

positively POSITIVE

The official publication of **Body Positive Inc.** A peer support organisation for people living with HIV/AIDS



POSITIVELY POSITIVE

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Over 40 people got a prick and a chop at the beginning of October and loved it! The prick was a small finger prick as part of a rapid HIV test and then the Chop was a fantastic free haircut at Playle Salon near Auckland's K-Rd. The Body Positive sponsored event was not for members (we already know we are positive!) but it was a great chance for us to get out in the community and raise awareness.

The innovative concept was the brainchild of David Playle owner of Playle Hairdressing. "I wanted to make people aware that HIV is real and testing is easy, so in conjunction with Body Positive I came up with the idea of offering a free haircut after having a rapid HIV test".

The publicity generated by the unique

concept meant lots of people booked beforehand. Steven Gray promoted the event on TV1's Good Morning, and Miss Ribena whipped up the crowd at Family during the preceding week. Lots of celebrities turned up on the day. In the morning the talented Antonia Prebble (Loretta in *Outrageous Fortune*) and actress Hannah Marshall (ex *Shortland St*, before the *Ferndale* strangler got her!) arrived at the salon and were greeted by hostesses Visa Gold and Mimi Boyz, shimmering in blue sequins. Ramon and spunky DJ Karn Hall spun some great beats on the Red Bull decks while the Swing Station dancers shimmied around the floor. It had great atmosphere!

Meanwhile the Body Positive crew tested over 40 people during the course of the day at the nearby K-Rd Clinic (opp the K-Rd Post Office). No HIV+

results were recorded, but counselling was available on site just in case. Body Positive testing officer Craig Webster said "Most people we saw were young men under 25, and many told me they had unprotected sex sometime in the previous year and that's why they were keen to test".

Back at the salon, as he styled the last cut David Playle declared the day a success, "I'm really pleased that The Chop encouraged some people to have their first ever HIV test".

Body Positive's Bruce Kilmister said "I'd like to remind Body Positive members to tell any of their friends that want to have a free HIV Rapid test with us, that they can call 0800 HIV LINE. It's so easy these days"



*** New Announcement | South Island Representative | Damien Moore ***

Body Positive Trust Board member Damien Moore and his partner recently located to Picton for a more genteel lifestyle. Damien is about to launch the start of a new positive support group in Blenheim. Anyone



interested should phone Body Positive for details. Damien will make visits to South Island centres to meet other positive men and groups in the new year. *Free-call Body Positive 0800 HIVLINE / 0800 4485463.*

For more information contact us in complete confidence.

Call toll free from anywhere in New Zealand

Contact
0800 HIV LINE
(0800 448 5463)
or 09 309 3989

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+BODY POSITIVE
• NEW ZEALAND •

Healthy Food for an HIV+ Healthy Body

The first step in ensuring the presence of all the nutrients required to meet the needs of those living with HIV is making the most of what you eat. In the simplest terms, this means consuming a wide variety of whole foods—as opposed to processed, nutrient-poor foods—every day, along with plenty of water and the other healthful liquids that your body needs to function at its best.

Instead of struggling to follow complex dietary rules, it is easier for most people to just look at the overall picture and try to always choose healthful foods, while avoiding those that adversely affect health. So here are some simple guidelines to accomplish that:

Choose carbohydrates wisely. Certain breads, cereals, rice, and pastas are good carbohydrates that are rich in nutrients and loaded with fibre. Along with the carbohydrates you get from fruits and vegetables, they can provide a substantial portion of the energy you need every day.

A wide variety of vegetables and fruits on a daily basis. That's how you up the chances of getting all the nutrients and fibre that's needed for your body's healthy function, especially its immune function. Aim for at least three to five servings of vegetables and two to four servings of fruit each day. One serving of vegetables is approximately one cup of raw vegetables or one-half cup of cooked vegetables. One serving of fruit is approximately one-half cup of fresh chopped or canned fruit.

Get plenty of protein. Protein is essential for a healthy body and a stronger immune system. You can choose from a wide variety of foods that will contribute to your total protein intake, including lean meat, poultry, fish, beans, eggs, nuts, seeds, milk, yogurt, and cheese. The exact amount you need may need to be adjusted, based on individual needs.

Watch intake of fats and sweets. Although a reasonable amount of the good kinds of fats is healthy, keeping the overall fat content of the diet moderately low is important since researchers have shown that a high fat intake can be immunosuppressive, can cause diarrhea in some HIV-positive people, and is tied to an increased risk of progression to cirrhosis in those also living with chronic hepatitis C. For those with taking HIV medications causing elevated blood fats, a high-fat diet could also be risky to cardiovascular health.

It's also important to limit your intake of sweets and other "junk" foods. They contain few nutrients and are often used as substitutes for more healthful foods that should be eaten. Lowering your intake of sweets and white-flour snack foods will likely improve your intake of healthy nutrients, help keep triglyceride levels in check, and maintain cardiovascular health.

Tree Planting for Circle of Friends



A young but sturdy pohutukawa tree was planted on October 15th, near The Circle of Friends HIV memorial in Auckland's Western Springs reserve, in a poignant ceremony attended by an intimate group including Body Positive staff, to remember New Zealanders lost to the HIV epidemic.

