

Travelling this amazing planet of ours?



STATE	USER ORGS	PHONE	EMAIL	INFO LINES
NSW	NUAA	02 8354 7300	nuaa@nuaa.org.au	ADIS: 02 9361 8000
ACT	CAHMA	02 6279 1670	info@cahma.org.au	A&D Prog: 02 62054545
QLD	QUIHN	07 3620 8111	quihn@quihn.org.au	ADIS: 07 3236 2414
NT	NTAHC	08 8941 1711	info@ntahc.org.au	A&OD Serv: 08 8922 8399
WA	WASUA	08 9321 2877	info@wasua.com.au	ADIS: 08 9442 5000
SA	SAVIVE	08 8334 1699	savive@savive.org.au	ADIS: 08 8363 8618
TAS	TasCAHRD	03 6234 1242	mail@taschard.org.au	ADIS: 03 6233 6722
VIC	HRVic	03 9329 1500	admin@hrvic.org.au	Directline: 1800 888 236

There are a lot of relaxing beaches, moody sunsets and nice people out there, so grab some life affirming experiences this summer. This info will help you shoot clean and have safe sex no matter where you are.

Within Australia: Take decent supplies with you, but if you're stuck, call a peer-driven user org like NUAA for injecting equipment and advice. Many have NSPs and regional offices. Info services like ADIS have a full list of NSPs, clinics, doctors and other services. You can also look on the net for AIVL's excellent guide to clean fits and dirty laws throughout the continent (see ad below).

If you're on pharmacotherapy and need extended takeaways or a temporary transfer, your doctor, clinic or chemist will be more helpful if given plenty of notice.

Internationally: If you are going overseas and may use drugs, please be scrupulous with safety and hygiene and get as much local knowledge as you can. The AIVL website's links section lists the contact details of drug user organisations around the world (www.aivl.org.au). German based website INDRO e.V. (www.indro-online.de/) shows travel guidelines for carrying pharmacotherapy to nearly 200 countries (use in conjunction with embassy info and always take a copy of your prescription). Harm Reduction International (www.ihra.net) publishes up-to-date info on the global state of harm reduction, so you can see what services are available where – also a good guide to local attitudes to drug use.

Be safe while expanding your world this summer!
Bon voyage!

**AIVL's new online
NSP DIRECTORY
&
Legal Guide**

www.nspandlegal.aivl.org.au

The national **NSP Directory** is a list of needle & syringe programs across Australia. Where possible the service directory provides a contact number, address, hours of operations & types of equipment supplied. A link with Google maps will direct users to services.

The **Legal Guide** is a state & territory reference resource of NSP & drug related laws. It provides information on legal issues such as; possession of needle & syringes & other paraphernalia, disposing of used equipment, rights relating to police questioning, illicit drugs & sex work.

AIVL

Putting The Icing On The Cake

recipes to take you through Xmas

SURVIVING THE SILLY SEASON

Xmas time often involves gathering together with family or friends and enjoying a meal. It's a good time of year to relax and enjoy some treats, but we can find ourselves overindulging a little in foods like pudding, ice-cream, fizzy drink and lollies, or having large servings of roast and gravy. Xmas can also be a bit hard to organise, with meal plans and last minute guests or gatherings. The stress and worry of it all can overshadow the enjoyment of Xmas, and the unhealthy indulgences can be bad for your body. Here are some tips to help get you through the silly season – and enjoy it!

Where possible, be prepared

Being unprepared for Xmas eating can lead you to make less healthy choices, such as eating fast food instead of a healthier option.

Planning your Xmas lunch dinner in advance will help you make sure you eat well; pre-buy a chicken or ham and Xmas pudding and you're halfway there! Don't forget to plan for plenty of vegetables and fruit. At this time of year, it's a great idea to have frozen, tinned or dried fruit on hand to snack on or turn into dessert. As with fruit, tinned or frozen vegetables last longer than fresh ones and have the same nutritional value. You can buy them well in advance to make sure you're not caught short, but don't forget that summer has lots of delicious fresh fruit and vegetables in season!

