



Positive Women

Positive News



February 2012

AGM

Annual General Meeting

Positive Women Inc's AGM

Friday April 27th

Vaughan Park
Retreat Centre

1:30pm—3:30pm

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, Murahö



Happy New Year everyone....I hope you all had a wonderful Christmas break and managed to get some well deserved rest and relaxation time.

We have been back at work at Positive Women Inc. since the 5th of January. It has been a delight to come in every day to the new house. It is still a little bare, but we hope to have the place looking good within the next month.

Do drop in if you are in the area. Especially on Wednesdays around noon when we will have lunch ready waiting for you.

We started the year with exciting news as we heard from a number of members who will have babies this year. Also including our very own Anna in the office who will be going on maternity leave from March 2012 so this will be the last newsletter put together by Anna for a while.

Congratulations to all the expectant mums . We wish you good health and happiness and look forward to seeing photos of the new babies.

As you will see from the index below there are once again many interesting items of news in this months edition of Positive News. Thank you to everyone who helped to put the newsletter together and happy reading.

Funding:

In January we received a grant from the Lottery Grants Board for \$46,000. \$20,000 of this is for staff wages,

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\$6,000 for the Family Hui and the rest is to cover administration and programme costs.

We extend a huge thank you and much appreciation to the Lottery Grants Board for their generosity.

How HIV affects lives of people living with HIV—Research:

In June we asked for participants to assist Helen Robertson with research for her Masters degree on how HIV affected those living with and affected (family members) by HIV. We got no responses to this call so we are asking again. Helen wants to hear peoples stories and will then create photographic images that represent and correlate with the stories. These

photos will be of hands, feet, other parts of the body, or items of significance to people. Photos will not be of peoples faces so you will not be identified. If you are interested in being part of this project which will culminate in an art exhibition to raise awareness to the public of issue faced by people living with HIV.

We understand not everyone is interested in being involved in research but if you are even slightly interested we urge you to take part, it is only through research and projects like this that we are able to raise the profile of women living with HIV.

On that note ...I wish you well till next time...warm regards Jane Bruning.

Job Opportunity

Massey University is seeking applicants for the position of Project Coordinator on the Albany campus for a project aimed at providing information on HIV risk behaviours in African migrant and refugee communities in New Zealand that will inform HIV prevention and health promotion programmes. Successful applicants will have a developing or proven track record in research project coordination. Preference will be given to candidates with a Master's degree in the health and/or social services sectors. Familiarity and ability to work with diverse African communities in New Zealand is essential.

Enquiries about the role can be directed, preferably by email, at m.henrickson@massey.ac.nz. CVs, resumes or applications must be submitted to Massey University through the jobs website at <http://jobs.massey.ac.nz/PositionDetail.aspx?p=7259>



MASSEY UNIVERSITY
TE KUNENGA KI PŪREHUROA

Letter from the Board

Hello, Kia ora, Zilibo, Moni,
Howzit.

Welcome to another update from the Positive Women Inc Board. Hopefully the start to 2012 has been upbeat for you all and the recent sunshine has put a smile on your face.

We have not had a Board meeting since the last meeting in November due to Christmas and the holidays. Since our last update we hope some of you are interested in becoming a board member. The AGM will be held at the Women's Retreat on 27 April when a new member will be voted on.

I didn't really know what I was getting myself into when I nominated myself for the Board. It has been a learning curve as I knew nothing to begin with.

It was interesting to learn that the PWI Board's primary responsibility, on behalf of its members and sponsors, is to ensure PWI remains viable and thrives. It is important to find a clear distinction between the job of the board to *govern* – provide direction and control – and the job of the National Co-ordinator (Jane Bruning) to manage the operation of PWI.

So turning up to meetings is only half

the job. As a board member you need to think past your own needs as a member and think what will be best for all our members. You will also be expected to be able to make your own decisions and not just kick back on the fence. It is a great environment for robust discussion both at meetings and via emails. Recently some board

members were able to have a Skype conference so that may become more regular in the future.

If you are interested in becoming a board member it would help if you had access to a computer and the internet. Board meetings are usually held on a Saturday six times a year. The meetings often start around 9.30am and will go until 4pm or later.

Expenses are covered and it is also an opportunity to get to know six other women in a collaborative working relationship. We even manage to have a good laugh every now and then.

We are currently looking for two new Board members. If you would like to talk to a current board member about joining the board please contact the PWI office and they will put you in touch with one of us.

A big hug to you all, the PWI Board



Positive Women

What's on at 176 Dominion Road

Wednesday Lunches

We held our first weekly member lunch at our new premises on Wednesday January 11th. Being early in the new year, we weren't expecting a big turn out but were pleasantly surprised to have eight guests join us to break in our new dining table and start the year off as we mean to continue.

