

# Out and About

SUMMER 2011

# SUMMER

There are plenty of events and activities to keep you super busy this summer.

**Saturday 3 December**  
**CabaRed World AIDS**  
**Awareness Week Fundraiser**  
7:30pm, Phoenix Theatre  
Wollongong

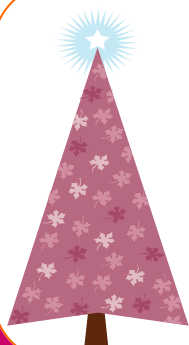
**Thursday 22 December**  
**REAL**  
6pm @ ACON Illawarra  
real.illawarra@gmail.com

**Thursday 1 December**  
**Hume Phoenix**  
**Picnic in the Park**  
**Botanical Gardens Albury**  
7.30 - 9.30 pm  
0458 216 464

**Sunday 8 January**  
**Illawarra Rising Mardi Gras Sign up**  
**Meeting**  
2pm @ Phoenix Theatre  
steen@phoenixtheatre.net.au

**Thursday 15 December**  
**Last Q2Q of 2011**  
5pm @ ACON Illawarra  
4226 1163

**Saturday 4 February 2012**  
**Gong Guys**  
7pm @ ACON  
4226 1163



**Friday 16 December**  
**ACON Illawarra Xmas**  
**Party**  
5.30pm  
**ACON Illawarra**  
19 Ellen St Wollongong  
Illawarra@acon.org.au

*Local GLBT groups in our regions will have regular events all summer too.*

*More info about what's on is in the calendar inside this Out and About, on the ACON website and facebook page.*



## **Out and About Summer 2011**

### **Disclaimer:**

The views expressed in this newsletter are not necessarily the opinions of ACON, its associates, or the Editor. Publication of contributions will be at the discretion of the Editor. Any articles containing racist, sexist, homophobic or defamatory remarks will not be published.

### **Contributions:**

Original contributions and letters are welcomed and encouraged. It is preferred that articles are submitted by email to [add email here](mailto:acon@acon.org.au)

**Deadline for the Autumn edition  
March/April/May is 1 February 2012**

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## **OUT AND ABOUT**

is a quarterly publication of the  
ACON Illawarra Office

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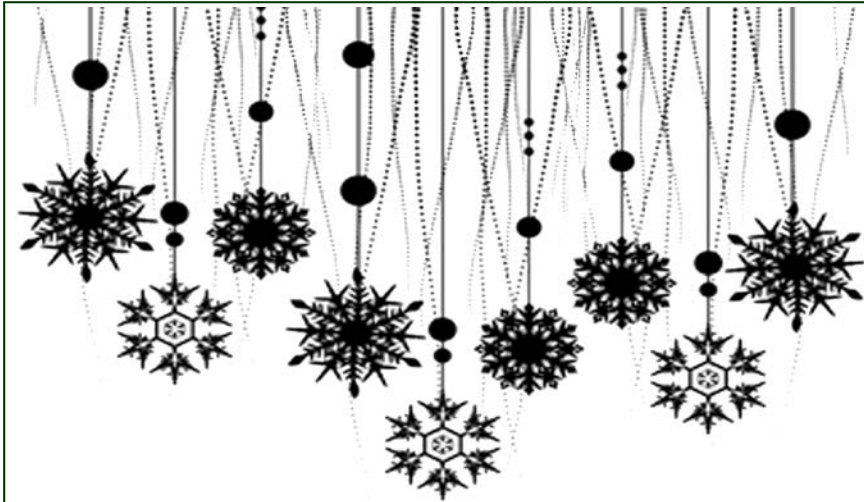
Client Services Officer  
[pjohnson@acon.org.au](mailto:pjohnson@acon.org.au)

**acon**

BUILDING OUR COMMUNITY'S  
HEALTH & WELLBEING

# Manager's Report

By Radda Jordan, Manager.



*ACON invites you under the Fairylights,  
to help celebrate and remember 2011.*

*Join us on Friday 16 December  
at 5.30pm until late  
in the ACON Community Space  
(19 Ellen St, Wollongong)  
for food and fun.*

*RSVP by Friday 9 December  
required for catering purposes*

*illawarra@acon.org.au  
(02) 4226 1163*

*\*This is an alcohol FREE event\**



Ah summer! Shorts, frocks and sun hats! I love it! Swimming, BBQ's, sea breezes and summer holidays!

