

TALKABOUT

WHERE WE SPEAK FOR OURSELVES

2013 ISSUE 180

AUTUMN

DELEGATE'S PERSPECTIVE

Peter Schlosser

BGF STANFORD UNIVERSITY

Richard Kennedy

THE IMPACT OF FINANCIAL STRESS

Lance Feeney

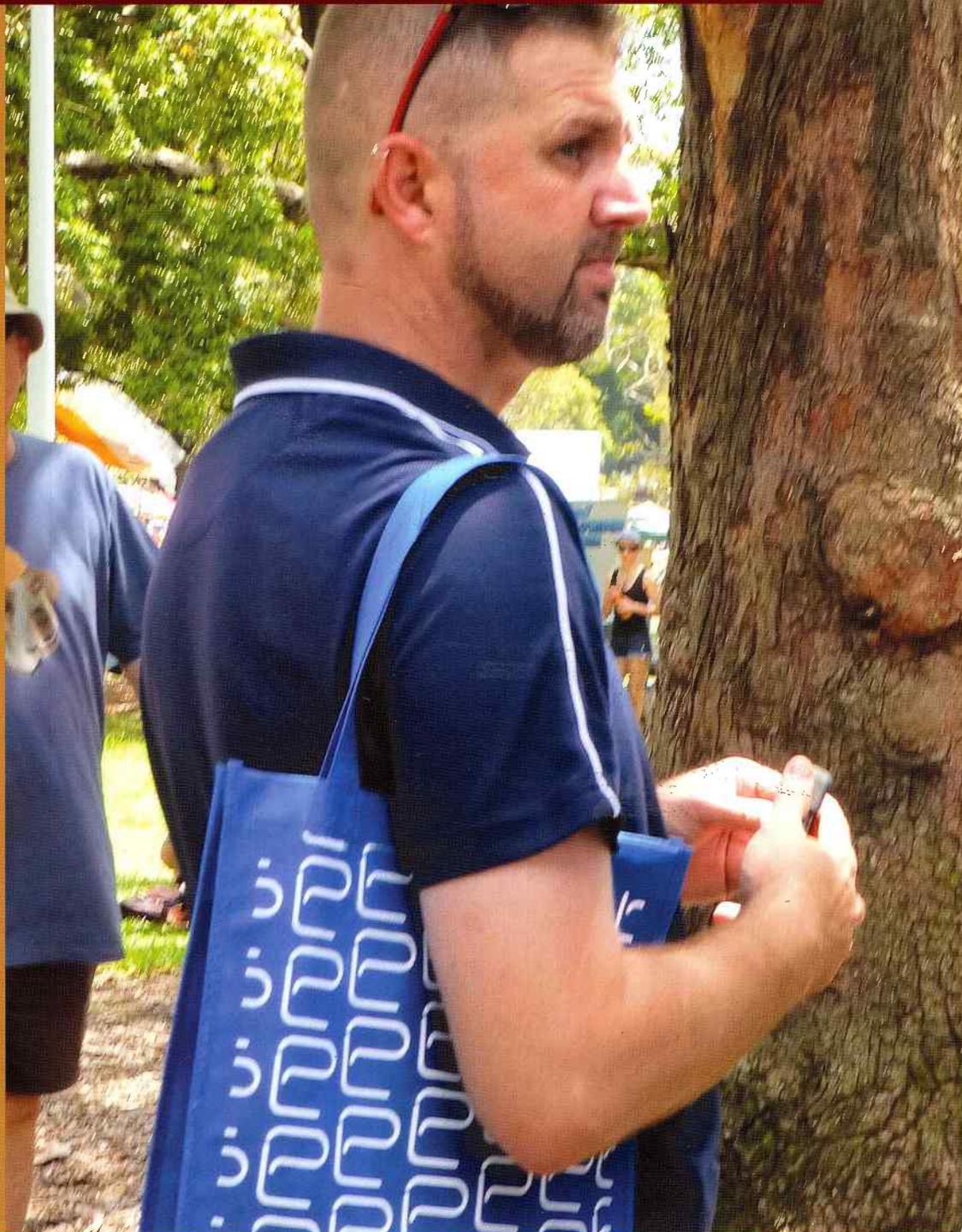
SENIOR'S WEEK 2013

Hédimo Santana

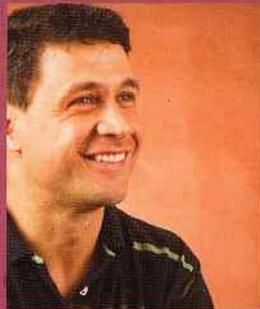
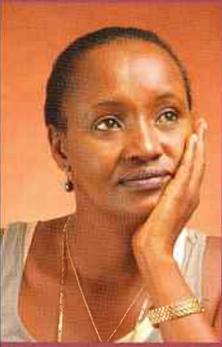
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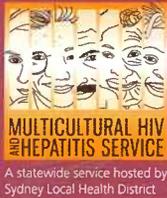
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Health



"Hello! Can I speak with someone who understands my culture and what it is like to live with HIV/AIDS."

ENGLISH We can provide you with support and understanding for HIV/AIDS. Ask at this clinic for a brochure in your language. All services are confidential and free of cost.

AMHARIC የኢ.ድ.ሰ.ን ህመም በተመለከተ ግንዛቤ እንዲኖርዎት አስፈላጊው ምክርና እርዳታ እንቀርባለን። በዚህ ክልሊክ በራሳችሁ ቋንቋ የተጻፈ መግለጫ (ጽሁፍ) እንዲሰጠዎ ይጠይቁ። ማንኛውም አገልግሎት በሚሰጥር የሚያዝና ከክፍያ ነፃ ነው።

CHINESE 我們理解愛滋病毒/愛滋病方面的情況並能為您提供支持 請在這診所索取使用您語言寫成的小冊子 所有服務都是保密和免費的

SERBIAN Можемо да вам пружимо подршку и разумевање у вези ХИВ-а/ Сиде. На клиници можете упитати за брошуру на вашем језику. Све услуге су бесплатне и поверљиве.

HINDI हम आपको एच. आई. वी/एड्स बिमारी के बारे में सहायता और जानकारी प्रदान कर सकते हैं। अपनी भाषा में पत्रिका के लिए इस क्लिनिक से संपर्क करें। सभी सेवायें गुप्त और मुफ्त हैं।

ITALIAN Possiamo offrirvi sostegno e comprensione per l'HIV/AIDS. Chiedete un depliant informativo in italiano presso questo centro medico. L'assistenza che vi offriamo è riservata e gratuita.

POLISH Możemy Ci pomóc Ci żyć z HIV/AIDS i zrozumieć, na czym on polega. Poproś w klinice o broszurę na ten temat w Twoim języku. Wszystkie nasze usługi są poufne i bezpłatne.

PORTUGUESE Nós podemos lhe oferecer apoio e compreensão com HIV/AIDS. Peça aqui nesta clínica, um folheto de informação na lingua Portuguesa. Toda a assistência é gratuita e confidencial.

SHONA Tinokwanisa kukubatsirai nerutsigiro uye kuti munzwisise nezve HIV/AIDS. Bvunzai pakiriniki ino zvinyorwa zviru mumutauro wenyu. Rubatsiro rwese haruna muripo uye hapana mumwe anoziviswa zvamunenge mataura pasina mvumo yenyu.

THAI เราให้บริการช่วยเหลือและเข้าใจในเรื่อง เชื้อเอชไอวีและโรคเอดส์ ถามหาแผ่นพับข้อมูลในภาษาของท่านได้ ที่คลินิกนี้ บริการทุกอย่างจะถูกเก็บเป็นความลับและ ไม่มีค่าใช้จ่ายใด ๆ

TURKISH Size HIV/AIDS ile ilgili destek sağlayıp anlayışlı bir hizmet verebiliriz. Bu klinikte kendi dilinizde yazılmış olan bir broşür isteyiniz. Bütün hizmetler gizli ve ücretsizdir.

VIETNAMESE Chúng tôi có thể cung cấp dịch vụ hỗ trợ và thông cảm về HIV/AIDS. Xin hỏi trung tâm y tế về thông tin viết bằng ngôn ngữ của bạn. Tất cả các dịch vụ đều miễn phí và kín đáo.

SWAHILI Tunaweza kukutoa na msaada na ufahamu kwa HIV/UKIMWI. Omba kliniki hiki kwa kifurushi katika lugha yako. Huduma zote ni siri na bila malipo.

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Autumn

Guest Editor



Welcome to the Autumn addition of Talkabout. In the following pages there are contributions from Jane Costello the President of Positive Life NSW and others; Jane provides an overview of the organisations work. In her piece Jane acknowledges Douglas Barry and his contributions to Positive Life NSW.

Thank you to John Robinson for contributing an article on Douglas Barry who recently passed; Douglas was a strong supporter and contributed to Positive Life NSW as a Community Advocate & Barrister.

Peter Scholsser as a Positive Life Board member has taken on a role as a Positive Life Delegate for National Association of People With HIV Australia (NAPWHA) and has written an item titled - A New Delegates Perspective. This is Peter's perspective as a new delegate attending a Special General Meeting for NAPWHA.

Welcome to Shaun Connolly a Clinical Nutritionist who has written a timely piece on nutrition, where he will talk about the pros and cons your everyday diet can have on your health, educate you on wiser choices and look at different topics throughout the year. Look to the next issue of Talkabout for Shaun's biography.

Finally included in this Autumn issue are articles by staff

of the organisation on community events where we have had representation or a strong presence.

Regards

Guest Editor.

If you would like any further information about Talkabout Magazine or you are interested in submitting content for editorial consideration please send your enquiries to editor@positivelife.org.au



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If a person discloses their HIV status in Talkabout, either in a submitted article or in an interview for publication, that personal information is in the public arena on publication and future use of information about such a person's status by readers of Talkabout cannot be controlled by Positive Life NSW.

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Keeping You Informed

Jane Costello, President, Positive Life NSW



Welcome to the Autumn edition of Talkabout! The staff and board of Positive Life have had a busy few months already, and I would like to share some of these activities and accomplishments with you.

Our Board Governance workshop held in late January built on the success of last year's workshop, and provided an overview of the Board's roles and responsibilities as regards governance and legislation that informs its role. The feedback from Directors both new and old about the workshop was overwhelmingly positive, with all participants stating that the day was well run and executed. The development of Positive Life's strategic plan was highlighted and this will be revised in the coming months to reflect the current environment in which we operate and the new NSW HIV Strategy 2012 - 2015. Following on from the work undertaken by our succession planning working group, an evaluation of the skills, strengths and talents of the current Board was also conducted, and I am happy to report that our new Board has a richness and diversity in both competencies and experience.

Positive Life has continued to cultivate coalition building and to further our partnerships with other organisations in the sector and beyond. David Crawford, one of our Directors was successful in his nomination to join the Management Committee of Health Consumers NSW, and is a powerful voice for our community in this forum. Our Advocacy Officer Lance Feeney has recently been elected as the Deputy Chair of the Board of AFDO (the Australian Federation of Disability Organisations), where he continues his sterling work advocating on behalf of Positive Life and its members.

Positive Life had another strong presence at Fair Day through the efforts of our staff, Board members and volunteers who engaged with community members and others who approached us at our stall. We gave out over 200 of our promotional show bags on the day, and fostered connections and networks with local and regional communities in the likes of Dubbo and beyond.

