

Hi Folks,  
Welcome to the 2025 World AIDS Day (summer edition) of the Pozhet client newsletter. We hope you and yours are keeping well!

Usually the end of the year comes with a slowing down of pace, however we have been doing things a little differently over here at Pozhet. We are very excited to announce that our next iteration of the HIV-related stigma & discrimination videos are in the pipeline with recording set for mid December. We are also revamping our existing factsheets (to ensure the content is current) whilst creating three new ones, topics include: HIV & Neurological Disease (HAND), HIV & Healthy Eating and HIV & Menopause.

Finally, we are in the process of recruiting for some research that explores the experiences of Culturally & Linguistically Diverse HIV+ Women using health services. If this sounds like something you (or/ and yours!) would like to get involved in, please do not hesitate to reach out to us at: [pozhet@pozhet.org.au](mailto:pozhet@pozhet.org.au) and we will get in touch with more information.

Stay safe & have fun over the festive season.  
Best wishes Brooke Dailey  
A/Director, Priority Populations Programs

## HIV Awareness Week webinar with Sydney Health Care Interpreter Service

This World AIDS Day and HIV Awareness Week, Pozhet hosted a professional development webinar in collaboration with the Sydney Health Care Interpreter Service to strengthen interpreters' awareness of HIV.

The session aimed to increase interpreters' understanding of HIV, highlight trends among overseas-born communities, and explore how stigma continues to affect HIV prevention and testing. Most importantly, it examined how stigma negatively impacts the lives of people living with HIV despite the overwhelmingly positive clinical advancements that now enable longer, healthier lives.

The webinar brought together Pozhet, the Multicultural HIV and Hepatitis Service, RPA Sexual Health Clinic, and Positive Life's Positive Speakers Bureau. This collaboration offered a well-rounded program combining service perspectives, clinician insights, and lived experiences of being diagnosed and accessing healthcare through interpreters. These perspectives highlighted the critical role interpreters play in improving access to care, particularly in sexual health settings where cultural factors may influence an individual's willingness to engage with interpreters, regardless of their language needs.

Presenters emphasised how accurate and well-considered interpreting can reduce misunderstandings, build trust, and support patients in navigating complex health systems. They also addressed challenges interpreters may face when discussing sensitive topics such as stigma and confidentiality, and provided practical strategies for fostering respectful and inclusive communication.

Overall, the webinar had an excellent turnout, with 70 interpreters attending. The lively discussions after the presentations revealed real-world challenges, from language nuances to regional differences within the same language. These conversations highlighted interpreters' engagement in the session and demonstrated their commitment to accurate interpreting, and we know, getting it right can make a big difference in someone's health journey.



Looking after your brain is an important part of living well with HIV. The HIV HAND factsheet helps you understand how HIV can affect your memory, mood, and thinking and what you can do about it.

Inside you'll find:

- Easy-to-understand information about HAND
- Signs and symptoms to watch for
- How to start a conversation with your doctor
- Everyday tips to protect your brain health.

There's help and hope, with the right care, and support, most people continue to live full, active lives. Read the factsheet or speak with your doctor to learn more.

Menopause is a natural part of life for women and people assigned female at birth. The HIV and Menopause factsheet provides information for managing menopause more comfortably and to support your long-term health.

In the factsheet you'll find:

- Clear information on the stages of menopause and common symptoms
- What to consider when managing both HIV and menopause care
- Safe treatment options to ease symptoms and protect your health
- Practical tips to support your wellbeing and to find the right support.

Support is available, and treatment is similar whether or not you have HIV. Read the factsheet or speak with your doctor to learn more.

## Summer ready

Using sunscreen is one of the easiest ways to protect your skin and stay healthy in the sun. Australia has some of the strongest sunlight in the world, and too much exposure can cause sunburn, early ageing, and skin cancer. Sunscreen works by blocking harmful ultraviolet (UV) rays from the sun.

Always choose a broad-spectrum sunscreen that protects against both UVA and UVB rays, with an SPF of at least SPF 30+, but ideally for strong protection choose SPF 50+.

Put it on 20 minutes before going outside and use about a teaspoon for each body part such as your face, arms, and legs. Reapply every two hours, and after swimming, sweating, or towel-drying.

Remember, sunscreen isn't enough on its own, wear a hat, sunglasses, and protective clothing, and try to stay in the shade during the middle of the day when the sun is strongest.

Recently, some sunscreens were recalled because they didn't give the level of protection written on the label. Brands such as Ultra Violette, Aspect Sun, and Salus were affected and have been removed from stores. To make sure your sunscreen is safe, check the Therapeutic Goods Administration (TGA) website for a list of recalled products. Using sunscreen correctly helps keep your skin healthy, prevents sun damage, skin cancer, and lets you enjoy the outdoors safely all year round.

For more information on recalled sunscreen please visit <https://tinyurl.com/tgasunscreen>



# Rethink. Rebuild. Rise — No One Left Behind

## Multicultural HIV and Hepatitis Service Update

This World AIDS Day, the NSW Multicultural HIV and Hepatitis Service (MHAHS) is sharing a multilingual campaign under the theme 'Rethink. Rebuild. Rise — No one left behind'.

The message is simple: everyone—no matter their language, culture or background—deserves easy access to clear HIV information, care and support.

