

SO WHAT IF YOU LIKE TO PNP AND WANT TO STAY SAFE?

TIPS

1. LEARN HOW TO NEGOTIATE FOR SAFER PLAY

Plan for different situations, think things through ahead of time, how you will deal with different things as they come up. Try a bit of creative visualisation or even role play with a close friend. This will make it easier to know what to do when you're actually in the situation. You can prime yourself with cues for tricky situations. By thinking things through, and giving yourself a simple script for different scenarios, you might find it easier to think about your health needs when you're in the actual situation. For example, you might decide you need to come up with a strategy for when someone starts playing with your arse, work out a way to say: "Can you put on a fresh glove/condom?" and check they are opening new lube. Think about if someone is offering you drugs and is about to mix up out of sight... how can you get across "I need to watch". Ask others how they do it.

Alejandro told UN:

Prepping yourself by playing through scenarios where you might be at risk is a great idea. But when you are visualising it, remember you will be disinhibited and very open, so keep that in mind when coming up with a strategy. What you think will work when you are calm and rational, without a drug in your body and a big dick in your face, may not be realistic when you are there. So try and remember what it feels like in those moments, then add the rational thinking, and come up with a really simple strategy. The simpler the better.

Simon has this advice:

You need to notice where everything is or have your own. It is no use saying "put on a fresh glove" if you don't know where the fresh gloves are. If you do know where they are, pointing to them and saying "glove" can be enough.

It's best to discuss HIV, hepatitis and STI info before the clothes come off. Try to mention it as soon as you can after you've established that you're into one another. Use a calm tone - if you seem okay with the whole topic, they will be too.

Marcel said:

Making a big production of who's got what by saying "I think we need to talk..." in a serious tone can really kill the buzz. I find it is easier to say "positive or negative?" in a casual tone. You're more likely to get an honest answer if it seems you don't care which way they answer. And then you know how far you can push things. But really you should be equally careful with everyone.

Damon had this experience:

I'm HIV positive and I was with a guy a bit younger than I am. He catapulted himself onto my cock, no warning, so no condom. I just pushed him off straight away, I said "What the hell are you doing?". He said, "I can tell you are a nice guy, if you were HIV positive you would have told me." We hadn't had a chance to discuss anything. I said to him "You can't make those assumptions. You need to ask questions before you do something risky like that. You need to keep yourself safe." I was really angry with him.

Think about other things you want to know, and ways to talk about those things without losing the moment. You want to know where you stand vis a vis the other person in terms of experience and headspace.

Ryan said:

You can casually say, I'm on day 2, where are you at? If they say day 8, you know instantly where their head is at, and you might want to avoid it! You also might want to know how much experience someone has, but don't assume just because they have been around a bit that they practice safe sex or safe injecting practices.

You might be intimidated by experienced, older playmates, or if you are at someone else's place - but you don't have to let someone else take the lead to the point where you don't feel comfortable or safe. You have more power than you think - and more scope to keep yourself and your partner safe than you imagine. Even when role playing as a submissive, you can pause and correct something when need be, like: "Can we put a clean condom on that dildo?" It's all just sexual theatre and there are rules that must be followed. Make sure you know what they are and have worked out ways of getting your health needs met along with your fantasy needs. Someone else's pleasure is most definitely not more important than your pleasure or your health.

And finally, remember, you can't control other people but you can take responsibility for your own behaviour. It is in everyone's interest to make sure the harms are reduced so you can have fun without anxiety.

2. TREAT PEOPLE WITH LOVE

The saying goes, treat someone as you would like to be treated. That means, being up front and keeping everyone's health in mind. If you're HIV or hepatitis or STI neg, treat everyone as though they're pos. And if you're pos, treat everyone as though they're neg...

Some people do not take care of themselves or others.

Nathan told UN:

I was at a Sex on Premises venue one day, and the walls don't go all the way up, so you can hear things in other rooms. I was waiting for a room when I heard an older guy I knew was HIV positive pressing a young guy for unprotected sex. The young guy asked if he was HIV negative, and he answered "Absolutely, I've been tested recently and it's all good." I knew he was lying so I yelled out "That's total crap, you're HIV positive. How dare you lie about that!" I was really unpopular with the guy I outed, but I would do it again, and I will if I am in the same situation.

Don't take people's word for it. Just because someone looks healthy, doesn't mean they don't have a BBV or an STI. Get all the harm reduction equipment and tips you can and put them in place.

And if you do develop an STI or viral infection, informing anyone who may have had contact with you is not only caring, but makes good sense in terms of keeping the whole PnP community healthier. One way is to use *THE DRAMA DOWNUNDER*, a STI information website that runs a Let Him Know service, whereby you can anonymously contact your recent sexual partners via e-postcard or SMS to let them know they have been exposed to a particular infection (other than HIV) and may need a sexual health check up. The sender of the message reads as the site's address, which is www.thedramadownunder.info

3. ... BUT NOT TOO MUCH LOVE

You can feel very open during PnP, due to the intoxicating effect of combining drugs and sex. Remember you are in a heightened state. The wonderful thing is connecting, getting to a place together, that wonderful spontaneity that the energy of the situation brings. But all that stimulation can also impair judgement, and it is easier to trust people, believe them and be seduced into situations you don't want to go to.

Jude says:

Adding crystal to my sexual adventures was a real game-changer for me. I feel like there is nothing stopping me doing whatever I want to do. It is wonderful to push yourself like that, to push the margins of pleasure and find out new things about yourself. But the same things that make you open to wonderful, new things can make you too generous in some situations. You need to be careful not to be too open, so you don't do unsafe things you might later regret. You have to remember you're in an unreal situation, a game. Beforehand, decide the rules you want to play by and rehearse how you are going to keep to those. Getting carried away and compromising your health can happen if you don't keep a hold on reality.

Peter told UN:

You feel like you're in a realm, a contained bubble, and that you're protected in it. You are very disinhibited, it is quite unreal how open you are and how safe you feel being that exposed. And this kind of situation can be an invitation to harm, it can attract abusive personalities to it. Keeping yourself safe in this kind of situation means keeping part of you aware. It starts with filtering or profiling the people you are going to play with, and includes scoping the environment - knowing where the exits are, where the clean fits and the dirty fits are, prepping for different scenarios and formulating a back up plan. Don't take your drugs until you know where a situation is headed. Make sure you are where you want to be, with the people you want to be with, before you get high and lose your inhibitions and a chunk of your judgement.

The other side of this is being discreet about your drug use.

