



Edition #18 – February 2012

## Welcome to the Healthy Communities Newsletter

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*Please enjoy Healthy Community News.*

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## Welcome to 2012 – Executive Director, Paul Martin

Welcome to the first edition of Healthy Communities Statewide News. I hope that you will continue to find this newsletter useful and informative and be kept up to date with what is happening at Healthy Communities. In a few weeks you'll be sent a membership survey to get your feedback on the newsletter and suggestions for improvements.

2012 promises to be a big year. The state election may bring a change of government and possible changes to responses to both HIV and LGBT issues. Healthy Communities has been talking with Labor, the LNP and Greens about the issues we see as important to the LGBT community, and the actions we'd like them to commit to and deliver once in government.

This year will also see significant changes to Queensland Health. We are already seeing the emergence of Medicare Locals to coordinate primary care at a local level, and soon we'll see

Local Health & Hospital Networks focusing on hospital care. Labor plans to split Queensland Health into two new organisations, one focused on managing the whole health system and the other providing improved corporate services.

It will be important to ensure that the needs of LGBT people and communities as well as those living with HIV are not lost in the restructures. We already have some concerns about the low priority given to prevention and health promotion in the proposals for splitting Queensland Health. Through the Community Health Services Network (facilitated by QCOSS) we have made our views known.

Against all this, the day-to-day work of Healthy Communities will continue. The sexual health program is focusing its efforts on sexual networks where HIV transmission is most likely to happen, enhancing our use of social media and supporting men to better implement risk reduction strategies. The '2 Spirits' program is working on implementing the recommendations from its external review, including a renewed focus on HIV & viral hepatitis prevention and sexual health promotion among gay men & sisters, as well as attempting to expand the project to address other health and community issues for LGBT people who are Aboriginal or Torres Strait Islander.

The LGBT Health Program continues to deliver LGBT awareness training and alcohol, tobacco and other drugs health promotion initiatives. This year we'll also see new projects, including counselling services for LGBT people affected by the 2011 natural disasters and/or have mental health concerns and support to LGBT seniors. Our unfunded action groups (e.g. lesbian, trans\*, multicultural, history, ageing) will also continue volunteer led projects and attempting to secure additional resources. All of these services and activities are of course supported by our Admin Team.

You can have your chance to influence what we do at Healthy Communities over the coming years by commenting on our draft Strategic Plan.

Thanks for all your support in 2011 and we looking forward to working with you in 2012.

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## LGBT Health News

### **Political Action 2012 – President, Mark Morein**

Last year saw a lot of political activity by members of the LGBT Communities. The decision by the ALP to support Marriage Equality was a great success for us; the decision to make this a conscience vote less so.

AT HC we are proud that we were able to work hard in the lobbying for these changes, but there were many people involved – among them the teams at Australian Marriage Equality, Equal Love, Rainbow Labor, and all the other organisations and individuals who wrote to their MP's, lobbied them in person, and went to Sydney to show their support for these changes. All deserve a giant thank you from our communities.

The work continues, but this year it's more about careful targeting of MP's, in particular to get a conscience vote from the Coalition, to ensure that the Bill is passed when it reaches Parliament.

If you want to keep up to date with this, and find out ways that you can help, the best way is to log on to the AME website and subscribe to their mailing list.

<http://www.australianmarriageequality.com/wp/subscribe-to-our-supporter-database/>

While the legalisation of Same Sex Marriage receives a lot of publicity in both LGBT and mainstream media, there are other issues on the political horizon that we need to work on as well. With the upcoming state and council elections, this is the time to make sure that these important issues remain front and centre. At Healthy Communities we will continue lobbying at all levels to end any and all ways that LGBT people are treated as second class citizens.

Queensland is the only state that has unequal Age of Consent Laws. While 16 is the Age of Consent for most sexual activity, for anal intercourse (“sodomy”) the minimum age is 18. This impacts most heavily on young gay and bi men because the criminalisation of their sexual activity leads to all sorts of negative health outcomes. Please sign the e-petition at

<http://www.change.org/petitions/help-support-vital-equal-age-of-consent-reform-in-queensland-australia>

To be honest, there’s not a whole lot we can do to force reform action. Premier Bligh has refused to act on Labor's existing Policy Platform commitment, and the LNP has declared that it would never support this reform. However this is not a reason for sitting back and doing nothing; it is in fact the time to lay the groundwork so that when the politics allow it, we are ready to make this happen. This is the strategy that has been successfully used to advocate for same sex marriage. You can help by emailing Premier Anna Bligh [ThePremier@premiers.qld.gov.au](mailto:ThePremier@premiers.qld.gov.au) emphasising that it is not acceptable for some Queensland youth to be treated differently to others - because all youth deserve equality. In the debate about Civil Partnerships she spoke about the value of equality and a fair go for all Queenslanders, and she should be reminded that the current discriminatory law breaches the United Nations International Covenant on Civil and Political Rights Resource information is stored at this link: [www.queerradio.org/AgeOfConsent.htm](http://www.queerradio.org/AgeOfConsent.htm)

These are not the only issues we face – the so-called “Gay Panic Defense”, the rights of certain (religious) employers to discriminate against people based on their sexuality, better funding and recognition for our community organisations are also important, and I will be writing about them in upcoming newsletters.

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### Recent media coverage of Trans and Intersex Issues

<http://glcs.org.au/2011/12/victoria%E2%80%99s-first-intersex-mayor-a-breakthrough-for-all-intersex-australians/>

<http://gendercentre.com/funding-win-victorias-sex-gender-diverse-community-hailed-historic-step/>

<http://www.pinknews.co.uk/2011/12/30/uk-trans-artist-offers-to-play-any-pride-event-in-2012-for-free/>

<http://genderqueerid.com/post/14181924740/websites-that-allow-other-trans-choice-or-blank>

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## Better Health Care for Transgender people

A petition has been established to lobby for more support from the Federal government for transgender health care. So please read, sign & forward this petition to your family, friends and work colleagues.

Please visit: <http://www.change.org/petitions/minister-for-health-better-health-care-for-transsexual-transgender-gender-diverse-australians>

### Why this is Important

Currently there is very little to zero funding or support for intersex transsexual, transgender, sister-girl, brother-boy & gender diverse Australians for healthcare.

And as a result there is a growing concern & fear in the community that gender centres & some sexual health services are at risk of shutting their doors to Australians in need of health services because of the lack of funding & support from the federal & state governments. (See this article: <http://www.qnews.com.au/article/qld-transgender-services-risk>).

Lives are lost every year because people cannot access to the services that they so sorely need. These types of health care services are not elective for the greatest majority of these people, they are essential to someone who experiences severe gender dysphoria or other social, health & well being issues.

It has been proven many times that Counselling & Therapy, along with Vocal Feminisation, Facial Feminisation & Sex Reassignment Surgery can all help to save lives!!!

Being intersex, transsexual, transgender or gender diverse is not a choice for gender diverse Australians!

Many people now believe that gender identity is predetermined before birth through the action of sex hormones during natal development. And growing up as gender diverse person is very difficult because everyone is expected to conform to the binary gender identity model and if you don't then you are often singled out, bullied & abused. Even if you repress gender issues, then there are many other social & mental health problems that arise. No one chooses or subscribes to a life of rejection, discrimination, vilification, bullying & abuse - this is something that chooses you!

This is a card we were dealt and are trying to now live with and our government needs to recognise this!

There are many Australians who suffer from secondary issues such as anxiety & depression & many other mental disorders that are related to being gender diverse & having gender dysphoria simply because of who they really are. As a result they experience an array of social & health problems brought about by day-to-day stress & anxiety of living with a gender identity that varies from their assigned biological birth sex.

