

LIVING POSITIVE VICTORIA
**WOMEN'S HEALTH PROMOTION
PLAN 2013-2014**
Mid-year Review



living positive victoria
PEOPLE LIVING WITH HIV/AIDS VICTORIA



Women's Health Promotion Plan 2013/2014 – Mid-year review

In October 2013 Living Positive Victoria announced a specific Women's Health Promotion Plan 2013/14 which augments our existing Business Plan. The publicly available Business Plan is updated mid financial year and there are also now several updates and additions to make to the Women's Health Promotion Plan.

The most significant update is that the Victorian AIDS Council has now joined Living Positive Victoria, Positive Women Victoria and Straight Arrows as a partner in delivering the Women's Health Promotion Plan.

Living Positive Victoria is committed to working in collaboration with partners both inside and external to the HIV sector for the shared benefit of PLHIV in Victoria. To determine and describe the range of collaborative agreement on areas of work and projects, the organisation uses the Himmelman definitions as per below to describe the range of partnership options available.

- **Networking partner** is defined as exchanging information for mutual benefit; it does not require much time or trust nor the sharing of resources. It is a very useful strategy for organisations that are in the initial stages of working relationships.
- **Coordinating partner** is defined as exchanging information for mutual benefit and altering activities for a common purpose; it requires more time and trust but does not include the sharing resources. Coordinating is often used to create more user-friendly access to programs, services, and systems.
- **Cooperating partner** is defined as exchanging information, altering activities, and sharing resources for mutual benefit and a common purpose; it requires significant amounts of time, high levels of trust, and a significant sharing of human, financial and/or intellectual resources. Cooperating may require complex organisational processes and agreements in order to achieve the expanded benefits of mutual action.
- **Collaborating partner** is defined as exchanging information, altering activities, sharing resources, and a willingness to enhance the capacity of another for mutual benefit and a common purpose; it requires the highest levels of trust, considerable amounts of time, and an extensive sharing of human, financial and/or intellectual resources. Collaboration also involves sharing risks, resources, and rewards and, when fully achieved, can produce the greatest benefits of mutual action.

Himmelman, A. T. (2001). On coalitions and the transformation of power relations: Collaborative betterment and collaborative empowerment. American Journal of Community Psychology, 29(2), 277-284.

Living Positive Victoria is committed to monitoring and evaluating our progress across programs and identifying specific activities which address the needs of women living with HIV is an important signal that, in partnership, we are following through on our good plans.

If you have any questions, or would like further information about the programs and services described in this plan, please contact our Executive Officer, Brent Allan on ballan@livingpositivevictoria.org.au or (03) 9863 8733.

Sincerely

Ian Muchamore
President, Living Positive Victoria
January 2014

Women's Health Promotion Plan

Goal 1 – Health Education

The World Health Organisation defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

People living in HIV in Australia represent a diverse population, in gender, sexuality, age, disability, language, ethnicity, culture, religion and physical location. They may also be at different clinical stages of HIV, or have other medical or social issues.

Living Positive Victoria has a major role to provide health education which improves the knowledge and life skills of people with HIV to manage their health and maintain wellbeing. Health education provides a prime opportunity to engage with and represent the broader positive population.

Health Education		
Action	Partnership	Status at January 2014
1.1 Treatment Interactive Events <i>Provide information to support women living with HIV in managing health and wellbeing.</i>	Straight Arrows – Collaborating Partner - \$1500 PWV – Collaborating partner VAC/GMHC – Cooperating partner. Promotion, in-kind support, venue (PLC), catering.	a) <i>Treatment as Prevention</i> event for SA and PWV scheduled for February 2014
1.2 Positive Speakers Bureau Outreach <i>Recruit women to deliver key messages on prevention, education, harm reduction and the promotion of safer behaviour.</i>	Straight Arrows – Coordinating partner PWV – Collaborating partner VAC/GMHC – Networking partner	b) No new recruits
1.3 Positive Speakers Bureau <i>Recruit, train and support women to deliver key messages on prevention, education, harm reduction and the promotion of safer behaviour</i>	Straight Arrows – Coordinating partner – in-kind recruitment PWV – Collaborating partner VAC/GMHC – Networking partner	a) No new recruits b) Training and support provided to existing female speakers
1.4 Connect Line Outreach <i>Expand and promote service to provide information and referral service for women with questions or concerns about HIV and other STIs.</i>	Straight Arrows – Coordinating partner – in kind service identification PWV - Networking partner VAC/GMHC – Networking partner	a) Scheduled promotion during festivals 2014 (O'Week, Big Day Out, Lunar)
1.5 Positive Leadership Development Institute <i>Recruit women to participate in leadership development course for PLHIV.</i>	Straight Arrows – Networking partner PWV – Collaborating partner VAC/GMHC – Networking partner	a) Completed b) 17% recruited for Aug 2013 workshop c) 27% women recruited for Nov 2013 Workshop
1.6 Positive Speakers Bureau Senior Voices Project <i>Recruit, train and support female speakers aged 50 or above to educate aged care providers and facilities staff.</i>	Straight Arrows – Coordinating partner – in kind recruitment PWV – networking partner VAC/GMHC – Networking partner	a) Scheduled for March 2014

Goal – 2 – Care and Support services to build social inclusion

Social exclusion occurs when a range of linked problems which can affect people with HIV impede their participation in society. Problems such as HIV stigma, unemployment, poverty, welfare dependency, poor social skills and social marginalisation may combine with poor physical and mental health to negatively impact upon the lives of PLHIV.

