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## The PEACE Team

PEACE Multicultural Services has a very diverse team of staff and volunteers who passionately work with individuals, families and communities to build greater connectedness and a sense of belonging which contributes to the overall wellbeing of all people. With eleven nationalities and more than twenty ethnic languages represented, our practice is not only influenced by our knowledge and high professional qualifications but also by our own understanding and lived experiences of navigating Australian systems at all levels. We greatly value the lived experiences of our staff, volunteers and clients. Their story teaches and informs us about possible ways to bring about the empowerment of individuals and communities.

We listen to you with respect, we will never judge you and your privacy is always handled very carefully to give you power over what you want to say and to whom. We seek to understand your views but we can also alert you to important risks that we notice. We are very flexible and can work with you and your circumstances. Our work is inclusive of all family members and others who are significant in your life. We also work with you and other service providers so that you do not have to tell your story over and over again.

For your convenience, Relationships Australia SA (RASA) provides services from multiple sites across the state and under certain circumstances, we can provide home visits.

*Pictured below: Some of our PEACE team members attending the National Women Living with HIV event*



# Who is new at PEACE

## Welcome to Melvin



My name is Melvin and I am really pleased to be welcomed into the PEACE Team as a Community Support Worker.

My parents migrated from El Salvador at the height of a civil war in 1985 and a lack of community or personal support saw them suffer adverse life circumstances. This resulted in my healthy development being compromised for some time.

I started my working life at 15 in an abattoir and then as a butcher which I pursued for several years. This exposed me to a diverse range of people from various ethnic and cultural backgrounds.

I am currently completing a double degree in Journalism and International Relations with a focus on integrating psychosocial methodologies with new technologies and forms of communication as a way to engage and foster further understanding between different communities within Australia.

I have been an active musician for a number of years and work as a bartender on weekends at a live music venue. As a result, I have the privilege of being deeply involved in Adelaide's vibrant arts scene.

I am passionate about self-development, community engagement and human rights and came to this position through my involvement in the Consumer Voice Program which is part of the gambling help service offered through RASA.

Through my life journey and lived experiences, I have a unique perspective as a consumer which I hope to utilise by assisting the team in creating more comprehensive community education programs addressing gambling harm.

A large iceberg floats in a grey, overcast sea. Two penguins are visible on the right side of the iceberg's surface. The title text is written in a purple, cursive font across the top of the image.

# *'Tip of the Iceberg' can help us understand gambling problems*

Gambling has been practiced in many cultures for centuries. It can be a fun and social activity, but many of us also know people whose gambling problems have adversely affected their lives and the lives of their family members. Gambling problems might not have obvious symptoms – this is why we call it the tip of the iceberg. Underneath the iceberg, there are much deeper issues that might not be obvious to others.

Gambling Help Online lists some of the most common signs of gambling problems as the following:

## *Signs for financial difficulties:*

- Money missing from bank accounts, wallet/purse or money jar
- Household items and valuables missing
- Regularly short of money even though they earn a wage
- Borrowing money on a regular basis
- Having many loans at the one time
- Being secretive about financial records or payslips
- Unpaid bills/disconnection notices

