

## Office update

Wow, what a great start to the New-Year, lots of rain and sunshine. I hope everyone had a relaxing Christmas and that you too are looking forward to the year.

The beginning of the New Year also brings some changes to the staffing at People Living with HIV/AIDS ACT (PLWHA ACT). Mick D will now be working permanently part-time in the office, 10 to 2 Tuesday and Thursday, 10 to 4 Wednesdays. I am sure you will all welcome Mick to this position as a client support worker. This will provide us more time to undertake research and referrals on treatments, dental health, housing and peer support activities.

PLWHA ACT will be holding a planning day in the near future and will be sending out further information at a later time to hold a big dinner about some of the things we have planned.

Don't forget Peer Support Network dinners continue every second Tuesday and the dates can be found on the back page. We also look forward to Jenny MacDonald holding another one of her very popular Dietician Clinics on March the 4th starting at 9.30 with appointments throughout the day. Please see the advertisement and article on page 5 for further details.

On December 11 last year PLWHA ACT held its Annual General Meeting and elected a new Workers Reference Group. Kenn B, Michael B and Kathy C are your returning group members.

I would also like to remind people who received vouchers to participate in the last part of the Art's and Craft Program to please book in for your workshop. If you missed out on applying for a voucher for you and a friend to attend a workshop in either Kiln forming, Hot glass or Bead making it's not too late

to apply for a voucher. Even if you have already done a class and would like to do another one please contact Mick or Marcus for further details – Vouchers have an expiry date so don't miss out!

Over the past couple of months we have also been working on a Dental Health Project surveying all dentists in the ACT to see who are willing to work with GP's under the Enhanced Primary Care (EPC) Scheme. With some two hundred and twenty surveys sent out, we had a 10% return rate – about average for surveys. We are still compiling the report and will follow up with GP's to assist them in making referrals as necessary. In doing further research for this project it has come to our attention that this scheme is under review by the new Labor Government and may have changes in the future.

We have no further details at this stage except that the Sydney Star Observer (A Sydney newspaper for the gay and lesbian community) have suggested in an article in issue 901 of Thursday the 17 January 2008 that the scheme may be in for funding cuts. Further details about the EPC can be found at

[www.afao.org.au/library\\_docs/policy/dental\\_treatment\\_14Nov\\_07.PDF](http://www.afao.org.au/library_docs/policy/dental_treatment_14Nov_07.PDF)

I hope the start to the New Year has been good for you. Don't forget if you need contact me or Mick please call us on 6257 4985

Cheers  
Marcus

## Free HEP A and HEP B Vaccinations

will be available following a Sexual health consult with nurses from the Canberra Sexual Health Clinic (CSHC) and the Division of General Practice on the 12 March at Westlund House. Appointments are necessary and can be made through Mick or Marcus at the PLWHA office on 6257 4985.

Why have a sexual health check up? If you are sexually active or have been in the past, sexual health screening should be part of your ongoing health monitoring. Many people with an Sexual transmitted Infection (STI) do not have any symptoms. Getting an STI check-up regularly is the only way to detect most STIs.

Part of the testing involved will include screening to see if you have been exposed to HEP A or HEP B and if you are eligible for either of the vaccinations they will be provided free of charge.

Will vaccinations be given on the day?  
No

A follow up consultation will be required to get your test results and to see if you require the HEP A or HEP B shots. This will take place at the CSHC and the process to follow to get the **FREE Vaccinations** will be explained then.

Further information is available from Marcus at the PLWHA ACT office on 62574985

## Is he thinking what I'm thinking?

[www.thinkagain.com.au](http://www.thinkagain.com.au)

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As you are all aware, POSITIVELY is a monthly publication for people living with HIV/AIDS in the ACT and surrounding districts. Currently we are looking for people to assist us with the publication e.g. writing groups. No experience is necessary as we will provide training in all aspects of publishing from writing articles through to the printing stage. If you can spare a couple of hours from time to time please drop into the office for a chat or give Marcus a call. Positively is a monthly publication produced within the ACT with funding from the ACT Dept of Health. Submissions for the next edition are due on **Wednesday 19 March 2008**. Opinions expressed in this publication do not necessarily reflect those of the editor, publisher, nor PLWHA ACT.

