

Edition #26 - February 2013

Welcome to the Healthy Communities Newsletter

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Please enjoy Healthy Community News.

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A Word from the Executive Director, Paul Martin

Welcome to the first edition of Statewide News for 2013.

Healthy Communities continues to deliver services to the LGBT communities in Queensland including: Men4Men, 2 Spirits, Client Support, LGBT Seniors Visiting Service, Training & Development and Health Action Groups (lesbian, ageing, sex & gender diverse, history). We still operate out of our Brisbane and Cairns offices (having closed Maroochydore due to funding cuts).

We are hard at work identifying other funding sources to continue to be able to deliver services in the new financial year. This includes grants & tenders as well as looking at services that we can provide on a fee-for-service basis. The Board will be making decisions about the 2013/14 financial year at their May meeting.

Thanks for the interest in filing the 3 vacant Board positions brought about by two long serving members retiring and another moving interstate for work. We received over 19 expressions of interest and the Board will co-opt new members at the February Board meeting.

We have been able to keep the organisation going in part thanks to the generous donations and bequests of our supporters, which have been prudently managed by the Board. Look out soon for our new regular donors club, and please consider making us one of the beneficiaries of your will. More information is available from www.qahc.org.au/donation.

Finally thanks to all the volunteers, staff, donors, Board members, colleagues, LGBT businesses and other supporters who have stood with us through this difficult period. We remain committed as always to improving the health and wellbeing of the LGBT communities of Queensland and are heartened and greatly appreciative of the widespread support we've received from the community.

2013 will be a time of rebuilding and pursuing new and exciting opportunities. All of us here at Healthy Communities look forward to working with you again this year.

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LGBT Health News

HIV Market Research

Queensland based market research company 'Enhance Research' has been commissioned by the Queensland Government to undertake HIV research, including among gay men. Little information has been provided by the research company and a request for more information elicited the following response:

Thanks for your email yesterday to Enhance Research making inquiries in relation to the HIV research project we are currently undertaking. We understand from our Government client that you have sent a similar email to a Departmental contact and that they are replying directly to you.

As you may be aware we operate under the Australian Market and Social Research Society (AMSRS) Code of Professional Behaviour. Under the code, information about clients' businesses, their commissioned market research data and findings remain confidential to the clients.

Regards.

Annette Ruschena | Research Director Enhance Research

Response from Qld Health to our questions:

This is market research to be reviewed by the Ministerial Advisory Committee to fill in the background to recent trends in HIV rates.

The goal is to understand why rates of unprotected sex have risen. In a health context, this market research complements existing scientific or academic research through identifying attitudes, motivators and barriers to health messages.

This trend has been borne out by data from the Kirby Institute.

I trust this is of assistance.

(Dr) Alun Richards Director, Blood Borne Viruses and Sexually Transmissible Infections, Communicable Diseases Unit"

Healthy Communities welcomes properly conducted research that expands our knowledge of HIV related issues.

In deciding whether to support or participate in any research, we recommend asking some or all the following questions. The questions are based on our experience of the standard practice of HIV social research in Australia as conducted by the National Centre in HIV Social Research, The Kirby Institute and the Australian Research Centre is Sex, Health & Society.

- What is the question the research is trying to answer/hypothesis it's trying to prove/disprove?
- Who commissioned/funded the research?
- Was the research awarded through an open competitive grant or tender process?
- To what use will the findings of the research be put?
- What experience do the researchers have in conducting HIV research, especially among gay men?
- How will the research add to the research knowledge that already exists (rather than duplicating what we already have)?
- Is there a reference group or scientific advisory committee to the research and does this include service provider/community organisation representatives?
- What consultation was undertaken with service providers and affected communities in the development of the research?
- On what theoretical basis has the research been designed?
- Has the research methodology been cleared by a suitable ethics committee?
- What confidentiality and privacy provisions are in place?
- What support is available to research participants who may have questions or be distressed as a result of participating in the survey?

- Will the full, uncensored research report be available to participants and the wider community?
- Will the published findings of the research be subject to independent peer review?

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8th National LGBTI Health in Difference 2013 – OUR BODIES. OUR MINDS.

When: 1pm Thursday 18 April - 5pm Saturday 20 April 2013

Where: Novotel St. Kilda, Melbourne, Australia.

Health in Difference is Australia's premier conference on the health and wellbeing of lesbian, gay, bisexual, trans, intersex, queer and other sexuality, sex and gender diverse (LGBTI) people. This conference will bring together community organisations, health practitioners, researchers, academics, policy makers, advocates, community members and others who are interested in improving the mental, physical and emotional health and wellbeing of LGBTI people.

In 2013 the conference will focus on practical health issues including:

- Ageing and Aged Care
- Mental Health and Suicide Prevention
- Doing LGBTI Health Differently
- Health and Well Being for People of Diverse Sex and Gender (DSG)
- And More!

