



WHAT'S ON AROUND NSW

ACON (9206 2000) & PLC (9699 8756)

For all people living with HIV:

- Yoga class at ACON on Wednesdays, 6pm -7pm. For all abilities, mats provided. Commencing Wednesday 2nd Feb. Gold coin donation.
- Stretch, balance and toning class at the PLC on Thursdays, 630pm - 730pm. Free to all PLC clients. Commencing Thursday 28th January.
- 'Healthy life plus' starts in April, registrations are now open for all people living with HIV, please contact Sam R or Steve at the PLC for more details.
- Women's Day at PLC on 3rd Monday of the month commencing 18th January, contact Samantha or Alice at PLC for more details.

BGF:

Calling for Expressions of Interest for the Pozquest Program at Quest For Life Centre at Bundanoon, 8th-12th February. Great life changing opportunity to work with highly experienced facilitators, identifying your life journey to date, being able to communicate this in a safe and caring environment. Obtain a better understanding of yourself and your potential. Minimum cost \$75, (depending on financial circumstances) including all meals and accommodation. For more information visit <http://www.bgf.org.au> or contact BGF on 9283 8666 or 1800 651 011.

POZHET EVENTS:

January

Tuesday 19th January Women's Day at The Haven

Tuesday 19th January HHAS Reference Group

February

Thursday 18th February Eat Live Learn, The Environment; living a less toxic life

Friday 19th – Sunday 21st February Pozhet & SESIAHS Retreat

March

Friday 19th March Open House, Spirituality

CONTACT US

If you aren't on our email list yet-we'd love to hear from you or if you would like any information about anything we've been up to, the reference group or activities for 2010, please contact us via email pozhet@pozhet.org.au, call 1800 812 404 or post on the webforum www.pozhet.org.au/bb



Pozhet Newsletter 2010

Issue 1

EYE ON FREECALL

The Freecall line has been a major part of the service since its inception, but who calls it...and why? Here we take a look at the calls of 2009.

Over the year we received 200 calls, mostly from clients but also from service providers.

Service provider calls were often on behalf of their own clients, for event information, ordering resources or referring new clients. The calls from clients or other people in the community were most often in relation to:

- Service events
- participation in the client Reference Group;
- ordering resources;
- to join the mailing list;
- to share news;
- information about testing;
- information about PEP;
- referral to other services, such as counselling or dentists;
- information on treatment, complementary therapies or physical activity;
- to find out how to meet other people.

The Freecall line is available Monday to Friday, 9am to 4pm. Sometimes we are out of the office and can't take the call, however there is an answering machine to take messages. Leave a message with your contact details and we will get back to you as soon as possible.

EVENTS 2010

This year's event program is action packed with the Annual Workshop, Retreat, Open Houses, Women's events, day trips and some new events including a **NEW Retreat in February**. Be sure to check out our calendar for dates, times & venues.

For catering and planning purposes, this year we would like to know what events you are thinking of attending. Please complete the form attached to the calendar indicating those events you wish to attend. Please include your contact details so that we can send a SMS or email reminder the week prior. This form can also be completed via the website www.pozhet.org.au





OUTREACH 2010

This year the team will be visiting the Newcastle region in March and April; and the Illawarra region in June and July. For the first trip to each region, we will be spending time with local service providers and meeting with local clients; the second trip to each region will be an opportunity for Sydney clients to travel to these areas and meet with local clients, to learn and share experiences with each other in a relaxed environment.

Additionally, this year we would like to visit different parts of the state and are planning outreach activities to meet up with other regional clients and service providers. If you would like Pozhet to visit your area, please ask your local service provider to contact us or you can contact us directly on 1800 812 404.

RESOURCES

At present the team is developing resources with information on:

- fertility for people living with HIV;
- support services for carers;
- considering HIV sero-discordant relationships.

To ensure the appropriateness of resource content and design, Pozhet will be asking for volunteers to be involved with focus testing.

REFERENCE GROUP

Following on from the success of last year's inaugural meeting of the Heterosexual HIV/AIDS Service Reference Group we have three meetings scheduled for 2010. The group will meet in January, June and October and will discuss the activities of the service and ideas for development. There is the opportunity for three more clients of the service to join the group. The Area Health Service acknowledges the vital role of consumers and provides gift vouchers as a token of appreciation for your time and expertise. If you are interested in being involved or would like more information about the group, please contact Kate on 1800 812 404 or email kate.reakes@sswahs.nsw.gov.au



NEEDS ANALYSIS

Pozhet (the Heterosexual HIV/AIDS Service for NSW) is in the process of reviewing and planning future services. We would appreciate your input in this process if you are a person living heterosexually with HIV or if you are the partner, family member, friend or carer of someone living heterosexually with HIV in NSW. Early in the year we will be sending out a brief survey which should take approximately 15 minutes to complete.

All responses are anonymous and will be used in planning services that address your needs. Responses may also be used to inform services such as GPs about how they can provide appropriate and accessible services to PLWH or incorporated into training or awareness programs. Your privacy will be respected and no personal or identifying details will be given out at any time.

WORLD AIDS DAY 2009 FEEDBACK

For World AIDS Day 2009, the Heterosexual HIV/AIDS Service (Pozhet) & Family Planning NSW developed a campaign to raise awareness of HIV among young people in the broader community and released a video clip on YouTube.

The campaign featured quotes from people of different ages and backgrounds, who are living with HIV taken from the NCHSR Straightpoz Study- *Men and Women living heterosexually with HIV.*

Thank you to those clients who were involved with focus testing the video; your feedback was invaluable!



The clip can be found at <http://www.youtube.com/watch?v=P98BS0WxHlo> or via the Pozhet website <http://www.pozhet.org.au>