This is a burden to the Australian taxpayer, mental health services & a whole array of other welfare & supporting organisations. Such as claims for Centreline payments because they lost their job, become homeless because they were kicked out by family and housemates, or were victims of violence, sexual assault or other domestic violence or abuse, or developed serious mental health issues and on disability support pension after trying to cope with all of the above.

The World Professional Association of Transgender Health (WPATH) released the new Standards of Care to better support the transsexual, transgender & gender diverse community. This document calls on governments, support groups and agencies to adopt new policies for better transgender health care. However the Ministers for Health right across Australia all appear to be slow to catch onto these new recommendations in Transgender Health Standards of Care.

Additionally a report called the "Sex files Report" was compiled by the Human Rights Commission in 2009, calling on all governments to remove discriminatory policy from all levels of administration. However there is many offices of the federal & state governments that have ignored this report & need to have policies reviewed. Many people in the community believe that all federal & state government health departments should set the example and lead the way.

Access to proper counselling, therapy, treatments & cosmetic surgery is essential to many gender diverse people to enable them live happy & fulfilling lives. These services are essential so gender diverse people can blend and be accepted into society and reduce the risk of discrimination, vilification, abuse & violence that they might face.

The intersex, transsexual, transgender & gender diverse community might be only a minority group in Australia, but enough is enough. It is time we spoke out with a unified voice about the ignorance & neglect by the federal & state ministers for health by overlooking the health care needs of Australians.

So please sign this petition and show your support for for better health care for intersex, transsexual, transgender & other gender diverse Australians.

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### Call out for gay & lesbian families

The Associate Producer of TV production company, Cordell Jigsaw based in Sydney, has made contact with Healthy Communities. They make shows such as 'Bondi Rescue' for Channel 10 and 'Go Back To Where You Came From' for SBS to name just a few.

Cordell Jigsaw are producing a 6 part documentary series for ABC 2 exploring the Australian way of life. They will be doing this by bringing 4 people from overseas (India) to Australia and take them on an 'Ausse Road Trip', to meet the locals, as a way of exploring what it means to be Australian today.

One part of the series will look at family structures in Australia. We'd like our travellers to meet a range of Australian families to show them the diversity that exists. As such, we're looking for a gay or lesbian family, with children, based in or near Brisbane that would be happy to allow our cameras and guests to spend some time with them at home.

Cordell Jigsaw plan on arriving in Brisbane to film this part of the series on February 15th.

If you know of any families that might be interested in being involved it would be wonderful to hear from them. Any help you can offer in getting the word out about the series within the LGBT community would be greatly appreciated.

Please email Christine at <mailto:christine@cordelljigsaw.com> to register your interest.

If you require a synopsis of the series, please email Jan at Healthy Communities  
[jthwaites@qahc.org.au](mailto:jthwaites@qahc.org.au)

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## Civil Unions In Queensland

**WARNING: Queensland Civil Unions are in danger of being REPEALED !!!!**

**Just as we had Civil Unions granted, there are TWO threats to have the law overturned:**

### THREAT ONE:

Qld LNP Leader Campbell Newman is vowing to repeal the Civil Unions law if the LNP wins the upcoming state election in early 2012. What could allow us to retain Civil Unions is that Mr Newman has said that if any Civil Unions have already been performed by this time, he will not repeal the law.

<http://www.abc.net.au/news/2011-12-02/lnp-may-repeal-civil-unions-bill/3708924>

<http://www.couriermail.com.au/news/queensland/gay-civil-unions-to-face-delay/story-e6freoof-1226211829343>

<http://www.couriermail.com.au/news/queensland/queenslands-first-same-sex-union-could-be-held-in-early-2012-says-anna-bligh/story-e6freoof-1226213451891>

Video: Shelley Argent talks about Civil Unions <http://www.abc.net.au/news/2011-12-01/queensland-parliament-passes-same-sex-bill/3705444?section=qld>

### THREAT TWO:

Qld Independent MP Rob Messenger has vowed to repeal the law, even if some Civil Unions have already been performed.

Alarminglly, he has already released his **CIVIL PARTNERSHIPS REPEAL BILL 2012**

<http://www.australianmarriageequality.com/wp/2011/12/20/mp-plans-to-repeal-qld-same-sex-bill/>

<http://www.robmessenger.com/civil-partnerships-repeal-bill-2012>

Polls suggest there is likely to be a change of government at the Qld state election on 24 March 2012 and numerous ALP seats may be lost to the LNP. This would then likely increase the risk of MP's voting to repeal Civil Unions. This is **your rights at risk**.

**SIGN THE PETITION TO SAVE CIVIL UNIONS - then get all your friends and family to sign too:**

PETITION: <http://www.change.org/petitions/leader-of-the-qld-liberal-national-party-please-do-not-repeal-the-qld-civil-partnership-act>



More info [http://news.ninemsn.com.au/article.aspx?id=8393349&mch=snlink&cmp=art\\_8393349](http://news.ninemsn.com.au/article.aspx?id=8393349&mch=snlink&cmp=art_8393349)

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## Marriage Equality News

### Australian News:

- At the 3 Dec ALP national conference, the Labor party officially endorsed same sex marriage. This is the first time a major political party has supported same sex marriage.  
<http://www.theaustralian.com.au/national-affairs/in-depth/alp-platform-changes-to-support-gay-marriage/story-fnba0rxe-1226212916021>  
**Video:** <http://www.abc.net.au/news/2011-12-03/alp-votes-to-support-gay-marriage/3711040>  
**Photos:** The emotion from delegates who voted for ALP to endorse marriage equality <https://www.facebook.com/media/set/?set=a.10150493870696789.428469.307341981788&type=3>
- ALP gives their MP's a "conscience vote" making it harder to pass a vote for same sex marriage. Despite the ALP now officially supporting marriage equality, the Prime Minister ensures ALP MP's do not have to vote in support. Instead of a binding party vote, ALP MP's will be allowed a conscience vote on same sex marriage, meaning they do not have to support their official party policy for marriage equality. This is likely to mean a vote would FAIL.  
**Video:** Rodney Croome and Kerry Phelp discuss this <http://www.youtube.com/watch?v=zNWoC-al02g>  
How do we move forward with a Labor conscience vote - article by Rodney Croome <http://gaynewsnetwork.com.au/viewpoint/viewpoint/3393-croome-with-a-view-laboring-for-marriage-equality.html>
- ALP national conference & where to now for marriage equality: <https://sites.google.com/site/action4marriageequality/alp-national-conference-where-to-now-for-marriage-equality>
- Opposition (Coalition) Leader Tony Abbott opposes giving his MP's a conscience vote making it harder to pass a vote for same sex marriage.  
<http://www.abc.net.au/news/2011-12-05/abbott-dampens-calls-for-conscience-vote/3712084>
- Opposition MP's may have to "cross the floor" (vote against their party policy) to support a marriage equality vote <http://www.couriermail.com.au/news/abbott-refuses-conscience-vote-on-bill/story-e6freon6-12262156431522>
- This is despite some of his MP's wanting to vote yes for marriage equality <http://ht.ly/7VoK7>
- New Galaxy poll shows 80% of Aussies and 76% of Coalition voters support a full conscience vote <http://www.australianmarriageequality.com/wp/2011/12/05/galaxy-poll-coalition-voters-want-abbott-to-grant-gay-marriage-conscience-vote/> - full poll results here <http://www.australianmarriageequality.com/wp/wp->



[content/uploads/2011/12/Galaxy\\_Coalition\\_consciencevote.p](#)