The MHAHS HIV Clinical Concierge Program does just that. This service supports people from culturally and linguistically diverse communities in NSW who are living with HIV. It is free and confidential. You do not need a Medicare card, or to provide your real name or identification.

### HIV. What You Need to Know booklet



Finding the right support can be hard, especially if English is not your first language. Our Cultural Support Workers are bilingual and bicultural. They speak your language, understand your culture, and know what it means to live with HIV in Australia.

They work with clients to:

- Understand HIV and treatment
- Navigate the health system
- Connect to doctors, clinics and support services
- Build confidence in managing their health and wellbeing.

Later this year, MHAHS will also introduce an updated website that brings together practical HIV information and resources in more than 15 languages.

If you are living with HIV or supporting someone who is, you can contact the service directly for information and support.

**Email:** [info@mhahs.org.au](mailto:info@mhahs.org.au)

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



## Medicare-Ineligible Access to PrEP

NSW Health is expanding access to PrEP for people who are ineligible for Medicare.

As of November 2025, NSW Health has announced a new program that enables Medicare-ineligible individuals to access free PrEP. This initiative supports the goal of virtually eliminating HIV transmission in NSW.

Free PrEP is available to individuals who meet the following criteria:

- Ineligible for Medicare
- Residing in NSW beyond a short-term stay (not tourists)
- Meet the National PrEP Guidelines.

Access to this program is limited to NSW Health and Specialty Health Network services and will be tailored to each Local Health District. This means implementation may vary across regions to meet local needs.

If you or someone you know is interested in accessing free PrEP and meets the eligibility criteria, we recommend contacting your local sexual health clinic to ask how they are implementing this program.

To find your local sexual health clinic, visit:

<https://tinyurl.com/nswsexualhealthclinics>

or search NSW sexual health clinics on Google.

# Kotthu roti

Time 45 mins Serves 4 Rating Easy

## Ingredients

- 2 Lebanese bread
- 1 spring onion
- 1 leek
- 1 small onion
- 1 large red capsicum
- 2 cups green beans fresh or frozen
- 10 curry leaves
- 5 green chillies
- 4 eggs
- 1 teaspoon cumin seeds
- 1 teaspoon garlic
- 2 teaspoon oil

## Method

- Break the Lebanese bread into small bite-sized pieces and set aside for later.
- Cut the roots off the spring onion and leek and cut into small pieces. Place in a bowl for later.
- Chop the onion by removing the outer skins and chopping it into very small pieces. Place in a bowl with the spring onion and leek.
- Slice the capsicum into thin slices. Set aside.
- Chop green beans into small pieces. Set aside.
- Roughly chop the curry leaves and slice the green chillies into small pieces. Set aside.
- Crack the eggs into a small bowl and beat with a fork until egg whites and yolks are mixed. Add the sliced green chilli.
- Heat the oil in a large fry pan or wok. Add onion, leeks, spring onion, curry leaves, cumin seeds and garlic and cook for 5 minutes, stirring occasionally to stop it from sticking to the pan.
- Add capsicum and beans and cook for 2-3 minutes.
- Create a well in the middle of the vegetable mix and add the whisked eggs into the well. Let the eggs cook while scrambling the eggs. When the eggs are almost cooked, stir the vegetable mix and egg together.
- Add chopped Lebanese bread and mix through with the vegetable and egg mix. Mix until the Lebanese bread is evenly spread throughout and coated in spices.
- Transfer to plates or bowls to serve.

## Tip:

You can use ground cumin instead of cumin seeds. You can use any colour of capsicum in this recipe.

This recipe was published in the Healthy and Tasty Recipe Competition Cookbook by the NSW Multicultural Health Communication Service.

## Quiz

1. In what month did NSW health announce the Medicare-ineligible PrEP access program?
2. How many sunscreen products have been affected by the incorrect SPF ratings?
3. Prior to 2025 in what year did the the British and Irish Lions last play in Australia?
4. Which Australian band had a free Melbourne gig shut down over safety fears in November?
5. The Bureau of Meteorology (BoM) faced backlash after launching their new website, so how much did it cost?
6. Teen sprinter Gout Gout broke a 56-year-old Australian record in which event?
7. Australia was ranked as the 8th most beautiful country in the world in a global survey. Which country topped the list?
8. Who won the first test in the 2025 Ashes series?
9. This year AIDS Council Of NSW (ACON) celebrated how many years of service to the community?
10. Which states and or territories in Australia recorded its hottest October on record in 2025?

## Read and Watch Recommendations



- Hail Mary Project  
- Andy Weir
- The Night Circus  
- Erin Morgenstern
- Don't Stop Believing  
- Olivia Newton John



- Portrait Artist of the Year  
(ABC)
- The Thursday Murder Club  
(Netflix)
- House of Guinness  
(Netflix)

If you have any recommendations for movies, must-read books or binge-worthy TV series, email them to us at [pozhet@pozhet.org.au](mailto:pozhet@pozhet.org.au)

## Answers to Quiz

1. November 2025
2. 21
3. 2013
4. Amyl and the Sniffers
5. \$96 million
6. 200m sprint
7. New Zealand
8. Australia
9. 40 years
10. Northern Territory and Queensland