The reinvigoration of the Positive Speakers Bureau has heralded new opportunities for Positive Life with the development of many new and varied groups and organisations that we now provide presentations to. As our lives living with HIV have changed so too have our stories, and the Bureau is an important tool in conveying this message and as a means of combating stigma and discrimination. Positive Life has an ongoing commitment to represent the diverse voices in our community, and as part of this our Positive Speakers Bureau coordinator José Machado and Peer Support Officer Hédimio Santana

many commented on the importance of honouring and representing the body positive, both past and present, in such force.

were invited to present at a client information and planning day by Positive Central in Redfern. The audience was people living with HIV who already access or would like to access local HIV services, and José and Hedimo fielded many questions and inquiries from community members who were wanted to know more about the work that Positive Life does and the services we offer. We handed out another 20 or so promotional bags at this event increasing both the reach and visibility of our organisation. José also made a similar presentation at Black View, an indigenous Aboriginal GLBT event.

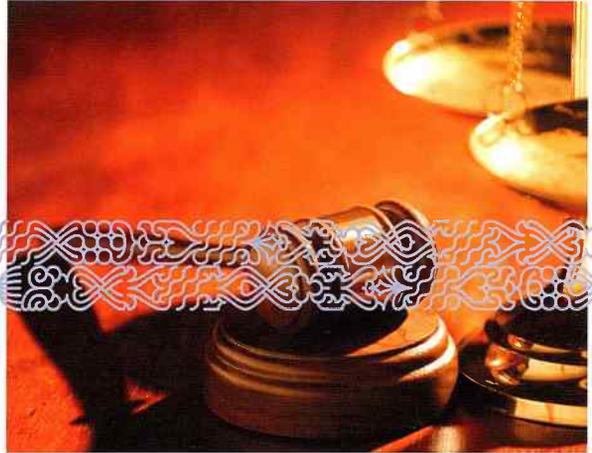
Finally, I have to end on a sad note with the unexpected death of Douglas Barry who was a Distinguished member of Positive Life, a previous member of our Board and who on many occasions provided invaluable legal advice on a range of important policy and advocacy issues. I would like to take this opportunity to acknowledge the outstanding contribution Douglas made to our organisation and for all people living with HIV in NSW.

VALE

Douglas Barry

Community Advocate and Barrister

John Robinson



magistrates. His support for the publication of the Travel brochure was instrumental in the success of the brochure. A few years later a second edition of the brochure was completed.

He successfully lobbied the NSW Office of the Public Guardian to review its efforts in the interests of HIV+ people living under the guardianship orders. He was part of the HIV/AIDS Legal Centre liaison group.

Douglas joined the PLWH/A (NSW) Management Committee in October 1998 and was Assistant Secretary for a number of years. He resigned in 2002 to pursue other interests. Executive members sought his wise counsel on legal related matters then and in later years. During that time he completed a revision of the association's rules, ensuring that PLWH/A (NSW) was relevant to the membership and responding to the needs of people with HIV in NSW. In 2010/11 Douglas drafted the first Constitution under the association's new name Positive Life NSW. He was not a black letter lawyer and always looked beyond the words to how this would impact on people's lives.

Douglas was a fine individual with a strong interest in the arts, particularly theatre and music. He will be missed by his family and the HIV community, to whom his contributions were considerable.



first met Douglas Barry when I joined the PLWH/A (NSW)'s Legal Working Group in 1997. The year before when Douglas joined the Group its' title was the Legal & Euthanasia Portfolio Working Group. Illustrates how times had changed! Douglas was an active member and was the association's representative on the Consumer Consultative Committee of the NSW Health Care Complaints Commission. I attended some of these meetings with him and witnessed his persuasive skills. He was also a member of the NSW Attorney-General's Department Disability Advisory Council, whose primary task was the preparation of the NSW Disability Strategic Plan. Douglas was involved with the production of a revised edition of the HIV/AIDS Sentencing Kit for

our stories
our words

PositiveSpeakers
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our stories
our words

Our speakers provide personal perspectives on living with HIV.

To book a speaker, or for more information call Jose on 02 9206 2179 or visit

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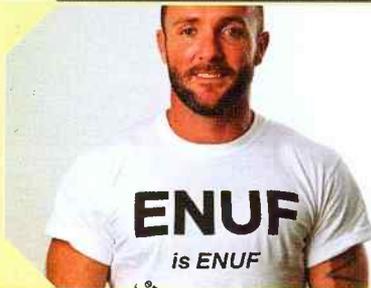
News In Brief



STANFORD UNIVERSITY POSITIVE SELF MANAGEMENT PROGRAM

The Bobby Goldsmith Foundation (BGF) will offer Stanford University's Positive Self-Management Program for HIV from 2013. The program is delivered within community settings and comprises weekly sessions of two and a half hours. The aim of the program is to build the confidence of participants and their capacity to maintain adherence to their HIV medication.

Case workers will be trained at Stanford University and in Sydney before delivering the program. For more information call BGF on 02 9283 8666



ENUF IS ENUF

Living Positive Victoria's ENUF campaign aims to collect experiences of both stigma and resilience in all of its many forms from people living with HIV. The campaign relies upon personal stories, and people thinking about stigma and sharing their experiences.

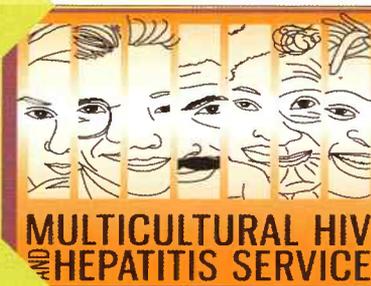
The ENUF campaign invites everyone to share their voice by writing a story to be used in the campaign, by wearing an ENUF button or t-shirt or signing the 10 by 10 ENUF manifesto, everyone can take part. Simply visit www.enuf.org.au



WORKING HAART

BGF's Working HAART Program will assist employed people on low incomes who are ineligible for a health care card via Centrelink to receive assistance with the cost of their HIV medication. The program was developed in response to an increase in people who are working and on low incomes who are struggling to pay for their antiretroviral medications.

If you are earning less than \$40 000 before tax you may be eligible for assistance. For more information call BGF on 02 9283 8666.



MULTICULTURAL HIV AND HEPATITIS SERVICE

The Multicultural HIV and Hepatitis Service (MHAHS) has moved to a new office and is now located at Level 2, 16-18 Marsden St Camperdown NSW 2050. The service also has a new phone number 02 9515 1234; and, a new web address, www.mhahs.org.au.

The postal address for the service remains as PO Box M139 Missenden Rd Camperdown NSW 2025. Also unchanged is the service's toll free number 1800 108 098; and, the services's fax number 02 9550 6815



HIV PLUS

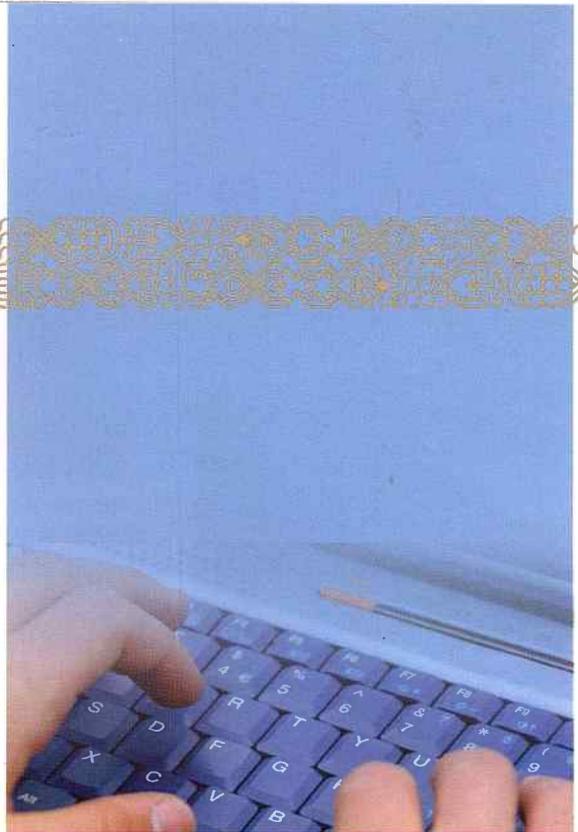
BGF's HIV PLUS Program helps people with HIV who also have other health conditions, meet the cost of their non-HIV prescribed medicines. The scheme may provide assistance to help with the cost of medications for for other health conditions including cardiovascular, renal, liver, mental health, diabetes, bone, neurocognitive, and pain management but not substances of addiction.

For more information or to see if you are eligible for the program please call BGF on 02 9283 8666

A New Delegate's Perspective

National Association of People With HIV Australia

Peter Schlosser



For those who don't know me my name is Peter Schlosser and I'm Vice President of Positive Life NSW. I recently attended my second National Association of People With HIV Australia (NAPWHA), but this was my first time as a Positive Life Delegate.

My experience this year was a very different one for many reasons that I will discuss. It was quite an eye opener for me personally, as a Board Member of Positive Life and as a State Delegate to NAPWHA. It highlighted the fact that people living with HIV (PLHIV) nationally do not have the same levels of service and support or even the same needs as those of us living in NSW. It underlined the challenges we face, the work we do and the change we've effected. As someone living long term with HIV what struck me most was the fact that we are in a new and changed era of life with HIV. An era of better treatments, of better life prospects, expectancy and quality, an era of changing needs and challenges, reflected in the lives we lead, the language we use and most of all the sense of genuine hope that exists. We have achieved much, however, there is so very much more work for us to do.

Last year when I attended as an observer I had only been on the Positive Life Board for a short time and I was primarily interested in seeing how a NAPWHA Special General Meeting worked, our role in it, meeting representatives from other states and territories and the various interactions. This year what I observed and experienced was altogether different due to my new role,

the changed social, funding and political climate and the focus and agenda of the meeting.

The agenda for the first day of the meeting focused on the International AIDS Conference (IAC) 2014 being hosted in Melbourne by the International AIDS Society (IAS) and local organisations. IAC as the name implies is an International conference dealing with broad global and regional HIV issues. Due to the host city being in the southern hemisphere about 50% of the attendees are expected to be from the Asia Pacific representing 5.6 million PLHIV. NAPWHA delegates representing Australia as well as different states and territories at an international AIDS conference we are faced with the challenge of addressing global and regional concerns whilst simultaneously tying these in domestic issues and needs. Furthermore, as the host country we also had to look at what we can contribute to the conferences program, media and communications, conference logistics, partnerships and collaborations, peer support and volunteering.

The second day of the NAPWHA SGM focused on the work we do and challenges that we meet national, by state and territories. Nationally we are all still having to address stigma and discrimination, work to provide services, advocacy, peer support and education in a new era where for most plhiv HIV is a manageable chronic illness, where we speak of living with HIV and of treatment and prevention. We live in a time where zero HIV transmission is potentially achievable.

State of the nation presentations were made from every state and territory. It was the comparison of each state and territory that brought to my attention the fact that Australia is far from homogenous. Western Australia and the Northern Territory have a far more heterosexual and decentralised body positive and therefore different concerns and needs. Additionally it had not occurred to me that access to treatments is not nationally uniform nor is the way we pay for them. Also made evident was the huge impact that differing state and territory governments have, with new HIV Strategies or expired strategies, changing policies, funding structures and processes and the impacts these changing times are having upon agencies and services in each state and territory.