If you are travelling please feel free to come and pick up some condoms and lube from the Illawarra office as part of your travel plans!

A quick reminder also that our free and confidential counselling service is available in person or by phone or Skype if you live out of the Illawarra. Just call the ACON Office to make an appointment 4226 1163.

Take care over summer. Slip, slop, slap and slip it on!



# HIV futures seven

## Making Positive Lives Count

HIV Futures seven is the seventh national survey of Australian People Living with HIV (PLHIV) conducted by the Living with HIV program at the Australian Research Centre in Sex, Health and Society, La Trobe University.

HIV Futures is an anonymous survey of PLHIV. It asks people about a range of issues including their health, treatments, work and financial situation. HIV Futures surveys have been conducted every two to three years since 1997, attracting responses from around 1000 PLHIV each time.

The HIV Futures survey has been developed in

consultation with a variety of community groups and it is officially supported by the National Association of People Living with HIV/AIDS (NAPWA), the Australian Federation of AIDS Organisations (AFAO) and the Australasian Society of HIV Medicine (ASHM).

HIV Futures provides information to PLHIV, community organisations, service providers, doctors and government about the actual experience of living with HIV and the current needs of PLHIV.

HIV Futures seven will be run between October 2011 and 15th January 2012. Hardcopy survey

booklets are available at ACON's Illawarra Office. These can be returned anonymously and free of charge via the envelope attached to the survey booklet.

The survey can be filled out online by going to: [www.hivfutures.org.au](http://www.hivfutures.org.au)

Make sure your experience counts.

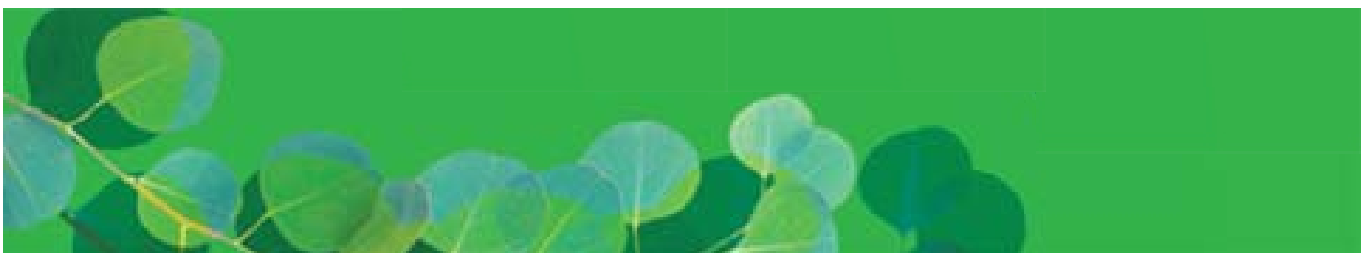
Let us know what living with HIV is like for you.

Be part of HIV Futures seven

### More info

To request a copy of the survey booklet:

**Contact:** HIV Futures 7  
**Freecall:** 1800 064 398  
**[hivfutures@latrobe.edu.au](mailto:hivfutures@latrobe.edu.au)**



# Volunteers do it better

*we couldn't do it without you*



ACON has over 600 volunteers! So many amazing people who give their time, skills, energy and passion to help provide support and services to our communities.

Monday 5 December is International Volunteer Day. This day is recognised by the United Nations to highlight the amazing work of volunteers

All the ACON Illawarra staff would like to thank and acknowledge every ACON volunteer for your commitment, flexibility, insight, skills, knowledge, wisdom,

professionalism, support, love and laughter. You make an enormous difference to ACON, we could not do what we do without you.

## Want to Volunteer?

If you would like to volunteer with ACON it's easy. Just drop into the ACON Illawarra Office at 47 Kenny Street Wollongong and fill in a volunteer application pack.

