



Edition #3 – September 2010

Welcome to the Queensland Association for Healthy Communities Newsletter

For contact details, to update your subscription details, give us feedback, or to unsubscribe, click [here](#) or see our details below.

Outlook 2007 users may not be able to view the picture. If you are unable to view the pictures in this email, please visit our website <http://www.qahc.org.au/newsletters/qahc> and view online.

Please enjoy QAHC News.

What's in this edition:

- ***LGBT Health News***
 - ◆ *Do you have a story to tell?*
 - ◆ *Women on Women's Health – A Female Partner Study*
 - ◆ *GATE – Global Advocates For Trans* Equality*
 - ◆ *Judge overturns California gay marriage ban*
 - ◆ *Over the Rainbow Survey*
 - ◆ *Doclist – Lesbian Doctors need your help!*
 - ◆ *Discrimination in the Workplace*
 - ◆ *New Sexuality Advisory and Counselling Service*
 - ◆ *Rainbow LGBT Relationships Counselling Service*
 - ◆ *New Directions – Drug use and related Mental Health Counselling*
 - ◆ *LGBTI Community Legal Service*
 - ◆ *Focus Hypnotherapy*
 - ◆ *BDSM in the LGBT Community*

- ***QAHC Projects***
 - ***Sexual Health***
 - ◆ *Drama Downunder*
 - ◆ *Chlamydia*
 - ◆ *Griffith University Health Week*

- *Two Spirits*
 - ◆ *Two Spirits Review*

- **Community Activities**
 - ◆ *Scenic Rim Gay/MSM Health Retreat*
 - ◆ *Rainbow Family Day*
 - ◆ *Date Claimer! Sunshine Coast Pride Fair Day*
 - ◆ *Date Claimer! QAHC Christmas Party*
 - ◆ *Spring Packing Party Xi*
 - ◆ *T-Bar*
 - ◆ *Northside Social Group*
 - ◆ *Doing Queer – Redlands LGBT Community Survey*
 - ◆ *World AIDS Day – Capalaba*
 - ◆ *Out West*
 - ◆ *West Moreton AIDS Memorial Quilt Project*
 - ◆ *Rainbow Allsorts*
 - ◆ *Dance Night*
 - ◆ *Movie Night*
 - ◆ *Food for Thought Gathering*
 - ◆ *Logan Rainbow*
 - ◆ *World AIDS Day – Logan*
 - ◆ *The Kleyzen James Ball*
 - ◆ *Sportsman’s Hotel Charity Bake Off*

- **Professional Events**
 - ◆ *Training Opportunities*

- **Fundraising and Volunteering Opportunities**
 - ◆ *Leaving a lasting impression – Do you have a Will?*
 - ◆ *Vacancy on QAHC Board*
 - ◆ *Sunshine Coast Pride Fair Day*

- **Links to Community Resources**

- **QAHC Contact Details**

Win a Dining Voucher

For your chance to win 1 of 2 \$50 Dining Vouchers for one of these great venues at Broadbeach on the Gold Coast – 1two3 Dining and Lounge Bar, Sage Café Restaurant or Yellowfin Seafood Restaurant, answer the following question:

What is the web address for the site where you can anonymously notify your recent sex partners that you have an STI?

(The answer lies within the newsletter)

The first two people to email me at info@qahc.org.au **after 9.00am on Friday 3rd September**, with the correct answer will win a \$50 dining voucher. **Please do not email me any earlier than 3rd September.**

Do you have a story to tell?

QAHC is looking for LGBT community members to tell their story on DVD, these stories will be used in LGBT Awareness workshops that QAHC provides to health and community workers working with LGBT clients.

We need people of every LGBT identity, those who are from a different cultural heritage, those with a disability, young, older, families, every variation there is in our community.

If you are interested in being involved in this exciting project that will enhance service delivery to the LGBT community, then contact Ricki Menzies at rmenzies@qahc.org.au for an Expression of Interest form.

[Top](#)

[Next](#)

Women on Women's Health – A Female Partner Study

If you are 18 years of age or older and you have had a female sexual partner in the last 12 months, the Sexual Health Research Unit at Melbourne Sexual Health Centre is conducting a women's health research project that you may be interested in.

What is the study about:

The WOW study aims to see how commonly BV occurs in women with female sexual partners and how it may be related to sexual activity. Several studies have demonstrated that women who have female sexual partners are at higher risk of BV than other women but it is not clear why this is so. Some studies suggest BV may be sexually transmitted, however this remains unproven.



What is BV:

BV is a common vaginal condition. In BV a woman's usual healthy vaginal bacteria (in particular lactobacillus bacteria) are replaced by an overgrowth of mixed bacteria. BV may cause symptoms of an abnormal vaginal discharge or odour (smell). However, more than half the women with BV do not have any symptoms so are often unaware of the infection.

What you have to do:

Take self collected vaginal swabs (at home) and complete an on-line survey every 3 months. We provide reply paid envelopes to send the swabs back to us.

Risks from this study:

No risks are foreseen for this study. Self-collection of vaginal swabs is a simple and painless procedure. This method has been used in numerous studies and in situations where women prefer self collection.

Your Specimens:

Samples will be stored at Melbourne Sexual Health Centre and coded (with no name). They will be examined for organisms related to the study of bacterial vaginosis.

Confidentiality and Ethics:

All of the information you submit to us is stored securely and coded to ensure your privacy. The study has been approved by The University of Melbourne and Alfred Hospital ethics committees

What's in it for you?

- This project does not require any clinic visits and can be done by the internet, telephone and post.
- Reimbursed with Coles-Myer vouchers to the value of \$20.00 every 3 months
- An 1800 number to discuss any sexual health concerns
- Your participation will contribute to understanding the health of women who have sex with women.

