



Edition #30 – October 2013

Welcome to the Healthy Communities Newsletter

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If you are unable to view this email, click here <http://www.qahc.org.au/newsletters/qahc>.

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LGBT Health News

Has a Lesbian, Gay, Bisexual, Transgender, or Intersex (LGBTI) person close to you died by suicide?

The Australian Institute for Suicide Research and Prevention (AISRAP) at Griffith University, in conjunction with beyondblue, is conducting a study to learn more about the processes that lead to suicide in LGBTI individuals, to assist in developing better strategies for preventing suicide in LGBTI people in Australia.

AISRAP would like to interview friends and relatives of LGBTI people who have lost their lives to suicide. Participants must be at least 18 years of age and will be interviewed for approximately two to three hours, with compensation given for their time.

To participate in this study please contact Dr Delaney Skerrett on (07) 3735 3393 or via email on d.skerrett@griffith.edu.au.

<http://www.youtube.com/watch?v=B5kIPRnQhDw&feature=c4-overview&list=UUkGI7eVWcRHHzCk1OTZNWaw>



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In partnership with:



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1BlueString

1BlueString is a joint initiative of Living Well (Australia) and 1in6 (USA), to promote awareness and support for men sexually abused in childhood and for their partners, families and friends.

Research tells us that 1in6 men are sexually abused in childhood and that it can have a profound affect on their lives and relationships, often leaving them feeling isolated. Men, when they do come forward, speak of the importance of encouragement and hope and knowing that support is out there.

To help increase awareness and symbolise community support for men and their loved ones. 1BlueString is inviting guitarists to replace one of the six strings on their guitarists (1in6), the low E (top) string, with one blue string.

Register at www.1BlueString.org and receive one blue string, picks and information for FREE

Our goal is to build a community of support offering encouragement and hope for men—and their loved ones, their partners, families and friends.

And we're inviting you to help us get the message out by creating a short film, video, or animation of between 6 - 60 seconds promoting 1BlueString.

Once you have created your unique video, upload it and submit a link from YouTube, Vine or Instagram.

To reward your commitment and creativity, \$1000 in prize money will be awarded to the creators of the video or videos that best promotes the 1BlueString campaign.

For more information about the video initiative and 1BlueString visit www.1BlueString.org

Help us use the power of music to bring awareness and hope, with 1BlueString. Share – upload a photo of your one blue guitar string, pick or other promotional material at 1BlueString.org and then click to share via social media.



Don't Be Scared...We Don't Bite! – Workshop for health professionals.

Workshop for all health professionals on Counselling and therapeutic understanding of the Lesbian, Gay, Bisexual and Non-gay Identifying client.

Explore the counselling skills and therapeutic understanding necessary to work with Lesbian, Gay and Bisexual People.

Gain insight and challenge views, misconceptions and a perception of difference that often lead to barriers and insecurity that cause division between the same-sex-attracted client and the health professional.

To receive a booking form or for further information please contact David Wells
holisticsexualtherapy@gmail.com or 0411 081 653.

New Farm Library
Saturday 9th November
10:30am—2:00pm
Cost: \$180.00 includes morning tea & lunch

Experiences of HIV – The Seroconversion Study

This is a study for people who have recently been diagnosed with HIV. The aim is to collect information about your experiences with HIV, both before and after you were diagnosed. This study will provide valuable information for health promotion efforts and for policy development, and may be used in the development of health promotion materials.

Men who got HIV through sex with another man are invited to take part in the survey, or to be interviewed. You may choose to do the survey, the interview, or you can participate in both.

The survey part of this study has been designed specifically for gay men, because they constitute the majority of people newly diagnosed with HIV in Australia.

This survey is vital to research and health care promotion on a national level. Helping us learn about your attitudes, behaviours, and experiences around HIV is an important part of helping us overcome the effects this virus has had on our society, and on the communities in which we live. Your participation is completely anonymous, and your story is very important to us.

Please click on the link to participate
<http://www.nchecrsurveys.unsw.edu.au/hivss/index.html>.

If you have any questions about the survey or about our research team, feel free to contact us at seroconversion@kirby.unsw.edu.au.

Funding

The Seroconversion Study is funded - with thanks - by the Departments of Health in NSW, QLD, VIC, WA & the ACT.

Partnerships

This study is being conducted in partnership with state AIDS Councils of NSW, VIC, QLD, & WA and in conjunction with People Living With HIV/AIDS organisations nationwide.



First National Trans Mental Health Study

The Department of Sexology, Curtin University is seeking participants for a study about the mental health of transsexual and transgender (trans) people living in Australia. Please consider forwarding this email and the attached flyer to your colleagues, friends, and networks.

BACKGROUND:

Previous studies in Australia and elsewhere in the world suggest that many trans people experience poorer health than the general population. Mental health problems, such as depression and anxiety appear to be common. Many trans people report that it is hard to find the health care that they need. The purpose of this study is to investigate why this happens.

WHO:

Anyone living in Australia who is aged 18 years or older, and who is (or was) trans, can take part in the study. We recognise that the language that trans people use to describe themselves can be complicated and is sometimes controversial. We use the word trans in an inclusive way, and would like to hear from people who use words like transsexual, transgender, sistergirl, androgynous, or genderqueer to describe themselves. All trans people, including those who just describe themselves as men or women are encouraged to participate.

WHAT:

The purpose of this research is to obtain a snapshot of the mental health of trans people living in Australia. The study is completely anonymous, and involves taking a questionnaire online. The questionnaire should take about 30 minutes to complete.

WHERE:

You can take the questionnaire, or find out more about the project, at the study website: www.transoz.org.

WHEN:

You can take part in the study from 1 August until 31 December 2013.

BENEFITS AND RISKS:

There are no direct medical benefits or significant risks for participating in this study, but your participation is likely to help us find out more about how to improve health services for trans people. The questionnaire explores mental health, which may be a sensitive topic for some people. You do not have to complete the questionnaire if you do not wish to do so.

THE RESEARCH TEAM:

This study is being funded by a grant from beyondblue, and is being conducted by a team of researchers from Curtin University. The Principal Investigator is Dr Zoë Hyde. If you have any questions about the study, you can email zoe.hyde@curtin.edu.au.

