

Spring 2016

Positive News

A round-up of news from Bobby Goldsmith Foundation



**bobby
goldsmith
foundation**

practical emotional
financial support

Nutritious Results for BGF's *Eat Well* Program



SHNC Manager Gillian Elliott and BGF Board President Lorraine Hall at celebratory lunch.
Photo credit: Victoria Bathos.



Jenny Leong MP with BGF Program Coordinator Richard Kennedy and guests observing preparations.

**EAT WELL
LIVE WELL**

WITH HIV (+)



***Eat Well, Live Well with HIV* is a peer-facilitated ten-week practical program designed to teach cooking skills and build strategies to adopt a healthier and more nutritious diet.**

Started in 2015 in collaboration with the Surry Hills Neighbourhood Centre (SHNC), workshops address a range of issues impacting on leading healthy lives for people living with HIV.

For instance, did you know that:
... HIV can cause depletion of naturally occurring vitamins from foods eaten?
... Food insecurity is linked to poor medication adherence?

Eat Well, Live Well with HIV helps people rise to the challenges of food insecurity, such as low income, physical mobility, access to transport, knowledge and skills, cooking facilities, homelessness, and mental health.

The program's success is evident in the feedback participants shared following the courses, including improvement in:

- quality of life, sleeping, exercising, energy and social networks;
- being more in control of their HIV;
- confidence in coping with HIV; and
- personal strategies for eating better.

For further information, contact Richard Kennedy at BGF—(02) 9283 8666 or email richard.kennedy@bgf.org.au.

Eat Well, Live Well with HIV

- Eating on a budget and making healthy choices
- Reading food labels while on a shopping trip
 - Substituting healthy ingredients
- Finding motivation to cook for one
 - Food budgeting
- Kitchen and food hygiene
 - Hands-on cooking skills
 - Mindfulness and health

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**BGF PROVIDING FINANCIAL
SUPPORT IN SOUTH AUSTRALIA**

**CLIENT SERVICES—
ACHIEVEMENTS AND AWARDS**

**FUNDRAISERS.
SUPPORTER'S STORIES.
EVENTS ... AND MORE.**

Making a Difference in South Australia

Bobby Goldsmith Foundation (BGF) has long wanted to help more people living with HIV (PLHIV) across Australia. That opportunity has now come to fruition.

Board and staff are incredibly excited about the opening of new services in South Australia and are proud to be working alongside the SAMESH team and Shine SA.

BGF is delivering the following direct financial assistance for PLHIV on low incomes to access to treatments and remain adherent:

-  **HIV medications – ART (anti-retroviral treatment)**
-  **Medication for HIV-related co-morbid conditions**
-  **Dosette boxes & Webster Paks for those with multiple complex health issues**
-  **Emergency one-off medical expenses**



Jessica Hodgetts (pictured) joined BGF as a Case Worker in SA in May 2016.

"The best bit about my role is working out how BGF can assist in helping people to live well with HIV." - Jess

BGF Welcomes Case Managers

Case management services at BGF commenced in 2016 and are designed to directly support clients in the community – with a focus on supporting people living with HIV and with complex health issues, comorbidities or mental health.

BGF welcomes **Lauren Foy** to our Sydney office, and **Troy Dunn** who is based in Lismore and working out of the ACON office there.

BGF's Case Managers support PLHIV to:

- make informed choices;
- adapt new coping and practical skills;
- practice new healthy behaviours; and
- maintain emotional stability.

BGF works to connect PLHIV to programs and deliver services that support sustained treatment adherence and build healthier lives.

For further information email: bgf@bgf.org.au – or telephone 02 9283 8666.

BGF are located in SA at the SAMESH office at 57 Hyde St, Adelaide.
For all SA client enquiries, email: jessica.hodgetts@bgf.org.au
or telephone 0403 210 034

Prefer to read your newsletter online? Let us know by emailing: bgf@bgf.org.au

Award Winning Work

Bobby Goldsmith Foundation was honoured to receive the *Life Changing Impact Award* for demonstrating the power of NILS (No Interest Loans Scheme) to connect and change lives.

