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SERVICES DIRECTORY

FOR PEOPLE LIVING WITH HIV

This directory of services has been created for people living with HIV to let you know what support and educational service are available within the Sydney Metropolitan Area.

These services range from workshops, peer education, positive health self-management

courses, therapeutic groups and activities, counselling and practical living and skills support.

In this directory you will find an overview of organisations who work with people living with HIV, the services that they offer and the best way to contact them.



WHAT OTHER SERVICES ARE OUT THERE?

- Are you accessing a service that is not listed in this directory?
- Do you know of another service that does great work with people living with HIV?

We'd like to hear about other services in the community, so feel free to let us know what else is out there and we will update the directory with their information.

CONTACT

Phone: (02) 9206 2000

and ask for the HIV Programs Team

E-mail: hivliving@acon.org.au



BUILDING OUR COMMUNITY'S
HEALTH & WELLBEING

ACON is New South Wales' leading health promotion organisation specialising in HIV and lesbian, gay, bisexual, transgender and intersex (LGBTI) health. ACON support people with HIV to maximise their health and minimise the effects of HIV by providing a diverse range of services and programs including support groups, workshops, information about HIV treatments, home-based care, counselling, and social events.

Genesis

The Genesis workshop 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. This happens in a totally safe, confidential and supportive environment.

One to One Peer Support

ACON also offers support from HIV positive peers who work exclusively with positive gay men. Peers are able to provide one-to-one support to those men who may want to talk to someone who understands, but who may not necessarily want to speak to a counsellor.

Weekly Meal Service

ACON offers a free meal service for people living with HIV every Friday lunchtime from midday till 1:30pm.

Home Based Care

Through our Community Support Network (CSN), we provide practical assistance to help people with HIV/AIDS to live as independently as possible in their own homes.

Counselling and support services

ACON provide post-test counselling support for people recently diagnosed with HIV and others affected, including partners, family and friends. Follow-up is provided and assistance is offered either face to face or by phone. This includes providing HIV-related information, clarifying HIV-related issues for family and friends, providing referrals to appropriate services if required and supporting people to work through the emotions associated with a new diagnosis.

The Social

The Social is an open and inclusive event that celebrates the diversity of Gay Men Living with HIV in our local area.

The Social provides gay men with HIV a chance to step out and meet new people, share stories and new experiences, form new networks and a chance to catch up with old friends. The Social is run in partnership with The Institute of Many.



CONTACT

Phone
(02) 9206 2000

Free call
1800 063 060

Website
www.acon.org.au

Psychology Workshops

Albion has a team of psychologists and clinical psychologists who provide specific psychological therapies, counselling, assessment, welfare and referral for all people affected by HIV/AIDS. Psychological services can be provided for adjusting to a HIV diagnosis, mood management, relationships, drug and alcohol management and Neuropsychological Assessment.

Albion's Psychology Unit provides individual or couples based psychological therapy for clients affected by HIV. While individual therapy meets many client needs, a review of client issues suggests that a proportion could benefit from evidence-based workshops.

Group workshops provide an opportunity for:

- Peer learning
- Reduction of stigma through sharing experiences
- Practicing skills with other group members
- Increased contact with other people who are affected by HIV

All workshops cover evidence- based psychological treatment in the context of HIV and are run by Clinical Psychologists



Depression

A variety of mood management strategies widely used to treat depression

Giving up cigarettes

The health effects of smoking, the nature of nicotine dependence and strategies to assist with smoking cessation

Anxiety and stress

Anxiety and stress, how they affect us and how to effectively manage anxiety

Adjustment to HIV

An opportunity to look at adjustment issues around diagnosis, disclosure, and adherence. An overview of the psychological strategies for building resilience

Sleep

Common sleep disorders and ways to address and manage sleep

Alcohol and drug use

Ways to break patterns of addiction to alcohol and other drugs

Distress Tolerance Skills

The experience of distress (painful and unpleasant emotions) is unavoidable. Often the things we do to avoid distress, e.g. substance use and other self-harming behaviours make it worse. Learn skills about getting through difficult situations & managing intense emotions

Mindfulness skills

Incorporating mindfulness techniques in your daily life in managing difficult thoughts and feelings

CONTACT

Phone
(02) 9332 9600

Website
www.thealbioncentre.org.au



bobby goldsmith foundation
practical emotional financial support

The Bobby Goldsmith Foundation (BGF) is Australia's longest-running HIV charity. Founded in 1984, BGF undertakes a range of supports and interventions that addresses issues of long-term social and economic poverty (82.30% of our clients are people living in poverty with HIV).

BGF works holistically with clients to limit the challenging circumstances that are often detrimental to physical and emotional wellbeing.

BGF provide direct financial and practical assistance, emotional support, financial counselling, housing, study and employment support to the most vulnerable and disadvantaged people living with HIV in NSW.