- Peak lobby group Australian Marriage Equality, gives a round-up of what has been achieved so far, plus actions to take. <http://ymfp.com/zfKpmy>
- Marriage equality rally on 3 December ending outside ALP national conference: 10,000 people rally and marched in support of marriage equality  
Video: <http://www.youtube.com/watch?v=WnrwK1Yfga0>
- The Tasmanian Greens to introduce a Bill calling for same sex marriage to be legalised in the state of Tasmania, following legal advice this is possible. This will further increase the pressure for marriage equality at national level.  
<http://www.starobserver.com.au/news/2011/12/08/tas-greens-to-move-on-marriage/67843>
- Ban on Australians entering same sex marriages overseas to be lifted. Another outcome of ALP national conference was to overturn the ban on issuing Certificates of Non-Impedance (CNI) to Aussies wanting to marry overseas. A CNI is required to marry overseas, and has routinely been refused to gay couples blocking them from legally marrying overseas (Aussies could enter a Civil Union overseas, but not a marriage).  
<http://www.theaustralian.com.au/national-affairs/in-depth/alp-opens-way-to-gay-australians-marrying-overseas/story-fnba0rxe-12262140136322>
- Looking back at the key marriage equality moments of 2011. 2011 showed that the momentum for marriage equality is unstoppable. Look back at some of the major achievements.  
<http://www.australianmarriageequality.com/wp/2011/12/27/2011-looking-back-at-the-key-marriage-equality-moments/>
- Marriage equality advocates say they expect 2012 to be the year same-sex marriage will be achieved.  
<http://www.australianmarriageequality.com/wp/2011/12/27/advocates-predict-2012-will-be-the-year-of-equality/>  
However for this to be achieved, we need to convince more MP's to vote for marriage equality
- Rodney Croome discusses how to have marriage equality legalised in Australia.  
<http://www.australianmarriageequality.com/wp/2012/01/18/what%E2%80%99s-it-going-to-take-rodney-croome-talks-same-sex-marriage-in-australia/>
- Advocates decide to delay introducing same sex marriage Bill until there is more support from MP's.  
<http://www.thepunch.com.au/articles/give-the-coalition-time-and-theyll-vote-for-gay-marriage/>
- Senate Inquiry into same sex marriage announced: Likely to result in increased support of marriage equality from MP's.  
<http://www.australianmarriageequality.com/wp/2012/01/24/fresh-push-to-let-gays-marry/>
- Redlands MP releases survey results showing his electorate opposes same sex marriage. Andrew Laming MP for Bowman (Redlands region of SE Qld) has released survey results showing only 39% of his electorate support same sex marriage while 61% oppose. *(the actual level of support would be higher than this, but many supporters probably didn't bother completing the survey, while the opponents diligently sent in their opposition)* This

MP has previously said he does not support marriage equality, and this survey result will not change his mind ... or his vote!!

- Gay Aussie MP predicts we won't have marriage equality in 2012. He is planning to get married in Spain in 2013 rather than wait till he can marry here. He predicts it may take up to ten years to legalise same sex marriage in Australia.  
<http://www.abc.net.au/pm/content/2012/s3406232.htm>
- MP's across Australia are surveying their electorates on same sex marriage, including 3 Qld MP's (Brisbane South, Bayside and Gold Coast) Have your say here:  
<http://www.australianmarriageequality.com/wp/take-action/respond-to-your-local-mps-survey/>
- Australian Psychological Society (APS) officially supports same sex marriage. President of the APS, said "Decades of psychological research provides the evidence linking marriage to mental health benefits, and highlighting the harm to individuals' mental health of social exclusion. The APS supports the full recognition of same-sex relationships, on the basis of this evidence." <http://www.australianmarriageequality.com/wp/2011/12/22/australian-psychological-society-backs-gay-marriage-research-shows-health-benefits/>
- Australia's national civil celebrants association has endorsed marriage equality and called for a conscience vote from all parties.  
<http://www.australianmarriageequality.com/wp/2012/01/11/celebrants-say-i-do-to-legal-gay-marriages/>
- Former PM's daughter, Jessica Rudd: "Look, I don't care about his reaction," she says of her father. "I believe in marriage equality and I just don't understand why we're still having this debate." <http://ymlp.com/zYrB9l>
- Olivia Newton-John, Hugh Jackman, David Stratton, and Oscar winner Lizzy Gardiner support marriage equality.  
<http://www.australianmarriageequality.com/wp/2012/01/23/olivia-newton-john-and-hugh-jackman-pledge-support-for-gay-marriage/>
- Radio host Derryn Hinch has told Women's day "I was an opponent of gay marriage for years without thinking it through."  
<http://www.australianmarriageequality.com/wp/2012/01/05/derryn-hinch-i-changed-my-mind-on-gay-marriage/>

### **TAKE ACTION: What you can do to support same sex marriage!!**

Please subscribe to be kept informed:

<http://www.australianmarriageequality.com/wp/subscribe-to-our-supporter-database/>

Please tell your MP you support marriage equality:

<http://www.australianmarriageequality.com/mpdb/email.php> (takes < 1 min, form auto-generates once postcode entered)

Please sign, and then share these petitions:

<http://www.change.org/petitions/the-liberal-party-of-australia-and-its-leader-tony-abbott-please-support-a-conscience-vote-on-gay-marriage>

<https://sites.google.com/site/action4marriageequality/take-action-now-for-marriage-equality-join-in-the-new-campaign>

Please complete your MP's survey here:

<http://www.australianmarriageequality.com/wp/take-action/respond-to-your-local-mps-survey/>

Please make sure you join the campaign here:

<http://www.australianmarriageequality.com/wp/2012/01/09/new-ways-to-support-marriage-equality-in-2012/>

### **Marriage Equality Info & Action List has been updated.**

This plain english guide provides all the info you need to take meaningful action right now with just a few clicks and only a few minutes. Please have a read, then share it with your friends/family so they know how to join in the push for equality.

[https://sites.google.com/site/action4marriageequality/info\\_action\\_list](https://sites.google.com/site/action4marriageequality/info_action_list)

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## Healthy Community Projects

### **Sexual Health**

#### **Australia's HIV prevention revolution**

Bill Whittaker is one of the architects of Australia's response to AIDS and has worked in HIV policy and strategy for more than 25 years. Chris Clementson's edited version below reports Bill's views on changes in HIV prevention.

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We have exciting scientific evidence which could dramatically reverse the pace of the HIV epidemic and prevent millions of new infections, sickness and deaths.

New HIV treatments are having a tremendous impact, but for every one person put on HIV treatment, another two people become infected.

Recently, the United Nations agreed to a bold new Declaration to fight AIDS. Centrepieces of the UN Declaration are new HIV prevention targets by 2015 including:

- reducing sexual transmission of HIV by 50%;
- reducing injecting drug use HIV transmissions by 50%;
- eliminating mother to child HIV transmissions.

So how could these be achieved?

- by dramatically scaling up prevention programs;
- by freeing up access to HIV testing;
- by increasing HIV education alongside wide availability of condoms and sterile injecting equipment;
- and by fully exploiting the potential of social media, mobile phones and the internet.

Now we can capitalise on the additional prevention benefits that HIV treatment can deliver. Just as HIV treatment was revolutionised 15 years ago by 'combination treatment' – the Declaration heralds an era of 'combination prevention'. Proven prevention programs and communication innovation are combined with wide availability of HIV treatment to help drive down rates of new HIV infections.

In Australia our rate of new HIV infections is around 1000 per year, mostly among gay men.

Unfortunately our current national HIV Strategy is fine on principles, but scant on actions and enhanced funding – and its implementation has been slow and a source of frustration.