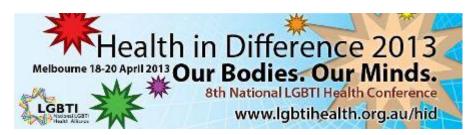
This conference in Melbourne will present the largest and most comprehensive selection of LGBTI Health research, initiatives and presentations to date.

Key reasons to attend this event:

- Participate in Australasia's premier LGBTI Health related event
- Hear about promotion of health and well being and preventative health
- Network with LGBTI people from all over the region

Don't miss out on this amazing opportunity to network, collaborate, inspire and celebrate.

For more information click here http://www.lgbtihealth.org.au/hid



Gay, Bi and Trans Prostate Cancer Support Queensland

Saturday, 2 February, 10am-12.30pm

Member Planning Meeting - Auditorium 2

Cancer Council Queensland, 553 Gregory Terrace, Fortitude Valley.

The formation of a new Queensland support group begins in February for people who identify as Gay, Bi, and Trans who have experienced Prostate Cancer.

This includes their significant others.

All people who are interested in becoming members are invited to participate in a planning meeting to discuss future structure and processes for this group.

Please make a note of any thoughts, opinions or ideas you may have, as the aim of the meeting is to ensure that all opinions are considered and establishment of the group structure is beneficial towards providing support and improved quality of life for its members.

If you would like a copy of the Agenda emailed to you please contact Dave Wells, Team leader Gay/bi Men's Prostate Cancer Support Queensland on 0411 081 653 or email holisticsexualtherapy@hotmail.com for further information.

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Healthy Community Projects

Sexual Health

Healthy Communities Discusses Risk Reduction

Healthy Communities has released a discussion paper on Risk Reduction Strategies used by gay and other men who have sex with men, to guide HIV prevention efforts in Queensland.

The paper summarises the evidence of effectiveness for common Risk Reduction Strategies and outlines how Healthy Communities will approach working with gay men on this issue.

"Behavioural research shows that more gay men are sometimes having sex without condoms, but that a lot of the time they are taking other measures to reduce their risk" said Paul R Martin, Executive Director.

"Condoms remain the safest and easiest form of safe sex, especially for casual sex. However in situations where men do not use condoms, there are still things they can do to reduce, but not eliminate risk."

Risk reduction strategies are most effective if:

- men accurately know their current HIV status
- they can disclose their HIV status to partners, without stigma or discrimination
- men regularly test for and treat sexually transmitted infections

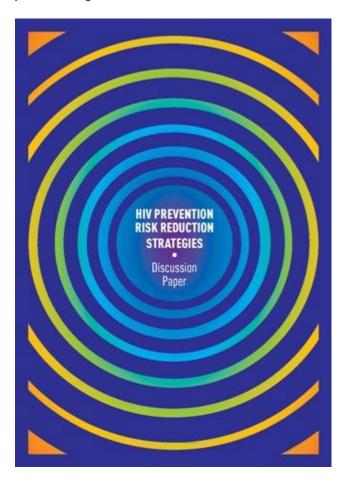
- partners openly and honestly negotiate the sex they want
- men have access to accurate, up-to-date and unbiased information to inform decision making

The discussion paper was developed in consultation with gay men and HIV service providers and uses current, reputable research.

The discussion paper can be read at www.qahc.org.au/riskreduction and people can join the conversation at www.facebook.com/RiskReductionQld

Men interested in learning more about Risk Reduction Strategies can visit the risk reduction websites of:

ACON - www.knowtherisk.org.au VAC/GMHC - www.top2bottom.org.au



Testing Point at Healthy Communities

Testing Point Is Open for 2013!!

This is a **FREE** after hours peer based HIV/STI testing to the LGBT community once a week on Tuesday nights from 6-8pm at 30 Helen St Teneriffe.

To attend the clinic you can just walk in on the Tuesday night or make an appointment on 3017 1733

This new testing service will initially provide HIV and/or Syphilis testing with the aim of providing full STI testing in 2013.

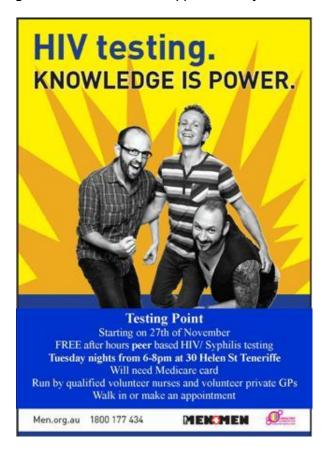
Testing Point will provide peer support and health promotion to clients.

There is also the option for people to take part in a trial of a Rapid HIV Test. This trial is currently underway to demonstrate the effectiveness of rapid HIV testing within Queensland.