With a new NSW HIV Strategy 2012-2015, as a sign of the changing times we at Positive Life are addressing such things as ageing and HIV, the disempowered and isolated, new programs/campaigns and community

consultations for changing needs in peer support, HIV and insurance, housing issues, immigration, Medicare ineligibles, indigenous and regional issues, with yet more work on co-payments and treatment access. The Positive Speakers Bureau has also been reinvigorated with speakers involved in education, media presentations, and broader community engagement such as Talking Books in libraries and corporate talks, some of which we hope will be evident at IAS 2014 in Melbourne.

What attending the NAPWHA SGM as a new delegate revealed to me for the first time were the similarities and differences between the states and territories? It highlighted the huge amount of work we have done and continue to do, the shifting landscape of HIV treatments, life quality and expectation as well as the impact of an ever changing economic and political climate on the work we do. Above all it showed that after three decades of HIV, challenge, change and improvement we still have a great deal of work to do together and for ourselves.

GENESIS

Genesis is safe and supportive weekend workshop for gay men who've been diagnosed with HIV within the last two years.

Genesis is designed to help you make sense of the range of issues confronting you after diagnosis. It also provides you with an opportunity to meet other guys in the same situation as yourself all in a totally safe, confidential and supportive environment.

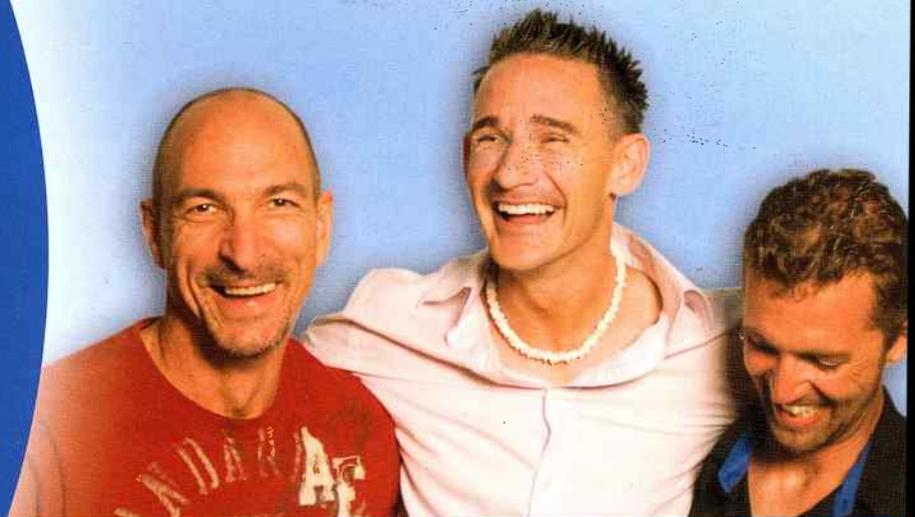
the voice of people
with HIV since 1988

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BUILDING OUR COMMUNITY'S
HEALTH & WELLBEING

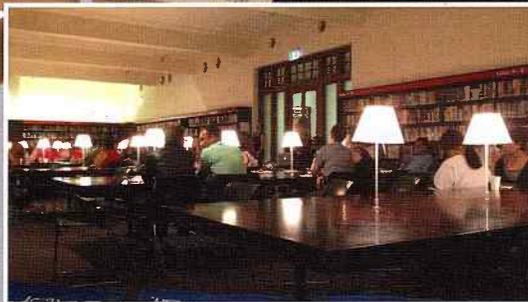
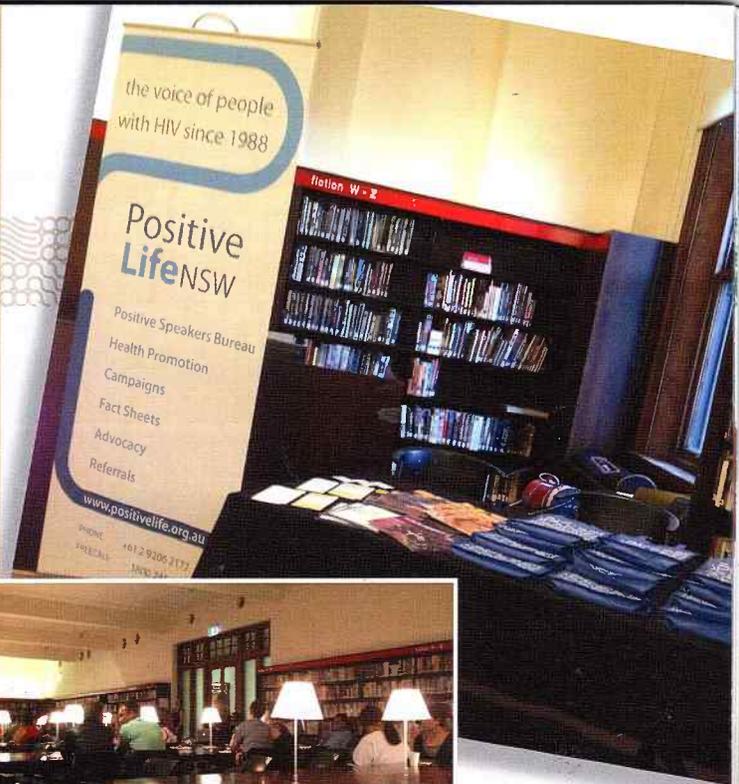
Recently diagnosed HIV positive?



The next **GENESIS** workshop will be held **February 01 - 03, 2013**.
For more information or to register call Hédimos on **02 9206 2173**
or email hedimos@positivelife.org.au

Out and about with the Positive Speakers Bureau

Jose Machado



Visibility, exposure and branding are key elements of any marketing strategy and as part of the Positive Speakers Bureau ongoing redevelopment those key elements are being explored and applied to PSB's engagement with the wider community in general.

In the last six months the Positive Speakers Bureau has developed a working and supportive relationship with The Sydney City Council and one of the outcomes from that relationship is Positive Speakers Bureau's participation in the City of Sydney Late Night Library series of events which include an extensive program of talks, workshops and film screenings.

One of this year's Late Night Library events "The Black View" was part of the Mardi Gras Festival list of events, held at the Customs House Library it celebrated Mardi Gras with a vibrant and frank Aboriginal GLBT discussion panel featuring David Page, Sonny Dallas Law and Karla Dickens.

The panel provided a celebration of diversity mixed with social commentary and discussions on the latest hot topics ranging from serious health and community issues

to predictions for this year's Mardi Gras parade in a bold, witty and entertaining format.

In view of the relationship created with The City of Sydney Libraries, Positive Speakers Bureau was invited to attend this event and was supplied with a display table inside the library reading room where the discussion panel took place allowing Positive Life NSW and Positive Speakers Bureau to be visually promoted amongst the panel and audience.

At the end of the event the audience engaged with the Positive Life NSW display stand in the form of requests for information and referrals re the work that Positive Life NSW and Positive Speakers Bureau does for people with HIV in NSW.

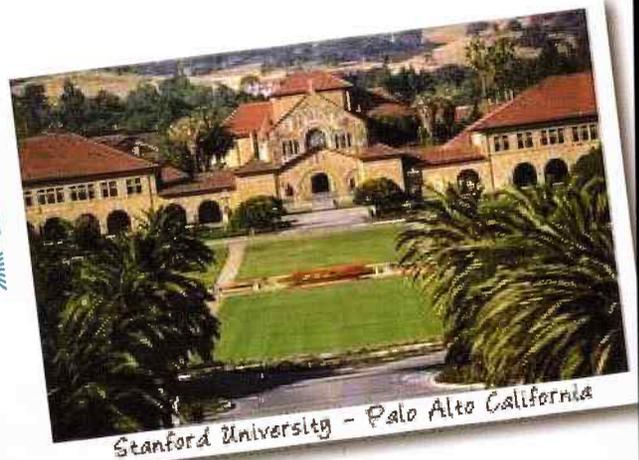
Education and Health Promotion were some of the key messages contained in the information provided as well as handing out 20 Positive Life NSW show bags thus creating a valuable interaction with the various communities that made up the audience.

As the event was based on the narrative the Positive Speakers Bureau's *Our stories...our words* provided a complimentary theme to the evening.

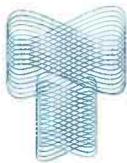
*Visibility and exposure are
key to positive branding.*

BGF Stanford University

Richard Kennedy



Stanford University - Palo Alto California



The program was developed by Stanford University CA in 1997, who at this stage were already running programs in Chronic Disease Self-Management. Myself and my colleague Kit Ayers travelled to Stanford University in California in early December last year to train there in facilitating this program, as well as how to train other leaders such as ourselves. We are the first and only organisation in Australia to offer the Positive Self-Management Program, and it's highly exciting for us to have this fantastic opportunity to be able to offer these courses.

Stanford University in Palo Alto, has the most beautiful campus that I have ever been to and is well serviced by free shuttle busses, 'The Marguerite', so it was very easy to get around campus and town, as well as having a fantastic bookshop, art gallery, coffee shops and union. Stanford also has a very active GLBT Resource Centre that run an HIV Awareness project on Campus from the Old Fire Truck House.

Palo Alto is about an hour south of San Francisco and Kit and I were fortunate enough to spend a couple of days in San Francisco visiting HIV/AIDS organisations that offer similar services to those we have here in Sydney. In particular, thanks to Jeff Jones, (ex-ACON) who is the Client Services Manager of San Francisco AIDS Emergency Fund. They have over 2500 clients, many of who are homeless. What struck me immediately was the amount of PLHIV in the city, and so many of them are literally on the streets. The infection rate amongst youth in the 13 - 24 age range is growing rapidly (26% of new infections), as well as in the African American women population (29%). World Aids Day coincided with our visit and I was lucky enough to visit the National Aids Grove in Golden Gate Park, which was a deeply moving experience as well as shopping at 'Under One Roof' who were taking part in the fundraiser 'Paint the Castro Red' Under One roof is staffed entirely by volunteers and they donate all of their profits among the 47 AIDS services that operate in the Bay Area.

I was sad to see that HIV (or AIDS, as it is still referred to in

North America), still has a lot of stigma and discrimination attached to it, and so many people are so very marginalised even within their own communities. However, it was heartening to see the hard work of so many agencies with very limited resources and funds. It really brought home to me how lucky we are to live in Australia and the easy access that we have to health care and services.

I was in intensive training in how to lead a course, as well as how to train Leaders and the content rubbed off on me (without me initially realising it).

I actually noticed the effect that the course that it has had on me, as did my partner, Jon.

When I returned from California, people were commenting on how much more in control of my life I seemed to be - in fact someone actually said "You seem to be in love with life"

I certainly feel a lot more confident and in control of managing my symptoms and emotions. I used to feel tired a lot of the time and I guess I had the feeling of being out of control by letting the disease manage my lifestyle, rather than the other way around. I have been on chemotherapy for ongoing KS as well as working in a full time job and some days it was very hard to get out of bed, let alone get organised with the day to day mechanics of living in a city. I really feel that the workshop at Stanford gave me the tools to help me manage the things that 'life throws your way'

I realised that I can control my own symptoms and take responsibility for my health. I would recommend this program to anyone living with HIV, no matter how well that you may feel that you are dealing with living with HIV at the moment. This is a program that both I, Kit and BGF strongly believe in.