Our Services/Programs:

- Client Services: includes financial assistance and casework support
- Program Co-ordinator: includes Art Phoenix Workshops and the Stanford Positive Self-Management Workshops
- Financial Counselling



BGF HIV NSW

*Scan the QR code above,
or visit your app store to
download our mobile app.*



**“BGF IS GIVING A CHANCE
TO MARGINALISED PEOPLE
IN SOCIETY TO START A
NEW LIFE.”**

JUSTIN, LIVING WITH HIV SINCE 2009

photo courtesy of www.bgf.org.au

CONTACT

Phone
(02) 9283 8666

Free call
1800 651 011

Website
www.bgf.org.au

HIV Outreach Team

The HIV Outreach Team is a multidisciplinary team including nurses, dietitians, social workers and an occupational therapist.

The team provides confidential health care services for people living with, or closely affected by HIV across the South Eastern Sydney Local Health District (SESLHD) and Illawarra Shoalhaven Local Health District (ISLHD).

People living with HIV (PLHIV) can experience a range of acute or chronic health problems or issues and at times may need to coordinate a number of different services.

Challenges encountered may include issues with physical health, medication, nutrition, housing, mental health, alcohol and drug use and finances.

The HIV Outreach Team can assist with a self-management approach towards these issues and help to navigate the health and social services system.

They also provide advocacy and support around planning your care.

The team works in partnership with other service providers involved in your care, such as general practitioners, Hospital and Community Health services, non-government organisations (NGOs) such as ACON and Bobby Goldsmith Foundation and other community agencies.

The team aims to improve the quality of your care using an integrated and coordinated approach.

Referrals can be made either by Phone, Fax or using the Online Referral facility.

The service usually has an intake officer available between 10am-4pm Mon-Fri.

The HIV Outreach Team

CONTACT

Phone
(02) 9382 8666

Website
www.seslhd.health.nsw.gov.au/

the voice of people
with HIV since 1988

PositiveLifeNSW

Positive Life NSW (PLNSW) is the voice of people with HIV in NSW and has been in operation since 1988. It is run by people with HIV, for people with HIV and works to empower them to maximise their health and wellbeing and to eliminate the negative impacts of stigma, discrimination and isolation. Our services include:

1-on-1 info, referral and support

Regardless of age, gender, sexuality and ethnicity, people with HIV can discuss in confidence, any aspect of living with HIV with one of our HIV-positive staff. Up to date information is available on HIV-related health issues (including treatments, finding a doctor or other health professionals) getting advice on the health and social services sectors (NSW Housing, Centrelink and immigration) and getting advice on stigma and discrimination and making a complaint. Hear how others are living with HIV. Call, email or visit the Positive Life NSW office for a confidential chat.

The Positive Life NSW website

The PLNSW website contains the latest news as well as a wealth of up-to date information about living with HIV. There's health information including: 20 factsheets on HIV-related issues, campaign resources, and the latest news on treatments and living with HIV. You can find an s100 prescriber; learn how to get your meds delivered; learn what to do if you're newly diagnosed, and where to get free public dental services in your area. You can read Talkabout online and learn about the latest PLNSW research collaborations.

Printed Resources

PLNSW has an extensive range of HIV-rated printed resources. These include: managing side-effects; HIV tests and treatments; PEP; information for those newly diagnosed with HIV and for those living longer – term with HIV; how

to keep meaningful medical records, information on STIs and Hepatitis C, and help with disclosing your HIV status. There's also a range of resources for people living heterosexually with HIV.

The Quarterly

The Quarterly is an inclusive social event for all people with HIV, their families and significant others. This program is an opportunity for the positive community to get together and celebrate life in a safe, accessible and friendly environment.

The Quarterly runs every three months, be sure to check the calendar of events for the next Quarterly.

Peer2Peer

Peer2peer support and discussion group for positive gay men in Sydney: a new addition to Positive Life's health promotion programs.

We invite all gay men with HIV to our brand new support and discussion group. The new group called Peer2Peer will give you the chance to meet up with other positive gay men to discuss issues that are relevant to us all no matter what age, how long we've been living with HIV, if we're on treatments or not.

Fresh Start: Quit smoking program for people with HIV

A four week course for all people living with HIV who wish to stop smoking. This comprehensive course covers:

- Understanding smoking and quitting
- Planning to Quit
- Health effects of smoking & quitting methods
- Coping without cigarettes physically
- Coping without cigarettes emotionally
- Staying stopped in the short term
- Staying stopped in the long term
- Enjoying being a non-smoker forever

CONTACT

Phone
(02) 9206 2177

Free call
1800 245 677

Website
www.positivelife.org.au

Specialist HIV community outreach and case management team provides a range of services to PLWH in Sydney Local Health District including individual case management to people living with HIV/Hepatitis C and with other complex health and social concerns.

Positive Central's focus is allied health support, through social work, occupational therapy, physiotherapy and dietetics.

Individual client assessment, nutrition and physiotherapy clinics and community outreach and liaison, means the team work collaboratively with mental health, drug health, justice health, housing support, HIV Specialist services, GPs in primary care and a range of other agencies.

Rapid assessment by the allied health team assists PLWH to engage with relevant services, to access housing or respite services, HIV treatment adherence support, seek advocacy and legal support, and navigate the health services.

Through an early intervention model Positive Central offers comprehensive case management support to 'people who place others at risk of HIV' in close collaboration with SLHD Local Management Group and the NSW Ministry of Health.