You can pre-prepare some of the Xmas dishes before the day. Make a Xmas cake up to a few weeks ahead (try the recipe below). Vegetables such as carrot, potato, onion and garlic can be peeled and chopped up, mixed with a little olive oil and some herbs, and kept in a ziplock bag or airtight container in the fridge for a few days, all ready for roasting.

QUICK ROAST CHICKEN (Serves 4)

This recipe for chicken cuts down the time needed for roasting. Make some extra to provide an easy day-after meal.

Ingredients:

- 1 tbsp margarine
- 1 tbs olive oil
- 4 large chicken pieces on the bone (eg Marylands, thighs or drumsticks – make sure you trim the fat and remove the skin)
- 2 large potatoes, peeled and cut into 2cm cubes
- 4 garlic cloves, peeled
- 1 lemon, halved

Method:

1. Preheat the oven to 220°C.
2. Place butter and oil in a non-stick frying pan over medium heat. Add chicken and brown for 2 minutes each side until golden. Transfer to a medium baking dish (make sure it is big enough to have plenty of room).
3. Add the potatoes to the frying pan and cook until golden (don't worry about cooking them through).
4. Place the potatoes around the chicken.
5. Add the garlic to the pan.
6. Squeeze the lemon over the chicken and add a little salt and pepper. Sprinkle some mixed herbs over the whole pan.
4. Roast for 30 minutes in the oven.
5. Serve with gravy, green vegetables or salad (and maybe some traditional Xmas trimmings like cranberry sauce).
6. Enjoy!

CHICKEN

is one of the foods that can carry bugs and make you pretty sick if you're not careful. Perishable items like milk and chicken meat should be kept in the fridge or freezer. They should not be left out for more than 4 hours altogether, but once they have been out for two hours they should be eaten straight away, not saved for later. Always use separate knives and chopping boards for raw meat.

XMAS CAKE

Ingredients:

- 1kg mixed dried fruit
- 3 cups (750ml) fruit juice
- 3 cups self raising flour

Method:

1. Soak dried fruits in juice overnight.
2. Preheat oven to 125C.
3. Stir flour into soaked fruit and mix well.
4. Spoon mixture into a 22cm lined cake tin.
5. Bake for 2½ hours in the bottom of the oven.
6. Remove and leave to cool.
7. Wrap in aluminum foil or place in an air tight container and this cake will keep nicely for 3-4 weeks.



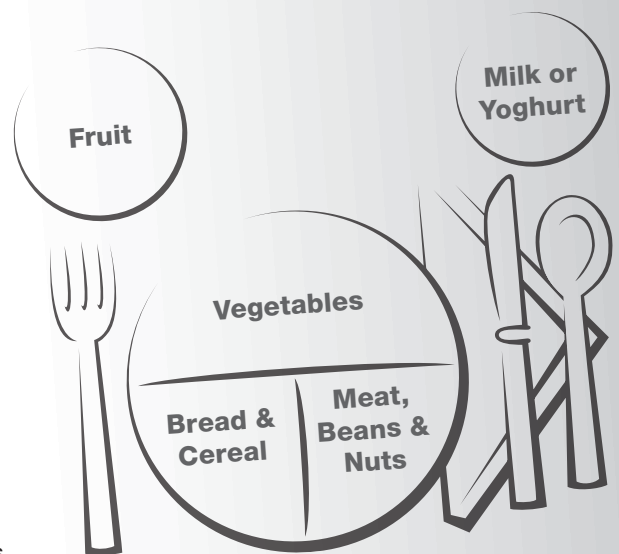
Bumping up your vegetable intake over the Xmas season can also help you control your appetite, get plenty of vitamins, minerals and fibre, and help you feel less guilty about the odd treat. At Xmas dinner, try to make sure your plate is half full with vegetables or salad. Lots of different colours is also something to aim for – this means plenty of variety. Try making the salad on p44, either for Xmas lunch or as an easy way of using leftovers.

