



Positive Women

Positive News



April 2010

HIV + Family Hui 5-7 Nov 2010



Contact Positive Women Inc.
For more details

positivewomen@xtra.co.nz

Editors Update

Tena Koutou Katoa, Jambo, Hello, Talofa lava, Taloha ní, Halo olaketa, Bula vinaka, Kam na mai, La orana, Fakaalofa, lahi atu, Malo lelei, Nabat, Zdravo, Cíao, Sha-lom, Saludo, Bonjour, Aman, Servus, Konnichi wa, Buenos Días, Nyob zoo, Torova, Namaste, Ci yi bak, Salaama.

Hello all, I hope you are keeping well and enjoying 2010 so far.

My husband and I have just returned from Indonesia and we had a great time there catching up with all the family.. We are now making a fresh start living in Auckland City!

The Annual Women's Retreat is just around the corner, and so is the AGM when the election for the 2 new Board Members will be announced on [Friday 16th April 2010](#), the same weekend of the retreat and at the same venue. Be sure to send in your vote to ensure you have your say.

This newsletter includes several interesting articles. Don't forget if you would like to add to the newsletter in any way please email: pwnnewsletter@gmail.com.

On page 7 there is some information on a new resource for young people living with HIV.

On page 8 and 9 we have a report back from the 6th Australian Update on HIV in Children and Families about "How to tell a child they are HIV+" .

The MAC AIDS fund has done well with the recent joining of 2 new spokeswomen. They have also chosen a well deserved focus for their campaign this year!

Page 12 has information on how to be healthier and happier. A great way to live each day and on page 12 we have some interesting information about an issue which has arisen for people living with HIV when travelling to the US under the visa waiver program, so read on if this concerns you.

These are just a few of the stories in this issue. That's all from me for now. Take care.

Best wishes, Mel

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Thank you very much to the following companies for sponsoring Positive News



Coordinators Update

Kia ora

Hard to believe it is April already...the year is just racing by with the end of daylight upon us and winter just around the corner I hope you have all had a wonderful summer and for those who choose to, will take advantage of the flu vaccination to guard of those winter bugs.

FUNDING : Positive Women Inc. has been fortunate to receive an amazing grant of \$83000 from the MAC AIDS Fund. This money will contribute towards the coordinators wages and \$20,000 is for wages to employ a VERY much needed part-time Member Support and Administration Assistant. \$15,000 is to go towards the Youth Road Show which Positive Women is working on together with the YWCA, Girl Guides, Auckland Youth Educational Clinic and we are currently in discussion with Rainbow youth to also be part of the Road Show. We still need another \$35,000 but we have enough to make a start which is fantastic. The MAC funding also enabled the National Coordinator to attend the 6th Australian Update on HIV in Children and Families and will also cover several months of rent and general administration costs. On behalf of everyone at Positive Women Inc. I would like to express a HUGE thank you to the MAC AIDS Fund for their continued and unwavering support.

We were also very lucky to have received a grant from the Ministers Discretionary Fund to enable one of our members, Jackie Z, to attend the International AIDS Conference in Vienna in July 2010. Thank you VERY much to the Ministers Discretionary Fund. We

are still hoping to get further funding for the Chair of Positive Women Inc., Jane M, to attend the conference as well as waiting to hear back from the International AIDS Committee on 5 other scholarship applications made on behalf of Positive Women Inc. members, however past experience has indicated that it is quite difficult for members of developing countries to receive scholarships unless under an indigenous or youth category, but fingers crossed.

CEDAW: Positive Women Inc. have been asked to participate in a report being undertaken by the National Council of Women of New Zealand on behalf of the United Nations Convention on the Elimination of Discrimination Against Women (CEDAW).

This reporting process provides a way for New Zealand women to tell the government and the international community ,if and how they are being discriminated against.

Contributing to the consultation on CEDAW is our opportunity as a group or as an individual woman, to oppose the barriers women and girls face in this country.

Positive Women have so far been involved in a consultation group meeting and are to submit a group report. We would like your input in this report and have sent a copy of the document to all Positive Women Inc. members. We ask that you read through the document and tell us what you would like us to include in our submission. Alternatively feel free to submit an individual response.

PLHIV Review: Thank you to all the Positive Women Inc. members who attended the focus group meeting with Dr David Miller held in Auckland. We had a wonderful turn out in the end. Dr Miller has since emailed us to say: "Thank you to Positive Women and all those who volunteered to come to the focus group discussion on 18 March. It was such a helpful discussion for the Review, and I would greatly appreciate your passing my warmest thanks to all who attended – for being there, and for their trust and candour. What a great group of women! Thanks again to all for the warmth of the welcome, the great hospitality, and for breathing life into the Review".