Positive Central uses evidence based practice measures to assess and promote positive health outcomes. The service is involved in a range of research projects among service users with complex needs including;

- Oral Health
- Nutritional Satisfaction and Food Security
- Bone Density and Hyperlipidaemia
- HIV treatment adherence

CONTACT

Phone
(02)9395 0444

Email
positivecentral@sswahs.nsw.gov.au



Pozhet is an organisation for the diverse group of heterosexual people with HIV, their partners and support networks in NSW, and provides programs and services to improve the health and well-being of its members.

Pozhet works in partnership with many state-wide and local agencies. Programs and services are delivered both on-line and in person and include groups and events for men and women, partners and family members.

Pozhet facilitates access and referral to relevant resources and services and works to provide a safe environment where heterosexual men and women can meet and support each other.

Pozhet runs specific groups for women and men, and acknowledges the particular needs of men with HIV who identify as heterosexual.

pozhet resources
downloads
brochures
booklets
reference
publications
information

Pozhet Programs include:

- Residential education and support weekends
- A website which provides opportunities for interaction, and information including news, factsheets, social connections, support and health promotion resources
- African Connection events in Western Sydney for men and women from African backgrounds, their partners and support networks
- Women's Wellness days for all women with HIV and women partners
- An annual workshop where people from regional areas are supported to attend and connect with people from Sydney
- Support, advocacy and referral through the Pozhet Freecall line
- On-line advocacy and support
- A Secret Facebook Group
- Support for people to organise their own social activities
- Support programs addressing particular needs eg people who are newly diagnosed, treatment and adherence support, new relationships and disclosure, information around having children, HIV negative partners and young people.

CONTACT

Phone
1800 812 404

Email
pozhet@pozhet.org.au

Website
www.pozhet.org.au



The Institute of Many (TIM) is a peer-run group for HIV positive people and their allies. Acting as a social umbrella, it brings people together to share their experience of living with HIV in an informal, confidential environment in person and online.

As well as online membership, TIM organises casual events in the last weekend of every month in Sydney, and in the second weekend of every month in Melbourne.

Events range from casual drinks at the pub to outdoor/cultural events. TIM is an opportunity to make friends, talk, share knowledge & skills, and to combat loneliness & fear of living with HIV.

TIM-members also interact in a confidential group on Facebook. By joining our mailing list, we'll give you an opportunity to join this group as well.

The convenors of TIM feel that we are part of the next wave of HIV positive men.

We recognise our privilege and good fortune to be gay men who did not have to endure the initial epidemic of HIV & AIDS, but are old enough to remember it.

In light of the rising rate of infection, the changes in medical treatments, and the shift in generational attitude to HIV, TIM seeks to pay rent on this privilege by activating and supporting the community it represents.

TIM believes the greatest resource available to people living with HIV is each other.



Jeff Lance and Nic Holas, founders of The Institute of Many (TIM)

CONTACT

Website

www.theinstituteofmany.org



The Western Suburbs Haven Inc. is a registered charity caring for people living with HIV/AIDS in the Greater West of Sydney. It exists to support and empower and care for people living with HIV/AIDS, their partners, families and carers.

We are partially funded to provide Social Support and Respite Care, with our hard working volunteers fundraising to meet the shortfall of funds to enable us to provide the wide range of services we offer to our service users.

If you are HIV Positive and think you could use our services, give us a call and say hi or drop in during drop in hours for a cuppa and a chat.

We offer a range of services including, but not limited to:




- Respite/convalescent care
- Social support
- Drop-in lunches
- Group activities such as going to the movies, attending social events etc.
- Referrals to other services
- Free massage
- Reflexology treatments (weekly)
- Free internet access (Mon - Fri)
- Grocery items: Our pantry is open Monday - Friday, 9am - 2.30pm



CONTACT

Phone
(02) 96723600

Website
thewesternsuburbshaven.com.au

CHOOSE  A LONGER
life.  CHOOSE a FUTURE 

Choose  treat YOURSELF
better. CHOOSE  feel BETTER.

Choose coping  WITH WHATEVER LIFE THROWS AT YOU 
 CHOOSE a healthy HEART. Choose a healthy brain 

Choose A POSITIVE life.

CHOOSE to forget what HIV    
YOU think you know about MEDICATIONS.

CHOOSE to accept  your options
that the drugs have IMPROVED.

Choose the possibility OF taking FEWER PILLS.

 CHOOSE FEWER SIDE EFFECTS.

Choose  more ENERGY. Choose

a stronger  immune  system.

choose now at positivelife.org.au



 Positive Life NSW
the voice of people with HIV since 1988



ENDING HIV

Everything has changed. We can end HIV.

$$\left[\begin{array}{c} \text{TEST} \\ \text{MORE} \end{array} \right] + \left[\begin{array}{c} \text{TREAT} \\ \text{EARLY} \end{array} \right] + \left[\begin{array}{c} \text{STAY} \\ \text{SAFE} \end{array} \right] = \left[\begin{array}{c} \text{ENDING} \\ \text{HIV} \end{array} \right]$$

ENDINGHIV.ORG.AU