We're currently recruiting volunteers to help with our Red Ribbon Appeal **1 and 2 December.**

To volunteer just for this you can register online or by filling out a form at [www.redribbonday.org.au](http://www.redribbonday.org.au)



# Vitamin Service



The ACON Vitamin Service has come to the Illawarra. The service allows ACON clients access to a range of quality products at cost price. We aim to make our service as affordable as possible, assist in the management of health issues and help people live well today.

The ACON vitamin service is a non-profit service that aims to provide quality vitamins and nutritional supplements at the lowest possible price to people with HIV/AIDS.

Our product list is based on advice from dietitians, HIV/AIDS practitioners and naturopaths.

To access this service you need a letter of recommendation or ACON script form signed by your dietician, GP or complementary therapist indicating which vitamins/supplements suit your needs.

Drop in to the Illawarra office to pick up a script or we can post or email you a copy. The script expires after six (6) months and is confidentially stored at the office.

Please note we cannot give advice or recommend the use of any particular product as outlined by the Therapeutic Goods Act. This is the role of your dietician, GP or therapist.

For more info, call or email Peita on: 4226 1163 / [pjohnson@acon.org.au](mailto:pjohnson@acon.org.au)



## SWOP

## Aboriginal & Torres Strait Islander Project

**We aim to provide sexual health information and support to Aboriginal and Torres Strait Islander people providing sex for favors, trading sex for cash, drugs, clothing, a place to stay, alcohol or anything else either regularly or on occasion.**

**You can choose to speak to an Aboriginal or Non - Aboriginal outreach worker. Whatever you feel comfortable with.**

**For more information or to talk to the southern region Aboriginal outreach worker, please call (02) 4226 1163 or email [mcook@acon.org.au](mailto:mcook@acon.org.au)**

In commemoration of World AIDS Day 2011  
and as a special fundraising event for ACON Illawarra,  
The Phoenix Theatre is proud to present:



# CABARET

Hosted by Nero von Fassbinder  
Sat 3 Dec 2011

Doors open 7.30pm  
24 Bridge St Coniston

Tickets \$20/\$15 at  
[phoenixtheatre.net.au](http://phoenixtheatre.net.au)



THE PHOENIX THEATRE



# calendar

## DECEMBER 2011

- |     |   |
|-----|---|
| 1   | World AIDS Day  |
| 1   | Open Day at ACON Illawarra  |
| 1   | Red Stall at Crown St Mall Wollongong<br>10am-2pm 4226 1163   |
| 1   | Candlelight WAD Memorial at Stuart Park Wollongong from 5:30pm 4226 1163  |
| 2   | Light up the Lighthouse and Red Stall at Wollongong Flag staff Hill Food Markets<br>5:30pm 42261163   |
| 3   | International Day of People with a Disability   |
| 3   | CabaRed World AIDS Awareness Week Fundraiser<br>7:30pm Phoenix Theatre Wollongong<br><a href="http://www.phoenixtheatre.net.au">www.phoenixtheatre.net.au</a> |
| 3   | GONG GUYS<br>7pm @ ACON Illawarra<br>4226 1163  |
| 5   | International Volunteer Day   |
| 8-9 | ACON Illawarra Closed for ACON staff training (Thursday—Friday)<br>Urgent enquiries Call: 9206 2000   |

8	Hume Phoenix Fortnightly Drinks @ Zed Bar Albury 0458 216 464
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10	Human Rights Day
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11	Hume Phoenix Coffee Club Albury 0458 216 464
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15	Last Q2Q of 2011 5pm @ ACON Illawarra 4226 1163
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16	ACON Illawarra Xmas Party <a href="mailto:Illawarra@acon.org.au">Illawarra@acon.org.au</a>
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22	REAL 6pm @ ACON <a href="mailto:real.illawarra@gmail.com">real.illawarra@gmail.com</a>
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23	ACON Illawarra Office Closed
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## JANUARY 2012

3	ACON Illawarra Re-opens 9:00am (Tuesday)
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8	Illawarra Rising Mardi Gras Sign up Meeting 2pm @ Phoenix Theatre <a href="mailto:steen@phoenixtheatre.net.au">steen@phoenixtheatre.net.au</a>
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26	REAL 6pm @ ACON <a href="mailto:real.illawarra@gmail.com">real.illawarra@gmail.com</a>
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26	Australia Day
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## FEBRUARY 2012