NZ AIDS Foundation Burnett Centre manager Wayne Otter said "This year was the 25th anniversary of the International AIDS Candlelight Memorial, to mark this milestone a tree was placed within Auckland's St Matthew-in-the-City, for people to place the names of people they have known and lost to HIV. Today we are placing those names, with other gifts of nourishment, in the soil to assist this beautiful tree to grow.

After the first sods were turned, Body Positive staff helped plant the healthy 1.5m specimen, which sits on the edge of a glade that will eventually be re-landscaped to create a bigger open space for The Circle of Friends. (If you would like to visit The Circle of Friends it is on one of the pathways that start near the Auckland Zoo and lead to the centre of the park, follow the signs)



November Diary

Wed	05	Massage for members	
Thurs	06	Massage for members	
Fri	10	New Drop-In Support Group	

Wed	12	Massage for members	
	12	BP Pot Luck Dinner	
Thurs	13	Massage for members	
Fri	15	<i>Queen of the Whole Universe</i>	

Wed	19	Massage for members	
	19	Podiatrist	
Thurs	20	Massage for members	

Fri	24	New Drop-In Support Group	
Wed	26	Massage for members	
		BP Members' Luncheon	
Thurs	27	Massage for members	
		Straight Arrows Dinner	

Watch Out for December!

Mon	01	WORLD AIDS DAY	
Sun	14	Members' Christmas Lunch	



Staying Alive Group

A group for those who want to maximise their health. The group looks at: the main pitfalls to watch out for, how to eat well, how to prevent heart disease, diabetes and cancer, how to exercise to keep fit and build up the immune system. What tests to get to stay healthy and fend off complications and how to understand blood results. This group is hands on and will look at your diet, your blood results and your fitness regimen. Phone BP for details.

Brief

Straight Arrows

Monthly Straight Arrows dinners for heterosexual members are being held at Body Positive House on the last Thursday of every month. The dinners are a good chance to mix and mingle and we would love to see you. Call us at BP on 0800 HIV LINE or Positive Women 09-309 1858 if you would like to come along.

Monthly Luncheon

Every 2nd Wednesday of the month - Dinner, 7pm
Every 4th Wednesday of the month - Lunch, 12pm
Here at Body Positive House
1/3 Poynton Terrace, Newton, Auckland.



TRAVEL INSURANCE

Buy your Travel insurance from **Mike Henry** Agent Body Positive, whether you are Positive or Negative, travelling to Sydney or the Seychelles just call 0800 HIV LINE for a travel insurance quote. (When you buy from us you help support our work + you get a good deal!)



RECYCLED MEDICATION

If you have unused medication or no longer need left-over medication, please either return your unused medication to your prescribing physician or drop it into us or send it to:

Body Positive Inc
P.O. Box 68-766
Newton, Auckland

We will pass it on to physicians.



FOOT DOCTOR

A *talented podiatrist* runs a clinic here at Body Positive House on a monthly basis. Next clinic date - 19th Nov 2008 (Wed) from 1pm-5pm

Phone now for an appointment 09-309 3989

Fee: \$40.00 per consultation
WINZ Benefit by negotiation



QUIT SMOKING

Apart from adhering to your medication regime, quitting smoking is the next most significant improvement HIV+ people can take to improve their health and life expectancy. Smoking increases the risk of brain, heart and lung diseases, various cancers and opportunistic infections. If you would like to quit smoking, we can help. Phone 0800 HIV LINE.



VITAMINS



Body Positive has fantastic *Swisse brand* vitamins available to members for only \$10.00! (Usually over \$20) *Swisse Women's Ultivite Multi vitamins* & *Swisse Men's Ultivite Multi vitamins*. Both with the highest quality ingredients that will give you a kick! Drop by BP House or call **0800 HIV LINE**

6 ON 6



The next *6 on 6 support Group* is due to start Monday, 19th Jan 2009 at Body Positive House. This facilitated peer support group is for anyone who has issues around their HIV status. It is particularly useful to recently diagnosed people and is open to men and women.

Phone **0800 HIV LINE** to join the group.



MASSAGE



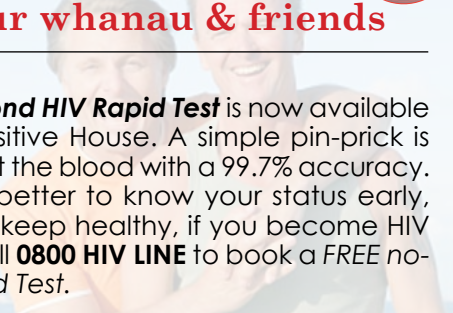
Both Swedish (Therapeutic) and Sports massage are available FREE at Body Positive on Wednesdays and Thursday. Phone 09-309 3989 and book an hour to pamper your body.

* *Koha appreciated*

HIV RAPID TEST for our whanau & friends



The 60-second HIV Rapid Test is now available at Body Positive House. A simple pin-prick is done, to test the blood with a 99.7% accuracy. It's always better to know your status early, so you can keep healthy, if you become HIV positive. Call **0800 HIV LINE** to book a FREE no-hassle Rapid Test.



This publication "Positively Positive" is
sponsored by

J.R. McKenzie Trust