CONFIDENTIALITY:

This is an anonymous study. You do not need to give your name or any other identifying information to take part. It will not be possible for people to identify you in any publications that arise from the research. All information you provide will be stored securely and will remain confidential.

ETHICS:

This study has been approved by the Curtin University Human Research Ethics Committee (approval number HR 63/2013). The Committee is comprised of members of the public, academics, lawyers, doctors and pastoral carers. If needed, verification of approval can be obtained either by writing to the Curtin University Human Research Ethics Committee, C/- Office of Research and Development, Curtin University, GPO Box U1987, Perth, WA 6845, or by telephoning (08) 9266 9223, or by e-mailing hrec@curtin.edu.au.

TAKE PART:

To take part in the study, or for further information, please visit the study website: www.transoz.org.

Gay, Bi and Trans Prostate Cancer Support Queensland**First Saturday of every month**

Cancer Council Queensland,
553 Gregory Terrace, Fortitude Valley
10am - 12.30pm
Parking under the building

For further information please contact:

David Wells

Phone: 0411 081653

Email: holisticsexualtherapy@hotmail.com

This confidential group is open to all gay bisexual and transgender men who have had a prostate cancer diagnosis.

All issues concerning prostate cancer will be open for discussion including:

1. an overview of prostate cancer
2. side effects of treatment
3. the impact of a diagnosis
4. communicating with your partner
5. having an ongoing support group for gay men with prostate
6. cancer.

Support Groups for gay and bisexual man have been established in collaboration with [Malecare](#).

Healthy Communities Projects

Sexual Health

Testing Point Delivers HIV Results within 20 minutes

Testing Point a FREE after-hours peer based HIV/STI testing services to the LGBT community has been approved to deliver Rapid HIV Test Results in 20 minutes.

The Rapid HIV Test is done by qualified volunteer doctors and nurses and is a small finger prick sample. A follow up standard blood test is also taken at the same time to confirm Rapid HIV Test Results.

Testing Point is on Tuesday nights from 6-8pm at 30 Helen St Teneriffe and also provides peer support and health promotion to clients.

As this service is bulk-billed via Medicare, people will need to bring their Medicare card. The clinic welcomes walk-ins, or alternatively people can also make an appointment by calling 3017 1733.

Testing Point has already tested over 50 people.

HIV testing.
KNOWLEDGE IS POWER.

Testing Point
Starting on 27th of November
FREE after hours peer based HIV/ Syphilis testing
Tuesday nights from 6-8pm at 30 Helen St Teneriffe
Will need Medicare card
Run by qualified volunteer nurses and volunteer private GPs.
Walk in or make an appointment

Men.org.au 1800 177 434 **MEN MEN** 

New Gender Clinic to Open at Helen Street

Healthy Communities in partnership with the Australian Transgender Support Association Queensland (ATSAQ) and Dr Gale Bearman are proud to announce the opening of a new weekly Gender Clinic in Brisbane.

The new Gender Clinic has begun operating, only on Wednesday afternoon at this stage, to help meet a high demand for specialist health and wellbeing services for trans* people in South-East Queensland. Former Biala Gender Clinic practitioner Dr Gale Bearman will be running the weekly clinic with the help of ATSAQ volunteers. All services will be bulk-billed through Medicare.

Thanks to a generous donation from PFLAG's National Spokesperson Shelley Argent Healthy Communities has been able to set up a professional clinic at 30 Helen St, Teneriffe which will also serve as our weekly HIV/STI Testing Point Clinic and open up opportunities to offer other clinical services for LGBT people in the future.

Shelley Argent's generous donation has allowed for the installation of a sink and appropriate lighting in the clinic room, the purchase of a specialist gynaecological couch, the set up of medical practice software, and the purchase of other essential clinical equipment (e.g. a diagnostic set, blood pressure machine, loupes etc).

Healthy Communities new Executive Director, John Mikelsons said “The opening of the Gender Clinic is a wonderful way to begin my new role working with the LGBT communities of Queensland. We are proud of the partnership effort that has gone into setting up this clinic that will help meet the health and wellbeing needs of trans* people. We are extremely grateful for the generosity of Shelley Argent who has made this clinic possible.”

The Gender Clinic’s volunteer receptionist has already begun taking appointments (**please note that Gender Clinic queries/appointments can only be taken on a Wednesday after 12.30pm at this stage**).



(Pics courtesy of Andrew Shaw - Queensland Pride)

Two Spirits – Brisbane & Cairns

Queensland HIV Strategy

The 2 Spirits Program was pleased to be present at the launch of the Queensland HIV Strategy in Townsville on 5th September 2013. Launched by the Minister for Health, Lawrence Springborg, the Queensland HIV Strategy aims to reduce HIV transmission in Queensland by 50% by the end of 2015 by:

- Transforming HIV prevention
- Prioritising voluntary testing
- Reforming treatment, care and support
- Addressing stigma and discrimination

2 Spirits was pleased to see that Aboriginal and Torres Strait Islander people are a key target population with respect to HIV prevention, with a specific emphasis on young people. Throughout the day, Condoman was recognized as a key campaign that can be utilized to make current HIV education campaigns more appropriate for Aboriginal and Torres Strait Islander people. The 2 Spirits Program is looking forward to working with the Ministerial Advisory Committee to progress this.

Brisbane Elders Workshop

In August the 2Spirits Program conducted a workshop with Brisbane community elders to participate in the development of new health promotion resources to help improve the standard of sexual health for Aboriginal and Torres Strait Islander LGBT and non-LGBT communities in Queensland in partnership with Brisbane Indigenous Media Association (BIMA).

The workshops focused on awareness of sexual health and LGBT communities through written, verbal and filmed testimonies. 2Spirits will develop resources in posters, radio and social media form featuring Aboriginal and Torres Strait Islander community elders to educate our communities. The workshops were highly interactive, elders openly shared their own experiences from their adolescence about sex, sexual health and gay people.

2Spirits were overwhelmed by the elder's enthusiasm and commitment to support the 2Spirits Program in our work to educate communities of the importance of awareness of safe sex and our LGBT families.



Indigenous Student Day

The St Peters College Indigenous support officer aunty Thersa Nunn (elder from Stradbroke Island) met with the 2Spirits team through community elder uncle Tiger Singh from the Metro North Elders Yarning Circle.

