

Dear Folks,

Welcome to the 2026 Winter Edition of the Pozhet Newsletter. We continue to hit some significant milestones at Pozhet, including the expansion of our team, with two newly appointed Aboriginal Health Promotion Officers joining in early 2026. From a project perspective, we have recently launched three new factsheets, unpacking health issues that matter most to you, we thank our community & clinical partners for their insights & expertise with the development of these resources. Themes include: HIV & Healthy Eating; HIV & Menopause; HIV & HAND and can be viewed on the Pozhet website.

We also continue interviewing overseas-born women living with HIV to better understand their experiences of their HIV care here in Australia. We have exceeded expectations with over 20 participants already completing interviews. We are truly grateful for the incredible resilience & insights shared. THANK YOU to all involved, it is greatly appreciated!

Until next time, stay safe, stay well!

Brooke (Pozhet Manager) on Gadigal Land (Sydney)

Pozhet Video Series 2 arriving soon

Series two of the Pozhet videos will launch soon, featuring new storytellers talking about common questions and misunderstandings about HIV. The videos centre the experiences of heterosexual people living with HIV, using personal stories, humour and honest reflection to challenge stigma and show what life with HIV really looks like now.

Across four short videos, storytellers talk about the difference between HIV and AIDS, how HIV is treated today, what they thought about HIV before they were diagnosed, and unpack whether HIV takes over your life (or not!). Their stories highlight why it's important for the community to have updated information about HIV.

We thank our storytellers for sharing their experiences, and acknowledge our key partners, the Multicultural HIV and Hepatitis Service (MHAHS) and Positive Life NSW, for their guidance and support throughout the planning and development of this project. Keep an eye on your email inbox and the Pozhet Facebook group for their arrival.



MHAHS Website Update

The new NSW Multicultural HIV and Hepatitis Service (MHAHS) website is now live at mhahs.org.au.

The website makes it easier to find clear, reliable information about HIV, viral hepatitis, liver health and sexual health in a way that is simple to understand and culturally relevant. You can explore health information in 17 languages—so you can access information in the language that feels most comfortable to you and share it with your family and community.

The new **Resources & Education Hub** allows you to easily find support services, and download factsheets, videos and tools to support your health and wellbeing, or to share with others who might benefit.

We invite you to visit mhahs.org.au, explore the resources, and help share this information with people you care about.



If you're 50 years and over and living with HIV, it is very important to be up-to-date with your vaccinations to protect yourself and loved ones against the flu, COVID-19 and respiratory syncytial virus (RSV). These viruses spread quickly when a sick person coughs, sneezes or touches shared surfaces, and can be very harmful.

You can protect yourself and stay healthy by getting vaccinated early. People with HIV are eligible and encouraged to get vaccinated for flu, COVID-19 and RSV.

You can find your closest vaccination service using the Health Direct Immunisation Finder [webpage](#).

How to protect yourself and others from respiratory illnesses:



Stay up to date with your vaccinations.



Stay home if sick and wear a mask if you need to go out.



Avoid crowded spaces, and get together in well-ventilated spaces.



Consider doing a rapid antigen test before visiting those more vulnerable.



Make a plan with your doctor if you're at a higher risk of severe illnesses.



Practice good general hygiene, like regular handwashing.

This year marks 40 years of the Kirby Institute, an important milestone for many people living with HIV in NSW and across Australia. For four decades, the Kirby has been working alongside community, researchers and clinicians to transform HIV from a life-threatening illness into a treatable, manageable health condition.

From the early days, people living with HIV and their communities have been central to research, advocacy and progress. On 21 April 2026, the Kirby Institute held a public seminar and panel discussion of researchers, policymakers and community leaders to reflect on the impact of Australia's approach to addressing the HIV epidemic, and how it informs how we respond to health issues today.

The panellists remembered and celebrated early community leaders and community members for their creativity and bravery. They spoke about the positive outcomes enabled by collaboration across government and how collective action and advocacy supported critical changes to policy and laws for a fairer and better society.

Speakers also reflected on major breakthroughs shaped by Australian leadership, including simpler and safer treatments, better testing options, and the evidence behind U=U (Undetectable = Untransmissible)

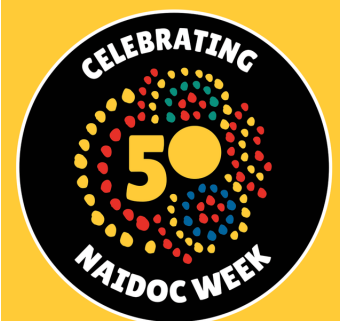
As the Kirby Institute marks 40 years, it's important to recognise the strength and advocacy of people living with HIV who have contributed to and informed their work. Your stories, resilience and leadership have shaped every step of progress, and continue to guide the work ahead.

National Reconciliation Week & NAIDOC 2026

National Reconciliation Week (27 May - 3 June) is an annual event and important opportunity to strengthen relationships between Aboriginal and Torres Strait Islander peoples and non-Aboriginal Australians. It provides a dedicated time to acknowledge the strength and resilience of Aboriginal and Torres Strait Islander peoples, recognise the ongoing impacts of history, and reaffirm the importance of addressing inequities. It also encourages all Australians to reflect on our shared histories, cultures and achievements, and how we can all contribute to advancing reconciliation through honesty, respect and justice.

The 2026 theme, **"All In"** calls on all Australians to commit fully to reconciliation—not just for one week, but every day. It's a reminder that reconciliation is everyone's responsibility, by working together with respect and shared commitment to creating lasting change. See the [Reconciliation Australia website](#) for more information.

Coming soon! The **50th anniversary of NAIDOC Week (5–12 July)** celebrates the rich cultures, leadership and contributions of Aboriginal and Torres Strait Islander peoples. This offers a meaningful opportunity to learn, connect and show respect. Find a NAIDOC Week event near you on the [website events page](#).