As this service is bulk-billed via Medicare, people will need to bring their Medicare card

Testing Point is run by qualified volunteer nurses and volunteer private GPs.

"I hope this clinic will improve HIV testing rates for gay men and enable future community based HIV rapid testing when the test is TGA approved," Ryder said.



LGBT Health

LGBT Seniors Visiting Service Extended

Healthy Communities' LGBT Seniors Visiting Service has been extended until the end of June 2013. The Wicking Trust (managed by ANZ Trustees) agreed to provide additional funds to the project to keep it going until the end of June. Together with the proceeds of the Healthy Communities Christmas appeal, the extra grant allows us to continue to employ project worker Ann Matson, train an additional team of volunteers and continue visits to existing and new clients.



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LGBT Seniors Community Visiting Service

New Volunteer Visitor Intake – February 2013

An information session for prospective new volunteer visitors will be held at Healthy Communities, 30 Helen Street, Teneriffe on Monday February 4, from 6 til 7.30pm.

The session will explain how the visiting service works, the role of volunteer visitors, the training and supports provided to visitors in the program and the recruiting/intake requirements of volunteers who wish to join the program.

Prior to attending you should complete a Healthy Communities volunteer registration form and a Visiting Service Volunteer Applicant's profile form – please email amatson@qahc.org.au.

All visitor volunteers are required to attend a brief interview, participate in an all-day training session on Saturday February 16 (9am-4.30pm), as well as providing two referees and agreeing to a national criminal history check.

Once matched with a client, we ask for a minimum 4-6 month commitment, visiting for one to two hours on a weekly or fortnightly basis.

PLEASE RSVP BY 12NOON MONDAY 4TH FEBRUARY IF YOU WISH TO ATTEND THE INFORMATION SESSION – email amatson@qahc.org.au or phone Ann Matson on 30171763. (Light refreshments provided).

Here's what some of our volunteers have to say about their role as a visitor:

Wendy — "I have wanted to do some volunteer work for a while and when I heard about the Seniors' Visiting Service I thought that it would be a great way for me to become more involved in the community and to give something back. I really enjoy listening to peoples' life stories and even though we have only just started to get to know one another my client and I have already had some great discussions. It has been so easy to sit down with a cup of tea, chat and not realise how much time has gone by!"

David – "I became involved in the visiting program as I had some time to spare and thought it would be good to give back to my community and help others. The Seniors' Visiting Program interested me and I went through the training process and have begun visiting. I think that I get as much out of the experience as the client does. It's a great way to learn about others and share stories. It doesn't really take much of my time but makes a great difference to the client who usually only see their carer through their day. Now we both have made a new friend, and I'm all the richer for the experience."

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Out & About Social Group

Out and About is a Lesbian, Gay, Bisexual and Transgender Brisbane Social Group. Family and Friends are also welcome.

The groups meets once monthly for fun, relaxed events. We mostly have Picnics on the second Sunday of each month at New Farm Park.

Out And About is a great way to expand your friendship circle in a non-scene atmosphere. It is free to join.

If it's raining on the day, consider the picnic cancelled, but if you're unsure call one of the co-ordinators.

If you need to contact for further information and details please contact ph 30171777 www.qahc.org.au/outabout. Group Co-ordinators: Andrew Thompson 0409470751 and Rob Heard 0403 269 589



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Talking InsideOUT

The Talking InsideOut Discussion groups will be starting again in February!

Bi the Way - 6pm Wednesday 6/2/13, 13/3/13 Living and Loving the Lesbian Way - 6pm Wednesday 13/2/13, 20/3/13 Trans* Talking Outside the Box - 6pm Wednesday 20/2/13, 27/3/13

All groups are held at Healthy Communities, 30 Helen St, Teneriffe, Meeting Room 1

Free, catering provided, enquiries to smorris@qahc.org.au

Keep up to date on Facebook https://www.facebook.com/groups/TalkingInsideOut/

The Healthy Communities InsideOut Discussion Groups are a safe and comfortable space for LGBT people to discuss and ponder identity, love, relationships, mental health and anything else that they would like to discuss.

Participants are asked to bring their questions and their wisdom to share with other LGBT people in their community.

This space has been developed to stimulate reflective conversations and facilitate the sharing of knowledge and wisdom between people with a shared identity.

In this space there is no shame in asking questions. Asking questions is about being inquisitive and aid learning and the answers provide validation and support.

Most importantly, even though LGBT people have a variety of experiences and identities, everyone has a story that is valuable, valid and meaningful – and there is power in sharing these stories with others.

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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The Big Wet

If you are a LGBTI person needing support or assistance following the bad weather over the long weekend, please contact Sally Morris, Client Support Coordinator on 3017 1777 or smorris@qahc.org.au for referral and support options.