Hamish had this warning for new players about Sex on Premises venues and drug use:

Be discreet about your drug use and your contacts in Sex on Premises venues. You can get banned for dealing, or using, or even just being out of it. You might need to downplay what you're feeling. There are people who will inform management about your drug use if they think you are getting more sex than they are or you have turned them down! Also I have had sex with lots of cops in Sex on Premises venues. Just because they are there for personal pleasure, don't think they will turn a blind eye to drug use. I have known them to use information they get from those venues about who is selling and who is using. Even if they are selling, even if you know they are bent, they will still use information to their advantage.

4. GET TESTED, GET TREATED, GET VACCINATED

We can't emphasise more strongly how important it is to be tested for viruses and infections that can be transmitted sexually, through bodily fluids and by blood. There are new rapid tests for HIV that takes the agony out of waiting. If you do have a positive result for an STI or BBV, there are great treatments available now that you can explore with your GP or with trained staff at a clinic.

Getting vaccinated for hep A and hep B could be the smartest thing you ever did. Hep A is passed between people by a fecal/oral route and hep B is transmitted through bodily fluids. Why wouldn't you get yourself covered for these things when it is so easy to do? Just talk to your GP or a Sexual Health Clinic or see a doctor at a service like the Kirketon Road Centre. Unfortunately hep C, HIV and STIs don't have vaccines yet, but we look forward to the day. In the meantime, use what is available.

ENDING HIV

PARTY

ON

[TEST MORE] + [TREAT EARLY] + [STAY SAFE] = [ENDING HIV]

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SO WHAT IF YOU LIKE TO PNP AND WANT TO STAY SAFE?

TIPS

If you suspect (or know) that you have been exposed to an infection or virus, get tested again. If you think you may have been exposed to HIV, talk to an expert service like your local sexual health service for some advice. You might be suitable to start PEP (post-exposure prophylaxis), a 28 day course of antiretroviral medications that helps lessen HIV infection risk if started within 72 hours after exposure to HIV.

In the past, sexual activity was thought to be low risk for hep C transmission. However, there is now an increasing number of cases among men who have sex with men, particularly among those living with HIV. Some of these are to do with sharing injecting equipment, but other cases seem to relate to sexual transmission. PnP creates conditions that increase the risk of transmission of hep C - that is, the presence of blood. The main risk seems to be unprotected anal sex, increased by any sex that increases the risk of damage or injury to the lining of the anus like with fisting or rough sex and/or broken skin on the penis as might occur in prolonged sex sessions. Sharing sex toys is also a risk. Getting tested for hep C is very easy and treatments are increasingly more successful and with less side effects.

5. BE THE HOST WITH THE MOST!

If you are having people over, think beyond setting up the play room, organising the toys and making the place clean and tidy! Plan for your guests' safety.

- Provide a place for people to mix their drugs. The dining room table is perfect. A great tip for taking the lead to keep the space safe is to lay out individual placemats so each person has their own designated place to mix up, inject and keep their equipment. Make the placemats different colours or designs so people can remember their spot.
- Make sure there is plenty of injecting equipment available - lots of spoons, waters, tournies, swabs, cottons. Include a pump pack of antibacterial hand gel.
- Get some big yellow sharps bins. Encourage people to put all their used equipment in a bin every time they mix up - not just fits but half used waters, tournies, cotton, swabs... you don't have to see blood for a virus to be present. Binning everything safely straight away keeps the place tidy, avoids confusion and keeps everyone safe. Finding an appropriate and convenient disposal site for getting rid of the sharps bins after the party is as simple as going on line to www.safesharp.org.au.
- Put lots of condoms in bowls with individual lube sachets. Have boxes of gloves. Add some dental dams in there. Provide bins for disposal - you can use fit bins or other lidded containers.
- You can set up reminder alarms for people on ARTs or other meds, or for drinking water, by using porn DVDs as a timer. Stick reminder notes between every so many DVDs to prompt taking meds and getting rehydrated.
- Make sure there is bottled water available. Hydration is important.

- Cut up some fruit for a platter or fruit salad. Keep it in the fridge then circulate it every now and then, or even just bring it out as everyone is dressing to leave.

6. BE A BOY SCOUT - ALWAYS PREPARED

If you are playing somewhere other than your own house, pack a PnP bag to take with you with all your supplies. Remember you might be partying for a few days. Include the following:

- a complete set of injecting equipment - fits, swabs, steriflts, cotton, spoons, waters, tourniquets - anything you are going to use, plus some extras. Work out what you might need, then double it. It is always better to have too much than not enough.
- your own pipe if that's how you like your drugs. Glass pipes work best with ice or crystal. It's always best to only use your own equipment and don't share. If your lips get chapped or cracked (from the heat of the pipe) and you share equipment you could get or spread hep C.
- Vaseline® for lips. Keeping your lips coated can reduce the risk of cracked lips and hep C transmission.
- your own straws if you snort your drugs. Sharing straws is a factor in hep C transmission. If you take a pad of sticky Post-It Notes® you will have a plentiful supply of roll ups for you and your friends.
- lots and lots of Condoms for cocks and toys - change between individuals - Sex on Premises venues will supply one condom at the most
- lots of gloves - change between individuals.
- lots of water-based lube in sachets or a new tube. Some Sex on Premises places have Crisco®. Not only are their situations where many people multiple-dip into the same pot which gets messy and can spread infections, Crisco® is an oil and will erode condoms and gloves.
- moist towelettes for clean ups.
- antiseptic hand washing - this doesn't kill viruses, but can help with avoiding bacterial infections, for example when you're mixing up.
- your own towels - for showering and for reclining on.
- medication... these things can go for days, you need to make sure you have enough ARVs, methadone/bupe, insulin or whatever else you need.
- your own douche - and don't share it. Where possible douche at home before hand. Don't use a douche plug that someone else has used.
- bottles of drinking water - you can also use the empty bottles for pissing in.
- some snacks - things like dried fruit, nuts, energy bars, even tetrapaks of Sustagen®.
- a torch, if going to Sex on Premises.
- a cock ring, for keeping your love shaft at attention.
- a mirror for straightening up after.
- remember to put your clothes in your bag to keep them clean.

7. LOOK A GIFT HORSE IN THE MOUTH

In these situations, you can sometimes be handed a fit pre-mixed, or even have someone offer to shoot you up. They might not always have your best interests at heart, or know what else you have taken and how much. Where possible, mix up yourself and don't leave it to someone else. If this is not possible, then watch the drugs being mixed up. You need to know what it is you're being given, how much is in there so you don't OD, that surfaces and hands are clean to stop dirty hits, and that sterile equipment was used to guard against BBVs. This is another thing you can visualise ahead of time... and watch other people whose communication skills you admire, to see how they manage it.

It can be a very sexy experience having someone shoot you up. But there are a few things to watch out for. Clean hands and surfaces are essential, and not just to guard against the severe and immediate headaches and nausea that can come when bacteria gets in your shot.