**NAIDOC
WEEK**
**50 YEARS
DEADLY**
5–12 JULY 2026

Bowel Cancer Awareness Month

June is Bowel Screening Awareness Month, a reminder that taking a simple test could save your life. Bowel cancer is one of the most common cancers in Australia, and our second biggest cancer killer. But when it's found early, most cases can be successfully treated.

The National Bowel Cancer Screening Program sends a free, easy-to-use test in the mail to people aged 50–74. If you have not received a kit in the last two years, or are aged 45-49, order a test kit [online](#).

The kit can be done at home in just a few minutes. When it arrives in the mail, put it next to your toilet for easy access. Early detection can prevent cancer from developing or find it when treatment is most effective.

Learn more about Bowel Screening [here](#).



June is Pride Month

Pride Month is often seen through the lens of identity, but for many in our community it's also about reflecting on shared experiences with loss, resilience, advocacy and care, and overcoming stigma and discrimination. Pride Month provides an opportunity to recognise those connections and the role of allyship in improving outcomes for all.

History and symbolism in the Pride Flag

The Rainbow Pride flag is the most recognisable symbols of LGBTQIA+ identity, diversity, and community. First created in 1978 by artist Gilbert Baker, it represents unity and pride after years of activism for equal rights. The six colours reflect key aspects of life and the diversity of identity across a spectrum: red (life), orange (healing), yellow (sunlight), green (nature), blue (harmony) and violet (spirit).

As awareness of different LGBTQIA+ experiences grew, a chevron (arrow) of new stripes was added, symbolising forward progress for equality and inclusion. This includes black and brown (for people of colour and acknowledging racism), light blue, pink and white (for the transgender community), and a yellow background with purple circle (for the intersex community). Learn more about Pride and find local events on the [Pride in Diversity website](#).



Access free health coaching with the NSW Get Healthy Service

The Get Healthy Service is a free NSW Health coaching program that offers free personalised support for adults looking to feel more confident in managing their health.

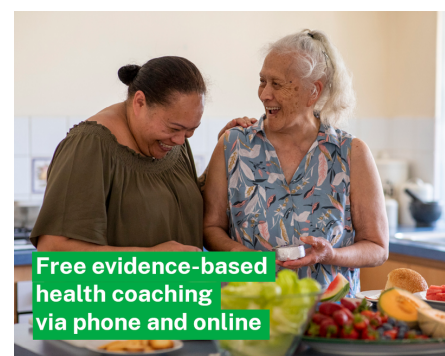
You'll receive up to six coaching sessions with your health coach to focus on goals that matter to you, whether it is:

- Healthy eating
- Being more active
- Reducing alcohol
- Managing chronic health disease

Plus, you can access easy-to-use online and printed resources – so you can learn and build healthy habits in a way that suits you. There are also tailored programs for Aboriginal people and for people who are pregnant.

Your coach will support you, help you stay motivated, and work with you to build healthy habits that suit you.

To join the Get Healthy Service, call 1300 806 258 Monday to Friday, 8am to 8pm, or [register online](#). You can learn more on the Get Healthy Service [website](#).



Get Healthy Service



Red Cabbage Coleslaw

Time 15 mins

Serves 6 side servings

Rating Easy



Ingredients

Salad

- ½ red cabbage, shredded
- 2 medium carrots, grated
- 1 small red onion, diced finely
- 2 celery sticks, finely chopped
- 1 heaped cup fresh mint, roughly chopped
- Optional: ¼ cup pine nuts

Dressing

Vinaigrette dressing

- 3 tablespoons red wine vinegar
- 2 tablespoons olive oil
- Salt and pepper

OR

Mayonnaise dressing

- ½ cup of your favourite whole-egg mayonnaise
- 2 tablespoons white wine vinegar

Method

1. Choose either the vinaigrette or mayonnaise dressing, combine chosen dressing ingredients in a jar, shake well and set aside.
2. Place all salad ingredients together in a bowl and toss to combine.
3. Dress with your chosen dressing and toss gently to combine.

The coleslaw can keep well for a few days in the fridge if you don't add the dressing until serving.

Nutrition note

Red vegetables contain polyphenols, which support good health. Cabbage is part of the broccoli family, and these vegetables can help lower the risk of some cancers. Carrots have antioxidants that support healthy ageing and may also help protect against certain cancers.

This recipe is available on the [Jean Hailes](http://JeanHailes.com) website, where you can find more recipes and useful women's health information.

Quiz

1. What is the collective noun for a group of unicorns?
2. Which company was founded first - Apple or Microsoft?
3. In chess, what piece is worth the fewest points if taken?
4. Which country did the croissant originate from?
5. What number do these two roman numerals represent: MM
6. In which decade was the Rubik's Cube invented?
7. What symbol of peace surrounds the globe on the UN flag?
8. What is the term for animals that carry their young in a pouch?
9. Which artist painted The Sunflowers series?
10. What is the largest species of shark in the world?

Read - Listen - Watch recommendations

Books and Podcasts

Books

- The Correspondent: Virginia Evans
- The Seven Year Slip: Ashley Poston
- One Hundred Years of Solitude: Gabriel Garcia Marquez

Podcast

- Good Hang with Amy Poehler

TV and Movies

Movies

- Project Hail Mary: Amazon
- Rental Family: Disney+

Television

- Murder In The Skies: Who Downed MH17? - ABC iView
- Last One Laughing UK: Amazon or YouTube

Quiz Answers

1. A blessing
2. Microsoft
3. A pawn
4. Austria
5. 2000
6. 1970s
7. An olive branch
8. Marsupials
9. Vincent Van Gogh
10. The whale shark

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