You can also visit www.qahc.org.au/InsideOut for helpful information and websites, including Gloria's Factsheet on advice for LGBT people affected by natural disasters!



To view her factsheet, please visit www.qahc.org.au/InsideOut

LGBT Counselling and Information Services

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.

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

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

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

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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LHAG.... Past, Present and Future

It has been 4 years since the Queensland Association for Healthy Communities (QAHC) Lesbian Health Action Group (LHAG) was developed in September 2008 and time to revisit our past and inform everyone about who we are and what we have, are and hope to do.

LHAG was formed by a group of lesbians who were concerned and compelled to act on the growing health needs of their community. Most of these women were associated with the health care sector and volunteered their time to raise awareness of the health issues that affect lesbians and same sex attracted women. Membership of the Action Group is open to all those who were born or self-identified as female who are same sex attracted to any degree, who support the goals of the Group and are willing to work to achieve them. Today the membership is made up of lesbians, Trans* women and female assigned at birth gender queer identified people, from many varied areas of interest, not just health. The group draws on QAHC's organisational support and over 25 years of experience in health promotion to conduct their work.

The first initiative of LHAG was a literature review on lesbian health issues and the compilation of the Lesbian Health Issues Paper. This then informed the questions for the Lesbian Health Survey, which has been conducted every year, to allow women to self identify what they see as issues in the community, this information is used to inform the work of LHAG each year. This was quickly followed by the "Boobalicious" calendar to raise awareness around breast care, and the following year saw another calendar "In the Pursuit of Pappiness" informing women about HPV and pap smears aided by the mascot "Pappy" a very cute speculum with pink and purple hair and googly eyes. The calendars were valuable in funding the work of LHAG along with a couple of Healthy Communities grants to get the group started. Money was also raised through a trivia night, a performance of "Vagina Monologues" and most recently ILD 2011 and 2012 and we could not forget the ongoing support from Scarlet and CityLickers with regular Wet T Shirt nights and past ILD door taking donations coming to the group.

The group also conducted outreach at lesbian events such as Scarlet, Lesbian Beach Escape, ILD, Big Gay Day, Pride, Girlfest and Lezfest in FNQ. The last run by the then newly established Cairns LHAG group. In Brisbane the outreach team, "the Purple Pussy Posse" are easily recognized by their bright purple shirts and can be seen signing up designated drivers and conducting drink spiking awareness campaigns in nightclubs, as well as applying sunscreen and informing about breast care and pap smears and other LHAG initiatives at their stalls at other events. And the LHAG Pride events, Lesbians in the New Millenium forum and Picnic in the Park, in 2011 were also well attended.

For the last few years the focus has been on domestic violence (DV), physical activity, Alcohol, Tobacco and Other Drugs (ATODS) and mental health. With DV in mind a performance of the "Vagina Monologues" was conducted to raise money to prevent violence against women, the money raised supported the "Women in Haiti" project, trained Brisbane based DV services and produced the new "Queer without Fear" DV safety card. To engage women in physical activity, Oz Tag, or as LHAG renamed it, "Lez Touch" was well attended for several years and this year subsidized lesbian yoga classes have been very popular. The ATODS work was a collaboration with the existing Healthy Communities worker in this area, Shane Garvey, and the Training and Development Coordinator, Ricki Menzies, on training for QUITLINE workers on working with the LGBT community, input into the "Booze Bit Me" campaign and the "Purple Pussy Posse" outreach work in nightclubs.

Mental health has been a much more difficult topic to cover and LHAG was very excited and happy to liaise with Sally Morris when she was employed by Health Communities as their Client Services Coordinator with mental health being her area of focus. In her role Sally has run very successful therapeutic lesbian discussion groups, which was something that had been on LHAG's agenda for several years but they did not have the capacity to deliver. The yoga classes also have an impact on mental health by practice of relaxation techniques and social interaction. Regular social activities, such as dinners and brunch have also helped to reduce social isolation and improve mental wellbeing.

Other exciting new staff roles at Healthy Communities are that of the LGBT Health Promotion Officers, Evie Ryder in SEQ and Nick Connors in FNQ. A grant from the Ian Potter foundation for a lesbian and Trans* health worker and funds from LHAG has enabled this new role to be created, the first of its kind in QLD. There will be some interesting work with the lesbian community coming from these workers, with workshops on DV and coming out in the planning stages in Brisbane.

So where is LHAG going in 2013? If you would like more information about LHAG go to www.qahc.org.au/lesbian or to be involved email womenshealth@qahc.org.au.

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LGBT Ageing Action Group

In December the federal government launched the first National LGBTI Ageing and Aged Care Strategy. Developed following consultations lead by the National LGBTI Health Alliance (including meetings in Brisbane and Cairns), the strategy details a set of principles for the aged care sector and a range of actions that will be delivered by government over the coming years.

