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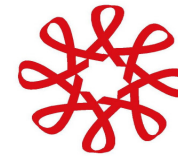


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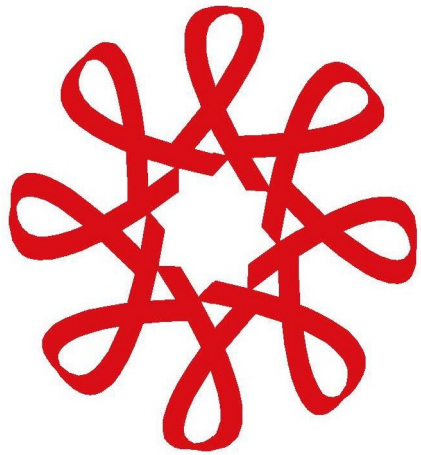
Positive Women

Positive News



Look beyond the stereotype

February 2008



Positive Women

Positive Women online

Check it out at www.positivewomen.co.nz

Positive Women's website is up and running but is evolving. Keep watching as we add and grow...

Any suggestions please let us know

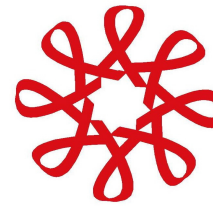
Positive Women Inc.
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Newton, Auckland 1010
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Email: positivewomen@xtra.co.nz

Free phone: **0800 769 848**



Thank you to ASB Community Trust and the Lottery Grants Board for funding the build of the website.



Positive Women

Positive Women's Retreat

18-21 April 2008

Book now....

Phone 0800 769 848
or email

positivewomen@xtra.co.nz
for a registration form

Positive Women's Public Speakers Training

JULY 11-13 2008

A workshop for women interested in public speaking.

Workshop will include:
basic training on HIV & AIDS, public speaking tips, how to tell your story and how to work with media .
Doing this workshop does not mean you will be required to speak, but will give you the tools needed if/when you decide you would like to.

Contact Positive Women Inc.

Heterosexual HIV+ People's Social Evening

Last Thursday of the month

6.30 to 9 pm in Auckland

A chance for heterosexual HIV + people to enjoy a nice meal and conversation with others living with HIV

If you are interested in coming along please let us know

Positive Women—309 1858

CART—375 7077

Body Positive—309 3989

Heroic Garden Festival supports Positive Women Inc. 16-17 February 2008



Proceeds from this summer's Auckland Heroic Gardens Festival will be shared between Positive Women, Body Positive and the Car-tier Bereavement Trust. Three great reasons to support this wonderful event.

The Heroic Gardens Festival was first held in 1997 to raise funds for Herne Bay House, a respite and treatment centre for people living with HIV or AIDS which has now closed.

The Festival is a chance to go and look at and be inspired by, some of the most beautiful gardens around Auckland, and to meet their owners.

Cafes, raffles, sculpture and plant sales are also part of this popular garden event.

Tickets \$30 each (valid for both days) can be bought from garden centres and selected retailers or from Heroic Gardens through their website

XVII International AIDS Conference Mexico 3-8 August 2008

Positive Women Inc. has received funding from the MAC AIDS Fund to send two members from Positive Women Inc. to the XVII International AIDS Conference in Mexico from 3-8 August 2008.

If you are interested in attending on behalf of Positive Women Inc. please read the enclosed application criteria. All interested applicants must complete the application form and return to Positive Women Inc. no later than 4 March 2008. Applications will be reviewed by the Board on March 15 2008 and successful applicants will be informed on 17 March 2008.

This is an amazing opportunity. Attending international conferences such as this are both enriching and empowering. We wish you success in your application.

Thank you to the MAC AIDS Fund for funding this amazing opportunity

From the Editor

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, Ciao, Shalom, Saludo, Bonjour, Aman, Servus, Konnichi wa, Buenos Dias, Nyob zoo, Torova,

Long sunny, summer days make a perfect start to the New Year. I hope you all enjoyed great weather wherever you happened to be.

Clear skies certainly brighten up the return to work and hopefully soon, the children's return to the classroom.

Meanwhile Positive Women has kept many projects bubbling along, the biggest being the Destigmatisation publicity campaign due to start soon.

February is already filling up with events, including the next heterosexual HIV+ people's social evening, life coaching for some Auckland members and the Heroic Gardens tour.

Soon we'll be moving your Positive Women office to a bigger space. It certainly needs to be bigger just to fit all the comings and goings generated by having so many activities on the go.