## *Signs related to mood and behavioural issues:*

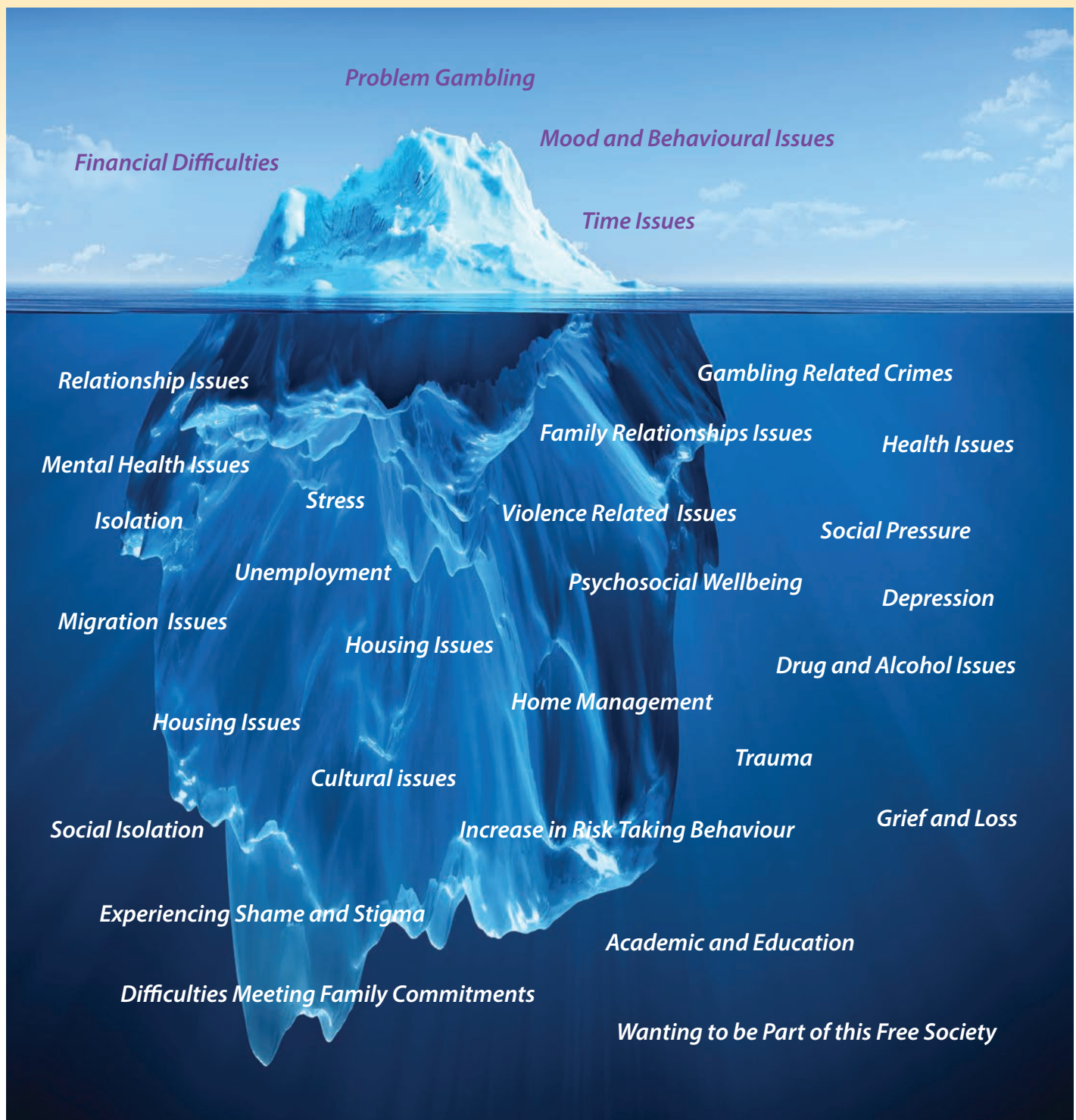
- Becoming withdrawn from others/family events
- Performance at work is being affected
- Seeming worried, agitated or upset for no apparent reason
- Changes in personality - sleeping, eating, or sexual relationship patterns
- Controlling and/or manipulative behaviour
- Using threats, lies or charm to manipulate others.
- Reporting feeling hopeless, depressed, frustrated or suicidal

## *Signs related to time*

- Spending more and more time gambling
- Being secretive about unexplained absences
- Often being late for commitments
- Taking a lot of sick days or days off
- Taking an unusual amount of time for simple tasks (e.g. taking two hours to get the paper from the shops). ►

Source: <http://www.gamblinghelponline.org.au/helping-others/signs-of-a-problem>





It is everyone's responsibility to address gambling issues in our society, and to do this effectively, we need to understand the issue and how we can help.

RASA takes a holistic approach in responding to individuals and families affected by gambling problems. We have a number of services in the Adelaide metropolitan area and in some regional areas. RASA's PEACE Multicultural Services works with people from culturally and linguistically diverse backgrounds to help them understand the help that is available to them. PEACE works to address not only the tip of the iceberg, but all of the underlying issues surrounding gambling.

Contact the team at PEACE Multicultural Services on 8245 8100

Our services are free and confidential.

We are located at 49a Orsmond Street, Hindmarsh and we provide outreach services at other locations.

# Grief and Loss - a cause for a gambling problem

## What comes to your mind when you hear the words 'grief and loss'?

Is it the death of someone close to you like a family, friend or relative? Or could it be a divorce, chronic illness, loss of a job, or losing your homeland by moving to a different country as a refugee or migrant? All of these events can be considered a 'loss', and grief is a natural emotional response to the loss of something or someone important to you. When you experience a loss, you will naturally experience grief; you have no control over this.

Grief occurs in phases which include denial, anger, bargaining, depression and acceptance. Experiencing a loss is painful and everyone goes through these phases in their own way and hopefully gets to the phase of acceptance. It is very common for people to get stuck in one phase and they try to avoid or numb the pain they experience due to a loss. People try to numb the pain through various means including, alcohol or drugs. Some people find solace in poker and other gaming as a way of coping with what they are going through. Gaming venues become a place where they can numb their feelings and detach themselves from the real losses they have in their lives.

Grief must be witnessed, it is a gift to help human beings heal their pain, and the only way to heal pain is to feel it and move through it. Seeking some support and counselling at PEACE will help you address any gambling issues and provide a safe place for you to witness your pain, feel it, and heal those wounds.