The NILS Awards recognise volunteers and workers who have made an outstanding contribution to their program, community, and countless individuals. The award is a reflection of the vast network of people who continue to turn up every day to make a difference to the lives of so many.

BGF is grateful to Good Shepherd Microfinance for this fantastic collaboration in supporting people living with HIV get back on their feet.



A Friend for Life

Lis Luke has been standing alongside BGF for over 20 years. This is her story ...

"Like many of my generation, I felt the heartache of losing many loved ones to HIV/AIDS. BGF was one of the first organisations to offer support on so many levels to people who had no-one else to turn to at the time."

"I believe that the people who work and give to BGF are unique humanitarians and this in itself puts the organisation very close to my heart. I started donating to BGF because I wanted to give to a charity that I could relate to and feel part of."

"I chose to give to BGF on a regular basis because I could visibly see the difference these gifts were making to people's lives. This was my motivation and has been ever since."

"By donating even a small amount regularly, I know I am helping to provide support to those who are most deserving, particularly those who are living below the poverty line. As a NGO, BGF heavily relies on donations."

"BGF has done amazing work and they have always ensured that they direct their focus where it is most needed. They have been able to re-position themselves so they can have the most impact in an environment where HIV support has significantly changed over the years. They've been able to tailor education, especially to a younger generation of people living with HIV."

"BGF is Australia's oldest HIV charity and has stood the test of time. It is often the first port of call for people after they are diagnosed HIV+. People find a safe haven where they can begin to get their lives back on track."

"While Australia has made great progress both in treating HIV and preventing it from progressing to AIDS, we still continue to see a number of people being newly diagnosed."



"BGF is a unique service and has a wealth of experience with a dedicated team that truly believes in the cause."

"I love the fact that I receive regular updates from them as to how their clients are doing and the many success stories. I also receive invitations to special events where BGF acknowledges and recognises its supporters on a more personal level. I get to meet like-minded people and it feels good to be part of something where you feel you are making a difference."

"I try to attend as many BGF events as possible so that I can keep in touch with the organization and those connected with its community. I have been participating in the BGF Bake Off for over 10 years and this is a highlight of the year for me. I also volunteer at the BGF Fair Day stand and help with bucket collections such as at the Queer Screen Film Festival and around World AIDS Day."

"HIV it is still here, and for now, it is not going away. People may not be dying in the same way as before, but the hardship and stigma HIV causes is still prevalent and evident in our society today."

"The illumination of HIV requires long-term investment in organisations such as BGF who have been in the forefront of the response since the beginning of the epidemic. People are now living longer with HIV, and so an ageing HIV population is now a real issue."

"It's important to have a charity that you feel you can connect with and feel comfortable with. I love the fact that when I attend BGF events or volunteer that I get to talk with clients and other donors who openly share their story with me."

"While doing a bucket collection at Taylor Square in Darlinghurst, an elderly woman all dressed in black approached me. I thought she was going to ask directions... Rather she put a very large sum of money into my bucket and said to me:

"This is for my darling son who I lost to HIV. BGF was there for him when we could not fully understand what he was going through. Our family will be eternally grateful for all the support they gave him."

Be part of something life-changing.

Become a *Friend* of Bobby Goldsmith Foundation:

[m.bgf.org.au/Monthly Giving](http://m.bgf.org.au/MonthlyGiving)

call us on 02 9283 8666 or return the form on the back page.

Community Fundraisers ...

DANNII MINOGUE BIRTHDAY BINGO

Performer, celebrity, and *X-Factor* judge, Dannii Minogue, invited BGF and the community to join her for a round of Dannii Bingo at her birthday bash at the Beresford Hotel on Sunday 25th October 2015. And what a blast it was with drag queens Minnie Cooper and PennyTraction hosting the evening.

