



+BODY POSITIVE
• NEW ZEALAND •

positively POSITIVE

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

April 2013



13TH RETREAT AT LONG BAY A SUCCESS

POSITIVE NEWSLETTER

Body Positive held it's 13th Retreat at Long Bay, just north of Auckland from Friday 22nd to Sunday 24th March. "Its difficult to believe this is the thirteenth year we have held these Retreats and they prove to be more and more popular each time" says Bruce Kilmister CEO of Body Positive.

The Retreats have proved to be so popular that we have had to make arrangements for the ever increasing numbers that ask to come along. To cope with the numbers a second Retreat has been developed for the South Islanders and whilst everybody is invited to attend both Retreats there is no longer support to fly people between the North and South Islands. The effect of this is that Members of Body Positive now have a

choice of venues and this choice caters for those who find flying and the cost of flying difficult to meet. It maximises the best value for the dollar and allows everyone a chance to attend at least one Retreat.

The Survey handed out to each Member at the end of the Retreat asks a wide range of questions on how people experienced the retreat for themselves. Overwhelmingly the response is always that it is good to be with other People living with HIV. This peer support and shared experience has a value that can not be measured. It helps break down the isolation people often feel, particularly living outside of the main centres in smaller New Zealand towns where there often is no support available.

The Retreat provides an opportunity for people to upscale their knowledge about HIV and having a specialist Infectious Diseases physician come along and take the time to answer questions that often people don't have the time with their local physician is invaluable.

HIV is such a fast developing field of medicine that keeping people updated is really important. New treatments, new guidelines, new medications are always coming along and we feel people should be informed to be able to make the best decisions that impact on their lives.

A range of other physical, and social activities compliment the programme that for many make these Retreats the highlight of the year.

By Bruce Kilmister

Would you like to help reduce Body Positive's printing/postal bill and save a few trees as well??

To receive the Positively Positive Newsletter via e-mail instead of in the post, simply e-mail your name & current e-mail address to: office@bodypositive.org.nz or call us to update your details.

positively POSITIVE

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

Website:

www.bodypositive.org.nz

Street Address:

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1/2 Poynton Terrace
Newton
Auckland 1011

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Auckland 1045

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10am-5pm, Mon-Fri

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+BODY POSITIVE

NEW ZEALAND
Tinana Ora Aotearoa

INTERNATIONAL **30th**
AIDS
CANDLELIGHT MEMORIAL
19 May 2013

Reduce Stigma, Ensure Access,
Increase Resources, Promote Involvement

In Solidarity

Join communities around the world in the largest grassroots movement against HIV and AIDS



Auckland
6pm - St Matthews in the City
Cnr Hobson & Wellesley St

Wellington
6pm - St Andrews on the Terrace
30 The Terrace

Hamilton
6.30pm - University Chapel
University of Waikato

Whangarei
6pm - Christ Church
2b Kamo Rd, Regent

Dunedin
Venue TBA

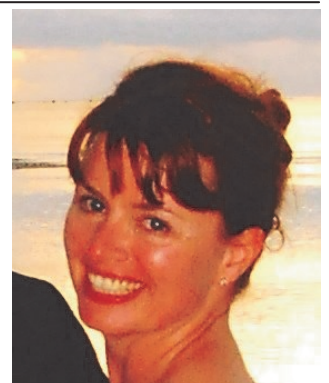
Invercargill
3pm - Knox Church
107 Pomona St, Georgetown

**NEW CLINICAL NURSE
SPECIALIST IN THE INFECTIOUS
DISEASES DEPARTMENT AT
CHRISTCHURCH HOSPITAL**

Introducing Viki Robinson...

"I have been a Registered Comprehensive Nurse for 17 years and have experience in Sexual Health, Practice Nursing, Parkinson's and Movement Disorders, Research and Emergency Nursing. I completed a Psychology degree at the end of 2012. I am privileged to have been given the opportunity to be the Clinical Nurse Specialist for people living with HIV in Canterbury. I am dedicated to individual and family centred care. I look forward to meeting and caring for you and your families in the future."

Source: Positive News (Positive Women Inc.)



NEW CONSTITUTION FOR BODY POSITIVE INC.

Long overdue a complete rewrite of our constitution was tabled at the AGM for Members to consider and decide upon. The new constitution brings the organisation up to date with procedures and protocols of working in today's current climate and gives greater democracy to our Members to exercise their views and opinions in how their organisation works.