Aunty Thersa extended an invitation to 2Spirits to be a part of their Indigenous Student Day on 23rd August along with Rocky Malone from Open Doors and Nicky Newley from Hepatitis Queensland. Each service addressed 60 Indigenous male and female students about our individual organisations and services and welcomed the invitation by St Peters College to be a part of the 2014 Indigenous Student Day to conduct health workshops with the students.

Other workshops included HIP HOP dance, Aboriginal and Torres Strait Islander cultural dance, student mentoring and careers advice.

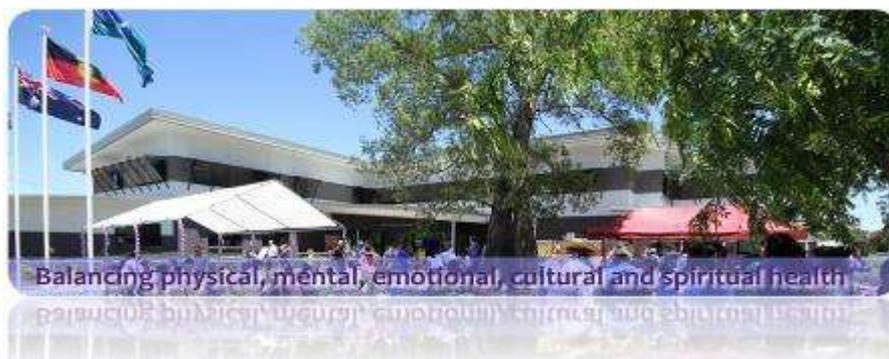
Goondir Health Service - Dalby Community engagement

The Brisbane 2Spirits team have continued our work out west to provide sexual health education and awareness and self-sustainable support to LGBT, BB and SG Aboriginal and Torres Strait Islander communities and service providers who engage with this target group.

2Spirits recently collaborated with Goondir Health Service (An Aboriginal Controlled Medical Centre) to host an “Elders Forum” to talk about the impacts of sexual transmitted infections (STI) on community and our culture. The 2Spirits Program operates within the protocols of a cultural appropriate framework working directly with the gate keepers of indigenous communities.

Our elder’s forums consist of three workshops and yarning circles. Through our community workshops we bring elders up to speed on unpacking taboo topics, current impacts, identified target groups most at risk, behaviour and identity, education and awareness, access to support, treatment and community education and awareness.

Sexual Health is not only targeted at the most at risk groups but the “Whole Community” so our people can be in more control of their own health and knowledge of where to access treatments.



The Indigenous School – Southbank Institute of Technology

The Indigenous School at Southbank Institute of Technology invited the Brisbane 2Spirits team to talk to their Diploma of Community Service students on 10th and 11th September about our program and our services.

2Spirits along with volunteer Keilani Dorante and Sam Shields a student from Southbank Institute of Technology currently doing his student placement jointly presented to 75 students over the two days. We gave an insight of our team, the history of program and our organisation, operation zones, campaigns Condoman and Lubelicious and Rip & Roll, our target groups and examples of our work we deliver.

2Spirits talked about some of the challenges we face in our health promotion and why we are forced to be affective in our approach. 2Spirits gave the students some useful tips and food for thought as potential community service workers. Overall, the students where inquisitive and engaging and it was great to see an open minded bunch of students soon to be entering the community workforce sector.

Laura Dance Festival 2013

Laura Dance festival, Celebrated its 20th Anniversary this year. There were over 500 performers at the Festival and more than 5000, visitors who flocked to the Far North Queensland community for three days of song Dance ceremony and Performances from over 20 Cape communities.

Held at the Ang-Gnarra grounds, Laura it is one of the longest –running cultural festivals in the country, Held over 3 days, communities from Lockhart River, Umagico ,Aurukun and Pormpuraaw, exploring a vast array of language and traditions.

The Laura dance festival is held every 2 years on the sacred bora ground of Laura.

Health promotion was also high on the agenda, and was a perfect time for 2 Spirits to attend and showcase our organisation and the work we do, other services included Cairns and Cape York health, Wuchopperen, Mookai Rosie Bi Bayan and Apunipina Cape York Heath Council.

Due to the attendance of 2 Spirits at the last Laura Dance Festival in 2011, Youth were more comfortable in coming and collecting condoms and an opportunity to gather further information about our services.

Information given & the opportunity to join and talk about our referrals and the local group “Yupla Mipla Ahfla” that come together to Yarn, share information and create artworks around their sexuality as well as artwork for upcoming events like World AIDS Day.

This attendance at the Festival, also gave the 2 Spirits team an opportunity to connect with other organisations and collaborate with “Invitation” to other projects such as the Men’s Shed and the Women’s group.

2 Spirits promoted Condoman and Lubelicious, the use of condoms and lube, and reminded community members about STIs and going to a clinic for treatment and that HIV are still here and there is still no cure. So don’t be SHAME be GAME and Wear Condoms.



NAIDOC Cairns

Held in Munro Martin Park Cairns, NAIDOC featured a march and a festival featuring dance, music and stalls for the community.

2 Spirits had a presence at both the march and the stalls this year.

Our stall was extremely popular, with all resources distributed and 700-800 condom packs distributed, with a range of sexual health information.

Condoman & Lubelicious made an appearance and handed out giveaways to the community. The STI costumes were on display at the stall & received excellent feedback, with numerous people asking if the suits were for sale.

Approximately 2500 people attended the fair, with approximately 800 marching this year. 2 Spirits also attended Tjapukai NAIDOC celebration.



LGBT Health

LGBTI Mental Health Champions

Healthy Communities is implementing a LGBTI Mental Health Champions Project across Queensland to improve the responsiveness, accessibility and inclusivity of mental health services to the LGBTI (lesbian, gay, bisexual, transgender and intersex) community.

Relationships Australia Queensland, Open Minds, Mental Illness Fellowship of Queensland and Metro South Addiction and Mental Health Services have all become partners in the LGBTI Champions Project, and will actively working towards becoming more accessible and inclusive to the LGBTI community.



LGBTI people are over represented in statistics relevant to poor mental health and suicide, therefore, it is essential that mental health and suicide prevention organisations respond effectively and appropriately to LGBTI people.

