

Dear Folks,

Welcome to the 2025 Winter Edition of Pozhet Client Newsletter. I hope this finds you and yours in good spirits. Due to the success of the first series of Pozhet Stigma and Discrimination videos, we are busy planning the second iteration. We anticipate these will be available towards the end of 2025 for your viewing. I have no doubt you will enjoy the next series, as much as the first! Stayed tuned...

In other exciting news, the NSW Government amended the Crimes (Domestic and Personal Violence) Act 2007 No80, to include 'intentionally disclosing or threatening to disclose' that a person lives with HIV without their consent, by someone who they have a domestic relationship with. This is a great outcome for our community! If you would like to learn more about these changes, please see: Crimes (Domestic and Personal Violence) Act 2007 No 80.

All the best from Gadigal Land (Sydney)  
Brooke (Pozhet Manager)

## New Stigma and Discrimination Videos

Pozhet has released the final two videos in its Stigma and Discrimination series. These videos aim to address common confusions about HIV and challenge discriminatory attitudes toward people living with HIV.

The series explores issues for heterosexual people living with HIV, to combat HIV-related stigma and discrimination. Its relaxed Q&A format allows the Pozhet clients to share their experiences freely – often with a touch of humour.

The most recent video titles are:

- Are gay people the only ones who get HIV?
- How does sex and relationships work when you're HIV positive?

We would like to thank the Multicultural HIV & Hepatitis Services and Positive Life NSW for their contributions and guidance during the project development. We also thank our Pozhet talent who featured in the videos and made them so impactful. You can view the videos [here](#).



## HIV Futures 11 Survey Open Now

The HIV Futures 11 survey is now open! HIV Futures is the largest and longest running study about the health and wellbeing of people living with HIV in Australia. The survey happens every couple of years, and is developed with a variety of community groups and advocacy organisations. The HIV Futures study is led by the Australian Research Centre in Sex, Health and Society (ARCSHS).

The survey is open to anyone living with HIV who is currently living in Australia and aged over 18 years old. The survey results create an updated picture of life in Australia for people living with HIV, and help inform Australian policies and programs.

You can complete the survey at [hivfutures.org.au](https://hivfutures.org.au). It will take 30-45 minutes and participation is anonymous. If you have any questions you can contact the lead researcher Dr Dean Murphy on +03 9479 8718 or email [Dean.Murphy@latrobe.edu.au](mailto:Dean.Murphy@latrobe.edu.au).



# First National Anal Cancer Screening Guidelines for People Living with HIV

Australia has introduced its first national guidelines for anal cancer screening for people living with HIV.

These guidelines aim to support early detection and care. They also aim to prevent the higher risk of anal squamous cell carcinoma (ASCC) for people living with HIV.

The guidelines recommend anal cancer screening for gay and bisexual men, other men who have sex with men, trans women over 35, cisgender women, trans men, and other cisgender men over 45.

The guidelines recommend screening every 3 years for people with negative results. The guidelines do not recommend screening after age 75 or after two consecutive negative results in non-sexually active people.

Learn more on the national guideline website: [analcancerscreening.guidelines.org.au](https://analcancerscreening.guidelines.org.au)

## Positive Life NSW: Find Support, Connection and Community

People living with HIV are best placed to support each other and advocate as equals. If you are a woman or man living with HIV, or identify as heterosexual, getting support from your peers can make all the difference. That's why Positive Life NSW is a peer-based organisation. Everyone who works and volunteers at Positive Life NSW is living with HIV.

Positive Life NSW have a wide range of peer-led social support programs and groups that are welcoming and inclusive. Our Peer Navigators can help you connect with others, be heard, understood, and supported to live well with HIV.

### **The Social Club – First Friday of each month, starting at 6pm.**

For people living with HIV who identify as heterosexual or bisexual. Get together over a catered dinner in a safe, friendly and private location just 3 minutes from Sydney's Central Station.

### **The Women's Room – Every second month on a Tuesday evening, starting at 6pm.**

A safe and confidential online social support group for women living with HIV under 45 years of age. Discussion topics are chosen by attendees. People from rural and regional areas are welcome to join this online group.

