

LIVING POSITIVE NT

August – September 2026



This Issue

Living Positive NT BBQ & Meeting Oct 31st
NAPWHA National Forum and AGM 5th 6th and 7th Nov – Interested?
Contact Mark 0889 44 7777
and more...

- ✓ Vaccinations
- ✓ Struggle with Lonliness
- ✓ Aging with HIV
- ✓ Caring for a loved one
- ✓ Newly diagnosed
next Issue

Why becoming a member of NTAHC is important



NTAHC

Care & Support Program



Staying Connected, Supporting Each Other and Strengthening Our Voice, Remembering

Welcome everyone,

As we move towards the end of another year, I would like to welcome everyone to this edition of Living Positive NT and acknowledge the ongoing strength, resilience and commitment of people living with HIV across the Northern Territory.

Over the past few months, we have continued working towards rebuilding a stronger, more connected and inclusive community of people living with HIV. It is important that we maintain this momentum and ensure that the voices of positive people remain central to the decisions that affect our lives.

Living Positive NT – Follow-Up Forum Meeting and BBQ

Our next Living Positive NT gathering will take place on
Saturday, 31 October 2026, followed by a social BBQ.
BBQ food will be supplied – please BYO drinks.

Following our successful Living Positive NT Forum in June, this gathering provides an opportunity to reconnect, reflect on the discussions and recommendations from that forum, and consider how we can continue moving forward together.

It is important that the forum was not simply a one-off event. Establishing an ongoing process allows us to build trust, strengthen peer connections, identify emerging concerns and develop a collective voice that can influence HIV services, community education and advocacy across the Northern Territory.

We also recognise that not everyone living with HIV is at the same point in with their HIV personal story. Some have lived with HIV for decades, while others are navigating a more recent diagnosis. Everyone's experience matters, and everyone deserves an opportunity to be heard without judgement.

The BBQ will also provide an informal opportunity to enjoy each other's company, strengthen friendships and remind ourselves of the importance of social inclusion and community connection.

Remembering Robbie and Isaac

It is with sadness that I acknowledge the recent passing of two members of our community, Robbie Moon and Isaac.

Robbie had been supported by members of our community and support services over several years.

They're passing has had a personal impact on those who knew them both and worked alongside them providing clinical care and support during some particularly challenging periods of they're lives.

For those involved in supporting Robbie, his passing is a reminder that the relationships we develop through our roles whether it be his Treating Doctor MG, Clinical Nurse KT, Social worker MW or Peer Support MH & BK these are often much more than professional interactions. They are built on trust, compassion, understanding and a genuine concern for another person's wellbeing.

I would also like to acknowledge Isaac, who recently passed away. His loss is another reminder of the importance of looking out for one another and recognising the connections we share within our positive community.

To those who knew Robbie and Isaac, and to everyone affected by their passing, We extend our sincere condolences.

Both Robbie and Isaac deserve to be remembered and acknowledged as individuals whose lives mattered.



In November the upcoming NAPWHA Forum and NTAHC Annual General Meeting will take place in Sydney.

This annual event will see two important opportunities for community engagement and participation, with the upcoming National Association of People with HIV Australia (NAPWHA) Forum and the Northern Territory AIDS & Hepatitis Council (NTAHC) Annual General Meeting (AGM).

These events provide opportunities to reflect on the progress being made in HIV advocacy, prevention, treatment, care and support, while also identifying where improvements are still needed.

For people living with HIV in the Northern Territory, particularly those in regional and remote communities, it remains important that our experiences and concerns are represented in both local and national discussions.

Despite more than four decades of HIV, stigma, discrimination, social isolation and barriers to appropriate healthcare remain challenges for many people. Our collective participation helps ensure these issues are not overlooked.

Why Becoming an NTAHC Member Matters

I would strongly encourage all people living with HIV in the Northern Territory who are not already members of NTAHC to consider joining.

Membership is free for people living with a blood-borne virus.