## Positive Support Services in the ACT and surrounding areas

### People Living With HIV/AIDS ACT

Provides support for HIV+ people in the ACT through a newsletter and links with other PLWHA organisations throughout Australia. We also provide individual support with advocacy and representation on health and other issues, and referral to other agencies. Phone 6257 4985

### Positive Support Network

HIV+ people get together to offer support and share information. PSN is mostly a social occasion where people can share the experience of being HIV+ over a free meal, without the formality of a structured meeting. Dinner on alternate Tuesdays. Ph 6257 4985.

### Positive Women's Group

The Positive Women's Group meets for social activities throughout the year. For information on the group's gatherings contact Marcus, Nada or Stephanie on 6257 2855 or 6257 4985

### Trevor Daley Fund

The Fund provides assistance for people with HIV/AIDS who are experiencing financial hardship, for the part payment of bills, a treatments allowance and some other costs. Applications can be made to the TDF Committee by any service provider. For more information call the TDF on 6257 2855.

### Counselling

Stephanie Buckle is the AIDS Action Council counsellor. Free consultation available to all HIV+ people, their partners, carers or significant others. Phone 6257 2855 to make an appointment.

Jane Keany is the counsellor for the ACT Division of General Practice HIV/AIDS Program, and offers subsidised counselling services for people infected with or affected by HIV, their significant others and people at risk of HIV infection. Jane is available at the Interchange General Practice. Phone 6257 3004 or 0402 222 408 to make an appointment

### Health Maintenance and Treatments Officer

All enquires to Marcus

Phone 6257 2855

### Massage

Massages are available each Wednesday between 12.45pm and 4.15pm  
Treatments are of ½ hour duration.  
Appointments can be made by contacting the PLWHA ACT Office on 6257 4985.

### Nutrition

Consultation with a dietician from The Canberra Hospital is available free at the Canberra Sexual Health Centre.  
Appointments necessary. Phone Canberra Sexual Health on 6244 2184.

**An HIV specialist nutritionist from Melbourne will be visiting quarterly. For further info contact Marcus on 6257 4985**

### Canberra Sexual Health Centre

Co-located with The Canberra Hospital. Free service available (no Medicare card is required) for testing and treatment of STIs, HIV clinic and counselling for issues such as safe sex, relationships and sexual functioning problems. Walk-in consultations available for urgent matters. Call on 6244 2184 to make an appointment.

### Library

PLWHA and the AAC have an extensive range of books and videos for your enjoyment.

Educational books on HIV issues, cooking, Sci-Fi and general reading material just to name a few of the areas covered. If you would like to borrow any of them please see Lynn or Mandi at the AAC reception desk who will sign them out to you and explain the borrowing conditions. We also have a number of new books in the library this month.

### Greater Southern Area Sexual Health and Hep C Service

#### Sexual Health Counsellor/Educators

Angela Trevaskis

Queanbeyan, Braidwood, Yarrowlumla Shire

Ph- 02-6298 9233 Mobile 0428 972 414

#### Aboriginal Sexual Health HIV/AIDS worker

Sharyn Medway

Ph 02-4827 3913 Mobile 0429 985 606

#### Sexual Health Nurses

Christine Taylor -

South Coast, Batemans Bay - Eden

Ph- 02-4476 2344 Mobile 0427 219 874

Shannon Woodward, Lee Constable

Queanbeyan-Goulburn Region

Ph- 02-6298 9213 mobile 042 789 3247

Margaret Trail

Albury 02 6058 1839

Robyn Ridley & Sally Anne Brennan

Wagga Wagga 02 6938 6492

Sally Daveron

Griffith 02 6966 9930

#### Clinical Nurse Consultant

Alison Kincaid Albury 02 6058 1831

#### Sexual Health Physician

Dr Katherine Turner

Ph 6298 9213

#### HIV/AIDS Related Programs Manager

Michael Bolton

Ph: 02 6923 5774

#### The Fine Print

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email:

plwha.act@ aidsaction.org.au

# Clemente

The Australian Catholic University and the St Vincent de Paul Society offer you a chance to learn!

