



Positive Women

Positive News



December 2011

We have moved!

Our new mailing address:

**PO Box 56076
Dominion Road
Auckland, 1446**

Our new street address:

**176 Dominion Road
Mt Eden
Auckland, 1024**

**Our new Auckland phone
number:**

09 623 9183

Thank you also to the following companies for sponsoring Positive News



Coordinator's update

Tena Koutou Katoa, Jambo, Hello, Talofa lava, Taloha ni, Halo olaketa, Bula vinaka, Kam na mai, La orana, Fakaalofa, lahi atu, Malo lelei, Nabat, Zdravo, Ciao, Shalom, Saludo, Bonjour, Aman, Servus, Konnichi wa, Buenos Dias, Nyob zoo, Torova, Namaste, Ci yi bak, Salaama, Murah

Well that's 2011 over...I really don't know where it went but I feel like I am saying that every year! It has been another very eventful year for Positive Women Inc and we finish it with a real bang this year moving into our new home.

New premises

The move of Positive Women Inc. to our new premises is a significant move both physically and in regards the future development of the organisation. We will no longer be under the umbrella of either the NZAF or Body Positive. After 20 years we will for the first time be fully autonomous. This is very exciting, with the move comes a much greater financial outlay in rent and other operational costs but the reward is that we will have a safe, welcoming family friendly place for members to call their own. We will also be looking for more involvement from members to work as volunteers to ensure the move is a success.

Funding

A huge thank you the MAC AIDS Fund for a grant of \$67,000 which will go towards paying the rent for the next

year for the new house, some wages and also towards some health promotion programmes.

We received another \$25,000 from the Ministry of Health for wages and health promotion costs and finally a grant from of \$3000 from COGS which will go towards payment of phone and electricity costs.

THANK YOU VERY MUCH.....

Merry Christmas everyone and all the very best for the new year. Do drop in and see us.

Warm regards, Jane.

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Letter from the Board

Kia Ora
Greetings and another warm welcome from the Board of PWI. Christmas is a few weeks away but let us all hang in there!

We just had the last Board meeting for the year. It has been a fantastic year with lots of work, developments, planning and achievements. Let us all celebrate the growth of PWI in New Zealand. At our last meeting we got an opportunity to reflect and celebrate the achievements for the year. We would like to acknowledge all our members, funders and all our supporters, NCO and her office team, Chair of the Board and the Board. A big thank you for making this year a successful one.. Jane B, has worked tirelessly this year and we would like to acknowledge her in this column for all her efforts and all her achievements. Well done once again.

This year we have focused mainly on longer term policies and strategic issues. Next year is another year for PWI. We managed to draft an annual plan for 2012 which acts as a guideline for next year's meetings. Our very dedicated Chair's term of office will be coming to an end next year. During our meeting we discussed the succession plan. We are very privileged to have her for the next couple of

months as the facilitator for the functioning of the Board.

Here is some homework for our members to think about over the Christmas period: how about becoming a Board member? If you decide to become one, you will go through an induction and receive a Board manual which contains documentation about work, policies and procedures of the organisation. In brief, to become a Board member requires your dedication and passion to see the organisation grow and providing the best service to its members.

At our recent meeting, we enjoyed an opportunity of bonding as a Board outside meeting time which makes us a strong Board. It was a wonderful time to socialise outside busy business as usual. We look forward to providing governance which will lead PWI into another successful year.

From all of us on the PWI Board, we would like to wish you all a Merry Christmas and a Happy New Year filled with good health and happiness. Safe travels to all those planning on travelling.

Much aroha to you all.

Written by Jackie for the Positive Women Inc Board

Our New Premises

After a lengthy search, Positive Women Inc. finally has a new place to call home. As you read this, the team at Positive Women Inc. are just settling in at 176 Dominion Road in Mt Eden. We're probably unpacking boxes, arranging furniture, and marvelling over all the space we have.

This is an exciting change for us. We've wanted a bigger space so we can offer our members a communal space to use, to bring their families to, or to host activity nights amongst other things. We want our members to dream big about what they want out of our new space.

The new house, whilst having room for three offices for Jane, Marietta and Anna to work out of, has a kitchen, a dining room (which will double as a meeting room), and a lounge. There's a small, north facing deck, perfect for lunch and cups of tea in the sunshine. There is a garage out the back which has been converted into office space with two rooms. We envision the large room being a rec room and the smaller room being a treatments or counselling

room. At the back of the property is a small shed full of wood ready to be used in the lounge fireplace in the winter. There is ample street and off street parking available, plus bus stops are right outside.