Being a member is more than simply supporting an organisation. It provides an opportunity to participate in its governance, including voting at eligible meetings and having a say in who represents our community on the NTAHC Board.

Importantly, greater participation by people living with HIV can help strengthen accountability, encourage meaningful community consultation and identify where services could be improved.

Those of us who access, contribute to or rely upon NTAHC services have valuable lived experience. We understand many of the barriers people face, and our knowledge help inform how programs and services are developed and delivered.

We should never underestimate the importance of having a voice in the organisations established to represent and support our communities.

Moving Forward Together

As we continue building Living Positive NT, I hope more people will feel encouraged to participate, share their experiences and contribute ideas for the future.

Our community is diverse, and our individual circumstances are different, but we share a common interest in ensuring that people living with HIV are treated with dignity, respect and equality.

Whether you have been involved in HIV advocacy for many years or are considering joining a peer group for the first time, you are welcome.

Our strength comes from staying connected, supporting one another and ensuring that no one living with HIV in the Northern Territory is left behind.

I look forward to seeing everyone at our next gathering on Saturday, 31 October.

Warm regards,

Mark Halton
Care & Support Program – Peer Navigator / Case Manager
Northern Territory AIDS & Hepatitis Council (NTAHC)

Dear People Living with HIV across the Northern Territory.

Your Voice. Your Membership. Your Organisation.

It has been more than 40 years since the beginning of the HIV pandemic. During those decades, we have witnessed extraordinary changes in HIV treatment, prevention and care.

Today, effective HIV treatment means people living with HIV can live long and healthy lives.

We also know that a person living with HIV who has an undetectable viral load cannot sexually transmit HIV – Undetectable = Untransmittable (U=U).

Yet despite more than four decades of progress, stigma and discrimination have not disappeared.

Those of us living with HIV can still encounter outdated attitudes, misinformation, judgement and, at times, discrimination simply because we are living with a virus that no one deserved to acquire.

This is one of the reasons why membership of the Northern Territory AIDS and Hepatitis Council (NTAHC) is so important.

NTAHC has a long history of working alongside people living with HIV, people affected by viral hepatitis and the broader communities most affected by blood-borne viruses and sexual health issues in the Northern Territory.

But organisations such as NTAHC are strongest when the communities they represent are actively involved in them. – Membership gives us a voice.

Becoming a member is more than simply having your name on a membership list.

Membership provides an opportunity to participate in the governance and future direction of the organisation.

Importantly, eligible members can participate in the democratic processes of NTAHC, including voting in Board elections.

Who sits on the NTAHC Board matters

Board members help guide the organisation's governance, priorities and strategic direction.

As members, we have an opportunity to participate in deciding who we believe should take on those responsibilities and represent the interests of the communities NTAHC exists to serve.

For people living with HIV, this is particularly important.

Our lived experience provides knowledge that cannot be gained from reports, statistics or policies alone.

We understand what it means to navigate healthcare, disclosure, relationships, ageing, stigma, social isolation and the changing realities of living with HIV.

Our voices therefore need to be present when priorities are discussed and decisions are made.

From national strategies to action in the NT

Australia has ambitious national strategies relating to HIV, viral hepatitis, sexually transmissible infections and blood-borne viruses. However, national strategies only make a difference when their objectives are translated into meaningful action within local communities.

Scan QR Code for
membership



The Northern Territory has its own challenges. Distance, remoteness, access to specialist healthcare, workforce capacity, confidentiality in smaller communities, stigma and social isolation can all affect people living with HIV and other blood-borne viruses.

Strong community participation can help ensure these realities remain part of the conversation. Membership gives us another avenue through which we can contribute to the direction of NTAHC and support an organisation that should remain responsive to the people and communities it represents.

We cannot expect others to speak for us if we are not at the table.

For many years, the HIV response has been built around the principle that people living with HIV must be meaningfully involved in the decisions that affect our lives.