BGF were speechless to learn Dannii had named BGF as her charity of choice, raising **\$3,290!**

Thanks, Dannii and all Bingo-goers!

PRIDE FESTIVAL AT STONEWALL

Thank you to our friends at Stonewall Hotel who hosted an array of events as part of the annual Sydney Pride Festival in June, selecting BGF as their charity of choice!

Volunteers shook buckets at Pride Launch on 10th June, and at the Polly's Pride Fundraiser on 12th June. We're so grateful that over **\$400** was raised.



Volunteers at Stonewall

CITY2SURF 2016

Representing BGF at this year's City2Surf was Cameron (pictured above on right). Rallying hard, he raised over **\$1,000** to help BGF support people living with HIV. *Thank you Cam—we couldn't be happier!*

Sign up to support BGF at City2Surf 2017! Contact Melanie Manuel at melanie.manuel@bgf.org.au.

STATE STREET MORNING TEA WORLDS AIDS DAY

On the morning of World AIDS Day 2015, State Street employees took over the entrance to their George Street office building to greet workers with a smile, sell BGF's red ribbons, and raise awareness of HIV! And what a great job they did!

To top it off, staff invited BGF to join them later in the day for a commemorative tea. Treats were enjoyed by all while BGF Board member Abby Landy and CEO David Riddell spoke about the difference BGF can each make for those living with HIV.

One day of workplace awareness raised **\$2,345!**

Thank you, State Street!

DIVING FOR LIFE

BGF had a special visit from long-time supporters and friends at Diving For Life in July.

Matt, Jeremy and Daniel from Sydney Underwater Bushwalking Society (SUBS) popped by to present their generous donation of **\$1,795**. *Thank you!*



BGF and SUBS representatives

BGF appreciates the support of SUBS and their continued pursuits to raise money at Diving for Life's global fundraising initiatives. Over the last ten years, they have donated close to **\$20,000!** Now, that's amazing!

Diving for Life celebrate their 25th Anniversary event in November in the Philippines. You can find out more here: www.divingforlife.org

OSCEFA CONTINUES TO SUPPORT BGF

Oz Showbiz Cares / Equity Fights AIDS (OSCEFA) had a chart-topping year once again. The 5-star showbiz team kindly chose BGF as a worthy charity to support.



Volunteers assisted OSCEFA to bucket shake for **World AIDS Day 2015** at prominent theatres across Sydney - raising \$30,000 to be split evenly between BGF and ACON. That's an incredible **\$15,000** gift to BGF!

These donations are made possible by the support of participating venues, production leads who promote the collections after each show, and all the audience members who so generously opened their wallets to support people living with HIV.



OSCEFA volunteers get in the spirit for the occasion.

In February, OSCEFA's star-studded production **HATS OFF TO HARMONY** raised \$17,000 to be split between BGF and ACON. That's another **\$8,500** gift to BGF!

A huge thanks to Oz Showbiz Cares! Special thanks to our fantastic team volunteers, especially the group from MAC Cosmetics at Liverpool, Sydney.

... where would we be without you?

DISCO DIARIES AND SOL DISCO ART EXHIBITIONS

Artist Jose Herrera is a close friend of BGF and a wonderful activist. Jose has hosted two art exhibitions in the last financial year and donated all funds to support people living with HIV.

In October 2015, Jose opened **SOL DISCO at Newsagency Gallery** in Petersham – an art show and residency that proved to be a wonderful success.

DISCO DIARIES – a Mardi Gras listed event – launched at the Hollywood Hotel in Surry Hills. Opening the show with Jose was Independent Member Alex Greenwich, BGF Fundraising Manager Barbara Smith and some amazing acts.



Volunteers wearing masks from the exhibition while shaking BGF donation buckets.

The Hollywood came to life as guests experienced the evolution of gay iconography from local and international artists and danced the night away to 80s disco.

