



This resource has been developed by the ACON Lesbian and Same-Sex Attracted Women's Health Project. Reprinted in 2009.

It is a partner resource to 'SERVICES IN GREATER WESTERN SYDNEY FOR GAY AND BISEXUAL MEN'.

Phone 9206 2000 to request copies, provide feedback or comment.



tel (02) 9206 2000 www.acon.org.au

LESBIAN SPECIFIC SERVICES & GROUPS

There are various community-based social and support groups for lesbians and bisexual women in Western Sydney.

Some are run by volunteer community members or agencies such as Women's Health Centres.

For a full list, check www.pinkmountains.com.au or call the ACON Lesbian and Same-Sex Attracted Women's Health Project on 9206 2007.

BLISS Blacktown Lesbian Information and Support Service (02) 9831 2070

GROWLL Liverpool social group growll1@hotmail.com

Lithgow have a social dinner at the Workmans Club every Wednesday Night from 6pm for GLBTQ people – just turn up.

The ACON Young Women's Project (02) 9206 2029 for same-sex attracted women under 26

Aboriginal Project at ACON (02) 9206 2042 Contact Meggan Grose atsi@acon.org.au

Rainbow Women (02) 4627 2955 WILMA Women's Health Centre

WOMEN'S HEALTH CENTRES & LESBIAN HEALTH

ACON Lesbian and Same-Sex Attracted Women's Health Project (02) 9206 2007 Freecall 1800 063 060

Provides support, advocacy, referral, information, education and resources to same sex attracted women across the greater Western Sydney region.

Bankstown Women's Health Centre (02) 9790 1378 74 Restwell Street, Bankstown 2200

Blacktown Women & Girls Health Centre (02) 9831 2070 6 Prince Street, Blacktown 2148

Blue Mountains Women's Health Centre (02) 4782 5133 124 Lurline Street, Katoomba 2780

Liverpool Women's Health Centre (02) 9601 3555 26 Bathurst Street, Liverpool 2170

Penrith Women's Health Centre (02) 4721 8749 230 Derby Street, Penrith 2751

WILMA Women's Health Centre (02) 4627 2955 Lot 22 Bugden Place, Campbelltown

Cumberland Women's Health Centre (02) 9630 7753 29 Campbell Street, Parramatta 2150

SEXUAL & HIV HEALTH CLINICS

Information, education, consultation, treatment, and counselling related to STIs, sexual health and HIV/AIDS. Services are free and confidential. No Medicare card is required.

Please phone for current service hours.

Blue Mountains Sexual Health and HIV Clinic, Blue Mountains Hospital (02) 4784 6560 Great Western Hwy, Katoomba

Bigge Park Centre (Sexual Health Clinic) (02) 9827 8022 Cnr Elizabeth & Bigge Sts, Liverpool

Parramatta Sexual Health Clinic (02) 9843 3124 Level 2, 158 Marsden St, (near cnr George St) Parramatta

Nepean Sexual Health and HIV Clinic (02) 4734 2507 Nepean Hospital, Somerset St, Kingswood

Luxford Road Clinic (02) 9881 1733 Mt Druitt Hospital, Luxford Rd, Mt Druitt

Hawkesbury Sexual Health/HIV Service 1800 887 891 108 March St, Richmond

Aboriginal Project at ACON (02) 9206 2042 Contact Meggan Grose atsi@acon.org.au

NEEDLE & SYRINGE PROGRAM OUTLETS (NSP)

Provide safe injecting and safe sex equipment, safe disposal, outreach, education, information and referral. Services are free and confidential.

FOR NSP IN WESTERN SYDNEY

please call: 1800 354 589
The number will automatically direct your call to the closest NSP.

FOR NSP IN SOUTH WEST SYDNEY

please call:
Bankstown Community Health (02) 9780 2777
Liverpool Hospital (02) 8777 5219
Cabramatta: (02) 9725 6388
The East Day and Night Pharmacy

Information about NSP Services and information about alcohol and other drugs is available from the Alcohol and Drug Information Service (ADIS) on (02) 9361 8000 or 1800 422 599.

SERVICES



in Greater Western Sydney

FOR LESBIANS AND OTHER SAME SEX ATTRACTED WOMEN

VIOLENCE & SAFETY

Homophobic violence can take many forms including physical, verbal and sexual threats, abuse and harassment.

If you have been the victim of sexuality related (or any other kind of) violence please report it immediately to the police. Phone 000 or your local Police Station.

You can also report homophobic violence to the Lesbian and Gay Anti-Violence Project on (02) 9206 2116 or 1800 063 060.

Violence can also occur between women in relationships. If you are in a domestic violence situation, it is important that you seek outside help to resolve the situation. The Department of Community Services operate a DV counselling and advice line on 1800 656 463 or 1800 671 442 (TTY).

Some police stations also have Domestic Violence Liaison Officers (DVLOs) phone (02) 9281 0000 to find your nearest one.