### **For Women – Every second month on a Tuesday evening,**

**starting at 6pm.** A safe and confidential online social support group for women living with HIV who are aged over 45 years. Discussion topics are chosen by the attendees. People from rural and regional areas are welcome to join this online group.

### **The Men's Room – Every second month on a Tuesday evening,**

**starting at 6pm.** A safe and confidential online social support group for men living with HIV who identify as heterosexual. Discussion topics are chosen by the attendees. People from rural and regional areas are welcome to join this online group.

### **SAVE THE DATE! Positive Impact Weekend Workshop 15-17 August 2025. Registration by Expressions of Interest (TBA)**

Positive Life NSW is proud to offer our free annual weekend residential workshop for heterosexual and bisexual people living with HIV. Accommodation, meals and activities are included, featuring discussions, workshops and social engagement.

For more information call Positive Life NSW on (02) 8357 8386, 1800 245 677 (freecall) or [contact@positivelife.org.au](mailto:contact@positivelife.org.au). Visit our website and view our calendar of upcoming events on: [www.positivelife.org.au](https://www.positivelife.org.au)



# Men's Health Week

Men's Health Week is held annually on the second week of June. This year we are encouraging you and the men in your life to book that GP appointment you may be putting off. What we know is that around two thirds of Australian men put off seeing the doctor after noticing a problem.

Sometimes 'sucking it up' or hoping that it goes away isn't good enough when it comes to health. Focus on what matters: getting the right advice from a medical expert.

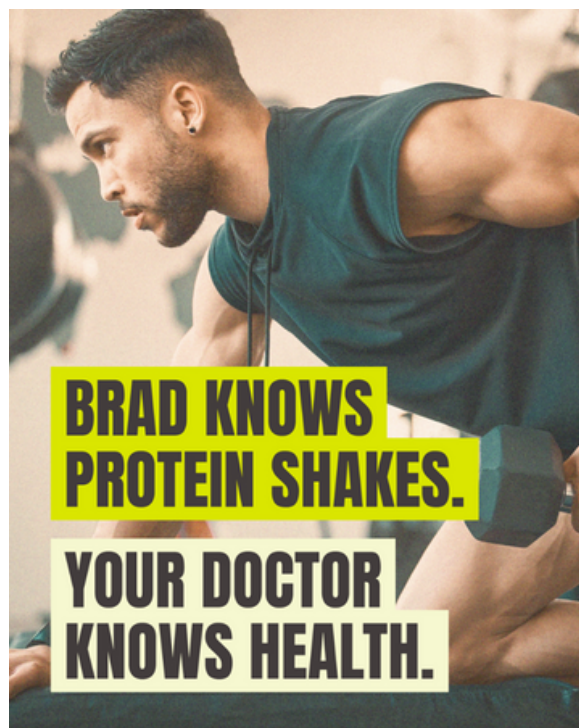
Here are a few tips to get more out of your GP appointments:

- **Find a GP that suits you.** Feeling comfortable with your GP is key to good care. Switching is easier than it seems. Your medical records can be transferred seamlessly. Options such as telehealth can help you access a better GP or an S100 prescriber if needed.
- **Bring notes.** Write down your symptoms as well as any questions you may have.
- **Don't be shy.** Your doctor sees bodies all day, it's unlikely yours will shock them.
- **Confirm next steps.** Tell the GP what your 'takeaways' were from the appointment, so that they can clarify any extra actions or information you need to know.

Everyone has opinions on how to stay healthy, but your GP and medical team can offer tailored, trustworthy advice.

For more information about men's health checks including a guide to what to check and when, head to:

[healthymale.org.au/projects/see-your-gp](https://healthymale.org.au/projects/see-your-gp)



## Wellbeing Spotlight: Managing Loneliness

Loneliness affects people in different ways. Some may have fewer human interactions but don't feel lonely, while others with busy social lives may still feel deep isolation. For people living with HIV, stigma, fear of disclosure, past discrimination, and loss of support networks can increase loneliness.

