



Positive Women

# Positive News



June 2011



# Diary Dates

*Please keep dates free*



Thank you also to the following companies for sponsoring the production of Positive News



# Editor's Update

*Tena Koutou Katoa, Jambo, Hello, Talofa lava, Taloha ní, Halo olaketa, Bula vínaka, Kam na maí, La orana, Fakaalofa, Lahí atu, Malo lelei, Nabat, Zdravo, Cíao, Sha-lom, Saludo, Bonjour, Aman, Servus, Konnichi wa, Buenos Días, Nyjob zoo, Torova, Namaste, Cí yí bak, Salaama, Muraho*

Hello everyone and welcome to the June issue of our newsletter. In New Zealand, the month of June marks the celebration of the Māori New Year, Matariki. Matariki is a time to celebrate New Zealand and its unique culture. Signalling a change of season, Matariki is also a time for reflection .

There has been a number of changes at Positive Women Inc. recently. After beginning with Positive Women Inc. as a volunteer last year and then working on a contract for us, we are sad to report that Sumeera's contract has finished. We want to thank her for her amazing contribution to the daily functioning of Positive Woman Inc., the Family Hui last year and the Women's Retreat this year. We will miss your bubbly personality around the office Sumeera and wish you all the best with your future plans.

Taking over from Sumeera is Anna our new administrator. You can read more about Anna on page 13.

On page 5 we report back on the 2011 Women's Retreat. We are also very excited about the first camp we are having in July for young people in New Zealand living with HIV. More about this on page 6. Other interesting articles to read about are a

new international campaign promoting female condoms on page 7 and an article on hormones and HIV on page 10-12. There are a number of announcements and other interesting events around HIV issues in the this issue as well. We hope you will find this informative and useful.

As always, we welcome and greatly appreciate any comments and suggestions for the newsletter.

*Until next time, happy reading.*

## Inside this issue:

Advert	2
Editors Update	3
Coordinators Update	4
Women's Retreat 2011	5
NZ Youth Camp 2011	6
Global Female Condom Campaign	7
Announcements	8-9
Hormones and HIV	10-12
Candle Light Memorial	13
Welcome Anna	13
HIV Treatment Updates	14
New Research Study	14
INA news	15
Notes	18-19
Sponsors	20

If you have any inquiries about the above please call 09 309 1858 or 0800 769848 from outside Auckland or send an email to [support@positivewomen.co.nz](mailto:support@positivewomen.co.nz)

# Coordinator's update

**A** warm winter hello from everyone here at the Positive Women Inc. office.

We are quite a team now with Marietta, a qualified Social Worker and Anna, our very experienced Administrator working alongside myself as the National Coordinator. We are all very excited about going forward in what we hope will be a direction which will enable us to increase support and services for women and families in New Zealand living with HIV and in promoting HIV awareness and destigmatisation in the wider community.

Firstly, a very big thank you to Marietta for producing the June News Letter. I am sure you will agree she has done a fantastic job with many interesting and informative articles.

**Funding:** A huge thank you to the **ASB Community Trust** for their grant of \$13,000 which is to be used to cover general administration costs such as rent, power and electricity .

Also a very big thank you to **Merck Sharp and Dohme** who donated \$8,000 as sponsorship to assist with the production of the Bi Monthly Positive News Newsletter. They also donated \$5,000 towards the Women's Retreat, however as we did not need to use this money for the retreat MSD have agreed that we might redirect those funds to assist with costs of a NZ Youth Camp which we are to hold in July 2011. There is more information on the Youth Camp on page 6.

**Strategic Plan;** Included with this mail out there is a copy of the Positive Women Inc. 2011/14 Strategic Plan. This plan originated from feedback offered

by members at the 2010 AGM and has since been developed by the Board. Thank

you very much to everyone who contributed to the development of this plan and especially to the Board members who spent many hours working on it to ensure it accurately reflected the wants and needs of Positive Women Inc. members.

You will notice there are a couple of research projects asking for participants in the newsletter. We encourage people to consider taking part as research is one of the only ways to have 'recorded evidence' of how it is for people living with HIV and can contribute immensely with both attitude and policy change.

That's all from me. Take care everyone and have a warm and healthy winter.

Warm regards Jane Bruning

## Participants wanted

My name is Helen Robertson. I am a student doing a Masters by Project Degree at Unitec. The research topic I have chosen is a subject which has emerged from my personal experiences with HIV and AIDS.

