

POSITIVELY

December 2009

/ January 2010

WESTLUND HOUSE

16 Gordon Street

ACTON ACT 2601



Merry Christmas 2009

Positively is a newsletter for HIV positive people, their carers, families and friends in Canberra and the surrounding areas.

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POSITIVELY is a regular 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 27th January**. 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. Ph 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 or if you would like to suggest some activities 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 Information

All enquires to Marcus

Phone 6257 2855

Treataware www.treataware.info

Nutrition

Consultation with a dietitian 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 or Mick 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

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

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The Fine Print

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Wrap up for 2009

Well it's that time of year again with Christmas just around the corner and time to reflect over the year's events of 2009 for PLWHA ACT and our members. Overall 2009 has been very successful with many outings and events taking place. Here is a summary of some of the highlights:

The AAC, PLWHA and ACT Cancer Society conducted a successful 4 week QUIT (smoking) course at Westlund House.

A special *Love Your Liver Lunch* was held during Hepatitis C Awareness Week. The food was great **and** healthy!

Our regular HIV Specialist Dietitian Clinic was held quarterly in 2009 and has proved very popular (Jenny will be back in February 2010)

The Chin Wag extravaganza dinner held on 2nd April was an enjoyable, well attended and informative event. The stars of the night Nurse Nancy and Vanessa Wagner were in great form! Thanks to the AIDS Treatment Project Australia (ATPA) for their sponsorship.

In July a dinner was held for positive women which was very well attended. We were pleased that new women came along on the night.

Not to mention, our regular PSN lunches and dinners which included a successful Christmas in July Dinner and, to end the year, we held a BBQ Dinner on 8th December. At the BBQ the Worker's Reference Group (WRG) for the 2010 calendar year was named - Kenn B, Michael B, Mandi C and Geoff P. Many thanks for coming on board.

I would like to take this opportunity to thank our members for your continued support throughout the year and wish you all a safe and happy Christmas and New Year.

Please note that the PSN Dinner scheduled for 22nd December has been cancelled

However the lunch scheduled for Wednesday 23rd is still being held.

We look forward to seeing you for the first PSN Dinner which will be held on the 5th January 2010.

Cheers Mick

PS

Watch out for a new edition in the new year called "POZ Lite" a shorter edition of Positively featuring articles too good to wait until the next full edition of Positively.

EXPECTED HOUSING VACANCY, WILLIAMS HOUSING PROGRAM

As you may be aware, the AIDS Action Council of the ACT, in partnership with Havelock Housing Association has a small portfolio of properties for long term, affordable and sustainable housing for people living with HIV in the ACT.

These properties are one component of the *Williams Housing Program* which also provides information, referral and advocacy on housing related matters.

The Council is expecting that one of our properties will become vacant in January 2010. This property is a good sized, one bedroom, ground floor unit located in Belconnen and would be suitable for a single person or possibly a couple.



If you are interested in the possibility of long term rental of the Unit and discussing eligibility requirements and other details, please don't hesitate to call Nada, the AAC Community Support Services Manager at Westlund House on 6257-2855 during business hours or contact me by email on nada@aidSACTION.org.au



**I ♥ SEX
CONDOMS**

“ I always
use condoms
to protect
me and my
partner ”

Leo, 30
Events Co-ordinator

 aidSACTION.org.au  Photography by photoACCESS

Nurse Philip

PARTAKING THE AMBER FLUID.

My boyfriend and I are into watersports but I'm a bit worried that the HIV medication metabolites in my urine may be detrimental to his health if ingested in quantity. As a guess he wants to take about 400-500 mls. orally per week. I have a CD4 count of 400-450, and have had an undetectable viral load for the past 6 years and am STI free. He is HIV -. What are your thoughts please ? My daily meds are Efavarenz (600mg), Abacavir (600mg.) and Didanosine (400mg.).