David told UN:

I got Hep C because a guy I was with mixed up a shot between bouts of fisting. He had blood on his hands and didn't wash them before making the drugs and shooting me up.

If you are the one playing doctor, wearing gloves reduces the harms for both of you. It's also advisable to bin the used fits straight away, without recapping. Recapping provides an opportunity for a needle stick injury that is easily avoided. But there are other ways to get a needle stick injury that can lead to a BBV. Reuben shared this experience:

I often play doctor, because I'm very good at it and it can be part of the game. I am very careful to be clean and if I am mixing up for a group, I write people's names on the fits and make sure I match dose to tolerance. Like being a good barista! But I have had five needle stick accidents, and they have all been because I have just shot someone up and then they have gone into instant sex-bomb mode and groped at my genitals before I have had a chance to dispose of the needle. That has given me a... reaction of surprise and as a result, moved my arm suddenly and the needle in my hand has stuck me or another person. So if you are on the receiving end of a shot, remember not to grope the doctor until all the sharp bits are away.

Derek had this experience with being given a shot mixed out of his presence:

The first time I ever had ice, I met with a guy who showed me how to mix and do it properly. That was fantastic because the first time I ever shot up, I did it on my own and got a lot of things wrong. So it was great to get some good advice, and I was flying. We were at his place where we were going to have a threesome with his partner. I'm not sure what happened, but his partner didn't join in. He watched for a while, then left the room to mix up another shot which he gave to me, all ready in the fit. I ended up with HIV from that encounter. Now I try and watch everything. I am always scoping, seeing where the dirty needles are, where the clean needles are.

UN was told three identical stories about being shot up by casual sex partners; this is Jake's version:

I was in a sling at a Sex on Premises club. I had taken a lot of crystal, I was pretty buzzed but ready for more. Someone came to me with a needle and shot me up. The implication was that it was crystal. It turned out to be Special K. I blacked out and came to many hours later being ploughed like a furrow, with a queue behind. I haven't used the "R" word [rape] but that's what it was.

8. KNOW THE BEAST

Some guys find it difficult to get an erection on crystal, so may use an enhancer like Viagra®, Cialis® or Levitra®. This combination can be very dangerous if then mixed with nitrates, like amyl nitrate, as they can cause a dangerous drop in blood pressure that can cause heart attack. This can happen even if nitrates are taken on different days. These medicines should also be used cautiously in people with heart problems or who have a history of stroke. An alternative to these is the Caverject® injection.

Remember the more different types of drugs you have on board, the more you are stressing your body. Know what drugs should never be mixed. Other people don't know what you already have on board, or may not understand certain combinations are dangerous. This is another reason to be cautious about what you are given and prepare your drugs yourself. It is often best to keep to the repertoire of drugs you know you can trust.

And while Viagra® can be fantastic, if you are going to take a cocktail of other drugs, a cock ring can be an alternative erection aid that isn't going to end up with you playing harp in a white frock.

9. BE A FRIEND, NOT JUST A LOVER

Watch out for people who might have had too many drugs or too little sleep. Know the symptoms and keep an eye out.

- If someone is wiggling out from being up too long, don't make a big deal out of it. Show enough authority to get their attention then help them get their mind geared in another direction. For some people it can help to ask about their interests, where they live. Everyone has a passion, and if you can get them thinking in that direction, it can help settle them down. You can then suggest they take a break from the main action. For others, putting them in front of a computer or DVD screen out of the action can be helpful (but make sure you are logged out of your email, facebook, etc so they can't post stuff on your behalf).
- Symptoms of extreme intoxication from ATS (Amphetamine Type Substances) include: excessive anxiety, racing pulse, profuse sweating, excessive thirst, breathing difficulties, seizures (fits), nausea, vomiting, delusions (seeing or hearing things), psychosis or chest pain.
- Symptoms of serious overdose from ATS include: they stop sweating (and are getting very hot), may have a stroke (headache, loss of balance, blurred or decreased vision in one eye, difficulty in speaking, numbness or partial paralysis) or experience unconsciousness.

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- Call 000 immediately in case of overdose or extreme physical or psychiatric distress. Don't delay when someone's life is at stake. Ambulance medics are not cops so they won't report drug use... but throwing a table-cloth over the drug paraphernalia isn't a bad idea.

10. KNOW WHEN TO HAVE A KIT KAT

You don't want to be one of those people that others are calming down or calling 000 for. One way to avoid that is to try not to stay up longer than 2-3 days at a time. Taking some "down time" during your high to relax and be quiet can really help. Some people find taking a shower really clears their head, others just sit outside or on a balcony for a bit, doing some deep breathing or drinking some water. Taking a short catnap can help if you are feeling a bit rough round the edges. You may have to force yourself, but if you get in the habit you will find it well worth it.

Don't be afraid to reach out to someone if you are feeling unsettled, paranoid or just a bit rough. This can be the people you are with, or a friend or family member elsewhere. Establish support networks with your friends by agreeing you can call each other if need be and use them. When it comes your turn to support them, you will have some great ideas about what worked for you that you can try on them.

If where you are is feeling dangerous, or even uncomfortable, just get out. You can always get on line and find some action somewhere else, either straight away or after a home break.

Steven had this to say:

Sometimes you have to make a decision to either go with something or get out. I was once at someone's home and it was a group sex situation. The host was filming us in real time and projecting us on the wall, larger than life. It was pretty hot. But then I noticed these other little screens with guys masturbating... and I realised the sex was being streamed in real time on the internet, and those little screens were people watching us. My permission hadn't been asked for my involvement at any time. In those kinds of situations you have to either go with it, or get up and go.

Daniel told UN:

I was playing with a guy once and I realised he had a set up in his bedroom whereby he was filming me having sex with him. I was really angry and I just wasn't into it, so I left straightaway. I'm bad at sticking up for myself, but I told him I was upset that he hadn't asked my permission or discussed it with me. It was the fact that it was without my consent that made me angry. It was abusive. Maybe I might have been into it if he had approached it as something fun we could do together.

Knowing when to call it a day is an art form you may need to practice to perfect. Like professional athletes and movie stars, it's always best to go out on a high.

If you are the host, getting rid of guests can be tricky.

Conor says:

I've actually left my own house and gone down the pub to play the pokies for half an hour, just to take a break from it. But I wouldn't advise it if you don't know the people you're leaving behind really well.

Lincoln told UN:

I once left people in my house while I went to PnP somewhere else. When I came back, the door was open, the TV was gone, the computer was gone, the stereo was gone...

Heath offers this advice:

You have to be firm but polite, and a bit repetitive when you are the host and you need to communicate to a group of people all in the PnP headspace. It might be about keeping the noise down for the neighbours, but often it's about when to finish the party. One trick is to connect to the net and help people find another party or playmate if they are not ready to call it a day.