I am interested in exploring how HIV and AIDS affects the lives of those infected or affected (i.e. family members) by HIV in New Zealand. My main area of practice is Documentary Photography. The initial idea for this project is to present first person narratives of a range of families that are affected or infected with HIV or AIDS. These will be recorded using a video and/or audio recorder. We will also be creating photographic images that represent and correlate with the narration. Photography may be of hands or other parts of the body so will not show your identity.

If you are interested or know anyone who would like to be involved in this collaborative project please contact Positive Women Inc.

# Women's retreat 2011

Our 15<sup>th</sup> annual HIV positive Women's Retreat was held from 15 to 17 April 2011. Twenty nine gorgeous women from across New Zealand gathered at Vaughn Park at Long Bay beach for

a weekend of fun, inspiration, education, friendships and above all relaxation.

As with previous retreats, the weekend featured a mixture of workshops, complimentary therapies and plenty of time to catch up with everyone. A variety of relaxing natural therapies were available throughout the weekend such as aromatherapy, reflexology, nurturing touch therapy, crystal healing, head and shoulders massage and relaxation massage. Individual sessions on Neuro Linguistic Programming and Dream Time Healing were also available.

We had some of our regular therapeutic and educational workshops and experimented with a few new additions. The workshops and talking sessions provided an important opportunity for women to talk and share experiences in a confidential and safe environment with others who really understand what it is like to live with HIV. On Friday evening we had a workshop on manifesting miracles. Saturday's workshops focussed on the sexual health of women living with HIV, a general talking session for women and



a writing workshop about responses to change. Dr Mark Thomas's regular question and answer session concluded the workshop programme on Sunday.

As with previous years, the MAC team performed their magic with everyone who wanted a make-over before heading home on Sunday.

One of the big highlights of the weekend was the karaoke evening on Saturday evening preceded by a play written and directed by Bianca.

We appreciate the feedback we received on the evaluation forms and will incorporate the suggestions as much as possible for next year's retreat. Topping the list, are requests for a craft workshop as well as some form of exercise class, so keep an eye out for these at next year's retreat.

As always we say thank you to our funders, MAC and the NZ Lottery Grants Board.



# NZ Youth Camp 2011



If you are between the ages of 12 and 20, living with HIV and looking for something to do during your upcoming school holidays, then this is for you. Positive Women Inc. is very excited to be able to offer New Zealand's first camp for youth who have HIV. The camp is taking place from 21 to 24 July at an adventure outdoor centre in central North Island.

The camp is free and all transport, accommodation, meals, activities and equipment hire are included. We are in the process of putting together a program that will include exciting adventures, time to hang out and daily groups that will encourage friendships and support. The camp is a great opportunity to make friends and meet other young people in New Zealand with HIV and have a great time.

In the past, Positive Women Inc., with funds from the Torrens Fund, arranged for young people from New Zealand to

attend the Australian camp for teenagers with HIV. Our New Zealand camp is not replacing this and those who are interested in going to the Australian camp later this year will still be able to do so. The camp in Australia is organised by Sydney Children's Hospital and we are very fortunate to have Angela Miller, the social worker who is responsible for the Australian camps, on board for our camp in New Zealand. Angela is a senior social worker with the Paediatric HIV Service at Sydney's Children's Hospital.

If you are interested in attending or know of someone who would be keen to attend, please get in touch with Rosemine or Marietta at Positive Women Inc. at 09 309 1858, Freephone on 0800 769848, phone or text Marietta on 021550982 or send an email to: [support@positivewomen.co.nz](mailto:support@positivewomen.co.nz) and they will send you out an information pack.

## *Positive Women Inc. participates in global female condom campaign*

Female condoms and paper dolls may appear like a bizarre combination, but leading women's organisations in New Zealand are distributing both to promote greater investment by governments in female condoms.

YWCA of Aotearoa New Zealand and Positive Women Inc. have united to join the international Paper Dolls Campaign that raises awareness of female condoms as well as the education and programming needed to support their use.

"Less than one percent of all condoms distributed globally are female condoms. Over 99 percent are male condoms. This means that very few of the millions of people who would like to use female condoms for protection from pregnancy, HIV and other STI's can't get them. Even where they are available, they are often priced out of the reach of most people, including here in New Zealand," says Jane Bruning of Positive Women Inc.