When drugs are taken by mouth, they are generally absorbed into the bloodstream from the gut and pass through the liver where partially or fully metabolised (chemically changed by enzymes) and converted to other substances (known as metabolites). Some of these new substances may be effective and act in the body to give the results expected of the medication, while other metabolites have no effect. The metabolites either eliminated through the gut or are released into the bloodstream.

One important function of the kidneys is to remove unwanted materials from the blood. This often involves filtering unchanged drug and the metabolites from the bloodstream and transferring them to the urine for removal from the body.

If your partner takes 500 ml of urine each week, this would probably only amount to less than 5% of your average weekly urinary output. For most drugs, the magnitude of side effects is dose-related; that is, more drug gives a

greater degree of the side effect. Therefore ingestion of such relatively small amounts of drug or metabolite should not cause much of a problem. Long-term ongoing exposure to most medications and metabolites at these low dosing levels would not normally be problematic.

The major exceptions to this general advice are those medications that produce strong allergic (hypersensitivity) reactions. Even at relatively low doses, repeated exposure to these allergens can result in a sensitisation to exposure to the drug; this means that on repeated exposure, the strength of the allergic reaction increases each time. One such drug is abacavir. You may remember the warnings about hypersensitivity that you were given when you started taking abacavir. These allergic reactions occur in about 5% of the population and can be life threatening.

Although only 1% of abacavir is excreted unchanged in the urine, it is not known whether this would be sufficient to trigger a strong allergic reaction on repeated ingestion. In addition, no studies have been done to date on ingestion of urine and development of hypersensitivity reaction to abacavir but is a possibility if someone is allergic to abacavir or its metabolites.

It would therefore be advisable for your partner to be aware of a pattern of any signs of hypersensitivity following the ingestion of your urine. Signs of hypersensitivity include skin rash, fever, nausea, vomiting, diarrhoea, headache, shortness of breath, fatigue and generally feeling unwell. If a pattern develops, it is important that your partner stops ingesting your urine while you continue to take abacavir. In other words, proceed with caution.

ATRIPLA - Once-A-Day HIV Medication

In November, a staff member of the Council attended a Treatments Forum with representatives of agencies around the country and New Zealand that provide information and updates on treatment options and health issues for people living with HIV. This year the reality of a one a day HIV combination pill was one of the areas of note. You may have heard on the grapevine for many years that a one-a-day medication would be available at some time. For those who are used to multiple (++) dosing per day, it seemed almost futuristic. Well, for some, that time has now arrived. The first combination pill providing people with HIV the option of taking their treatments as a single pill once a day has been approved by the Australian Government's Pharmaceutical Benefits Scheme (PBS) and will be available from 1st January 2010. This approval is very welcome as the new combination has been widely available in other countries, such as the US and parts of Europe for some time. This one a day medication is named ATRIPLA and is a combination of three different medicines in the one pill:

- STOCRIN (also known as *efavirenz*)
- EMTRIVA (also known as *emtricitabine*)
- VIREAD (also known as *tenofovir*)

(Two of these medications, *Emtriva* and *Viread* are currently available as a double combination pill named *Truvada*.)

ATRIPLA may be suitable for you if you already take the above combinations. If you think that you may benefit from the new combination one a day pill, then speak to your prescribing doctor about the possibility. A new website is in the pipeline by the manufactures, Gilead Sciences, as a source of information and support for those who may be transferring to the new combination. We will provide further information on developments in this area as soon as it comes to hand. If you have any further queries about ATRIPILA contact your medical practitioner – you can also check its availability after 1st January by contacting The Canberra Hospital Pharmacy Department.

Report on the trip to P.N.G. December '09.

This is a quick report on my latest trip to Port Moresby. It was the third trip in a program being run in PNG by the National Association of People Living With HIV/AIDS. The trip was made with Tim Leach, who is one of NAPWA's constitutional experts and at a time to coincide with the 'Retreat' being held by Igat Hope for its members. This is a time when the members can be taken outside of Moresby and provided with a space that provides 3 meals a day, lots of friends and music and some time away from responsibilities. This time they were also having a meeting of the members, as part of the process that was started at last year's AGM. This may lead to a nation-wide "umbrella group" for the voice of our positive Friends in PNG. It was this part that I had been involved with before, and why I was invited back again.