And remember, there might be a bit of paranoia floating about, so you need to be warm and affectionate so people know it is not about them, it's just you totally need your space back!

11. HEALTHY PLAYERS CAN TAKE IT FURTHER!

Staying hydrated has heaps of benefits. Water is an amazing thing. It stops muscle fatigue and helps with endurance - it decreases your recovery time. Water also keeps your colon happy and will help with the constipation that a good session of ATS (Amphetamine Type Substances) might bring on. A happy colon makes douching safer as well. Also ATS can give you a dry mouth and you can't give oral pleasure if you can't make spit! A trick is to put a water bottle between each porn DVD so that you remember to drink every hour or so.

Staying energised is important too. Eat, even if you're not hungry. Your body needs all the fuel it can get. If you can't eat during, at least eat well before and after.

Some HIV medications require you to drink extra water or stick to certain meal plans, so if you are living with HIV you need to be extra careful about your food and water intake. Let your doctor know what drugs you are taking and work out a plan. Ditto for diabetics. The same rules that apply to a normal day must apply to a PnP session, so work out how you are going to deal with it.

Taking multivitamins can be useful. Sustagen® or smoothies can help for a quick lift, but milkshakes don't quite cut it.

12. NEXT VERSE, SAME AS THE FIRST

WE CAN'T SAY IT ENOUGH:

WRAP YOUR STICKS AND TRICKS,
LINE THOSE HOLES,
PUNCH WITH PLASTIC,
SHOOT WITH STERILE EQUIPMENT
STASH YOUR TRASH IN THE RIGHT PLACE...

AND HAVE A REALLY, REALLY, REALLY FUCKING GREAT TIME.



GETTING SUPPLIES

NSPs will give you as many fits, swabs, cotton, spoons, tourniquets, condoms, gloves and sachets of lube as you want. You can get water and steriflits from NUAA NSP.

ON LINE - GOOD THINGS TO KNOW:

An awesome website is www.crystalneon.com, produced from the San Francisco AIDS Foundation. It has some great harm reduction info, including a zine called *Speedometer* that is "produced by and for gay and bisexual guys who use crystal meth". Sure, there's lots of specific SF service info that is irrelevant, but there are some fantastic stories, interviews, tips and pix that make it a must-visit site for anyone into PnP.

Another site worth looking at is www.dancesafe.org that promotes health and safety within the rave and nightclub community. It has lots of info on different drugs and harm reduction advice.

The NSW Sexual Health InfoLine is an information and referral line staffed by specialist sexual health nurses from 9:00 am to 5:30 pm. Call on 1800 451 624 for the best info available. Totally confidential and anonymous.

For a statewide guide of where to be tested for STIs including HIV, go to ACON's website, at <http://www.acon.org.au/hiv/where-to-get-tested>

For info about HIV PEP (Post Exposure Prophylaxis), there's a great website called Get PEP at www.getpep.info/pep_now.html or you can call the 24 hour PEP Hotline on 1800 737 669.

AIVL www.aivl.org.au and NUAA www.nuaa.org.au both have great info and links regarding BBVs.

INJECTING DRUG USE AMONG GAY AND BISEXUAL MEN

Dr Toby Lea, Centre for Social Research in Health, the University of New South Wales

Data from the ongoing Gay Community Periodic Surveys have consistently shown high rates of injecting drug use among gay and other homosexually active men in Australia. Typically around 5% of men surveyed report having injected drugs in the previous six months, with higher rates reported among HIV-positive men (around 17% in the previous six months; Lea et al., 2013a). In the general population of men in Australia, around 0.5% report injecting drug use in the previous 12 months (AIHW, 2011).

While a high proportion of heterosexual people who inject drugs report heroin as their drug of choice (more than half according to the 2012 Illicit Drug Reporting System; Stafford and Burns, 2013), gay men who inject drugs most often report methamphetamine as the drug they typically inject (Lea et al., 2013b). While a small number of gay men report injecting heroin, this population remains relatively hidden and may be underrepresented in research studies.

In the 2011 Sydney Gay Community Periodic Survey, men who injected drugs in the previous six months were found to be more likely than men who did not inject drugs to have had unprotected sex in the previous six months, to have used party drugs (e.g., crystal, GHB) for the purpose of sex, and reported a higher number of esoteric sexual practices (e.g., fisting, oral/anal semen play, BDSM; Lea et al., 2013b). The intersection of drug use and sexual practices here suggests the need for combined harm reduction and sexual health services for gay men who inject drugs.

Australian research is currently being conducted that will provide new data on injecting practices and injecting contexts among gay men. Previous research suggests that injecting drug use among gay men is an intimate practice that commonly occurs in sexual contexts, and that the sharing of needles, syringes and other injecting equipment occurs between regular and casual sexual partners (Dowsett et al., 2005). However, there is some evidence to suggest gay men are more likely to adopt safer injecting practices than other populations of people who inject.

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MONUMENT: ART TO CELEBRATE LIFE!

LAST ISSUE (#74) WE INCLUDED MENTION OF TWO MEMORIALS TO HONOUR PEOPLE WHO HAVE DIED FROM DRUG RELATED CAUSES. HERE IN AUSTRALIA ON INTERNATIONAL REMEMBRANCE DAY 2013, A TREE WAS PLANTED IN HARGRAVE PARK IN KINGS CROSS. IN THE ARTICLE ON THE TORONTO COUNTERFIT PROGRAM IN CANADA, WE FEATURED THE IMAGE OF A TEN FOOT COPPER SCULPTURE THAT SITS IN THE STREET OUTSIDE THE SERVICE. THESE MEMORIALS BEGAN A CONVERSATION AMONG SOME PEOPLE WITH A HISTORY OF DRUG USE WHO ARE ARTISTS, ABOUT WAYS TO CELEBRATE THE LIVES OF PEOPLE WHO USE DRUGS. PEOPLE WERE KEEN NOT TO JUST HAVE A MONUMENT TO MARK THE PASSING OF THOSE DEAD FROM DRUG-RELATED MATTERS, BUT SOMETHING THAT CELEBRATED THE LIVES OF PEOPLE WHO CHOOSE TO USE DRUGS - CELEBRATING AMAZING LIVES AND ADVANCING HUMAN RIGHTS FOR PEOPLE WHO USE DRUGS BY SAYING "WE ARE HERE AND WE ARE FABULOUS".

