

a quick word from the harp team Jan 2018

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QUOTE OF THE MONTH



Compassion is not a relationship between the healer and the wounded. It's a relationship between equals. Only when we know our own darkness well can we be present with the darkness of others. Compassion becomes real when we recognize our shared humanity.

Pema Chodron

USEFUL FACT OR STATISTIC

Do you understand what consent is?



It might seem straightforward, but did you know that two-thirds of Canadians don't fully understand how to give or get consent?

CLICK HERE to see a funny take on what consent IS NOT!

INTERESTING WEBSITE

www.frank.org.au



TALK. TEST. ENJOY.

At Frank we want to make good sexual health normal and part of enjoyable sex. Let's be, well ... frank – sex feels good, and comes in many varieties.

By yourself, with a partner, or with many people, anal, oral, manual, mutual masturbation, or penetrative vaginal sex – it's all normal.

For so long, safe sex has been put up as a block towards enjoying sex when it shouldn't be that way.

The last thing you want when you're enjoying yourself is a nagging voice, stressing you out, asking "are we using protection?"

Could I be getting ...?" It's time we accept sexual health is part of enjoyable sex, the same way mental and physical health are part of an enjoyable life.

CLICK HERE to visit Frank

Support for Those Coming Out



Telling people about your sexuality is called coming out.

You don't have to tell anyone you're lesbian, gay, bisexual or trans if you don't want to. It's up to you who you tell, but you might feel happier if you can be honest about who you really are.

A good idea is to start by telling someone you really trust, and who you know will be supportive. It might also be helpful to get an idea about people's attitudes towards sexuality before you talk to them.

Lots of people that you tell will be really positive and will be proud of you for telling them, they might even be flattered that you trust them enough to tell them.

Sadly, not everyone will be so positive and supportive. You should be prepared for some negative reactions and understand that this may be a difficult thing for some people to understand or come to terms with.

Once you have come out to one person the process does not end there, throughout your life you will find yourself in situations and around people where you feel the need or desire to disclose your sexual orientation.

Ultimately there is no right or wrong way to come out, do it the way you want to and the way you feel comfortable.

CLICK HERE to visit coming out

KEY EVENT

YES! It's Official



It was a resounding affirmation of a simple proposition. Yes, the love between two same-sex people should be equal in the eyes of the law.

For Australia, it was a momentous civil rights milestone. Proof that a country, with a history of obstinacy towards change, has on this occasion embraced it wholeheartedly.

For many older members of the gay community, the YES result marks the culmination of a decades-long strong struggle for equality and dignity.

The team at the National LGBTI Health Alliance suggest "we take this opportunity to celebrate and affirm difference and diversity as one of the great strengths of Australia when we are at our best. We all benefit when difference is supported and welcomed.

The things that unite us right now are the love that we have for our families, our families of choice, our communities, our parents, our children, our friends, our lovers. We are united by our desire to live peacefully and safely in this world and to be able to freely decide on what happiness means for each of us.

There are a range of supports available for you, your families, friends, or organisations.

CLICK HERE to visit QLife – one of Australia's first nationally-oriented counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex (LGBTI). QLife provides nation-wide, early intervention, peer supported telephone and web based services to people of all ages across the full breadth of people's bodies, genders, relationships, sexualities, and lived experiences.

WHO ARE THEY AND WHAT DO THEY DO?

Celebrate Our Culturally & Linguistically Diverse (CALD) Communities



Did you know that 16.8% of the culturally & linguistically diverse communities in the Illawarra and the Shoalhaven were born overseas, and are from non-English backgrounds?

However, this is a combined Illawarra and Shoalhaven figure, people from culturally and linguistically diverse (CALD) communities make up 19.8% of the population for Illawarra, and 13.8% for the Shoalhaven.

The largest CALD communities in the district by ancestry are the Italian, Macedonian, German, Chinese, Greek and Spanish while the top five CALD community languages in our area are Macedonian, Chinese (Cantonese and Mandarin), Italian, Arabic and Spanish.

Most of the refugees settling in the Illawarra Shoalhaven in 2016 have come from Syria, Iraq and Myanmar (Burma). Typically, people from refugee backgrounds arrive into the district in large families and many people will have complex and chronic health issues ranging from physical disabilities, mental health (torture and war trauma), renal disease, heart disease and diabetes.

Refugees work hard to integrate and contribute positively to society, whether it be by undertaking ongoing studies, setting up small business with skills that they bring or starting micro farms in urban areas using organic farming techniques.