Interested?:

If you are interested in learning more please contact us:
Website: www.wowhealth.org.au Call toll free: 1800 082820
Email us at: wowhealth@mshc.org.au

GATE – Global advocates for trans Equality

What is GATE - Global Advocates for Trans* Equality

Working in Partnership with IGLHRC (International Lesbian and Gay Human Rights Commission), GATE is a trans* network coordinator, facilitator and advocate to the 'outside' world. GATE works to unite the movement for a common goal, while developing the 'trans* agenda' on a conceptual policy level.

We assist trans* movements and structures at the local, national and regional level, in order to facilitate the development of a new global network of trans* organizations. Important to the work of GATE is its support of constructive communications between existing groups and new audiences.

GATE - Global Advocates for Trans* Equality produces a periodic report on the legal situation worldwide, so that governments and activists around the world have access to this much-needed information. This report is an on-going research project, updated over the course of time. We have started a dialogue with the WHO, the UN and other international actors about the urgently needed reform of medical classifications of trans* identities, which is erroneously referred to as a 'personality disorder'.

Mission

GATE

- Believes that the respect and celebration of gender diversity is an integral part of a society that is based on the fulfilment of human rights.
- Aims to protect the Human Rights of trans* people worldwide.
- Works for the empowerment and self-determination of all trans* people and aims to increase the visibility and respect of all trans* people.
- Opposes the continued exotisation of trans* people and the persistent pathologisation of gender variance as a mental disorder.
- Works to combat the violence, discrimination and unequal treatment experienced by trans* people.

Goals

Regional and international lobby on trans* issues
Help build trans* movements and structures in all parts of the world
Make critical knowledge and resources available to trans* activists

Structure

GATE is a group of advocates working for trans* equality worldwide. GATE works on the basis of the expertise and knowledge of its associates, while cooperating with existing national, regional and international structures. GATE is more think-tank than membership-driven organization.

Relation to other groups

GATE is born out of the need for lobbying at global level, especially with UN system institutions, mechanisms and agencies. There is a clear need for better networking between different regions to exchange ideas and experiences of trans* groups. GATE thus fills a gap in the existing national and regional structures. Existing international/global LGB organisations often lack specialized knowledge about trans*-specific issues. GATE aims to fill this gap and provide strong advocacy for the rights of trans* people.

GATE works in partnership with IGLHRC, which functions as a fiscal sponsor.

We would like to thank Changeling Aspects for this information. For further information please go to www.changelingaspects.com.au

Judge overturns Calif. gay marriage ban

In a major victory for gay rights advocates, a federal judge on Wednesday struck down a California ban on same-sex marriage.

Chief U.S. District Judge Vaughn Walker ruled that the voter-approved ban, known as Proposition 8, violates due process and equal-protection rights under the U.S. Constitution. "Moral disapproval alone is an improper basis on which to deny rights to gay men and lesbians. The evidence shows conclusively that Proposition 8 enacts, without reason, a private moral view that same-sex couples are inferior to opposite-sex couples," Walker wrote.

The judge added in the conclusion of the 136-page opinion: "Proposition 8 fails to advance any rational basis in singling out gay men and lesbians for denial of a marriage license." His ruling came in



response to a lawsuit brought by two same-sex couples and the city of San Francisco seeking to invalidate the law as an unlawful infringement on the civil rights of gay men and lesbians. The landmark case is expected to be appealed and could eventually reach the U.S. Supreme Court.

Outside the federal courthouse in San Francisco, a cheer went up among a group of about 70 same-sex marriage supporters carrying small U.S. flags, as a large rainbow-striped flag — the symbol of the gay rights movement — waved overhead.

Gov. Arnold Schwarzenegger and California Attorney General Jerry Brown, who both refused to back Prop 8 in court, praised Walker's decision.

"For the hundreds of thousands of Californians in gay and lesbian households who are managing their day-to-day lives, this decision affirms the full legal protections and safeguards I believe everyone deserves," Schwarzenegger said. "At the same time, it provides an opportunity for all Californians to consider our history of leading the way to the future, and our growing reputation of treating all people and their relationships with equal respect and dignity."

"In striking down Proposition 8, Judge Walker came to the same conclusion I did when I declined to defend it," Brown said. "Proposition 8 violates the equal protection guarantee of the Fourteenth Amendment of the United States Constitution by taking away the right of same-sex couples to marry, without a sufficient governmental interest."

Opponents of same-sex marriage derided the ruling.

South Carolina Republican Sen. James Demint called the decision "another attempt to impose a secular immorality on the American people who keep voting to preserve traditional marriage." "Traditional marriage has been the foundation of civil society for centuries and we cannot simply toss it aside to fit the political whims of liberal activists with gavels," Demint said.

Despite the favorable ruling for same-sex couples, gay marriage will not be allowed to resume immediately. Judge Walker said he wants to decide whether his order should be suspended while the proponents of the ban pursue their appeal in the 9th U.S. Circuit Court of Appeals. The judge ordered both sides to submit written arguments by Friday on the issue.

Prop 8, which outlawed gay marriages in California five months after the state Supreme Court legalized them, passed with 52 percent of the vote in November 2008 following the most expensive campaign on a social issue in U.S. history.

Both sides previously said an appeal was certain if Walker did not rule in their favor. The case would go first to the 9th U.S. Circuit Court of Appeals, then the Supreme Court if the high court justices agree to review it.

Walker heard 13 days of testimony and arguments since January during the first trial in federal court to examine if states can prohibit gays from getting married.

The ruling puts Walker at the forefront of the gay marriage debate. The longtime federal judge was appointed by President Ronald Reagan.

The verdict was the second in a federal gay marriage case to come down in recent weeks. A federal judge in Massachusetts decided last month the state's legally married gay couples had been wrongly denied the federal financial benefits of marriage because of a law preventing the U.S. government from recognizing same-sex unions.