This current 6<sup>th</sup> National HIV strategy and most state/territory strategies, also continue the drift away from setting ambitious, time-bound targets. Now is the opportunity for us to embrace combination prevention and to set bold prevention targets based on those in the 2011 Declaration.

So what should this revitalised Australian HIV prevention effort comprise?

Firstly, let's update people with HIV about the emerging evidence concerning the health benefits of starting treatment early, including above 500 CD4 counts, and the impact that treatment has on reducing HIV transmission.

Secondly, let's realise the greatest prevention benefit from treatment will be through HIV-positive people taking up early HIV treatment.

Thirdly, promote 'combination prevention' – consistent condom use and safe injecting, as well as increasing PLHIV uptake of HIV treatment.

Fourthly, end prescribing restrictions, so that doctors prescribe ARVs for PLHIV, with CD4 counts above 500, who wish to take up early treatment.

Fifthly, increase HIV testing campaigns and strategies like wider medico initiated HIV testing and rapid testing in community settings.

Finally, let's set bold prevention targets and timelines to generate momentum and assess progress against the 2011 UN Declaration's targets. For the Australian context these include:

- Reducing sexual transmission of HIV among gay men by 80% by 2015;
- Eliminating HIV transmission from injecting drug use by 2015;
- Eliminating HIV transmission among sex workers and clients by 2015;
- And by 2013, 90% of people with HIV in Australia are on HIV antiviral treatment.

One of the best things Australia can do to support a global HIV prevention revolution is to lead by example and champion what we are doing in testing, treatment and education.

The full version of Bill Whittaker's address on the AFAO website.

<http://www.afao.org.au/news/australia-should-lead-a-global-hiv-prevention-revolution>

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### **It doesn't pay to think too much about sex Gay sex is more than penetration. It takes headology!**

A colleague of mine who was doing too much work was once challenged to let go of something and he responded by saying "I can't, everything is important!" So it is when we unpack many of the things we do in life; including sex.

Sex is much more than penetration, even the physical act can be broken down to other components like exertion, climax and orgasm. But it's what goes on in our heads that sometimes counts more in getting us off.

The psychology of sex is something books are written about, but for many LGBT people it can be about meeting social needs such as acceptance from another human being and validation, or erasing internalised homophobia and feelings of shame. It can be centred in your image and what your inner self is looking for in terms of protection or self actualisation. It is often complex, adding meaning and desire to the act itself and impacting on your life as a whole.

The orgasm is often seen as the desired outcome of sex, but the mind is what generates the pleasure. Both during the act itself ...and later on, after your partner(s) have left and you recall/fantasize over the encounter. In other words, sex that is "hot" in the doing, is hugely influenced by the mind and psychology behind its anticipation, action and reimagining.

For some of us reaching orgasm is not required, sex can be just as fulfilling as a psychological experience, but a goal for gay men and other sexually active members of our community should be to have sex lives that are "hot", pleasurable and full of meaning.

Unfortunately for many of us, sex stops at getting off on our own orgasm, or ensuring your partner gets theirs, and the focus on the physical can lead a lack of fulfilment and performance anxiety. Many of the people who access the counselling services available though Healthy Communities find that sex can impact on their presenting issues, so if you are experiencing difficulties in your life always take a moment to see if sex is impacting on it in some way and think about what you want from the sex you are having.

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## Out & About! **Brisbane**

Out & About is a social group run by Healthy Communities for the LGBT community who want to get away from the scene and be involved in something different. Out & About events include picnics, movie afternoons, visits to the beach etc.

The next "Out and About" social outing will be at the City Botanic Gardens.

<http://www.brisbane.qld.gov.au/facilities-recreation/parks-and-venues/parks/city-botanic-gardens/index.htm>

**Time:** 12:00 ( noon/lunch)

**Date:** 19<sup>th</sup> February, 2012

**Place to meet:** Grassed area near street entrance.



**Getting there:** You can either get the bus or train to the city. There are plenty of services arriving in and out of the city. You may need to walk a little bit to get there which is southern point end of cbd / end of Albert st. Also there are street parking as well.

We will be having a picnic once again. So I will be bringing nibbles/snacks and cold drinks. You are more than welcome to bring any food to share. Following lunch we can walk around the gardens.

If you have any further enquiries or questions please call Tim Klazema on 3017 1779 or email [tklazema@qahc.org.au](mailto:tklazema@qahc.org.au), details are below.

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### **Packing Party – Saturday 4<sup>th</sup> February 2012**

Come along to the Packing Party and help Healthy Communities replenish safes sex packs.

Bring some friends, get a team together and join in on the fun plus lunch is provided.

Meeting at 30 Helen Street, Newstead between 10.45am – 11.00am. Please RSVP to Tim or Jan on 3017 1777 or email [info@qahc.org.au](mailto:info@qahc.org.au)



**Packing Party**  
Saturday 4th February  
11am to 3pm  
**ROLL UP!  
Roll up!**  
30 Helen St  
Newstead  
Join us in the big top!

Healthy Communities is replenishing much needed supplies of safe sex packs and we need your help.

Bring some friends, get a team together & join in on the fun plus lunch provided to help spur you on...

Free entry  
Fully catered

RSVP  
P 3017 1724  
E info@qhac.org.au

HEALTHY COMMUNITIES  
LEARN. DO. BEGAL. TRAP.

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### Fun, meet new men, learn!

Beginning in March Healthy Communities presents their Art of Sex, Cruising Men and Exploring Men's Relationships Gatherings. Now you only need to commit to one day at a time – participate in session 1 now and session 2 down the track! Program coordinator, Dave Wells says that the new changes to the structure are designed to be more complimentary to the participants' available time. \$10 secures you a place and is refunded on completion. To receive an information pack contact Jan on 3017 1779 or email [info@qhac.org.au](mailto:info@qhac.org.au)



**HEALTHY COMMUNITIES**  
LESBIAN GAY BISEXUAL TRANS

# Workshops 2012

for men who are sexually attracted to men (including Trans-men)

All workshops will run in Brisbane from 10:30am until 4:30pm  
Socialise and have fun with other men in a safe, confidential location!

**Art of Sex**

**Saturday 3 March**  
Art of Sex Session 1  
rsvp: 24 Feb

**Sunday 11 March**  
Art of Sex Session 2  
rsvp: 2 Mar

**Cruising Men**

**Sunday 4 March**  
Cruising Men Session 1  
rsvp: 24 Feb

**Sunday 1 April**  
Cruising Men Session 2  
rsvp: 23 Mar

**Exploring Men's Relationships**

**Sunday 25 March**  
Relationships Session 1  
rsvp: 16 Mar

**Sunday 29 April**  
Relationships Session 2  
rsvp: 20 Apr

**Sunday 13 May**  
Relationships Session 3  
rsvp: 4 May

**\$10 per session (refunded on completion of the workshop session).**

- All sessions are stand alone – participate in a one session now and participate in another session in the future.
- Morning & afternoon teas and lunch included

To receive an information pack contact: Jan on 3017 1779 or email [info@qahc.org.au](mailto:info@qahc.org.au)

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## Food for Thought Group

Healthy Communities is proud to announce our first FOOD for THOUGHT in Logan.

Come and gather for a meal and find out what is it like to be gay in Logan? How do you meet other guys? What can we do to make Logan more fun for Gay and Bi men.

To register contact Ged on 0419759686

Jan Thwaites on 3017 1777 or email [logan@qahc.org.au](mailto:logan@qahc.org.au)

*Food for Thought Gathering in Logan*  
29 Feb 2012

Come and gather for a meal and find out what is it like to be gay in Logan? How do you meet other guys? What can we do to make Logan more fun for Gay and Bi men.