All of our members are welcome and encouraged to join us. You are more than welcome to host a lunch or show off your superior cooking skills. For catering purposes, do try and let us know if you plan to attend by calling Anna at 623-9183, lunch starts at midday.

Internet Access

We have now set up a computer in a corner of the living room with a laptop with internet access for our member's use. You can also use our printer or fax if you need to. Soon we will have a furnished living room with a TV for all your relaxation needs too.

A Safe Space

Would you like to organise a knitting circle, a young mum's coffee group or a English conversation club? Or do you just want a place you can feel comfortable and enjoy a cup of tea with other like minded women? Our new house at 176 Dominion Road is available to you and we are keen to work with our members to provide a safe, happy space to come together as a community.



Are you on Facebook? If yes, then join our online community by "liking" the Positive Women Inc's Facebook page. It's a great way of keeping up to date with the very latest news, events and happenings at Positive Women Inc.

Search for "Positive Women Inc" in the Facebook search bar and "like" us.

2012 Women's Retreat

Our annual Women's Retreat for our members is fast approaching and it is time to spoil yourself by taking time out from your daily routines and stresses and treat yourself to a relaxing weekend of support groups, workshops and wellness therapies. The Retreat is a special time where we, as women, have the opportunity to talk openly about HIV in a safe and nurturing environment.

Named for its kilometre-long sweeping beach, beautiful Long Bay beach on Auckland's North Shore will this year again provide the backdrop for our Retreat. The retreat is taking place over the weekend of the 27th –29th April at Vaughan Park Retreat Centre.

Whether you want to attend a group, do a workshop, take a stroll on the beach, be pampered or just take time to relax and chat to others, the Retreat will have plenty to offer. We are in the process of putting the program together for the weekend and it promises to have something for everyone.

If you are interested in attending and haven't yet received a registration form, please contact one of us at Positive Women Inc. and we will arrange your registration. Contact us at 09-623-9183 or toll free 0800-769-848. You can email us at admin@positivewomen.co.nz

Below: looking out to Long Bay beach from Vaughan Park Retreat Centre



UNAIDS Conference in Geneva



Above: The lane leading to the UN Palais de Nations (UN Headquarters) Geneva

What is the UNAIDS PCB? PCB stands for Programme Coordination Board and it is the governing body of UNAIDS. The Board comprises of representatives from 22 voting member countries. Ten co-sponsors who are organisations which work in conjunction with UNAIDS such as UNICEF, UNDP, WHO and UNESCO . There are also ten representatives from the NGO sector.

The NGO Delegation is made up of two representatives from five different regions around the world, one of which is the Asia Pacific Region. Jane Bruning from Positive Women Inc. is currently the Asia

Pacific Delegate representing the Asian Network of Positive People (APN+).

UNAIDS is one of the few organisations which recognises and allows NGO representation on their Board. Unfortunately the NGO delegates do not have voting rights but they are in a position to influence.

The Board meetings are held twice a year in December and June, usually in Geneva.

“My first PCB meeting in December 2011 was the most amazing experience”, said Jane, “it is like nothing I have ever experienced before. It certainly was

no walk in the park. There were two intense days of strategising amongst the NGO Delegation prior to the three day meeting, working out our position on certain agenda items and policies. Because the NGO has no voting rights, bi-lateral meetings were arranged between member states who could vote, to try to persuade them to support ideas the NGO Delegation were putting forward on behalf of their constituents. It was all very political and at times it was a bit over my head. But I soaked in every opportunity to learn so that I might be a useful member of the Board.

The highlight of the of the week was a Delegates meeting with Michel Sidibe, the Executive Director of UNAIDS. I was somewhat star struck and still have a pencil which he borrowed from me (in photo

below) to write some notes”.

The NGO Delegation submitted a report to the Board which focused on “legal issues and HIV responses”. The report was based on focus groups and interviews the delegation had undertaken during the year with people living with and affected by HIV. The report initially included some “decision points” requesting the Board to address specific areas in regards to HIV and the law. These created a lot of controversy and for the report to be accepted as a legitimate document, the delegation, very reluctantly and disappointingly withdrew them. This was an unprecedented occurrence

If you would like to read more a full report can be found on the UNAIDS PCB NGO Delegations website www.unaidspcbngo.org

Below: Jane , Ebony the North American Delegate and Michel Sidibe Executive Director of UNAIDS



Australian Teen Camp 2012

Six exhausted, but very happy, teenagers from various parts of New Zealand recently returned from the Positive Teen Camp held in Australia. The camp is an annual event organised by staff from the Paediatric HIV team at Sydney's Children's Hospital and was coordinated by Angela Miller, Louise Dolahenty, both social

workers with the paediatric HIV team at the hospital, and Larissa Mackey, the clinical nurse consultant with the team. Angela, Louise and Larissa were assisted throughout the weekend by a trained group of volunteers.