Over the Rainbow Survey

The Over the Rainbow Survey, Queensland's only state-wide survey about Community, Government or Human Services work with LGBTIQ young people, is up online and just waiting to be filled in!

It is for:

Anyone who works with 12-24 year olds in Community, Government or Human Services in Queensland.

As part of the state government funded LGBT Youth Sector Capacity Building Project, Open Doors Youth Service (based in Brisbane http://www.opendoors.net.au/?page_id=852) is investigating how we can make it easier for services and individuals to work well with LGBTIQ young people. To ensure that we get a useable sample of youth-related Community, Government and Human Services workers from around Queensland, we would very much appreciate it if you could assist us by filling it in yourself, then forwarding this e-mail to your networks and/or posting the link to your website.

The survey will take people about 15 minutes.

People who complete the survey go into the draw to win an iPod shuffle.

All answers are anonymous, and there really are no right answers.

The link is here: www.surveymonkey.com/s/Over_the_Rainbow

This project could really help to improve outcomes for LGBTIQ young people, who are one of the most vulnerable groups of young people in Australia.

If you have any questions, please don't hesitate to contact me on the details below.

Alex Mercer
Capacity Building Project
Open Doors Youth Service Inc.
Fortitude Valley, Brisbane, Qld 4006
Phone: (07) 3257 7660
Web: http://www.opendoors.net.au/?page_id=852

Doclist – Lesbian Doctors need your help!

Lesbian and bisexual women want lesbian/bi-friendly doctors. Please help the Australian Lesbian Medical Association (ALMA) compile a list of doctors who are recommended by lesbian and bisexual women.

For a doctor to be included on the list, ALMA requires a recommendation from at least one lesbian/bi woman. Once a recommendation is received, ALMA will write to the doctor informing them about the project (without disclosing who recommended them) to ask if they consent to be on the list.

A regular updated list of lesbian and bi-friendly doctors is now available for the LGBT community. This list is available online, along with a detailed information sheet about the project at www.doclist.com.au.

More information about the Australian Lesbian Medical Association can be found at www.almas.net.au.

How do I recommend?

In your recommendation please include:

Your doctor's name, your doctor's area of speciality (eg. GP, gynaecologist, psychiatrist etc), a short blurb on why you are recommending the doctor for the list, your name (this will remain confidential) and contact details so you may be contacted by phone or email by an ALMA doclist representative if more clarification is necessary.

Email your recommendations of lesbian/bi-friendly doctors to vic@doclist.com.au.



Discrimination in the Workplace – Survey

Nathan Barrett, a CQ University Masters Student is examining the extent of discrimination in the workplace based on the sexuality or sexual identity of employees in Queensland.

<http://uninews.cqu.edu.au/UniNews/viewStory.do?story=7190>

I understand that the research methodology is based on snow ball effect in that participants in the online survey are encouraged to forward the survey onto others to complete.

It would therefore be useful if you could pass on this online survey to your contacts and to also have them pass it onto others.

Anyone wishing to participate in the research can find the survey online at www.cqu.edu.au/rainbowsuits

New Sexuality Advisory and Counselling Service

From late 2010 a new service delivery focus for the Sexuality Advisory and Counselling Service (SACS) in state-wide services will be implemented. This will align the service with the new Department of Communities and ensure it is responsive to the service delivery needs of the new department.

The changes arise from recommendations made by an external review of the service. This review recommended:

- retention of an internal specialist service focusing on the needs of children and young people who are displaying sexual behaviour problems or who have been sexually abused
- reorienting the service to building the capacity of the front-line service system through enhanced provision of case-related specialist advice and mentoring.

Over the next three months, the service will be involved in transitioning activities. During this time specialist telephone case consultation and advice will still be available to regional staff, as will counselling for existing clients.

A consultative working group, including regional representatives will help inform and monitor the transition plan and development of the new service delivery model.

Contact: Shirralee.Ransley@communities.qld.gov.au for further information

Rainbow LGBT Relationships Counselling Service

The service was initiated through a collaboration between Relationships Australia (RAQ) and The Queensland Association for Health Communities (QAHC). Its success has been made possible by a strong partnership between the two agencies.

Staffing for the LGBT Relationship Counselling Service is provided by RAQ, along with a body of expertise and knowledge in the area of relationships. QAHC provide the space, information as well as promotional and financial support. This face-to-face counselling service operates each Thursday in Brisbane.

The Rainbow Service is now also available from the Cairns and the Sunshine Coast QAHC offices, to support the generation of similar services in those regions.

Telephone Counselling is available for LGBT people living outside of the areas of QAHC Offices. **Bookings for all services can be made on 1300 364 277.**

RAQ is committed to its tenets of inclusion and social justice and is grateful for all the support received from the community for this important work .



New Directions – Drug use and related Mental Health Counselling

A new counselling service is beginning at QAHC! It has been named 'New Directions Counselling Service' and is a service provided to support people, partners, friends and families who experience difficulties with drugs and alcohol.



Drug and alcohol use in the LGBT community is 2 to 4 fold higher than in the broader heterosexual community. Drug use can be hard to manage and various areas of life can be affected. People who are experiencing difficulties managing their substance use may also be experiencing some mental health problems such as anxiety and depression.

QAHC in collaboration with QuiHN is offering counselling and support to those who are looking to better manage their drug use and mental health concerns. QuiHN's counsellors are tertiary trained and are aware of and sensitive to the issues faced by members of the LGBT community.

Counselling is offered for individuals from the LGBT community in a non-judgemental, confidential and supportive space based at the Queensland Association for Healthy Communities (QAHC) in Teneriffe.