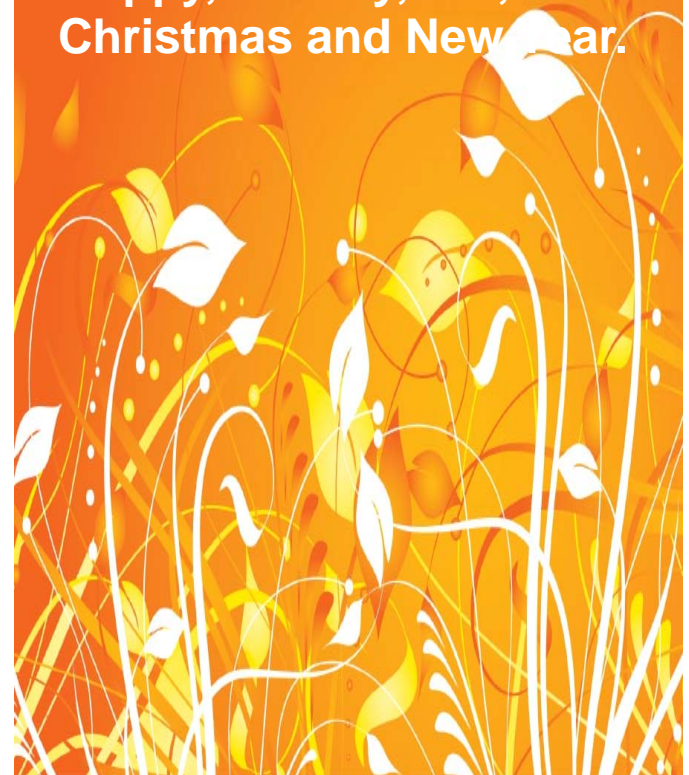
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|----|--|
| 4  | <b>Gong Guys</b><br>7pm @ ACON<br>4226 1163  |
| 12 | <b>Mardi Gras Fair Day</b><br><a href="http://www.mardigras.org.au">www.mardigras.org.au</a>                           |
| 18 | <b>Gong Guys</b><br>7pm @ ACON<br>4226 1163  |
| 23 | <b>REAL</b><br>6pm @ ACON<br><a href="mailto:real.illawarra@gmail.com">real.illawarra@gmail.com</a>                    |
| 25 | <b>Mardi Gras Harbour 2012</b><br><b>Dance Party</b><br><a href="http://www.mardigras.org.au">www.mardigras.org.au</a> |



**BUILDING OUR COMMUNITY'S  
HEALTH & WELLBEING**

**ACON Illawarra Office  
will be closed from  
Fri 23 December 2011 at  
1pm  
and reopen  
Tues 3 January 2012 at  
9am**

**We wish you a very  
happy, healthy, fun, safe  
Christmas and New Year.**



**Do you have a local event  
coming up?**

**Advertise it in our calendar or send  
your information and poster to  
[Illawarra@acon.org.au](mailto:Illawarra@acon.org.au)**

**Our newsletter runs every 3 months,  
so it's a great opportunity to get  
people talking about your event and  
get them involved early.**

**If you miss an issue, send us your  
information and we can advertise it  
on our website—where you can also  
keep up to date with updates and  
events in your area.**



## Travel safe this summer.

Summer's here and the time is right for dancing in the streets, travelling to many of the GLBT events happening here or around the world, holidaying at home, interstate, or overseas, and it's also festival and party season.

Just like you plan for your trip, your holiday, or how you're going to get to the party, it's good to plan around the sex you will be having at home, along your travels, and when you get there.

Getting a sexual health check now is a great idea. No matter where you are the more sex you are having the more sexual health checks you need.

After your pre holiday sexual health check, register your details on

the Drama Down Under website ([thedramadownunder.info](http://thedramadownunder.info)) and they will send you an sms sexual health reminder—simple!

Condoms and water based lube... we love them. We will happily give you your holiday supplies so come into an ACON office and pick some up, pack them in your bags, and carry them with you. Maybe send us a postcard about where you and your condoms have travelled to.