Donations, raffle tickets and sale of art from Jose's two exhibitions raised over **\$705!**

Thank you, Jose, for your continued support, to Newsagency Gallery, the Hollywood Hotel and to everyone who kindly donated.

Congrats to all involved!

REMEMBERING THE MAN QUEER SCREEN

Queer Screen's Mardi Gras Film Festival was a go-to festival earlier this year!



Cinema promo for *Remembering the Man*

BGF joined Queer Screen to co-present *Remembering the Man* – a remarkable documentary about the life and love of Tim Conigrave and John Caleo.

The documentary revealed footage and images of Tim and John's lives, interviews with friends and family, as well as original audio recordings with Tim around the time he wrote *Holding the Man*.

DISCO D TOUR

Ever witnessed a dancing disco tour? Disco D Tours gave us that very opportunity during Mardi Gras – when a group busted out their dance moves on their tour through the streets of Sydney.

Founder Alison Harrington chose BGF as the lucky charitable recipient for this Mardi Gras dancing tour in March.

Thanks for thinking of us Alison, and for donating 100% of ticket sales, \$175!



Dancers had a great time with Disco D Tours!

HONEY BEAR BAR AND AUCTION

There's a good reason Honey Production's Pop-Up Bear Bar is so popular – it's heaps of fun!

As Honey's charity of choice once more, BGF volunteers sold raffle tickets and bucket collected during the Mardi Gras festivities.

Honey's Bear Slave Auction, hosted by J-Dolla and auctioneer Romany Brooks, saw a line-up from some of Sydney's top gay sporting clubs, including representatives from the Wett Ones, Silverbacks, Sydney Convicts Rugby Club, Sydney Rangers Football Club and Sydney Stingers Waterpolo!



Gracious thanks to all the sporting heroes who volunteered to stand up and be auctioned for some fantastic donated prizes! Honey's 2015 Winter and 2016 Mardi Gras Pop-Up Bear Bars raised a whopping **\$3,013** for BGF!

Thanks, Jonny!

HIGH TEA FOR HIV

Launched at the BGF Bake Off in 2015, supporters got on board to kick off this new initiative in time for World AIDS Day.

Thanks to the staff at Intuit, Craig Laforest, Crystal Clear, and staff at BGF, who each hosted a High Tea for HIV, and together raised over **\$2,000**.

Register your own event at www.HighTeaForHIV.org.au

For further information email melanie.manuel@bgf.org.au or phone 02 9283 8666.

Learning the Ropes at BGF

"Hi, I'm Ruby, a social work student. Doing my placement at BGF was an extremely rewarding experience."

"The sense of community BGF fosters is significant, and the experience of meeting the dedicated people who continue to raise awareness of HIV and support people living with HIV was fantastic."

"The clients I met were some of the most resilient, knowledgeable and friendly people I've ever met. I was lucky to have the privilege to hear their stories and witness some of the amazing contributions they make. It really enriched my learning and made me realise the possibilities and power that can come from working together and advocating for change."

"A diagnosis of HIV can happen to anyone. It is simply not enough just to end HIV—we need to make life easier for PLHIV, and to end stigma and discrimination."

"I was able also to gain valuable skills in a range of areas, including admin, reception, communicating with clients colleagues and other agencies, referrals, applying for grants, interviewing, assessment skills, and research skills."

"If you have an interest in the HIV sector and want to give back in any way, I would recommend volunteer work with BGF. Volunteering has been such a great experience for me and the events are also great fun. The staff are all so lovely and welcoming. It's a great opportunity to learn, be inspired and raise awareness about such an important cause."

To register your interest in volunteering with BGF, visit: www.bgf.org.au

Support Update 2015-2016 BGF Client Services ...