QuiHN's fees are low and fee waivers can be arranged for those in financial stress.

For more information or to book a counselling session, please phone QuiHN on: (07) 3620 8111 - Please quote 'New Directions' to book a session at QAHC.

LGBT Community Legal Service

The LGBTI Legal Service Inc is a new community-based legal service providing free legal advice, assistance and referral to the LGBTI communities. The LGBTI Legal Service operates from space generously supplied by QAHC. The Service is non-profit and unfunded, staffed entirely by volunteers.

The Service provides free and confidential one-to-one legal advice sessions where clients discuss their legal issues with a qualified lawyer. "Our lawyers can help you understand your legal position and identify your options. All our lawyers are volunteers who give their time and expertise on a voluntary basis." Julie Howes, Coordinator of the LGBTI Legal Service.

The Service will operate evening advice sessions every week on Wednesday from 6pm at 30 Helen Street, Teneriffe. Clients arriving after 7:30pm will not be accepted. No appointment is required as it is a drop-in service, and the sessions are usually 20 minutes in duration.

For people who live in rural, regional or remote Queensland areas a phone appointment may be organised for the next evening session, contact Julie on 0401 936 232 or email lgbti.legalservice@gmail.com



“We will provide free legal advice and information to clients who have legal problems which arise from their identification as LGBTI and/or because they feel more comfortable in dealing with a solicitor with specific skills, interest and understanding of LGBTI legal issues and/or the barriers experienced by LGBTI peoples in accessing the legal system. Our services are provided free of charge and no means test is applied.” Merran Lawler, President of the LGBTI Legal Service.

The most common issues the Service will provide advice in will be in relation to family law, domestic violence, surrogacy and parenting rights, criminal law, discrimination, victims support, civil matters, legal issues in relation to government decisions, Centrelink matters, and employment matters.

The LGBTI Legal Service abides by the Commonwealth Privacy Act. The Service will not disclose personal information that may be collected unless the client has consented or the Service is required to by law.

The Service seeks to assist Queensland LGBTI communities to gain access to justice through the provision of legal and social welfare services.

The LGBTI Legal Service Inc has been established by and continues to be overseen by a management committee of individuals representing the diverse communities under the LGBTI banner. If you have any queries please do not hesitate to make contact via the avenues listed below!

Focus Hypnotherapy

Katina Gleeson from Focus hypnotherapy provides counselling combined with clinical hypnotherapy for people wanting to bring about lasting positive changes in their lives.

Hypnotherapy is a process which usually involves deep physical relaxation. The unconscious mind deals with all our body's deep life-sustaining functions and is the domain of our beliefs, motivation, memories, past experiences and all we have learned. All real change and learning occurs at the unconscious level.

Clinical hypnotherapy can help with behavioural, habitual or emotional change and can help interrupt old patterns of behaviour and limiting beliefs. Clinical hypnotherapy also provides the unique opportunity to work with physical symptoms and conditions through accessing the body's biological processes not normally accessible through conscious awareness.

To facilitate the process of lasting and positive change Katina offers a therapeutic environment that is empathic, non-judgmental and person focused. She is also committed to the principles of the strengths based approach which values respect, collaboration, inclusion, transparency and sharing – principles Katina considers essential as they reflect a belief in people and their potential.

The range of issues people have come to Focus Hypnotherapy for assistance with have included: anxiety, self-esteem & confidence, fears & phobias, relief of stress, weight management, smoking cessation, alcohol & substance dependency, control and management of pain, depression, physical symptoms and conditions.

Focus Hypnotherapy provides its service at a discounted rate from the QAHC office in Brisbane from 12:30pm to 4:30pm on Mondays. Appointments are also available outside of these hours at the Focus Hypnotherapy's own rooms. For further information or to make an appointment phone Katina on (07) 3168 1779.



BDSM in the LGBT Community

The men in the Gay Leather/SM community (as it was called back then) were among the hardest hit by HIV/AIDS back in the eighties. These men, who had challenged their own sexual boundaries, felt personally confronted at the idea of restricting themselves to "safe" practices when so many had only recently challenged boundaries on sexual practice and unrestricted themselves from the bounds of illegality of homosexuality.

Much has changed since those days though & organisations such as Boot Co (for men) & Order of Seven (for women) celebrate the myriad ways in which Leather and BDSM can safely enhance and expand our sexual and sensual lives.



BDSM is a lifestyle chosen by those who wish to push the boundaries and experience play, pain and sex to its extreme. A number of misconceptions surrounding BDSM prevail within the community, as so the potential for abuse by amateurs through lack of knowledge on safer practices.

BDSM is not about abuse or about violence, taking away someone's rights or forcing them to do what you want and it is definitely not about rape or power over.

BDSM should only and always be about erotic pleasure, positive and fulfilling experiences, adventure, excitement and complete and total consent.

Within the confines of this article, we can only touch on BDSM in minor detail as it is highly complex, as it is intense. But, here are some tips for those wishing to explore more:

- Look and learn before you try and ask questions without fear
- Always ensure that anything you agree to you understand and you have consented too
- Seek out a play partner based on their experience and knowledge
- Ensure the so called experienced this perspective player claims to have was gained through training in a Dungeon or the like, NOT acquired by surfing the internet or buying the right clothes
- Start slowly, trying things out a bit at a time
- Use a safety work to stop the play if need be
- Ensure you are not playing with someone who drinks or uses drugs, this way noone gets hurt and you know they're serious
- And lastly, don't be scared to say '**no thank you**'

For more hot tips on sexual health & safety as well as associated groups around Queensland contact QAHC for more information.

[Top](#)

[Next](#)

QAHC Projects

Sexual Health

Got an STI or been diagnosed with HIV and want to know who to tell?