**RSVP essential** Ged on 0419 759 686  
Jan Thwaites on 3017 1777  
or email [logan@qahc.org.au](mailto:logan@qahc.org.au)

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LESBIAN GAY BISEXUAL TRANS

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## Gay Men's Retreat 2012 – Magnetic Island

The North Queensland office will be holding a retreat for gay men from the Townsville region in April. It'll be held at the same venue as the very successful retreat held on Magnetic Island in 2009.

Retreats offer great opportunities for men to get together in a safe, comfortable environment and explore issues around being gay men, enjoying our lives, being happy and comfortable with our sex life and looking after our health. They also offer great opportunities to meet new people and spend some quality time getting to know them.

In the feedback that we get after retreats we hear, time and time again, that participants met new people on the weekends and have developed ongoing, valued friendships as a result. Many participants feel anxious about joining a bunch of strangers and feel nervous that they might feel out of place; almost always these people come back to us later and say how pleased they are that they decided to take part as the experience is always less daunting than they'd expected, they were made to feel welcome and really valued the experience. I'd encourage any gay man to take part in one of our health retreats; if you'd like to come but feel a bit nervous about it or just need some more information about what's involved, feel free to give me a call.

The Magnetic Island Gay Men's Retreat will be held from Friday 20th to Sunday 22nd April. Priority will be given to men from the Townsville region but places will be offered to men from other areas if numbers allow. If you'd like to come along, or would like more information, drop us a line at [tsv@qahc.org.au](mailto:tsv@qahc.org.au), call on 4041-5451 or download an info pack from [www.qahc.org.au/retreats](http://www.qahc.org.au/retreats)



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## LGBT Health

### Election 2012

Speak Out for LGBT equality this election. Healthy Communities has developed small

'pledge cards' for LGBT people and our supporters to give to politicians, asking them to commit to:

- Full equality before the law for all LGBT people
- Government recognition and action on LGBT community priorities
- Funding of targeted services and programs for LGBT people
- Resourcing 'Healthy Communities' as a peak LGBT community organisation.

"The most common feedback we get from politicians is that no-one ever raises LGBT issues with them" said Paul Martin, Executive Director. "The more people who raise LGBT issues with candidates, the more likely we'll see action in support of our community."

You can get a stack of pledge cards to carry in your wallet or bag and give to politicians you encounter (e.g. supermarkets, street corners, events) by emailing [info@qahc.org.au](mailto:info@qahc.org.au) or ringing 3017 1777 or 1800 177 434.

You can see more details on what Healthy Communities is asking of the parties by going to [www.healthycommunities.org.au/speakout](http://www.healthycommunities.org.au/speakout) We will be posting updates here throughout the election, including responses to our election survey.

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### Healthy Communities Strategic Plan 2012-2015

Influence the direction of Healthy Communities over the next 3 years. A draft version of our next Strategic Plan is out for consultation until the end of February. You can view the plan at [www.healthycommunities.org.au/plans](http://www.healthycommunities.org.au/plans) and send any comments to Paul Martin [pmartin@qahc.org.au](mailto:pmartin@qahc.org.au) by 29<sup>th</sup> February.

On the site you'll also see the feedback we've received through the online survey and 7 forums held across the state. Thanks to everyone who's contributed their ideas so far.

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### LGBT Multicultural Action Group

Fabuloso! – Each year on March 21<sup>st</sup> 'Harmony Day' celebrates ethnic & cultural diversity in Australia. This year the LGBT Multicultural Action Group will be celebrating with an event 'Fabuloso!' to be held at the Wickham Hotel, 12pm – 4pm on Sunday 25<sup>th</sup> March. The event is open to all LGBT people and friends and LGBT people from a multicultural background are especially welcome. Free food and entertainment will be available. Thanks to the Wickham Hotel for supporting the event. If you'd like to be involved in the planning, helping out on the day or performing, please contact Paul Martin [pmartin@qahc.org.au](mailto:pmartin@qahc.org.au)

Facebook - You can get involved in and stay up-to-date with the LGBT Multicultural Action group by liking our new facebook page at <https://www.facebook.com/pages/LGBT-Multicultural-Action-Group-Qld/272458449483622>

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## LGBT Ageing Action Group

Seniors Visiting Scheme – Healthy Communities has been successful in securing funding for a half-time worker for a year to develop a ‘visiting scheme’ for LGBT seniors. Volunteers from the LGBT community will be trained up to visit LGBT seniors who may find it difficult to leave the house or stay connected with the LGBT community. The project will build on and adapt the ‘buddy support’ model developed by AIDS Council in the 80’s and 90’s to support people with AIDS. Ann Matson has been appointed as project worker and she starts on February 14<sup>th</sup>.

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## Lesbian Health Action Group

Lesbian Health Action Group is hosting Yoga classes for lesbian women in Brisbane!  
<http://www.facebook.com/events/271504972912240/>

### Yoga for Lesbians

6 week course (Starting on Thursday 9th February 2012)

7.30pm to 8.30pm. Please email [womenshealth@qahc.org.au](mailto:womenshealth@qahc.org.au) for information.

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## NEW! LGBT Client Support Now Available at Healthy Communities

This is a new project and a great new opportunity for Healthy Communities to extend its support that is currently available to the Lesbian, Gay, Bisexual and Transgender community to support the whole of the community including people of any diverse gender or sexuality, including women, lesbians, transgender people, bisexual people and gay men.

What type of Support is available?

- Information, Advice and Referral about LGBT mental health and wellbeing, including LGBT accessible services and support
- Individual Counselling and Case Management for LGBT people who have a mental health or wellbeing concern and need assistance accessing mental health support or a safe space to discuss their sexuality or gender identity.
- Social, Therapeutic and Educational Groups for LGBT people based on a range of mental health or wellbeing issue.

This is a state-wide program, so support can be provided to anyone in Queensland via phone, email, social networking or Skype.

### Who is eligible for this support?

Individuals/families, aged 15 years and above, in the LGBT community across Queensland who have a mental illness or mental health concern, or who have experienced psychological

distress during and/or following the natural disasters in Queensland in 2010-11.

### **What else will this project do?**

This project will also be undertaking Workforce Development and providing information, education and support with the mental health non-government service providers who are meeting the needs of communities who have been severely impacted by the 2010-11 natural disasters about providing safe and appropriate support to LGBT people.

### **Like to know more?**

If you would like some more information about Client Support from Healthy Communities for LGBT people, please contact me on 3017 1740, or 3017 1777 or smorris@qhac.org.au or [www.facebook.com.au/sallymorrishealthycommunities](http://www.facebook.com.au/sallymorrishealthycommunities)

*Healthy Communities Client Support is made possible through funding provided under the Mental Health Disaster Recovery Package, which is a joint initiative of the Australian and Queensland Governments under the Natural Disaster Relief and Recovery Arrangements.*

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## **LGBT Counselling and Information Services now available at Healthy Communities**

Healthy Communities collaborates with businesses and agencies to provide a number of counselling and information services for LGBT individuals. Please ensure you call the number listed for the service to make appointments as you are unable to make appointments through Healthy Communities.

Special rates apply as well as concession rates for people with a health card. Appointments are negotiable outside of the indicated times. Clients are provided with the choice of having their appointment at a Healthy Communities office or from the location of the service provider.

**QuiHN** - LGBT Drug, Alcohol and/or associated Mental Health Counselling: Counselling and support for people with drug, alcohol and/or associated Mental Health problems.