Use a condom and water based lube each time you have sex, at wherever sex is happening for you. Use them on your toys, use a new one each time the toy is being used by a different person and in group sessions use a new

condom with each new sex partner.

There's heaps of information about sex, STI's, sexual health, beats, sex on premises venues, sex and drugs, PEP etc available on the ACON website [www.acon.org.au](http://www.acon.org.au)

So just like you need to plan your holiday and make sure you have enough spending money, have your tickets with you, organise your accommodation and travel, plan ahead about your sexual health when you are holidaying.





wherever sex happens  
slip it on

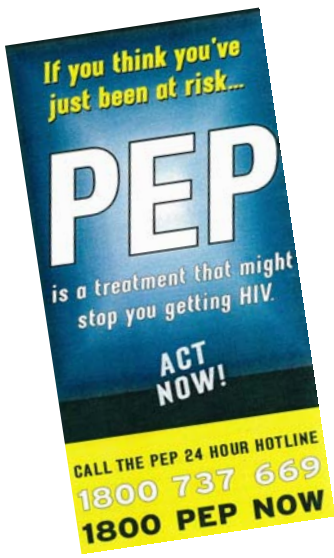


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For more info on gay men's health, pleasure and risk, go to:

[www.whereversexhappens.org.au](http://www.whereversexhappens.org.au)

Courtesy of the Victorian AIDS Council / Gay Men's Health Centre



# think you've been exposed to hiv?

*If you think you've been exposed to HIV, PEP may prevent you becoming infected - if you act quickly.*

PEP (Post Exposure Prophylaxis) is a course of anti-HIV medications taken over a four week period that can prevent you becoming infected. There can be a range of side effects during treatment but if there's a possibility that it could prevent you becoming HIV positive, isn't it worth it?

**If you think you need PEP, get onto it fast.**

For PEP to work it needs to be started as soon as possible after exposure – and **definitely within 72 hours**.

PEP is NOT a substitute for safe sex – using condoms is always the best method of preventing HIV infection.

**PEP Hotline** If you think you've been exposed to HIV, call the 24-hour PEP Hotline as soon as possible. You can find out if you're eligible for PEP and where you can get it.

**Tel: 1800 PEP NOW or 1800 737 669 (inside NSW).**

Generally, you can get PEP at a sexual health clinic or in the accident and emergency sections of most hospitals.

**Find out more...** If you have questions about safe sex or if you have trouble practicing safe sex, call the Gay Men's Health Hotline on 1800 009 448 or make an appointment to see one of ACON's counsellors by calling 6622 1555 or 1800 063 060.



*Tuesday 6 December -  
Call Ellie on 4226 1163  
for more information!*



wherever sex happens  
slip it on



acon

For more info on gay men's health, pleasure and risk, go to:

[www.wheneversexhappens.org.au](http://www.wheneversexhappens.org.au)

Courtesy of the Victorian AIDS Council / Gay Men's Health Centre

# Greetings from the Illawarra SWOP

*Meet the new face of the Sex workers Outreach Project - Ellie*

Hello, my name is Ellie, I am the new SWOP worker in the Illawarra for the next 12 months two days per week. Michelle has done a stellar job for everyone over the years and has taken the opportunity to take on the administration role in the local Illawarra office for the next 12 months. However she is working one day a week on the Aboriginal project for this area. With Michelle's help I have had an excellent orientation and am ready to deliver the best possible service to you.

If you work in any of the parlours in Wollongong or in the surrounding area, you can request an outreach. We bring along sexual health information, legal and OH&S booklets, free condoms and lube and also we can also organize in-house sexual health testing.

Over the years, the industry here in the Gong has changed. There seems to be a lot more private workers in the area than a few years ago. Many work the east coast, from Queensland down to Wollongong so I would be interested in ideas in how we can bring the best service to you whilst you are working here. I'm also getting to know the more permanent private workers, and would like feedback on how best to supply you with information, ugly mugs booklet and sexual health testing.

Our local ACON Christmas party is on 16 December. You are all very welcome so please come along, there will be pressies, raffles, and nibbles and of course all of our fun staff!