Subjects covered include 1) how to best integrate medication regimes into daily life, so that they can be taken constantly; we explain how to keep a track of all of your medications in a 'medication log' where you can note side effects and maybe any missed doses. This is an invaluable tool when you have to next see your GP, as they can clearly see what is happening, and who else might be prescribing medications which may have an adverse reaction on other drugs and therapies. 2) techniques to deal with problems such as fear, frustration, fatigue, depression, pain and isolation; which is something that effects a lot of people who are living with HIV to a lesser or greater extent. All of these can have a

profound effect on how we manage our disease, and they can feed off one another, creating a vicious cycle and making our condition worse 3) appropriate exercise for maintaining strength, flexibility and endurance; incorporating exercise into your daily routine is very important and the course helps break down the fear that exercise is painful and hard work, making it easy and enjoyable 4) communicating effectively with friends, family and health professionals; communication is a very important part of our lives, and everyone has a fear of not being heard, however it is how we share information that is important, letting others know how we feel and how things are impacting on us which is especially important for us and our health care providers 5) nutrition; this is not about starting a new diet, but looking at how to be aware of a nutritious diet and having well balanced meals as part of our daily routine 6) evaluating symptoms; is a new symptom something to be worried about and need medical treatment or is it in fact just an everyday cold that can be cured at home? Once we are more aware of our bodies, then we find it easier to evaluate our symptoms 7) advance directives; teaching ourselves how to source and utilise resources and services that are not HIV specific but can be very beneficial and 8) how to evaluate new or alternative treatments; there are always so many new treatments and complimentary therapies out these days, that we need tools to evaluate these and make informed decisions how these may or may not be useful to us before spending a lot of money.

The workshops are being held in our conference room at Devonshire Street in Surry Hills and we will be offering both regional and rural workshops later in the year.

We show you the 'tools' that you can use in your daily life, to become a self-manager in your condition, not only living with HIV, but the effects of other chronic conditions that you may have, such as HepC, Diabetes, Asthma, Heart Disease and so on.

Simple things such as being aware of our breathing and how to relax tense muscles in easy exercises that can be used all times of day in any situation are all tools that we can utilise to help deal with stress

We help people make 'action plans' - that is small manageable daily tasks, such as walking 3 times a week for say, 20 minutes, until this becomes manageable and you are able to maybe then increase the time of exercise, or even add a couple of extra days. It could even be something as simple of replacing a chocolate snack with a piece of fruit - however, it is something that you practice every day until it becomes a part of your routine. It's about starting with the small steps and building towards your own goals - not goals that you think that you should work towards just because someone has told you that you should.

The program also helps you in starting exercise routines. Often people living with chronic conditions worry about exercise being dangerous, where in fact; it is more dangerous not to exercise. Regular exercise, even in small doses can help with mild depression and fatigue for many people. Once again, it is all about giving you the tools to break the symptom cycle and be able to regain control of your health condition.

Evaluations of the programs have shown a remarkable improvement in medication adherence, better strength, fitness and flexibility, better communication skills and fewer visits to their Health Care Providers

The Positive Self-management program will not conflict with existing programs or treatment. It is designed to enhance regular treatment and specific HIV-education. The program gives you skills to coordinate all the things needed to manage your health, as well as to keep actives in your life.

It is the process in which the PSMP is taught that makes it effective. Workshops are facilitated from a highly-detailed manual by two trained leaders, one of whom is a peer leader in HIV+, in this case myself.

Sessions are highly participative, where mutual support and success builds the participants confidence in their ability to manage their health and fulfil their lives

This is a workshop for people living with HIV as well as their partners (HIV or not) or their carers if they wish to attend. Each participant receives a copy of the companion book, Living Well with HIV/AIDS, as well as an audio relaxation CD, Relaxation for Mind and Body. This is a workshop, run over 7 weeks, for 2 and half hours every week. We ask that to get the maximum benefits that participants attend all sessions, as each week you build on from the experiences of the last week. We do understand that people sometimes have medical emergencies, however if you miss more than 2 weeks, then we have to ask you to leave this workshop and start with another at a later date.

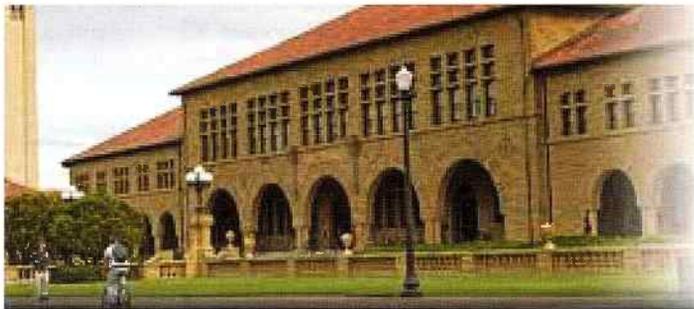
We will also be interviewing volunteers in the second half of the year for us to train in how to facilitate the course as leaders, and help us run workshops in outer Sydney and around the State. We are really hoping to be able to reach out to all people living with HIV in NSW regardless of their socio - economic status.

The next workshops start on Tuesday 26 February at 6.00 pm, giving people who are working, and those who have partners or carers who are working the chance to attend. Your partner does not have to be HIV+

We are also planning a day time workshop starting on Thursday 11 April at 1pm

There is no cost to the participant. BGF are able to offer this program due to a grant from the M.A.C Global Aids fund, to support men, women and children living with HIV/AIDS

For further information and to register for the workshops, please call either myself or Kit Ayers at BGF on 02 9283 866 / 1800 651 011 or bgf@bgf.org.au



the voice of people
with HIV since 1988

**Positive
Life**NSW

SWITCH +61 2 9206 2177
FREECALL 1800 245 677
FAX +61 2 9211 5672
STREET Suite 5.2, Level 5,
414 Elizabeth St
Surry Hills NSW 2010
POSTAL PO Box 831
Darlinghurst NSW 1300

Positive Speakers Bureau

Talkabout Magazine

Health Promotion

Social Marketing

Life Mail E-News

Peer Education

Planet Positive

Fact Sheets

Campaigns

Fresh Start

Advocacy

Referrals

Genesis

Events

www.positivelife.org.au



WHAT CAN YOU DO ABOUT DISCRIMINATION OR VILIFICATION?

If you feel that you have been discriminated against or victimised, you can make a complaint to the NSW Anti-Discrimination Board or the Australian Human Rights Commission.

Complaints of vilification can also be made to the Board.

HALC can provide you with legal advice and representation to help you with your complaint.

CALL 1800 063 060

HIV/AIDS LEGAL CENTRE
www.halc.org.au

WHEN IS IT UNLAWFUL TO DISCRIMINATE ON THE BASIS OF HIV STATUS?

- In employment generally, including when you apply for a job and at any time during your employment
- In education
- When you try to get goods and services, for example from shops, banks or medical practitioners
- When you try to enter or join a registered club, or when you are inside one

There are exceptions making it lawful to discriminate in these areas, such as when not discriminating would result in an “unreasonable cost” to the employer or service provider.

WHAT IS VILIFICATION?

Any act in public that encourages hatred, contempt or severe ridicule of a person because of his or her HIV status (actual or assumed) is called vilification. Vilification on the basis of a person’s HIV status is unlawful in NSW. Vilification on the basis of a person’s sexuality is also unlawful in NSW.

HAVE YOU BEEN VICTIMISED?

Complainants are protected under both NSW and Federal discrimination law. It is an offence to cause harm to a person because they have complained of discriminatory conduct, or lodged formal complaints. This is called “victimisation” and can also be the basis for a complaint.

A Positive Story

Dianne Nyoni

'You are HIV positive', these are the words that changed my life, words that made me question how I was going to navigate life as a positive woman.

After the shock, confusion and learning about this virus I had to contemplate how this was going to affect my life, my family's life as we learn to live with HIV. The imperative decision needed to be made about disclosure. Do I continue live and guard this secret or do I decide to choose to be transparent about my newfound status?

I am many things other than a woman who lives with a positive status of HIV. I am a mother, a partner, educated driven woman with goals and visions for my life.

Due to my late diagnosis my health was in a very poor place and I had to make the decision to stop work and spend time to focus on getting well. This was a huge loss a loss of my identity as a career woman, independence and financial security suddenly were compromised.

I felt that after contemplation that I could not live with keeping my status a secret. I needed to speak about and educate the community about this very real issue of HIV.

I heard about the positive speaker's bureau and applied online to become a positive speaker. After completing training and having taken time to deal with the transitions emotionally and psychologically that come with being diagnosed positive I was ready to embark on this journey as a positive speaker.

I was passionate to be a voice for people living with HIV and to challenge as a woman beliefs about who can be infected, be a voice to reduce stigma and fear so that awareness is raised.

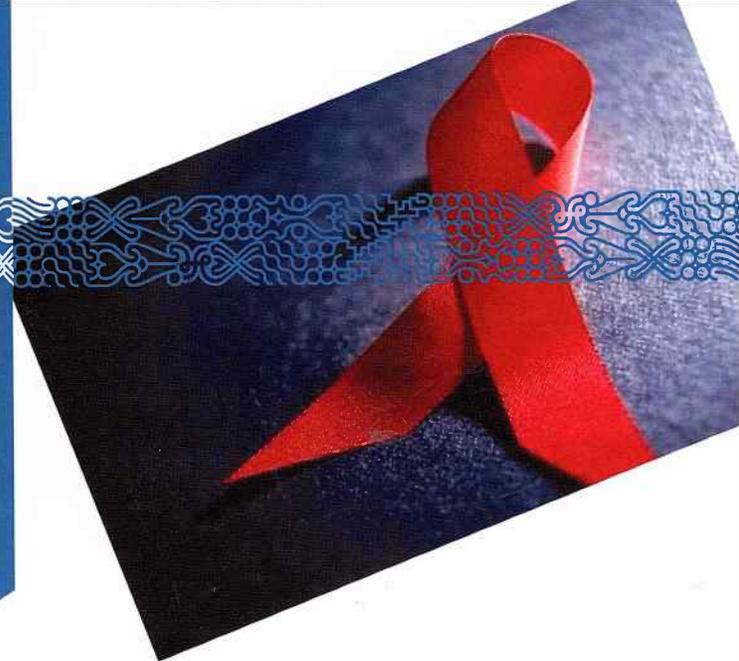
I was so happy to feel useful and be a part of something that was close to my heart. Being open about my status has been a rewarding experience that regardless of response can offer an opportunity for education and destigmatising for other positive people.

Positive Speakers was created to give people living with HIV a voice, therefore challenging perceptions about who can and cannot become infected, and to reduce the distance between those with and without the virus. I made a commitment to share my story about living with HIV in order to awaken the need to be sure we all know our status to stomp out HIV.

I feel more positive about myself and have found that by speaking I have removed fear of being open about my status. Sometimes stigma can come from an internal dialogue and so removing my own fears and coming to terms with my status I present my story with a raw truth that can resonate hopefully with the audience.

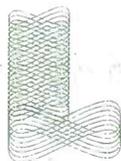
Telling my story hopefully opens discussion of what may seem a taboo topic in a non-judgemental environment that explores the many questions that can educate and free our beliefs that may be based on myths and stigma.