This year, the camp took place on Australia's Gold Coast over a period of five days and the daily



programme was jam-packed with various fun and adventurous activities as well as the all important support groups where teens could learn more about living with HIV and be with other young people with HIV.

Feedback from the camps are always positive and this year is no exception. What made this year's camp especially exciting is that the weekend's program included visits to Dream World and White Water World, two popular theme parks on the Gold Coast.

This is the third time that Positive Women Inc., together with Sydney Children's Hospital, have been able to sponsor New Zealand teenagers living with HIV to join other young people for the camp in Australia. It is also the highest number of young people from New Zealand to

attend camp since Positive Women Inc. sponsored the first teens in 2009.

The ages of the young people attending camp ranged between twelve and seventeen. For some it was the first time they have been on a camp with other young people living with HIV. Others have been to a number of camps and were able to mentor others and be role models by sharing their experiences so that others could learn from them.

Positive Women Inc. would like to thank the team from Sydney's Children Hospital and the volunteers for the opportunity they give us to send young people over to Australia.

New Website

Check out the new Positive Speakers Bureau website launched last month at www.positivespeakers.org.nz

This year we hope to add more people to our team of Positive Speakers through our training workshops.

If you are interested in becoming a speaker or in booking a speaker, go to the new website for more information.



AIDS 2012 Conference



**XIX INTERNATIONAL AIDS
CONFERENCE JULY 22 - 27
WASHINGTON DC USA**

TURNING THE TIDE TOGETHER

AIDS 2012 is the 19th International AIDS Conference and will be held in Washington DC, U.S. on 22-27 July 2012. The conference theme *Turning the Tide Together* emphasizes that the HIV epidemic has reached a defining moment and that by acting decisively and collectively, we now have the potential to end the HIV epidemic.

People living with HIV worldwide know best how to effectively implement scaling up prevention, treatment and care activities in the HIV response and subsequently people living with HIV are being encouraged to get involved in AIDS 2012 by submitting abstracts and applying for workshops.

Due to the current economic climate Positive Women Inc. has not been able to acquire funding this year to send

anyone to the International AIDS conference.

If you are keen to go we encourage you as individuals to make applications for scholarships directly to the AIDS 2012 conference committee.

To support people living with HIV to in this process the Global Network of Positive People (GNP+) has created three briefs on how to submit abstracts, how to apply for a workshop and how to apply for a scholarship. This information can be downloaded from their website:

<http://www.gnpplus.net/en/news-and-events/key-events/gnp-at-aids2012/1764-get-involved-in-aids-2012>

Preconference

There is also to be a preconference before the International Conference called LIVING 2012 specifically for people living with HIV and will be held in Washington DC, USA on 19 and 20 July, 2012.

The website at www.LIVING2012.org provides information about the preconference, its objectives, the programme and background to the conference. In addition, LIVING2012.org is the place to start your participation in the e-consultations that will begin in early 2012. These consultations will provide

the basis to programmatic developments and the agenda of the conference.

Approximately 300 people living with HIV from all over the world will participate in LIVING 2012, 150 of these will be international participants with 100 scholarships available.

Applications for self supporting participation can now be made at www.LIVING2012.org/register. People who are wishing to apply for a scholarship can do so through the Scholarship procedure of AIDS 2012, available on their website.

One year on from the Christchurch Quake

A year on from the devastating 6.3 earthquake we remember those lives lost and the terrible damage done not only to our country's second biggest city's infrastructure, but also that done to the hearts and minds of all who lived through it. With the aftershocks that continue to rock the region the trauma is still very real.

One group doing great work in supporting affected people of all ages is Skylight who provide loss, trauma, disaster and grief support for all ages. They have a wide range of support material including:

1. New Skylight material in PDF form— *The Anniversary – preparing and remembering, When the quakes go on and on and on, When Trauma and Grief Comes to Work* and a set of posters called

Stressed Out? that you can download for notice boards or hallways, for workplaces or homes.

2. Trauma and Disaster support resources to use to work through post earthquake issues for children, teens and adults
3. Their earthquake support webpage is updated regularly - www.skylight.org.nz
4. Phone counselling is also available on - weekdays 9am – 5pm – phone 0800 299 100.

These options are likely to also be useful for those people now living outside of Canterbury who have been affected by the earthquakes in any way.

Skylight can be contacted on 0800 299 100 or 04 939 6767. or by email rs@skylight-trust.org.nz



Because grief happens and support matters...

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

**Women's Retreat
27– 29 April 2012**

**Positive Women's AGM
27 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**

For more information on any of the above

Contact

Positive Women Inc.

Postal Address: PO Box 56076, Dominion Road, Auckland, 1446

Street Address: 176 Dominion Road, Mt Eden, Auckland

Email: support@positivewomen.co.nz . Web: www.positivewomen.org.nz

Phone: (09) 623 9183

Free phone: 0800 769 848

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