As you approach the Xmas table to load up your plate, think about what you're putting on it. The diagram below is a good aim to have; choosing to fill half your plate with different coloured vegetables, a quarter with carbohydrate (like potatoes, rice or bread) and a quarter with protein (turkey, ham, chicken, eggs) is a healthy way to arrange your plate. Don't forget to include some dairy in your day – some custard, milk or yoghurt.

What's on your plate?

Xmas time often involves delicious food. However it can be a time that many of us overeat, which can lead to weight gain, affecting your health. It's a good idea to think about what you are eating and be careful of eating or drinking too many sugary drinks, pastries, cakes, lollies and other treats. These foods might taste good, but they aren't good for you. In fact, they contribute very little to your body, except for unwanted weight gain!

Try filling up on fruit instead, which is sweet and delicious but much better for you. There are lots of delicious fruits which are in season in summer – think mangoes, berries, and stonefruit. Use fruits as the base for your dessert – this will cut out a lot of fat and sugar and provide loads of vitamins, minerals and fibre.



Putting The Icing On The Cake

recipes to take you through Xmas (continued)

STICKY APPLE CUPS (Serves 4)

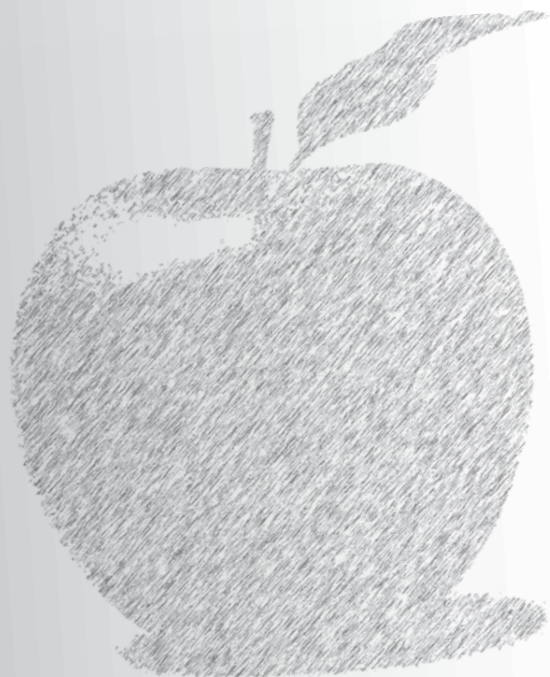
This dessert has delicious, traditional Xmas flavours.

Ingredients:

- 2 green apples
- ½ cup dates, roughly chopped
- ½ cup raisins
- 2 tbsp brown sugar
- 1 tsp mixed spice
- 1 small orange, grated rind and juice
- Low fat plain yoghurt, to serve

Method:

1. Halve each apple and dig out the core with a dessert spoon, leaving bowl shapes.
2. Mix all the other ingredients together (except for orange juice and yoghurt) and fill the apples with the mixture.
3. Place in a microwaveable dish or plate and pour orange juice on top.
4. Cover the apples with gladwrap, a bowl or a lid, and cook on medium for 5-7 minutes.
5. Cool for a few minutes and serve with yoghurt.



CRANBERRY AND CHICKEN SALAD

Ingredients:

- 2 skinless chicken breasts (or some left over chicken)
- 4 tsp olive oil
- 2 red onions
- 200g mixed leaves
- ½ cucumber, sliced
- 25g dried cranberries (or raisins)
- ¼ cup cranberry sauce
- Juice of 1 lime

Method:

1. If the chicken isn't cooked, slice each breast in half to give 4 thin pieces. If it is cooked, slice thinly and ignore next step.
2. Heat a non-stick frying pan, add 2 tsp olive oil and fry the chicken for three minutes on each side to cook through. Set aside to cool. Once cool, slice thinly.
3. Heat another 2tsp of olive oil and fry the onions for five minutes.
4. Wash the mixed leaves and place on a platter or in a salad bowl.
5. Add onion, cucumber, cranberries and chicken to leaves.
6. Mix the cranberry sauce, lime juice, and 2 tbsp water together and drizzle over the salad.