Have you ever found it difficult to get a job because you don't have a qualification?

Are there things you have always wanted to learn, but have never had the opportunity?

Do you have opinions and ideas about the world and society that you would like to develop and discuss?

Are you looking for an opportunity to challenge yourself mentally and socially in a friendly, caring and supportive environment?

If this sounds like you, then the Australian Catholic University and the St Vincent de Paul Society invite you to join their free university program.

Students study one fully accredited university subject each semester and are awarded a certificate in Liberal Studies on completion of four units.

For more information please contact Jane Rosewarne at the St Vincent de Paul Society.

Phone 02 – 6121 2990

Email:  
[jane.rosewarne@stvincanb.com.au](mailto:jane.rosewarne@stvincanb.com.au)

## Clemente Frequently Asked Questions.

### What is Clemente?

Clemente is a free, fully accredited university course offered to homeless and other wise disadvantaged people.

### Are there any prerequisites?

No. Anyone who is able to read a newspaper and discuss its content is welcome to give Clemente a go.

### What will I be studying as a Clemente student?

Clemente students study from a group of academic disciplines known as the humanities or liberal arts. Subjects include but are not limited to: history, literature, philosophy and ethics, language and culture, archaeology, religion, art theory and history, drama, film study and political science. Currently enrolled students are involved in choosing the unit for the following semester.

### Why are the liberal arts important?

The study of liberal arts encourages critical and imaginative thinking about issues that confront us as citizens and human beings. It leads to reasoned and open minded discussion regarding our basic values, and looks at the policies and practices that guide us as social beings. Importantly the liberal arts encourage understanding and appreciation of the experiences of other people and other cultural perspectives.

### How long is the course?

To complete the Clemente program students will need to pass four units. Students who are able to pass four consecutive units will complete the program in two years. However there is no set time frame in which the course must be completed.

### Will I receive a certificate?

Yes. On successfully completing four units you will be presented with a Certificate in Liberal Studies.

### What will Clement qualify me to do?

The Clemente program is about engagement and opportunity and new possibilities.

Clemente is not so much about academic achievement as it is about gaining confidence, meeting new friends and taking one's place as a valuable and valued member of the community.

Some students enrol because they have always wanted to go to university but have never had the opportunity, others see a chance to do something challenging and different, some are

just longing for company and intelligent conversation. Whatever your reason, you will be supported in your endeavours.

### How much time does each Clemente unit take?

A Clemente unit runs for approximately twelve weeks. We will extend the course by a couple of weeks in order to allow students to complete their work. Clemente is flexible.

### What is my weekly time commitment?

Clemente students are required to attend one combined lecture/tutorial each week. This goes for about 1.5 hours. The St Vincent de Paul Society provides lunch prior to the lecture, and tea and coffee is available throughout. In addition students will need to work in their own time researching and preparing their assignments.

### Where are the lectures held?

The weekly lecture is held at the Signadou campus of the Australian Catholic University in Watson. Free parking is available on campus, and the suburb is serviced by ACTION bus routes 36, 39 and 48 on weekdays and 939 on weekends.

### What sort of study will I have to do?

The assessment is worked out in consultation with the students and will generally involve some written work and an oral presentation. Students will be supported through the study process by staff at ACU, the student coordinator and volunteer learning partners.