For the month of November, major renovations have taken place to spruce the house up. We have Dan

Hermansen to thank for installing a

lovely new kitchen. Nigel Hibberd and his Positive Property Service team knocked down walls to open up the lounge and have painted inside and out.

Nigel has been a

great help with a lot of odd jobs around the place, we really can't thank him enough. We also had 26 M.A.C employees who came in on their days off to volunteer with cleaning and preparing the house for painting – not an easy task. They did an amazing job and even got stuck into weeding the grounds. Huge thanks to M.A.C!

There will be an official opening of our new premises in the New Year. We hope to see you all there to help us celebrate the beginning of a new era for Positive Women Inc.



Paper Dolls leave New Zealand in style

The New Zealand chapter of the International Paper Doll Campaign to promote universal access and affordable female condoms has come to an end. To celebrate the campaign, Positive Woman Inc. and YWCA of New Zealand/Aotearoa hosted a leaving party for the dolls. The event took place at M.A.C's flagship store at Britomart in Auckland with a Viva glam themed party. M.A.C's make-up artists put on a glamorous evening doing make-overs and serving snacks and bubbles.

The evening was opened by Jane Bruning from Positive Women Inc. Jane's opening was followed by a

demonstration by Sarah Davies from YWCA on how to use the female condom. Also present at the event was Dr Jackie Blue, who is the National Party list MP for Mt Roskill. Jackie is a former GP and is New Zealand's first breast physician and was the driving force behind the campaign that resulted in granting comprehensive access to New Zealand women in need of Herceptin, a drug used to treat breast cancer.

The signed Paper Dolls have now left New Zealand and have made their way to the Netherlands. The signed

Below: In this picture is Sarah Davies (left) from YWCA and Dr Jackie Blue (right), National Party list MP for Mt Roskill.



dolls from over 30 countries were exhibited at Prevention, Pleasure and Protection, the international conference on female condoms in the Hague, Netherlands, on the 17th and 18th of November. The dolls were then presented to the United Nations Population Fund and to Dutch politicians.

We want to say thank you to everyone involved in making the Paper Doll Campaign a success in New Zealand.

A special thank you also to M.A.C for

giving us access to their store for the evening and for so generously donating their artistic skills and time to make the leaving party a dazzling event.

While the international campaign has now come to an end, Positive Women Inc. is continuing with the campaign locally. We have received 800 dolls and hope to present all 800 dolls signed to the NZ parliament on International Women's Day next year, 8 March 2012.

Testing for Abacavir Compatibility

A free nationwide screening programme, carried out by New Zealand Blood Service, is able to test people living with HIV for abacavir compatibility. Basically this test will identify if a person is suitable to be prescribed abacavir containing products.

This service is available to all patients living with HIV throughout New Zealand from Kaitaia to Invercargill.

The test is called HLA-B*57:01 Testing and the cost of the screening programme is to be covered by Glaxo Smith Klein.

By identifying a positive or negative HLA-B*57:01 result clinicians will be in a better position to decide on the most appropriate course of treatment. In the past this has been a try and test for side effects process. In clinical trials approximately 5% of people who received abacavir developed a hypersensitivity reaction, which in rare cases have proved fatal. This simple test will alleviate that 5% risk.

Be sure to ask your clinician for this test should you be recommended abacavir.

Jan's Stands for World AIDS Day

This year for World AIDS Day on December 1st, Gore member Jan Waddell decided to set up a couple of stands to fundraise and to raise awareness of HIV and AIDS in her community.

Jan had a terrific day raising a total of \$410.90. A fantastic result for only being out there for five hours! All money that was raised goes towards the Wellness Fund, a fund that offers direct financial assistance to HIV positive people in New Zealand where alternative sources of

Below: Jan Waddell in front of one of her stands.

assistance are unavailable.

We would love to see more people set up similar stands in their communities for World AIDS Day next year. Jan outlines how easy it was for her:

"I borrowed the boards and one of the tables for Countdown from the girls I volunteered with who did the World AIDS Day in Invercargill, great bunch of girls, so setting up was easy. At New World, the table I used there was donated. The posters, pens, and lollies came from PWI and the ribbons from NZAF so it didn't cost anything to set up. All you have to do is ask for a little help.