That principle remains just as important today. You can have your say without being directly involved we will often meeting privately where you can be in a safe space with other positive people and have your say.

We need people living with HIV from across the Northern Territory including Darwin, Palmerston, Alice Springs, Katherine and regional and remote communities – to consider becoming members and participating in the organisation.

We also need diversity within that membership: people of different ages and backgrounds, long-term survivors, people more recently diagnosed, women living with HIV, Aboriginal and Torres Strait Islander people, people from culturally and linguistically diverse communities, LGBTIQA+ people and others whose experiences may not always be heard.

We will not always agree with one another, nor should we be expected to. People living with HIV are not a single voice or a single experience. – What matters is that our voices are present.

Membership is free for people living with a blood-borne virus – If you are a person living with a blood-borne virus, membership of NTAHC is free.

I encourage you to consider becoming a member.

Become involved. Attend meetings when you can. Ask questions. Read what is being proposed. Have your say.

And when the opportunity comes to vote for who will sit on the NTAHC Board, exercise that right.

After more than 40 years of HIV, we have learned that progress does not happen simply because time passes. It happens because people speak up, participate, challenge stigma and ensure that lived experience remains at the centre of the response.

NTAHC belongs to its community, and its community should have a meaningful voice in its future. Our experience matters. – Our representation matters. – Our vote matters.

Kind regards,

Mark Halton



NT community acknowledge the Traditional Owners of country throughout the Northern Territory and recognise their continuing connection to land, waters and culture.

**We pay our respects to their Elders past, present and emerging.
Aboriginal sovereignty has not been ceded.**

HIV and Vaccinations: Protecting Our Health and Looking Towards the Future

Why vaccinations matter for people living with HIV

For people living with HIV (PLHIV), vaccinations remain an important part of maintaining good health, preventing serious illness and supporting long-term wellbeing.

Advances in antiretroviral therapy (ART) have transformed HIV into a manageable long-term health condition. Many people living with HIV now enjoy long, active and healthy lives. However, even with an undetectable viral load, it remains important to protect ourselves against other infections that may affect our health.

As we age with HIV, maintaining our overall health becomes increasingly important, particularly for those managing additional conditions such as cardiovascular disease, diabetes, respiratory illness or other health complications.

Vaccinations can reduce the risk of certain infections and, importantly, help prevent serious illness, hospitalisation and complications.

Which vaccinations should people living with HIV consider?

Current Australian immunisation recommendations identify several vaccinations that are particularly important for people living with HIV.

Influenza (flu): Annual vaccination is recommended to reduce the risk of seasonal influenza and its complications.

COVID-19: Staying up to date remains important. The timing of additional doses depends on age, immune status and individual medical circumstances.

Pneumococcal disease: Vaccination helps protect against serious bacterial infections, including pneumonia, bloodstream infections and meningitis. Specific vaccine recommendations apply to people living with HIV.

Hepatitis A and B: These vaccinations are particularly important for people who are not already immune and meet the relevant recommendations. Hepatitis B vaccination may require a different dosing schedule and follow-up blood tests for people living with HIV.

Shingles (herpes zoster): The non-live shingles vaccine, Shingrix, is recommended for eligible people living with HIV, including adults with advanced or untreated HIV.

Human papillomavirus (HPV): Vaccination helps prevent certain HPV-related cancers, including anal and cervical cancers. A three-dose schedule is recommended for people living with HIV.

This may not be covered under Public Health Guidelines
Gardasil 9 is registered for people aged 9–45 years.

Mpox: Vaccination is recommended for people living with HIV who may be at risk of exposure. This is particularly relevant to some gay, bisexual and other men who have sex with men, transgender and gender-diverse people, and sex workers.

Meningococcal disease: Additional vaccination recommendations apply to people living with HIV, regardless of their CD4 count.

Respiratory syncytial virus (RSV): Vaccination is recommended for people living with HIV aged 60 years and over, and may be considered for some people aged 50–59 years.