Xmas Drinks

Xmas food goes hand in hand with Xmas drinks... but remember that alcohol consumption can be very harmful to your liver; be particularly careful if you have hepatitis C.

Try mocktails instead of alcoholic drinks – if you can't avoid alcohol altogether, try alternating between the two. Mocktails are delicious and fun to drink, without hurting your liver. Many are fruit based, so are healthy for everyone, even kids.

TROPICAL BLISS (Serves 4)

Ingredients:

- 1 cup (375 mls) mineral or soda water, chilled
- 1 cup pineapple juice, chilled
- 1 banana
- 9 mint leaves
- 12 ice cubes
- Pinch of nutmeg

Method:

1. Blend banana, 5 mint leaves, pineapple juice and nutmeg.
2. Combine with mineral or soda water.
3. Add ice cubes, garnish each glass with mint leaf, stir and serve immediately.

If you don't have a blender, try the Flamingo recipe instead.

FLAMINGO (Serves 4)

Ingredients:

- 100ml cranberry juice (chilled)
- 50ml pineapple juice (chilled)
- 15ml lemon juice
- 50ml soda water

Method:

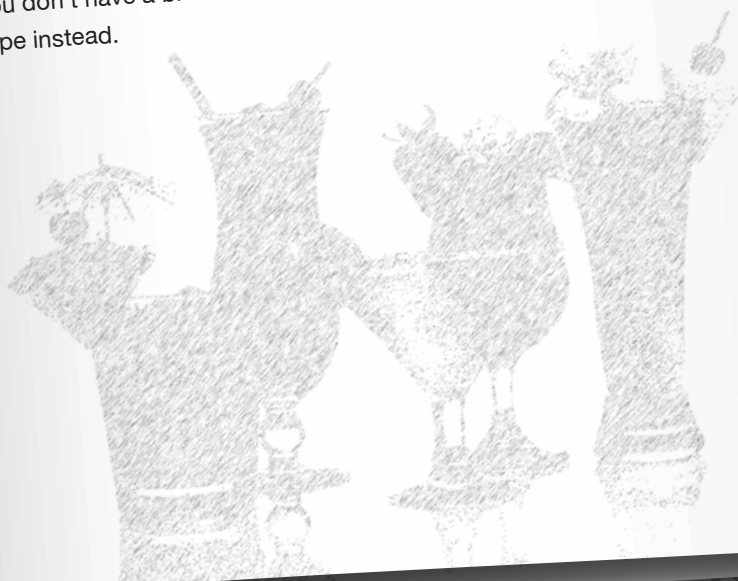
1. Pour the juices together. Add to a glass and pour the soda water in.

Oops! I had too much...

Sometimes we go overboard, even if we hadn't meant to. This can damage our long term health, but can also make us feel less than great in the short term. That pounding day-after headache is often closely related to dehydration. Make sure you drink plenty of water, not only after the celebration but during it too. Try flavouring the water with some sliced lemons or mint. Also, try to add some gentle exercise in around silly season activities. Not only is this a great way to use up some of that extra food you've taken on, but it will increase your overall health, boost your mood, and is a great way to spend time with family or friends. Take a walk or go for a swim – it's a lovely time of year to be active (but don't forget to be sunsmart too!).

Merry Xmas!