We arrived on Wednesday 2nd of December, so I missed the big World Aids Day events that were held. I heard that there was an enormous turn-out for the march that was held through the City area. Many of the Government Dept's employees and even Ministers and other Government officials themselves were involved. The speeches sounded very powerful. Every second building seemed to be wearing a big Red Ribbon as we drove around town.

The 'Retreat' was held a long way out of Port Moresby. Instead of traveling for just the day of the meeting, I asked Annie (the office General Manager) if she thought that it would be appropriate for me to attend some of the other days as well. The time of this 'retreat' was just for Friends (PNG speak for HIV Positive) and their partners and children. She was very careful to make sure that I was OK with the "roughing it" side things. But I assured her that I had been camping before, and sleeping under a tarp and cooking on the open fire was all right. So, I was invited along as one of the Friends of Igat Hope.

We met at up at 'Jack Pidik Park' on Friday morning and started our trip in a couple of Nissan Buses and a large truck with all the supplies, and those people that couldn't fit into the buses, loaded in. We drove out of town and along a very rough and pot-holed, but sealed, road. This wound along the side of a very, very steep valley cutting into the mountains. It's in this area that all the electrical power comes to P.M. through the hydro schemes and it's also where all the cities water supplies originate. The very narrow and pot-holed road winds along the edge of the valley for many miles and eventually



rises to a great height at the plateau. All of this is through a "typical" sort of tropical scrub. But when we reached the end of this section, we came onto an enormous plateau that was covered in waist-high lush green grass. Dotted around were the odd trees and a hut or house here and there, but mostly a verdant green carpet of tall grass. The main crops up here were pineapples and beef cattle. Apparently the cattle mostly go to town to end up canned (no refrigeration can be assured) for local and some Fiji eating. Who'd guess?

Then we came to the end of the sealed road. Now it was a very rough and pot-holed dirt road. This ran through a Rubber Plantation. I never knew how beautiful these trees are. The bark has many small and large roughly circular silver/grey and mottled patterns. On a forest of small long thin trunks, it was a beautiful effect as we drove through them. Unfortunately, somewhere along here, the bad 'road' turned into bad 'bush track', and there had been a little rain, so we had to walk the last few kilometers. Lucky the truck with all the food etc. was able to get through. Too much stuff to carry!

We set up camp at Annie's sister's place. It was lovely of Jennifer to offer her hospitality. Her land is right on the edge of the rubber



plantation, with a stream running around 3 sides. A patchwork of cleared ground and young forest then ran up the hills above us. It was a most beautiful and peaceful setting for the camp site. It wasn't long at all before the rubber sapling and bamboo poles that were needed for the tents were all cut and in place, and the tarp roofs up. Fire was going and lunch underway before hardly any time. Music on and the party was under way.

The Friends treated me very well. It seemed that someone was always checking that I was OK and had everything I needed. I felt very cared for. Everyone was relaxed and we had a nice lunch. Then I went down to the creek for a splash in the cool water. Even though we were away from the coast and the humidity wasn't always as high, it was still very hot. The creek was also the bathroom/shower, and there was an area for bathing for the men and a separate one for the women. Walking down to the water, I disturbed a cloud of butterflies that had been drinking at the edge. The air was full of the beautiful metallic peacock blues and sulphur yellows on their wings. It was just like a moving postcard as they flew up through the vines, ferns and little orchids on the way to the canopy. The water was icy cold and crystal clear, running over the sand and rocks. To think that this was my bathroom for the next few days!