In particular refugees that have been forced to flee their homes to escape war, genocide, torture and persecution are now free to thrive having survived their experiences and the often arduous journey of refugee camps and refugee claims processing by government agencies.

CLICK HERE to see inspirational stories from the refugee community

If you require more information please contact Robert.Bosevski@health.nsw.gov.au or call: 4221 6773

OUT AND ABOUT

Never Too Old...



Seniors are seeing increasing risk and rates of sexually transmitted infections!

Using humor, this family doctor brings awareness to a major public health concern...that not everyone wants to talk about!

CLICK HERE to check out a four minute rap to the tune of Ice Ice Baby by Dr Shannon Dowler

RESOURCES

What is PrEP?

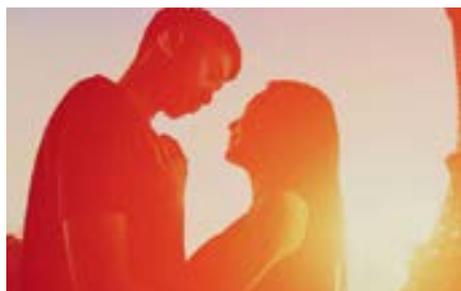


Available in eight priority languages including English, this online resource provides easy to understand information about Pre Exposure Prophylaxis (PrEP) - what it is, who it's for, how it works, side effects and how to get it.

CLICK HERE and you will find all the information you need listed among HIV/AIDS Factsheets under Treatment and Prevention.

THE LAST WORD FROM THE CLINIC

Feeling a Little Hot Under the Collar?



Does summer make you hot under the collar or "hot to trot"?

There's a scientific reason for this. Sunshine makes us happy and a happy person has happy genitalia!

Sunlight also increases serotonin, a chemical in the brain that affects our ability to experience pleasure.

More sun equals more fun. Stay safe this summer, put a hat on both heads!

DIARY DATES: January

01 Jan - 31 Dec	Year of Lifelong Learning
01 - 31 January	Veganuary
01 January	New Year's Day
26 January	Survival Day / Invasion Day
26 January	Australia Day
26 January	Big Red BBQ Day (Kidney Health awareness)
27 January	International Day of Commemoration in Memory of the Victims of the Holocaust

Training Coming Up in Early 2018

'On the Couch' - Sex and the NDIS

22 February: Wollongong Nan Tien Institute, 231 Nolan Street (Unanderra)

'On the Couch' aims to get up close and personal with a panel of speakers hosted by a facilitator around the subject area of Sex and the NDIS. Our intention is for this to be a safe space, but nonetheless, one where the audience can ask questions and engage freely. 'On the Couch' is designed for people working in the voluntary, youth and community sector who have a passionate interest in the area. **7@-7? ``< 9F 9'hc RegisterYf**

The Talk: Wollongong

01 March - Wollongong Nan Tien Institute, 231 Nolan Street (Unanderra)

The Talk provides participants with current information on sexual health including: HIV, STIs and GLBTQI. The Talk presentations are ideal for people working in the voluntary, youth and community sectors who engage with sexual health issues, or who have a general interest in the area. **CLICK HERE to Register**

Service Directory

Service	Address	Opening Hours	Contact
First Step Program	Port Kembla Hospital Fairfax Rd Warrawong	Monday - Friday 8.30AM - 5.00PM	PH: 4275 1529 PH: 0411 408 726
Illawarra/Shoalhaven Sexual Health Service	Port Kembla Hospital Fairfax Rd Warrawong	Free and confidential appointments available at Wollongong, Warrawong and Nowra	PH: 4223 8457 CLICK HERE for more info
ACON Regional Outreach Services		Monday - Friday 9.00AM-5.00PM	jcasey@acon.org.au regionaloutreach@acon.org.au PH: 9206 2113 CLICK HERE for more info
Liver Clinic	Level 3 Wollongong Hospital, Crown street	Monday & Friday 7.00AM-4.30PM	PH: 4222 5181
HIV Outreach Team		Monday - Friday 9.00AM - 4.00PM	PH: 9382 8660 PH: 0400 777 309 CLICK HERE for more info
Illawarra/Shoalhaven Local Health District			CLICK HERE for more info

If you would like to receive Quickword direct to your Inbox, please email:
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January 2018 edition of Quickword collated by Jennifer Farinella and compiled by Scott Lockhart.

the harp team