The campaign is funded by Universal Access to Female Condoms (UAFC) to illustrate the growing, world-wide demand for female condoms by creating massive chains of paper dolls, each one with a personal message that reflects people's thoughts on female condoms.

"At the YWCA, we believe it is essential to provide adequate resources to support the capacity of women and girls to lead change on HIV and AIDS and sexual and reproductive health and rights issues – and this includes

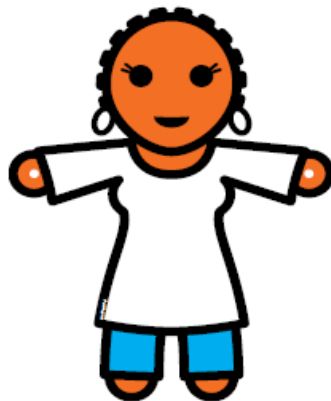
access to the female condom as a life saving device. The Paper Doll Campaign will be a fun way to raise awareness of this," says Sarah Davies of the YWCA.

Thousands of paper dolls will be on display at the United Nations Plaza during the upcoming United Nations High Level Meeting on HIV and AIDS in New York later this month. Thousands more dolls will be carried into the Dutch Parliament when UAFC holds its conference there in November.

YWCA of Aotearoa New Zealand and Positive Women Inc. plan to hold a national event later in the year to raise awareness of the female condom in New Zealand.

**For more information contact**  
Jane Bruning: Positive Women Inc –  
021 550 984 or email:  
postivewomen@xtra.co.nz

*Pictured below is Zawadi, one of the four dolls in the campaign*



## *New board members elected*

Congratulations to Jackie and Jane D who were elected to Positive Women Inc's. Board of Trustees at our annual AGM at the women's retreat in April. They bring with them a wealth of experience and passion and we look forward to having their valuable input

at Board meetings. Both Jackie and Jane D feel strongly about promoting the health and wellbeing for women and families living with HIV or AIDS and have experience in advocating on behalf of other positive women.

## *Interpreting service*

Positive Women Inc. has recently registered with the Primary Health Interpreting Service at the Auckland District Health Board. The service provides telephone and face-to-face interpreting services with patients of the Auckland District Health Board and is free for organisations registered with them. In the past, Positive Women Inc. was hampered in the extent of the

supports we could offer members with limited or no English without having to pay for a translator. Often we were unable to communicate effectively with HIV positive women struggling with English. Since registering with the service last month, we have been able to use the service on a number of occasions to provide supports to HIV positive women in the community.

## *New look for Straight Arrows*

Straight Arrows, the monthly get together for straight members of Positive Women Inc. and Body Positive has a new look. Instead of getting together on the last Thursday of every month for a dinner, we will now meet for lunch on the last Saturday of every third month.

When we started Straight Arrows, we had a good group of people attending, but group numbers have dwindled

over the past year. We are hoping that by changing the time to a Saturday more people will be able to join us.

Our first Saturday lunch is on 30 July 2011 at 1pm to 3.30pm at the Body Positive House, 3 Poynton Terrace, Auckland. Let us know if you would like to attend by calling: Positive Women on 09 309 1858.

## Wellness fund changes

The administration of the Wellness Fund, which have been managed by the New Zealand AIDS Foundation until now, will move to Body Positive from 1 July 2011. Body Positive has been supported by the National Collective of People Living with HIV (NCPHIV) to be the legal body to best manage the fund.

Bruce Kilmister, national coordinator for Body Positive, says that criteria for access to the fund will remain unchanged. The fund is available for all people living with HIV in New Zealand and the criteria as it currently stands are for a maximum grant of \$500 per year towards HIV related health issues for people living with HIV on limited financial means with a Community Services card.

The World AIDS day street collection has traditionally been the main source of funds for the Wellness Fund and this

will remain unchanged with the New Zealand AIDS Foundation continuing to manage the project with fifty per cent of the street collection being donated to the Wellness Fund.

People who qualify can apply for support to their relevant support organisations being regional offices of the New Zealand AIDS Foundation, Body Positive Inc, Positive Women Inc. and INA Inc.

Members of Positive Women Inc. can contact Marietta in Auckland. Marietta will process the applications for Positive Women Inc. members and forward them to Body Positive. The current turnaround approval process is 24 hours and Body Positive will maintain this.