The feeling of the group was relaxed and everyone seemed ready to just chill out. The kids were running around laughing and having a good time. When I commented on this, the reply was "they're looking so happy because they're not hungry". So many of them can be sure of only one meal a day, if that, so this was a chance for everyone to relax and not have so many of the day-to-day worries. I'd estimate that there were perhaps 50-60 or so adults and maybe 15 or so children. I was told that about half of the kids were positive. Not that you could tell who was which. Although none of them was able to enjoy the best of nutrition and health care, they were all loved by their families. And I'm sure that all PNG kids are born beautiful, ready and willing to be in a photo.

After lunch, a group sat around a big pile of green bananas and a couple of types of kau kau (sweet potatoes) and some greens, and they were all peeled and prepared in no time. A couple of the guys grated the flesh from a lot of coconuts and then Helen taught me how to extract the coconut milk from this, mixed with a little water. Small handfuls were squeezed to get the 'milk' which was added to

2009 NAPWA AGM 20/21st November, 2009

Kenn, Mick and I attended the National Association of People Living With HIV/AIDS (NAPWA) AGM on 20/21st November, 2009. Many topics were included and it was evident that issues of ageing with HIV, stigma, discrimination, disclosure and changes in client service provision were high on the agenda.

In response to the changing needs of clients, and in an effort to move away from solely providing financial assistance, Bobby Goldsmith Foundation (BGF) in NSW is planning a change in their delivery of financial services. Currently BGF provides financial assistance to NSW HIV positive clients receiving Centrelink benefits by paying part of their utility bills. These bills will continue to be paid until January 2010 for new clients. Existing clients will have until 1st July 2010 to adjust to the changes. BGF will be sending out a letter to all their clients this month to advise people of the changes.

BGF will be implementing mentoring for people who are returning to work or study, financial counseling and budget planning. This is all in an effort to give clients the skills to better manage their financial affairs and to move away from the welfare dependant mentality which has existed for some people.

BGF will continue to provide financial assistance to people in times of extreme crisis.

For the information of our members who reside in NSW, if you require more information regarding these changes you can give BGF a call on 1800 651 011, which is a toll free number.

Other issues discussed included the criminalisation of HIV. NAPWA has produced a monograph called "The Criminalisation of HIV in Australia – Legality, Morality and

Reality. A copy of this publication is available on the NAPWA website which is www.napwa.org.au. A follow up report on the monograph will be published in a later newsletter.

We heard from all the state PLWHA organisations and the changes that they are implementing due to the changing needs of HIV positive people. It was interesting to hear about the changes that other states have made to their service delivery in light of the revamp of PLWHA ACT that the Workers' Reference Group is currently consulting with members about.

We also heard about the work that is being done between NAPWA and IGAT HOPE in Papua New Guinea. Representatives from NAPWA, including our own Kenn, have been helping the local HIV positive population to strengthen and expand their own peer based organisation and help them understand the complexities of good governance. Their aim is to contribute to policy development with a People Living with HIV focus. They are also developing links between PLHIV groups outside of Port Moresby, working towards a national voice for positive people. If you are interested in reading about what is going on in PNG we have copies of the report available at PLWHA

Ronald Woods and David Menadue have also prepared a report on stigma and discrimination towards HIV positive people in diverse communities in Australia. A copy of this report is available from the PLWHA office if you are interested in this subject.

Another topic discussed was treatments and we will update this information in another issue of the newsletter.

The NAPWA Annual Report is available on line at www.napwa.org.au.

Mandi

From page 5

the chicken curry as flavour and thickener. I seem to always come home from PNG with a range of new skills! The vegetables were all wrapped and cooked in the fires. Because of my great fondness for kau kau, I'm told I'de make a good Highlands man. This is where most of it is grown. The music went long into the night and everyone seemed to have a great time.

Saturday was the day of the meeting. Tim and a few others travelled from Port Moreby and arrived just before lunch. The meeting was to discuss the future direction of Igat Hope, the possibility of a National Organisation and how this might happen. It seemed to be the quickest, most well organised and democratic meeting that I think I've ever seen in PNG. Bonnie (from the Highlands) and Lydia (from Milne Bay) were present as the 2 provincial rep's. There were some questions and clarifications, but it all seemed to go very quick and smooth. It was good to see things look as though they are working so well.