With the lack of LGBTI specific services, LGBTI people who need support around their mental health have to access mainstream services, however many mental health services do not have knowledge about the lived experiences of LGBTI people and how this impacts on their mental health. As a consequence LGBTI people have been very invisible in the priorities of mental health service delivery

These organisations have all chosen a staff member to be their LGBTI champion who will guide and support the organisation to be responsive to the mental health needs of LGBTI people and improve their support of LGBTI people by ensuring that the service is responsive, inclusive and safe.

We encourage LGBTI people to access these services to support their mental health and wellbeing, and provide feedback to them about their experiences so that they can continue to work towards creating quality mental health services for LGBTI people.

The LGBTI Mental Health Champion organisations can be identified by the following badge.



MindOUT - Standing Strong – Seminars & Workshops about Mental Health and Suicide in LGBT Communities

ABOUT FROM DYING TO THRIVING

SATURDAY 26th OCTOBER, 10am to 4pm

Jacaranda Room, Grand Central Shopping Centre, Corner Margaret and Dent St, Toowoomba

FREE, Lunch provided

REGISTRATIONS ESSENTIAL. To Book please [click here](#) or email smorris@gahc.org.au or phone 3017 1777

Facilitated by Sally Morris, MindOUT! Queensland Coordinator, Queensland Association for Healthy Communities

Contact smorris@gahc.org.au or 3017 1777 for more information

Find out more about MindOUT!, visit

www.gahc.org.au/mindout

www.facebook.com/mindoutqueensland

FACEBOOK EVENT <https://www.facebook.com/events/461341757296724/>

Target Audience:

LGBTI community leaders, volunteers

LGBTI persons

Workshop Length: 5 Hours

About this workshop:

The suicide of someone has a devastating impact on all those connected. It is known that for lesbian, gay, bisexual, transgender and intersex people, suicide is far more common than in the broader population. While challenging there are things that we in the LGBTI community can do.

Designed specifically for LGBTI populations, this workshop addresses what can be done at the community and individual levels to prevent suicide in our communities.

By attending the workshop you will gain a greater understanding of the factors that lead to poor mental health and suicide for LGBTI people and learn skills that will help you to:

Be more comfortable in discussing suicide or being with someone who is experiencing suicidal thinking

Respond confidently to someone who is experiencing major psychological distress or suicidal thinking

Feel safe and more competent when supporting someone who is suicidal

Topics covered in the workshop include:

Suicide in LGBTI people – What is it and how is it explained

For more information visit www.qahc.org.au/ILD or www.facebook.com/MindOutQueensland

Ask: How to bring up the topic of suicide in a safe way

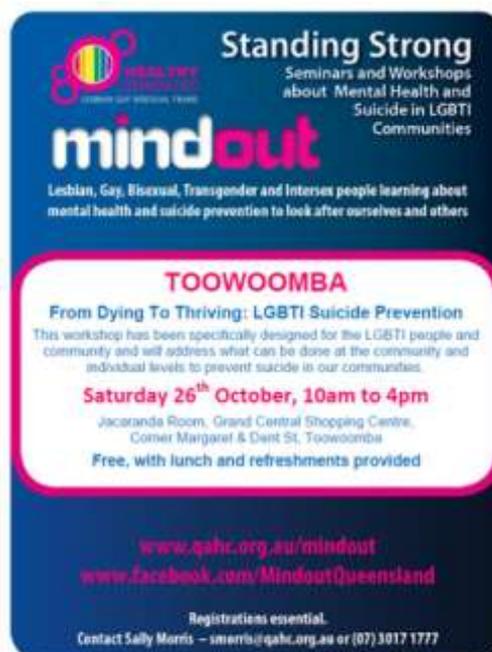
Look: What to look for if you are concerned about someone

Act: What to do if you are concerned about someone's well-being or safety

Care: Supporting those we care about who are suicidal

Who do you call? Further support for those that are in suicidal crisis.

Stuffing up but not stuffing off: How we get through difficult times. The roles of compassion, forgiveness and problem solving for people in crisis.



I AM.....2014 Identity Calendar

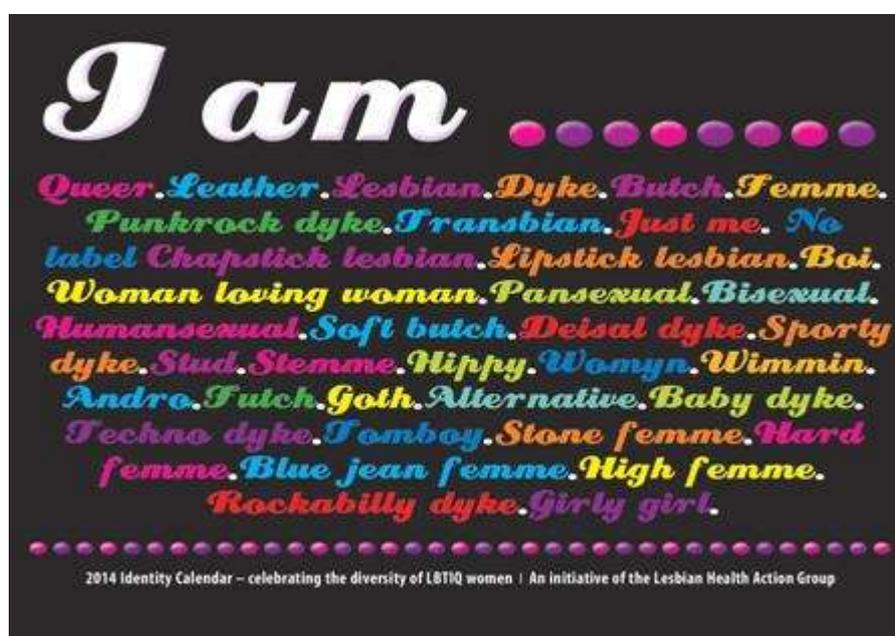
Once again the QAHC Lesbian Health Action Group are producing a calendar for the women in the LGBTIQ community in Queensland to be launched at the International Lesbian Day (ILD) Expo on Oct 13 at Riverside Receptions.