Kind regards Jane Roskrug
Administration Assistant.

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



Co-ordinator's Update

Happy New Year....I hope everyone managed to get time for some rest and relaxation over the holiday period as well as some fun too....

Positive Women Inc. is back into full swing again and looking forward to a very, very full year. Some big and some very exciting things happening this year.

Media Article:

Positive Women ended 2007 with a media story written in the Dominion Post, which also got coverage in the Southland Times. The story was around breaches of confidentiality by medical professional and one of our very courageous members agreed to share her very distressing experience. A copy of the article has been enclosed. We have received some interesting feedback as a result of this article. Firstly by the Health and Information Committee who have asked Positive Women to come to Wellington to sit on an advisory meeting to discuss issues around patient privacy and confidentiality and the medical profession. The other was a phone call from a member of the Council of Medical Professionals.

Funding:

Firstly we wish to acknowledge and gratefully thank the New Zealand AIDS Foundation for providing us with a grant of \$10,000. This funding is to be used to cover administration costs such as production of the Annual Report, the Strategic Plan, Positive Women Posters as well as collection bucket raps. All things which contribute to ensuring Positive Women Inc. reflects a professional, effective and efficient image.

This funding was generated through the Queen of the Whole Universe Pageant which was held on World AIDS Day 2007. This amazing event hosted by Jonathan Smith and Kevin Baker of Eventimento, which is now an annual event, has turned into one of the biggest fundraisers for HIV and AIDS to be held in New Zealand.

The event, which is a 'Drag Queen' beauty pageant raised more than \$40,000 which is donated to the New Zealand AIDS Foundation. Organisations such as Positive Women are then able to apply for funding from the pageant through the New Zealand AIDS Foundation.

It has become so successful that there is going to be a Queen of the Whole Universe Pageant held in Wellington in February.

As well as being a fundraiser for a very worthwhile cause, it is also a very, very entertaining evening with some very creative, exotic and humorous?

So a huge big thank you to the New Zealand AIDS Foundation, to Eventimento...and not forgetting all those who supported the event.

Heroic Gardens:

A reminder that the Heroic Gardens Festival is to take place in Auckland on the weekend of the 16th & 17th of February. More details about this on page 10. As mentioned in December's Issue of Positive News, Positive Women Inc. has been selected by the Heroic Gardens Trust to be one of three HIV support organisations to receive funding from this very successful annual fundraising event. Please be sure to tell your friends and families to support this fantastic event. Check out the website at www.heroicgardens.org.nz.

Wellness Fund adds new grants



The Wellness Fund is a special fund available through the New Zealand AIDS Foundation to help people living with HIV or AIDS who need financial help.

With the introduction of better HIV drugs, the needs of people living with HIV have changed and to ensure that people's needs are being met the New Zealand AIDS Foundation reviewed the fund's application criteria and procedure.

Both HIV support groups as well as 30 HIV positive people took part in the review process.

Most were happy with the role that NZAF took around allocation of funds, but many wanted grant applications decided by a foundation staff member who was not connected to them locally - to better protect the privacy of applicants.

Some of the more significant changes to the Wellness Fund as a result of the review are highlighted below.

Special grants of up to \$3000 per year and conference travel grants will now be available.

Small grants will continue to meet "small" needs up to a total of \$750 each year (previously \$500). But the Wellness Fund can now also give bigger grants of up to \$3000 per year to help people deal with the long-term side effects of antiretroviral drugs such as lipid disturbances, dental health issues and bone problems.

"These costs can be prohibitive even

for those in full-time employment and are caused by the HIV status," announced the review findings.

To qualify for the Wellness Fund, you must be HIV-positive and a New Zealand resident or a new migrant on a work permit who has been living in New Zealand for at least six months. Students on a 12-month study visa, refugees and asylum seekers are also eligible.

For the small grants, you must have a community support or services card and can not apply for needs already covered by Work and Income New Zealand (WINZ).

The special healthcare grants are to cover conditions resulting from HIV infection or drug treatment such as lipoatrophy treatment, dental bills over \$1000, CT scans or other testing. They are limited to services not available through the public health system or where the wait is longer than six months, or where your clinical specialist confirms your need is urgent.

You can get a special healthcare grant only once. A fund of \$50,000 will be available each year.

Another \$8000 will be set aside for travel grants of no more than \$500 each and which you can receive once per year - these are to attend a New Zealand-based HIV conference, seminar or hui where no scholarship is possible.