The wound is the place where the light enters you - *Rumi*





# World Hepatitis Day

World Hepatitis Day (WHD) falls on the 28th of July each year. It is celebrated around the world to raise awareness about viral hepatitis; promote change in reducing transmissions; and improve access to testing, treatment and care.

In May of 2016, the World Health Assembly implemented the first ever Global Strategy for Viral Hepatitis. The Global Strategy encourages all countries to work together towards the goal of eliminating viral hepatitis by the year 2030. It is very important that awareness about viral hepatitis, transmission and treatment is promoted within our communities, because when we are better informed we can take better action to help ourselves stay healthy and live longer.

This year, PEACE Multicultural Services will focus its activities on raising awareness about hepatitis B. There are approximately 2 billion people around the world living with hepatitis B, with about 600,000 dying each year from it. In Australia, approximately 225,000 people are living with chronic hepatitis B, meaning that they have had the virus for more than 6 months. Australian statistics on hepatitis B continues to reveal that people from high prevalence countries such as those located in the Asia-pacific region, some parts of the Middle East and Africa continue to be affected by chronic hepatitis B. Experts believe that almost half of the people living with hepatitis B in Australia are undiagnosed and/or unaware of their hepatitis B status.

PEACE will be organizing a series of events to commemorate World Hepatitis Day 2017. For more information on these events, or if you are interested in running an awareness event for your group or community, please do not hesitate to contact Sumbo on 8245 8100 or at [s.ndi@rasa.org.au](mailto:s.ndi@rasa.org.au)

# National Women Living with HIV event

PEACE Multicultural services in collaboration with Femfatales (NAPWHA) and SAMESH held an afternoon tea to celebrate and highlight the importance of National Women Living with HIV Day on 9th of March 2017. This was the second National Day of Women Living with HIV. This awareness-raising day was created by Femfatales, a network of women living with HIV of the National Association of People with HIV Australia (NAPWHA) to come one day after International Women's Day. This event aims to create a greater awareness of the needs of women living with HIV in Australia. The theme for 2017 was Celebrate, Advocate, Inspire, Empower.

Participants who attended the event created positive messages for women living with HIV.



# *Together we can make a positive change*



The slogan that community members chose to address HIV and eliminate stigma and discrimination associated with it.

PEACE launched a campaign with the slogan 'Together we can make a positive change'. This recognises the need for a community wide approach to address issues of stigma and discrimination associated with HIV. People living with HIV (PLHIV) are often subject to stigma and discrimination as a result of their status. They often face prejudice, negative attitudes and abuse such as being ostracised by family members, peers and the wider community. This fear associated with HIV continues to feed into the multitude of myths that exist for the virus, resulting in further stigma and discrimination. Many still believe that HIV is a life-threatening condition associated with death; that the contraction of HIV is a result of moral fault; and that the virus is contagious and can be contracted through any type of contact or interaction with an infected person. Stigma and discrimination can affect an individual's capacity to get tested, to disclose their HIV status, and take their medication or access further healthcare. To create a positive change, PEACE works with communities in a number of ways which include:

## 1. Celebrating World AIDS Day

World AIDS Day is held on the 1st of December each year and is celebrated globally to raise awareness about issues surrounding HIV/AIDS. It is also a day to show their support for people affected by HIV and to commemorate the people who have died as a result of HIV/AIDS.

The global theme for World AIDS Day 2016 was 'Access Equity Rights Now'. The aim was to encourage everyone to be aware of the prevalence of HIV/AIDS; to call to action diverse communities to unite and overcome injustices caused by violence and the exclusion of people on the basis of their HIV status, sexual orientation, gender, race, age and socioeconomic status. It also calls for action to work together to create opportunities for people to access relevant information; and to improve access to treatment, prevention, care and support services.

PEACE Multicultural Services, a service of Relationships Australia (SA) hosted a Red Ribbon Brunch on Friday the 25th of November to commemorate World AIDS Day 2016. 'Get Tested, Get Treated, Live Longer' was the theme for this event. The importance of this theme was that it encouraged testing and highlighted the responsibility we all have in ending HIV transmission. It encouraged everyone to be aware of their own HIV status by getting tested; unite to challenge HIV stigma and discrimination; and to develop strategies that will help improve access to information, treatment, prevention, care and support. Well-informed and strengthened communities can make a difference in the fight to end HIV transmission whilst creating a safe space for people living with the virus.

