June - July 2026

EDITION VOL. 08

LIVING POSITIVE NT



HIV Forum Report Now Available

First Yoga Classes

Community Connection

Produced by NTAHC Care & Support Program

Image by MAH

Welcome to your magazine created by and for people living with HIV, to inform, inspire, and connect.

HIV Forum took place on Thursday 25th June 2026

Living Positive Northern Territory Community Forum – Summary

The Living Positive Northern Territory Community Forum brought together people living with HIV from across the Northern Territory in a safe, welcoming, and confidential environment to strengthen peer connections, share lived experiences and identify priorities for future community action.

The forum explored a broad range of topics impacting the lives of people living with HIV. Participants discussed advances in HIV treatment, including the ongoing importance of Undetectable = Untransmittable (U=U), and reflected on the continuing impact of HIV-related stigma and discrimination in healthcare, workplaces, and the broader community.
Conversations also highlighted the importance of peer support, mental health and wellbeing, social inclusion, and reducing isolation experienced by many people living with HIV.

Attendees identified healthy ageing with HIV, access to culturally safe and equitable healthcare, and maintaining strong connections with specialist HIV services as key priorities for the future.
The forum also provided an opportunity to discuss advocacy, the value of lived experience in shaping services, and the need for greater community visibility while respecting individual privacy and confidentiality.

The event reinforced the importance of creating regular opportunities for people living with HIV to connect, share knowledge, and support one another.
Participants expressed strong support for establishing an ongoing peer-led network that promotes education, wellbeing, and community engagement, while ensuring the voices of people living with HIV continue to inform service delivery, policy development, and future advocacy initiatives across the Northern Territory.

Thankyou to Sarah Betts for facillitating the forum on the day.

LIVING POSITIVE
NORTHERN TERRITORY

The Logo to the left was designed by the Care & Support program.

There were a couple of designs put forward - the majority chose this one.

If you would like a copy of the full report from the forum please email Mark at mark.halton@ntahc.org.au

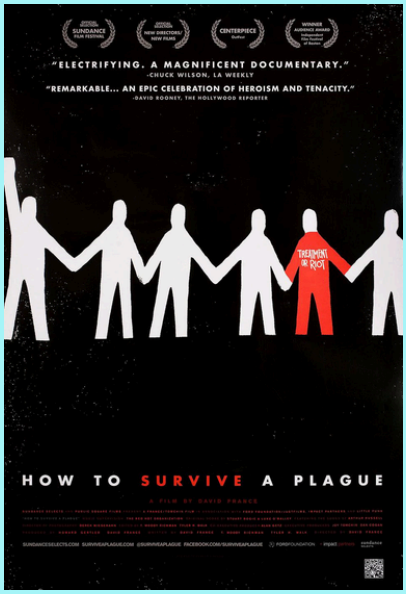
Films and Documentaries

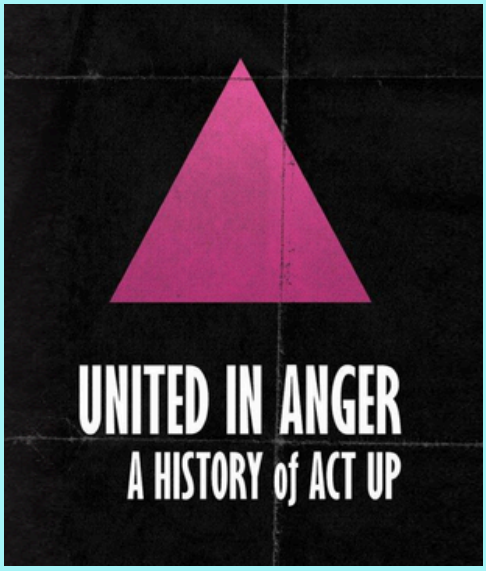
Films and documentaries about HIV and AIDS do more than tell stories—they preserve history, challenge stigma, and remind us of the resilience of those who have lived through the epidemic and remembers those who did not.

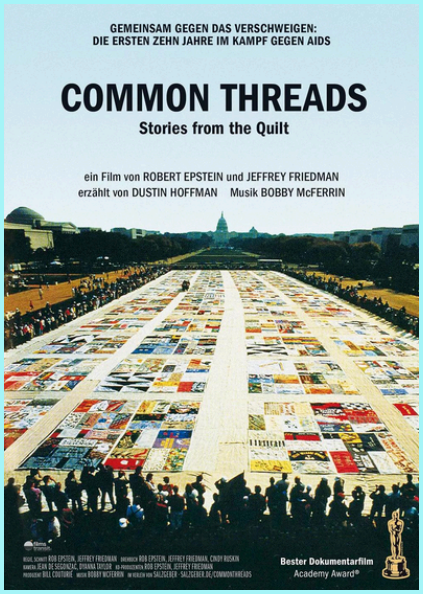
From the devastating early years to the remarkable advances in treatment that allow people living with HIV to lead long, healthy lives, these powerful stories encourage us to reflect on how far we've come and the work that still lies ahead.