### What is a learning partner?

Learning partners are volunteers from the general community who meet with an individual student from about one hour each week. Learning partners offer support, encouragement and friendship. Some learning partners are able to attend lectures and are available directly afterward, others are available weekends and after hours.

### What does the student coordinator do?

The Clement Student coordinator works for the St Vincent de Paul Society. Her role is to recruit new students and look after the welfare of those enrolled. The coordinator is the first point of contact for students who are having difficulty with any aspect of the course, or who need assistance with personal or financial issues. She also recruits learning partners and matches them up with students.

### What kind of support will I get from the Australian Catholic University?

Clemente students in Canberra are invited to enrol with the University. They can then access all of university's facilities including the library, computer labs, the student association and counselling service

### What if I cannot attend some of the lectures?

Students are expected to attend most of the weekly lectures. However we understand that things will happen that will prevent attendance from time to time. Students can miss up to three lectures with no consequence. Students who miss more than three lectures may be asked to submit a small assignment relating to the missed topic or topics.

### What will happen if I fail or cannot complete a unit?

The most common reason for not passing a unit is that the student was unable to complete all the course work.

We ask students not to be discouraged by this, as failure in one unit does not preclude attendance in the next. We are inviting people to take a risk in joining the Clemente program and understand that the first unit in particular can be very challenging both in terms of commitment, time management and courage. This is why we stress the importance of involvement over academic success.

Students whose submitted work is not up to the standard required by the university will have the opportunity to resubmit their work. This is not

uncommon especially amongst first year students and is not particular to Clemente students. Any student who is asked to resubmit their work will be given advice, assistance and as much time as possible within the confines of the course.

### What if I enrol for the course and then find it's not the right program for me?

Simply speak to the Student Coordinator and explain that you have decided to withdraw. Your decision not to continue will be respected.

### Is Clemente a 'dumbed down' course?

No. Clemente is a fully accredited university program. While students may be given a higher level of assistance than most undergraduates, most undergraduates do not enter university from a background of chronic disadvantage. The difference between the Clemente course and other university units lies in the level of support given to each student, not in the standard of work or in the criteria for assessment.

### Think this may be for you ?

For further information please contact Marcus or Mick and the PLWHA ACT office on

Ph 6257-4985 or email [plwha.act@aidSACTION.org.au](mailto:plwha.act@aidSACTION.org.au)

## Pharmaceutical Benefits Scheme (PBS) 2008

Points to remember about the PBS

- 1 of January is the start of the recording year for the Safety Net threshold
- In 2008 the general patient Safety Net threshold is \$1141.80\*
- In 2008 the concessional Safety Net threshold is \$290.00 or 58 prescriptions\*
- The Safety Net threshold may be reached using scripts filled at both community pharmacies and out-patient pharmacies at public hospitals – this is called the joint Safety Net.
- It is up to you to check when you have reached the Safety Net threshold and to apply for access to the safety net – ask your pharmacist or contact the PLWHA office
- In order to access the safety net arrangements, you need to maintain records of your PBS expenditure on a Prescription Record Form. These are available from all pharmacies.

### What is the PBS Safety Net?

If you or your family need a lot of medicine in a calendar year, the PBS Safety Net helps you with the cost of your medicine. Once you or your family reach a safety net threshold, you can apply for a PBS Safety Net card—your PBS medicine will be less expensive or free† for the rest of the calendar year.

† If you choose a more expensive brand of medicine, or if your doctor prescribes one, the extra amount you pay won't count towards your PBS Safety Net

\* Figures correct at time of publication

## Talk to a Dietician

### How can a dietician be of service to you?

Good nutrition is crucial for maintaining health and independence in HIV positive people. For a variety of reasons nutritional intake can be comprised usually resulting in loss of weight, loss of stamina and quality of life. If nutrition is effected by illness, disability or interactions with medications, clients should talk with a dietician.