You can contact Marietta at 09 309 1858/0800 769 848/021550980/support@positivewomen.co.nz.

## Counsellors available countrywide

The New Zealand AIDS Foundation (NZAF) has a number of sub-contracted counsellors in various areas across New Zealand to provide counselling to people living with HIV. In addition to counsellors at the NZAF regional offices in Auckland, Wellington and Christchurch, sub-contracted counsellors are also available in Tauranga, Hamilton, Rotorua, Wanganui, Whangarei, Napier, Plamerston North,

Greymouth, Dunedin and Nelson. Positive Women Inc. has a list of the counsellors in these areas and anyone interested can contact us for further details.



# Hormones and HIV

## Hormone Basics

Hormones are chemicals in your body that flow through your blood stream to send messages between different organs. They are formed in your glands, and they control all sorts of processes in the body. Hormones have an effect on your growth, metabolism (your body's chemical processes), sex drive, and ability to have children.

## Hormones and HIV

Studies have shown that HIV can affect the body's ability to produce and maintain hormone levels. There are many types of hormones. The hormones that seem to be particularly affected by HIV are the following:

**Estrogen and Progesterone:** female sex hormones that are made in the ovaries  
**Testosterone:** male sex hormone found in small amounts in women's bodies. Testosterone is made in the adrenal glands (just above the kidneys) and in the ovaries.

**DHEA:** Steroid hormone that may be connected with immune function and energy. DHEA is made in the adrenal glands and sex hormones are made from it.

Estrogen, progesterone, testosterone, and DHEA levels naturally get lower as you age. Changes in one of these hormones can affect the levels of the others.

Some drugs that are used to treat HIV-related conditions can also affect hormone levels. It varies from drug to drug and you can get more information on this from your HIV specialist. Experts believe that hormones (especially growth hormone) are also connected to

wasting and lipodystrophy, a group of fat-related body changes that appear in some HIV+ people. However, more research is needed in this area.

## Problems Caused by Irregular Hormone Levels

Changes in your hormone levels can affect many of your body's functions. Some of the symptoms that are caused by hormone level changes include:

- ◇ Abnormal menstrual cycles, possibly including early menopause for HIV+ women
- ◇ Weight loss
- ◇ Headaches
- ◇ Mood swings
- ◇ Depression
- ◇ Sleep disturbances
- ◇ Fatigue
- ◇ Decreased bone density
- ◇ Vaginal dryness
- ◇ Decreased sexual desire
- ◇ Difficulty getting pregnant

If you are experiencing any of these symptoms, you should speak to your doctor, who can check your hormone levels.

HIV+ women who experience hot flashes at night may be misdiagnosed as having menopause-related night sweats, when in fact their hot flashes may be the result HIV infection and related conditions such as "wasting." Vaginal dryness can be mistaken for a yeast infection. It is important to keep track of your cycles and report anything unusual to your health care provider so that you can find the reason for your symptoms.

For more information about menstrual problems and HIV, see TWP's info sheet, Menstrual Changes.

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## Hormone Replacement Therapy (HRT)

Women who have low estrogen levels may choose to replace the estrogen in order to regulate menstrual periods and help relieve pre-menstrual syndrome (PMS). However, the most common reason to replace estrogen is to relieve the symptoms of menopause.

Care must be taken in replacing estrogen. Taking estrogen alone increases the risk of uterine cancer. If a woman has had her uterus (womb) removed, she can take estrogen by itself. This is called estrogen replacement therapy or ERT.

Women who still have a uterus usually take a combination of estrogen and progesterone. This is called hormone replacement therapy (HRT). Although HRT used to be regularly recommended to relieve menopausal symptoms and reduce bone loss, long-term use of HRT is now highly controversial. Research has shown that

HRT increases women's risk for breast cancer, heart disease, and stroke. HRT may be appropriate for a short time to relieve menopausal symptoms that do not respond to other therapies.

Estrogen and progesterone are available in patches, creams, and vaginal rings; these may be an alternative to the pill form of HRT and may not carry the same risks.

To figure out if HRT is right for you, speak with your health care provider about all the risks and benefits. When deciding about HRT, it is important to tell your provider about any drugs or other treatments you are taking. HIV drugs can sometimes reduce the effectiveness of hormones, including birth control pills containing estrogen and progesterone. Estrogen can also cause decreased levels of HIV drugs and put you at risk for a rising viral load and HIV drug resistance.