Whether based on real-life experiences or fictional narratives, they invite us to listen, learn, and remember that behind every statistic is a person, a family, and a community whose experiences continue to shape the future of HIV awareness, compassion, and advocacy.

Below are some films and documentaries on HIV.

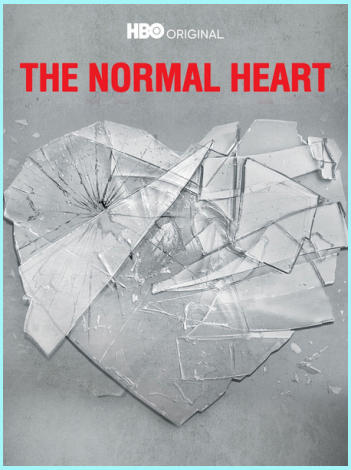














Relationships

A link to a short video released on YouTube on November 25, 2025, by Thorne Harbour Health as part of their HIV Still Matters campaign.

It features real personal accounts highlighting that modern medical treatment allows people living with HIV to have safe, fulfilling sex lives and relationships without fear of transmission when maintaining an undetectable viral load (U=U).

Living with HIV can shape the way we see ourselves and the way we approach relationships. For many people, the greatest challenge is not HIV itself, but the fear of rejection, judgement or misunderstanding. Entering a new relationship can bring excitement and vulnerability, but it can also raise difficult questions:

When do I tell someone? How do I tell them? What will they think of me? Will they walk away? These are deeply personal questions, and there is no single “right” time or perfect way to disclose an HIV status. Disclosure is a personal decision that should be approached with consideration for your own emotional wellbeing, privacy and safety. It is important to remember that your HIV status does not diminish your worth, your sexuality or your ability to love and be loved.

Disclosure can be one of the most difficult conversations a person living with HIV may have, particularly when past experiences of stigma or rejection have left emotional scars. Some people choose to disclose early, while others wait until trust and a stronger connection have developed. What matters is finding an approach that feels safe and authentic for you. Having accurate information about HIV treatment and U=U can also help make these conversations easier. A partner may have questions, fears or misconceptions, and giving them space to ask those questions can help build understanding and trust. At the same time, the person living with HIV should not feel responsible for educating someone at the expense of their own dignity or emotional wellbeing. A relationship should be a place where both people can be honest, respected and heard.

Ultimately, relationships are about much more than a person’s HIV status. They are about connection, intimacy, trust, laughter, companionship and being accepted for who we are. Disclosure can feel like standing at the edge of a very vulnerable moment, wondering whether someone will step closer or walk away. But the right person will see beyond a diagnosis and understand that HIV is only one part of a much bigger human story. With openness, compassion, good communication and an understanding of U=U, people living with HIV can have loving, fulfilling and deeply connected relationships. Everyone deserves that opportunity.

https://www.positivesingles.com/

What Should We Do Next? You Decide!

The weather is beautiful, the days are long, and there is no better time to get together. Living Positive NT wants to hear from YOU about what social events you would like to see happen over the coming months.

As a social inclusion group for people living with HIV, we believe that connection and community are just as important as medical care. Getting out, meeting others who understand your journey, sharing a laugh and enjoying good company can make a real difference to how we feel day to day.

Whether it is a BBQ in the park, a fishing trip, a movie night, a beach day, a coffee catch-up, a bushwalk, or something completely different – we want to know what appeals to you. These events are open to both men and women, and there is always the opportunity to organise separate events as well if that is what people prefer.
This is YOUR group and YOUR community. The more ideas we receive, the better we can plan activities that suit everyone. No suggestion is too big or too small. Maybe you have always wanted to try something new but did not want to go alone – this could be your chance.

Here are some ideas to get you thinking:
- BBQ or picnic in a local park
- Fishing trip
- Beach or pool day
- Movie or games night
- Bushwalking or nature walk
- Coffee and chat morning
- Art, craft or cooking class
- Ten-pin bowling

Or suggest something entirely your own!

How to get involved:
Simply reach out and let us know what events you would like to attend or help organise. You can contact us through NTAHC or speak to your peer support worker. Every voice matters and every idea is welcome.
Let us make the most of this great weather and build something special together. We look forward to hearing from you!