### You can benefit from a talk with the dietician if you are:

- Losing muscle weight and strength
- Have diarrhoea but are looking for "food" solutions rather than extra drugs
- Having difficulty eating enough food to maintain your weight
- Want to know what foods you need to increase because you are HIV positive
- Struggling to shop and prepare meals and needing to know about "ready to eat" options

### The dietician can:

- Assess nutritional status – loss of weight? poor appetite? inadequate diet?
- Suggest ways to improve nutrient intake
- Update clients and their families on best food intake appropriate to their medical condition
- Refer clients to other health professionals to improve quality of life.

### The dietician can provide information on:

- Simple ways to boost protein and energy intake over the day
- Supplementary nutritional products – what and where to buy them
- 'Ready to eat' home delivered meals
- 'Ready to eat' supermarket foods

### Q & A With a practising Dietician

#### 1. Why is nutrition so important for

#### People Living with HIV?

Nutrition is important for all people, especially People Living with HIV/AIDS (PLWHA). Having a good nutritional intake ensures that your body is functioning at its optimum. Nutrition is important in particular for PLWHA as good nutrition can ensure best possible immune function, help with weight control, improve energy levels and manage any side-effects of drug treatments. Good nutrition can help a person make the most out of their life.

#### 2. How will PLWHA benefit from seeing a dietician?

Dieticians are university trained health care professionals whose expertise is not only understanding the theory of nutrition and the way it relates to health and disease but how to translate this theory and advice into practical answers that suits the individual.

Seeing a dietician will enable a person to get the best effect of treatment and ensure their optimal health and vitality.

Dieticians use many different strategies to help individuals achieve best health and wellbeing. The dieticians aim is to understand a person's particular health and nutrition issues together develop different practical ideas and formulate a plan involving food or supplements and lifestyle changes. For example, HIV Dieticians commonly help PLWHA with weight gain, weight control/fat loss, building muscle, drug side-effects, high blood glucose and blood fats, shopping, cooking, quick and easy nutritious meals, ideas for snacks and advice on specific dietician services.

#### 3. When should a dietician first be consulted and how can a dietician be contacted?

You can see a dietician at any time, but it is best to see a dietician earlier rather than later as it is easier to prevent nutrition problems than it is to treat them. All PLWHA should have seen a dietician at least once since diagnosis as PLWHA have unique nutrition needs. You can call your local doctor for advice on specific dietician services.

#### 4. What are the most common problems that lead people with HIV to seek your advice?

I see people with many different issues, most of which are related to drug treatment side-effects, whether this be weight control, lipodystrophy, increased cholesterol, increased blood glucose, persistent diarrhoea or other gut upsets. I also discuss practical and general issues such as meal and snack ideas, shopping and easy meal preparation. People who have not started on antiretrovirals can also improve their health and quality of life by seeing a dietician.

#### 5. Can you give advice to people who have special dietary requirements, for example diabetes, lactose intolerance or vegetarians?

Yes – I often have to see people that have special needs as well as the special issues that being HIV positive brings. Sometimes this can be as much "general" advice for different nutrition issues often contradict each other. This is why a dietician is useful as they understand the issues and can advise on what is most important.

For example, people with diabetes need to control their blood sugar but not to the expense of weight control whilst lactose intolerant people need to ensure that they are getting adequate calcium, protein and B12 from other food sources.

Information taken from the Nutrition for Life pamphlet 'Feel better through better nutrition' produced by Merck Sharp & Dohme.

## DIETICIAN'S CLINIC

### Jenny MacDonald

will conduct a Dietician's Clinic  
at the

AIDS ACTION COUNCIL

Westlund House

on

TUESDAY 4 March

Please call Mick or Marcus on  
62574985 for further information  
and to make an appointment  
Please bring your latest blood test  
results to the clinic.