Because we had an early flight out on Sunday morning, Tim and I had to return to Moresby later that afternoon, but before it got dark. That meant that we missed out on the big feast of the weekend, where all the rest of the fresh meat etc, would be cooked, wrapped, in a big pit, with another big pile of kau kau and other vegetables.

Sounded like a great time, but we couldn't stay. Which turned out for the best, as later that night there was a big downpour, and 2 of the tarps collapsed! It made getting out the next day a bit of a problem and Annie said it was very late by the time that the last of them got home on Sunday night.

It was really great to have the chance to catch up with all the Friends, and those friends that I know a bit more closely. Helen, Don and Maura took good care of me. Keeping an eye on me the whole time. It was great to see Carol, Bonnie, Lydia, Annie (and just so many others) again, to catch up on gossip and news. I hope that the time I spent with my Friends was useful. Even though a lot of talking happens and questions are answered when they come up, it's sometimes hard to know just how much I contribute. They always say that it's good to have me there and that the information I provide is appropriate and useful. I just hope that some of the experiences we have had here in Australia, and some of the lessons we learnt over the last couple of decades, can be passed on and made use of. After all, that's why I keep going back. Peer education and sharing are essential. And I will always be happy to help in whatever way I can. I felt that it was a useful time. Maybe I'll be able to return again if the right work comes up. NAPWA always sends the people that are considered best for the job at hand. We'll just have to wait and see.

Kenn Basham

Brenda's Blenda

With Christmas just a short time away, and the prediction of a very hot one at that, I have selected a Christmas lunch or dinner that is served cold and pre-prepared to give you time with family and friends.

Prawn cocktail

To start off is a simple prawn cocktail. Work out how many will be at the table and buy your prawns, e.g. six per person. Buy cooked Aussie tiger prawns, peel and wash, remove heads and devein. Do not reheat as they will turn out tough.

How to prepare

Simply use glass bowls or champagne glasses, or even red wine glasses. Use baby cos lettuce leaves and arrange in bowls. Top with sliced avocado and cooked prawns. Simply top with a seafood sauce.

For the main course – Ham and Leek Frittata

What you need

- 1 ½ tablespoons olive oil
- 1 x 450 g can of Plumrose leg ham cut into 1cm pieces. Remember to remove the surrounding jelly
- 1 leek, pale section only, thinly sliced
- 8 eggs, lightly whisked
- 1/3 cup pouring cream
- 1/3 cup torn fresh basil leaves
- 2/3 cup grated parmesan cheese
- 1 ¼ cups dried fusilli pasta, cooked following directions on packet
- Rocket leaves to serve
- Cherry tomatoes, halved, to serve.

How to prepare

Heat 1 tablespoon of the oil in a 26cm non-stick ovenproof

frying pan with a heatproof handle over medium/high heat. Cook the ham, stirring occasionally for 5 minutes or until golden brown. Add the leek and cook for a further minute. Transfer to a bowl. Wipe pan clean.

Combine the eggs, cream, basil and half of the parmesan in a large bowl. Add the ham mixture and pasta and season with a little salt and pepper.

Heat remaining oil in the pan over medium/high heat. Add the egg mixture and cook for seven minutes or until almost set. Sprinkle over the remaining parmesan cheese.

Preheat grill on medium/high. Place the pan under the grill and cook for 7 – 10 minutes or until the frittata is set. Turn onto a serving plate. Cut into wedges and serve with rocket and cherry tomatoes. You will get 6 good serves out of this frittata. It is very tasty both hot or cold.

Your final course can be a platter of fresh seasonal fruit. These include cherries, apricots, grapes and peaches. Add Tasmanian camembert, blue brie or vintage cheese to the platter. Add a selection of biscuits like water crackers or jatz and a couple of cheese knives so that guests can help themselves.