DALE'S IDEA:

I think the tree at Hargrave Park was a great idea, it's a living memorial which is wonderful. I do get sick of being hidden away. I crave visibility - I want to claim space! I want to be in Hyde Park or the Botanic Gardens with everyone else! I also think there should be a plaque so it's not just for people "in the know". I think one way of making the tree idea more personal is in the way padlocks with names on it are put by tourists at different locations. Love-locks as they are called, are fastened on the bridge over the River Seine in Paris, France, and at the Great Wall of China - in fact all round the world, even on the Great Ocean Road in Australia. People can write their names on the padlocks with permanent texta or have them engraved. It doesn't have to be morbid, with just names of people who have died, though this could be a way to mourn. Adding a padlock with your name could be something that any person who takes drugs could do, or even people sympathetic to the aims of drug user organisations - families, friends, workers. We could attach them to the fence where the tree is planted at Hargrave Park, or some other location - somewhere more public. We could just claim that space, like we claim space in every other aspect of our lives.

RITA'S IDEA:

I would like a piece of music composed to celebrate the lives of people who use drugs, that would communicate the sensuality of drug use, the experimentation, the joyfulness of a life lived courageously. A piece of music that would impart the craziness and the beauty and the sorrow and the power of a life lived to the full. It could also mark the tragedy of some deaths come too early, but mostly would be a celebration. A piece that can be participated in through the playing and through listening; that has meaning when listened to alone, in a group or at a ceremony; and that grows in meaning through repetition, as we invest power and emotion to it. A drug user anthem? Yeah, there are a few thanks to Lou Reed, Johnny Thunders and the Only Ones... But how about one that drug user organisations own the copyright to!

SIBYL'S IDEA:

I would like to make something that glows - a floor piece with a pattern made from quartz or gravel that is lit from underneath, like a giant sand painting, all glowing colours, each piece glowing. Each quartz stone would represent one of the different and fantastic people with a history of drug use. Then we could also have a number of performance celebrations, with attendees alerted by SMS or email whereby another piece of quartz would be lodged somewhere in the city, perhaps in a wall or fence somewhere. I like the idea of shining gems hidden throughout the city, private but celebratory. Celebrating that people are brave enough to be a risk taker and to play around on the edges of substances, to want to control their own body as opposed to the constant control that we all have imposed on us. I think of those hidden spaces where someone leaves a fit to come back and find later, a stash place, where your things will be safe and undisturbed. Using drugs for me has always been about finding that protected hidden space. The politics of this piece is in the affirming of each individual - a celebration of how they wish to tackle the issue of drug use.

JIMMY'S IDEA:

I like the idea of an online project. A virtual space where people can be celebrated as individuals, but that makes sense as a collection that says "there are millions of us". Maybe a Facebook style group for people who use illicit drugs. People could have individual accounts/pages and be anonymous or visible as they please. Sites could be set up to memorialise and respect people who have died as well. It would be accessible world-wide so it could be a global project. On your page you could upload any details you want known, as well as photos, drawings, stories, political rants... whatever. Visitors to the site could connect with the personality of each person and the diversity of people who use drugs. I think many people who "pass" in the community as a non drug taker would like the cheeky humour of coming out in this way. A sort of "fuck you" to stereotypes - of people who take drugs and of who and what people think you are. In the same way super heroes manage a double life, this space is like the comic book where the souped up version of you can strut!

ERIN'S IDEA:

I really like the idea of tile artworks, as has been adopted in many public art projects. In these projects you are given a tile and paints, then that is sent away to be glazed. They look fantastic when they come back. You can put text, images of things important to you. Memorial tiles could be done by family or friends who knew the person best. The tiles are large enough to carry quite a bit of information. The whole piece is put together like a patchwork, similar to the AIDS quilts. It would be great to have it somewhere public, on the outside of a building or as a free standing wall in a park.

JONAH'S IDEA:

I think we already have an amazing artwork dedicated to people who use drugs in the Brett Whitely sculpture "Almost Once" which is in the park beside the Art Gallery of New South Wales. These are two giant matchsticks, one unlit, one burned to charcoal. He did it a year before he died of an overdose. It's about potential and potential spent, life and death, that you only get one chance, that you need to live life to the full. It references the practice of adding heat to all sorts of drugs... bongs, pipes, foil and spoon. It's about fingers getting burned. It's about clean and dirty, bent and straight, experience and absence, discrimination and acceptance. I think we should gather there every Remembrance Day, Overdose Day, Drug User Day, Hep C Day, HIV/AIDS Day... and claim it as our own. Brett would have liked that, I am sure.

JERRICA'S IDEA:

For me the Redfern Just Say kNOw mural reminds me of all the people who died on the Block and around Redfern and Chippendale. The Block as it used to be is not there anymore. But the mural is, and it stands to remind everyone of how many people died that should not have. So many needless deaths because people in power didn't care enough. It also talks about potential for the future, a better way to go with drug use, where people can know their drugs and their bodies and can make their own decisions based on information, discussion and understanding. Knowledge sets you free.

MEET SKINNY SANTA!

FUN FLAVOURS FOR YOUR TASTIEST SUMMER EVER

The sun is shining and the ice is in the Esky. Summer is the perfect time for a get together with family and friends to celebrate Christmas, New Year, or just life in general! Whilst it's ok to enjoy the occasional treat, the many parties and holiday feasts of Summer can give people a few too many chances to overindulge. Keep your health in check and by keeping your day to day eating habits balanced, and enjoy your parties without going overboard with these tips and tricks.

PARTY HEARTY AND HEALTHY

It can be all too easy to lose track of the nibbles passed around before a meal. Often these can be high in calories and not much else! For those with a small appetite and trying to gain weight, those little snacks can fill you up and put you off the main event. But you don't need to miss out altogether. A great trick is to survey the spread and pick one or two of your favourite to really savour, making sure to stick to your limit. For those watching their weight, don't be afraid to bring a plate of a healthier choice to share such as vegetable sticks with dip, plain popcorn or pretzels to make it easier to limit the chips, party pies and cheeses.

If you're hosting, choosing foods that you can prepare in advance means you can spend less time in the kitchen and more time with your guests. Vegetable sticks can be cut up ahead of time, and savoury slices like the *Zucchini Rice Slice* below can be made weeks in advance and frozen. Bruschetta can be an easy, cheap and healthy option - you can make the topping the day before and keep it in the fridge, then toast and top the bread just before your guests arrive. The *Sardine and White Bean Bruschetta* recipe below is a high protein alternative to the usual tomato and basil variety.

SARDINE AND WHITE BEAN BRUSCHETTA

Serves 4

- 8 small slices crusty multigrain baguette, or 4 slices regular multigrain bread, halved.
 - Oil spray
 - 400g can cannellini beans, rinsed, drained
 - 105g can sardines in oil, drained
 - 2 tablespoons lemon juice
 - ¼ cup chopped flat-leaf parsley
1. Spray both sides of bread with oil.
 2. Toast on a chargrill heated to high, under the stove grill, or just in the toaster, for 1-2 minutes on each side or until lightly toasted.
 3. Place beans in a bowl and roughly mash with a fork.
 4. Add sardines and roughly mash to combine.
 5. Stir through lemon juice and parsley.
 6. Spoon onto bread and serve.