# Hormones and HIV

## Alternative Treatments

There are other therapies available to treat menopausal symptoms. However, these may also have undesirable side effects or interact with HIV drugs. If you choose alternative therapies it is best to consult a skilled practitioner and let your regular health care provider know exactly what you are doing. Other treatments include:

- ◇ Traditional Chinese Medicine (e.g., acupuncture, Chinese herbs)
- ◇ Antidepressant drugs and/or counseling
- ◇ Herbal or botanical supplements (e.g. black cohosh, soy, red clover, dong quai, ginseng)
- ◇ Mindfulness training

## Testosterone

Shortages of testosterone can result in fatigue, sexual problems, depression, and muscle loss. Many women who take testosterone or anabolic steroids report improved energy, sex drive, mood, and better quality of life. Anabolic steroids are drugs with very similar effects as testosterone. They have also been shown to increase lean muscle mass and add weight.

Speak to your health care provider about possible side effects from testosterone use. Women may experience facial hair growth, deepening of their voice, or clitoral enlargement. Testosterone is available in many forms; patches, gels, and creams may be preferred to injections and tablets because they decrease the likelihood side effects listed above.

Testosterone is not recommended for women who are pregnant or who wish to become pregnant.

## Human Growth Hormone

Women suffering from weight loss (wasting) or lipodystrophy may consider treatment with human growth hormone (HGH, Serostim). HGH has been shown to increase lean muscle mass and may reduce fat accumulations associated with lipodystrophy. Unfortunately, HGH does not seem to correct facial wasting. Because of its high cost and potential side effects, HGH is not for everyone.

Discuss any symptoms you are experiencing with your health care provider. If a hormone imbalance is found to be the cause, you can explore treatment options. Also make sure to discuss drug interactions and long-term side effects of hormone use.

Information in this article is for educational purposes only. It is designed to support, not replace, personal medical care and should never be used as a substitute for personal medical attention, diagnosis, or hands-on treatment. We recommend all medical decisions be made in consultation with your personal health care provider.

Source: [http://www.thewellproject.org/en\\_US/Womens\\_Center/Hormones\\_and\\_HIV.jsp](http://www.thewellproject.org/en_US/Womens_Center/Hormones_and_HIV.jsp)

# Candle light memorial

Three of Positive Women Inc's members spoke at various venues during the International AIDS Candlelight Memorial day on 15 May. Jane Bruning spoke at St Matthews Cathedral in Auckland, Beate Lutz in Wellington and Jan Waddell at the memorial held on Bluff Hill in



Invercargill. An article and photo about Jan's talk also appeared in the Southland Express.

The theme for this year's memorial was "Touching Lives" and memorials were held in Whangarei, Auckland, Tolaga Bay, New Plymouth, Wellington, Christchurch, Dunedin and Invercargill.



## Welcome Anna

Anna grew up in the small rural community of Dannevirke nestled close to the Ruahine Ranges in Southern Hawkes Bay. She has just recently moved back to New Zealand after six years living in Vancouver, Canada where she became immersed in the non-profit community working in fundraising for social justice, environmental and aid organisations.

Anna is thrilled to join the Positive Women Inc. team and apply her skills to an organization that supports women and has such a positive impact on the wider community. In her spare time Anna likes running, yoga, reading, getting out into New Zealand's gorgeous natural

environment and cooking up a storm for friends and family.



# HIV treatment updates



Scholarships to attend the HIV treatment update may be available for members living outside of Auckland. Contact Positive Women Inc. for more details.



## *New research study on internet and social media use by people living with HIV*

The Infectious Diseases clinic at Auckland City Hospital in conjunction with the School of Medicine are undertaking a study to better understand how people living with HIV use the internet and how this may impact on their understanding and management of their illness.

The study is inviting all people with HIV infection who receive care at Auckland City Hospital Infectious Diseases clinic to participate. Participation involves completing one questionnaire that

takes between 20 to 25 minutes to complete. The questionnaire will be sent out by post to all current HIV patients of Auckland Hospital in early June. It is hoped this questionnaire will enable the ADHB to help provide better information and services to people living with HIV.

All information provided in the questionnaire is confidential. For further information on this study, please contact Carissa Sutherland on [csut031@auckland.ac.nz](mailto:csut031@auckland.ac.nz).