Disclosing, notifying, informing and talking to your partner about your STI/HIV status can be scary. For guys who like to hook up at beats or sex on premise venues talking about your sexual health might come down to being the person who pulls out a condom.

For those who have a regular sex partner, sexual health and testing might be something that comes up after seeing the person for a couple of months and may break or make the relationship. And for some guys talking about your sexual health to the person you're about to have sex with is just not going to happen.

If you're looking for some help in telling a partner about a recent sexual health test result the www.thedramadownunder.info is a great site that allows you to send partners an anonymous e-card or SMS. Just visit the site click on LET HIM KNOW and click on the pair of underpants that say e-card or SMS. Then enter your partner's name, mobile phone number or email, pick an STI and send the message. If you or your partners have an untreated STI you may end up passing STI'S back and forth. Even though talking about your sexual health can be uncomfortable it's important for your partner or the other guys they sleep with to know they have an STI. Most STI'S are treatable and if treated can reduce the risk of HIV transmission which will make sex safer for you if next time you forget to use a condom.



Chlamydia

Chlamydia, we keep hearing about it but what is it exactly???

And why are we telling everybody to avoid getting it?

Well the reason you want to avoid it is that it can become a health issue, especially if not treated. The biggest problem with Chlamydia is that it is often asymptomatic (no symptoms) and most people don't even know they have it. It can however have some discomfoting symptoms such as pain or a burning sensation when you pee, sore balls or a discharge which may be clear or puss like.

For guys the long term affects can be infertility, sensitivity to your balls and nasty aches and pains.

A Chlamydia infection can also increase the infectivity of HIV if you are exposed. This means having Chlamydia and or another STI will dramatically increase your chances of contracting HIV if you are exposed. For someone who has HIV and contracts Chlamydia, this can increase viral load substantially and can increase the risk of passing on HIV.

There are some great resources to help explain Chlamydia and other STI's including HIV. Visit the QAHC website on www.qahc.org.au

There's some great links such as the Drama Down Under website.

The Drama Down Under website can also help you set up SMS reminders for sexual health checks and even has an anonymous partner alert for notifying partners if you have contracted an STI but can't tell them yourself. Go to <http://www.thedramadownunder.info>

Griffith University Health Week

Whilst punters might be more akin to seeing our QAHC mixing with punters out on the scene, the QAHC Event Crew attended a number of Griffith University Health Week events at Nathan, Mt Gravatt, Southbank, Logan & Gold Coast to create a more visible LGBT presence on campus.

Regardless of student's sexual orientation, QAHC was most well received by students & staff with lots of questions around our services, sexual health & broader support for same sex marriage.

QAHC is currently in discussion with a number of Universities across Brisbane on developing our relationship & the need for a more visible presence across all campuses.

For more information on our work with Universities or if you would like to become involved in the QAHC Event Crew contact the Brisbane Team on 3017 1777.



2 Spirits Project

2 Spirits Review

QAHC (and its predecessor the Queensland AIDS Council) have been delivering HIV prevention and support services to Aboriginal and Torres Strait Islanders since 1996 through the 2 Spirits Program (previously called Queensland Aboriginal and Torres Strait Islander HIV/AIDS Project). With the support of OATSIH and MAC Cosmetics, QAHC is commissioning an external review of the program.

The aim of the Review is to inform and strengthen ongoing service delivery, support the expansion of 2 Spirits and ensure that it delivers high quality services, in partnership with communities and other service providers and organisations. To ensure a sustainable and effective program into the future the 2 Spirits Review will:

- ◆ Assess the appropriateness and effectiveness of the work of the 2 Spirits Program to date in reducing HIV, Hep C and STIs, promoting sexual health and supporting people living with HIV
- ◆ Assess the external environment within which 2 Spirits works and identify threats and opportunities
- ◆ Recommend future directions for the 2 Spirits Program, with a focus on (but not limited to):
- ◆ HIV, Hep C and STI prevention and sexual health promotion
- ◆ Support for people living with HIV
- ◆ Promoting health and wellbeing among Indigenous LGBT people

The review will start in September and be concluded by the end of March 2011. Consultation will happen with Aboriginal & Torres Strait Islander gay men, lesbians, bisexuals, sistergirls and brother boys, people living with HIV, key community individuals and groups (including elders), Aboriginal & Torres Strait Islander sexual health workers, partner organisations, researchers, policy makers and funding bodies.

Community Activities

Scenic Rim Gay/MSM Health Retreat **Brisbane/Toowoomba/Ipswich** 26th November to 28th November 2010

QAHC will be holding a health retreat for gay men on in the Scenic Rim on 26-28th of November. We've booked the whole 50 beds at a camp surrounded by beautiful country side to give us a space to unwind, engage in some activities like; canoeing, bush walking and explore some of the health issues specific to gay men in a safe environment, enjoy good food and make friends with other gay men from the area. During the retreat we'll have time to explore some issues important to gay men around relationships. There will also be time to share our experiences, concerns and hopes with others, relax and enjoy the beautiful location.

The retreat will cost is \$100 per person (\$80 concession for Health Care Card holders) and includes accommodation for the two nights and all food and activities. Participants who cannot drive to the venue will have access to a bus leaving from the Brisbane QAHC resource Centre and stoping at Ipswich along the way. The focus of this retreat is on developing new skills, sharing experiences, knowledge and relationships.

To express an interest in attending the retreat please go to www.qahc.org.au/retreats or to find out more information, email at jthwaites@qahc.org.au . Places are limited so it is a first come, first served basis.



Rainbow Family Day 26th - September....**Brisbane (External)**



Coinciding with the Museum of Brisbane's exhibition Prejudice and Pride, we would like to extend a warm welcome to LGBT families to join us for a relaxed and informal afternoon that aims to pay tribute to Brisbane's Rainbow families as well as an inclusive environment for both parents and kids to enjoy each others company.