ZUCCHINI RICE SLICE

Serves 4

- 1/3 cup long grain rice
 - 2 teaspoons olive oil
 - 1 small onion, finely chopped
 - 1 medium zucchini, grated
 - 3 eggs, lightly beaten
 - ¾ cup grated extra light tasty cheese
 - 2 tablespoons grated parmesan cheese
1. Preheat oven to 180C.
 2. Grease and line a small loaf pan with baking paper, allowing a 2cm overhang, and set aside.
 3. Place rice and 2/3 cup cold water in a saucepan over high heat. Bring water to the boil. Reduce heat to low. Simmer, covered, for 15 minutes. Remove from heat. Stand, covered, for 3 minutes.
 4. Meanwhile, heat oil in a frying pan over medium high heat. Add onion and cook stirring, for 4 minutes or until soft.
 5. Transfer onion to a large bowl. Add zucchini, eggs, rice and ½ cup tasty cheese.
 6. Stir to combine.
 7. Spread mixture in a prepared pan. Sprinkle with parmesan and remaining tasty cheese.
 8. Bake for 35 minutes or until golden brown.
 9. Allow to cool and keep refrigerated until use. Can be frozen.

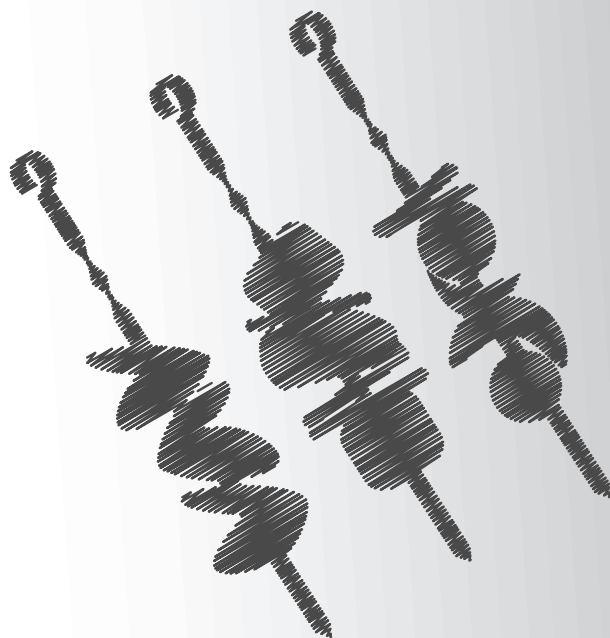


BBQ BRILLIANCE

What would summer be without the smells and sounds of a barbeque with friends and family! Barbeques can often be lumped into the unhealthy column as people think of sausages and creamy potato salads, but barbequing can be a great way to eat depending on the foods you choose. Branch out from sausages which can be high in saturated fat and salt, and go for trimmed steams or chops, or use lean mince to make burgers or koftas. It may be a little more expensive but you get more bang for your buck since you get more actual meat and less fat.

Keep your plate balanced and fill half of it with vegetables. But don't just limit this to salads, try cooking vegetables on the BBQ for a great smoky flavour. Asparagus, eggplant, corn, mushrooms and capsicum are particularly tasty. Cook these on their own, or make kebabs by alternating cubes of vegetables with chunks of meat, tofu or haloumi on wooden skewers.

If you don't have a BBQ at home, many parks and beaches have hotplates that you can use for free or for a bit of loose change - a great opportunity to keep your exercise up over the holiday period with a swim, a game of footy or just a scenic walk.



CHICKEN KOFTAS

Serves 8

- 450g chicken mince
 - 1/2 cup couscous (not cooked)
 - 1/2 onion, very finely chopped
 - 2 cloves garlic, crushed
 - 1/4 cup finely chopped parsley
 - 1/4 cup finely chopped coriander
 - 1 tablespoon curry powder
 - 2 tablespoons sweet chilli sauce
 - olive oil spray
 - 1/2 lemon, juiced
1. Place mince into a large bowl. Add all remaining ingredients, except olive oil spray and lemon juice.
 2. Mix well, ensuring all ingredients have been combined evenly with the mince.
 3. Divide mixture into eight equal portions and form into sausage shapes.
 4. Refrigerate in a sealed container for as long as possible – preferably overnight.
 5. The following day, thread the koftas onto dampened wooden skewers or metal skewers.
 6. Preheat the barbecue to medium-hot.
 7. Evenly spray koftas with a little oil and cook for 6–7 minutes, turning once, or until thoroughly cooked through.
 8. Drizzle with lemon juice while still hot, then serve immediately.

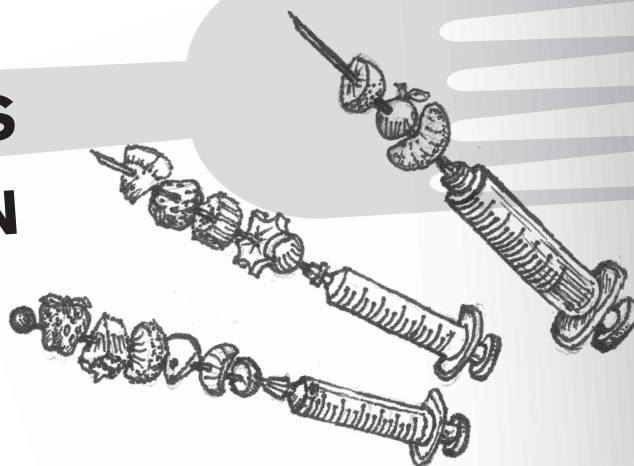
THOUGHTFUL GIFTS FROM THE KITCHEN

My mother taught me to never go to a party empty handed, but to always bring something to share. Food and drinks (usually of the indulgent sort) are some of the most common gifts given to people during the festive season. If you want to break from the mould and give a different type of edible gift that's still tasty but better for the waistline, we have some ideas.

Packets of fruit and vegetable seeds, or a pot of herbs is a great way to inspire a green thumb or a budding chef. A nice bottle of olive oil or balsamic vinegar goes a lot further than a bottle of wine. And instead of just buying a box of chocolates, you could put together a beautifully wrapped hamper of summer fruits. And it doesn't have to be a big hamper! Fruit is a lovely gift for summer. A single, ripe mango with a ribbon on it can be luscious, as can a little basket of berries or stone fruit. You can buy little containers from \$2 shops, or you can go hand-made.