# Nurse Philip

*Dear Nurse Philip I'm now on my eighteenth year with the HIV Virus and have no real health issues. Over a period of seven months last year I had 34 teeth removed due to soft gums etc. Although I thoroughly brush my teeth twice a day. At the Rural Conference at Coffs Harbour last year it came up in a discussion which hinted at being a side effect of long term Medications. My Dentist told me to talk to my Doctor.*

Since the early days when the signs and symptoms of AIDS were first described, the mouth has been a site of interest. This is because it is common for early manifestations of HIV disease to show up here. Oral thrush and oral hairy leukoplakia were often signs that the immune system wasn't working as well as it normally does, and the appearance of Kaposi's Sarcoma (KS) would indicate that the level of immunity had been dramatically reduced. In addition to this, problems involving the gums and bone that supports the teeth were frequently observed in people with HIV. The gum and bone diseases were thought to be caused (in part at least) by a reduced flow of saliva, caused by HIV infection. If gum and bone disease are allowed to continue, this can result in dental decay, the loosening of teeth, mouth pain and tooth loss in some cases.

Good nutrition is important for the repair and maintenance of a healthy mouth; a chat with a dietitian can provide some useful strategies for improving the overall wellbeing, including making your mouth healthier. As dental or gum conditions are generally made worse by smoking, it is a great move to stop (or at least cut down significantly) if you're a smoker. Once again, this will provide a whole range of health benefits throughout the body, including the mouth.

The use of antiretroviral therapy (ART) since the mid-1990s has lessened the number of HIV positive people who have serious mouth problems by strengthening the immune system. Some people find that although they have a low Viral Load and a good CD4 count, they still develop mouth problems. One reason for this is that some of the antiviral medications are thought to contribute to mouth dryness; if this persists, the same problems associated with HIV-related mouth dryness will also occur in this situation. Your doctor should have been able to find out whether any of the

medications in your combinations have this particular side-effect.

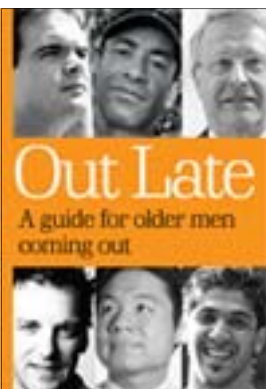
Even in the absence of HIV infection or ART, particular care needs to be taken to maintain healthy teeth and gums. Regular attention from a dentist is particularly important. This will allow your dentist to plan any restorative work that is needed. It will also help identify any emerging problems and put into practice some preventive measures that will improve your oral health. Although the regular thorough brushing that you described is essential to maintaining the health of your teeth and gums, other practices may be needed to optimise the health of your mouth.

A session with a dentist or a dental hygienist can be useful. They can supervise a tooth brushing routine and make suggestions. They may need to demonstrate the proper use of dental floss; this is important for removing the plaque that forms on the teeth below the gumline reducing the likelihood of gum infection. They can also help out with the choice of toothpastes, mouthwashes and other products that may be needed to optimise oral health.

It is critical that people with HIV pay early and diligent attention to the health of their teeth and gums. Unfortunately, in some cases, it may be impossible to reverse extensive damage, particularly if there is significant loss of the supporting bone tissue.

The suggestion from a dentist to discuss dental health with your doctor is good advice; it may be a good prompt for your GP to think about the possibility of using Medicare to pay for some of your health services (including dental assessment and treatment) as part of the Enhanced Primary Care Program. For this to happen you'll need to consent to having a care plan and will have to have a chronic problem (for example, HIV infection) and multidisciplinary care needs (that is, more than 2 other people or organisations whose input is important in managing your health). Your GP will be able to tell you whether or not you are eligible. If so, it may be possible to have some of your dental costs subsidised by Medicare.

## NEW Resource



This booklet provides information about sexual identity and coming out as an older gay man as well as important information about health and safe sex. It is not a 'how to' guide, nor does it cover every detail that is likely to effect men who are considering coming out as gay. It does, however, explore a range of topics that many men in this situation have experienced. Some of the language is explicit. In the back there is a directory to other services that may help you, together with a glossary that explains the terms printed in coloured ink in the text. Some of these are gay community terminology and others are medical.