Contact your ideas to Busi <Busisiwe@ntahc.org.au> or Mark mark.halton@ntahc.org.au

Your Voice Matters: Join the Positive Speakers Bureau

Living Positive NT is calling on people living with HIV to consider becoming part of a Positive Speakers Bureau – a group of trained peer educators who share their personal stories to help the broader community better understand HIV today.

Why a Speakers Bureau?

Despite decades of medical advances, stigma and misinformation about HIV remain widespread. The NT HIV Taskforce, through its strategic priorities, recognises that community education delivered by people with lived experience is one of the most powerful tools we have to challenge misconceptions and reduce discrimination. This aligns directly with the National HIV, BBV and STI Strategy, which emphasises the central role of affected communities in shaping the response to HIV.

A proud history of peer involvement

From the very beginning of the HIV epidemic, positive people have been at the forefront of care, support and education. It was people living with HIV who first organised support networks, who educated their communities, and who demanded better treatment and rights. That legacy of peer leadership continues today, and the Positive Speakers Bureau carries this tradition forward.

What does it involve?

As a speaker, you would share your story with healthcare workers, students, community organisations, workplaces and other groups who want to learn about HIV from someone who truly knows. You will receive training and ongoing support to help you feel confident and prepared. You choose when, where and how much you participate.

It can be life-changing

We will not pretend it is not daunting at first. Standing up and sharing something so personal takes courage. But the outcome and satisfaction you can receive from being part of something this important can be truly life-changing. Many speakers describe the experience as extremely liberating – a moment where HIV no longer holds power over them, but instead becomes a tool for positive change.

When you educate others, you break down walls. You replace fear with understanding. You show people that HIV is a manageable health condition, that people living with HIV are thriving, contributing members of our community, and that U=U (Undetectable = Untransmittable) is a reality.

Open to men and women

This opportunity is open to all positive people – men and women alike. Diverse voices make for a stronger, more representative bureau.

If you are interested or would like to know more, please reach out to Living Positive NT through NTAHC. No commitment is required – just a conversation to start. contact Mark mark.halton@ntahc.org.au or Busi on Busisiwe@ntahc.org.au



NAPWHA Networks

Connecting people living with HIV across Australia

Heterosexual Men's Advocacy Network (HETMAN)

Our aim is to advocate for the wellbeing of heterosexual men living with HIV in Australia and Aotearoa New Zealand. If you are a heterosexual man living with HIV who might be interested to connect with other straight guys LWHIV, please be assured we pay careful attention to privacy and confidentiality.

Registration essential via email: hetman@napwha.org.au
Call Anth on 0490 214 554 for a chat to learn more.

https://napwha.org.au/hetman/

Positive Asian Network Australia (PANA)

Open to all people living with HIV, of Asian background, and living in Australia. You can find the registration form on the NAPWHA web site where you can fill in the form online.

Any queries or questions: pana@napwha.org.au

Positive Latinx Australian Network (PLAN)

Are you living with HIV in Australia? Do you identify with a Latin American or Hispanic background? We meet regularly to advocate on behalf of ourselves. Our social network provides safe inclusive spaces to connect for social connection and exchange conversations relating to HIV and general health, including navigating the healthcare system.

Email: plan@napwha.org.au

Positive Aboriginal & Torres Strait Islander Network (PATSIN)

The NAPWHA-auspiced PATSIN is a national membership-based group for Indigenous people living with HIV. PATSIN works within Aboriginal Torres Strait Islander communities and service providers to represent the interests of Indigenous Australians. It provides an outlet for exchanging experiences and knowledge about HIV, and advocates for change at the community level. PATSIN is committed to increasing education and addressing HIV stigma within Indigenous communities.

https://napwha.org.au/patsin/
https://napwha.org.au/wp-content/uploads/2021/06/UsMobandHIV_2021.pdf

BOLDER ONLINE

Join other people with HIV over 50 from around the country to connect and exchange experiences

You must register to join it is a private and confidential online meeting

Older people with HIV

People over 50 make up the largest group of people with HIV in Australia. NAPWHA is committed to supporting this community by providing information, opportunities to connect, and advocating for the rights of those requiring aged care services before the age of 65.

Health Service Access, Especially for Older Adult.
Aging among people living with HIV in the NT is a growing concern.
Access to GPs experienced in HIV care is limited, and travel costs and availability of comprehensive care can be challenging, especially outside Darwin.
NAPWHA has been holding a regular forum for those who are aging with HIV.
What works for you and what has been a struggle.
Remember all of us have something to offer.
Listening to others who have been living with HIV for some time can be empowering - You don't have to appear online if you don't wish to - just register and your good to go.