Healthy Communities will continue to support mainstream aged care services to be more inclusive of LGBT seniors, through our Training & Development services. We are also hopeful of attracting funding to support services throughout Queensland and develop more direct services for LGBT seniors.

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Condoman and Lubelicious Fighting HIV in Queensland

The 2 Spirits Program – the Aboriginal and Torres Strait Islander Program of Healthy Communities, is proud to announce that a range of sexual health resources featuring Condoman and new sexual health character Lubelicious are now available.

Condoman was developed in 1987 as an Indigenous health response to the Grim Reaper, and gained national recognition for its success in reaching Indigenous people. In 2009, Condoman was rebranded, with a comic book and new resources launched to support Condoman in the new century.

Now in 2013, Condoman has developed again – with the introduction of a new character called Lubelicious. "Lubelicious is a strong Indigenous woman, promoting the use of water based lubricants with condoms to prevent the transmission of STI's," said Michael Scott, Manager of the 2 Spirits Program. "The introduction of a female character, dressed in Torres Strait Islander colours, opens up the scope and reach of the Condoman message."

The 2 Spirits Program has been working with both Queensland Health and QAIHC (Queensland Aboriginal and Islander Health Council) since 2011 to develop these resources.

In addition to Lubelicious, a range of characters representing Sexually Transmitted Infections have also been developed. The new STI characters of HIV, Syphilis, Gonorrhea, Chlamydia, HPV, Hepatitis B and Herpes bring life the importance of sexual health in Indigenous populations across Queensland.

A new character – Stigmalien, has also been developed to represent the stigma attached to living with an STI, and the shame attached to seeking information about sexual health.



The characters will be brought to life in a range of mediums:

Suits have been developed for all characters. The 2 Spirits Program will develop a range of skits and guest appearances for Condoman and Lubelicious to fight the STI characters at prominent Indigenous events statewide.

A second comic book – introducing Lubelicious and the STI characters is also available in both had copy and electronic form. The comic book can be viewed by visiting the Healthy Communities website: http://www.qahc.org.au/condoman

The 2 Spirits Program is working with BIMA Projects Radio 98.9 and the Urban Institute to develop a series of six radio skits to give a voice to Condoman, Lubelicious and the STI characters. The first in the series was uploaded to Youtube late last year and is available on the 2 Spirits Facebook page: TwoSpirits_Qahc

"The 2 Spirits Program uses a "whole of community approach" to sexual health. Everything we do is culturally based, and the new range of characters including Lubelicious and the STI characters fit into our way of working exceptionally well", said Mr. Scott.

There is scope to extend the Condoman / Lubelicious project much further, even nationwide, however without further funding, this will not be possible. We are currently seeking funding partners to make this possible, and to employ a "Condoman Coordinator" within 2 Spirits, to roll out these resources across Queensland.

For more information please call:

Michael Scott 2 Spirits Program Manager Queensland Association for Healthy Communities Phone (07) 3017 1716 (direct line) Mobile 0427 138 373

2Spirits - South East Qld

One Love Dance Party

2Spirits kick starts their year with some community capacity building in Mackay. We also endeavoured to create a local community working group to help support the needs of local Aboriginal and Torres Strait Island LGBT community within Mackay and the surrounding districts at the end of last year.

We were successful in creating a localized working group made up of different service providers ranging from Health workers and police liaison officers to family support and care.

On the 23rd of February the MOJO night club in Mackay are hosting a 'One Love Dance Party' which promotes the concept of loving without barriers.

2Spirits will be supporting this event with the provision of safe sex packs and the working group will be conducting a baseline survey to create a data base of LGBT community contacts.

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2Spirits - Far North Qld

Cairns Launch of Condoman and Lubelicious Announced

The 2 Spirits Program in conjunction with Cairns Sexual Health and BBM Radio is proud to announce the launch of Condoman and Lubelicious in Cairns.

Come over for a BBQ and meet the new sexual health character Lubelicious in her quest to work with Condoman to fight the many STI's across North Queensland.

Where: Cairns Sexual Health Service. 381 Sheridan Street, Cairns

Date: Thursday 14 February, 2013. Valentine's Day.

Time: TBA (pending weather). Check out TwoSpirits_Qahc facebook page for details. https://www.facebook.com/twospirits.qahc?fref=ts

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Training and Development

Training Update 2013

Well the end of 2012 and the beginning of 2013 has been a little slow but now that people are back at work, training requests are starting to roll in.

The DV sector training "Queer without Fear", the A&TSI "2Spirits – Our Mob" and the multicultural "Diversity within Diversity" are ready to roll after pilots last year and the new training flyer is getting out into the community.