HIV and Vaccinations continued:

Why speaking with your treating HIV doctor is so important.

One of the most important messages for people living with HIV is to discuss vaccinations directly with their treating HIV doctor or specialist healthcare team.

HIV affects individuals differently. Our age, CD4 count, viral load, treatment history, other medical conditions and previous vaccinations can all influence which vaccines are recommended and when they should be administered.

Some vaccines contain live, weakened organisms and may not be appropriate for people with significant immune suppression. Others may require additional doses or blood tests to confirm an adequate immune response.

Your treating HIV doctor can:

- Review your vaccination history and identify any gaps in protection.
- Recommend vaccines appropriate to your HIV status, age and other health conditions.
- Assess your immune health, including CD4 count and viral load.
- Determine whether additional doses or follow-up testing are needed.
- Advise on vaccinations before interstate or overseas travel.

For those of us who have lived with HIV for many years, it can be easy to assume that our vaccinations are up to date. However, recommendations change, new vaccines become available and our healthcare needs evolve as we get older.

Having an undetectable viral load is an important achievement, but it does not replace the need for preventive healthcare and appropriate vaccinations.

At your next appointment with your treating HIV doctor, consider asking:

"Are my vaccinations up to date, and are there any additional vaccines I should be receiving because I am living with HIV?"

Living well with HIV is about more than maintaining an undetectable viral load. It is about protecting our physical health, supporting our mental wellbeing, staying connected to our communities and taking an active role in our healthcare.

Whether you have been living with HIV for decades or have recently received a diagnosis, it is never too late to review your vaccination history.

At your next appointment with your treating HIV doctor, consider asking:

"Are my vaccinations up to date, and are there any additional vaccines I should be receiving because I am living with HIV?"

A simple conversation could make an important difference to your long-term health.



Caring for a Loved One

Understanding, compassion and support can make all the difference.

When someone we love is living with HIV, whether they are a partner, family member, close friend or someone we care for, our understanding, compassion and willingness to listen can have a profound impact on their wellbeing.

**Today, HIV is a manageable chronic health condition.
With effective antiretroviral treatment,
people living with HIV can enjoy long, healthy and fulfilling lives.**

**We also know that someone who maintains an undetectable viral load
cannot sexually transmit HIV to their partners.
This is known as U=U (Undetectable = Untransmittable).**

However, living with HIV is not always just about managing a medical condition. For some people, stigma, discrimination, loneliness, ageing, mental health concerns and the fear of disclosing their HIV status can create additional challenges.

The Importance of Compassion and Understanding

Caring for someone living with HIV does not mean taking responsibility for every aspect of their life. Often, the most meaningful support comes from simply being present, listening without judgement and respecting their independence and confidentiality.

Family members, partners and friends can provide reassurance by learning about HIV, understanding the importance of ongoing treatment and encouraging regular engagement with healthcare professionals.

It is equally important to recognise that everyone experiences HIV differently. Some people may be comfortable discussing their diagnosis openly, while others may choose to keep this information private. Both decisions deserve respect.

For those caring for someone who is ageing with HIV or managing other chronic health conditions, additional support may be needed to navigate medical appointments, aged care services, housing or community assistance.

What Support Is Available in the Northern Territory?

People living with HIV, their partners, families and carers can access a range of health and community services throughout the Northern Territory.

These include specialist HIV healthcare through NT Health's Clinic 34 services, peer-based care and support, counselling, community engagement and assistance navigating other health and social services.

The Northern Territory AIDS & Hepatitis Council (NTAHC) provides an important connection to community-based support, particularly for people experiencing isolation, stigma or difficulties accessing services.

Support may include confidential discussions, referrals, peer connections, social inclusion activities and assistance identifying appropriate services.

Importantly, carers and loved ones need support too. Supporting someone through periods of illness, uncertainty or emotional distress can be challenging.

Seeking information, speaking with a professional or connecting with a support service can help carers maintain their own wellbeing.