If you have a creative idea for this year World AIDS Day and/or if you want to participate in the organising of this year's event, please contact PEACE Multicultural Services on 8245 8100

## 2. Working with Faith Leaders

On the 24th of February, eight faith and spiritual leaders from different African communities and religious groups met at Relationships Australia SA in Hindmarsh to discuss the role they play in raising awareness and addressing stigma and discrimination associated with HIV. There was vibrant conversation around the table about the challenges faith and spiritual leaders face with responsibilities of keeping their congregations safe. The faith leaders agreed on a set of recommendations, including education for community groups on culture, sexuality, spirituality, health and wellbeing, as well as sessions for youth groups and international students on stigma and discrimination.

It was noted that faith and spiritual leaders working in tandem with Relationships Australia SA could help break some of the barriers faced when discussing taboo topics that are difficult to discuss in our communities. In order to achieve this, the faith and spiritual leaders who were present at the consultation agreed to attend a full-day seminar/training about blood borne viruses in May, 2017.

PEACE is always available to support all faith leaders in fulfilling their responsibilities of eliminating stigma and discrimination associated with HIV regardless of their religion. ►

### 3. Creating Opportunities for Peer Support

People living with HIV are faced with many challenges and having peers who understand the struggle is very important in becoming empowered to live positively. The additional cultural issues associated with an HIV diagnosis makes it even more challenging for people from CALD backgrounds who are living with HIV. PEACE established the Women's HIV program to provide group work and peer support to CALD women living with HIV and in collaboration, initiated the development of a CALD focused peer support model which involved CALD people living with HIV in the development process.

For the first time in South Australia, PEACE is seeking expressions of interest from individuals who have been touched by someone living with HIV and would like to be part of an advocacy group. Please refer to the information on page 9

### 4. Working to Eliminate Homophobia

PEACE Multicultural Services offers inclusive services that go beyond different ethnicities; PEACE also passionately dedicates itself to supporting same sex attracted men (SSA men) as well as other gender and sexually diverse community groups. These services include the provision of counselling and support services to the individuals as well as creating initiatives in support of SSA specific groups. This invisible population experience challenges and deal with struggles that are multifaceted and unique.

Stigma and discrimination still exist due to stereotypes and preconceived opinions toward SSA men. Living in both their own cultural communities and in Australian society, many SSA men linger between two different identities whilst being discreet, and fear being judged and mistreated. This ongoing pressure adds an extra layer of impact on their mental health and personal wellbeing. Without enough confidence to navigate through Australian society, along with a strong sense of shame perceived from their own culture, they are a vulnerable group at high risk in many ways. This is especially the case when they are not aware of available support and how to access it. Without support, many SSA men may unconsciously embark on a journey of exploring and adventures with other peers without good knowledge of self-protection and safe sex.

In order to address stigma and discrimination, PEACE offers a range of peer support services for SSA men which provide a safe, welcoming and non-judgemental space where they may have a sense of connection and have their voice heard.

Furthermore, PEACE addresses the issue of homophobia at a community level offering training and opportunities for people to hear about different perspectives and challenge their own attitudes and beliefs related to SSA people with the aim of building a more accepting environment across all communities in South Australia.

If you are interested in creating an opportunity for your community group to learn more about homophobia, please contact PEACE Multicultural Services at Relationships Australia SA on 8245 8100

### 5. Creating Community Champions

People from culturally and linguistically diverse (CALD) communities are often more vulnerable to HIV due to myths and misconceptions around modes of transmission and illness, gender inequity, cultural sensitivities around talking about sex, stigma, homophobia, racism, and cultural and linguistic barriers to accessing services (including HIV testing).

People living with HIV from CALD backgrounds may also experience a number of challenges that affect their quality of life, such as late and unexpected diagnosis, immigration issues, stigma, and difficulty accessing treatment while on temporary visas.

It is therefore highly important that CALD communities become actively involved in contributing to the overall health and wellbeing of their communities by taking a stand and unifying in an effort to address the aforementioned challenges. This was the inspiration for the Community Champions Project. The Community Champions Project strives to create an opportunity for community members to contribute towards the advancement of the overall health and wellbeing of their communities. They believe that together, they can create a positive change and are motivated in doing so.

If you believe that you can make a difference and are interested in becoming a Community Champion please contact PEACE on 8245 8100





Do you know someone who is living with HIV?

Do you want to be part of a supportive group that helps educate and eliminate stigma associated with HIV?

HIV still affects all of us. Friends and family members of people living with HIV do not have many opportunities to share their stories and experiences with each other. More importantly, the role that they can play in creating a positive change for those living with HIV has not been fully recognised.