Activities and workshops will happen throughout the afternoon including face painting for the little ones, and flag printing and story telling for all ages including teenagers.

You can also choose to simply investigate Northey Street City Farm, feed the chooks and learn about edible plans and permaculture between 1pm – 4pm at Village Life.

A healthy organic lunch will be served between 1pm – 2pm. Some afternoon treats will also be available for big and little kids alike.

All activities are FREE but RSVP's are essential!

Please feel welcome to spread this invitation to your friends or relatives who identify as a Rainbow Family.

General enquiries to Annie Te Whiu on 3403 5302, 9am – 5pm Monday to Friday.

RSVP by Wednesday 22nd September by contacting Northey Street City Farm on 3857 8775 or info@nscf.org.au.

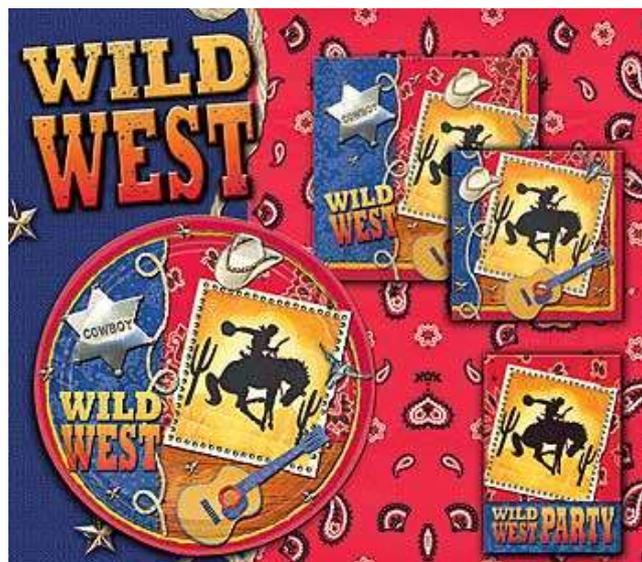
Date Claimer!! Sunshine Coast Pride Fair Day! [Sunshine Coast](#)

It is almost that time again, Pride Fair Day on the Sunshine Coast
This year Fair Day will be held on Nov 27 at Jack Morgan Park and Coolum Civic Centre
Currently we are looking for stall holders and volunteers to be involved on the day
If you would like to be involved please contact Ash on abroom@qahc.org.au



Date Claimer!! QAHC Christmas Party.....[Brisbane](#)

Get out your leather chaps and whips for the QAHC Wild Wild West Christmas Party.
Friday 10th December 2010. 5.30pm – 9.30pm. Entertainment, drinks and food provided.
There will be a prize for the best dressed cowboy or cowgirl on the night!



Spring has Sprung - Packing Party XI

Be sure to mark your diary for Thursday, 16 September from 6pm – 9pm as we slip downstairs to the Mineshaft at The Sportsman's Hotel with QAHC & QPP's 'Spring has Sprung' Packing Party XI taking over the space!

If you haven't been to one of our party's yet, get ready for some serious packing action as we replenish much needed stocks of Guys & Girls Safe Sex Packs as we launch into the Spring season. With events such as White Wolf & Northern Exposure on the horizon, we certainly have some work cut out for us & this is where we are hoping to call upon your assistance!

Be prepared to expect the unexpected as this is no ordinary sweat shop with condoms, dams & other assorted paraphernalia forming the basis of games played in between packing moments, with some fabulous prizes on offer as your reward.

Come solo, bring some friends or get a team together & join in on the fun, with drinks & catering supplied to help spur you on...

To RSVP for the Packing Party or for any additional information contact QAHC on 3017 1777 or e: info@qahc.org.au (subject line: Packing Party)

T-Bar Brisbane (External)

4Trans/Gender Queer people and their friends
Commencing Sunday 5th September then the 1st Sunday of every month.

Relaxed atmosphere and pub priced drinks

4pm – 9pm (happy hour 4pm – 5pm)

'Downstairs' at The Sportsman Hotel

130 Leichardt Street, Spring Hill

\$10 Entry



Relaxed atmosphere
Pub priced drinks
DJ Amazon
DJ Stray
Finger food
\$10

Introducing...
T-BAR...
4 Trans/Genderqueer
people and their
friends

Sunday 5th September (then 1st Sunday of every
month)
4-9pm (happy hour 4-5)
'Downstairs' @ The Sportsmans Hotel
130 Leichhardt St Spring Hill

Northside Social Group Brisbane (External)

BBQ – Every fourth Tuesday of the month
12pm at Moora Park, Sandgate (Next to the Wharf)

Social Outing – Second Sunday of the month
Venue changes from month to month to various places across the northern suburbs
Call Craig on 0411 422 231 to find out the next location.

Gay on the Bay Deception Bay (External)

Saturday 30th October
6pm – 1am
Deception Bay Soccer Club
Contact Sunny on 0488 483 457 for more information

Doing Queer – The Redlands LGBT Community Survey Redlands

Do you live in the Redlands Shire? Do you live in the Redlands Shire? Do you identify as Gay, Lesbian, Bisexual, Trans* or same-sex attracted?

Queensland Association for Healthy Communities wants to hear from you about your experiences of being same-sex attracted and living in the Redlands area.