There are health centres and refuges just for women in most regions. Phone your local Women's Health Centre for information about what is available in your area.

You can also report any incidents of same-sex domestic violence to ACON's Anti-Violence Project on (02) 9206 2116 or 1800 063 060.

SAFER INJECTING

Sharing needles and syringes (fits) as well as other injecting equipment (spoons, tourniquets, swabs and filters) is a way in which HIV and Hepatitis C and B are easily passed on.

To reduce these risks, always use new equipment every time you inject and never share with anyone.

Make sure you always wash and dry your hands before and after injecting.

Make sure there is plenty of equipment available – more than you think you might need.

Staff at NSPs can help you with information on reducing the risks around injecting drug use as well as providing referrals and information to other AOD and community services.

For further information, speak to a NSP worker or someone at the Alcohol and Drug Information Service (ADIS) on (02) 9361 2111 or 1800 422 599.

WESDARC is a Western Sydney alcohol and other drug service which can provide information and referral to support services. Call WESDARC on (02) 4732 1999.

For more information, refer to the Needle & Syringe Program Outlets listed in this booklet or the Hepatitis C Helpline on (02) 9332 1599 or 1800 803 990.

SEX

Sex is about pleasure, consent, communication and fun. Safety should be a number one priority.

There are many ways you can reduce risk in sex. We have included some general guidelines and tips to help you play safe.

If you would like to get some more detailed information about safer sex contact the Lesbian and Same-Sex Attracted Women's Health Project at ACON on (02) 9206 2007 or Freecall 1800 063 060.

While this section limits itself to sexual practices between women, we recognise that many women who identify as lesbian may also have sex with men. Unprotected heterosexual intercourse carries the risk of unplanned pregnancy and the transmission of sexually transmissible infections (STIs). The general rule for both boys (and toys) is use a new condom with a water based lubricant every time!

What might be risky sexual practices?

- Unprotected oral sex where vaginal bleeding is present.
- Unprotected fisting/ fingering of vagina or anus where there are cuts, grazes or sores on the fingers or hands and/or vaginal or anal bleeding.
- Sharing sex toys, dildos etc without condoms especially if there is vaginal bleeding.

- Unprotected/ non-sterile cutting or piercing.
- Unprotected oral sex with a cold sore.

How can you reduce or eliminate the risks?

- Use a latex glove and lots of lube for fisting or finger penetration of the vagina or anus.
- Keep your fingernails trimmed, look after the skin on your hands and remove any jewellery on hands and fingers.
- Use a dam or adapted condom or refrain from oral sex when you or a partner have a cold sore or when vaginal bleeding is present.
- Use a condom and water based lubricant on sex toys and dildos and use a new condom each time when switching between individuals or between the anus and vagina.
- Use sterile or new equipment and wear surgical gloves if cutting and piercing.

If you or your partner/s have any unusual vaginal symptoms, get it checked out right away.

YOUTH HEALTH SERVICES

Information, medical services, support, counselling and referral for all young people. Services are free and confidential. No Medicare card is required.

Please phone for current service hours.

BANKSTOWN

The Corner Youth Health Service (02) 9796 8633
101 Restwell St, Bankstown

CAMPBELLTOWN / MACARTHUR

Traxside (02) 4625 2525
4 Langdon Avenue, Campbelltown TTY: (02) 4625 4185

FAIRFIELD / LIVERPOOL

FLYHT (Fairfield/Liverpool Youth Health Team)(02) 8717 1717
53-65 Mitchell St, Carramar

MOUNT DRUITT / BLACKTOWN

WAAT (Western Area Adolescent Team) (02) 9881 1230
Cnr Kelly Pl & Buran Close, Mount Druitt

PARRAMATTA / HOLROYD / THE HILLS

High Street Youth Health Service (02) 9687 2544
65 High Street, Harris Park

PENRITH / BLUE MOUNTAINS / HAWKESBURY

The Warehouse (02) 4721 8330
13 Reserve Street, Penrith

EMOTIONAL HEALTH

Being a lesbian in Western Sydney can sometimes be quite isolating. Experiences of discrimination, relationship problems, and coming out to friends or family can all add to our stress and impact on our emotional health.

Feeling sad, worried or experiencing grief and distress are all normal reactions to certain life events. If these feelings become overwhelming and affect your day-to-day functioning, it's important to talk to someone.

The ACON Counselling Service offers support around these issues. For inquiries please contact our intake officer on (02) 9206 2000 between 11-12am or 3-5pm Monday to Friday.

Most Women's Health Centre's provide cheap or free counselling, or if you want to talk with someone anonymously, you can call the Gay and Lesbian Counselling Service (GLCS) between 5.30-10.30pm on (02) 8594 9596 or 1800 184 527.

GLCS also have a lesbian specific counselling service on Monday nights on (02) 8594 9595 or 1800 184 527.

If you are in crisis you can call Lifeline on 13 11 14 or contact a local crisis team through your nearest Community Health Centre.