PEACE Multicultural Services runs an Advocacy Group for friends and family members of people living with HIV. In this group you can:

- Have access to information and support services
- Connect with others in a safe and comfortable environment
- Learn how you can help challenge stigma and discrimination related to HIV
- Contribute to the education of community members around HIV

If you are interested in joining this Advocacy Group, please contact Namam Salih by calling (08) 8245 8100 or via email [n.salih@rasa.org.au](mailto:n.salih@rasa.org.au)

**Together We Can Create Positive Change**



Government of South Australia  
SA Health

*Relationships Australia.*  
SOUTH AUSTRALIA

PEACE Multicultural Services is provided by Relationships Australia South Australia Ltd. SA Health has contributed funds towards this program

# *A reflection from one of our volunteers*

Hello, my name is Sata Fahnbulleh and I am the current Vice President of the Liberian Community of South Australia (LICOSA). I am also a final year Social Work student at the University of South Australia (UniSA). I strongly believe that volunteering as a whole increases knowledge and skills. It strengthens career pathways, gives a sense of purpose and opportunities to analyse and challenge some of the social and cultural challenges that are thrown at us. It also helps to build strong networks with great people like the PEACE staff members.

Volunteering with PEACE has given me a tremendous privilege to learn about some of the programs that are available to culturally and linguistically diverse communities in South Australia. PEACE has also empowered and inspired me by giving me opportunities to listen to the lived experiences of their resilient clients through sharing their stories around culture, sexual health and wellbeing. I am grateful to PEACE for the enormous level of knowledge and skills I have gained over the past few years through their training, workshops and community education sessions. I have been able to engage in group discussions surrounding diverse social and cultural taboo topics such as problem gambling, stigma and discrimination surrounding HIV, and the positive impacts around promoting awareness and education within one's own community.

Ultimately, through my contributions and dedication with PEACE, I have been certified as a PEACE Community Ambassador, an upcoming Community Champion and a qualified and aspiring interpreter of African background in the blood borne virus sector. I am looking forward to utilising the knowledge and skills that I have gained through my education and volunteering experience at PEACE to empower my community, my clients and possibly other developing countries like the one I am from. Thanks!

## *Working with the Cambodian Community*



The PEACE Cambodian Community program is a strategy to ensure that Cambodian communities have access to information and support services related to issues in the community with special reference to issues raised because of or related to gambling problems.

Mr. Wathnak Vy, Cambodian Community Liaison Worker has been actively working with the PEACE Gambling Help Team to promote services and raise awareness across Cambodian communities in South Australia. Our very first Cambodian language PEACE Multicultural Services poster has been published and has been provided to all local grocery stores, temples and other community services.

PEACE Multicultural Services is still looking for those who want to become a Cambodian Community Champion. The Cambodian Community Champions are individuals who are well connected within their own communities or have been endorsed by their community leaders or are leaders themselves who are interested in learning about the issue of gambling, how to recognise the problem and its impact on the community. We will also provide the course, Certificate IV in Community Services, FREE to all Cambodian community members.

For more information, please contact  
Mr. Wathnak Vy, Cambodian Community Liaison Worker  
Tel: 0416 402 357 | E: [w.vy@rasa.org.au](mailto:w.vy@rasa.org.au)

# សុខភាព និងសុខុមាលភាព

## សេវាកម្មដោយឥតគិតថ្លៃសម្រាប់សហគមន៍ខ្មែរ

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(ក្នុងអគារនៃរោងភាពយន្តSalisbury)



# Developing strong connections

## with South Asian communities in South Australia

Our passion to work with leaders and empower communities to take control of the issues affecting their lives is what drives us every day. This year, we have focused on building strong connections with the South Asian communities by consulting with them in order to effectively respond to their needs. As a result of these consultations, we realised that there was a need to develop programs that address family conflicts and other relevant issues such as gambling, mental health, unemployment and financial difficulties.

There have been successful engagement programs with the Indian, Pakistani, Nepalese and Afghani communities.

### We held a seminar addressing gambling problems:

We held a seminar with the different stakeholders involved within the Taxi Industry of South Australia including the Taxi Council of SA, Fleet Companies, operators and the drivers themselves. Over 100 taxi drivers attended a Sunday afternoon seminar to learn more about gambling issues and alternatives to attending gambling venues. A quiz at the end of the seminar was conducted and all entries with 100% correct answers went into a draw for one of three, 3-month gym memberships donated by Jetts.

### We held a seminar addressing hepatitis B in the Riverland area

Over 60 people attended a seminar to learn about PEACE services and hepatitis B at the Sikh Temple in Berri. Community members made further contact with us to continue working with them to address other issues.

### We attended Community festivals

We attended the Nepalese Mela at Hindmarsh Square where we further developed our connections within the community and promoted our services through their media and individual leaders. Further invitation has been made to organise specific seminars in the future. Congratulations to such an active and committed community to make Australia their new home.

At the Indian Mela event on the 25th of March 2017, PEACE organised information stalls to showcase to the festival attendees the variety of support services that we and other service providers have available.

The festivals attracted more than 5000 people.