We are still running LGBT awareness and Sex and Gender Diverse (Trans*) half day sessions as well as the various Creating Inclusive Services full day sessions targeting different demographics and sectors.

It has been wonderful to see several Aged care organisations being proactive and looking into training with the announcement of LGBT Seniors being a special needs group in the National Aged Care Strategy. Along with some mental health services who are aware of the greater incidence of mental health issues within the LGBT community as well as Security companies that work at LGBT venues and events.

The other interesting news is organisations who not only want to be more inclusive to the needs of their LGBT clients but who are also looking at being LGBT inclusive across the whole organisation, often starting with either training or policy development. This is a new and exciting area for the Training and Development Program and one that has the capacity to grow by creating workplaces that are safe and inclusive for both staff and clients.

So if it is time to train new staff, update exisiting staff or look at how your organisation can become more LGBT inclusive in many areas contact us and we can discuss how we can work towards a more LGBT inclusive environment for all.

For more information contact Ricki Menzies at rmenzies@qahc.org.au.

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Other

Training Rooms for Hire at Healthy Communities

Need somewhere to do some training or supervision with staff???.

We are in a great position to be able to hire out our Training Rooms at very reasonable rates to funded organisations and businesses. We have 3 rooms available for hire and you are more than welcome to visit the building and inspect the rooms at anytime. Room specifications are below:

Meeting Room 1 (6 – 8 people)

Located on Mezzanine Level
Table and chairs to accommodate up to 8 people
Kitchenette facilities at bottom of stairs
White board
Free Wifi
Attached bathroom facilities
Opening windows
Air conditioned

Meeting Room 2 (up to 6 people)

- 1. Located on Mezzanine Level.
- 2. Very informal meeting room.
- 3. Coffee Table and seating to accommodate up to 8 people.
- 4. Kitchenette facilities at bottom of stairs.
- 5. Toilet is also located downstairs, however if Meeting Room 1 is not being used, toilet facilities are attached to Meeting Room 1.
- 6. Portable air conditioner provided.

Training Room (up to 30 people)

- 1. Located on ground floor through car park.
- 2. Tables and chairs to accommodate up to 30 people (dependant on configuration required)
- 3. TV, Video/DVD, Stereo, Overhead Projector, Data Projector, Electronic White Board, Pull Down Screen are available. Kitchen facilities and fridge.
- 4. Toilet upstairs on 2nd level or at Reception area (Wheelchair accessible).
- 5. Tables and chairs can be moved to a configuration of your choice. Air conditioned.
- 6. Outside area for break-out groups.

If you are interested in finding out more, please contact Jan Thwaites on 3017 1779 to discuss your requirements. Please spread the word and help us to continue our work in the LGBT Community.

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Join the Q-Arts: Healthy Communities Art Project 2013

ATTENTION ALL LGBT ARTISTS & STUDENTS STUDYING 'THE ARTS'

Film/Installation/Theatre/Performance/Dance/Visual Art/Sculpture/New Technologies/Opera/DJ's/VJ's/Music/Drag/Bondage Extraordinaires/Conceptual Art/Sound Composition/Roller Derby/Burlesque-Cabaret/Stand-Up Comedy/Cheerleading/Circus Performers/Creative Athletes/Stage Managers/Sound & Lighting Operators/Events Co-ordinators –etcetera!!!

Healthy Communities* is seeking expressions of interest from LGBT artists and performers, stage technicians and events co-ordinators for creative projects and opportunities in 2013.

Opportunities include performing at LGBT venues and events including Pride Fair Day, Dance Parties, Cabaret Q (an LGBT cabaret event), Trans* events, International Lesbian Day, LGBT Multicultural events, LGBT Seniors events and more.

At this stage we want to get an idea of who may be interested in being involved creatively in these events.

We will be able to provide some support and assistance in developing your work. Given our funding cuts, we are unable to guarantee payment for your time, but there may be opportunities to apply for grants to fund some of the projects.

We are also interested in established artists who would be interested in mentoring emerging artists.

If this sounds like you, please join this group

http://www.facebook.com/home.php?ref=tn_tnmn#!/groups/561257857220923/, go to "files" and download and complete the "Registration of Interest Form". By completing this form you are not committing to anything. We are just interested in seeing who is out there and who may want to become involved. More information will follow in the new year.

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Fundraising/Marketing and Volunteering Opportunities

Give a Regular Gift - Please Assist Our LGBT Work in Queensland

Over the years we've had a lot of requests from our supporters wanting to make a regular, monthly donation and we now have the facility through Give Now.

You could choose to make a regular general donation (and the management/Board will put this towards the organisation's highest priority) or you could choose to help keep the doors of our LGBT resource centres open in Cairns or Brisbane. It's easy to set up and all donations \$2 and over are tax deductible. Just follow the links below to set up your secure online donation.