Jessica Lewis
Student Dietitian,
The Albion Centre



Help Lines

Service	Description	Hours	Phone N°
ACON: AIDS Council of NSW	Health promotion. Based in the gay, lesbian, bisexual and transgender communities with a focus on HIV/AIDS.	Mon – Fri 10am – 6pm	1800 063 060 Sydney callers: 9206 2000
ADIS: Alcohol & Drug Information Service	General drug and alcohol advice, referrals & info. NSP locations and services etc.	24 hours	1800 422 599 Sydney callers: 9361 8000
CreditLine	Financial advice and referral.		1800 808 488
NSW Hepatitis Helpline [www.hep.org.au]	Info, support and referral to anyone affected. Call-backs and messages offered outside hours. Email questions answered.	Mon – Fri 9am – 5pm	1800 803 990
HIV/AIDS Infoline		Mon – Fri 8am – 6.30pm	1800 451 600 Sydney callers: 9332 9700
Homeless Persons Info Centre	Phone info and referral service for homeless or at-risk people.	Mon – Fri 9am – 5pm	(02) 9265 9081 or (02) 9265 9087
Karitane Careline [www.karitane.com.au]	Parents info and counselling.	Mon – Fri	1300 227 464 Sydney callers: 9794 2300
Lifeline	Counseling & info on social support options.	24 hours	13 11 14
MACS: Methadone Advice & Conciliation Service	Info, advice and referrals for people with concerns about methadone treatment. List of prescribers.	Mon – Fri 9.30am – 5pm	1800 642 428
Multicultural HIV/AIDS & Hepatitis C Service	Support and advocacy for people of non English speaking background living with HIV/AIDS, using bilingual/bicultural co-workers.		1800 108 098 Sydney callers: 9515 5030
NSW Prisons HepC Helpline	Free call from inmate phone for info and support.	Mon – Fri 9am – 5pm	Enter MIN number and PIN, press 2 for Common List Calls, then press 3 to connect.
St. Vincent De Paul Society	Accommodation, financial assistance, family support, food & clothing.	Mon – Fri 9am – 5pm	Head Office: 9560 8666
Salvo Care Line	Welfare and counselling.	24 hours	1300 363 622 Sydney callers: 9331 6000
SWOP: Sex Workers Outreach Project	Health, legal, employment, safety, counseling and education for people working in the sex industry.		1800 622 902 Sydney callers: 9206 2166

Self-help and Complaints

Service	Description	Hours	Phone N°
NA: Narcotics Anonymous	Peer support for those seeking a drug-free lifestyle.	24 hours statewide	(02) 9519 6200
CMA: Crystal Meth Anonymous [www.crystalmeth.org.au]	Regular meetings around Sydney. Call for times and locations.		0439 714 143
SMART Recovery: Self-Management & Recovery Therapy	Self-help group working with cognitive behavioural therapy.		(02) 9361 8020
Family Drug Support Hotline	Support for families of people with dependency.	24 hours	1300 368 186
NAR-ANON	Support group for people affected by another's drug use.	24 hours	(02) 8004 1214
Women's Information & Referral Service	Phone info and referral service for homeless or at-risk people.		1800 817 227
Anti-Discrimination Board of NSW		Mon – Fri 9am – 5pm	1800 670 812 Sydney callers: 9268 5555
Health Care Complaints Commission	Discrimination, privacy and breaches of confidentiality in the health sector.		1800 043 159
NSW Ombudsman	Investigates complaints against the decisions and actions of local government and NSW police.		1800 451 524 Sydney callers: 9286 1000

Legal Services

Service	Description	Phone N°
CRC: Court Support Scheme	Available to assist people through the court process.	(02) 9288 8700
Disability Discrimination Legal Centre	Provides free legal advice, representation and assistance for problems involving discrimination against people with disabilities and their associates.	(02) 9310 7722
HIV/AIDS Legal Centre	Provides free legal advice to people living with or affected by HIV/AIDS.	(02) 9206 2060
Legal Aid Youth Hotline	For under 18s. Criminal matters only. Open 9am – midnight on weekdays, 24 hours on weekends	1800 10 18 10
Legal Aid Commission	May be able to provide free legal advice and representation. The Legal Aid Central office can also put you in contact with local branches.	(02) 9219 5000
The Shopfront Youth Legal Centre	Legal service for homeless and disadvantaged people under 25.	(02) 9322 4808
ASK!: Advice Service Knowledge	A free fortnightly legal service for Youth, run by the Ted Noffs Foundation (Randwick & South Sydney) in Partnership with TNF & Mallesons and Stephen Jaques Lawyers.	(02) 8383 6629
The Buttery, Bangalow	Health, legal, employment, safety, counseling & education for people working in the sex industry.	(02) 6687 1111

