



Keeping you informed of the services ACON offers across NSW to Aboriginal and Torres Strait Islander lesbians, gay men, bisexual people, sisters and people living with HIV.

Update on Project

We have had a great start to the year with stalls at the **Yabun Festival** and **Fair Day** and of course our fabulous **Mardi Gras parade** entry! We have also been busy developing and focus testing our new project resources.

We have also had some **staffing movements** here at the project ...

Mish Sparks, our Community Development Team Leader (previously with the Aboriginal Project) has also left ACON. We wish her well for the future.

Shaun Edwards has left ACON and is now working with GenerationOne an initiative to end Indigenous disadvantage in our life time. We wish him luck in his new endeavours. **James Saunders** is now taking on the role of Community Development Officer.

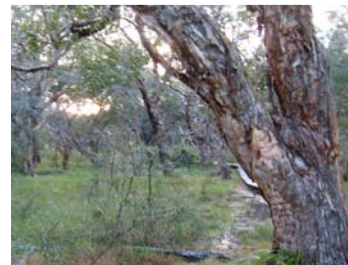
Cassandra Anderson has returned from extended leave and is excited to be back in her position as Community Outreach and Liaison Officer.

Michael Blakeney – Campbell (otherwise known as BC) has joined the team as our Health Promotions Activities Officer. He is currently working on the 2010 Health Retreat as well as other community events.

Women Wanted for Positive Retreat

Women wanted to attend upcoming **retreat for HIV positive people and their carers**. Last year we had a deadly retreat at held at Narrabeen but unfortunately, we had no sisters there.

We would love to hear from women to give us your thoughts on what **you** would like at the upcoming retreat. Is **travel, work or childcare an issue?** We may be able to help. Please contact Meggan or BC to have a yarn on freecall 1800 063 060 or mgrose@acon.org.au



The retreat is run over a weekend and includes information sessions, fun group activities and interesting discussions and enough free time to relax and explore the area. All sessions and activities are optional, so participants may go to as many or as little as they would like.

The retreat staff are caring, friendly and have up to date information on HIV. The environment created is relaxed and supportive. There will be peer support as well as counselling available.

Each participant can invite a family member, carer, or support person to come along to the retreat. This person does not attend sessions where personal information is discussed.

The **retreat is open to all HIV positive Aboriginal and Torres Strait Islander people who live in NSW**. For more information about the upcoming retreat contact Meggan or Michael (BC).

For the latest news, events and updates on our project check out our website www.acon.org.au/aboriginal

End of Year Gathering 2009



Yabun Festival – 26 January



Mardi Gras – 27 February





A **new resource** is available to help **mature age people with HIV** look after their health and wellbeing as they get older.

Called **Ahead of Time: a practical guide to growing older with HIV** the booklet contains up to date information about HIV and the ageing

process that is relevant to the lives and health of people living and growing older with HIV, so they can plan for their future health needs.

You can download a copy at www.acon.org.au/hiv/resources or call ACON on 1800 063 060 to order a copy.

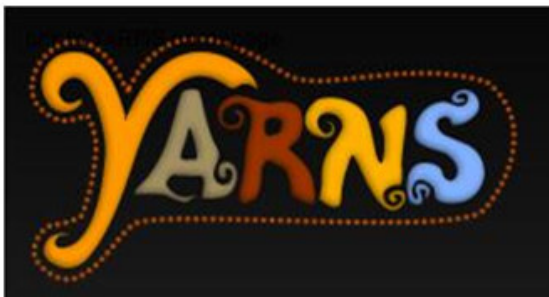
The Birds & the Birds: the lesbian sex workbook is the first booklet of its kind for young, same-sex attracted women.

The booklet has been **developed by and for young same-sex attracted women.**



The Birds & the Birds contains important and helpful information about sex between women, and how to look after your sexual health and wellbeing as well as your partner/s.

You can call ACON on 1800 063 060 to order a copy or you can download a copy of the workbook or poster at www.acon.org.au/youth/news/birds-and-the-birds



Do you have a **yarn to share** about **coming out**, telling someone about your **HIV** status or someone telling you a theirs, or about having a **HIV test or sexual health check up?**

Then log on to www.yarns.org.au to share your story or to read the stories of others.

Yarns is a **new website** created by AFAO and NAPWA to **share the stories** of Aboriginal and Torres Strait Islander gay men and sistergirls and give **accurate information on HIV.**

It is a great way to get involved and help people from our mob who are coming out, getting a HIV or STI test or telling someone that they are HIV+.

Although the site is targeted at gay men and sistergirls, anyone is welcome to share their story about coming out, HIV testing or living with HIV.



Improved Access to Important HIV Treatment Prezista

The Pharmaceutical Benefits Scheme (PBS) has approved access to an exciting HIV treatment called Prezista (also known as darunavir).

The approval will **make Prezista available to many more people** who might benefit from this medication. The approval follows the

results of the TITAN study that demonstrates Prezista has **fewer side effects than other treatments in the same class.**

Prezista had previously only been available to people who had experienced serious side effects, or developed resistance to at least 3 other HIV treatments. People may have had to wait to develop serious health issues, or live with embarrassing side effects before being able to access this medication. Prezista can now be prescribed more easily and with fewer restrictions.



Ready to QUIT Smoking but need some help?

No More Butts is a program aimed at helping HIV + people kick the habit.

Visit www.nomorebutts.org.au

Quitting Smoking

- **Benefits your health** - if you are an HIV+ smoker this is one of the most significant ways to improve your health
- **May take several attempts** - the more quit attempts the closer you are to success
- **Builds confidence** – you realise you can take on challenges and take control of your life
- **Is a choice you make** – you need to be ready, set goals and make plans to achieve them

If you have a health care card and you need **financial assistance for quit smoking therapies** contact BGF on 9283 8666 or 1800 651 011.

The Aboriginal Project exists to help NSW Aboriginal and Torres Strait Islander people to minimise the impact of HIV and STIs and to assist those living with HIV to live healthy lives.

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Aboriginal Project
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Officer Community
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02 9206 2114

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Community Outreach
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02 9206 2113

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Health Promotion Activities
02 9206 2118

ACON also has branches in locations around NSW.

- **Northern Rivers** 27 Uralba St, Lismore | 1800 633 637
- **Hunter** 129 Maitland Rd, Islington | 02 4927 6808
- **Mid North Coast** Shop 3, 146-150 Gordon St, Port Macquarie | 02 6584 0943
- **Illawarra** 47 Kenny St, Wollongong | 02 4226 1163