



By looking after yourself and taking treatment as prescribed, you can live a long, healthy life and have relationships with virtually zero risk of transmission

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*Merry Christmas and  
Happy 2017 from all of us*

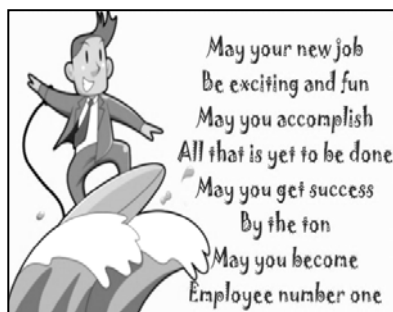


Positive men and women on treatment can now naturally conceive negative babies



## farewell

After 11 years of tireless commitment to support the Pozhet community we farewell Pene Manolas, Manager of Community HIV Services. Thanks for everything Pene!



### About us

Pozhet is a NSW-wide service hosted by Sydney Local Health District. It is for heterosexual men and women and their partners and families.

Pozhet works with heterosexual people living with HIV to provide education, information and support and to make sure people have access to the services they need. One in five people diagnosed with HIV in NSW are heterosexual and many of them are diagnosed late which means they are often unwell. For more information about testing for HIV go to the [pozhet.org.au](http://pozhet.org.au). You can also provide comments and feedback on the Pozhet website.



**Pozhet New Beginnings** is a program for heterosexual people recently diagnosed with HIV.

Individual and group support, education, and information about living well with HIV, health, relationships, sexuality, treatment and connecting with others.

### 2016 in review

2016 has been another successful year for Pozhet. We had **2 retreats**, an **Annual Workshop** as well as two events with the Western Suburbs Haven and a few Women's Groups. During 2016 the **Pozhet Consumer Group** has also initiated a **Drop-in at Redfern Health Centre**. This will continue through 2017 and will probably be on the first Wednesday of every month at 2pm – 4pm at Redfern Health Centre. All are invited to come along to have a chat and a coffee with other Pozhet members.

The **Pozhet Consumer Group** has been a great source of information and input into all Pozhet activities throughout the year and we will continue this in 2017.

It is made up of 6 positive men and women, including city, regional and CALD reps, who are consulted regularly by Pozhet staff and remunerated accordingly.

The Consumer Group is also looking for **volunteers** to help them staff the Drop-in so if you are interested please contact Pozhet.



*Hello everyone*

*My name is Jean Marie - "Jean" if it is easier for you .*

*I joined the Pozhet team late August 2016 and I would like to say thank you to all the Pozhet community including my work colleagues.*

*I am looking forward to working with you in 2017.*

*What makes me happiest is the resilience I observed when I attended the November Annual Workshop and I found you all very inspiring. Keep up the involvement in Pozhet!*



*1,025 people were diagnosed with HIV in Australia in 2015*

(Based on data from the Annual Surveillance Report 2016)



## Who else is at Pozhet ?

Just need someone to chat to?

Newly diagnosed?

**Maxine** and **Susan** are here

Free call (within NSW)



**1800 812 404**

## The Annual Workshop

The Workshop was held on 5<sup>th</sup> November and accommodation scholarships were provided to about 12 regional participants. The event was attended by 35 people and the day started with a panel of peer and service provider experts. A session on mindfulness was well received and the usual men's group and women's group are always very popular. All feedback was warmly received, including wonderful ideas for next years workshop. Comments included:

*Every year I learn something new*

*Very useful for people newly diagnosed and people living with HIV for years*

*I didn't realise you offer so much*

We hope you'll join us for the  
2017 Annual Workshop on  
Saturday the 25th of November  
2017



Hi there, my name is Caitlin. You might be seeing me around for a while as I've just started

my placement with Pozhet. I am a Master of Public Health student and really enjoying my time working with you all. I'll be managing the secret Pozhet Connect Facebook group for the time being as well as working on a few projects here and there. I just wanted to let you know that the Facebook group really is secret and if you have any concerns about this or if you'd ever like to chat please feel free to send me a Facebook message to either the 'Friends and Supporters of Pozhet' Facebook page or the 'Pozhet Connect' Facebook group or call the free call number 1800 812 404.

## *The Myuna Bay Retreat*

Pozhet held the second retreat of the year at Myuna Bay in September. Apart from light rain showers on Sunday, the weather was great. There was a great balance of information, discussions and outdoor activities such as canoeing and archery. The archery brought out the competitiveness in all! Feedback from all participants showed that people appreciated the social support and connections as well as the group discussions and information sharing. Two people attended with their negative partners and stated that it was a great opportunity for their partners to understand more about HIV.

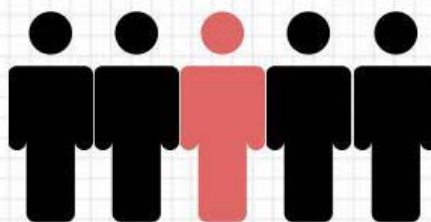


## ***International traveller? Had sex without condoms while you were away?***

The sooner you get tested the better (for all STIs)

HIV is like other chronic conditions now

Treatment is available for free on Medicare, how good is that?



***1 in 5 people  
contracted  
HIV from  
heterosexual  
sex***

Australians in 2015 (based on data from the Annual Surveillance Report 2016)

## Disclosure laws set to be erased...

Section 79 of the Public Health Act are likely to be dropped. The NSW Premier has stated that legislation will go through in 2017. People with HIV in NSW will no longer have to disclose before sex, if they are taking reasonable precautions such as using condoms, being on medication and have an undetectable viral load. The law will be more like Victoria where any two people having sex have a mutual responsibility to protect themselves.

## 2017 Events

We will be putting out a calendar of groups and activities for 2017 very soon. If you have never been to a weekend retreat or group before and are feeling a bit nervous - Give us a call and we can meet you for a coffee and hopefully answer any questions you might have.



## Christmas Office Hours

Pozhet will be closed from Saturday 24th of December and will reopen on Tuesday the 3rd of January

Watch out for Pozhet website updates:

**[www.pozhet.org.au](http://www.pozhet.org.au)**



us on **Facebook**

To join Pozhet or to get more information,

contact us at [pozhet@pozhet.org.au](mailto:pozhet@pozhet.org.au)



[www.health.nsw.gov.au/hiv-test](http://www.health.nsw.gov.au/hiv-test)



Email: [pozhet@pozhet.org.au](mailto:pozhet@pozhet.org.au)

Heterosexual HIV Infoline: [1800 812 404](tel:1800812404)