### We organised a leadership debate

We met with 16 professionals and leaders of the Afghani community to learn about and discuss mental health issues and their causes and impact on the community. Issues of problem gambling, drug and alcohol issues and domestic violence were among the many issues discussed. All participants agreed that we need to help the community build their resources and work together (not divided) to meaningfully respond to the issues identified and to widespread islamophobia.

### The Future

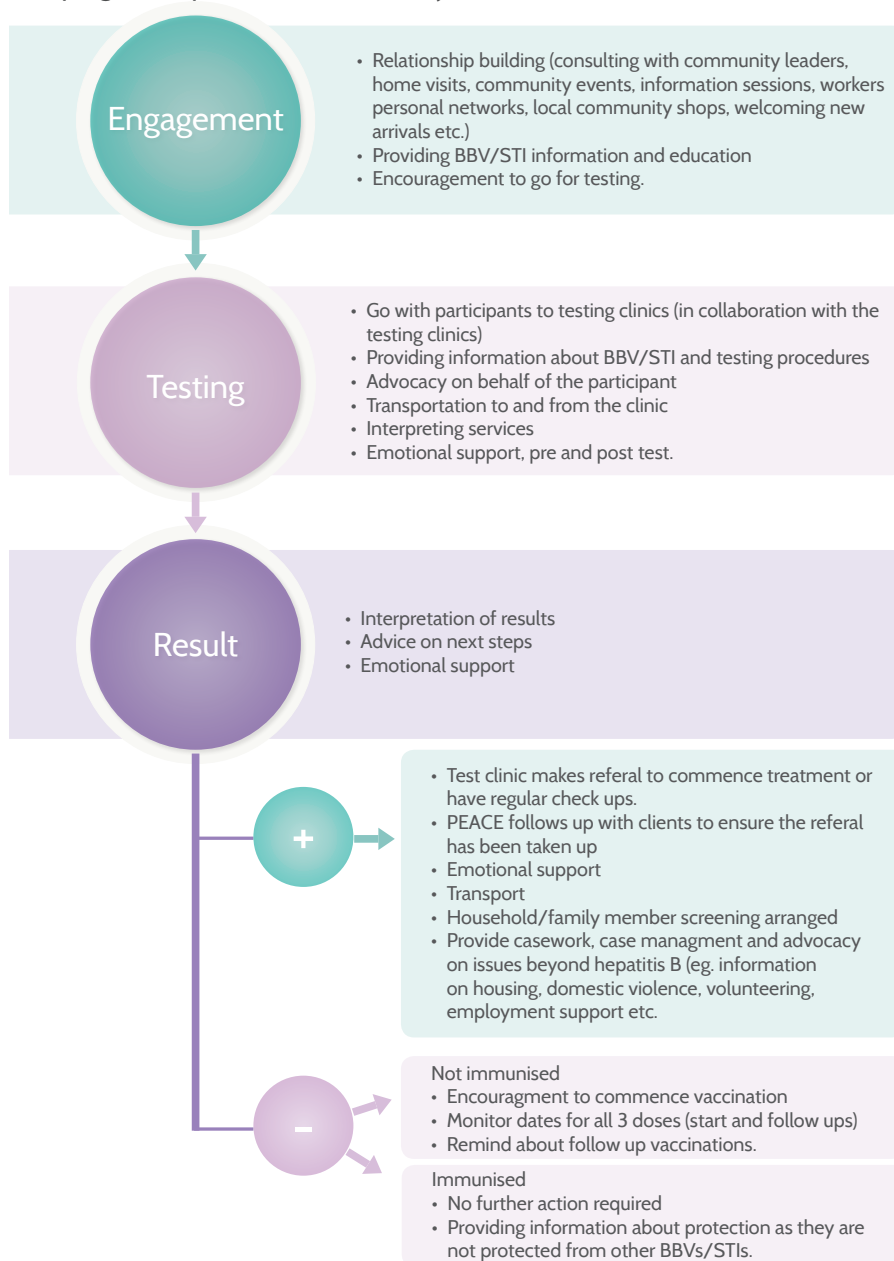
PEACE has been able to extend its scope to regional areas such as the Riverland and Pt Augusta where seminars were organised and held.

We have also developed an ongoing program with colleges that have South Asian student populations. This program is to provide awareness and information about gambling harm and help seeking.



# Know Your Hepatitis B Model

The 'Know Your Hepatitis B' Campaign is an initiative of PEACE Multicultural Services of Relationships South Australia. It aims to promote awareness, testing and treatment for viral hepatitis B among cultural and linguistically diverse communities living in SA. Please see below, the model PEACE have created to make the campaign comprehensible for everyone.



*The campaign is continuing and if you would like to participate, make a referral for participation or have more information, please contact PEACE on 8245 8100 or email: [mmanariyo@rasa.org.au](mailto:mmanariyo@rasa.org.au).*

## Coming Soon!

PEACE will release a flow chart to help people understand the positive outcomes when choosing to do the blood test for hepatitis B versus the negative outcomes of when the person chooses to not do the hepatitis B test.