You can make a great basket by cutting the bottom off a 2 litre drink bottle or a litre milk carton or using the plastic punnet you get with strawberries or a small yoghurt container (clean it well first). I am sure you can think of other ideas. Make it Xmassy by painting, covering it in Xmas paper or cellophane or decorating with stickers, glitter, cut outs from magazines, tinsel, Xmas decos - whatever! If you like, put a square of fabric or a paper serviette inside and maybe even staple on a little handle made from left over plastic or cardboard. Another option is to make a cone shape by cutting a circle of cardboard and a circle of Xmas paper. Glue the paper on the cardboard then cut a line from the edge to the centre so you can curl your circle into a cone shape and tape into place. You can make a matching gift tag with a square of cardboard. Then into your basket or cone you can pop some summer fruit - some strawberries or other berries, or a handful of cherries or a few plums and apricots. If you wrap the whole thing in cellophane it makes it easier to transport. This makes a lovely little gift that costs only a few dollars, but is thoughtful, comes from the heart and gives the gift of health as well as love. Not to mention it's an exercise in recycling and good for the environment! Nothing says "you're important to me" like something hand-made. It's also a great one to make with kids. We all love to get something that kids have made!

For those who want to get creative in the kitchen, try a bouquet of fruit flowers or make your own muesli - both fun holiday activities to keep the kids busy!



FRUIT BOUQUET

- A mixture of your favourite fruit, including small and large fruits
 - Long wooden skewers
1. Cut large pieces of fruit (eg watermelon, rock melon, pineapple, oranges) into thick slices. Use cookie cutters or just a knife and your imagination to cut out flower shapes and stars.
 2. Skewer larger pieces of cut fruit followed by smaller fruits (eg strawberries, grapes, sliced kiwi, sliced banana, balls of melon scooped with a melon-baller) - mix and match to get a variety of different 'flowers'.
 3. Cut half crescent slices of honeydew melon to make leaves and place on skewers.
 4. Arrange skewers in a water jug or vase or anchor them into a large apple or orange (cut a slice off the bottom so it sits flat) or even half a rockmelon, curved side up (keep the skin on or the skewers will break it apart).
 5. Keep in the fridge until ready to serve.

TOASTED MUESLI IN A JAR

- 2 cups rolled oats
 - 1 ½ cups bran cereal
 - 2/3 cup mixture of nuts and seeds (eg sunflower seeds, pumpkin seeds, flaked almonds, chopped hazelnuts)
 - 1/3 cup dried apricot
 - ¼ cup dried apple
 - 1/3 cup sultanas
 - A large clean jar
1. Preheat oven to 150C.
 2. Combine oats, bran, nuts and seeds in a bowl.
 3. Spread mixture onto a baking tray and bake for 5 minutes.
 4. Add apricot and apple to tray and back for a further 10 minutes.
 5. Stir through sultanas and allow mixture to cool.
 6. When completely cool, place in the jar, seal and tie a ribbon around the neck for a delicious present.

And have a delicious holiday season!



GAMES PEOPLE PLAY

PUZZLE ANSWERS

PUZZLE ONE

6	11	7	19	10
2	14	1	4	20
12	17	8	3	9
15	18	16	5	13

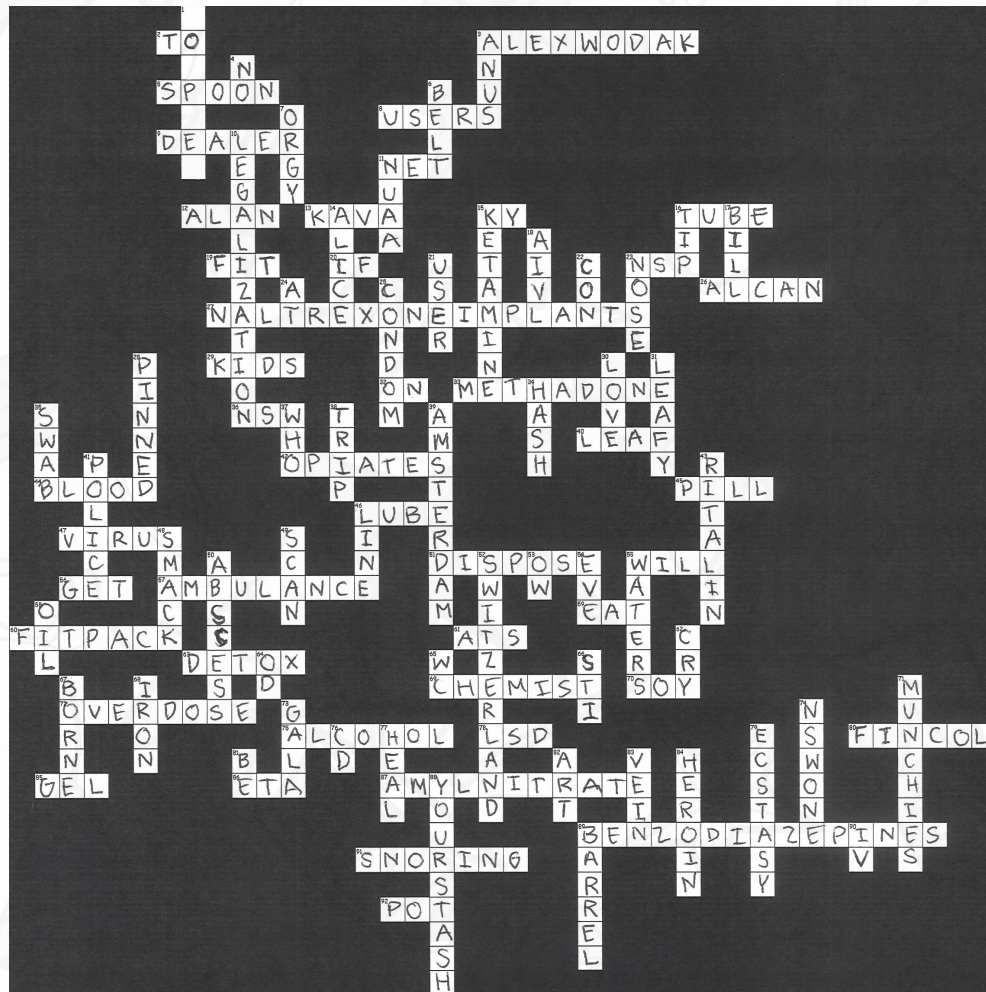
PUZZLE FOUR (LEFT TO RIGHT)

SUBOXONE UNLAWFUL ANTIBODY INJECTION NALOXONE
GENOTYPE FENTANYL EUPHORIA SYRINGES ROHYPNOL

PUZZLE FIVE

1. STERIFILT
2. LUBRICANT
3. METHADONE
4. EQUIPMENT
5. HEPATITIS
6. INJECTION
7. REDUCTION
8. STIMULANT

PUZZLE SIX



Services That Might Assist You

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
Beyond Blue	Support and advice for depression		
OTL: Opiate Treatment Line	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
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 who use drugs illicitly	24 hours	1300 368 186
Domestic Violence Line	Support group for people affected by another's drug use.	24 hours	1800 656 463
Women's Information & Referral Service	Phone info and referral service for homeless or at-risk people.		1800 817 227
Anti-Discrimination Board of NSW	Administers the anti-discrimination laws of NSW and promotes equal opportunity	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
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

CHECK OUT AIVL's ONLINE NSP DIRECTORY AND LEGAL GUIDE: www.nspandlegal.aivl.org.au

For a list of needle & syringe programs across Australia, including contacts, address (with a link to a Google map!), hours of operation and types of equipment supplied, hit up the above link.