People living with HIV have the right to participate in society as full and valued members.

Providing peer support, social support and skills development to PLHIV will create positive health outcomes for PLHIV in Victoria by increasing social, civil and economic participation.

As advocates for people living with HIV we seek to challenge social and policy structures that place positive people at disadvantage, through systemic advocacy on behalf of the broader positive population, and direct advocacy on behalf of individual positive people.

Care and Support		
Action	Partnership	Status at January 2014
2.1 Phoenix <i>Workshop for newly diagnosed women with HIV. Retitled "Stepping Stones"</i>	Straight Arrows – networking partner PWV – coordinating partner VAC/GMHC – Collaborating partner. Assistance in planning, promotion and venue (PLC).	a) Scheduled for February 2014
2.2 Quit Smoking workshop <i>Promote wellbeing by providing smoking cessation program to women.</i>	Straight Arrows – Networking partner PWV – Networking partner VAC/GMHC – Cooperating partner. Assistance in planning, promotion and venue (PLC).	a) Ongoing
2.3 Xmas Hampers <i>Deliver Xmas hampers to women living with HIV in hospital or at home</i>	Straight Arrows – Coordinating partner – in kind recipient identification PWV – cooperating partner VAC/GMHC – Networking partner	a) 12% of hampers delivered to women

Goal 3 – Sustained advocacy to combat social disadvantage

Combating discrimination and stigma, breaking down barriers within our communities and building alliances with like-minded advocates are all central to what we do. We seek to contribute constructively to a public policy environment that protects and enhances the rights of PLHIV, to work with corporate and NGO sector service providers to improve interactions with PLHIV, and to build self-advocacy skills among our members.

Advocacy		
Action	Partnership	Status at January 2014
3.1 FLIP – Finance learning and Independence program Outreach <i>Provide financial assistance to women wishing to return to work/study and for immediate crisis.</i>	Straight Arrows – Coordinating partner – in kind service identification PWV – networking partner VAC/GMHC – Collaborating partner. Support through financial counselling DWF coordinator	a) Ongoing promotion of service to SA and PVW members

Goal 4 – Effective Communications to engage and inform

Effective communication is central to every aspect of our work, and represents a fundamental core capacity for achieving our organisational mission.

This strategy recognises the centrality of communication as a tool to facilitate interaction between the organisation, its members, partner organisations, service providers and the community; to build awareness of and support for the organisation's activities; and to support our efforts to combat stigma and build awareness of HIV.

Communications		
Action	Partnership	Status at January 2014
4.1 PosLink <i>Production of news magazine dedicated to issues affecting women living with HIV</i>	Straight Arrows – Coordinating partner – content contribution PWV – Cooperating partner VAC/GMHC – Collaborating partner – provision of content, written articles etc.	a) Scheduled for April 2014
4.2 Poslink Express <i>Production of E-version of Poslink with dedicated section on issues affecting women living with HIV</i>	Straight Arrows – Coordinating partner - content contribution PWV – Cooperating partner VAC/GMHC – Collaborating partner – provision of content, written articles etc.	a) 3 issues produced with women's content and contributions from SA and PVW

4.3 Stigma Campaign <i>Continue the rollout of the ENUF campaign and engage women to submit stories of challenging HIV stigma and promoting resilience.</i>	Straight Arrows – Networking partner PWV – Cooperating partner VAC/GMHC – Networking partner	a) Ongoing
4.4 World AIDS Day <i>Identify, support and develop female speaker to present at event on issues facing women living with HIV.</i>	Straight Arrows – networking partner PWV – Networking partner VAC/GMHC – Networking partner	a) Completed
4.5 International AIDS Candlelight Memorial <i>Identify, support and develop female speaker to present at event on issues facing women living with HIV.</i>	Straight Arrows – Collaborating partner - \$100 PWV – Networking partner VAC/GMHC – Networking partner	a) Scheduled for May 2014
4.6 Membership Campaign <i>Actively recruit women living with HIV and their supporters to join the agency and become a member.</i>	Straight Arrows – Coordinating partner – in kind recruitment PWV – networking partner VAC/GMHC – Networking partner	a) Ongoing

Goal 5 – Organisational development and governance to deliver quality work

Living Positive Victoria strives for the highest standards of professionalism, accountability and excellence in its management and governance.

Improving our structures and processes will enable the organisation to purposefully deal with future growth, identify change opportunities and act effectively in response to the changing issues affecting the lives of people living with HIV.

Organisational Development		
Action	Partnership	Status at January 2014
5.1 Volunteer Program <i>Recruit, train and support women to the volunteer program among Coventry House partners.</i>	Straight Arrows and PWV - Collaborating partners – in kind recruitment VAC/GMHC – Networking partner	a) Ongoing