

Newsletter - December, 2017

**"An important, modest
advance on World AIDS Day."**

Federal and Ontario governments
take first steps toward limiting unjust
HIV criminalization.

See page 9 for more.

Wrestling With Stigma on December 10 - See Page 8

Also inside
this issue

Red Scarf Project warms up our communities
Red Ribbon Campaign raises \$2000
WHA! at Trailblazers and Pathmakers

PARN is a community-based agency providing support and health promotion for people living with or affected by HIV and/or AIDS. PARN provides education for people at risk for HIV and awareness of AIDS issues to the broader community.

PARN's Board of Directors

Chair:	Vice Chair:	Secretary:	Treasurer:
Mark Phillips	Amanda Campsall	Kirk Parry	Cynthia Lord

Members at Large:

Cheyenne Buck, Lawrence Finnie, Alex Karn, Kim Kennelly,
Meredith Richmond

What's Going On December 2017

Positive Living Room

Every Thursday
10 to 11:30am

The Positive Living Room is open to anyone attending the Positive Care Clinic on Thursday mornings. Join us for a light breakfast, coffee and conversation while you wait for your appointment.



Rainbow Youth Program
Every Thursday
3:30 - 5:30 pm
Suite 302-2, 159 King Street



Office Hours @ PARN

Monday:

9:30 am–5 pm

Tuesday:

11:00 am–5 pm

Wednesday:

9:30 am – 5pm

Thursday:

9:30 am–5 pm

Friday:

9:30 am–5 pm

Closed Saturdays and Sundays

December Holiday Hours at PARN

Please note that the PARN office will be closed from Monday, December 25 until Tuesday, January 2 for the winter holidays. The office will reopen at 11 am on Tuesday, January 2, 2018.



Men's Sexual Health Clinics in Lindsay and Port Hope

PARN has partnered with the Haliburton, Kawartha, Pine Ridge District Health Unit to provide monthly clinics dedicated to men's sexual health in Peterborough, Port Hope and Lindsay. Free and confidential services include testing for HIV, hep C, & sexually transmitted infections as well as condoms, lube & information on sexual health.

Lindsay - Thursday, December 14 - 5pm to 7pm

HKPR District Health Unit

108 Angeline St. S., Lindsay, ON

Port Hope - Call 905-885-9100 for date and time

HKPR District Health Unit

200 Rose Glen Rd - 905-885-9100

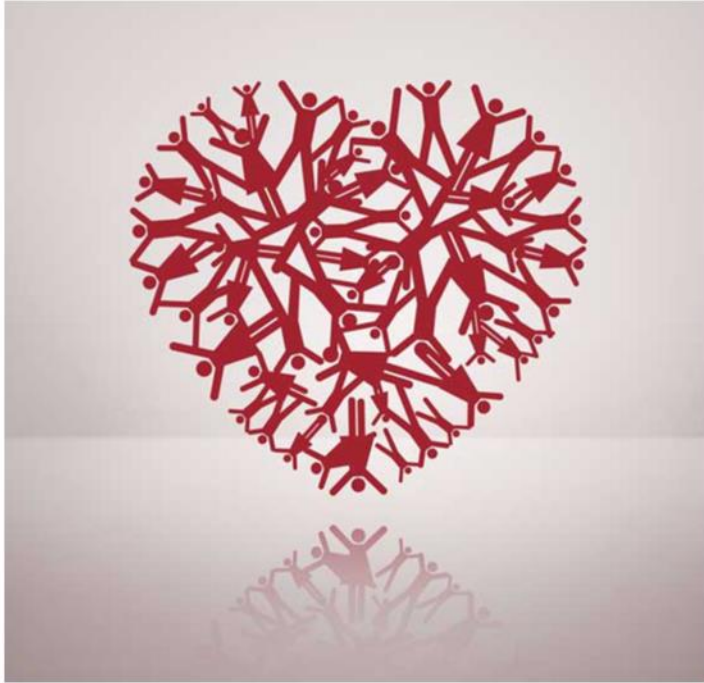


Queer Social Nights - Every Friday @ Catalina's!

Come with friends or meet new ones at Catalina's (131 Hunter St W in downtown Peterborough) every Friday beginning at 9pm for Queer Social Night. Alcohol is served, but anyone can come by.