In 2010 the group produced the highly successful “Boobalicious” Breast awareness calendar, followed in 2011 by “Pursuit of Pappiness” informing about HPV and the need for women in the LGBTIQ community to have pap smears.

They took a rest for a couple of years while they conducted the ILD Expo, but after encouragement from the community they were enticed to produce I AM....

I AM....is a celebration of the diversity of women in the LGBTIQ community, it highlights the way they identify and the wonderful women of SEQ came together to volunteer their time as models and photographers. The women were asked to present themselves how they most felt comfortable expressing their sexual identity, why they identified the way they do and also to explain 4 other ways they identified that were important to them, maybe their role in family or career, hobbies or sports among a few.

I AM.... Will be available for a small donation at several events over the coming months and from the QAHC website with a small cost for postage.



'Love Is' - Improving Relationships for Lesbian and Trans Women.

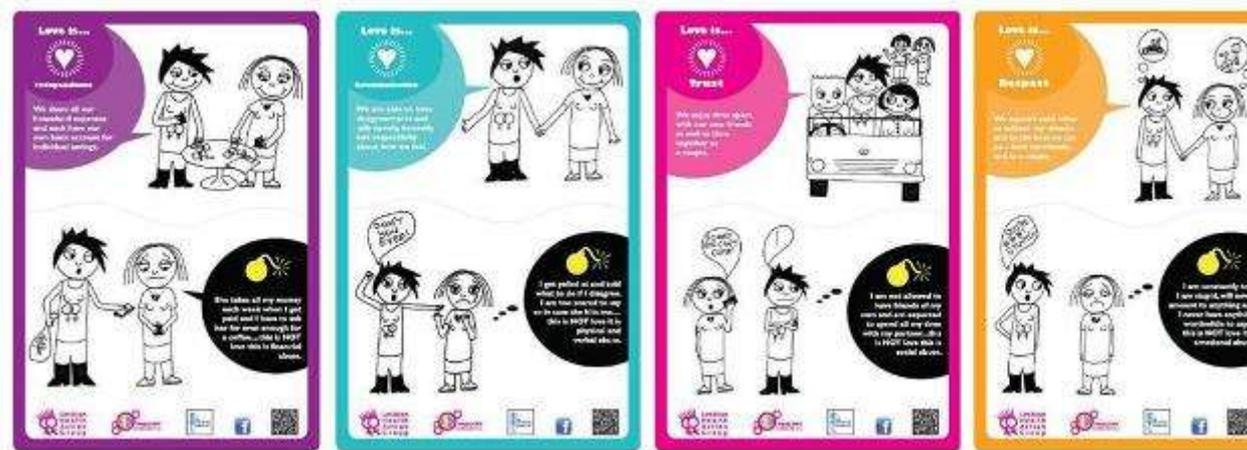
'Love Is' is a new Healthy Communities campaign that looks at existing and potential relationships between lovers, friends, and families for lesbian and trans* identified women. This campaign will incorporate workshops, posters, facebook page and advertising from May to October 2013 so keep an eye out for it.

The 'Love Is' campaign uses cartoons to highlight the following qualities of healthy relationships:

Respect- We support each other to achieve our dreams and be the best we can be both individually and as a couple.

Referrals, links and information on healthy relationships can be found at by searching Love Is Health Lesbian.

<http://www.facebook.com/pages/Xtra-Queer/440606276009237?ref=ts&fref=ts#!/pages/Love-Is-Healthy-Lesbian-Relationship/378439882276089?fref=ts>



Healthy Communities – Showed Our True Colours During Pride

Brisbane Pride Fair Day on Saturday 21st of September was a great day out at the new home of Pride, New Farm Park.

Healthy Communities had 8 different stalls at Pride Fair Day. We themed our stalls in the colours of the rainbow so that Pride Fair day participants could feel as if they were getting a big rainbow hug from Healthy Communities.

Projects represented by stand-alone stalls on Fair Day included: the Lesbian Health Action Group, MindOUT!, 2 Spirits, LGBT Seniors Visiting Service, Men 4 Men, LGBT History Action Group, Many Genders One Voice, and Healthy Communities HQ. Our other programs such as our LGBT Multicultural Project and Bisexual Health Queensland also had representation on the stalls.

Over 140 snapshot surveys of our diverse community were completed on the day. We raised \$588 for Healthy Communities various programs through donations and merchandise sales. Plus we gave out hundreds of free safe sex packs and resources in our effort to continue our HIV and STI prevention work with gay men.

Healthy Communities also had a float in the Pride March with over 50 people marching behind Healthy Communities.

Our other activities during Pride Month have also been very successful. Our LGBT History Action Group's Cruising with Merv queer history walk had around 20 people participate. The Pride Walk team of six raised \$3092 during the Bridge to Brisbane and our Lesbian Health Action Group's Grrlesque cabaret was at capacity and raised around \$2000 profit.

We would like to congratulate all of the hard-working volunteers of the Brisbane Pride Festival for making this year's event such a success. We also would like to recognise the wonderful support.

Out & About Social Group

The next Out and About is:

WHEN: SUNDAY 10th November - 1pm till 3 pm

WHERE: New Farm Park, near the river (Look for the Rainbow Flag)

Join us for our monthly picnic, all you need is yourself, a plate of food to share, a drink for yourself, your stories and sun protection.

You'll find us positioned somewhere along the river side of the park between the ferry terminal and the Power House. Keep an eye out for the Out & About sign.

If you need to contact for further information and details please contact ph 30171777 <https://www.facebook.com/events/614596251886884/> or contact Group Co-ordinators: Andrew Thompson 0409 470 751 and Rob Heard 0403 269 589



Training and Development

LGBT Inclusivity Consultancy

Healthy Communities is now offering a consultancy service to support organisations and businesses to become lesbian, gay, bisexual and transgender (LGBT) inclusive for not only their clients and customers but also their employees.

The Healthy Communities Training and Development Program has been providing practical support to health and community services to help build open and inclusive rapport with (LGBT) clients in Queensland since 2005.

Over the past few years many large corporations become more LGBT inclusive: Telstra, IBM, Lend Lease, most of the major banks, some universities and many smaller organisations. The corporate closet is one of the final frontiers to be tackled; research shows that many people who may be out in other areas of their life are not out at work, due to either a perceived or lived experience of homophobia, transphobia and heterosexism in the workplace.