This resource is available on line at [www.afao.org.au](http://www.afao.org.au) or call in to Westlund house to pick up a copy.

## NEW Women's Resource

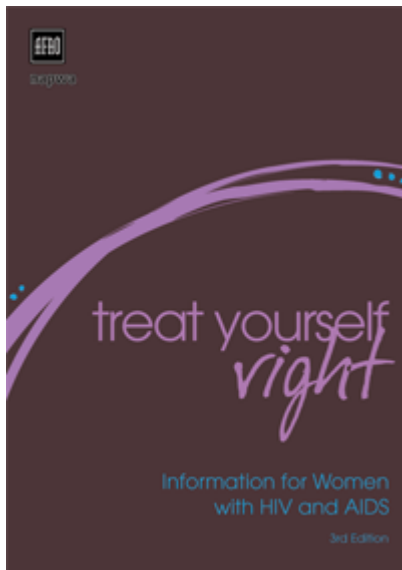
This booklet contains health information for women living with HIV. You may be reading it because you have recently been diagnosed with HIV, have known about your diagnosis for some time, or you may be reading it to get an update on health issues specific to women with HIV.

This booklet aims to provide information in a manner that helps you to make the best decisions about your health at different life stages. It includes sections on treatments, disclosure, sex, contraception, pregnancy and menopause.

In this booklet the drugs that are used to treat HIV: antiretroviral drugs, are usually referred to as ARV for simplicity. Sometimes the terms 'anti-HIV drugs' or 'HIV treatment' are also used. In all cases the assumption is that a combination of these agents will be used together, as that is the key to controlling HIV infection.

While there is an emphasis on the way that ARV's work in the body in this booklet, we also acknowledge that there are many other components in a full and healthy life. Now that HIV is a treatable condition, the food you eat, the air you breathe and the decisions you make about smoking, exercise and getting adequate rest all play a very important part of staying well.

Don't try to read this booklet cover to cover like a novel. You will feel overloaded, and some information is repeated in different sections where it relates to different specific issues. Use the content page and the index to skip straight to the sections that are relevant for you.



Information can change quickly in HIV. A booklet like this cannot cover all the relevant research in women, but there are some excellent websites that cover breaking news in HIV research, including women specific news (See page 11 for recommended sites).

Finally, this booklet does not replace your doctor. It is designed to give you an overview and help explain issues in HIV treatment for women, but it is essential that you see a skilled and experienced doctor to manage your health.

As a woman with HIV....

- You have the right to take control over your own health and make your own decisions about how you live with HIV.
- You have the right to choose if and when you reveal your HIV status, or to keep your diagnosis confidential.
- You have the right to choose which treatments or therapies you use.
- You also have the right to refuse any treatments or therapies with which you do not feel comfortable.
- You have the right to a full and active sex life.
- You have the right to have children.
- You have the right to work, or make changes to the way you work.

You have the right to high quality health care, support and counseling in an environment that is supportive, sensitive and free from discrimination

## Brenda's Blenda

It's not often I have a recipe for a sweet dish as it's so often cheaper to buy packet & frozen sweets from the supermarket.

I came across an old recipe that my mother made and was a favorite of the whole family.

### Perfect Bread – Butter Pudding

You will need:

- 8 slices of buttered bread (Crust off, buttered one side only)
- 2oz sultanas
- Grated rind of one lemon
- 1 pint of milk
- 2 eggs
- 2 Tbs of brown sugar

### How to prepare

Cut bread into 3in squares and put half into an ovenproof dish. Sprinkle with half of the sultana's and half of the lemon rind. Add the rest of the bread and cover the surface with the remaining sultanas and lemon rind. Beat the eggs with milk and sugar and pour over the bread. Leave to stand for 30 minutes.