# Exciting News

## New treatment for hepatitis C

Australia leads the world in treatment strategy for hepatitis C. In March 2016, new highly effective direct acting antiviral medicines became publically funded and were made available on the Pharmaceutical Benefits Scheme (PBS). All Australians living with chronic hepatitis C now have access to this medication which is far more effective and easier to take, and most importantly has significantly lower risk of side-effects than previous treatment options.

This new treatment (which can only be provided to people who are over the age of 18 and are not pregnant or breast-feeding), offers a cure to 90-95% of people living with hepatitis C. It is taken orally, and typically requires only 8-12 weeks of treatment to be effective. The success of this treatment depends on a number of factors (including but not limited to existing liver damage, whether the patient has previously undergone treatment for hepatitis C, and the specific genotype of hepatitis C).

If you and/or anyone you know is living with hepatitis C and require further information please contact either Hepatitis SA or PEACE Multicultural Services as per contact details at the back of this newsletter.

If you are interested in organising a community education event for your community /group please contact Dr Sumbo Ndi at PEACE Multicultural Services on 8245 8100.

## Check out our new resource!

We have recently launched a new resource that will help remind people in our communities to get tested, get treated and live longer, it also contains some helpful numbers for you to contact for support.

This resource folds down to a business card size, so can easily fit into your wallet or tuck away into your bag. Please contact PEACE Multicultural Services on 8245 8100 to order this resource for your clients/customers.

**TOGETHER WE CAN MAKE A POSITIVE CHANGE**

**GET TESTED**

**Testing is the key to a healthy journey.**  
It is important for everyone to get tested because:  
1. In Australia HIV transmissions often occur through people who don't know their HIV status  
2. Knowing your HIV status gives you peace of mind and the opportunity to start treatment early if needed.  
3. Testing is easy, free, fast, confidential and important  
Just drop in at Clinic275 on North Terrace, make an appointment with any SHine SA clinics or present to your local GP clinic.  
Call PEACE Multicultural Services on 8245 8100 for further information and support.

**GET TREATED**

**Treatment is the starting point of managing the virus.**  
In Australia, all people have access to quality treatment that helps control the virus. Specialist doctors encourage all people diagnosed with HIV to be on treatment as soon as possible because:  
1. Taking medication as per your doctor's instruction and at the right time will help you manage the virus  
2. Treatment will make your immune system stronger to fight the virus  
3. HIV treatment is easily accessible and affordable  
Call PEACE Multicultural Services on 8245 8100 for further information and support.

**PEACE WILL BE THERE TO SUPPORT YOU**

**LIVE LONGER**

**Enjoy your life. HIV is just a virus, not who you are.**  
HIV should never be a barrier to living the life you desire. With the right treatment the virus can be controlled. HIV is only a virus, it can be controlled with medication. There are many ways in which you can improve your overall wellbeing:  
1. Eat a healthy and balanced diet  
2. Be active, do regular exercise and avoid smoking  
3. Attend regular health check ups  
4. Get to know the available services that can help you lead a healthy life  
Call PEACE Multicultural Services on 8245 8100 for further information and support.

**PEP**

**Don't wait, take action now!**  
PEP stands for Post Exposure Prophylaxis. It is a medication that may prevent infection if it is taken immediately after an incident where there is a risk of a possible exposure to HIV. The following information is very important for PEP to be most effective:  
1. The medication must be taken as early as possible, within the first 72 hours of possible exposure to HIV  
2. The medication must be taken for 28 days as directed by health care professionals  
3. PEP medication can be accessed through emergency departments in all major hospitals  
4. Call the PEP line on 1800 022 226 - Interpreters are always available

**PEACE Multicultural Services**  
PEACE Multicultural Services is provided by Relationships Australia South Australia Ltd. SA Health has contributed funds towards this program.  
Relationships Australia SOUTH AUSTRALIA  
www.raa.org.au  
www.indabahiv.com.au  
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# *Moving towards zero new transmissions in South Australia*

On February 27th, 2017 a media release was issued by the South Australian Health and Medical Research Institute (SAHMRI) informing us of a new HIV prevention study.

People who are at a high risk of acquiring HIV and live in South Australia will have the opportunity to benefit from the latest HIV prevention medication referred to as pre-exposure prophylaxis (PrEP). This PrEP trial is a new collaborative initiative between SAHMRI, Victoria's Alfred Health, SA Health and some local clinics. This trial in South Australia is called PrEPX-SA and will be available mainly through Clinic 275, GP on Hyde and O'Brien St General Practice with a possibility of establishing a number of key regional centres to improve access for at-risk individuals.