Healthy Communities LGBT Inclusivity Consultancy can provide: advice around inclusive policies, procedures, processes, marketing and environment, support to establish an LGBT and Allies network, professional development for staff and assistance in initiating community participation.

To discuss your inclusivity needs in further detail contact the Training and Development Coordinator at training@qhac.org.au.

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:

Brisbane Resource Centre – 30 Helen Street, Teneriffe

Training Room (up to 30 people) \$200 full day - \$100 ½ day

Located on ground floor through car park.

Tables and chairs to accommodate up to 30 people (dependant on configuration required)

TV, Video/DVD, Stereo, Overhead Projector, Data Projector, Electronic White Board, Pull Down Screen are available. Kitchen facilities and fridge.

Toilet upstairs on 2nd level or at Reception area (Wheelchair accessible).

Tables and chairs can be moved to a configuration of your choice. Air conditioned.

Outside area for break-out groups.

Meeting Room 1 (6 – 8 people) \$100 full day - \$50 ½ day

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) \$70 full day - \$35 ½ day

Located on Mezzanine Level.

Very informal meeting room.

Coffee Table and seating to accommodate up to 8 people.

Kitchenette facilities at bottom of stairs.

Toilet is also located downstairs, however if Meeting Room 1 is not being used, toilet facilities are attached to Meeting Room 1.

Portable air conditioner provided.

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.

Cairns Resource Centre – 290 Draper Street, Cairns

Training Room (up to 20 people) \$150 full day - \$75 ½ day

Located on ground level.

Tables and chairs to accommodate up to 20 people (dependant on configuration required)

Kitchen facilities and fridge.

Accessible Toilet on ground level.

Free Wifi. White Board.

Tables and chairs can be moved to a configuration of your choice. Air conditioned.

Fundraising/Marketing and Volunteering Opportunities

Pride Walk Raises Over \$3000

On Sunday 1 September, a small group of supporters participated in the Bridge to Brisbane as the Pride Walk Team. This group of six people are passionate about the LGBT health and wellbeing work of Healthy Communities and they motivated their friends to get behind them and sponsor their walk. In total, the six team members raised \$3082 in donations.

We're extremely grateful to the Pride Walk team and all of their sponsors/donors for supporting Healthy Communities.

Now that Healthy Communities is registered with Everyday Hero, there are a bunch of other events happening across the State that you can participate in and fundraise for Healthy Communities. You can check out the upcoming events and find our page by searching for 'Healthy Communities' here <http://everydayhero.com.au/>.

Brisbane Leather Pride Raises over \$1000 for Healthy Communities

The Brisbane Leather Pride crew have been busy over the last month hosting a bunch of various events. They fundraised for Healthy Communities through their Fetish Fridays events and raised \$1154 to support our LGBT health and wellbeing work in Queensland.

Thanks to the Brisbane Leather Pride Festival crew and all of their supporters for donating to Healthy Communities.

If you have a community fundraising event idea and would like to support Healthy Communities, contact our Fundraising Coordinator Jason Russo on 07 3017 1728 or email jrusso@qahc.org.au.

Balls OUT Bingo! Turns Two PLUS Special Bears Balls OUT Bingo!

When we started Balls OUT Bingo! two years ago we had no idea how popular it would be! Over the last two years we've given away over \$22,000 in prize money plus thousands of dollars worth of other fantastic donated prizes. In total, Balls OUT Bingo! has raised \$13,503 profit to sustain the health and wellbeing work of Healthy Communities.

To celebrate Bingo's second birthday, we're having a special Balls OUT Bingo! Birthday night on Friday 4 October and we'll be increasing the prize pool and giving away extra prizes on the night. Come along to celebrate our 'one little duck (quack!)' birthday.



Balls OUT Bingo! is on every Friday night in the lounge bar of The Sportsman Hotel. Bingo books go on sale from 7:30pm and bingo starts at 8pm. Arrive a little earlier for a tasty, well-priced meal from the new Sporties kitchen.

Thank you to all of our dedicated volunteers, great players and our wonderful sponsors The Sportsman Hotel, Manhunt, Scarlet, Love Goes Beyond Type, Spunk'd, Number 29 and Li'Rann Natural Health.

November Art Fundraiser

Community member Andrew Costi has volunteered to curate a fundraising exhibition for Healthy Communities which will be held from 15-17 November at the Discount Art Warehouse gallery in Fortitude Valley.

We are seeking donated artworks to sell at the exhibition to fundraise for our LGBT health and wellbeing work. If you would like to get involved, please contact Andrew via email adcx@yahoo.com or Facebook www.facebook.com/andrewARTSPACE?fref=ts



Community Activities

2013 CAN Awards!

Nominations are now open for the 2013 CAN Awards! Proudly facilitated by the New Farm Neighbourhood Centre these awards celebrate people and organisations making positive contributions to the community in the Brisbane inner City.

For the first time in their 16 year history, the awards now INCLUDE AN LGBTIQ CATEGORY

Nominate now at <http://www.surveymonkey.com/s/ZPCNBWP>

Join the CAN awards Facebook page here <https://www.facebook.com/CANAwards>

New Farm Neighbourhood Centre's Fb page is here

https://www.facebook.com/newfarmneighbourhoodcentre?directed_target_id=0

Open Doors – New Programs

Jellybeans

Jellybeans is a free, supportive social group for people aged 24 or younger who identify as transgender, gender diverse or may be gender questioning.

Meet other people just like you. Access information and advice.

4th Saturday of the month 3pm – 5pm.

5 Green Square Close, Fortitude Valley. Phone: 07 3257 7660. Email: jellybeans@opendoors.net.au.

Reconnect Drop In

For 12 – 18 year olds. Wednesday 1.30pm – 6pm. Friday 12.30pm – 4.30pm.

Reconnect Drop In is for LGBT 12 – 18 years olds. Come and meet people just like you. Relax, chat, join in. A place to access information and advice.

5 Green Square Close, Fortitude Valley. Phone: 07 3257 7660. Email: reconnect2@opendoors.net.au.

Young & Proud (YAP)

Young and Proud (YAP) is a n interactive social group for LGBT people aged 18 to 24. It's a place you can meet other people just like you. A place where you can access support. A space where you can be yourself.