The Constitution for an Incorporated Society

BODY POSITIVE – NEW ZEALAND

1. The name of the Society shall be BODY POSITIVE – NEW ZEALAND INCORPORATED. The Maori equivalent name shall accompany the name wherever possible and that shall be; "TINANA ORA - AOTEAROA."

2. REGISTERED OFFICE

The Registered office of the Society shall be Body Positive House, Auckland, New Zealand or at any other place in New Zealand as decided by the elected Board Members of the Society.

Definitions

In these rules, unless the context otherwise requires:

Society means Body Positive New Zealand Incorporated. (Tinana Ora -Aotearoa)

Board means the elected / appointed Members at the Annual General Meeting or as determined by a Postal Vote election to oversee the affairs of the Society.

Officers of the Board shall consist of the Chairperson, Deputy Chairperson, Treasurer, and Secretary.

Manager means the Chief Executive Officer appointed by the Board to manage the day to day affairs of the Society.

3. PRINCIPLES

Body Positive Incorporated is a group founded by and run for people living with HIV/AIDS.

VISION

The "Vision" of Body Positive shall be;

"All HIV+ people living fully productive lives free from stigma and discrimination."

MISSION

The "Mission" of Body Positive will be;

"Peer support and advocacy for HIV+ people."

4. OBJECTS

The objects of the Society shall be:

- To develop and maintain an HIV+ community giving physical, emotional, and psychological support to all people living with HIV/AIDS.
- To support and facilitate peer support groups
- To provide positive role models for people living with HIV/AIDS.
- To provide such services to people with HIV/AIDS as the society may from time to time determine including but not limited to the provision of a drop in centre, library references to medical services, training and workshops.
- To provide medical and clinical support and referrals as available and required.
- To raise funds for the maintenance of the Society and for the wellbeing of people living with HIV/AIDS.
- To provide support for the further education of people living with HIV/AIDS including support for attendances at relevant conferences or workshops.
- To invest such funds as decided by the Board in such securities as would be appropriate for the investment of trust funds.
- To advocate for people living with HIV/AIDS and to represent their views on issues affecting people living with HIV/AIDS.
- To produce and provide educational material and to promote such education to people living with HIV/AIDS and to people who are most at risk.
- To do all such other things as the Board may in its absolute discretion from time to time decide which are in the furtherance of the objects of the Society and in the interests of people living with HIV/AIDS.

5. MEMBERSHIP

All persons living with HIV that are citizens of New Zealand or who are living permanently in New Zealand will automatically be entitled to a "FULL" membership with all the incumbent entitlement to vote at the Annual General Meeting and any such authorised Special General Meetings.

Any person not living with HIV / AIDS but who supports the interests and principles of the Society will be entitled to be a "SUPPORT MEMBER" but will not be entitled to vote at any Annual General Meeting or Special General Meeting.

Membership lists shall be confidential and accessible only to Officers and

Staff of the Society. All people living with HIV/AIDS are entitled to use the facilities offered by the Society even if they are not formal members.

The Board can refuse or revoke Membership at its sole discretion.

6. ANNUAL GENERAL MEETINGS

An Annual General Meeting will be held each year. Notice of the AGM shall be sent to all FULL Members who are entitled to vote. This notice shall be sent out at least 3 weeks prior to the Meeting. Such notice shall also accompany Nomination forms for Members to nominate people to the Board, and Proxy Vote forms for Full Members to exercise their right to vote. The purpose of the Annual General Meeting shall be to receive from the Chairman / Treasurer / Manager a detailed analysis of the year's financial activities and to elect or confirm nominated Board Members.

There shall be up to 12 Members on the Board.

If more nominations are received than there are positions available on the Board the meeting will vote to either proceed with an election or defer to a postal vote to be held within the next 3 weeks.

A Quorum for the AGM shall be at least 25 FULL Members.

7. SPECIAL GENERAL MEETINGS

The Board may from time to time call for a Special General Meeting. The notice shall be sent out 3 weeks prior to the Meeting. Such notice shall accompany appropriate details to inform the Member as to the reason of the Meeting and Proxy Vote forms for Full Members to exercise their right to vote.

The Board will call for a Special General Meeting if it receives a written requisition signed by a minimum of 25 Members.

A Quorum for a Special General Meeting will be at least 25 FULL Members.

8. BOARD.

Those Members nominated or voted as a result of the Annual General Meeting or any subsequent Postal Vote shall constitute the Members of the Board.

At the first meeting of the Board which will be notified within one calendar month of the AGM or declaration of Postal Vote election the Board will;

Elect from within their number a Chairman, Deputy Chairman, Treasurer, and Secretary.