For more information contact Positive Women Inc. or your local NZAF office.

A revolutionary solution for Lipoatrophy

Aquamid® Reconstruction hydrogel is a long lasting solution for HIV+ patients who have facial lipoatrophy.

The increased survival of people living with HIV since the introduction of HAART (Highly Active Antiretroviral Therapy), has brought with it a group of drug side effects which can seriously affect a person's quality of life.

Among these is a side effect known as 'facial lipoatrophy', which results in the loss of fat in the cheeks, temples and eye sockets. In many cases, the physical appearance of HIV + patients who have facial lipoatrophy, while not medically serious in itself, can however have a destructive effect on self-image and confidence, with general and debilitating roll-on psychological and social effects. Not least, fears of the tell-tale stigma of facial lipoatrophy can cause people to avoid or postpone HAART treatment.

Sometimes surgical solutions like cheek implants or cosmetic facial fillers such as collagen or Sculptra are used. While cheek implants are permanent, it is a very expensive procedure. Collagen and other similar products are a little cheaper, however they are not always satisfactory and only temporary. Aquamid® Reconstruction hydrogel on the other hand is a long lasting

solution.

But what is it?

Non-allergenic, Aquamid hydrogel is a high water content (97.5%) injectable implant with a tailored molecular structure that enables water exchange with surrounding facial tissue without losing shape or effect. It is permanent.

Aquamid® Reconstruction can also be used for a variety of other cosmetic corrections such as forehead frown lines, folds from the nose to the mouth, depressed corners of the mouth and lip augmentation as well as numerous other treatments (i.e. for wrinkles).

Currently this product is available only in Auckland but may soon be in other parts of the country.

Cost of treatment will depend on how much of the product is required. Severe lipoatrophy may require a number of treatments over time as only a certain amount can be injected at any one time.

Funding assistance for this treatment can be sought through the New Zealand AIDS Foundation Wellness Fund, which has just been revised. (see article on next page) but only for lipoatrophy, not for removing wrinkles...sorry about that.



If you would like to know more about Aquamid® Reconstruction, contact Positive Women Inc. and we can send you a product brochure or phone/email Jane Bruning, National Coordinator at Positive Women who has had the treatments and is happy to discuss the procedure with you.

On the Move:

As previously mentioned, Positive Women Inc. will be moving soon. The main reason for this is that there are now two of us working in a very small space with only room for one desk and one computer. Our current office is located at the back of the Burnett Centre in Poynton Terrace and as it happens the Burnett Centre is about to move up to the second floor of the New Zealand AIDS Foundation Building in Ponsonby. NZAF have offered Positive Women Inc. a room that we can rent within the Burnett Centre at the new premises.

Once the Burnett Centre moves, Body Positive are to take over the old premise of the Burnett Centre at Poynton Terrace. There is a possibility that Positive Women Inc. could also take on some extra rooms at Poynton Terrace so that we wouldn't need to move. This would mean we would be neighbours with Body Positive but with separate premises/entrance. If you have a particular view on where you would prefer Positive Women to be please let us know . email us at positivewomen@xtra.co.nz by the 22nd of February.

Positive Women T-shirts & Bracelets

Help to raise awareness of HIV and Positive Women Inc. by wearing a Positive Women t-shirt or silicone bracelet. These can be ordered on line at www.positivewomen.co.nz, by mid February or by phone or by email right now.

Destigmatisation Camp:

Plans are all set for the launch of Positive Women's HIV Destigmatisation Campaign to be held on 20 February 2008. If you are in Auckland we do hope you will come along.

The Launch is to be held at Parnells on the Rose Gardens from 1-3 pm. If you intend to come, please let us know either by phoning the office at 309 1858 or by email at positivewomen@xtra.co.nz

We are so excited about this campaign which will include advertisements on 83 buses in Auckland, Wellington and Christchurch. Adverts in Women's Weekly, Australian Women's Weekly (which is actually a monthly magazine), New Idea and the Listener as well as in Viva and hopefully Canvas. There will be postcards distributed in cafes and bars throughout the country and adverts on 6 online sites such as NZ Girl, NZ Herald and Women's Weekly. Ingrid Leary, a leading NZ journalist, is also putting together a TV commercial and doing a documentary which follows the lives of the five women up to and after the launch of the Campaign. We are hoping that this will be something big...so watch out for it.