2nd Saturday of the month. 12pm – 4pm. Phone: 07 3257 7660. Email: yap@opendoors.net.au.

Lesbian, Gay, Bi and Trans* Choir – [Sunshine Coast \(External\)](#)

Join the new community choir on the Sunshine Coast. It's for anyone who identify as lesbian, gay, bisexual, transgender or queer.

Meetings are held at the QCWA Hall, 18 Dixon Road, Buderim.

For more information please contact sunnyLGBTchoir@gmail.com or check out the facebook page <http://facebook.com/SunshineCoastLGBTChoir>

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.

A facebook page has been produced by Jordan, which will be the main point of communication, and we encourage film suggestions as well!

For more and what films are showing please go to <https://www.facebook.com/pages/Queer-Films-at-the-West-End-Library/154351928022162>

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

BENT - Toowoomba (External)

What is BENT?

BENT is an ongoing support group for men in Toowoomba and surrounding areas.

BENT stands for:

- Bisexual
- Empowered
- Non heterosexual, and
- Transgender

How will it operate?

The group will involve input, discussion, sharing and support of its members.

Where will it meet?

At Lifeline Darling Downs Cnr of Russell and Ruthven Sts, Toowoomba.

When will it meet?

Fortnightly on Wednesday evenings between 6.30 and 8.30.

Next meeting 9th October 2013.

For catering purposes, please ring 1300 991 443 between 9am and 5pm to register your attendance.

Cost

There is no charge.

The Men & Relationships Program has been funded by the Federal Government's Department of Families, Housing, Community Services & Indigenous Affairs since March 2000.

The Program is auspiced by Lifeline Darling Downs & South West Queensland Limited, and employs one full time Coordinator/Counsellor and a part-time Counsellor. In addition, MARP is assisted by a team of volunteer facilitators who help deliver group workshops.

Contact:

To contact MARP and talk about any of the activities or services please during business hours on:

Tel: 1300 991 443

Fax: 07 4699 1610

Email: admin@lifelinedarlingdowns.org.au

Address: Cnr Ruthven and Russell Sts, Toowoomba

Email: marplifleine@powerup.com.au

Keshet Toowoomba (External)

LGBT social choir

Every Wednesday from 6.30pm to 9.00pm.

Bell Street, Shop 26, Toowoomba

Tab Oo Ipswich (External)

3rd Saturday of the month

North Ipswich Bowls Club

6.30pm

www.tabooshow.com.au

MCC Youth Group Brisbane (External)

Where: Metropolitan Community Church

37 Cordelia Street, South Brisbane

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

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

For more information on upcoming events please go to <http://www.feathersgc.com> or email info@feathersgc.com

Links to Community Resources

Brisbane

<http://qahc.org.au>

Qld Association for Healthy Communities Inc

<http://www.glwa.org.au/>

Gay & Lesbian Welfare Association (Telephone Counselling)

<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.pflagbrisbane.org.au/>

PFLAG Brisbane

<http://www.brisbaneglbn.org>

Brisbane Gay & Lesbian Business Network (GLBN)

<http://qpp.net.au>

Queensland Positive People

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

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

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

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

We are a social group for lesbians situated in Brisbane, Australia. We offer a wide range of events and activities over the year. These include a monthly get together for breakfast where we enjoy a meal and a chat. We also enjoy regular dances and outings.

LGBTI AA Group

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

<http://www.stargazers.org/>

Stargazers - Star Gayzers is a new amateur astronomy club specifically for the LGBTI community. It is designed to be a place where you can be among like minded people and delight in the night sky in a social, relaxed and safe atmosphere.

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.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.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 21years 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/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=104328909605210&ref=ts>