**Brisbane – Wednesdays 1pm – 5pm**  
**To book call 07 3620 8111.**

**Relationships Australia – Rainbow LGBT – Relationship Counselling Service** – Support for individuals and couples with their relationships.

**Brisbane – Thursdays, 8.30am – 4pm**  
**Sunshine Coast – by appointment**  
**Cairns – by appointment**  
**To book call 1300 364 277**

**Focus Hypnotherapy** – Working towards the development of personal growth.

**Brisbane - Mondays, 12.30pm – 4.30pm**  
**To book call 07 3168 1779**

**Resolve Matters** – Provides support to members of the LGBTI community wanting to resolve life's issues. In counselling Sam assists clients to explore issues relating to sexuality, relationships, children, parenting and relationship breakdowns. Through meditation, Sam can



assist clients to develop agreements regarding donors, parenting, cohabitation and property division.

**Brisbane - Tuesdays, 10.00am – 2.00pm**

**To book call 0438 361 135**

**LGBTI Legal Service Inc** – Free legal advice and information

**Brisbane – Wednesday evenings – 30 Helen Street, Teneriffe – 6pm – 7.30pm, drop in service**

**Statewide – Phone advice for regional clients**

**All enquiries call 0401 936 232**

**John Bal Counselling** – Sexuality Counselling (John Bal Counselling Cairns; Emotional Balance Brisbane) - Emotional Balance and John Bal Counselling provide a friendly confidential and non-judgemental service for people with questions or issues arising out of their sexuality.

**Brisbane – Tuesdays**

**To book call 07 3805 6993**

**Cairns – Thursdays, negotiable times**

**To book 0409 426 585**

**LGBT Domestic Violence Counselling and Information** - The BDVAS provides free and confidential support services to people of the Brisbane metropolitan area who are or who have been impacted by domestic and family violence. Services include information and referral, case management, counselling and advocacy.

The BDVAS-QAHC Outreach Program seeks to provide LGBT people who have or are currently experiencing domestic and family violence, an option to be seen for confidential support within a service environment they are more familiar with.

If you wish to make an appointment to attend sessions at Healthy Communities you must phone BDVAS direct on 3217 2544. LGBT people can also contact BDVAS for an appointment at another location.

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### **Discussion Spaces @ Healthy Communities**

Healthy Communities provides a safe and comfortable space for LGBT people (aged 15 and over) with a shared identity to discuss and ponder identity, love, relationships, mental health and anything else that you would like to talk about! Participants are asked to bring their questions and their wisdom to share with other LGBT people in their community. All discussion groups are free and catering is provided.

**Living and Loving the Lesbian Way** <http://www.facebook.com/events/246814682046730/>

For Lesbians, Bisexual women, Queer women, Trans\* women or any female identified people who are having sexual or romantic relationships with other women are welcome

3rd Wednesday of each month, 6 to 8pm. Meeting Room 1

**Dates for 2012 are:**

22nd February  
21st March  
18th April  
16th May  
20th June

**Talking Outside the Box - <http://www.facebook.com/events/285879248130929/>**

For anyone who is Transgender, Transsexual, MTF, FTM, Queer, Gender Queer, Trans\*, Intersex, or anyone with a diverse sex or gender identity, and their partners, are welcome!

4th Wednesday of each month, 6 to 8 pm, Meeting Room 1

**Dates for 2012:**

19th January  
29th February  
28th March (may need to be moved due to another event)  
25th April  
23rd May  
27th June

**By the Way - <http://www.facebook.com/events/350581494954097/>**

For anyone who is Bisexual, Queer, Pansexual or who has sexual or romantic relationships with people of more than one gender.

2nd Wednesday of each month 6 to 8pm, Meeting Room 1

**Dates for 2012:**

14th March  
11th April  
9th May  
13th June

**Living and Loving the GAY Way - <http://www.facebook.com/events/221751724576357/>**

For Gay men, Bisexual men, Queer men, Trans\* men or any male identified people who are having sexual or romantic relationships with other men are welcome!

1st Wednesday of each month. 6pm to 8pm. Meeting Room 1

**Dates for 2012:**

4th April  
2nd May  
6th June

**For more information on these discussion spaces, please contact Sally Morris on 30171777.**



## **Booze Bit ME – Watch out for people slouched in LGBT Venues' Toilets**

Images of people slouching against walls and kneeling before toilet bowls have appeared in LGBT venues in Queensland as part of a new campaign by Healthy Communities.

'Booze Bit Me' highlights the effects of excessive alcohol consumption and provides information, support and referrals to people wanting to reduce or better manage their drinking.

"Booze Bit Me is a website where people can take a short test to measure their alcohol intake, and share the results with friends", said Shane Garvey, Alcohol Tobacco & Other Drugs Co-ordinator.

"The website also contains information and support, a section on how to plan a party and being a good party host, and even tips on how to avoid a hangover."

The website (<http://www.boozebit.me>) is being promoted in LGBT bars and sex-on-premises-venues (SOPV's) through-out Queensland. Life size stickers of people in a state of intoxication have been installed in toilets with the website printed on their t-shirts.

"We received overwhelming support from the participating LGBT venues and without them the campaign would have not been possible", said Shane Garvey.

"Initial reaction from the general LGBT public has been positive, with some of the stickers being 'souvenired' by patrons."

The campaign is in response to growing evidence that LGBT people are drinking at higher levels than their heterosexual counterparts. The 2010 National Drug Strategy Household Survey report found that

- 28.6% of homosexual/bisexual people drank at risky levels over their lifetime compared to 20.3% of heterosexuals
- 24.5% of homosexual/bisexual people had drunk at risky levels on single occasions (at least weekly) compared to 15.9% of heterosexuals

Healthy Communities is funded by Queensland Health to deliver alcohol, tobacco and other drug health promotion services to LGBT people in Queensland.



*Life size stickers on the toilet floor of LGBT venues*

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## 2Spirits

### 2Spirits – South

#### **Community Forums 2012**

The 2 Spirits team will be continuing to roll out the Elders and Community Forums throughout 2012. Building on the success of Forums held in Mackay and Roma in 2011, the 2 Spirits team is currently planning community visits in Toowoomba, Dalby and Roma regions in the first half of the year. The Forums are an excellent opportunity for staff to meet with Elders in each region, and learn from their years of experience. Additionally, it is an opportunity to provide LGBT education to the many service providers in the region through a “whole of community approach”.

#### **Deadly Sex Congress - March 2012**

Deadly Sex Congress is a training and professional development congress for Aboriginal and Torres Strait Islander people working in the sexual health sector in Queensland. 2spirits will be conducting a session on “Effective Health Promotion” within the upcoming congress, which will explore strategies for sexual health workers to provide the best service possible for LGBT Aboriginal and Torres Strait Islander people.

This year, the Deadly Sex Congress will turn ten, and will be held in the Gold Coast. An annual event – the Deadly Sex Congress is the primary gathering for Aboriginal and Torres Strait Islander sexual health workers across the state, and it a vital step in building networks allowing 2 Spirits to conduct community education. This year’s congress should support the project entering the communities throughout Toowoomba, Roma and Dalby, as well as communities further north in Bamaga and Thursday Island.

#### **Community group support**

Throughout 2011 and now 2012, the 2 Spirits team have been providing support to the

gar'ban'djee'lum network. The gar' ban' djee' lum group is a social group for LGBT Aboriginal and Torres Strait Islander people living in the Brisbane region. The network is now rebranding itself – launching a new logo, facebook page and post cards to promote inclusion within the group.

The name gar' ban' djee' lum was given to the group by Elders from the Butchulla and Gubbi Gubbi people and means “Us Mob”.