General Donation http://www.givenow.com.au/qahc

Helen Street Resource Centre (Brisbane) http://www.givenow.com.au/qahchelenstreet

Base Camp Resource Centre (Cairns)
http://www.givenow.com.au/basecampcairns

Otherwise you can also make a one-off donation on our website www.qahc.org.au/donation.

Your support for Healthy Communities LGBT health and wellbeing work is greatly appreciated and the organisation needs help to keep our important programs going. Please show your generosity for your LGBT brothers and sisters by making a donation.

Many Genders One Voice Fundraising Car Wash

Many Genders One Voice receives Large Community Donation

On Saturday the 8th of December Many Genders One Voice(a Healthy Communities Trans* Health Action Group) held a fundraising car wash in the front car park outside Number 29 Cruise Club, washing over 40 cars and raising \$500.

That same night TBar a Trans* inclusive dance party kindly donated \$200 to the action group.

Many Genders One Voice would like to thank Number 29 for the free use of their venue, TBar for their donation and support at the car wash and all of the volunteers who helped on the day.

Community support for the car wash was amazing with cars lined up half way up the street to get in.

Patrick, the car wash coordinator said "the car wash gave me a warm fuzzy feeling for how great the community was in supporting the event. The event was a positive way to bring community together and create visibility"

Many Genders One Voice will have a planning day in the new year to decide how to best spend the money with the aim of raising the communities awareness of Trans* and Gender Diverse people's health issues such as the closure of the free gender clinics on the Sunshine Coast, Gold Coast and in Brisbane.

To find out more about Many Genders One Voice contact Evie Ryder on 3017 1733.



BootCo gives back

On December 1, 2012, BootCo. proudly presented local community organisations Healthy Communities, Queensland Positive People and Open Doors with donations totalling \$2000. The donations were raised from the door takings at BootCo. events and from some events in the Brisbane Leather Festival.

Representatives from each of the groups accept the cheques onstage, with Queensland Positive People and Open Doors receiving \$500 each, while Healthy Communities received a \$1000 donation to help keep its services running.

Pierre Brand, President of BootCo. says that it's a privilege to give to such deserving community groups. "BootCo. is proud to present these donations, while we are primarily a social group, it's actually the aim of BootCo. to give back to the community, and it is a privilege to give money to Healthy Communities, Open Doors and Queensland Positive People because they do so much for our members and our community."

BootCo. is Australia's longest running and men's only leather, uniform and fetish club and regularly meets at the sportsman's hotel on the first Saturday of every month.

For more information, images or an interview please contact BootCo. media at hazy@stfumedia.com.au.

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Balls OUT Bingo! - The Best Way to Start Your Friday Night

Healthy Communities' regular Friday night fundraiser Balls OUT Bingo! has been hugely successful over the festive period. You can start your Friday night fun every week at The

Sportsman Hotel (Spring Hill) and you might even win cash and other great prizes. Plus you can be satisfied in the knowledge that you're also supporting a great cause.

Bingo books go on sale in the lounge bar from 7:30pm and it's eyes down from 8pm. Hostess Monica Fusion entertains the punters with some very unique bingo calls and there is usually some eye candy helping her with her balls. Watch out when '77 Sunset Strip' gets called!

Arrive at Sporties a little earlier for a delicious meal from the bistro. Bring some friends and make a night of it.

You can check out some pics of the shenanigans and stay in touch with all that's happening on the Facebook page http://www.facebook.com/pages/Balls-OUT-Bingo/182448921849020.



Many thanks to our bingo sponsors The Sportsman Hotel and Manhunt. A massive thanks also go to our fantastic volunteers who make it all possible. If you'd like to sponsor or volunteer call our Fundraising Coordinator Jason Russo on 3017 1728 or email jrusso@qahc.org.au.

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Become a member of Healthy Communities

If you would like to join Healthy Communities as a financial member, visit www.qahc.org.au/member.

Healthy Communities is a community organisation, owned by the community and run by the community. As a financial member you will have a vote at our Annual General Meeting and get to have your say on the running of Healthy Communities. As well you can also nominate for election to the Board of Directors.

Supporting Queensland's only LGBT health and wellbeing organisation by becoming a member is just one small way you can show your support.

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Community Activities

Yoga for Lesbians and Queer Women

10 week course

(Starting on Thursday 7th February and continuing for 10 weeks)

7.30pm to 8.30pm

COST: \$10

These yoga classes are a safe and welcoming space for lesbian, gay, same-sex attracted, queer women and transgender people to exercise and practice relaxation for better health and wellbeing.

All fitness levels welcome! Join at any time!

All equipment provided, but bring a mat, towel and water bottle if you wish!

Stay around afterwards for a cup of tea and chat. This is a great space to meet new people and form new connections with people in your community!