As long as HIV infections continue, I feel as a positive woman I have a responsibility to address the stigma, fear and discrimination that surrounds HIV. By speaking openly and sharing my story, my journey, I believe it is another step to change and hopefully one day the eradication of HIV.



The Impact of Financial Stress

Lance Feeney



Lance Feeney examines why Positive Life NSW has called on the NSW Government to waive or ease HIV medication costs for people with HIV in NSW, particularly those on limited incomes

In 2013, we now understand that modern HIV treatment prevents immune destruction, HIV disease progression and immune activation and chronic inflammation. The inflammation process associated with untreated HIV infection is directly associated with increased risk of cardiovascular, renal, liver and neurological diseases. It is also associated with a range of infectious and non-infectious cancers. We also understand that HIV treatment can significantly reduce the risk of HIV transmission to sexual partners.

The impact of financial stress and treatment decisions

Decisions about starting, interrupting and stopping HIV treatment can be significantly influenced by financial stress. As people struggle to balance the burden of health-related cost and living costs, decisions about the purchase of medications will be necessary from time-to-time. These decisions will affect their health and the health of their partners. People experiencing money problems may simply choose not to go on treatment, or to go off treatment, or to interrupt treatment - until they have sufficient funds available. We know from research conducted at St Vincent's Hospital that stopping HIV treatment and interrupting HIV treatment are both independently associated with difficulty meeting pharmacy and clinic travel costs. A significant proportion of people who experience financial stress, stop taking their HIV treatment.

It is worth noting that decisions about whether to purchase medication generally are not only influenced by the cost of HIV treatment, but also by the cost of medications for the control of other chronic health conditions. Hypertension

and elevated cholesterol and triglycerides, depression, anxiety, and a range of other potentially serious chronic health conditions frequently requires ongoing prescribed medication. It is not unusual for someone with HIV to be prescribed multiple medications to control blood pressure, lipids, depression/anxiety in addition to their HIV medication.

The financial costs associated with the management of chronic disease have potentially severe economic consequences for individuals and their households. Research has found a direct relationship between the number of chronic health conditions an individual has, and their out-of-pocket spending on health care. People with multiple chronic health conditions also tend to be on lower incomes due to the impact of chronic disease and the effects of intermittent illness on employment.

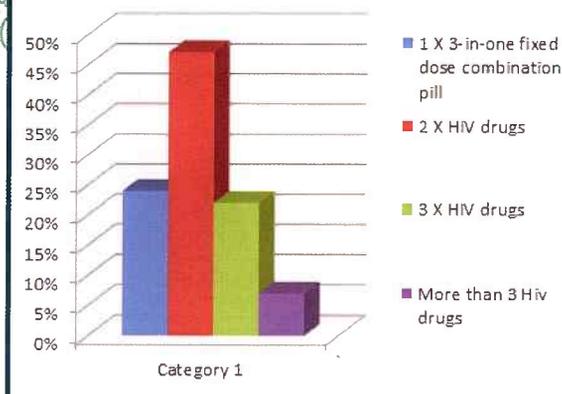
HIV and employment

Better HIV treatments have assisted many people with HIV to maintain full-time work. However, the area of employment continues to present challenges for HIV-positive people. While financial independence and quality of life are critical factors in people's decisions to participate in paid employment, the intermittent effects of illness and the need for flexibility - around taking time off from work for medical appointments - can prove to be substantial barriers to obtaining and retaining full-time work.

It is estimated that about 6,000 of the 10,500 people in NSW with diagnosed HIV are employed full-time and earning a reasonable income. However, we also know that there are about 4,000 people who are less financially well-off. Of this group, some either work part-time or are self-funded retirees (about 2,000 in total). They are not eligible for a concessional dispensing fee, despite being on a low income. A further 2,000 people either rely on a pension or social security payment and while eligible for a concession, frequently struggle to meet the cost of living on the limited welfare payments paid by Centrelink.



Number of HIV medications dispensed per person



How many HIV medications?

Figure 1 above gives a picture of the number of HIV medication being dispensed to each person at an inner-Sydney hospital pharmacy. It can be seen that most people - about half (47%), take two HIV drugs. The remaining half take either a (3 in 1) fixed dose combination pill (24%), or three HIV drugs (20%). A very small number of people take three or more HIV drugs (7%). In the case of medication for other health conditions, as previously stated, significant numbers of people take multiple medications to manage hypertension, lipids, depression, and other viral infections (herpes simplex/zoster).

The PBS Safety Net

Although the Commonwealth Government provides a rebate on dispensing fees after the Pharmaceutical Benefits Scheme (PBS) Safety Net threshold has been reached (\$1,390.60 for those ineligible for a concession, and \$354 for Health Care Card holders), the scheme does not provide sufficient assistance for people with HIV on lower incomes. It can typically take many months before the Safety Net threshold is reached. This can mean that some people struggling on low incomes may decide not to start treatment or to cease treatment, because they are unable to sustain the cost of several months of dispensing fees before reaching the Safety Net threshold. In addition,

the requirement to obtain dispensing records from all pharmacies during a calendar year before a pharmacist can issue an entitlement card is onerous. Feedback from people with HIV suggests that few understand the PBS Safety Net system. It is also likely that many reach the Safety Net threshold so late in the calendar year that they believe the time taken for the collection of dispensing records and application for a Safety Net Card outweighs the limited financial benefit.

The Table below shows the annual cost of multiple HIV and non-HIV medications for those paying the full dispensing fee and those paying the concessional dispensing rate (\$36.10 or \$5.90).

It is possible to calculate the annual cost of combinations of HIV and non-HIV medications. For example, if someone is taking 2 HIV drugs and 3 non-HIV drugs, and not eligible for a concession dispensing fee (they are employed), the total yearly cost would be \$433.20 (for their HIV medications) and \$1,299.60 (for their other medications), and the total amount would be \$1,732.80. The PBS Safety Net threshold is reached at \$1,390.60 and if a Safety Net Entitlement Card is issued, the dispensing fee for each prescription till the end of the calendar year drops to \$5.90 per item.

Yearly costs for HIV and Non-HIV medication (full and concessional dispensing fee/co-payment)

	HIV medications				Other medications				
	1 x script	2 x script	3 x script	4 x script	1 x script	2 x script	3 x script	4 x script	5 x script
Full fee	216.60	433.20	649.80	866.40	433.20	866.40	1299.60	1732.80	2166.00
Concession	35.40	70.80	106.20	141.60	70.80	141.60	212.40	283.20	354.00

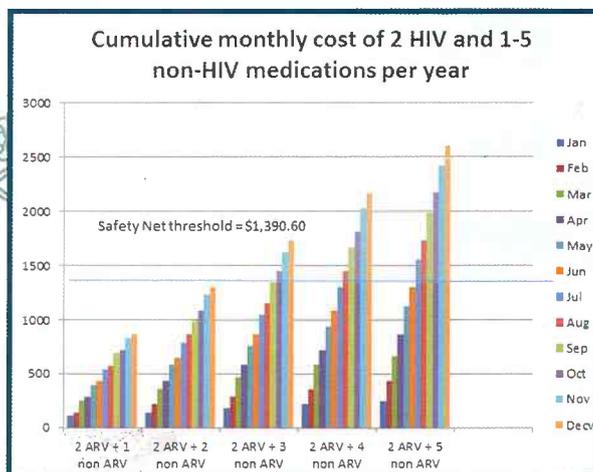


Figure 2

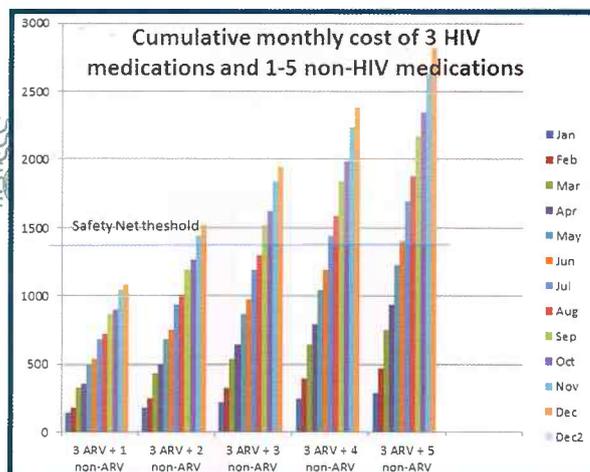


Figure 3

Figure 2 shows the cumulative monthly cost each year of a combination of two HIV medications plus one to five other medications. Figure 3 shows the cumulative monthly cost of a combination of three HIV medications and one to five other medications. It can be seen that a person needs to be taking four or more non-HIV medications in addition to two HIV medications to meet the Safety Net threshold in Figure 2 and in Figure 3, three HIV medications and two other medications. Even then the threshold is reached late in the calendar year. For those on two HIV medications and three or less non-HIV medications, they fail to reach the Safety Net Threshold and will pay up to \$1,390 per year.

The lifetime cost to the Commonwealth for each new HIV infection

The annual cost to the Australian Government of each new HIV infection is estimated to be between \$13,800 and \$16,300 for each person on a regular HIV medication regime. For those on more complex regimes, the annual cost is estimated at \$19,000 per year. The lifetime cost of each new HIV diagnosis is therefore between \$634,000 and \$749,000 - depending upon individual complexity, age of diagnosis and age at death. In 2011, 330 people were newly diagnosed with HIV in NSW. The lifetime cost for that year's diagnoses alone, is estimated to be up to \$247,000,000.

A Time for Review

Positive Life NSW strongly believes that if treatment uptake and adherence levels are to be significantly improved in NSW, financial barriers to starting and continuing treatment need to be addressed. We think that there is a strong case for the NSW Government to consider waiving dispensing fees for antiretroviral medication. Administratively, it may be simpler to waive the dispensing fee for all people with HIV who take HIV medication. However, if this is unachievable, Positive Life

NSW believes at the very least, a means test for people who are earning less than \$60,000 per annum should be considered. This would include those who are working part-time, self-funded retirees and people on pensions and social security payments.

We estimate that the cost of waiving dispensing fees to people with HIV who are earning less than \$60,000 to be approximately \$1.2 million per year. The cost for waiving HIV dispensing fees to all people with diagnosed HIV in NSW is less than \$5 million per year. The Ministry of Health considered our submission. We understand that they are seriously considering the introduction of a single dispensing fee system in NSW for HIV medications. This would mean that people would pay one dispensing fee - either the full cost (\$36.10, or the concessional rate \$5.90) regardless of the number of different HIV medications that they are prescribed. The cost to the NSW Government annually would be between \$1.42 million and \$1.8 million, depending on treatment uptake levels.

If introduced, this measure would significantly improve individual health outcomes for people with HIV in NSW. It would reduce financial stress, HIV transmission and long-term public health expenditure.

Further information

For further information about this article, please refer to the Positive Life NSW submissions to the HIV Strategy 2012-2015 Implementation Taskforce. They can be viewed on the Positive Life NSW website at <http://www.positivelife.org.au/advocacy/submissions> :

- A Time for Review: Antiretroviral co-payments for people with HIV in NSW, January 2013,
- Cost projections - a single antiretroviral co-payment scheme for people with HIV in NSW, March 2013

Or call Lance Feeney on (02) 9206 2174.



ORAL HEALTH FOR PEOPLE WITH HIV

A new oral health information resource is currently being developed for HIV-positive people. We would like your feedback on the design and content of the resource.