For the opportunity to have your say, visit our website www.qahc.org.au or complete the survey at: https://www.surveymonkey.com/s/Redlands_community_survey

World AIDS Day Capalaba

BBQ and information stall
Monday 29th November 2010
Capalaba Central Shopping Centre
Contact Amanda 3017 1733 for more information

Out West Ipswich (External)

LGBT Dance Party and Parade.
3rd Saturday of every month. 6.00pm – 11.55pm. Murphy's Town Pub, Union Place, Ipswich

Divine Divas North Ipswich (External)

LGBT Dance Party. North Ipswich Bowls Club, Cnr Pine & Canning Street, North Ipswich.
Commences at 6pm. Contact Trevor for more info on 0411 651 317 or email devinedivas@hotmail.com

West Moreton AIDS Memorial Quilt Project Ipswich

People or groups needed to make quilt patch before 1st December with positive message around HIV awareness and support.

Contact Adam Spinks on 3817 2428 at Ipswich Sexual Health.

Rainbow Allsorts **Toowoomba**

Coffee Group @ 5.30pm
Fortnightly on a Thursday
191 The Coffee Club
Cnr Margaret & Victoria Street
Toowoomba

Dates are:
2nd, 16th, 30th September
14th, 28th October
11th, 25th October

Dance Night **Toowoomba**

Friday 1st October. After that it will be the first Friday of the month
7pm to 1am
Tattersalls Hotel
180 Margaret Street, Toowoomba

Movie Night **Toowoomba**

4th September. After that it will be the first Saturday of the month.
Greek Community Hall
Cnr Hume & Perth Streets
Contact Eddie Pascoe on edwardspantry@live.com

Food for Thought **Toowoomba**

\$10 Dinner. Social Discussion Night
Date to be advised. Please register your interest.
RSVP 3017 1777

Logan Rainbow **Logan**

Logan Rainbow had it's first picnic in August at Riverdale Park in Meadowbrook. The weather was perfect and a great crew turned up on the day to support this new initiative for the Logan area. A Spring picnic is planned for Sunday 26th September at Riverdale Park on Armstrong Road, Meadowbrook. BYO picnic and a ball or game for everyone to play.

World AIDS Day **Logan**

Plans are underway to launch World AIDS Day in Logan. A fund day in the park has been planned for the 28th November at Riverdale Park from 10am. Local entertainers and a sausage sizzle will take place on the day.

A World AIDS Day Art Competition has been launched for the Logan area with an IPOD Touch up for grabs. The competition is themed around what World AIDS Day means to you and what message you would like to get out to your community. Details of the competition are below.



The Kleyzen James Ball.....Gold Coast (External)

Saturday 25th September 2010

The Arts Centre, Gold Coast

Arrival 6.30pm. Tickets \$129.00

100% of all profits raised will be donated to The Hope Fund in association with Queensland Positive People...This is a not for profit event.



Sportsman's Hotel Charity Bake Off

Last Saturday, 28 August a small but dedicated volunteers from QAHC came together to pool their collective decorating prowess & create series of fabulous cakes to be auctioned off at the annual Sportsman's Hotel Charity Bake Off, with all monies raised going to GLWA & Open Doors.

Whilst concentration was surely tested on the day, this was matched with a lot of laughter & in the midst of it all our group of amateurs managed to pull off some mighty creations with a Red Ribbon, Jelly Lamington cake filled with cherry jam & cream taking out second place in the Cake category & the Condoman cake drawing significant attention!

Thanks go out to the volunteers that contributed to a fun filled day. If you're up for some off the wall fun, be sure to keep an eye out for the Bake Off Decorating day next year!



Professional Events

Training Opportunities

The Queensland Association for Healthy Communities Inc (QAHC) has provided sexuality and gender identity awareness training to health and health related service providers in Queensland since 2005.

Both half-day and whole-day workshops are delivered in either open-access or in-service formats. QAHC is committed to providing a high standard of interactive and challenging adult learning experiences. The continuing development and delivery of training tools and resources for service providers seeks to support the development of inclusive services for lesbian, gay, bisexual and transgender (LGBT) clients.

QAHC offers their Creating Inclusive Services, Regional Sexual and Gender Identity, Youth, Seniors and Families specific workshops in a full day format, and the basic Sexual and Gender Identity and Gender Diversity (Trans) workshops in a half day session. The training packages can be adapted to meet the needs of the many different employment sectors within the community, with LGBT CALD and LGBT People with a Disability workshops currently under development.



So, if training is what your organisation needs then please contact QAHC to book your session and for further information about all the different training QAHC offers visit the website www.qahc.org.au/training, contact your local QAHC office or the QAHC Training Coordinator, Ricki Menzies at rmenzies@qahc.org.au.

Creating Change, Respecting Diversity and Maintaining Confidentiality

Fundraising and Volunteering Opportunities

Leave a Lasting Impression

Leaving a gift to a charity in your Will is one of the final ways to show your values and leave a mark on this world.

QAHC has been very fortunate to have been the beneficiary of a number of bequests over the years which have allowed us to grow as an organisation and we now own offices in Cairns, Maroochydore and Brisbane, but without this final act of generosity from our supporters, we wouldn't be in this position today.

We are growing as an organisation to meet the needs of all LGBT Queenslanders, and we still need supporters to consider leaving QAHC a gift in your Will.

Creating a Will is extremely important so that you can decide how your estate is handled upon your passing, and to save your loved ones complications and further grief after you're gone. QAHC has developed a booklet entitled 'Useful Information for Writing Your Will' which is a guide to help you create a Will. You can download a copy at www.qahc.org.au/donation or call Jason on 07 3017 1728 to get a free copy sent out to you.

When creating or updating your Will, why not consider leaving a gift to QAHC?

Call for Expressions of Interest to Fill 1 Vacancy on the QAHC Board

Following a resignation, there is now one vacant position on our Board of Directors:

- ◆ Central Region Member

We are currently seeking expressions of interest from people to fill this position. You must be living in the QAHC Central Region (inc. Redcliffe, Caboolture, Sunshine Coast, Gympie, Fraser Coast, Bundaberg, Gladstone, Rockhampton, Longreach). You will need to become a financial member of QAHC (if not already a member).