My volunteers were my husband Jim and a lovely lady called Linda who works at Gore library, she helped out during her lunch hour.

Considering this was the first time World AIDS Day was done in Gore I had a great





response from the local community. I was lucky to have the backing from our Mayor Tracy Hicks and Margaret Philips from the Ensign Paper and that helped a lot getting the message out there.

I was so pleased with the amount of donations we received.”

Huge thanks to Jan and her volunteers for doing their bit for World AIDS Day and to the community of Gore for showing such

Above: Jan pins a red ribbon on Gore Mayor Tracy Hicks. Photo originally appeared in the November 30th issue of Gore's Ensign newspaper

generous support.

If you are interested in doing something similar next year, please contact Anna by email admin@positivewomen.co.nz or call 0800 769 848.

Positive Speakers Bureau Update

Over the last couple of months some of our Positive Speakers have been out and about telling their stories and promoting awareness of HIV.

At the end of September, talks were given to Pro-Care Nursing about HIV in pregnancy and the effects of stigmatisation. It was the first time Procure has used our speakers and they were glowing in their praise of them both.

The first weekend of October saw a talk was held at Rainbow Youth about living with HIV, risk management, breaking down misconceptions, and general education & information. Later on the following week, a speaker talked to Blood Services nurses at the NZAF Blood Workshop with the aim of putting a human face to the story of HIV. One audience member in particular said that “the positive speaker really built my understanding as a nurse”. Mid October saw the monthly 5th Year Medical Students talk at NZAF Te Toka in Christchurch. The feedback was “the students loved them as usual”. At the

end of October a speaker presented at the Sexual Health Providers workshop at Public Health South in Dunedin. We were told the speaker gave a “wonderful balance of factual and personal straightforward information”.

November was a busy month. We had two bookings with Greenlane Sexual Health. On the 11th one was held at their Sexual Health Clinic and on the 17th at their Midwives Educational session. Later in the month saw another Procure Nursing event. We have found that women who have experience of HIV and pregnancy are particularly in demand for PSB bookings. From the success of the talk at Public Health South in Dunedin, the folks at Public Health South in Invercargill booked our same speaker to talk to their Sexual Health Advisory Group to keep HIV awareness current amongst their health professionals.

Great job everyone! If anyone reading this is interested in becoming or booking a Positive Speaker, contact Anna by email positivespeakersnz@yahoo.co.nz or call 0800 769 848 for more info.

**Positive
Speakers’
Bureau**
Nga KaiKorero



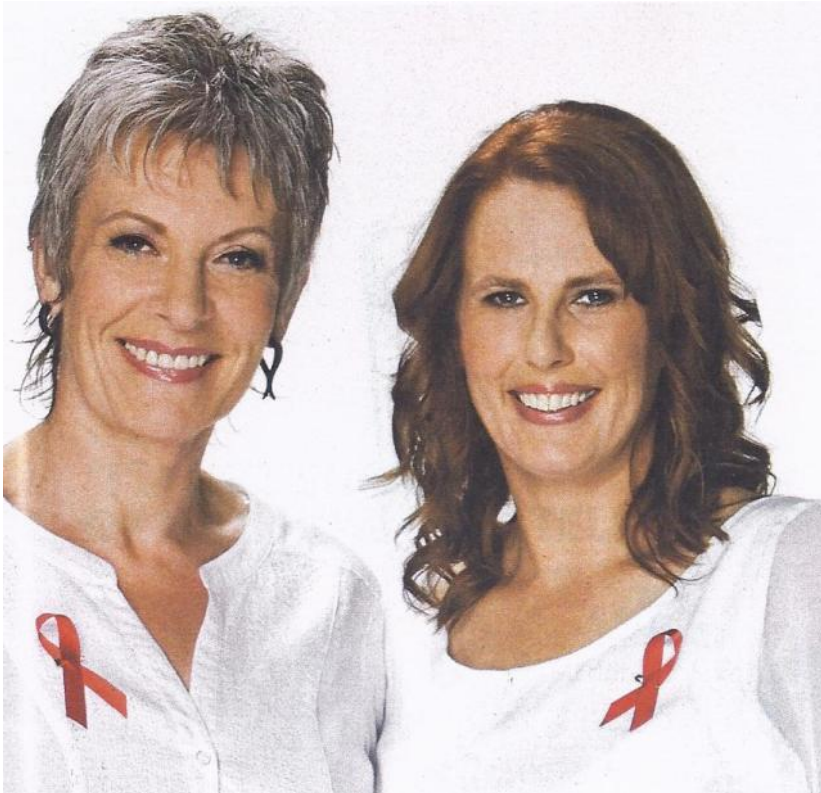
Positive Women in the News

Jane Bruning and Jewel Grimshaw were interviewed for the December issue of Good Health magazine in a special World AIDS Day feature. They talked about their stories of living with HIV and the stigma that still surrounds it today. You can pick up a