You can “like” the gar' ban' djee' lum network facebook page by going to :  
<http://www.facebook.com/garbandjeelum>

### **Lubelicious / Condoman 2 Launch**

Condoman is a character who has promoted sexual health and a removal of shame around sexuality for a number of years now. More recently Condoman was relaunched, with a more contemporary look to him. As part of this launch, a Condoman Comic book was released, which became exceptionally popular.

We are now on the brink of launching the Series 2 for Condoman , which will see the introduction of a number of new characters – most importantly Lubelicious and a range of characters representing Sexually Transmitted Infections. The other characters to be launched represent : Chlamydia, Gonorrhoea, Hep B, Herpes, HIV, HPV, Syphilis, as well as Stigmalien – representing stigma associated with STI's

Lubelicious represents a strong, confident, Indigenous woman who promotes not only the use of lube with Condoms, but also projects confidence as Condoman's assistant. Healthy Communities, in conjunction with QAIHC (Queensland Aboriginal and Islander Health Council) , and Queensland Health are producing Lubelicious suits to be worn at community events along with the current Condoman character.

The Condoman Comic Book 2 will be launched in May, along with the characters Lubelicious and the various STI characters – however for a sneak peak of Lubelicious, we have developed a facebook page for her.

Please “like” her on :

<http://www.facebook.com/lubelicious#!/pages/Lubelicious/276441939075868>

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### **Cum Kai Kai & Yarn You Mob – Saturday 11<sup>th</sup> February 2012**

**When:** Saturday, 11<sup>th</sup> February 2012  
**Time:** 11am – 2pm  
**Where:** Healthy Communities  
30 Helen Street, Teneriffe  
**Who:** Indigenous LGBT Youth (16-25 years)  
**Contact:** Phillip Sariago – 07 3017 1737  
Email: [psariago@qahc.org.au](mailto:psariago@qahc.org.au)

Lunch will be provided!



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## 2Spirits – North

### Happy New Year All

How nice to start a fresh new year with our Sweet Water mob Yupla Mipla Ahfla. We had our first Yarn Up for 2012 and incorporated a “Food for Thought” workshop. This was a great opportunity to get everyone together to plan for the year ahead; we are looking forward to doing more group work with Yupla out in the community & we will visit Yarrabah, Mossman, Tablelands, Palm Island, Bamaga & the Torres Strait Islands this year.



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## Fundraising/Marketing and Volunteering Opportunities

### **Balls OUT Bingo! Fundraising for Healthy Communities**

Every Friday night in the lounge bar of The Sportsman Hotel, drag star Monica Fusion hosts Balls OUT Bingo! to support Healthy Communities unfunded LGBT community work.

Balls OUT Bingo has been really popular with many arriving early to grab a tasty meal from the Sporties bistro before dabbing away at their bingo cards to win cash and other prizes. It's a great social night and everyone gets involved with some fun bingo calls.

Bingo tickets go on sale from 7:30 and balls drop at 8pm sharp! Come along for your chance to win and support Healthy Communities unfunded LGBT community work.

For more information about what's happening each week, 'like' Balls OUT Bingo! on Facebook. [www.facebook.com/pages/Balls-OUT-Bingo/182448921849020](https://www.facebook.com/pages/Balls-OUT-Bingo/182448921849020)





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### Leave a Lasting Legacy

Healthy Communities has been the fortunate beneficiary of a number of bequests over the years that have helped us grow as an organisation and we are very grateful for the thoughtfulness of those that have left us a legacy in their Will. Demand for our services across the State is increasing and we are in great need of expansion and we want to encourage you to think about leaving Healthy Communities a gift in your Will.

Most of us don't really like to think about dying, but for the sake of family, friends and loved ones, it's really best to draw up a Will to make sure that your final wishes are carried through. If you are thinking about creating or updating your Will, we have developed a booklet to help you with the process.

It's freely available by calling 1800 177 434 or you can download it from [www.healthycommunities.org.au/files/shared/docs/QAHC\\_Bequest\\_Booklet\\_\\_2009\\_.pdf](http://www.healthycommunities.org.au/files/shared/docs/QAHC_Bequest_Booklet__2009_.pdf).

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### Wrap Up of Recent Fundraising Events

Two Healthy Communities fundraisers were held in December; the community organised Pussy Palooza's Boudoir Bazaar – A Queer Cabaret, and the fundraising preview of the Glenn Close film Albert Nobbs.

The cabaret was a huge success with over 200 people crowding into SYC Studios in East Brisbane to enjoy a night of queer cabaret. The proceeds of the evening were split equally between Healthy Communities and Tumaini Homes for Hope and over \$4200 was raised in total.

Healthy Communities Gender Diverse Action Group (Many Genders, One Voice) benefitted from the preview screening of the new film *Albert Nobbs* at the Palace Centro. The preview was well attended with over \$900 profit made.

Thank you to all of the volunteers, attendees, performers and organisers who have put in such a great effort to fundraise for Healthy Communities.

If you would like to host your own fundraiser to support Healthy Communities unfunded LGBT community work, contact Jason Russo on 07 3017 1728 or email [jrusso@qahc.org.au](mailto:jrusso@qahc.org.au) to see how Healthy Communities can promote and support your efforts to make your event a success.



*The glamorous Chinta Woo-Allcock performing at Pussy Palooza's Boudoir Bazaar.*

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### **A message from Healthy Communities Volunteer Co-ordinator – Kel Davies**

Hi and welcome back to 2012! It's shaping up to be a big year already for our Healthy Communities volunteers with formal training, informal training, outreach and a couple of really exciting events on the cards. If you're interested in volunteering, email me at [kdavies@qahc.org.au](mailto:kdavies@qahc.org.au) or call 3017 1724. Remember to find us on facebook – Volunteers-Healthy Communities.

I'm really looking forward to a great year with a great team and can't wait to get chatting to all of our amazing volunteers!

Every month we'll be introducing you to volunteers.

**January's volunteer: Trevor Bryant!**



## 5 Minutes with...

**Name:** Trevor Bryant

### **How long have you been volunteering with Healthy Communities?**

I haven't quite started yet, just waiting on my first shirt but I am so excited and can't wait!

### **Why did you get involved?**

Because I love chatting and getting to know people and with being gay myself, it would give me the chance to help people in my own community!

### **What do you like about it?**

The person to person contact, the ability to get to know someone on a more personal basis but at the same time being able to give them information on stuff they want to know!

### **What's the greatest thing you've ever seen or experienced as a volunteer for Healthy Communities?**

As I haven't really started yet, I can't say anything for myself. Although, I have seen Brett Stevens at work and he is amazing and he is the type of help person that I'd like to become. He knows his stuff and how to help people want to know more about it!

### **What advice would you give to people thinking about volunteering with us?**

Go for it, as you only live once, especially if you like helping and talking to people!

### **If you could change one thing about the world, what would it be?**

Equality to all of the LGBTI Community and allowing people of the same gender to make their own choices, like Same Sex Marriage!

### **What is your favourite dessert?**

Chocolate ALA Mousse Cake - My recipe, as I love to cook and experiment with food!