Medical Services

Service	Description	Phone N°
Aboriginal Medical Service, Redfern		(02) 9319 5823
Albion Street Centre, Surry Hills	Free testing for HIV/hep C and other. Medical care, nutritional info and psychological support for people living with HIV and hep C.	1800 451 600 or (02) 9332 9600
Haymarket Foundation Clinic, Darlinghurst	Walk-in homeless clinic at 165B Palmer St Darlinghurst. No Medicare card required.	(02) 9331 1969
Mission Australia, Surry Hills	Dentist, optometrist, chiropractor, mental health. Medicare card and income statement required.	(02) 9356 0600
KRC: Kirketon Road Centre, Kings Cross	For 'at risk' youth, sex workers, transgender and injecting drug users. Medical, counseling and social welfare service. Methadone and NSP from K1. No Medicare required.	(02) 9360 2766
MSIC: Medically Supervised Injecting Centre, Kings Cross	A safe supervised place to inject. 66 Darlinghurst Road, Kings Cross opposite train station.	(02) 9360 1191
South Court, Penrith	Medical service, sexual health and nurses. Vaccinations, blood screens, safe injecting and general vein care. No Medicare required.	1800 354 589
Youthblock, Camperdown	12-24 years. Medical and dental available. No Medicare required.	(02) 9114 4100

Treatment Centres

Service	Description	Phone N°
Detour House, Glebe	For women only. AoD service, crisis accommodation.	(02) 9660 4137
Fairfield Drug Health Service, Prairiewood		(02) 9616 8800
Gorman House Detox, Darlinghurst		(02) 9361 8080 or (02) 9361 8082
Hadleigh Lodge, Leura		(02) 4782 7392
Inpatient Treatment Unit, Ward 64, Concord Hospital		(02) 9767 8600
Jarrah House, Maroubra for women and children		(02) 9661 6555
Kathleen York House, Glebe for women with children		(02) 9660 5818
Kedesh House Rehabilitation Service, Berkeley		(02) 4271 2606
Kedesh Phoenix Rehabilitation Unit, Manly		(02) 4222 1800
Lakeview Non-Medical Detox Unit, Belmont		4923 2060 or 1800 422 599
Lorna House, Wallsend	Appointment required.	(02) 4921 1825
Langton Centre, Surry Hills	Outpatient Service via Sydney Hospital selective process only.	(02) 9332 8777
Lyndon Withdrawal Unit, Orange		(02) 6362 5444
Miracle Haven Bridge Program, Morrisset		(02) 4973 1495 or (02) 4973 1644
Nepean Hospital, Penrith		(02) 4734 1333
O'Connor House, Wagga Wagga		(02) 6925 4744 Emergencies only: 1800 800 944
Odyssey House, Eagle Vale		(02) 9820 9999

Service	Description	Phone N°
Odyssey House, Minto		Referral: (02) 9603 2157
Orana Outpatient Withdrawal Management Service, Wollongong		(02) 4254 2700
Phoebe House, Arncliffe	Maintenance for women with children under 5 years.	(02) 9005 1570
Riverlands Drug & Alcohol Centre, Lismore		(02) 6620 7608
Royal North Shore Hospital NSP and Clinic, St Leonards		(02) 9462 9040
St George Opioid Treatment Service, Kogarah		(02) 9113 2055
St. John of God, Burwood		(02) 9715 9200 or 1300 656 273
St. John of God, North Richmond		(02) 4570 6100 or 1800 808 339
The Salvation Army Bridge Program, Nowra		(02) 4422 4604 or 1300 363 622
South Pacific Private Hospital, Curl Curl		(02) 9905 3667
The Ted Noffs Foundation, Randwick		(02) 9305 6600 or 1800 151 045
The Ted Noffs Foundation, ACT		(02) 6123 2400
WHOS: We Help Ourselves		(02) 8572 7444
William Booth Institute, Surry Hills		(02) 9212 2322
Wollongong Crisis Centre, Berkeley		(02) 4272 3000
Ward 65, Concord Hospital		(02) 9767 8640

This list includes detoxes, rehabs and counselling services. This is not a comprehensive list. Ring ADIS on (02) 9361 8000 for more.