If you are interested in coming along to a focus group please call **9206 2176** or email **kathyt@positivelife.org.au** for the date, time and venue.

You will be remunerated with a gift voucher for your time.



Fresh
START

Positive Life NSW is running
a program especially
designed to help people
with HIV to quit smoking

Fresh start is a peer led course held
twice a week for 4 consecutive weeks.

To register or for more information contact Hédimio on
9206 2173 or hedimos@positivelife.org.au

GET IT CHECKED GET IT TREATED
GONORRHOEA IS ON THE INCREASE

You can have gonorrhoea and not even know you've got it.
If you don't get treated it can lead to a lot of health
problems, especially if you're HIV positive.

The earlier you find out the easier gonorrhoea is to treat.

**WANT THE
FACTS**

www.positivelife.org.au



youme&hiv

the serodiscordant couples study

Here's your chance to tell your story!

Be part of the first major study focused on the experiences of both gay and heterosexual couples with mixed HIV status (serodiscordance, pos/neg).

The aim of the study is to understand the needs of couples and to develop key recommendations for policy, prevention and health promotion.

The study will explore the social and sexual aspects of your relationship, and your use of health-related services. We also want to hear what you think about current plans to greatly reduce the HIV epidemic in Australia and globally.

What's involved

A confidential research interview will be held at a time and place convenient to you, taking 1-2 hours.

Both you and your partner can participate in the study but all participants are interviewed separately.

Reimbursement for out-of-pocket expenses (such as travel costs) and time spent is available to participants if required.

To find out more

For more information or to organise an interview, go to <http://nchr.org/youmeandhiv/> or contact Asha Persson on (02) 9385 6414 or at a.persson@unsw.edu.au

National Centre in HIV Social Research

Level 3 John Goodsell Building
The University of New South Wales
Sydney NSW 2052
<http://nchr.arts.unsw.edu.au>

We'd like to talk to you if you ...

are in a relationship with someone who does not have the same HIV status as you ✓

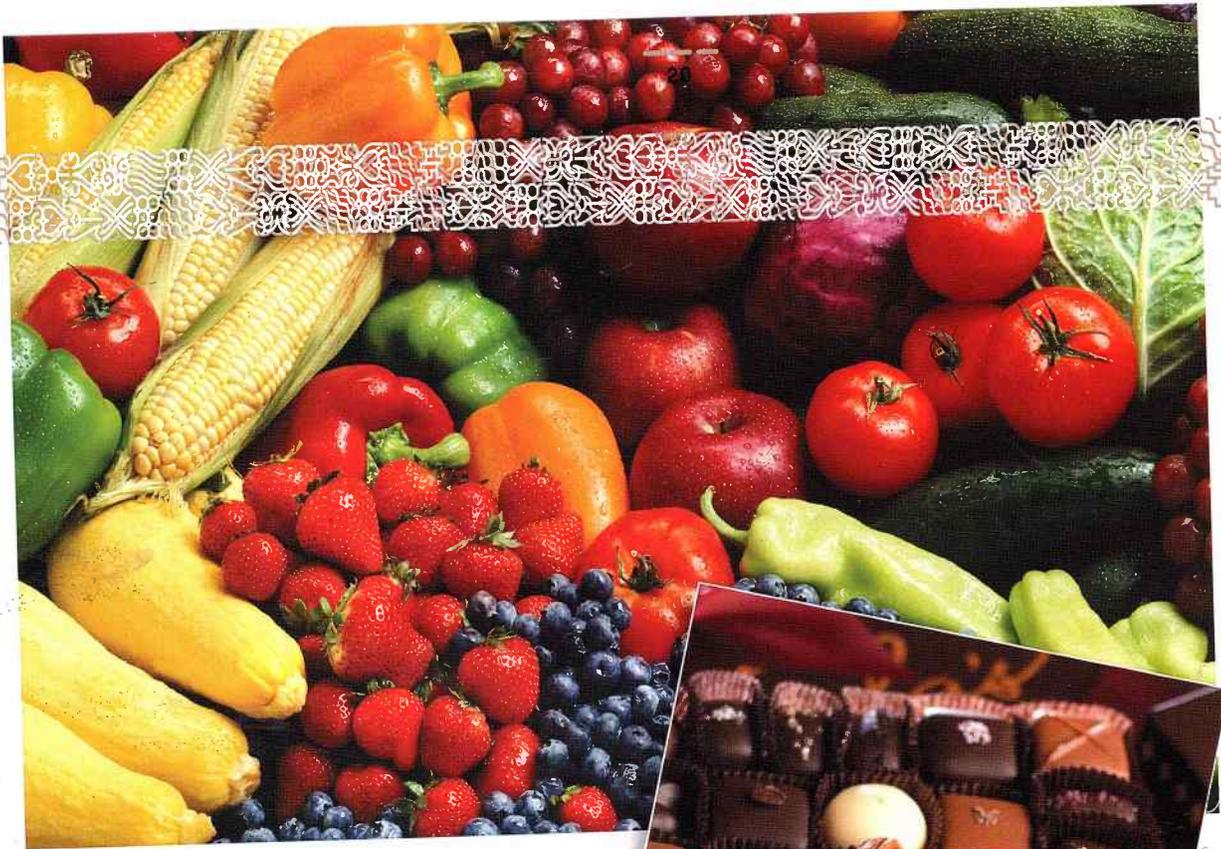
have been sexually active during the relationship ✓

live in Greater Sydney, Central Coast, Hunter/ Newcastle area, or Northern Rivers region ✓



The Serodiscordant Couples Study is led by the National Centre in HIV Social Research at The University of New South Wales in collaboration with multiple HIV community organisations and research centres.

This study has been approved by the UNSW Human Research Ethics Committee (approval number HC12627) and is being funded by NSW Health and the Australian Government Department of Health and Ageing.



Antioxidant rich foods - beans, berries, citrus fruits, nuts, Dark chocolate, spices

Smaller meals more often are better than 3 large meals, each meal should have a protein portion, eating every 3-4 hours is recommended.

Reduce refined processed foods, sugars, alcohol and excess dairy products as these all put strain on the digestive system and most have a low nutrient content.

As the virus and medication can constantly cause inflammation and deplete the body of nutrients it is important to get extra of certain nutrients like antioxidants, calcium, glutamine, B vitamins, selenium, Alpha Lipoic Acid, iron a good quality multi-vitamin is recommended and here is a list of foods that can be added to the diet:

- Antioxidant rich foods - beans, berries, citrus fruits, nuts, Dark chocolate, spices
- Immune stimulating foods - garlic, reishi and shitake
- Calcium foods - Dairy products, non-dairy - broccoli, bok choy, seaweeds, tofu, dried figs, bony fish (sardines, anchovies, salmon, mackerel)
- Anti-inflammatory foods - Salmon, kelp, cruciferous vegetables, turmeric, sweet potato, green tea
- Selenium rich foods - Brazil nuts, shellfish, fish, sunflower seeds, bran

- B Vitamin foods - eggs, lean meat, fish, green leafy veges, whole grains
- Iron Rich foods - oysters, mussels, oat bran, green leafy veges

Removing or reducing foods that can cause further inflammation and digestive issues like dairy products, wheat, processed food and sugars can improve overall well-being.

As we are moving into the colder month an increase in antioxidants and immune stimulating foods is recommended, also Echinacea, Olive leaf and andrographis work well as a preventative and will shorten any cold and flu symptoms, these are most easily taken in a supplement form.

Eating a well-balanced nutrient rich diet with extra will not only help ward off those winter colds and flus but will make you look and feel better. It is simple to make some small changes that can make a big difference.

Next issue we will take a look at allergy prevention and getting ready for summer with all the great fruits and foods associated with the great outdoors lifestyle we have here in Australia, until then, eat well.

Shaun Connolly
Clinical Nutritionist

DISCUSSING POS-POS SEX

WWW.WRAPPEDORRAW.ORG.AU

Kathy Triffitt



In December, Positive Life NSW re-launched their new look campaign www.wrappedorraw.org.au which explores choices made by HIV-positive gay men – specifically about using condoms in pos-pos sex – while offering options to minimise risk, maximise pleasure, manage disclosure and have great sex.

Pos-pos sex isn't something that is talked about every day. There aren't many resources for HIV-positive gay men to discuss topics like disclosure and handling rejection; negotiating different sex scenes with new partners;

hooking up on the net; making decisions on whether to use condoms in pos-pos sex; and communicating what they are or aren't prepared to do during sex.

The redesigned website incorporates video stories to ensure that the voice and experiences of gay men living with HIV are a central component of the campaign. Additionally, we offer online booklets about decision making in pos-pos sex, addressing everything from discussions between partners about HIV status to sexual health and testing for STDs.

Anal cancer is increasing in the gay community.

Find out how you can help determine whether regular testing should be introduced to prevent anal cancer.

Your chance to take part in this study is coming to a close. For more information, or to register visit -

spanc
Study of the Prevention of Anal Cancer

www.spanc.org.au

www.wrappedorraw.org.au recognises that gay men in NSW, including HIV positive men, continue to develop new ways to manage sexual risk (e.g. passing on HIV) and pleasure, including pos-pos sex. The campaign acknowledges this while continuing a community wide message that, for anal sex, condoms and water-based lube are effective protection against HIV.

Regardless of your status - HIV or otherwise - we recommend viewing the videos and digging through the information on the campaign's website. The stories are real and while you may sometimes not agree, the guys are honest and upfront when talking about their sexual lives and relationships.

Thank you to Bruce, Rik, Stu and Brad for their contribution to this campaign. It is an act of generosity on their part to share their stories with us.

gay men in NSW, including HIV positive men, continue to develop new ways to manage sexual risk and pleasure,

Kathy Triffitt, is the Manager, Health Promotion at Positive Life NSW.



Tree of Hope

For people living with HIV, their family and support person.

PLEASE NOTE - WE HAVE MOVED

2C West Street (Cnr Thomas St) Lewisham NSW 2049
PO Box 360 Summer Hill NSW 2130

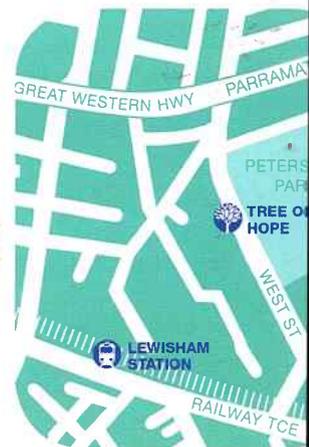


CatholicCare

T 9509 1240 (direct)

E treeofhope@catholiccare.org

W www.catholiccare.org



Positive Living ACT is Canberra and surrounds' only peer-based HIV organisation. Whether you're a local or new in town, we offer a range of support and services:

- We can help you find an S100 prescriber and HIV friendly healthcare
- Social events and information forums
- Access to treatment advice, vitamin service and latest resources
- Counselling, quarterly dietitian clinic
- Free financial and legal advice

Contact us Tuesday - Thursday 10.00am - 3.30pm **T** (02) 6257 4985 **E** positiveliving.act@aidsaction.org.au



Picking up your HIV meds has just become easier

The EMA is a new scheme that allows you to have your HIV medications delivered to your home, work, or a pharmacy of your choice.

The EMA is operating in both inner-city, outer metropolitan and regional areas of NSW.

To enrol in the scheme talk to your HIV prescribing doctor.