NAPWHA's BOULDER ON LINE - Bolder Online: a beacon for older people with HIV seeking connection and support.
In the digital age, support and community have found a new home online. The Bolder Online initiative, launched by NAPWHA, stands as a testament to this evolution.

If you would like to be included in joining this important forum, please go to the link below to register.

https://napwha.org.au/older-people-with-hiv/

LIVING POSITIVE - Northern Territory



Alice Springs
Central Australia
Needing Support

To get involved or for more information, please contact Aidee
aidee.lopez@ntahc.org.au

DARWIN

MEN'S SUPPORT
SOCIAL INCLUSION GROUP

To get involved or for more information, please email Mark
mark.halton@ntahc.org.au

DARWIN

WOMEN'S SUPPORT
SOCIAL INCLUSION GROUP

To get involved or for more information, please email Busi
Busisiwe@ntahc.org.au

NATIONAL NETWORK OF WOMEN LIVING WITH HIV



Herstory: Unique and United

Kath & Lee-Ann

SOUTH AUSTRALIA

'Kath was diagnosed HIV positive in 1987. Lee-Ann was diagnosed HIV positive in 2023. Thirty-six years apart, the common thread for both women is the value and strength of peer support and peer navigation.'

To read more, visit: https://bit.ly/3ZZohL4

https://www.ntahc.org.au/hiv



PLWHNT is more than just a newsletter—it's a community lifeline. A fresh digital magazine created by and **for people living with HIV** in the Northern Territory.

"Volume seven out now"

PLWHNT exclusively available to NTAHC clients living with HIV.

ntahc

LIVING WITH HIV

BUT NOT DEFINED BY IT

**HIV IS PART OF YOUR STORY –
BUT IT'S NOT THE WHOLE STORY.**

1. YOU ARE MORE THAN A DIAGNOSIS



You are a friend, parent, worker, partner, community member and more.

HIV does not replace your identity – it sits alongside it.

2. CHALLENGE NEGATIVE SELF-BELIEFS



Stigma can live in our heads.

- Is this belief actually true today?
- Would I say this to someone else living with HIV?

Replace self-judgement with facts:

Treatment works. People live long, healthy lives. You are not "less than".

3. KEEP BALANCE IN YOUR LIFE



HIV doesn't need to be the centre of everything.

- Stay connected to hobbies and interests
- Engage in work, culture, family and community
- Build a life that is bigger than HIV

4. YOU CONTROL YOUR STORY



Disclosure is your choice.

- Tell people when YOU feel safe and ready
- You don't owe everyone your personal information
- Positive experiences can build confidence and reduce fear

5. TAKE OWNERSHIP OF YOUR HEALTH



- Stay on treatment and attend appointments
- Understand U=U (Undetectable = Untransmittable)
- Feeling in control of your health builds confidence

YOU ARE STILL YOU.

HIV IS PART OF YOUR LIFE, BUT IT DOESN'T GET TO DECIDE WHO YOU ARE OR WHERE YOUR LIFE GOES.

6. STAY CONNECTED – BUT NOT LIMITED



Peer support matters.

- Talk to people who understand
- Share experiences and learn from others

But also:

- Maintain connections outside of HIV spaces
- Keep your world broad and diverse

7. REMEMBER WHO YOU ARE – AND WHO YOU STILL ARE



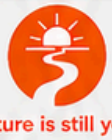
HIV does not erase:

- Your strengths
- Your experiences
- Your achievements

In many cases, people gain:

- Resilience
- Empathy
- A stronger sense of purpose

8. SET GOALS BEYOND HIV



Your future is still yours.

Think about:

- Career or volunteering
- Relationships
- Travel, learning, creativity

HIV is just one factor – not the focus.

9. NOTICE WHEN HIV IS TAKING OVER



You might need support if:

- HIV is always on your mind
- Fear is stopping you from living your life
- You see yourself mainly through your diagnosis

Talking to a peer worker, counsellor or trusted person can help.

10. YOU DESERVE A FULL AND GOOD LIFE



You deserve:

- Respect
- Love
- Opportunities
- Good health
- Joy and connection

Don't settle for less.

YOU ARE NOT ALONE

There is support.
There is hope.
There is community.

THERE IS YOU.



PEER NAVIGATOR
Mark Halton
Email:
mark.halton@ntahc.org.au



CARE & SUPPORT
Aidee Lopez
Email:
aidee.lopez@ntahc.org.au



NTAHC
NORTHERN TERRITORY AIDS & HEPATITIS COUNCIL
SUPPORT · EDUCATION · ADVOCACY