## *New appointment for Marama Pala*

Congratulations to Marama Pala, Executive Director of *INA (Māori, Indigenous & South Pacific) HIV/AIDS Foundation*, on her appointment as one of seven Global community representatives on the Community Programme Committee (CPC) for the 19th International AIDS Conference 2012 that will take place in July in Washington next year. This is a volunteer position in which Marama will participate in the overall planning of high quality, targeted workshops that will promote and enhance opportunities for knowledge transfer, skills development, and collaborative learning. One of her roles will be to develop the community programme and recommend potential workshop presenters for the conference next year.

“This is a first for New Zealand” says Marama. “To be nominated and accepted on to this high profile

committee, puts a spotlight on HIV in our community and on Indigenous Peoples. Being included as a vulnerable population is all we’ve wanted on an international scale.” The rise of HIV infections amongst Indigenous Populations continues to create a concern internationally.

AIDS 2012 will be held in Washington, DC from 22 to 27 July at the Walter E. Washington Convention Centre.



## *INA opens new whare*

INA celebrated the official opening of their new whare on 27 May 2011 in Tirau. The whare is the main centre from where INA will be providing services to their members. Guest were treated to a delicious hangi after the official pōwhiri.

With Marama (middle) on the photo is Chrystal Thompson (far left), administrator support at INA, and Ngaire Sandel (far right), a portfolio manager with the National Health

Board at the Ministry of Health of Health.



# Cakes

Poem by Amanda  
(from talk with sex therapist at the retreat)

Sex, intimacy, love and deep feelings  
To me were the icing on my cake

Aren't we all like different kinds of cakes  
Tall and Decorative - party pieces  
Average and full of fruit—more economical  
Short and intensely sweet—a rare treat

Where does the icing go on these cakes?  
Could it be a thin plain layer on top  
Or running down the sides  
Or even intertwined in the actual body of the cake  
In a myriad of unexpected colours

Sometimes its all you see or feel  
Sometimes its there in every day life  
Sometimes its lost in by gone memories  
Sometimes it has never been there at all

Some cakes entice me and I can't seem to but help myself  
Some cakes I feel repulsed by like the smell of coffee  
Some cakes reveal more as I touch, smell, taste and look in-  
side  
And maybe that's how it is for you too?

## *Positive women in the media*

An article by one of our members and a Positive Speakers Bureau speaker was recently published as part of an insert in *Craccum*, a student magazine at Auckland University. The insert called, *Kate*, features articles written by women for women on life issues women face in their every day lives.

The article chronicles the emotional journey of the writer from learning for the first time that she is positive to the birth of her daughter. She writes about the impact of the shock when she first

received her diagnosis and how she was able to move forward with the support of her family and other positive women. Writing about her experiences and educating herself about the virus were also an important part of her journey.

The article also describes the challenges positive women face negotiating sex and having babies against a backdrop of stigma, discrimination and a general lack of knowledge around HIV issues in society.

## *Transitioning to motherhood Research findings*

Amanda Hinks recently completed her Masters thesis in Midwifery at Massey University in Palmerston North on how women with HIV make the transition to motherhood. Her thesis is the result of a qualitative research study she did in 2008 based on narrative interviews she had with HIV positive mothers.

The women in the study found the transition to motherhood difficult. The main finding from the study is that HIV positive women make the transition in the context of stigma and ignorance, often from the medical health professionals

who care for them. Amanda recommends more education for medical professionals about the childbirth continuum of HIV positive women,



## *Therapeutic Massage*

Mary Ann, a qualified massage therapist is offering members a special price of \$30 for an hour session at the Positive Women Inc. office in Auckland. She also offers Crystal Healing and Reiki. Contact Positive Women Inc. to make a booking or you can contact Mary Ann at 021 215 6800.

## *Life Insurance for PLHIV*

If you thought you couldn't get life insurance because of your HIV status....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](mailto:support@positivewomen.co.nz).



## *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

## *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.



# *Diary Dates*

*New Zealand Positive Youth Camp  
21 -24 July 2011*

*Straight Arrows Barbeque  
30 July from 1 -3.30pm at 3 Poynton  
Terrace, Newton, Auckland*

*Positive Speakers Bureau Training  
Workshop  
29 July to 1 Aug 2011*

*Digital Story Telling Workshop  
Participants wanted*

*Women's Retreat  
27- 29 April 2012*

## *Contact*

**Positive Women Inc.**

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Free phone: 0800 769 848

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