The Board is particularly interested in people who will bring additional skills, experiences and contacts to that of the current Board members. In particular we encourage people to come forward who fulfil one or more of the following criteria:

- knowledge of and networks within any of the following communities:
 - ◆ transgender
 - ◆ bisexual
 - ◆ lesbian
 - ◆ Aboriginal or Torres Strait Islander
 - ◆ culturally & linguistically diverse
 - ◆ rural & regional Queensland
 - ◆ knowledge, experience or contacts in the business/professional sectors
 - ◆ knowledge, experience or skills in influencing government policy

If you are interested please send a brief description of your skills, experience and interest in joining the Board to pmartin@qahc.org.au by Monday 20th September. A decision will be made at the September Board meeting. If selected, induction training & support will be provided.

If you have any questions, please contact Paul Martin (General Manager) on 3017 1791 or Mark Morein (President) on <mailto:mmorein@qahc.org.au> or 0438 727 981

As a Board Member you will:

- ◆ Set the strategic direction of the association and monitor the achievement of QAHC's strategic plan and annual operational plans.
- ◆ Be responsible for the general control of the affairs, property & funds of QAHC in order that the association may fulfil its mission and objectives.
- ◆ Ensure that QAHC complies with relevant legislation, contracts, agreements, its constitution and best practice standards.
- ◆ Develop and/or endorse organisational policies and procedures, including risk management.
- ◆ Attend and actively contribute to Board meetings, the Annual General Meeting and other QAHC events.
- ◆ Promote the work of QAHC in the community and through your personal/professional networks.
- ◆ Utilise your personal/professional knowledge, experiences and contacts in your work on the Board.

Regional Board Members

- ◆ Are a voice for regional issues at Board meetings and within QAHC generally.
- ◆ Represent QAHC at local events.
- ◆ Are a contact point for members, volunteers, staff and others in their region.

Sunshine Coast Pride Fair Day – 27th November

QAHC is looking for volunteers for their 3rd Pride Fair day:

Can you cook a BBQ?

Can you work on a stall?

Are you good at getting prizes donated?

Are you a great organiser?

THEN WE NEED YOU NOW!

Contact Ash to register your interest abroom@qahc.org.au

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.org.au>

Queensland Positive People

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.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.

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 or SMS you name to 0466 882 527

Redlands Region

http://www.facebook.com/amandaextrem?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=103881489667269>

West Moreton AIDS Memorial Quilt Project - HIV/AIDS is a worldwide problem that knows no territorial or cultural borders. It is a disease that can be only fought globally with global understanding. You can help by encouraging friends to create panels for their loved ones. Make a panel yourself. Your contribution will bring about a truly international Quilt spirit."

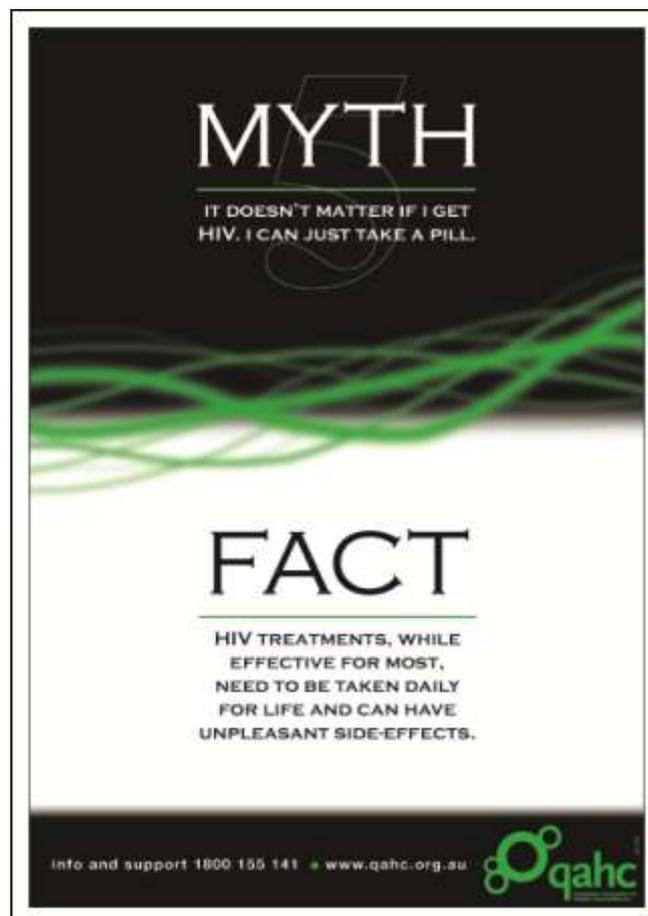
<http://www.facebook.com/group.php?gid=104328909605210&ref=ts>

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

Cairns

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

Check out this website to find out all the details for the 2010 Cairns Tropical Pride Festival to be held from 21st – 29th August.



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

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

Postal Address: PO 1372, Eagle Farm BC Qld 4009
Street address: 30 Helen St, Newstead Qld 4006

Qld Association for Healthy Communities Inc – Sunshine Coast (including Central Coast)
Postal Address: PO Box 2077, Sunshine Plaza Qld 4558
Street Address: 10 Pikki Street, Maroochydore Qld 4558
Phone: 07 5451 1118

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

QAHC News is funded by QLD Health

[Newsletter archive](#)

[UPDATE YOUR E-MAIL ADDRESS](#) or [UNSUBSCRIBE](#)

Images in this newsletter are for illustration purposes only and are not intended to imply any particular point of view, sexuality or state of health.

If you are currently receiving this newsletter by post and would like to subscribe to the eco-friendly email version phone (07) 3017 1777 or register online at www.qahc.org.au/newsletter/admin/