- welcomed 147 new clients in urgent need;
- completed 29 face-to-face outreach visits to clients in eight local health districts in NSW;
- developed links with sexual health clinics, hospitals and NGOs to complete intake with new clients and support existing clients;
 - delivered over 3,000 community visits to complex clients;
 - provided \$172,000 in direct financial assistance;
- distributed 493 Energy Accounts Payment Assistance vouchers —totaling \$75,000; and
- assisted 96 clients to secure \$80,000 worth of No Interest Loans.

Bake Off 2016 - A Winner!



Bakers, creators and cake lovers alike joined BGF for the 29th annual Bake Off event.

Spring Carnival was the theme of the day - fascinators were saddled on and cakes were on display for a racey afternoon of Bake Off action as over 300 punters helped raise over \$12,000!

BGF are so grateful for the support of all the volunteers, the generous prize donors, SX, Yakkazoo, the Beresford Hotel, Scalawag Productions and Jonny Bastin. Also to Black Velvet Cupcakes and East Village for promotional displays at their locations.

All had a fun-filled afternoon in the company of our three wonderful judges Claire de Lune, Maeve O'Meara, Orlando Sanpo, our glamorous



hostesses Vanessa Wagner and Auntie Mavis, DJ extraordinaire Mark Alsop and Auntie Millie who Welcomed everyone to Country. Our thanks too go to the performers Coco Jumbo, Rosie Rivette, Lucy Clifton, and Andrew Benson for his very special 'Susan Boyle' act.

Thanks to You - BGF's Auction a HUGE SUCCESS

BGF's charity Auction, held in May at the National Art School, Darlinghurst was an enormous success with over 200 guests in attendance and raising just shy of \$100,000!

"On behalf of everyone at BGF, thanks to all who came along. To all who kindly donated prizes for auction, and to all those who made a bid. This support helps BGF continue to deliver a range of programs and services to PLHIV across NSW, and now SA." David Riddell, CEO.

BGF is also grateful to our generous Auction sponsors: Yakkazoo, David Davies, and the MAC AIDS Fund.

Wendy White, sister of Bobby Goldsmith, Lord Mayor Clover Moore, and Patron Justice Michael Kirby AC CMG reminded everyone of the continued importance of raising funds to support PLHIV.

As Wendy described her feelings on the occasion: "If my brother [Bobby] were around today, he'd be stoked."

Together on this memorable evening, we achieved so much for so many who need support.



Presenting an amazing show were hosts Lesley Hancock and Matthew Mitcham OAM, together with performers Brendan Hay, DJ Kate Monroe, Andrew Benson, and Andrew Bukenya.

Thanks also to Lisa McGuigan Wines, Stix Catering, Lion, Claire's Kitchen at Le Salon, past and present members of the Sydney Symphony Fellowship Program, Dr Feel Good, Sydney Prop Specialists, and Ezybidz.



Accolades for Integrated Care Program

South Eastern Sydney Local Health District announced HIV/AOD Integrated Care Program as a finalist in this year's Improvement and Innovation Awards.

The HIV/AOD Integrated Care Program, is delivered collaboratively with ADAHPS, Haymarket Foundation, Bobby Goldsmith Foundation, HIV Outreach Team, and Positive Central.

The Program focuses on clients' needs — from crisis accommodation to collaborative case management..

The cross section of NSW Health and community groups establishes a unique system of support — promoting improved HIV health through stabilisation, medication adherence, suitable accommodation, community integration, and retention in care.