There you'll also find a state and territory reference of NSP and drug related laws with info on possession of equipment, disposal, rights during police questioning, illicit drugs and sex work.

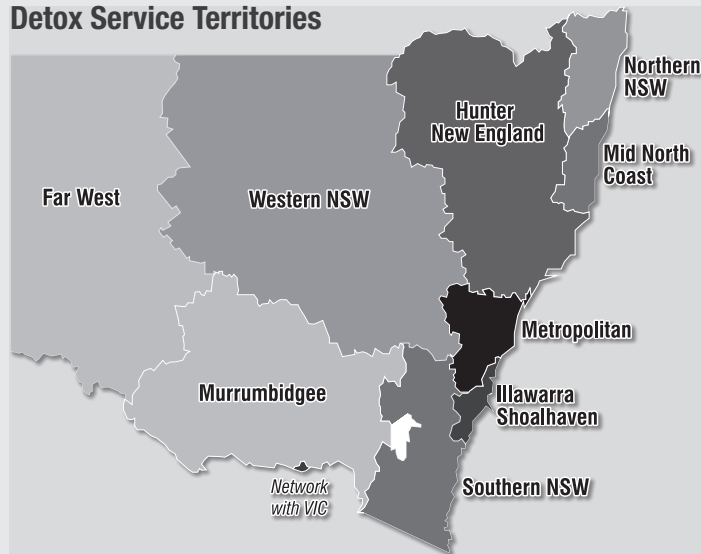
Medical Services

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

Local Health District Intake Lines

Service	Phone N°
Northern NSW Local Health District Drug and Alcohol areawide intake (Tweed Heads/Lismore)	02 6620 7600
Hunter New England Local Health District Drug and Alcohol intake line	(02) 4923 2060
Western Sydney Local Health District Drug and Alcohol intake line	(02) 9840 3353
South Eastern Sydney Local Health District (Randwick/Sutherland)	(02) 9113 2944
Northern Sydney Local Health District Drug Health Services (Hornsby/Ryde/Manly)	1300 889 788
Illawarra Shoalhaven Local Health District	1300 652 226
Central Coast Local Health District Drug and Alcohol intake line (Gosford, Wyong)	(02) 4394 4880
Mid North Coast Local Health District Drug intake line (Coffs Harbour/Kempsey/Port Macquarie)	1300 662 263
Nepean Blue Mountains Drug and Alcohol Service Drug and Alcohol intake line	(02) 4734 1333
Sydney Local Health District Drug and Alcohol intake line (Concord/Balmain/Canterbury/Camperdown)	(02) 9515 6311
South Western Sydney Local Health District Drug and Alcohol intake line (Liverpool)	(02) 9616 8586
Far West Local Health District Drug and Alcohol Helpline (Broken Hill/Ivanhoe/Tibooburra/Wentworth)	1300 662 263
Murrumbidgee Local Health District Drug and Alcohol line (Albury/Griffith/Wagga Wagga/Deniliquin)	1800 800 944
Southern NSW Local Health District Drug and Alcohol Line (Yass/Queanbeyan/Bega/Goulburn)	1800 809 423
Western NSW Local Health District Drug and Alcohol Helpline (Orange/Dubbo/Bathurst)	1300 887 000

New South Wales Regional Detox Service Territories



Greater Sydney and Metropolitan Detox Service Territories

Where to Score Fits



SHOOT CLEAN!

NSP Location	Daytime N°	Alternative N°
Albury	(02) 6058 1800	
Armidale/Inverell	0427 851 011	
Auburn Community Health	(02) 8759 4000	
Bankstown	(02) 9780 2777	
Ballina	(02) 6686 8977	0467 809 250
Bathurst	(02) 6330 5850	
Bega	(02) 6492 9620	(02) 6492 9125
Blacktown	(02) 9831 4037	1800 255 244
Bowral	ADM at back of Hospital on Ascot Road	
Byron Bay	(02) 6639 6635	0428 406 829
Camden	(02) 4634 3000	
Campbelltown (MMU)	(02) 4634 3000	
Canterbury (REPIDU)	(02) 9718 2636	
Caringbah	(02) 9522 1046	0411 404 907
Coffs Harbour		0408 661 723
Cooma	(02) 6455 3201	
Dubbo	(02) 6885 8999	
Goulburn S.East	(02) 4827 3913	(02) 4827 3111
Grafton	0417 062 265	0429 919 889
Gosford Hospital	(02) 4320 2753	
Hornsby Hospital	(02) 9477 9530	
Ingleburn	(02) 8788 4200	
Katoomba/Blue Mountains	(02) 4782 2133	
Kempsey	(02) 6562 6022	0418 204 970
Kings Cross (KRC)	(02) 9360 2766	(02) 9357 1299
Kings Cross (Clinic 180)	(02) 9357 1299	
Lismore	(02) 6622 2222	0417 062 265
Lismore - Shades	(02) 6620 2980	
Liverpool	(02) 9616 4807	
Manly	(02) 9977 2666	0412 266 226
Merrylands	(02) 9682 9801	
Moree	0427 851 011	
Moruya	(02) 4474 1561	
Mt Druitt	(02) 9881 1334	
Murwillimbah/Tweed Valley	(02) 6670 9400	
Marrickville Harm Minimisation Program	(02) 9562 0434	
Canterbury Harm Minimisation Program	(02) 9562 0434	

NSP Location	Daytime N°	Alternative N°
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	0429 362 176	
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	0417 062 265	0437 886 910
Queanbeyan	(02) 6298 9233	
Redfern Harm Minimisation Unit	(02) 9395 0400	0408 661 723
Rosemeadow	(02) 4633 4100	
St George	(02) 9113 2943	0412 479 201
St Leonards (Royal North 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 (Sydney Hospital Sex Health Centre, 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	0417 062 265
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	
Young	(02) 6382 8888	
Redfern Harm Minimisation Program:	(02) 9395 0400	

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.