There is also a sex work specific clinic one Thursday in the month,

with a sexual health nurse. It's a very confidential service in a friendly place here at 47 Kenny Street. I will be sending out a SMS for a reminder, so please come on down, grab your free condoms, lube, NSP and information.

I am really looking forward to meeting you all and keeping everyone informed of clinics, outreaches, events and also listening to feedback on how to improve the service to you.

Ellie



Hume Phoenix is a social support group for Gay, Lesbian, Bisexual, Transgender, Queer and Intersex (GLBTIQ) people, and their family and friends, living in the Albury-Wodonga region. Hume Phoenix also aims to increase acceptance and tolerance of the GLBTIQ community by raising the profile of the group in a positive manner. Hume Phoenix also aims to promote health-based messages, specific to the GLBTIQ community, to its members.



**Mobile:** 0458 216 464

**Email:** humephoenix@yahoo.com Snail

**Mail:** PO Box 1155, Albury NSW 2640 or



Wagga Pride is a not for profit organisation made up of dedicated volunteers who want to create a positive and safe environment to be themselves without fear of alienation, retribution or humiliation in the southern NSW city of Wagga Wagga!

Find us on Facebook!

Rainbow Zebras is a group at Charles Sturt University, Wagga Wagga campus to celebrate diversity for the LGBTQI. This page will be a place to get information on upcoming LGBTQI events, chat to fellow LGBTQI people and their friends and family and discuss topics related to sexuality and gender.

**Phone:** 0432 589 301

**Email:** rainbowzebras@hotmail.com

**Facebook:** <http://facebook.com/Rainbow.Zebras1>



# Contacts

## ACON Illawarra

47 Kenny St, Wollongong

Ph: (02) 4226 1163

Illawarra@acon.org.au

## SUPPORT

### ACON Counselling at Illawarra

- 4226 1163

For all GLBT and PWH community members

### ACON (Sydney)

- 1800 063 060 (freecall)

### ACON Treatments Information

- 1800 816 518

### ACON 24 hour Treatment Support

- 1800 454 510

### Gender Centre

Transgender Support and Social network based in Sydney.

- 9569 2366 [www.gendercentre.org.au](http://www.gendercentre.org.au)

### Police Gay and Lesbian Liaison Officers

**Wollongong** - 4226 7899

**Dapto** - 4262 9499

**Warilla** - 4295 9499

### Illawarra Women's Health Centre

- 4255 6800

- info@womenshealthcentre.com.au

### Multicultural HIV/AIDS Service

- 9515 3098

### Nowra Women's Health Centre

- 4421 0703

Monday to Friday, 9am to 4pm

## MEDICAL

**Sexual Health Clinics Illawarra & Shoalhaven Wollongong** - 4226 1189

**Nowra** - 4423 9353

**Port Kembla** - 4223 8457

### Clinic 35

Wodonga - (02) 6022 8888

## DRUG AND ALCOHOL

### Watershed Detox & Rehab Services

- 4272 3000 (24 Hours)

### First Step Program at Port Kembla Hospital

- 4275 1529 / 0411 408 726

## LEGAL

**Illawarra Legal Centre** - 4276 1939

### Shoalcoast Community Legal Centre

- 4422 9529 / 1800 229 529

### HALC HIV/AIDS Legal Centre

- 1800 063 060 (freecall) [www.halc.org.au](http://www.halc.org.au)

## SOCIAL

**Pink Nation** - Illawarra Gay and Lesbian weekly radio program presenting queer information, news, entertainment. Mondays 5pm - 6 pm, 2VOX, 106.9FM

### Respecting Equality Amongst Lesbians (REAL) social & support group for lesbians

Contact Fay or Janine 0431 887 770 or [real.illawarra@gmail.com](mailto:real.illawarra@gmail.com)

<http://realillawarra.blogspot.com/>

**Q to Q** – group for same-sex attracted and gender diverse school aged young people or those questioning their sexuality or gender  
Contact Chadwick at ACON: 4226 1163  
[Illawarra@acon.org.au](mailto:Illawarra@acon.org.au)

**Gong Guys** - Social and support group for gay & bi-sexual men contact ACON: 4226 1163  
[www.gongguys.info](http://www.gongguys.info)