Where to Score Fits ?

SHOOT CLEAN!

NSP Location	Daytime N°	Alternative N°
Albury	(02) 6058 1800	
Armidale	0427 851 011	
Auburn Community Health	(02) 8759 4000	0408 4445 753
Bankstown	(02) 9780 2777	
Ballina	(02) 6686 8977	0428 406 829
Bathurst	(02) 6330 5850	
Bega	(02) 6492 9620	(02) 6492 9125
Blacktown	(02) 9831 4037	1800 255 244
Bowral	(02) 4861 0282	
Byron Bay	(02) 6639 6635	
Camden	(02) 4634 3000	
Campbelltown MMU	(02) 4634 3000	
Canterbury (REPIDU)	(02) 9718 2636	
Caringbah	(02) 9522 1039	0411 404 907
Coffs Harbour	(02) 6656 7934	0408 661 723
Cooma	(02) 6455 3201	
Dubbo	(02) 6885 8999	
Goulburn S.East	(02) 4827 3913	(02) 4827 3111
Grafton	(02) 6640 2229	
Gosford Hospital	(02) 4320 2753	
Hornsby Hospital	(02) 9477 9530	
Ingleburn	(02) 8788 4200	
Armidale/Inverell	0427 851 011	
Katoomba/Blue Mountains	(02) 4782 2133	
Kempsey	(02) 6562 6066	
Kings Cross KRC	(02) 9360 2766	(02) 9357 1299
Lismore	(02) 6622 2222	0417 062 265
Lismore - Shades	(02) 6620 2980	
Liverpool	(02) 9616 4807	
Long Jetty	(02) 4336 7725	
Manly/Northern Beaches	(02) 9977 2666	0412 266 226
Merrylands	(02) 9682 9801	
Moree	0427 851 011	
Moruya	(02) 4474 1561	
Mt Druitt	(02) 9881 1334	

NSP Location	Daytime N°	Alternative N°
Murwillimbah/Tweed Valley	(02) 6670 9400	0417 062 265
Narellan	(02) 4640 3500	
Narooma	(02) 4476 2344	
Newcastle/Hunter	(02) 4016 4519	0438 928 719
New England North	(02) 6686 8977	0428 406 829
Regional Area (referral service)	0427 851 011	
Nimbin	(02) 6689 1500	
Nowra	(02) 4421 3111	
Orange	(02) 6392 8600	
Parramatta	(02) 9687 5326	
Penrith/St Marys	(02) 4734 3996	
Port Kembla	(02) 4275 1529	0411 408 726
Port Macquarie	(02) 6588 2750	
Queanbeyan	(02) 6298 9233	
Redfern Harm	(02) 6656 7934	0408 661 723
Minimisation Unit	(02) 9395 0400	
Rosemeadow	(02) 4633 4100	
St George	(02) 9113 2943	0412 479 201
St Leonards - Royal Nth Shore	(02) 9462 9040	
Surry Hills - Albion St Centre	(02) 9332 9600	
Surry Hills - ACON	(02) 9206 2052	
Surry Hills - NUAA	(02) 8354 7300	
Sydney CBD	(02) 9382 7440	
Tahmoor (Wollondilly)	(02) 4683 6000	
Tamworth	0427 851 011	
Taree	(02) 6592 9315	
Tumut	(02) 6947 0904	
Tweed Heads	(07) 5506 7556	
Wagga	(02) 6938 6411	
Windsor	(02) 4560 5714	
Woy Woy Hospital	(02) 4344 8472	
Wyong Hospital	(02) 4394 8472	
Wyong Community Centre	(02) 4356 9370	
Yass	(02) 6226 3833	1800 809 423
Young	(02) 6382 8888	

nuaa
NSW USERS & AIDS ASSOCIATION INC

This is not a comprehensive list. If you can't contact the number above or don't know the nearest NSP in your area, ring ADIS on (02) 9361 8000 or 1800 422 599. ADIS also has a state-wide list of chemists that provide fitpacks.