For more information, visit:

www.positivelife.org.au/ema-scheme-easy-delivery-your-hiv-meds



Senior's Week 2013

Hédimo Santana



Seniors Week 2013 celebrations embraced the LGBTI community and older people with HIV - Hédimo Santana reports.

Positive Life NSW was a proud partner organising Seniors Week 2013, which was held between 17 - 24 March across NSW.

The events held during Seniors Week promote awareness of the lives of people who are over the age of 55, inviting us to reflect on their experiences while acknowledging the contribution they have made to society. They also remind us that we should not be complacent to the issues of invisibility which affect older people.

Addressing the issue of Invisibility is particularly important because it affects older gay and lesbian seniors, and it is even harder for older people with HIV.

One of the main features for the week was the screening of *Cloudburst* on Thursday 21 March at the Dendy Circular Quay.

An initiative of NSW Government's Family and Community Services, the occasion brought together a

number of agencies including the City of Sydney Over 55s program, NSW Police, ACON, BGF, Pride History Project, Older Women's Network, MAG, Gender Centre, and the Sydney Gay and Lesbian Choir. Other organisations also represented included the Ethnic Communities Council of NSW, Ten Forty Matrix, Ever Green Lifecare, Uniting Care, SSWAHS, Mental Health Coordinating Council, Carers NSW, Aged and Communities Services Association, and the Benevolent Society.

The screening of *Cloudburst* was part of Young at Heart Seniors' Film Festival, which is organised by The Festivalists. Film director Louise Wadley was the speaker for the event which provided an opportunity for Positive Life and the other agencies to showcase the work they do, particularly those programs related to ageing LGBTI community and older people with HIV.

The participating agencies held information stalls at the entrance of the cinema, and distributes at least 250 goodie bags containing a variety of relevant information to the movie goers. The movie was followed drinks and nibble at the cinema's foyer, providing movie-goers with an opportunity to network.

Directory

Albion Street

150-154 Albion Street
Surry Hills NSW 2010

Tel: 02 9332 9650

Pharmacy hours:

Monday-Wednesday 9.00-17.30,
closed 13.30-14.30

Thursday 9.00-19.00,
closed 13.30-14.30

Friday 9.00-15.45,
closed 12.30-13.30

Note: Lunchtime pharmacy service is subject to staff availability. Clients are advised to telephone and check service hours before arrival.

Prince of Wales Hospital

High Street
Randwick NSW 2031

Tel: 02 9382 2332 (switch)

Pharmacy hours:

Monday-Friday 10.00-17.00,
closed 13.00-14.00

Royal North Shore Hospital

Pacific Highway
St Leonards NSW 2065

Tel: 02 9926 7015

Pharmacy hours:

Monday-Wednesday, Friday
8.30-17.00

Thursday 8.30-17.30

Royal Prince Alfred Hospital

Building 11, Missenden Road
Camperdown NSW 2050

Tel: 02 9515 6111

Pharmacy hours:

Monday 8.00-17.00

Tuesday 8.00-7.00pm

Wednesday-Friday 8.00-17.00

St George Hospital

Gray Street
Kogarah NSW 2217

Tel: 02 9113 3051

Pharmacy hours:

Monday-Friday 10.00-17.00

St Vincents Public Hospital

Victoria Street corner of Burton
Street

Darlinghurst NSW 2010

Tel: 02 8382 2594

Pharmacy hours:

Monday-Friday 9.00-17.00

Thursday 9.00-19.00

clinical trials 9.00-17.00

Note: The pharmacy closes on low activity days (usually on a Friday).

Clients are advised to telephone ahead and check service hours before arrival.

Sydney Hospital

Macquarie Street
Sydney NSW 2000

Tel: 02 9382 7379

Pharmacy hours:

Monday-Thursday, Friday 8.00-17.00

Wednesday 9.00-17.00

Westmead Hospital

Corner of Hawkesbury
and Darcy Roads
Westmead NSW 2145

Tel: 02 9845 6542

Pharmacy hours:

Monday-Friday 9.00-17.00

Note: One Friday every month the pharmacy is closed. Clients are advised to telephone and check service hours before arrival.



Angels in America

28 May - 28 July

BELVOIR ST THEATRE / THEATRE ROYAL



Olga's Personals

MEN SEEKING MEN

East Coast NSW 20something, very healthy poz guy, 5'11, attractive, athletic build, uncult and well endowed. Can be shy but enjoy a thrashing in bed! ISO rough trade, active F/B up to 60yo who is also well endowed. Please try and reply with recent photo. **Reply 010611**

Mid 40s reasonably good-looking bottom guy, medium build, seeking 35-55. Preferably an adventurous city/country cowboy kind of guy with good health and reasonably fit body as well as attractive inside/out. Tall 5.10 + welcome any nationality for friendship and more. Genuine replies only. **Reply 230711**

Western NSW early 40s, good-looking, fit and healthy (5'11, 78kg) guy in Dubbo area. Into exercise, bushwalking, meditation and quiet nights. WLTm other poz guys for friendship/relationship. ALA. **Reply 280711**

Mature guy 77yo, HIV+ for 18 years, totally passive. WLTm active guy who likes older men for friendship, sex, maybe more. My interests include travel, historic houses and architecture, gardening, classical music, concert-going. Share accommodation available for the right guy. **Reply 020911**

South Coast NSW 50yo poz guy, 5'10", 79kg, MO, goatee, hair body, GSOH, loves life. ISO friend, partner in surrounding area for LTR. Like quiet nights at home. Been single for 6 years so it's time to find that special person. Genuine guys only. No Internet please. ALA. **Reply 111111**

Darlinghurst 30yo, young-looking, slim, dark olive skin, attractive, 5'8", 61kg, keep fit, versatile... a bit tired of one-night stands and casual sex. WLTm a versatile guy younger than 40 and who keeps fit to build a more meaningful life with. I like the outdoors, spirituality, wildlife, partying occasionally and cosy nights at home. I'm genuine and apparently DTE. Get in touch if you think we'd hit it off. I'm a nice guy. **Reply 180112**

Western Sydney 66yo gay man looking for Mr Right. I'm a DTE person who loves country music & gardening. WLTm someone age 40-60

to share my life with. **Reply 180512**

South Coast 62yo poz guy. I'm a golf nut, versatile, non-smoker, drinker or drugs. Looking for a mate or more if it goes that way, preferable a local, outdoors type over 40, with similar interests, a GSOH and who likes nights in. **Reply 030912**

Blue Mountains 65yo who has been HIV+ for over 18 year. I'm a non-smoker who WLTm genuine and active guys around my age for friendship, sex and maybe more. My interests include walking, gardening, camping, travel, and reading. **Reply 090912**

Sea-change: Ex-Sydney very long-term poz, fit and happy, multi-interested soul. ISO any nationality, adventurous, versatile and socially aware journey-man who may want to visit me in Hobart, or vice-versa in Sydney. Lots of possibilities. Tasmania is not so far away, a wonderful life. Be brave! **Reply 180912**

Attractive Asian mid-40s. I enjoy a fit and healthy lifestyle. ISO Caucasian guy of similar age and interests for friendship or relationship. Non-scene, not looking for one-night stand. I'd like to meet an affectionate soul mate to share a meaningful life with. **Reply 091112**

Tall mid-40's Asian guy, good looking, DTE and GSOH. WLTm a professional, honest and good-looking Aussie for LTR. I enjoy spending quality time at home, gardening as well as dining out. If you're keen on building a life together for many years to come, I'm your man. **Reply 280413**

MEN SEEKING WOMEN

Sydney to Newcastle trim, well groomed, youthful 50yo poz guy. Genuine, DTE and caring, WLTm a lady to care for and to share some laughs, friendship and happiness. Age, nationality are no barrier. **Reply 200611**

Hunter Valley young 66yo guy average build and looks, versatile, honest and caring. GSOH non-smoker WLTm a nice lady who accepts my HIV status and is happy to spend her time with me and enjoy some TLC together. ALA. **Reply 010811**

Professional 41yo HIV+ gay man looking for an HIV positive female who is exploring the possibility of having a baby. If this is something you are interested in, please get in touch. **Reply 080911**

Sydney/Country NSW 38yo white male, good health, slim built, WLTm a fun loving female of any race around same age or younger. I enjoy the outdoors, good food, music & a GSOH. I'm DTE & hard working. So, if you are ready for an adventure in love & life, let's get things started. ALA. **Reply 280512**

North Coast NSW, Late 50's, financially secure, educated, well-travelled, polite, positive in good health, seeks lady, any nationality, any age, interested in travel, coastal living, Asian food, art, laughing and love. ALA. **Reply 060812**

Melbourne Straight male living and working in Melbourne. Easy going, open minded and non-judgemental, love to laugh. WLTm someone who is understanding of the situation, to share some wonderful moments with and live a happy life. **Reply 040812**

Gold Coast 64 yo HIV+ guy, 5ft8, slim brown eyes, passionate lips seeks HIV+ pixie for scrabble & salsa - **Reply 310113**

WOMEN SEEKING MEN

Spicy and very attractive dark skin girl seeks a special, secure and independent guy to share the journey of life with. I am caring, honest, DTE person. I love to laugh and I do believe in love. **Reply 210110**

Mid North Coast NSW affectionate caring 38yo single mum ready to meet someone special to love and adore, hopefully for the rest of my life. I love and appreciate everything in nature and I believe in healthy life and mind. I'm an outgoing, fun, open-minded thoughtful lady who humbles herself to please someone she cares about. Genuine reply only please. **Reply 220211**

Western Sydney genuine, sincere, working African woman. I'm a loving, understanding person tired of being on my own. WLTm a loving, interesting and honest single soul. Prefer LTR. **Reply 190611**

PLACING PERSONALS

Write an ad of up to 50 words describing yourself and what you are looking for. You can be creative, but it pays to be realistic to avoid disappointment. Please include your location if you are outside the Sydney metro area. Olga encourages you to be polite. Claims about blood test results will not be published. Olga's is a safe space for people to declare their HIV-positive status. Any ads that refer to illegal activity or include homophobic, racist, sexist or abusive language will not be published. You can send your personal ad to Olga, including your name and postal address for replies, to editor@positivelife.org.au or by post to:

Olga's Personals, PO Box 831, Darlinghurst NSW 1300

Ads will remain in Olga's personals for 4 issues or a period of 12 months. We encourage you to submit a new ad if your circumstances change or your ad has expired.

ANSWERING PERSONALS

If you want to reply to an ad, think carefully about your response. Olga suggests that you not give you out work or home address or telephone number until you can trust the person. As Olga's personals are anonymous, you should establish trust first. You may want to give out your email address as a first step and take it from there. Place your response in a sealed, stamped (55c) envelope. Write the reply number in pencil on the outside and place this inside a separate envelope and send it to:

Olga's Personals, PO Box 831, Darlinghurst NSW 1300

Olga then forwards your response to its intended recipient.

MEETING SOMEONE

Olga wants you to have fun, but asks you to take some simple precautions when you agree to meet in person.

It might be best to meet in a public place so that you can confirm the person is who they say they are. You can always go someplace private later if you really hit it off!

If you are going somewhere unfamiliar, let a friend know the details or ask them to call you to make sure you are alright.

Use commonsense and remember the basic rules of personal safety. Maintain a healthy degree of suspicion: if anything seems odd, be careful and leave if you feel uncomfortable. Finally, have reasonable expectations. It can be exciting to meet someone new but the person may be different from what you expected. Keep this in mind and have fun!