Below: Jane and Jewel as they appeared in Good Health magazine

copy of Good Health at your nearest magazine retailer.

On World AIDS Day, Jane Bruning, Jewel Grimshaw and Daniel Nehemia were interviewed for a NZ Herald Online article. Again they shared their stories and talked about the stigma and ignorance that still surrounds HIV today. Read the article at http://www.nzherald.co.nz/lifestyle/news/article.cfm?c_id=6&objectid=10769971



Peer Support

Someone sent me an email recently which said that one of the best things a woman could do for her health was to nurture her relationships with her girlfriends. Apparently women connect with each other differently to men and provide support systems that help each other to deal with stress and difficult life experiences. Physically this quality "girlfriend time" helps to create more serotonin - a neurotransmitter which helps combat depression and can create a general feeling of well-being.

This got me thinking about Positive Women Inc. and our role as a peer support organisation. What did that really mean? I did a little searching on the web and this is what came up.

In the context of HIV, the focus of peer support is on people who have been through a similar experience and then share with each other these experiences, emotions and knowledge as well as social and practical support. The word *Peer* indicates that each person has no more expertise than the other and the relationship is one based on equality.

What makes Peer Support unique is that conversations do not have to focus on HIV alone, but instead on building relationships that support learning and growth across all aspects of life. Often

there is more trust and openness with others who are also in a similar situation. People are able to experience emotional safety through validation, being involved in compassionate relationships, having a place where they are not being judged and where they can be who they are¹.

The benefits of belonging to a Peer Support organisation are often underestimated when compared to that of medical models of care for people living with or affected by HIV. Health clinics, medication, psychotherapy or counselling are generally the primary focus and while these are instrumental in the care of people living with HIV, the impact of peer support continues to be undervalued and underutilized as part of the holistic care of people living with HIV.

Often new members of a peer support organisation have some reluctance to engage because they feel vulnerable and a sense of not belonging. But when new members hear stories about situations they too have experienced there is generally a sudden relief in knowing they are not alone and that others share the same concerns. People begin to make friends and establish a sense of community and there is a deepening commitment and a willingness to share in community growth.



Peer Support is about giving and receiving based on respect, shared responsibility and mutual agreement of what is helpful. It is hugely empowering as it enables a culture of health and ability rather than one of illness and disability. It is a movement towards autonomy and community building.

Because peers have undergone and survived similar experiences, they are more credible role models for others. Interactions with peers who are successfully coping with their experiences or illness are more likely to result in positive behavioural change².

As an evolving culture, peer support has the opportunity to make social change as well. As we support each other in healing, assumptions must

change and strong Peer programmes can change the world³.

It came to me that if we combine the benefits of ‘girlfriend time’ and peer support, we end up with is an organisation like Positive Women Inc. Spending time with women in a peer support situation then just has to be good for your health!

Jane Bruning

¹ Mead, S., MacNeil, C., *Peer Support: A systemic Approach*

² Salzer, M & Shear, S. . (2002). “Identifying consumer-provider benefits in evaluations of consumer delivered services. “ *Psychiatric Rehabilitation Journal*, 25, 281-288).

³ Mead, S., Hilton, D., Curtis, L., “Peer Support: A theoretical Perspective.” (<http://mentalhealthpeers.com/pdfs/peersupport.pdf>)

New Peer Support Website for Women

A new website and peer-support programme for women living with HIV, SHE, was launched in July 2011 at the 6TH IAS Conference on HIV Pathogenesis, Treatment and Prevention (IAS 2011). The programme was developed by an independent advisory board of women personally impacted by HIV and healthcare professionals from six European countries and is supported by Bristol-Myers Squibb, a biopharmaceutical company. While the programme and website have been created for women in Europe living with HIV, the majority of the resources on the website are useful for women globally.