Temporary loneliness is a natural response to life changes, like a friend moving away or if a relationship ends. Long-term loneliness can affect health and wellbeing. In Australia, one in four adults report feeling lonely, and this can impact mental and physical health, as well as quality of life.

Here are a few proven ways to build connection:

- **Join a peer support group.** Connecting with others who share lived experience can reduce stigma and improve wellbeing. Positive Life NSW offers peer support programs and events.

- **Engage in activities.** Whether it's a running club, yoga class, or a local community program, shared activities foster connection. Bobby Goldsmith Foundation (BGF) host a variety of health and wellbeing programs.
- **Seek professional support.** Speaking with a mental health professional or peer worker can help you process and navigate loneliness. You can call the NSW Mental Health Line on 1800 011 511, Lifeline on 13 11 14, or connect with a mental health professional.
- **Reach out to a trusted friend.** A simple conversation can make a difference.

Connection can grow from the smallest actions—starting a conversation, joining a group, or being open to support. Support is out there, and reaching out is a sign of strength.

Learn more, click the links below:

- [The Black Dog Institute: 'What is loneliness and how can be overcome it in tough times'](#)
- [Health Direct: 'Loneliness and Isolation'](#)



## Pisto Manchego - Veggies with a Spanish Twist



**Prep Time:** 5 mins **Cook Time:** 20 mins **Serves** 4 **Rating** Easy

This tasty dish comes from La Mancha, the same region that gave us Don Quixote (you know, the guy who fought windmills). It's basically Spain's take on ratatouille—simple, comforting, and seriously delicious.

Pisto Manchego is made with fresh vegetables and usually topped with a fried or poached egg.

### What You'll Need:

- 2 medium zucchinis
- 3 green capsicums
- 1 red capsicum
- 1 kg ripe tomatoes
- 1 brown onion
- 3 tbsp olive oil
- A couple of pinches of salt

### How to Make It:

1. Chop the onion. Wash and clean the capsicums (cut off the tops and remove the seeds), then slice them up.
2. Heat the olive oil in a pan over medium heat. Add the onion first, then the capsicums. Sprinkle in some salt and stir now and then.
3. Dice the zucchinis and toss them in once the onion and capsicums are halfway cooked. When everything's soft, add the tomatoes.
4. Let it all cook gently, stirring occasionally so the flavours come together nicely.
5. Serve with a fried or poached egg on top if you like. Or just eat it straight from the pan—no judgment.

That's it—simple, tasty, and straight from the heart of Spain. Enjoy!

## Quiz

1. What was the 2025 Met Gala theme?
2. Which is the only country flag to have more than four sides?
3. What is the national flower of Japan?
4. Who is the most decorated Olympian in Olympic history?
5. When turtle lay eggs in below 28°C temperature, what gender will most of the babies be?
6. How long did the recent Blue Origin all-female space flight last for?
7. Which body system is responsible for hormone production and regulation?
8. If you get an eagle in golf, how many strokes did you get?
9. When was the Euro currency launched?
10. Is zillion a real number? (yes or no)

## Watch, Read, Listen

### Watch

#### The Residence - Netflix

A mystery comedy drama series based in the White House. Watch for laughs, quirky characters and glimpses of Kylie Minogue!

#### The Secret DNA of Us - SBS

Discover Australia's hidden history with Marc Fennell through groundbreaking mass DNA testing across four Australian towns.

### Read

#### Wild Dark Shore by Charlotte McConaghy

A gripping mystery novel about a family living alone on a remote island, and an unknown woman who washes up on the shore.

### Listen

#### No Such Thing as a Fish - BBC podcast

A weekly podcast where four hosts share their most bizarre, extraordinary or hilarious facts they've discovered in the last seven days.

## Quiz Answers

1. Superfine: Tailing Black Style;
2. Nepal
3. Cherry blossom
4. Michael Phelps
5. Male
6. Approx 10 mins and 21 secs
7. Endocrine system
8. Two under par
9. 1999
10. No