Positive Women Inc. look forward with anticipation to the outcome of the review.

TV Documentary: Filming for the Open Door documentary on the lives of women living with HIV has begun. The Documentary won't be on air until early 2011 but we will be sure to give you a heads up. A huge thank you to all the women who came forward to be part of the documentary.

With the retreat coming up soon I look forward to catching up with many of you...and wish everyone the very best.

Kind regards
Jane Bruning, National Coordinator

Positive Women Inc. Stories



The second of three magazine stories about the lives of positive women was

released in February. There is one more story from this series to come. We had thought this would be published in the April issue of Marie Clair but copies on the shelf don't hold the story so keep an eye out for the May issue.

Generally Positive Women Inc. does not receive any payment for these stories but Mel's story in Luck Break was awarded \$600. As there were three brave ladies who shared their stories which all contributed equally to raising awareness of HIV, it was decided that the money would be divided equally amongst the three women who told their stories and Positive Women. A nice little (well deserved) bonus for all concerned.

Positive Women's share of this payment will go towards the Torrens Fund to enable New Zealand teens to attend the Australian camp for teens living with HIV.

Calling all Voters!



grateful for all the wonderful work you've been doing. Particularly in terms of providing women with the support and confidence to come out and to allow their names to appear in magazine articles which I'm sure has helped so many to understand HIV so much better.

I'd just like to say that I am stunned by the high calibre of candidates for the board. When the information first arrived I thought I could not possibly choose between these amazing women. But, that's a cop out, so I have voted, on the basis of what I hope would be a balance of skills for the board as a whole, but I just want to thank all the women for putting their names up there, and to say that I hope there is no disappointment to the one not chosen, it is a particularly hard choice between these women of such incredible skills and experiences. Good on you gals !

*All the best,
Wishing you all well"*

Three candidates have been nominated to fill the two vacant positions on the Positive Women Board. The results of the election will be announced at the [AGM on Friday April 16th](#).

Voting forms were sent to all Positive Women Inc. members during March. If you did not receive it please contact Positive Women Inc. and we will send you one. We would like to encourage everyone to vote as it is important for the future leadership of Positive Women Inc. so if you haven't already, please send in your postal votes by the 15th of April in the prepaid and pre-addressed envelope which was provided. Those attending the AGM may vote on the day.

We received the following email from one of our members:

"Just a quick note to you and all the Board to congratulate you all on the awesome job you are doing for Positive Women. I am truly amazed and

Positive Women Inc. would like to endorse these comments and wish all the nominees the very best for what will be a very difficult decision.

We would also like to acknowledge the great work the existing Board has done for Positive Women Inc. over the past years. You have all been a huge asset to the organisation.

Thank you for the time and efforts you have put in to being such tremendous Board members.

Healthy, Happy & Hot

Healthy, Happy and Hot is a young persons guide to their Rights, Sexuality and living with HIV.....

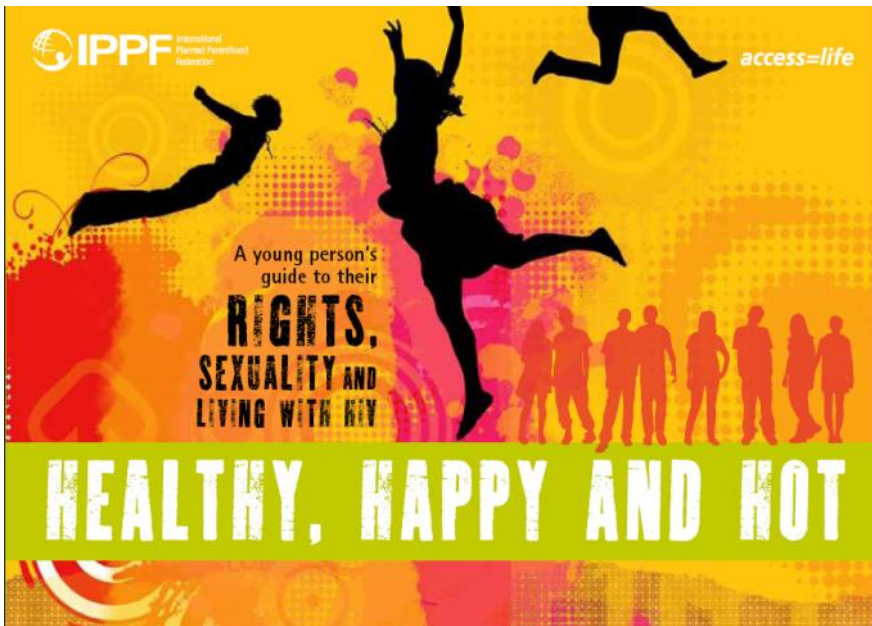
It explores the rights of young people living with HIV to:

- Express and enjoy their sexuality.
- Decide if, when, and how to disclose their HIV status
- Experience sexual pleasure
- Take care of their sexual health
- Practise safer sex
- Choose if, when, how many, and with whom to have children
- Access support and services that respect their dignity, autonomy, privacy and well-being

The guide is published by the International Planned Parenthood Federation (IPPF) in the UK. While some references and service providers are not New Zealand specific but the information is universal and can be useful for young people all over the world.

The guide can be downloaded from the Positive Women Inc. website at www.positivewomen.org.nz by the end of March 2010 on a new resource page currently being developed. If you would prefer a hard copy please contact Positive Women Inc. and we will print and send you a copy in the post.

A must have guide for young people living with HIV



Telling a child they are HIV+



The 6th Australian update on HIV in children and families was held at Sydney Children's Hospital on the 25th and 26th of February.

One of the presentations during the conference was on "When to tell a child they are living with HIV" and this is a brief overview of that presentation supported by other research.

With the advancement in antiretroviral therapy, paediatric HIV has evolved into a chronic disease of childhood. The difference between HIV and most other chronic disease of childhood, however, is that it is not only a life-threatening diagnoses but also an extremely stigmatising one, resulting in highly emotionally charged responses to disclosure (Naeem-Sheik & Gray, 2005).

The disclosure process is made much more difficult when the person being disclosed to is a child as it consists of many layers of disclosure: disclosure of HIV status to the child; the disclosure of the parents status to the child; other

siblings or family members and the fear of the child's own disclosure to his/her friends, family or extended community.

While approaches to disclosure may vary between parents and care providers, one thing which has been established in many studies world wide is that the child needs to be informed, some suggest sooner rather than later. Many believe that disclosure to a child is an integral part of providing comprehensive medical care and may impact positively on adherence to medication. However, disclosure of HIV to a child needs to be seen as an ongoing process that may last several years depending on the cognitive development of the child (Naeem-Sheik & Gray, 2005).

The "5 Step Intervention Technique" is a process for telling a child they have HIV which has proved to be a successful model which requires:

1. The need to build trust and gathering information. About the child, the family and about HIV
2. Provide education
3. Determine the right time for disclosure
4. Use a drawing technique to assist with explanation of HIV
5. Be sure to monitor reactions and to follow up regularly

Many studies among children aged 5 years and older showed increased benefits for both children and their parents/caregivers for children to know about their HIV. Children who knew of their diagnoses were shown to have better adjustment to chronic illness, higher self-esteem, and less psychological distress.

Caregivers also reported less psychological distress and lower rates of depression (Miller & Oberdorfer, 2010).

Consideration needs to be given as to how and when the disclosure process should happen as well as an understanding of family dynamics, cultural values and perceptions of children and adolescents are all factors which need to be taken into consideration (Miller & Oberdorfer, 2010) .

A study done using the “5 step intervention technique” with 75 children found that disclosure did not increase the children’s depression and anxiety rates. The children showed a significantly better understanding about HIV-infection and prevention, especially condom use and had more positive attitudes towards HIV-infection and more hope for the future. (46% vs 77%). They had a better understanding about the importance of adherence to anti-retroviral therapy (55% vs 79%) and caregivers tended to have lower rates of depression (11% vs 7%) after the process (Miller & Oberdorfer, 2010).

More than 95% of both caregivers and their children expressed satisfaction with the disclosure process, especially with the illustration of the affects of HIV on the body and the function of anti-retroviral drugs through the use of a drawing (Miller & Oberdorfer, 2010).

The research concluded that the “5-step intervention technique” for disclosure of HIV benefited HIV-infected children and their caregivers in terms of gaining a better understanding and attitude towards HIV-infection and adherence to antiretroviral therapy and that the use of this method in conjunction with standard care of HIV-

If you would like more information on this topic please contact Positive Women Inc.

PROCESS OF DISCLOSURE

Disclosure is a process that should take place over a period of time. It requires ongoing and effective communication within families. It also requires health professionals to respect family needs, wishes and expectations.