SHE stands for Strong, HIV positive,

Empowered women and the SHE programme is based on a peer-support model. Research shows information provided by peers is seen as particularly credible and influential. Peer educators also provide inspiring role models to women living with HIV while personally benefiting from the process. To support this model, the SHE advisory board has unveiled a practical, information-based toolkit for use by peer-support workers in various settings. The authors of the toolkit, all personally impacted by HIV, specifically developed the toolkit to be useful in real-life situations. The toolkit is easy to understand and addresses the unmet needs of women living with HIV.



The aim of the SHE programme is to support women living with HIV to feel empowered to improve the quality of their lives, including getting the most out of their health care services and to create an effective dialogue with health care professionals.

SHE tools and resources cover topics ranging from women's health to sex and relationships and human rights. The toolkit also contains a section for health care providers highlighting the value of peer support and the

SHE programme. The programme is supported by a comprehensive online resource, www.shetoshe.com, and women from across the globe can access the information in their own time, at no cost and completely private.

Article shortened from: <http://blog.ias2011.org/post/2011/06/20/The-SHE-Programme-European-Launch-Watch-out-Europe-Here-SHE-Comes-An-Affiliated-Event-of-IAS-2011.aspx>

Peer Buddies and Volunteers

To help us to facilitate true peer support, Positive Women Inc. is looking for volunteers who would like to be peer buddies. A peer buddy would be available to talk with new members either by phone, email or face to face to offer support and friendship through those first early day of diagnoses, which, even today with all the wonderful drugs available, is still a very scary and anxious time.

We are also looking for women to volunteer their time as house managers for a few hours a week at

the new premises at 176 Dominion Road. This role would include assisting with small house keeping duties such as vacuuming and general tidying of the premises. But mostly to meet and greet visitors and offer peer support in the way of a friendly smile, a cup of tea and a chat, for members who drop by.

If you are interested please contact Anna at (09) 623 9183 or free phone 0800 769 848

Wednesday Lunches at 176

Positive Women Inc. is to hold weekly member lunches at 176 Dominion Road starting in the New Year on the 11th of January.

All Positive Women Inc. members are welcome. Positive Women Inc. will provide a light lunch and a comfortable, safe space for connecting with other members.

We only ask that you let us know if you are coming for catering purposes and that you clean up after yourselves, i.e.



do the dishes.

We look forward to seeing you on Wednesdays.

Please contact Anna to let her know you are coming on (09) 623 9183

STI Screening at Auckland Hospital

A new pilot program for STI screening has started in the Infectious Diseases Clinic at Auckland Hospital. It is recommend all people living with HIV and AIDS (PLWHA) have regular checkups for STI's namely Gonorrhoea, Chlamydia and Syphilis. Auckland Hospital is considering incorporating this into their routine clinic practice.

STIs often do not cause any symptoms and so the only way to diagnose them is to regularly test for them. Even if you use condoms consistently PLWHA are

at increased risk of complications from these infections. Some of these infections can live in the body for a long period of time and if they are diagnosed they can easily be treated. In some situations the risk of transmitting HIV infection to a sexual partner is increased if the person also has a STI that has not been treated.

For more information, please contact Rebecca Henley from the Community HIV Team at Auckland Hospital at 09 375 7077 ext 22977.

Vitamins and Supplements

Micronutrients and HIV Vitamins, minerals, and antioxidants are called micronutrients. Even though the body only needs small amounts, micronutrients are essential for good health. Our bodies use them in the different chemical reactions our cells go through as part of the body's normal functions. While some people get the nutrients they need through a healthy, balanced diet, many people living with HIV need more micronutrients to help heal cells damaged by the virus and support the immune system.

Vitamins

Vitamins generally fall into one of two categories: (1) fat-soluble, or those that dissolve in fats, and (2) water-soluble, or those that dissolve in water.

When you take in fat-soluble vitamins (through foods or supplements), your body uses what it needs and stores the rest. Fat-soluble vitamins include vitamins A, D, E, and K. It is important not to take too much of these vitamins because they can build up in the body and cause harmful side effects. For example, too much vitamin A (beta-carotene), can cause nausea, blurred vision, birth defects, and liver problems.

When you take in water-soluble vitamins, such as B vitamins and vitamin C, your body uses what it needs and filters out the extra into your urine. Side effects from water-soluble vitamins are less common, but can occur. For example, large doses of vitamin C can cause nausea, stomach cramps, and diarrhoea.