PROTECTING YOUR PRIVACY

Your personal details remain strictly confidential. Olga keeps your personal details on file in accordance with our Privacy Policy, available at www.positivelife.org.au/about/privacy. If you have questions about your privacy, please contact Positive Life NSW at editor@positivelife.org.au or 02 9361 6011 or 1800 245 677.

COMMON ACRONYMS

ALA
All letters answered

DTE
Down to earth

GAM
Gay Asian male

GSOH
Good sense of humour

GWM
Gay white male

ISO
Looking for

LTR
Long-term relationship

NS
Non smoker

TLC
Tender loving care

WLTm
Would like to meet

Have you found love through Olga's?

Wanna tell us about it?

Membership & Subscription Form

MEMBERSHIP & PRIVACY STATEMENT

FULL MEMBERSHIP APPLICATIONS ONLY

Positive Life NSW Membership & Talkabout Magazine Subscription

Membership of Positive Life NSW is free and is open to any person in NSW living with or affected by HIV.

All members receive a free subscription to Talkabout Magazine mailed quarterly and the Annual Report (if requested).

For more information, visit www.positivelife.org.au/about/membership

- Full Membership** You are a NSW resident with HIV, and are therefore, entitled to full voting rights. You must tick the Personal/Health Information Statement at the bottom of the page.
- Associate Membership** You are a NSW resident affected by HIV, ie, a partner, family member, support person, or You are /work for a NSW based health / not for profit organisation.

Note: Applications for membership must be approved by the Positive Life NSW Board of Directors. Our Rules of Association are available online at www.positivelife.org.au/membership/rules

Privacy / Health Information Statement

Positive Life NSW collects your personal information in accordance with our Privacy Policy (www.positivelife.org.au/privacy-policy). Your details are strictly confidential and only used to add you to our membership database. We will send you information about Positive Life NSW, Talkabout Magazine some email reminders. You can unsubscribe to email updates following the instructions in the email.

We store your personal information in hardcopy or electronically or both. Access to your information is strictly limited to Positive Life staff members and will not be passed on to any other organisation or individual. You can access and correct your personal/health information by contacting us on 02 9206 2177 or 1800 245 677 or harryr@positivelife.org.au. Please be aware that for security reasons we require any detail change in writing

I have read the Privacy/Health Information Statement and consent to my information being collected and stored

SUBSCRIPTIONS

Talkabout Subscription Only

Non-members can receive Talkabout as a paid subscriber.

We produce four copies of Talkabout Magazine, seasonally each calendar. Subscription is valid from 1 July to 30 June.

- Talkabout Magazine** You are a resident of NSW and not a member of Positive Life NSW FREE
- Subscription Only** You are resident outside NSW \$33.00

DONATIONS

Membership Fees & Donations

Membership to Positive Life NSW is FREE.

Please note: Talkabout subscriptions from outside of NSW will incur a postage fee.

- Donation** I would like to make a donation of _____
Donations over \$2 are tax deductible.
You will be provided with a receipt for tax purposes.

CONTACT DETAILS

Your Details

TITLE	FIRST NAME	SURNAME
ADDRESS		
STATE	POSTCODE	EMAIL
The total amount payable to Positive Life NSW is		
<input type="checkbox"/> Cheque / Money Order (payable to Positive Life NSW)	OR	<input type="checkbox"/> Please charge my _____ (\$10 minimum for credit card payments)
CARD NUMBER		EXPIRY
NAME ON CARD	SIGNATURE	

RETURN FORM TO



POST
Reply Paid 831
Darlinghurst NSW 1300
No stamp is necessary



FAX
02 9211 5672



EMAIL
harryr@positivelife.org.au



WEB
www.positivelife.org.au/membership

PositiveLifeNSW

Resources Order Form

YOUR ORDER

All resources listed are free of charge. Large orders will be invoiced for postage costs. Please indicate the quantity of each resource in the boxes below and return the completed form to the address below.

HIV HEALTH SERIES

HIV Health Series

The content of our HIV Health Series was checked for accuracy, and all references to programs and contacts were accurate at the time of publication. Please note that some facts sheets are no longer available for distribution, but can still be found on our website where we will include links to more recent or relevant information.

- | | | |
|---|---|---|
| <input type="checkbox"/> 04 I want to return to work | <input type="checkbox"/> 09 HIV and your mouth
(pamphlet also available) | <input type="checkbox"/> 17 Dealing with diarrhoea |
| <input type="checkbox"/> 05 Living with body shape change | <input type="checkbox"/> 10 The Dynamics of Disclosure
Website Download Only | <input type="checkbox"/> 18 Disclosing to your child |
| <input type="checkbox"/> 06 Positive Pregnancy
Website Download Only | <input type="checkbox"/> 15. 10 reasons to test for STIs
Website Download Only | <input type="checkbox"/> 19 Living with HIV and hep C |
| <input type="checkbox"/> 07 Clinical Trials | <input type="checkbox"/> 16 Relationship Agreements
Between Gay Men | <input type="checkbox"/> 20 Balancing act: HIV and cancer |
| <input type="checkbox"/> 08 A Night with Tina
(Methamphetamine and HIV)
Website Download Only | | |

SOCIAL MARKETING CAMPAIGNS

Social Marketing Campaigns

Get The Facts: Syphilis

Updates HIV positive gay men who practice adventurous sex on strategies to maintain their health and the health of their partners. Key messages focus on transmission, the importance of testing for syphilis and strategies to prevent them from getting or passing it on to their partners. **BOOKLET - 8 pages**

Know The Facts: Sex & Hep C

Updates sexually adventurous HIV positive gay men on hep C transmission, testing and strategies to prevent them from getting or passing it on to their partners. **BOOKLET - 8 pages**

Getting On With It Again - Living longer with HIV

Based on stories and interviews and shares some strategies for change and enhancing the quality of life of people living longer with HIV. **BOOKLET - 52 pages**

Sero Disco & Sero Disco 2 - Why Let HIV Get in the Way of a Good Relationship?

Gives gay men some practical ideas on how to look after each other in a serodiscordant relationship (where one partner is HIV positive and one partner is HIV negative). This can include everything from starting a relationship, disclosure, condoms and intimacy, relationship agreements, communication strategies, testing for HIV and STI awareness. **MAGAZINE - 52 pages**

WORKSHOP RESOURCE

Workshop Resource

Simple Pleasures (Workshop Guide) builds on material presented in our booklet GETTING ON WITH IT AGAIN Living longer with HIV. The workshop is designed to be used with HIV positive peer support groups or in HIV support groups facilitated by healthcare workers.

Delivery Details

ORGANISATION

TITLE

CONTACT NAME

ADDRESS

STATE

POSTCODE

EMAIL

PHONE

DATE OF ORDER

RETURN FORM TO



POST
PO Box 831
Darlinghurst NSW 1300



FAX
02 9211 5672



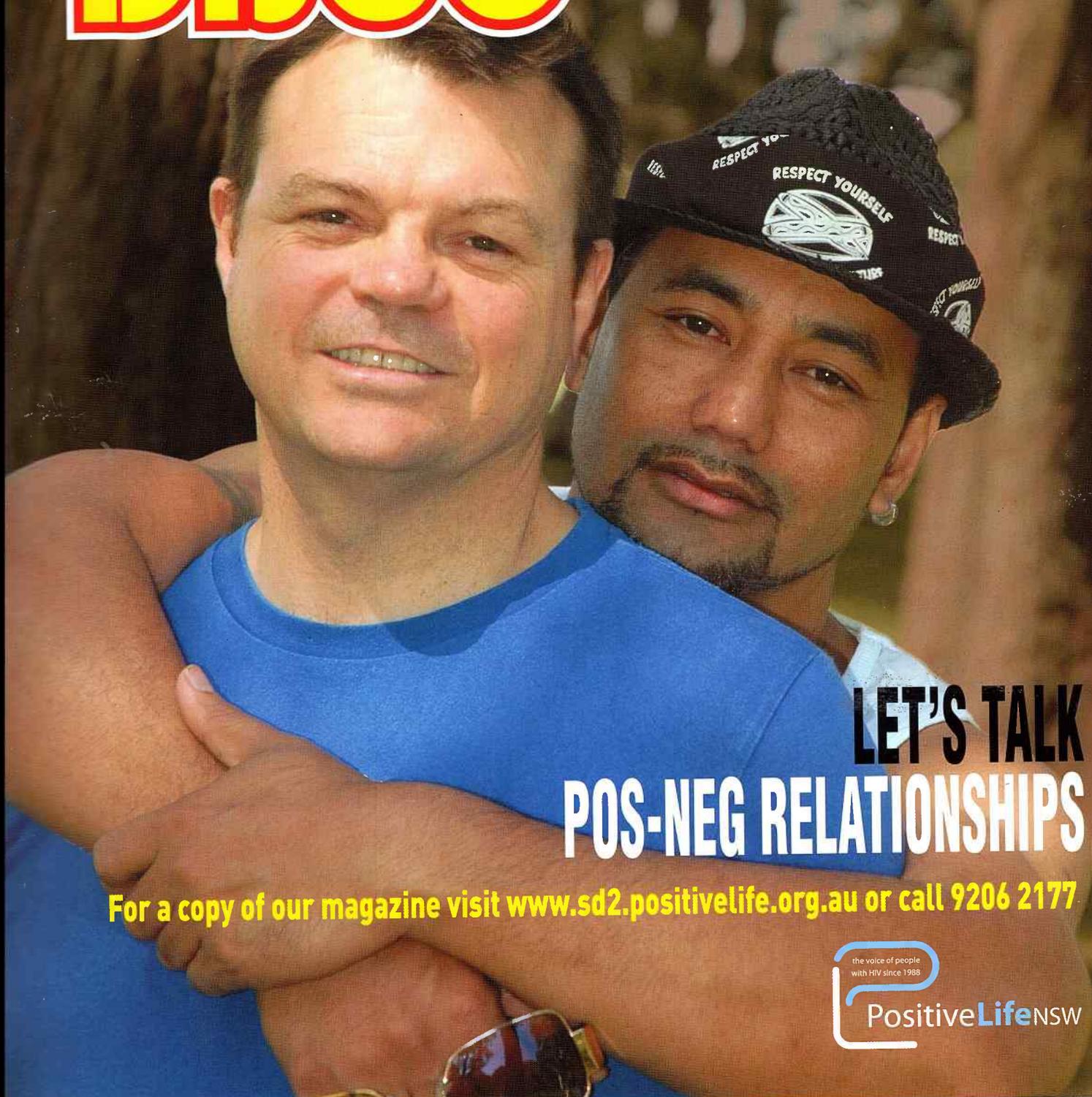
EMAIL
healthpromotion@positivelife.org.au



WEB
www.positivelife.org.au

SERO DISCO 2

WHY LET HIV GET IN THE WAY OF A GOOD RELATIONSHIP?



LET'S TALK POS-NEG RELATIONSHIPS

For a copy of our magazine visit www.sd2.positivelife.org.au or call 9206 2177





If you're living with HIV then talk to your doctor. Early treatment can have important health benefits and can protect your partners. Don't put off treatment any longer and learn about the latest developments.

napwa.org.au

napwa national association of
people living with HIV/AIDS

START THE CONVERSATION TODAY