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## Community Activities

### **MCC Youth Group - Dance Night for everyone** [Brisbane \(External\)](#)

**Who:** You, your friends and anyone else you wish to bring 14 to 25 years of AGE

**When:** Every Friday Night - 7pm to 9pm

**Where:** MCC Brisbane  
37 Cordelia Street  
South Brisbane

**Why:** To give you that little extra something to do on a Friday Night that's FREE

**How:** How to get there.  
Any bus to the Cultural Centre Busway and a 3 min walk up  
Melbourne Street or Train to South Brisbane Station

More Information contact

Leigh Neighbours on (07) 38911388 or email [pastor@mccbris.asn.au](mailto:pastor@mccbris.asn.au)

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### **Brisbane North Social Group now twice a month** **Brisbane (External – QPP)**

Now twice a month, the Brisbane North Social Group continues to provide social support opportunities for HIV+ people and their friends in Brisbane northern and outer suburbs. The second Sunday of the month is a revolving lunchtime outing that will be at a different location each time. This is to ensure that as many people as possible have the opportunity to attend. We ask that you call the QPP State Resource Centre on 1800 636 241 to find out the location of the next Sunday outing. On the fourth Tuesday of the month, the group will continue to gather on the boardwalk at Moora Park, Sandgate from 12 noon for a bbq lunch with salads and drinks. New members are always welcome.

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### **Out West** **Ipswich (External)**

Gay, Lesbian, Bi-sexual, Transgender, Inter-sex and Friends  
Dance Party and Social Group

OutWest was started in October 2008 so that Ipswich and Rural Qld's GLBT population had a safe place to go and mix with like minded people.

Cost \$10 – 3<sup>rd</sup> Saturday of the month at Ipswich CWA  
Please call Amanda on 3017 1733 or email [adean@qahc.org.au](mailto:adean@qahc.org.au)

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### **Rainbow Allsorts** **Toowoomba**

Coffee Group @ 5.30pm  
Fortnightly on a Thursday @ Jilly's Cafe

Please contact Amanda on 3017 1733 for dates and more information. Facebook page  
[rainbowallsorts@groups.facebook.com](https://www.facebook.com/rainbowallsorts@groups.facebook.com)

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### **Tab Oo** **Ipswich (External)**

Drag Shows  
North Ipswich Bowls Club  
Contact [tabooshow@hotmail.com](mailto:tabooshow@hotmail.com)

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## Links to Community Resources

### Brisbane

<http://qahc.org.au>

Qld Association for Healthy Communities Inc

<http://qgroups.com.au/>

Qnews Community Group Listings

<http://www.changelingaspects.com/index.htm>

Changeling Aspects

<http://www.atsaq.com/>

ATSAQ – Australian Transgender Support Association of Queensland Inc

<http://www.opendoors.net.au>

Open Doors

<http://www.brisbaneglbn.org>

Brisbane Gay & Lesbian Business Network (GLBN)

<http://qpp.net.au>

Queensland Positive People

<http://www.blgpc.org.au/index.htm>

The Brisbane Lesbian and Gay Pride Choir brings together people who identify as and are proud to be gay, lesbian, bi-sexual, transgender and intersex.

<http://www.owlsbrisbane.com.au/>

OWLS is committed to supporting all women coming out into our lesbian community.

We are a social group for lesbians situated in Brisbane, Australia.

We offer a wide range of events and activities over the year.

These include a monthly get together for breakfast where we enjoy a meal and a chat.

We also enjoy regular dances and outings.

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### Central Coast (including Sunshine Coast)

[www.gaysunshinecoast.com.au](http://www.gaysunshinecoast.com.au)

You will find information for the Lesbian, Gay, Bi-sexual and Transgender community in the Sunshine Coast. Covers event, social and support groups, health information, health services and more.

[www.gayrocky.com](http://www.gayrocky.com)

You will find information for the Lesbian, Gay, Bi-sexual and Transgender community in the Rockhampton area. Covers event, social and support groups, health information, health services and more.

[www.fraser gays.com](http://www.fraser gays.com)

This website supports the gay, lesbian, bi-sexual and transgender people in the Fraser Coast area. Maryborough, Hervey Bay, Fraser Island, Gympie, Bundaberg.

[www.gaycountry.com.au](http://www.gaycountry.com.au)

Gay Country is a website that attempts to improve the quality of life for gays in regional Australia by creating a fun interactive community, thus removing the sense of isolation that many gay people live with.

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## Gold Coast & Logan

<http://www.gayonthegoldcoast.com>

Gay on the Gold Coast is a new website that will keep you up to date with LGBT activities, groups and services on the Gold Coast. Gay on the Gold Coast is a QAHC initiative to give the LGBT community a website to enhance social opportunities and information.

<http://www.goldcoastgayday.com>

Gold Coast Gay Day is a festival for the lesbian, gay, bi-sexual and transgender community, their family and friends. Please check back for regular updates on Gold Coast Gay Day 2011.

<http://www.facebook.com/people/Logan-Rainbow/100000742765606>

LGBT Social Group for Logan and surrounding areas.

<http://www.qspace.net.au>

Qspace for LGBTIQ youth on the Gold Coast have moved to Wednesdays at 4pm. Qspace is for under 18yr olds. For more information on Qspace and support for young LGBTIQ people contact Anna on Telephone: (07) 5569 1827, mobile: 0437 013 710.

Rainbow Alliance have been holding regular “get togethers”, most recently Yum Cha, Ice Skating with plenty happening for the rest of the year. For information email or text Rainbow Alliance at [gcrainbow@live.com](mailto:gcrainbow@live.com) or SMS you name to 0466 882 527

### The Harvesters Club

The Harvesters Club is a Gentlemens only dinner club. We meet on the first Tuesday of each month, at different restaurants on the Gold Coast, which we book out and are closed to the public.

For further information please contact Noel at

PO Box 5885

Gold Coast MC QLD 9726

Phone: 07 5570 1571

Email: [harvesters69club@gmail.com](mailto:harvesters69club@gmail.com)

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## Redlands Region

[http://www.facebook.com/amandaextreem?v=wall&story\\_fbid=133520703353770#!/group.php?gid=123166191055457&ref=ts](http://www.facebook.com/amandaextreem?v=wall&story_fbid=133520703353770#!/group.php?gid=123166191055457&ref=ts)

This group is for LGBT and allied people, groups and businesses who live / work / play in the Redlands area.

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### Toowoomba & Ipswich

<http://www.facebook.com/group.php?gid=104328909605210&ref=ts>

Toowoomba Lesbian Group – Come along and meet new people. Everyone welcome!

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### Cairns

#### Cairns Rainbow Kids

Cairns Rainbow Kids meet in Cairns each week on Friday mornings from 9.30 until 12, at a variety of places so please email or message us to find out where we will be this week.

The group provides a fun weekly activity for children while also providing an opportunity to meet other LGBT parents for socializing.

We are on Facebook – Search for Cairns Rainbow Kids or email us on [cairns.rainbow.kids@gmail.com](mailto:cairns.rainbow.kids@gmail.com)

### QAHC Contact Details

Qld Association of Healthy Communities Inc - Brisbane

Ph: 07 3017 1777      email: [info@qahc.org.au](mailto:info@qahc.org.au)

Fax: 07 3852 5200      web: [www.qahc.org.au](http://www.qahc.org.au)

Postal Address: PO 1372, Eagle Farm BC Qld 4009

Street address: 30 Helen St, Newstead Qld 4006

Sexual Health information & referral	1800 155 141
Indigenous Gay Men & Sista Girl	07 3017 1736
Members	07 3017 1779
Volunteers	07 3017 1777
Donations and Bequests	07 3017 1728

Qld Association for Healthy Communities Inc – Sunshine Coast (including Central Coast)

Postal & Street Address: 107 Maud Street, Maroochydore Qld 4558

Phone: 07 5458 9300

Qld Association for Healthy Communities Inc – Cairns  
Postal Address: PO Box 12112, Cairns Qld 4870  
Street Address: 290 Draper Street, Cairns Qld 4870  
Phone: 07 4041 5451 Freecall: 1800 884 401

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