Professor Steven Wesselingh the Executive Director at SAHMRI said "PrEP is an antiretroviral medication taken daily by people at the highest risk of HIV to prevent them from acquiring HIV. PrEP has been shown internationally and nationally to reduce the number of new cases and we hope the same success will occur here in South Australia."

PEACE Multicultural Services plays a crucial role in promoting this trial amongst culturally and linguistically diverse populations and in supporting individuals to access this important medication.

If you require any further information about this medication and how you can access it please contact PEACE Multicultural Services on 8245 8100.

To find out more about PrEPX-SA and to register your interest in the study, join the PrEPX-SA Study Information Register at [www.alfredhealth.org.au/prepxsa](http://www.alfredhealth.org.au/prepxsa)



**PEACE provides information, training and support services to individuals, families and communities.**

**General Enquiries:** (08) 8245 8100

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**Women's Health Program:**

Namam Salih - N.Salih@rasa.org.au

**Support Service Programs and Projects related to hepatitis B & C, HIV, sexually transmitted infections, and gambling related problems**

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**Community Support Volunteers**

Many volunteer support workers covering more than thirty different languages and cultural groups are also available.

**HIV Support Services**

**SAMESH (South Australia Mobilisation + Empowerment for Sexual Health)**

57 Hyde Street, Adelaide SA 5000

**Phone:** (08) 7099 5300

**Help Available:** Counselling, peer support and health promotion.

**MOSAIC Services**

49a Ormond St, Hindmarsh SA 5007

**Phone:** (08) 8245 8100

**Help available:** Health promotion services, short term support, education, Counseling and case management.

**Cheltenham Place - Individualised Support Program for people with HIV (ISP)**

**Phone:** (08) 8272 8799

**Help available:** Short-term residential care and respite care as well as home-based services for people with HIV and their carers.

**Viral Hepatitis Support Services**

**Hepatitis SA**

3 Hackney Road, Hackney SA 5069

**Phone:** (08) 8362 8443

**Infoline:** 1800 437 222

**Help available:** Information, education and support services for South Australians affected by hepatitis B and hepatitis C.

**MOSAIC Services**

49a Ormond St, Hindmarsh SA 5007

**Phone:** (08) 8245 8100

**Help available:** Health promotion services, short term support, education, Counselling and case management

**Gambling Help is available at these Relationships Australia SA offices:**

**Hindmarsh**

49a Ormond Street, Hindmarsh SA 5007

**Phone:** (08) 8245 8100

**Help available:** Specialised gambling help service to the multicultural community including one on one assistance

**Adelaide**

161 Frome Street, Adelaide SA 5000

**Phone:** (08) 8223 4566

**Help available:** Gambling and financial counselling

**Marion**

Office Suite 500a, Westfield Shopping Centre,

297 Diagonal Road, Oaklands Park 5046

**Phone:** (08) 8377 5400

**Help available:** Gambling and financial counselling

**North**

Salisbury, Elizabeth, Ridgehaven

**Tel:** (08) 8250 6600

**Help available:** Gambling and financial counselling

**Berri**

9 Kay Street, Berri SA 5343

**Phone:** (08) 8582 4122

**Help available:** Gambling and financial counselling

**Other Gambling Help Services**

**Statewide Gambling Therapy Service (Flinders)**

Southern Metro & Rural Areas

Flinders Medical Centre - Bedford Park SA 5042

**Phone:** (08) 8204 4779

20b John Street, Salisbury SA 5108

**Phone:** (08) 8182 4911 or (08) 8182 4090

Suite 9, 60 Marryatt Street, Port Adelaide SA 5015

**Phone:** (08) 8240 0522 or 8240 0833

**Offenders Aid and Rehabilitation Service (OARS) SA**

231 Morphett Street, Adelaide SA 5000

87 Dyson Road, Christies Beach SA 5165

**Phone:** (08) 0700 8218

**Pokies Anonymous**

Bowden Brompton Community Centre

19 Green St, Brompton SA 5007

**Phone:** (08) 8340 4262

**Help available:** Group meetings

**Cambodian Community Gambling Help Services- Anglicare SA**

9 Mary Street, Salisbury SA 5108

**Phone:** (08) 8256 2170

**Help available:** Gambling and financial counselling

**Vietnamese Services**

**Vietnamese Community in Australia (SA)**

62 Athol Street, Athol Park SA 5010

**Phone:** (08) 8447 8821

**Languages spoken:** Vietnamese, English

**Help available:** Specialised gambling help service to the Vietnamese community including one on one assistance

**Chinese Services**

**Overseas Chinese Association**

110 Crittenden Road, Findon SA 5023

**Phone:** (08) 8445 1677

**Languages spoken:** Cantonese, Mandarin, English

**Help available:** Specialised gambling help service to the Chinese community including one on one assistance