The Board may make an external appointment for the positions of Treasurer and Secretary if it is deemed appropriate.

The Board shall give consideration to co-opting additional Members to the Board on the basis of;

Regional representation.

Gender representation

Maori representation

Professional skills as may be required.

Or any other person the Board may determine to assist it in its duties.

The Board will determine Voting rights for each co-option.

The Board will appoint a Chief Executive Officer to be employed by the Board to manage the day to day affairs of the Society.

A Quorum for a Board meeting will be two thirds of the elected Board.

9. FUNDS

a) The Board shall have charge of the funds of the Society which shall be held in a bank account at a bank designated for the purpose from time to time by the Board.

b) There shall be four authorised signatories for each bank account and any two of the four shall sign each transaction.

c) The cheque books shall be kept in a secure place under the charge of the Chief Executive Officer.

10. COMMON SEAL

The Board shall have the safekeeping of the common seal which shall be affixed to a document on the resolution of the Board and countersigned by two Board members authorised for that purpose by the Board.

11. WINDING UP

'If upon the winding up or dissolution of the society there remains after the satisfaction of all its debts and liabilities any property whatsoever the same shall not be paid or distributed among members of the society but shall be given or transferred to some other charitable organisation or body having objects similar to the objects of the first organisation, or for some other charitable purpose, within New Zealand.'

FLU INJECTIONS NOW AVAILABLE

Get your free flu shot
and avoid a winter of
sickness.



Have you got yours?

WELLINGTON RESOURCE CENTRE IN THE PLANNING

Body Positive has identified a property on Courtney Place in Wellington which would make a very suitable centre for our Wellington Members to seek information and support.

One of the constant concerns is for Members living outside of Auckland there has not been a lot of support and providing this will achieve a long term

ambition for Body Positive. Although not initially it is envisaged that all of the services offered in Auckland will also be offered in to Wellington which is the second biggest centre for People living with HIV.

We hope to be there from 1st June if all goes according to plan, says Bruce Kilmister CEO of Body Positive.

By Bruce Kilmister

A NEW APP FOR MANAGING YOUR MEDS



You are invited to take part in a trial for a novel smartphone application designed to improve adherence to antiretroviral therapy

If you are a person on treatment for HIV, who attends the Auckland City Hospital clinic and uses a smartphone (Android Phones Only), **we want you!**

Participants may be eligible to receive a free mobile account credit over the trial period*

For more information, send your name, email address and contact phone number to Anna (MSc Candidate): **021-0834-9836** or email **mper0970@aucklanduni.ac.nz**



*We welcome participants from all mobile service providers. If you are on a Vodafone account you will be provided with a free monthly account credit of \$10/month for 6 months. Please note that other Vodafone expenses will not be credited.

APPROVED BY THE UNIVERSITY OF AUCKLAND HUMAN PARTICIPANTS ETHICS COMMITTEE ON 05/02/2013 FOR 3 YEARS (Ref. 8928)

THE SMOKING WILL GET YOU BEFORE THE HIV DOES



While there is evidence that the inflammation and metabolic changes associated with HIV do increase our risk of developing things like cardiovascular disease and cancers, another risk factor plays a much more significant role in shortening lives.

By comparing the life spans of HIV positive smokers with non-smokers, researchers in Denmark have calculated that while HIV shaves an average 5.1 years off people's lives,

a massive 12.3 life-years are lost due to smoking.

They found that smoking kills more people with HIV than the general population, and, in fact, that positive smokers tripled their risk of death.

An HIV positive 35-year-old who smokes has a median life expectancy of 62.6 years, they calculate, compared with 69.1 years for an ex-smoker and 78.4 years for someone who

never smoked.

'In a setting (like Denmark) where HIV care is well organised and antiretroviral therapy is free of charge, HIV-infected smokers lose more life-years to smoking than to HIV,' the study authors concluded.

These findings further emphasise the importance of smoking cessation among positive people.

Source: napwa.org.au



WHEN TO START? NEW ZEALAND GUIDELINES BEING ADJUSTED

It has long been accepted that people living with HIV should at some time need to start antiretroviral medication – Just when to start has been a contentious debate.

When the USA official guidelines recommended commencing treatment at a CD4 cell level of 500, most of Europe and particularly the United Kingdom, who New Zealand tends to follow, remained on a level of 350 CD4 cells before commencing treatment.