This event is supported and facilitated by the Healthy Communities Lesbian Health Action Group (LHAG)

http://www.qahc.org.au/lesbian www.earthawakening.com.au https://www.facebook.com/events/119446048230649/

Queer Film program at West End Library Brisbane (External)

A community member, Jordan Bastian, has been working with Brisbane Libraries to create a Queer Film program to be screened at the West End library. The screenings are a free, monthly event that has been designed to be a little bit of an alternative social event. They will be alcohol free, and only restrictive based on film classification.

September 13th you will be able to see 'Hedwig and the Angry Inch' and then films continues monthly until January. If people show interest it will then hopefully be extended.

The program is listed below, it would be really lovely if you could make it, or spread the word!

A facebook page has been produced by Jordan, which will be the main point of communication, and we encourage film suggestions as well! https://www.facebook.com/pages/Queer-Films-at-the-West-End-Library/154351928022162

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Queer Comic Club Brisbane (External)

Have you read an interesting or inspiring comic book lately that you think might be of interest to others? Or perhaps a character that you are very fond of in the Marvel or DC comic universe? Or perhaps you've seen a comic made into film or read a review that you find interesting? Why not join other comic book readers/fans in discussion over a cup of tea or coffee?

This is just an idea still in its infancy; but I'd like to invite others to join me in discussion about starting up an LGBT comic reader's interest group. The group would be a spinoff of Brisbane's own, Queer Readers and similarly would meet monthly.

I welcome interested parties who share a love or enjoyment in comics. Feel free to bring your ideas on the night for the group and any aims and/or objectives that you might like to see incorporated.

Name of Group: LGBT Comics Readers

Contact: Curt on phoenixmen28@msn.com

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Keshet Toowoomba (External)

LGBT social choir Every Wednesday from 6.30pm to 9.00pm. Bell Street, Shop 26, Toowoomba

Next

Tab Oo Ipswich (External)

3rd Saturday of the month North Ipswich Bowls Club 6.30pm www.tabooshow.com.au

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MCC Youth Group Brisbane (External)

Where: Metropolitan Community Church 37 Cordelia Street, South Brisbane



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Feathers Women's Social Club Gold Coast (External)

Card Game:

A great opportunity to chat, meet new friends and catch up with old friends Relax, chill out with a fun game of cards!

Please phone Jan, as she would welcome your call

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Phone: 5522 4838 or 04790 95975 The Venue changes each Tuesday...

A social gathering of women who welcome the opportunity to meet like minded women, here on the Gold Coast...

Cycle Sisters: Still going strong and new cyclists welcome on the 2nd and 4th Saturdays of the month (weather permitting) For info please Contact Sandra 04492 79640

Feathers last dance for this year...

Guest Artist is Liane Garrick and Featuring DJ JAN... Lighting Guru is Jackie Ffrost! A triple action packed line up of entertainment... Club 69 will be an explosive hit with the Girls! A huge event not to be missed...

For more information go to http://www.feathersgc.com or email info@feathersgc.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

LGBTI AA Group

LGBTI AA Group meets every Saturday at 7.00pm at Healthy Communities, 30 Helen Street, Teneriffe.

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.

http://www.seentertainment.com.au/

Since 1993, Something Else Entertainment has been providing that "something else" for corporate entertainment, private functions, training and team building concepts all over Australia, New Zealand and now in the United Kingdom.

Founded by Brisbane based actor, Blair Martin, SEE combines professionalism, interaction, results and that most important ingredient, fun, for every event undertaken.

https://www.facebook.com/pages/Something-Else-Entertainment/124387810915944?ref=ts&fref=ts

Central Coast (including Sunshine Coast)

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

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.frasergays.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

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.

Gold Coast & Logan

http://www.gayonthegoldcoast.com

Gay on the Gold Coast is a new website that will keep you up tp date with LBGT 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.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.

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

http://www.feathersgc.com

Feathers Women's Social Club Incorporated is the longest running Gay Women's Social Club on the Gold Coast. We are simply a group of women who volunteer their time striving to enrich the lives of lesbians. Feathers is a non-profit organisation in operation for over 21 years hosting social recreational events to cater for all women age groups.

* Feathers offer a safe welcoming environment for lesbians, hosting social functions, excursions and sporting events capturing a varied age group for the young and the young at heart...

Redlands Region

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.

Toowoomba & Ipswich

http://www.facebook.com/group.php?gid=104328909605210&ref=ts
Toowoomba Lesbian Group – Come along and meet new people. Everyone welcome!

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

QAHC Contact Details

Qld Association of Healthy Communities Inc - Brisbane

Ph: 07 3017 1777 email: info@qahc.org.au

Fax: 07 3852 5200 web: 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 – 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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