Continued -

A Community That Cares

Living Positive NT continues to encourage stronger community connections, shared experiences and meaningful conversations about living well with HIV.

No one should feel that they must navigate HIV alone, whether they are living with the virus themselves or supporting someone they love.

Sometimes the greatest act of care is simply reminding someone that they are valued, respected and never alone.

Where to Find Support in the NT

NTAHC Care & Support Program — Free, confidential information, peer support and referrals.

Darwin: **08 8944 7777**. Alice Springs: **08 8953 3172**.

Darwin – Alice Springs www.ntahc.org.au/care-and-support

NT Health Clinic 34 — Confidential sexual health and HIV-related healthcare across the NT.

Darwin: 08 8999 2678. Alice Springs: **08 8951 7549**.

NT Government – <https://nt.gov.au/wellbeing/hospitals-health-services/clinic-34?setTextOnlyMode=false>

Carers NT / Carer Gateway — Information, counselling, carer support groups and respite assistance, subject to eligibility.

Freecall 1800 422 737.

Carers NT – <https://www.carersnt.asn.au/contact-us/ndis-referral-form-2/>



Women's Social Incursion

Greetings All, From Del and Busi from the last Women's Event (Pool Party)

We really enjoyed the catch up last night and were pleased that all the kids seemed to have a good time in the pool. With the weather the way it is I think we should do it again in coming months.

We touched on the work Positive Living NT (PLNT) is doing to rebuild a strong community voice, to strengthen peer leadership, improve advocacy, increase access to accurate health information, and enhance partnerships with clinical and community services. Del touched on her role as the Convenor of the National Network of Women Living with HIV (NNWLHIV).

The ability of both projects to meet the needs of those of us living with HIV in the NT depends on knowledge of what services and support people consider are missing or what would be assist us to all live healthy and happy lives.

'Yes, women get HIV, too'

Women share their stories for the National Day of Women Living with HIV

For more information go to

<https://napwha.org.au/yes-women-get-hiv-too/>



**NATIONAL
NETWORK
OF WOMEN
LIVING
WITH HIV**

**Herstory:
Unique and United**

Jane

NEW SOUTH WALES

'Women have always been part of Australia's HIV story, yet too often our experiences sit outside the centre of the response. Herstory: Unique and United is a call to action. It recognises that every woman's journey with HIV is different, but our voices are strongest when heard together.'

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

Heterosexual men living with HIV in Australia

There is an interesting history of heterosexual HIV peer support in Victoria, and 2026 marks ten years since Straight Arrows and Living Positive Victoria (LPV) merged. As an organisation founded 'by/for' heterosexual people, Straight Arrows was unique among Australian HIV organisations. Peer support was one of its strengths, and LPV became the custodian of its expertise.

I am a heterosexual man living with HIV and I joined LPV's peer support team around the same time. It has been my privilege, along with my colleagues, to continue the work of Straight Arrows. If my presence has enabled more heterosexual men to access peer navigation, then I'm delighted; but I'm kept awake at night knowing how rare peer workers like me are, and how infrequently heterosexual men step forward to involve themselves as peers in Australia's HIV response.



Heterosexual men living with HIV in Australia

The only thing worse than being talked about is not being talked about.

 NAPWHA

At the end of 2024, men who identify as heterosexual made up 13% of people living with HIV in Australia (with thanks to Richard Gray, Kirby Institute, UNSW).

Even if heterosexual transmission is perceived to be low, it begs the question; to what extent might undiagnosed heterosexual men compromise Australia's 2030 goals (Ninth National HIV Strategy, 2024 – 2030)?

If Australia is to "virtually eliminate" HIV transmission, can we afford not to make more concerted efforts to understand the care needs and preferences of heterosexual men with HIV? Equally, how can we support them to find their voice, bring their lived experience to bear, and help shape the response in Australia more?