Community....



Is the heart of Harm Reduction

Make a difference every Thursday morning @ PARN by helping build a community that is a little more safe and a little more friendly.

Join PARN staff and volunteers every Thursday from 10:00am to 11:30pm to make kits for our Harm Reduction Works program.

**Harm Reduction
Works
@
PARN**

Concerned About Your Status?

HIV testing is available in our region

The following locations offer HIV testing in Peterborough and the Four Counties:



Positive Care Clinic

Tuesdays and Thursdays at PARN – 9am to 4pm
1-866-303-2420 or 905-579-8711 ext. 3127

Peterborough Public Health Sexual Health Clinic

705-748-2021

Haliburton Kawartha Pine Ridge District Health Unit Sexual Health Clinic

1-866-888-4577 ext. 1205

Trent University Health Services

705-748-1481 (Trent students only)

Fleming College Health Services

705-749-5557 (Fleming students only)

Welcome from PFLAG Peterborough

PFLAG Canada Peterborough Chapter has been meeting at PARN for over a year. Our Sharing Meetings are the 2nd Thursday of the month at 7pm in Suite 302-2. For directions or more information please contact Dianne McKay at 705 749 9723 or ladydi@nexicom.net

**PFLAG CANADA
PETERBOROUGH - ON**

Visit the website at
<http://www.pflagpeterborough.com>

HIV Support Services

@ PARN



Canadian study links food insecurity to detectable viral loads and decreased CD4+ cells

According to a study done in Canada from 2012 through 2015, about 8% of Canadians “experienced some degree of food insecurity.” Studies with HIV-positive people have found much higher proportions of people affected by food insecurity, usually at least 50%.

Among HIV-negative people, researchers have found that food insecurity is linked to a number of health issues, including higher-than-normal blood pressure and depression. Furthermore, it is likely that food insecurity is linked to poor overall health.

Key findings of the study include:

* Limited access to food is associated with higher levels of HIV in the blood and 10% fewer CD4+ immune cells.

*Ontario research reports 70% of HIV-positive participants had experienced food insecurity over the past year, six times greater than HIV-negative people.

*Researchers say addressing underlying food insecurity could improve treatment adherence and health outcomes of people living with HIV.

This information was provided by CATIE (Canadian AIDS Treatment Information Exchange). For more information, contact CATIE at 1.800.263.1638 or info@catie.ca.

To read the full study, please visit:

<http://www.catie.ca/en/catienews/2017-11-30/canadian-study-links-food-insecurity-detectable-viral-loads-and-decreased-cd4-c>

December Office Hours

The PARN office will be closed from Monday, December 25 to Tuesday, January 2 for the winter holidays.

Adam Kelly-Colyer

Please note that PARN's Support Coordinator has changed his name to Adam Kelly-Colyer.



HIV Survivors Lunch

Are you living with HIV? Why not come and join us for lunch on the 3rd Thursday of every month? We meet at the PARN office from noon until 2pm. A truly positive space run by positive peers. To find out more please contact Mark Phillips at markyfund@aol.com.

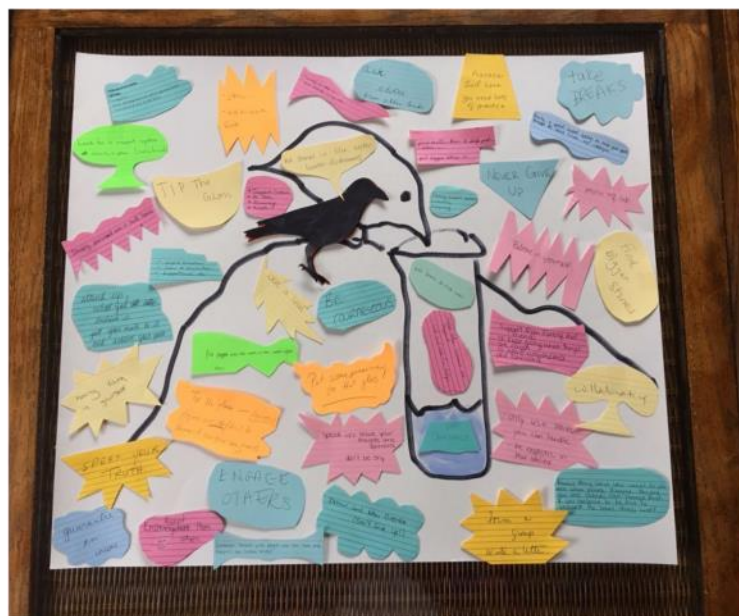
Recent Highlights have to include participating in the Trailblazers and Pathmakers Women's Empowerment Event at Lakefield College School on November 21st.