Place the dish in a baking dish with at least 1 ½ of water in its base and bake in a medium oven for 30 minutes or until brown on top.

You can add nutmeg or some glace cherries or some apricot chunks.

It's the easiest recipe ever and can be served warm or cold with whipped cream & ice cream.

Enjoy;

Love Brenda.

## Think there's a right time for someone to say they're HIV?



### Think again.

For more information on HIV disclosure and contact details for your local AIDS Council / PLWHA organisation, visit [www.thinkagain.com.au](http://www.thinkagain.com.au)



**Positive Living NAPWA's** free newsmagazine for people living with HIV/AIDS in Australia. Published since 1989, *PL* is Australia's only national publication for positive people



### **Subscriptions**

Free subscriptions are available to HIV-positive people living in Australia who prefer to receive Positive Living by mail. To subscribe visit

[www.napwa.org.au](http://www.napwa.org.au) or call 1800 259 666.

Copies are also available from the PLWHA ACT office

## **COMING EVENTS**

### **Wednesday 13.02.2008**

Massage Clinic, PSN Lunch & Op-shop  
12.45 - 4.15pm

### **Tuesday 19.02.2008**

PSN Dinner Westlund House 6-8pm

### **Wednesday 20.02.2008**

Massage Clinic, PSN Lunch & Op-shop  
12.45 - 4.15pm

### **Wednesday 27.02.2008**

Massage Clinic, PSN Lunch & Op-shop  
12.45 - 4.15pm

### **Tuesday 4.03.2008**

PSN Dinner Westlund House 6-8pm

### **Wednesday 5.03.2008**

Massage Clinic, PSN Lunch & Op-shop  
12.45 - 4.15pm

### **Wednesday**

Massage Clinic, PSN Lunch & Op-shop  
12.45 - 4.15pm

### **Tuesday 18.03.2008**

PSN Dinner Westlund House 6-8pm

### **Wednesday 19.03.2008**

Massage Clinic, PSN Lunch & Op-shop  
12.45 - 4.15pm

### **Wednesday 26.03.2008**

Massage Clinic, PSN Lunch & Op-shop  
12.45 - 4.15pm

### **Tuesday 01.04.2008**

PSN Dinner Westlund House 6-8pm

### **Wednesday 2.04.2008**

Massage Clinic, PSN Lunch & Op-shop  
12.45 - 4.15pm

### **Wednesday 9.04.2008**

Massage Clinic, PSN Lunch & Op-shop  
12.45 - 4.15pm

### **Tuesday 15.04.2008**

PSN Dinner Westlund House 6-8pm

### **Wednesday 16.04.2008**

Massage Clinic, PSN Lunch & Op-shop  
12.45 - 4.15pm

### **Wednesday 23.04.2008**

Massage Clinic, PSN Lunch & Op-shop  
12.45 - 4.15pm

## **Need Vitamins?**

Don't forget that vitamins are available from the AIDS Action Council at cost price for all people living with HIV/AIDS within the ACT. If you have a current pension concession card you may be able to access your monthly treatments allowance. Don't forget massages now count toward the monthly treatments allowance (currently \$50.00) and should be taken into account when accessing the vitamins service. The \$5.00 dispensing fee is payable by all clients accessing this service and using their treatments allowance.

**To minimise your dispensing fees pick up your vitamins for the month in one go - no more than one month's supply of vitamins will be given at one time.**

**While there are outstanding dispensing fees no further vitamins will be available!**

**Should you have further questions about this service please contact Marcus on 02 6257 4985 or Nada 02- 6257 2855**

## **Gym Equipment**

Flat Weight Bench (can be inclined to different angles)

Attachment for Leg Press and Thigh Extension Includes Bar and range of Weights

Price: Nominal \$60, but negotiable down depending on circumstances (HIV Status, Employment etc.)

Contact Glen on 0409 939 354, for further details