EMILY & SAM'S STORY

Emily and Sam didn't start using together. For both that happened years earlier. But their heroin use was the reason for their paths crossing a few years back when they were involved in the same research study. The support they've given each other ever since, both in treatment and in life, has changed everything.

"I guess it started with Sam helping me," remembers Emily of a time when she was suffering through the after-effects of an unsuccessful treatment. **"I was pretty sick and messed up. We were in regular contact through that, just as friends."**

But over time their relationship blossomed. **"We got married last year,"** Sam says smiling, **"And our first child is due in three months."** In what can be a daunting time for any young couple, Sam and Emily are full of optimism, built around the stability of a strong relationship and their successful treatment programs.

Neither is in any doubt of the other's influence. Deep and unconditional support has made all the difference. **"We've both had less understanding partners in the past,"** says Emily. **"It's good to be around someone who doesn't discriminate against you."** Sam agrees and adds, **"In the past, drugs were a sore point, something you just didn't talk about or deal with. We're open about the way we feel, it's a lot less complicated."**

Clearly, their relationship isn't without its challenges. **"You have to be careful not to be competitive in your treatment,"** Emily warns. **"But for us there's no pressure, to come off or reduce or anything like that. We understand each other... we're in a similar place."**

Everyone's story is different. To know more about opiate dependency treatment options ask your healthcare provider for an Options Pack or visit www.mytreatmentmychoice.com.au



PO Box 1069 Surry Hills NSW 2010 Australia
345 Crown Street Surry Hills NSW 2010
† 02 8354 7300 or 1800 644 413 f 02 8354 7350
e nuaa@nuaa.org.au w www.nuaa.org.au

Monday – Friday 10:00 am – 5:30 pm
except Tuesday 2:00 – 5:30 pm

The New South Wales Users & AIDS Association (NUAA) is an independent, user-driven, community-based organisation funded by NSW Health. NUAA aims to advance the health, rights and dignity of people who use drugs illicitly; provide information, education, and support for drug users; promote the development of legislation and policies to improve drug users' social and economic well-being; and improve the quality and standards of services available to drug users.

NUAA relies on a strong & active membership - people who support the work & aims of the organisation. NUAA membership is free, confidential, and open to anyone interested in the issues affecting people who choose to use drugs illicitly. You can become a member of the association (receive voting rights, stand for election, and receive *User's News*) by sending a completed form (below) to NUAA. You can use the same form to be placed on the *User's News* mailing list. Copies of *User's News* are posted free of charge in a plain envelope.

To join NUAA – or just receive *User's News* – complete this form and post it to NUAA:

I am already a member of NUAA / on the mailing list, but am updating my details.

I want to be a member of NUAA.
I support NUAA's aims and objectives.

I do not want to be a member of NUAA. I want to receive *User's News* only.

Inmates, please give MIN number:.....

Name:

Address:.....

City / Suburb:..... Postcode:.....

Phone:..... Mobile:.....

Email:.....

Mail Preferences:

I want to receive *User's News*.

I want to be emailed NUAA's monthly newsletters.

I want to receive news and information about NUAA events and activities.

I do not want to receive any mail from NUAA.

I am allowing NUAA to hold the above information until I want it changed or deleted.

Signature..... Date:.....

Personal Information Statement:

We collect this information to add you to our database and/or notify you of information and events relating to NUAA. We store this information either in hard copy or electronically or both. Access to your information is strictly limited to staff who need it to act on your behalf. Your information will not be passed on to any other organisation. You can access and correct your personal information by contacting our Privacy Officer on (02) 8354 7300 or freecall 1800 644 413.