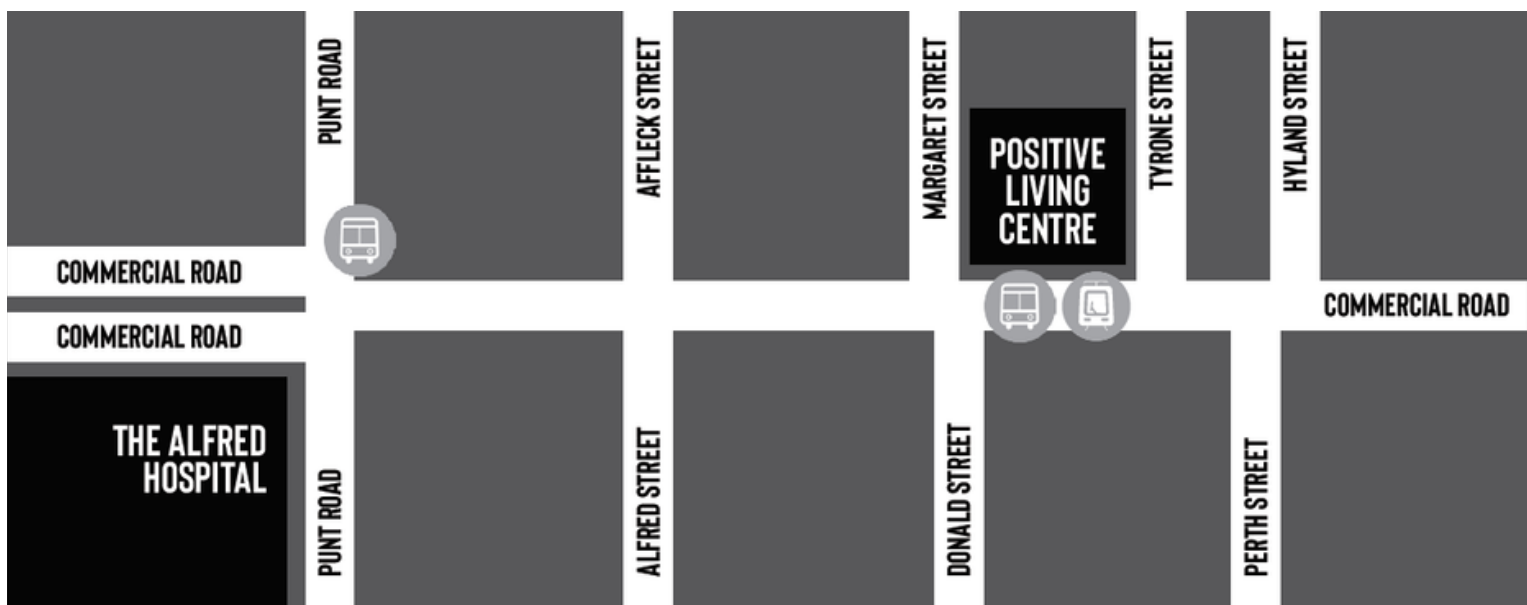
Tuesday 10am – 4pm

Wednesday 10am – 4pm

Thursday 10am – 4pm

Friday 10am – 4pm

Closed for Holidays: March 14,  
April 15-19 and 25



**\*\*Subject to Victorian Government current COVID-19 restrictions**

[facebook.com/PositiveLivingCentre](https://facebook.com/PositiveLivingCentre)  
[facebook.com/thorneharbour](https://facebook.com/thorneharbour)  
twitter: [@ThorneHarbour](https://twitter.com/ThorneHarbour)  
instagram: [@thorneharbour](https://instagram.com/thorneharbour)