Disclosure needs to take into account:

- The needs of the child AND the needs of the parent/family. Pushing the process before the family is ready may disrupt the therapeutic alliance and have a negative impact on the ongoing care of the child.
- The evolving developmental and psychological status of the child
- The evolving nature of the illness
- The need to decrease social isolation through encouraging discussions between parents
- The information is appropriate to the age of the child
- Parents should not knowingly tell untruths as this will decrease the trust between parent and child.
- Children who ask direct questions are ready to hear about their diagnosis and will seek information elsewhere if parents are not forthcoming in providing it.



Thank you the MAC AIDS Fund and Boehringer Ingelheim for funding to enable Positive Women Inc. to attend the 6th children and families update .

Research Project

Positive Women Inc. has received the following letter inviting participation in this valuable research project.

Kia ora wahine mā

As a student undertaking EdD (Doctorate) studies at the University of Waikato, I am investigating rangatahi wahine Māori (under 25 years at time of infection) experiences/life-stories when they were first diagnosed with HIV. The focus of this study is the narratives of rangatahi Māori wahine, as the basis from which a kaupapa Māori theoretical framework for an HIV & AIDS community education intervention/prevention programme for rangatahi wahine Māori can be developed. Your 'story' will help to improve the programme's policies, content and service-delivery.

I would appreciate if you could answer some questions. (I will travel to meet you at a time and place of your choosing.) However, your participation in this study is voluntary and if you choose not to participate, you will not be penalised in any way. If you agree to participate and you change your mind later, you can also ask me to stop the interview whenever you want. You may also choose to withdraw, in writing, at a later stage in the research. This is ok, up until 2 weeks after you have returned any approved, corrected/alterred narrative material to me. There is also the opportunity to participate in a Shared Story Hui, whereby a number of Positive Māori women will meet with me to talk about the 'constructed' stories I have created from your own stories. Your decision to participate in this Hui will be dis-

cussed later and specific consent will be sought from you if you choose to become involved. You are also invited to comment on the proposed Framework at a further Hui.

If you participate, you will not benefit directly from your participation. Nevertheless, your participation may result in improved future sexual and reproductive health and HIV policies and services for rangatahi Māori wahine here in Aotearoa New Zealand.

Your opinions and the information you give during the interview will remain confidential to me only. My supervisors will not have access to your name, and I will transcribe all interview material. When discussing your story, I would like you to choose a name by which you want to be known. This way, no one will be able to know that I interviewed you or what you said. An Information Sheet that sets out all the research information as required under University of Waikato Guidelines has been sent to Jane Bruning to pass on if you are interested in participating.

Finally, if you have any questions about this study at a later time, you can text your contact details to this phone number: 027 2793346, and I will ring you back so you can discuss your questions with me at no cost to yourself.

Nāku noa nā



Lisa Hayes
(Whangai Ngati Awa)

Lady Gaga & Cyndi Lauper



Two new spokes people for the MAC AIDS Fund have just signed up. Lady Gaga, and Cyndi Lauper are launching two new MAC Viva Glam MAC lipsticks and bags, Viva Glam Cyndi and Viva Glam Gaga. Profits go to the MAC AIDS Fund to support people living with HIV and AIDS.

The MAC Viva Glam Campaign was launched in 1994 to support men, women and children living with and affected by HIV and AIDS globally and has since launched 6 shades of lipstick, and had several stars as spokespeople for the fund such as, Elton John, Eve, Shirley Manson, Fergie and Mary J. Blige. It has proven very successful over the years, and now there are two new lipsticks with two new stars, lets hope that the MAC AIDS Fund will continue to grow.

MAC have announced that this year women are their primary focus of the VIVA GLAM Campaign. They have recognised the need to reach out to women around the world since over the past decade women have been hard hit. Their decision to focus on women was decided after conducting a survey on women in the UK. The aim of the MAC AIDS Fund women's initiative is to strengthen HIV education, prevention and testing programs, and strengthen the services available to women living with HIV. These are some of the area's that need work, according to the results of the survey.

Positive Women Inc would like to thank MAC once again for everything they have done to help over the years, especially for the financial support and assistance with things such as the Destigmatisation Campaign, the 2008 Fashion Show, the Digital Story Telling workshop, Positive Speakers training and the Annual Women's Retreats and Family hui's.

Follow the link below to check out the new VIVA GLAM
www.maccosmetics.com/giving_back/vivaglam.tmp



Viva Glam Cyndi / Viva Glam Gaga



A Healthy Mind, Body & Spirit



The mind, body and Spirit are all interconnected. You can't take care of one and not the others. There needs to be a balance between all three.

There are many things we can do to stay happy and healthy. Here are just a few steps to improve the health of your mind, body and spirit.