Can I suggest that the best non-alcoholic drink to serve is soda water chilled with a thin slice of lemon.

Christmas can be very expensive if you don't do a little planning ahead. Firstly find out if any of your guests are vegetarian or don't like seafood. All the above recipes can be varied, e.g. seafood cocktail could be substituted with a simple fruit cocktail. The ham can be taken out of the frittata and fresh asparagus and finely chopped onion added instead. This dish is also great for picnics.

Enjoy a safe Christmas and New Year.

Love Brenda



The Australian Charter on Healthcare Rights was launched in the ACT on Friday the 10.12.2009.

Covering six primary areas:

Access

- You have the right to health care

Safety

- You have the a right to safe and high quality care

Respect

- You have a right to respect, dignity and consideration

Communication

- You have a right to be informed about services, treatment options and costs in a clear and open way

Privacy

- You have a right to privacy and confidentiality of your personal information

Comment

- You have a right to comment on your care and to have your concerns addressed.

COMING EVENTS

Tuesday 5 January

PSN Westlund House—come and join us for the first PSN of the New-year

Wednesday 6 January

PSN Lunch 12 - 2pm Westlund House

Wednesday 13 January

PSN Lunch 12 - 2pm Westlund House

Tuesday 19 January

PSN Westlund House

Wednesday 20 January

PSN Lunch 12 - 2pm Westlund House

**Tuesday 26 January Public Holiday
Westlund House Closed**

Wednesday 27 January

PSN Lunch 12 - 2pm Westlund House

Tuesday 2 February

PSN—Dining out, time and place to be advised !

Dietitian's Clinic—Jenny McDonald

Wednesday 3 February

PSN Lunch 12 - 2pm Westlund House

Wednesday 10 February

PSN Lunch 12 - 2pm Westlund House

Tuesday 16 February

PSN Dinner 6pm Westlund House

Wednesday 17 February

PSN Lunch 12 - 2pm Westlund House

Wednesday 24 February

PSN Lunch 12 - 2pm Westlund House

Thursday 25 February

Legal clinic from 6pm Westlund House

Tuesday 2 March

PSN Dinner 6pm

Wednesday 3 March

PSN Lunch 12 - 2pm Westlund House

**Monday 8 March Canberra Day Public
Holiday Westlund House Closed**

Wednesday 10 March

PSN Lunch 12 - 2pm Westlund House

Tuesday 16 March

PSN Dinner 6pm

Vale

Mark Pitkin

Partner of Jasper Anthony-Challin

Friend to all

Died 16.11.2009



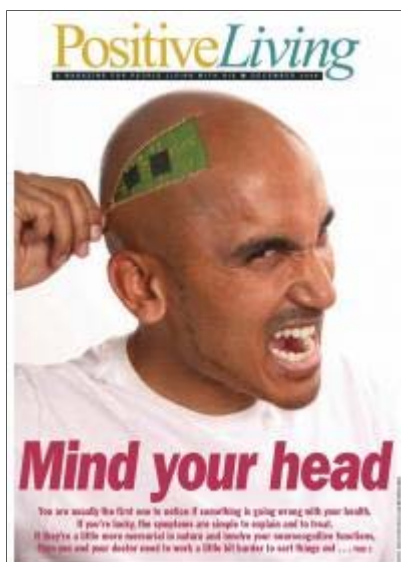
DIETITIAN'S CLINIC

Jenny McDonald

will conduct a Dietitian's Clinic at the
AIDS ACTION COUNCIL Westlund House on

TUESDAY 2 February 2010

Please call Mick on 6257 4985 for further
information and to make an appointment. Please
bring your latest blood test results to the clinic.



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

Subscriptions Free subscription's are available to HIV-positive people living in Australia who prefer to receive Positive Living by mail. To subscribe visit www.napwa.org.au or call 1800 259 666. Copies are also available from the PLWHA ACT office at Westlund House Resource Centre.