This is not an attempt to answer those questions, but to stimulate more 'sector-wide' conversations that centre HIV+ heterosexual men. My own experience tells me that peer support seeds advocacy; but input from peers alone is not enough.

If you would like to contact **Anth**, you're welcome to email him [@amccarthy@lpv.org.au](mailto:amccarthy@lpv.org.au)

This article first appeared in HIV Australia in July 2026 and is reproduced with the kind permission of Health Equity Matters.

You Are Not Alone – Connection Makes a Difference

If you are a heterosexual man living with HIV, please know that you are not alone. There are other men across Australia who share similar experiences, challenges and feelings.

Sometimes, simply talking with another man who understands what it means to live with HIV can bring reassurance, comfort and a sense of belonging.

You don't have to navigate this journey on your own. Reaching out, sharing experiences and supporting one another can make a real difference.

**Remember, living with HIV does not define who you are,
and there is strength in knowing that others understand.**

Living with HIV: Breaking the Silence of Loneliness

Living with HIV today is very different from what it was 40 years ago. Advances in treatment mean that people living with HIV can enjoy long, healthy and fulfilling lives.

Yet, despite this progress, one challenge continues to affect many people living with HIV:

For some, loneliness develops following an HIV diagnosis. For others, particularly long-term survivors, it can emerge gradually through the loss of friends and partners, ageing, changes in relationships, or years of living with stigma and discrimination.

Some people may withdraw from social situations because they fear rejection or feel uncomfortable discussing their HIV status. Others may be surrounded by people yet still experience a profound sense of loneliness because they feel unable to share an important part of their lives.

Loneliness is not simply about being alone. It is about feeling disconnected, misunderstood or lacking meaningful relationships.

Importantly, loneliness is not an inevitable part of living with HIV, and there are practical, evidence-based ways to rebuild connection and belonging.

Finding connection and rebuilding confidence

Peer support can make a real difference. Connecting with another person living with HIV provides an opportunity to share experiences without having to explain or justify your diagnosis. Peer-led support groups can reduce feelings of isolation, strengthen confidence and create a sense of belonging. Sometimes, simply hearing someone say, "I understand what you're going through," can be incredibly reassuring.

Stay socially connected through activities you enjoy. Research into loneliness supports the value of meaningful social participation. Joining a walking group, attending yoga classes, volunteering, sharing a meal or participating in community events can create opportunities to build friendships. The activity itself is often less important than the regular connection it provides.

Challenge internalised stigma. After decades of negative messages about HIV, some people may unintentionally adopt those attitudes towards themselves.

This can affect self-esteem and relationships. Counselling, peer support and accurate information about HIV, including U=U (Undetectable = Untransmittable), can help challenge these beliefs and restore confidence.

Take small steps towards reconnecting. Rebuilding social connections does not need to happen overnight. Making a telephone call, arranging coffee with a friend or attending a community gathering can be a positive beginning.

Evidence suggests that approaches which address negative expectations about social interactions, alongside opportunities for meaningful contact, can help reduce loneliness.

Seek support when loneliness becomes overwhelming. Persistent loneliness can contribute to depression, anxiety and reduced wellbeing.

Speaking with a trusted healthcare professional, counsellor or peer navigator can help identify appropriate support and develop practical ways forward.

You are not alone

Living with HIV should never mean having to navigate life's challenges in isolation.

Whether you are newly diagnosed, have lived with HIV for decades, identify as heterosexual, gay, bisexual, transgender or otherwise, everyone deserves friendship, understanding and connection.

Through initiatives such as Living Positive NT, peer support gatherings and social inclusion activities, we can continue building a community where people living with HIV feel welcomed, respected and valued.

You do not have to disclose your HIV status to everyone to build meaningful relationships. You have the right to privacy, the right to connection and the right to live without shame.

Sometimes the most important step is simply reaching out.

There may be someone else waiting for exactly the same opportunity to connect.

What does the research tell us?

A 2026 systematic review covering 66 studies estimated that approximately 47% of people living with HIV experienced loneliness, although results varied considerably between populations and countries.