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

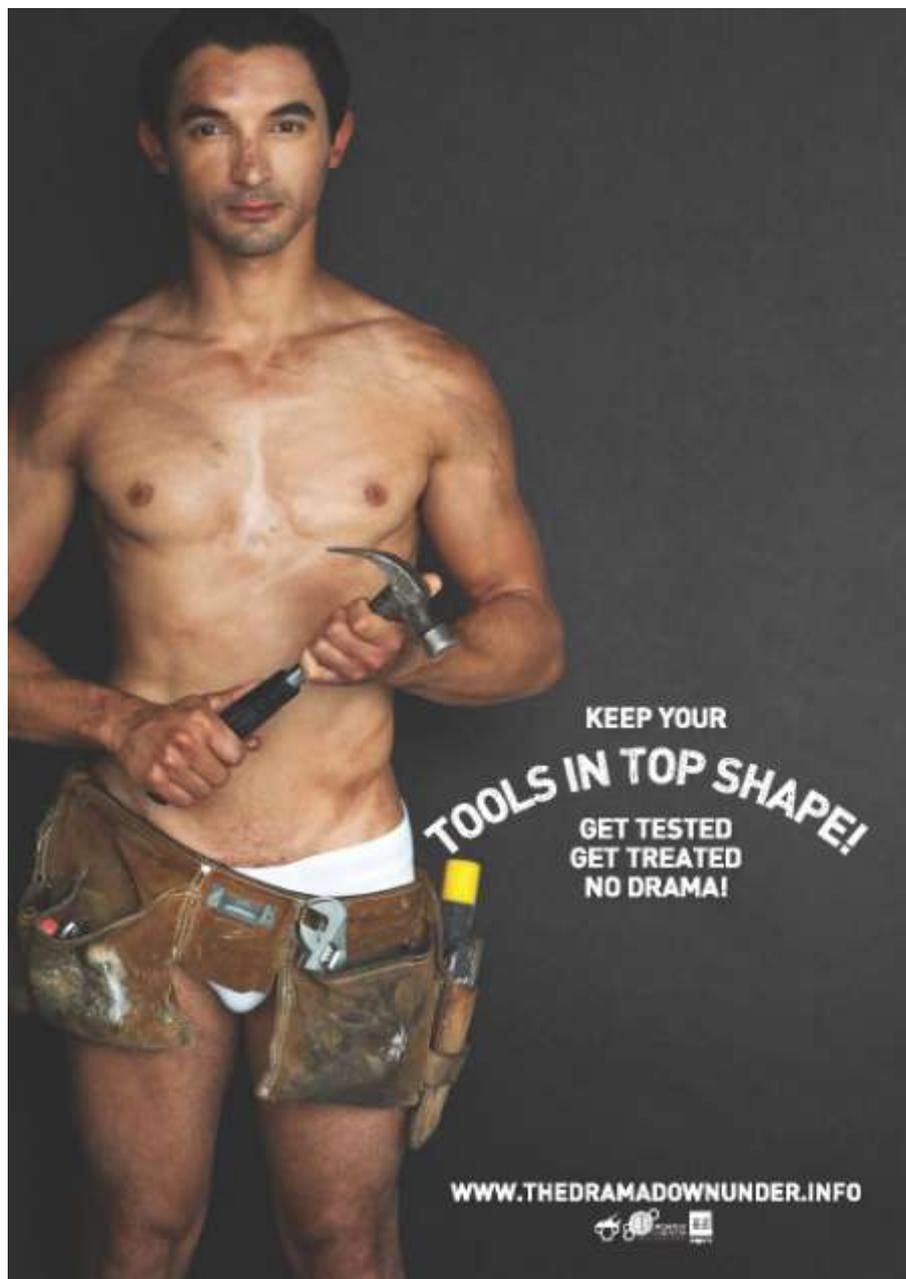
Cairns

Cairns Rainbow Kids

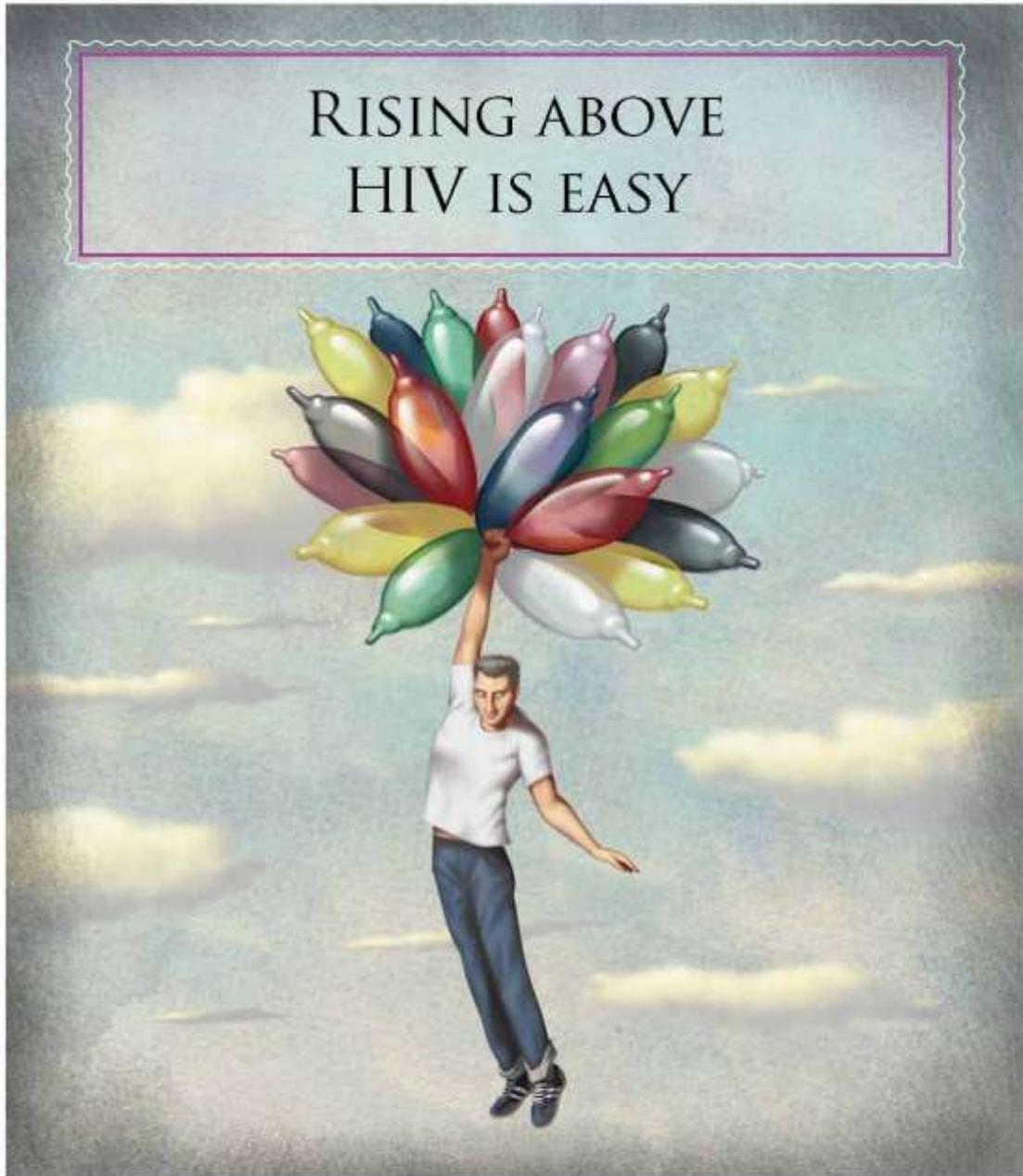
Cairns Rainbow Kids meet in Cairns each week on Friday mornings from 9.30 until 12, at a variety of places so please email or message us to find out where we will be this week.

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



RISING ABOVE HIV IS EASY



It's easy to prevent HIV transmission.
Acting safely and using condoms mean you can simply fear less and live more.
Trust what you know and let your love life take off.

www.FEARLESSLIVEMORE.org.au

Produced by the Australian Federation of AIDS Organisations and the National Association of People Living with HIV/AIDS
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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
2Spirits Indigenous Project	07 3017 1736
Members	07 3017 1779
Volunteers	07 3017 1777
Donations and Bequests	07 3017 1728

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

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

Phone: 07 5458 9300

Qld Association for Healthy Communities Inc – Cairns

Postal Address: PO Box 12112, Cairns Qld 4870

Street Address: 290 Draper Street, Cairns Qld 4870

Phone: 07 4041 5451 Freecall: 1800 884 401

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