Last year, many major cities in the USA commenced treatment upon initial diagnosis. The basis of this was to assist with the prevention of the transmission of HIV, because it has long been recognised that antiretrovirals reduce the viral load in a person to an undetectable level. When the viral load is undetectable it is almost impossible to transmit. We need more research in this area, particularly for gay men to say its completely impossible to transmit, but certainly it is accepted that transmission risks are significantly reduced

with treatment.

With the USA on a 'diagnose and treat' model, Australia has recently announced they too will soon follow this pathway to 'test and treat'. Some consider this is in recognition of the failing condom-culture in Australia, particularly in the gay community, where Australian figures announced last year reflected a 15% increase in transmission diagnoses.

New Zealand is firmly wedded to the condom-culture and it still seems to be working according to all research available on this uniquely successful New Zealand response. Nevertheless our New Zealand medical authorities have recognised that starting treatment earlier has other personal health benefits. At the time of putting this report together we have heard from two reliable sources that the new starting guideline is now at 500 CD4 cells.

This is very welcome news, particularly where a positive person has a negative partner.

By Bruce Kilmister

SOUTHERN HUI



On Friday 19th April the New Zealand AIDS Foundation, together with Body Positive, Positive Women, and INA Foundation facilitated a South Island Hui. We didn't call it a Retreat in case people were confused with the other Retreats we facilitate in the country. The Hui was facilitated by the NZAF staff in Christchurch and both counsellors, Victoria and Brent, were there to give a

helping hand in the workshops. Also giving a helping hand was Lisanne, in the kitchen and often seen washing dishes and cleaning the facilities we all enjoyed. The food was a little disappointing but nobody starved, and we all enjoyed the interactive presentations from Dr Steve Chambers from Christchurch Hospitals Infectious Diseases Department as well as Dr David Miller who spoke to us about the

Global Fund.

The Hui was held at the YMCA in Wainui Park, near Akaroa in the beautiful Banks Peninsula. The weather was cold and wet but that didn't detract from the warm hospitality we all enjoyed.

By Bruce Kilmister

Spiritual Connections in conjunction with Body Positive introducing **REIKI ENERGY HEALINGS**

Reiki is an ancient system of energy healing. Reiki means UNIVERSAL LIFE FORCE or ENERGY OF LIGHT – (Rei meaning universal, Ki meaning life force).

Energy flows through all living things and is connected directly to the quality of health. It flows within the body through pathways called chakras and meridians. When this flow is disrupted or our chakras are blocked or out of balance we become ill.

Reiki heals by flowing through the affected part of the energy field and charging them with positive energy, causing the negative energy to dissipate. This allows life force to flow in a healthy and natural way allowing the body to rejuvenate and heal itself.

Nathan Lewis
Level Two Reiki Healer

\$50 per session
Book an appointment now through Ron at Body Positive

Members Recipe

This month we are delighted to be able to share a recipe which has become a firm favourite at the Body Positive Christmas dinners over the last few years. A big thank you again to this member for letting us have his well kept secret!

Pumpkin Au Gratin

Ingredients:

- 1KG Pumpkin
- 130ml Cream
- 1 Tablespoon Butter
- 2 Cloves Garlic, crushed
- 1 Large Onion, diced
- 250g cheese, grated
- 1 Teaspoon Parsley (fresh or dried)
- 1 Teaspoon Thyme (fresh or dried)
- 150g Breadcrumbs
- Pinch of Salt
- Click of Black Pepper Mill



Directions:

1. Pre-heat oven to 150°C
2. Peel pumpkin and cut into cubed, then boil in a pot until tender, drain, and then return to the pot.
3. Fry onion and crushed garlic in butter, then add to pumpkin.
4. Pour in cream and add half of the cheese (125g). Add Thyme, Parsley, Salt and Pepper, then cook on a very low heat and stir until dryish.
5. Pour the mixture into an oven-proof dish. Mix the remaining cheese with the breadcrumbs and spread all over the top. Place in the oven and cook until golden.
6. Serve with any meat of your choice and a side salad.

Bon appétit

If you have a favourite recipe that you would like to share with the other members of Body Positive, please e-mail it to: ron@bodypositive.org.nz as we would love to include them in a future editions of the Positively Positive Newsletter.

Body Positive Brain Teaser

Sudoku

Fill in the blanks with digits so that so that each column, each row, and each of the nine 3x3 sub-grids that compose the grid contains all of the digits from 1 to 9 without any repeats.