"Over the years BGF support has allowed me to live with dignity and the emotional support offered has allowed me to get through some trying times in my life."
- BGF Client

"My mum had passed away in a car crash. I was homeless and if it wasn't for BGF I wouldn't be where I am today."
- BGF Client

"Thank you for visiting - we really enjoyed it. BGF has changed significantly over the years, so good to get up to date information."
- Kogarah Sexual Health Clinic

Art for the Soul

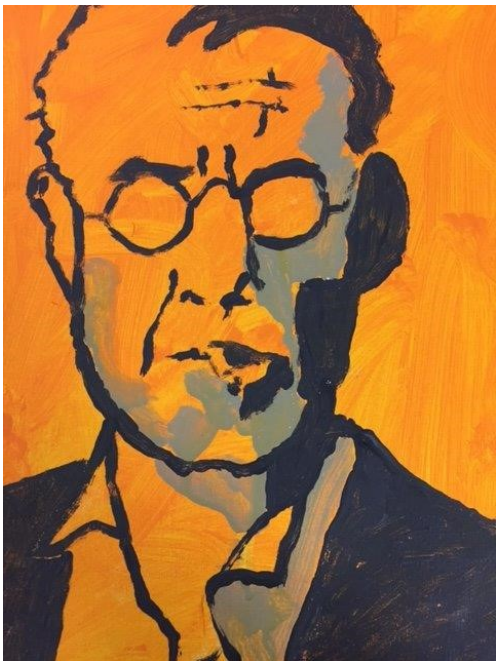
Bobby Goldsmith Foundation is pleased to announce that 15 inspirational artworks from the 2016 *Phoenix Art* program will be on display at Kings Cross Library at the end of the year.

Participating artists have named this year's exhibition *HIV heart* – symbolising HIV, art and life – a connection artists incorporate into their work.

BGF congratulates all artists and extends gratitude to art tutor Natalya Shinn and Pine Street Creative Arts Centre for making *Phoenix Art* possible.

Phoenix Art workshops are run over three semesters per year – each course lasting six weeks.

Whether participants are beginners, intermediate or experienced, *Phoenix Art* presents a guided forum where



Painting by Reuben Godfrey.

each person can work at his or her own level.

Phoenix Art has produced many fantastic artworks over the years. BGF is hoping to showcase an exhibition of artworks from 2011-2016 in the new year.

2016 *PHOENIX ART* EXHIBITION AT KINGS CROSS LIBRARY
7 November to 24 December 2016

For Your Diary...

WORLD AIDS DAY
Art Exhibition – Fundraiser
1 December 2016
hosted by Jose Herrera
Stonewall Hotel, Darlinghurst

+POSTIVE CHANGES CHALLENGE
2 January - 27 March 2017
12-week Bootcamp
hosted by The Camp
raising funds for BGF
<http://www.thecampfitness.com/>

COMMUNITY FUNDRAISING
Find out how to get involved
Contact: Melanie Manuel
Melanie.manuel@bgf.org.au

Follow us!



STAND WITH US.

BGF RELY ON DONATIONS TO DELIVER ITS HOLISTIC SERVICES FOR PEOPLE LIVING WITH HIV—DIRECT FINANCIAL ASSISTANCE, OUTREACH SERVICES, WELL-BEING AND EDUCATIONAL PROGRAMS.



bobby goldsmith foundation
practical emotional financial support

Yes, I will stand with people living with HIV. Please accept my gift:

☐ One-off donation OR ☐ Monthly Donation to become a regular giving *Friend* of Bobby Goldsmith Foundation
(Via credit card on this form, or call us for direct debit)

☐ \$50 ☐ \$75 ☐ \$100 ☐ \$250 ☐ My Choice: \$ _____

Payment details:

☐ Cheque or Money Order (payable to Bobby Goldsmith Foundation)
☐ Credit Card (Visa, MasterCard, or American Express)

Card Number: _____ Expiry: _____

Name on card: _____ Signature: _____

My details:

Name: _____

Address: _____

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Send your completed form to: Bobby Goldsmith Foundation, Reply Paid 86183, Strawberry Hills NSW 2012. Thank you!

BGF sends direct marketing material from time to time such as updates on our work. If you no longer wish to receive information by mail, you can send a letter to the Fundraising Manager, PO Box 1444, Strawberry Hills, NSW 2012. Or call 9283 8666 to discuss your options. BGF's privacy policy is available at www.bgf.org.au. ABN 65 141 126 703