- Observe the little things that make your life worth living, or to put it another way, stop and smell the roses. When we distract ourselves from our daily stresses, we bring ourselves back into the now. If we do this on a regular basis, we become happier people. Too often in this modern society and in our busy lives, we forget the beauty and joy that surrounds us. This can have a negative effect on our health if we don't stop, and breath, even just for a moment.
- Smile to at least 10 people everyday. If we smile at the world, the world

will smile back. It feels great to smile at someone and see a beaming face looking back. Not only does it make us feel good, but we will probably make their day a bit more special as well. If we are having a bad day, and someone smiles at us and says hello, our mood automatically lifts, and the same goes when we give a smile to someone else.

- Find a special spot to go to and relax and be at peace with yourself, such as a spot in a park, a beach, or even a quiet cafe. Go there regularly to think over your day, and visualise the next day as being even better. Let go of any stresses, and take deep breaths. If you don't have a spot to go, then create a spot in your mind, and go there.
- Drink lots of water to clear the toxins from your body and make you feel good.

- Go for a daily walk somewhere nice. Don't push yourself, but do it to enjoy it. If you don't like walking, do some other form of exercise you enjoy. Make it more exciting with music!
- Keep track of your health by visiting your doctor on a regular basis, and get tests to make sure you are in full health. Delaying visits is not worth it!
- Pray, to god, to a higher power, to mother nature, to yourself. Pray to whatever it is you believe in everyday to strengthen your spirit and allow yourself to be more grateful for the life you are living and the things you have and have achieved.
- Write down all the things you are

grateful for, both big and small. Even better, at the end of each day write down, or say to yourself all the things you were grateful for in that day. Its not about whether or not something big happened, but its about learning to appreciate every little thing.

- Eat lots of vegetables and fruit everyday to maintain a healthy body, and make you feel energised and fresh. If we do this our guilty feelings go away too because we know we are looking after ourselves!
- Be positive. Think positive, act positive, do positive. Positive thinking can change your lives for the better

Tips gathered by Melinda Fraser

Travelling to the USA

If you are travelling to the US under the visa waiver program (only for certain countries where a visa is not required), and living with HIV, make sure you do not tick yes to any boxes under the 'Communicable diseases' category on the ESTA form. HIV is no longer considered a communicable disease in the US, and therefore you are allowed to enter the US without any restrictions in regards to being HIV positive. There have been issues of people checking 'yes' to boxes under communicable diseases on the new ESTA system. It is critical you do not check 'yes' in this category as you will be denied authorization to travel to the USA even though the HIV travel ban has been lifted.

People are working on addressing this issue, but at this stage there is no system in place to 'go back' once the ESTA form has been checked under 'yes'.

Unfortunately you cannot enter the US if you do this, and it cannot be altered. The problem is being addressed at present so lets hope a solution is available soon.



For the time being please be careful what you tick, and if you have queries please make contact with 'United States Diplomatic Mission to New Zealand'. Please follow this link for more information.

http://newzealand.usembassy.gov/non-immigrant_visa.html

Free Wills...

If you would like to speak with someone who can help you to put together your Will for free. Contact Positive Women Inc.



Hair Cuts...

Hair cuts available at Body Positive House once a month for Koha...(donation). Call Positive Women Inc. to make an appointment.



Newsletter Contribution...

A reminder that you are welcome to add or request stories and articles for the newsletter. If there is anything you would like to share with the readers, even a poem, your input would be appreciated.

Please email the following address:
pwnewsletter@gmail.com



Reminder... Family Hui Registrations

The 2 yearly Positive Women Family Hui is to be held in November. You should have received your registration forms in the last newsletter, but if you need another one please contact the office. Just a friendly reminder because there is still plenty of time, however space is limited. Please send your registration forms in when you can to secure your place. If you have any inquiries about the Hui please call Jane at the office on 0800 769848.



Travel Insurance

Positive Women Inc. is able to help you get travel insurance at a very competitive price with no questions asked as to your HIV status.

This can all be done by email or phone. Call us for a quote

HIV friendly Dr's & Dentists

Need to find a new Doctor (GP) or Dentist and are anxious about disclosing your HIV status? Give us a call and Positive Women Inc. will do the initial (anonymous) investigation for you.



Straight Arrows Gathering

Last Thursday evening of the month

This social gathering is held on the last Thursday of each month from 6.30 pm to 8.30 pm in the central city. The Straight Arrows gathering are a chance for heterosexual HIV + people to come together for social support.

Contact

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For more information on any of the above

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