6		9						
	1		2			5		7
3		5		1		6		
7			8					5
1			6	7	4			9
8					9			2
		1		2		3		6
2		7			6		5	
						7		4

Last editions solution

5	8	3	1	7	4	6	2	9
2	1	4	5	6	9	7	8	3
9	7	6	2	8	3	4	5	1
4	5	7	8	3	1	9	6	2
3	6	9	4	2	5	8	1	7
8	2	1	6	9	7	5	3	4
7	9	8	3	1	6	2	4	5
6	3	5	7	4	2	1	9	8
1	4	2	9	5	8	3	7	6



Diary Dates

May

- Wed 1 Club Phoenix
- Fri 3 Members Lunch
- Sun 5 Y+ Under 35's Group



- Tue 7 Massage Clinic
- Wed 8 Club Phoenix
- Fri 10 Members Lunch



- Tue 14 Massage Clinic
- Wed 15 Club Phoenix
- Fri 17 Members Lunch



- Sun 19 Candlelight Memorial



- Tue 21 Massage Clinic
- Wed 22 Club Phoenix
- Fri 24 Members Lunch



- Tue 28 Massage Clinic
- Wed 29 Club Phoenix
- Fri 31 WINZ Clinic
- Fri 31 Members Lunch



June

- Sun 2 Y+ Under 35's Group



- Tue 4 Massage Clinic
- Wed 5 Club Phoenix
- Fri 7 Members Lunch



- Tue 11 Massage Clinic
- Wed 12 Club Phoenix
- Fri 14 Members Lunch



- Tue 18 Massage Clinic
- Wed 19 Club Phoenix
- Fri 21 Members Lunch



- Tue 25 Massage Clinic
- Wed 26 Club Phoenix
- Fri 28 WINZ Clinic
- Fri 28 Members Lunch



For detailed updates check out the online calendar at www.bodypositive.org.nz

Under 35's Group

As a younger HIV+ person you may feel an added sense of isolation because of your age.

Y+ is a monthly social group for HIV+ people aged 35 and under, giving younger people an opportunity to connect and socialise with other people around your own age.



Call 09 309 3989 for details or visit www.bodypositive.org.nz

Positive Health Scheme

The Positive Health Scheme helps assist members to pay for their medical fees and associated healthcare costs.

**Positive[®]
Health**

For more details on the scheme or to join, please contact Body Positive on 0800 HIV LINE

A new healthcare scheme for People Living with HIV

WINZ Clinic

Remove the anxiety you experience in dealing with WINZ.

Body Positive operates a monthly WINZ Clinic for anyone at our premises with qualified, sensitive, understanding and supportive WINZ staff.



Friday Members Lunch

Members please note Body Positive will be hosting a drop-in lunch every Friday at Body Positive House in Auckland starting at mid-day.



Foot Doctor

A professional podiatrist runs a clinic here at Body Positive House on a monthly basis.



Phone now for an appointment
09-309 3989

Budgeting Service

Need help with your money? Body Positive has developed a computer software programme that helps you to identify concerns and issues with your personal budget and recommend ways to help.

Contact us in complete confidence.



6 on 6

The next 6 on 6 will start soon. 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 both men and women.



If you would like to register your interest in attending or want more information call us on 09-309 3989

Vitamins & Supplements

Body Positive has a fantastic Swisse brand Men's and Woman's Multi Vitamins available for members at the low cost of only \$16 for 30 days supply (Usually over \$30!)

Drop by BP House or call **0800 HIV LINE**

An extensive range of other vitamins & supplements are also available, please see www.bodypositive.org.nz for full details.



Recycled Medication

If you have unused medication or no longer need left over medication, please either return it to your prescribing physician or drop it into us or send it to: (We will pass it onto physicians.)

Body Positive Inc.
PO Box 68-766
Newton Auckland 1045



Facial Lipodystrophy Treatment

A fantastic facial filler treatment is available through Body Positive to reverse the effects caused by Lipodystrophy.



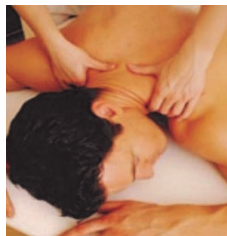
Please contact Body Positive on 0800 HIV LINE for more information.

Massage Therapy

Massage Therapy is available at Body Positive House every Tuesday.

\$40 per session or free with a Positive Health ID Card (Limit: 6 free sessions)

Phone 09 309 3989 to book an hour to pamper your body.



Club Phoenix

Weekly Drop In every Wednesday at Body Positive House from 6pm for people living with HIV/AIDS

Hot and cold non-alcoholic beverages are provided with some easy listening café style music to chill out to. Come and share your thoughts, experiences and sense of humour or just come in for a social chat in this relaxed and friendly environment.