Australian research published in 2022 found that HIV peer support helped newly diagnosed people develop a stronger sense of belonging and connection to the HIV community.

A further review published in 2025 identified peer mentoring, support groups, psychological therapies and community activities as promising approaches, while acknowledging that stronger evidence is still needed to determine which interventions best reduce loneliness.

These findings reinforce the importance of maintaining accessible, confidential and welcoming peer support opportunities, particularly for people living in regional and remote communities.

Contact Mark e: mark.halton@ntahc.org.au
Or Busi e: busisiwe@ntahc.org.au
Or Call 0889 44 7777



NAPWHA Digital ENews

There are times when we need to share information of importance to every person living with HIV in Australia.

For example, last year we needed to reassure you that treatment supplies were not affected by COVID-19; and to inform you of ways to access treatment from home.

Please consider connecting with us.

In this webform, you will need to provide a name or pseudonym under the 'Name' field, however, it doesn't need to be your real one.

If you have any ideas that may be of interest to other living with HIV please follow the link below and share your thoughts.

napwha
national association of
people with HIV australia

Subscribe

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 NAPWHA



June 5 was HIV Long-Term Survivors Awareness Day. First observed in 2014, it's a day to honour long-term survivors of HIV and raise awareness about their needs, issues, and journeys.

The selection of June 5 for this annual observance coincides with the anniversary of the first official reporting of what became known as the AIDS epidemic on 5 June 1981 when the CDC in the US reported on five cases of a mysterious disease affecting young gay men.

HIV Long-Term Survivors (HLTS) represent a diverse group of people, including people diagnosed with HIV before the advent of Highly Active Antiretroviral Therapy or HAART in 1996. Often overlooked, HLTS includes people born with HIV or who acquired the virus as babies and are now in their 30s and 40s.

HLTS are also those living with HIV and AIDS for over 25 years.

Remember JUNE 5th 2027



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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-aided 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



We acknowledge the Traditional Owners of country throughout the Northern Territory and recognise their continuing connection to land, waters and culture.
We pay our respects to their Elders past, present and emerging.
Aboriginal sovereignty has not been ceded.



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.

Topics that can and have been discussed:

- *Health Service Access, Especially for Older Adults.
- *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.
- *What works for you in relation to living with your HIV diagnosis 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 BOLDER ONLINE

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/>



NATIONAL
NETWORK
OF WOMEN
LIVING
WITH HIV



**Herstory:
Unique and United**

Kath & Lee-Ann

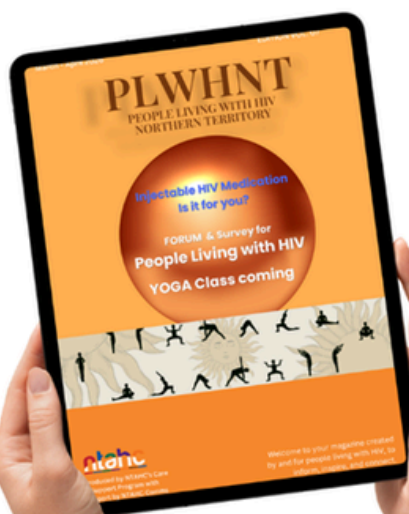
SOUTH AUSTRALIA



*'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.



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

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CARE & SUPPORT

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

YOU DON'T HAVE TO

Navigate

ALONE.

As a **Peer Navigator**,
I walk alongside you with
understanding, support,
and hope—helping you
find your way, at your pace,
toward your goals.



Shared Experience.
Stronger Connection.



Personalized Support.
Your Path.



Empowerment.
Every Step Forward.

Hope. Support. Connection.

That's Peer Support.

Mark Halton

mark.halton@ntahc.org.au

I'm here. I've been there. I can help.

YOU ARE NOT ALONE.

| YOU ARE IMPORTANT.

| YOUR STORY MATTERS.