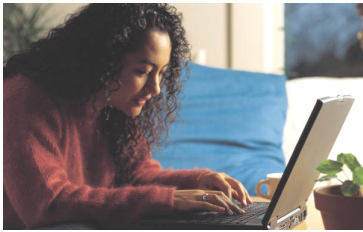
Till next time...take care and stay strong...

Kind regards Jane Bruning
National Coordinator



The five faces of the Positive Women's Destigmatisation Campaign
From left to right;
Jewel, Beate, Jane,
Jan & Ali

Your Support is needed...



An online community networking space is being proposed for people living with HIV in New Zealand.

Absolutely Positively Positive (APP) in Wellington is a small group with a great idea – an actively managed, interactive website to let you network with other HIV-positive people, talk about everyday affairs and contribute to regular forums hosted by experts.

The new website would cater for different groups. People will be able to choose which group they would like to communicate with when they first log onto the site. For example women could choose a women-only chat room or choose a heterosexual chat room.

However for this to happen, APP needs your feedback on whether this is a good idea and if so, what possible features and services it should have.

AAP wants at least 1000 people living with HIV to visit its website www.app.org.nz and complete the online *Living with HIV* survey by the end of January. All submissions will be kept anonymous but the overall findings will be posted on the APP website. So get clicking

Board Member Elections...

There are three Board Member positions currently up for election. Nomination forms need to be submitted to Positive Women Inc. by 14 March 2008. Voting can be done by post or at the AGM on official voting forms. Votes will be counted by an independent arbitrator and new Board members will be announced at the AGM on the 18th of April 2008.

The Big Gay Out 10 Feb 2008...

February is the month to celebrate 'Gay Pride'. There are many events happening throughout the month, such as the Heroic Gardens, the Hero Party, Queen of the Whole Universe in Wellington and the 'Big Gay Out'.

This is a fun filled Family Gala Day to be held at Coyle Park, Point Chevalier on the 10th of February 2008. There will be entertainment, food stalls and information stands scattered throughout the park. Positive Women Inc. will be there too. We will be running a Positive Women & HIV awareness stall as well as selling some Positive Women T-shirts and Bracelets. Heroic Garden Tickets will also be on sale. Come on down and say hi or bring the family down for a picnic and a lazy day out.

Breach of Confidentiality & Complaints procedures



Improper disclosure of your HIV status by someone in the medical profession can have a devastating effect, as some of our members have experienced. The Dominion Post spoke with Positive Women Inc. and also one of our members about a breach of confidentiality which she experienced. We have enclosed a copy of the article.

If this happens to you, it is your right to make a complaint and Positive Women can support you through the process.

Patient confidentiality is protected by doctors' own ethical code, Government privacy and health laws. These also set out how to handle any complaints.

The first step is to discuss your concerns with your doctor or whichever health professional is involved. If you feel uncomfortable doing this on your own, Positive Women can provide support. You can also take a friend, family member or you can use the services of an independent Health and Disability Advocate.

If you are not satisfied with your doctor's response and you feel that your rights as a patient have been breached, the next step is to go to the Office of the Health and Disability Commissioner or to the Privacy Commissioner.

The Health and Disability Commission also provides the advocate service and mediation as the next step in its complaints process.

Health professionals are bound by the Health Information Privacy Code which says that information should only be

disclosed to prevent a serious and imminent threat to public safety or the health of a person. These are very limited circumstances and even then disclosure can only be to a person, such as a Government official, who can act to prevent or lessen that threat.

Disclosure is also allowed if the information is required as part of your further treatment, or for reasons directly related to why the information was collected in the first place and which you could reasonably expect to happen. An example might be if your specialist was relaying information back to your GP, or wanted to seek a second opinion.

The New Zealand Medical Association's own code of ethics requires doctors to make the health and well-being of patients their first priority.

Doctors should keep patient information confidential and "divulge it only with the permission of the patient except when the law requires otherwise, or in unusual circumstances when it is clearly in the patient's best interests or there is an overriding public good ... When it is necessary to divulge confidential patient information this must be done only to the proper authorities, and a record kept of when reporting occurred and its significance."

To find out more, follow the links from the Medical Association's website www.nzma.org.nz or go directly to the Privacy Commission free-phone 0800 803 909, website www.privacy.org.nz or the Health and Disability Commissioner free-phone 0800 112 233 or website www.hdc.org.nz

Please note: that while breaches of confidentiality do occur, and more often than we would like, however they are not the norm. Most medical professionals are exactly that...very professional.