Minerals

Minerals form the structures in the body (calcium in bone, iron in blood) and play a role in the normal functioning of nerves, muscles, and hormones. Several minerals, including zinc, selenium, and iron have a role in fighting HIV.

Antioxidants

The body produces molecules called free radicals as part of its normal functioning. Free radicals can damage your body's cells. Certain factors, like infection, pollution, and cigarette smoke can increase the number of free radicals in the body. Antioxidants can keep the extra free radicals from causing damage. Some vitamins, including vitamin C and vitamin E, are antioxidants. Beta-carotene (vitamin A) and selenium are also antioxidants.

Getting Enough

While micronutrients can be found in foods, most people living with HIV

cannot meet all their nutrient needs through their diet. It is common for people with HIV not to get enough micronutrients for a number of reasons: because of HIV infection itself, poor absorption of nutrients, changes in metabolism, HIV drugs, poor appetite, diarrhoea, or damage to the gut.

Micronutrients that are often low in people with HIV include vitamin A, vitamin E, selenium, zinc, and B complex vitamins (B1, Thiamine; B2, Riboflavin; B3, niacin; B6, Pyridoxine; B12, Cobalamin; B9, folic acid). Some research shows these low vitamin levels can lead to lower CD4 cell counts, worsening of HIV, and early death. They can also cause problems like diarrhoea, neuropathy, and skin conditions.

Most research shows that these low vitamin levels can have a negative effect on your immune system before you even have symptoms of HIV. Even if you have a good diet and feel fine, you may not be getting enough of certain vitamins, minerals, and antioxidants.

The Recommended Dietary Allowance (RDA) guidelines are set by the government to let people know how much of each micronutrient they need each day to maintain good health. However, the RDA does not take into account that HIV infection increases these needs. One study showed that people with HIV needed between 6 and 25 times the RDA of some nutrients.

Due to dieting, eating unhealthy foods, lack of time, or other pressures, half of all women in the U.S. do not eat what they need to meet even the basic RDA requirements for folic acid, iron, zinc, calcium, magnesium, copper, vitamins A, D, E, and certain B vitamins. This puts women, especially women with HIV, at particular risk for low levels of micronutrients. In addition, women are more likely not to get enough nutrients because of menstruation, pregnancy, and menopause.

Eating a well-balanced diet should be the basis of any plan to correct micronutrient deficiencies. Since different vitamins and minerals are found in different food groups, you should include foods from each group in your diet every day.

- Protein group – Healthy foods from this group include lean red meats, skinless chicken or turkey, fish, nuts, peanut butter, soy products, seeds, beans, and peas
- Grains group – Healthy foods from this group include whole grain breads, whole grains like oats and wheat, oatmeal, and brown rice
- Fruit group – Any fresh fruit is a good choice
- Vegetable group – Fresh and frozen vegetables are the best
- Dairy group – Try to choose 1 per cent or skim (non-fat) milk, low-fat yogurt and cottage cheese, and small amount of cheeses



Taking Supplements

It is important to get as many of the vitamins and minerals you need from food as possible. This is because nutrients found in food are better for your body than nutrients found in supplements. While supplements do not replace a well-balanced diet, they can help you get the additional micronutrients you need. Supplements include vitamins, minerals, herbs, and other related products used to boost the nutritional content of your diet. Supplements are available in pill, capsule, tablet, powder, or liquid form.

Speak to your health care provider and

see a registered dietician for a nutritional evaluation. They can help you determine what combination of diet changes and supplementation you need.

Here are some basic recommendations:

- Take a multivitamin/multi-mineral supplement (without extra iron) every day
- Multivitamins should be taken with food and a full glass of water to help absorption and prevent stomach upset
- Consider a B complex vitamin and



an antioxidant supplement in addition to your multivitamin

- Because women are at higher risk for bone disease, make sure you are getting 1,000 mg of calcium and 600 IU of vitamin D (which helps you absorb calcium) from foods or supplements each day
- Iron may be too low in women, especially during their periods. This can lead to anaemia. However, it is not recommended that people with HIV take extra iron without their health care provider's advice.
- Because an NIH study showed that St. John's Wort (*Hypericum perforatum*) reduces the levels of protease inhibitors in the blood, it is recommended that those taking HIV drugs not take St. John's Wort. St. John's Wort is an herb commonly used as an anti-depressant.
- If you are planning to get pregnant, speak to your health care provider about prescription pregnancy vitamins that contain folic acid

You may also want to consider:

- Alpha-lipoic acid: for its antioxidant properties and diabetic neuropathy. Suggested dose: 20-50 mg per day for general antioxidant properties, 200-300 mg per day for diabetic neuropathy. Reportedly tolerated well up to 600 mg per day.
- Carnitine (also called acetyl-L-carnitine): to support proper metabolism. It may also help with neuropathy. Suggested dose: 500 mg -3 g per day.
- Coenzyme Q10: acts as an antioxidant and support immune function. Suggested dose: 30-200 mg per day.
- Cysteine (also called N-acetyl-L-cysteine, or NAC): the body converts cysteine to glutathione, a powerful antioxidant. Suggested dose of NAC: 500 mg per day to start; People with HIV may take up to 4,000 mg per day, with your health care provider's supervision.
- Probiotic supplement: these contain "healthy bacteria" like acidophilus to support digestion and immune health. Having

healthy bacteria in your gut helps your body absorb more nutrients and make the most of what you eat. A suggested dose of Lactobacillus acidophilus (*L. acidophilus*), one of the most common probiotics, is 1-2 billion colony-forming units (CFUs). The dose depends on the health condition being treated. Those using probiotics may take as many as 15 billion CFUs per day for intestinal health with their health care provider's supervision.

Because of the potential for side effects and interactions with medications, supplements should be taken only under the supervision of a knowledgeable health care provider. Play it safe by speaking to your health care provider and your HIV specialist about what supplements to take and possible side effects or interactions with your HIV drugs.

Source: http://www.thewellproject.org/en_US/Living_Well/Health/Vitamins_and_Supplements.jsp

Thank you!

A huge thanks to nurses up at Auckland Hospital who sold cupcakes on World AIDS Day and raised \$110. Well done! All proceeds to go towards the Wellness Fund, a fund that offers direct financial assistance to HIV positive people in New Zealand.



Life Insurance for PLHIV

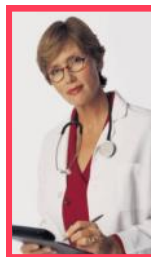
If you thought you couldn't get life insurance because you have HIV....think again.

Positive Women Inc. is working with Your Life Insurance who is able to work with a client's individual needs. Life insurance for people living with HIV is now a possibility.

For more information contact Marietta at Positive Women Inc. at support@positivewomen.co.nz.

HIV Friendly Dr's & Dentists

Need to find a new doctor (GP) or dentist and are anxious about disclosing that you have HIV ? Give us a call and Positive Women Inc. will do the initial (anonymous) investigation for you.



Positive Women Inc. Complaint Process

If you have any concerns about the services, governance, staff or any other issues related to Positive Women Inc., please let us know. We have a safe and confidential process as follows:

- write or email the National Coordinator about your complaint. The National Coordinator will address your complaint and inform you of the outcome. The National Coordinator will also inform the Board of your complaint through the monthly National Coordinator's report. The email for the National Coordinator is coordinator@positivewomen.co.nz.
- if the National Coordinator is not able to resolve your complaint or you are not happy with the resolution, the complaint will be forwarded to the Board to resolve.
- if you don't feel comfortable directing your complaint to the National Coordinator, you can forward your complaint directly to Board by mail or by email at boardpw@gmail.com. The Chairperson will respond to your complaint.

To ensure transparency, we ask that you please provide your name.

Please note that all correspondence relating to Positive Women Inc. on an organisational level is shared between the National Coordinator and the Board of Positive Women Inc. and we will resolve your complaint in a timely manner.

Diary Dates

**Positive Women Inc
Grand Opening of New Premises
176 Dominion Road, Mt Eden
Early 2012
Date TBA**

**Women's Retreat
27– 29 April 2012**

**Queen of the Whole Universe
10th and final show
ASB Theatre, Aotea Centre, Auckland
Sat 21 July 2012 at 8 pm**

**Family Hui 2012
2-4 November 2012**

**Contact
Positive Women Inc.**

PO Box 56076, Dominion Road, Auckland, 1446
Email: support@positivewomen.co.nz . Web: www.positivewomen.org.nz
Phone: (09) 623 9183
Free phone: 0800 769 848

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