Framed around several of the UN's sustainable development goals, the event included participating young women from 11 area schools and local change making women from many sectors having mentoring built into the speakers' format. Ariel and Trent Nursing placement student Melody Haeri Hendi (above right) spoke about wellbeing with a focus on mental health and resiliency.



An action report back to the Lieutenant Governor General of Ontario—who challenged the participants in a similar event last April at Queen's Park to take the dynamic format to their schools—and a snake dance with Curve Lake singers Janet McCue and Mary Alice Taylor capped off the event.

Ariel brought the provincial WHA! collaborative art project concept of the Crow and Pitcher as a table activity for participants to identify what gives them resilience individually and collectively and raises the water in their pitcher so they can drink. Special thanks to Dr. Betsy McGregor for involving us and for curating the Crow Picture (lower right).



Ongoing Work: Weekly Street Outreach on Bethune St. has led to conversations with local businesses and community members. Ariel is going out with Tara Berry who used to drive the SWAP van to talk to sex working women and hand out winter health kits. Call Ariel if you'd like to be involved.

Art groups at Central East Correctional Centre often cancelled because of lockdowns but will keep trying!

The River Magazine launches this month! The River will be available for free at many agencies in the Peterborough region - including PARN!



Thank You for Your Support!

Red Scarf Project

World AIDS Day 2017



Nearly 50 people from our communities crafted a total of 251 beautiful red scarves for the 2017 Red Scarf Project. On Friday, December 1 - World AIDS Day - volunteers took to the streets to display the scarves in Peterborough, Lindsay, Lakefield, Grafton and Cobourg. The scarves were displayed like large red ribbons – the international symbol of HIV awareness and support - to raise awareness of World AIDS Day and HIV issues in our community. People who are in need of a scarf this winter were encouraged to grab one to bundle up against the cold in the coming months.



Thank you to everyone who took the time to create scarves for the Red Scarf Project, including residents and staff from Jackson Creek Retirement Residence who sent us this great photo (below) of them with the 27 scarves they created!

This year the Red Scarf Project expanded beyond Peterborough to include Cobourg (pictured above), Grafton, Lakefield (pictured to the right), and Lindsay (pictured above right). We are grateful to St. Andrew's United Church in Grafton and PFLAG Cobourg for taking the lead in Northumberland where community members created 60 red scarves for December 1st!



2017 Red Ribbon Campaign



36 Volunteers
6 Locations
2000 Red Ribbons
\$2000 raised

Thank you to all of the volunteers and local businesses who helped PARN raise \$2000 and distribute 2000 Red Ribbons in our communities on Saturday, November 25, 2017. We are grateful for your ongoing support.

Please support the businesses that made space for PARN volunteers on November 25 for the Red Ribbon Campaign:

Thank you to Fabricland,
official supplier for the 2017
Red Ribbon Campaign.



Foodland (Lakefield)
Foodland (Sherbrooke St.)
Freshco (Lansdowne St.)
Metro (Chemong Road)
Morello's Independent Grocer
Peterborough Farmer's Market

Sunday, December 10

Wrestling With Stigma in Peterborough

Pro Wrestling Event to raise awareness of HIV issues and funds for PARN

Wrestling with Stigma is bringing the superstars of Smash Wrestling to Peterborough on the evening of Sunday, December 10 at the Venue for a night of pro wrestling and community building called SMASH!STIGMA!. PARN was chosen by Wrestling with Stigma founder Steven Blair to be the recipient of funds raised through this event and we are thankful for this commitment.

Wrestling With Stigma is a new organization created by Steven Blair. Steven is a Reiki & Bio-Energy Healer, a DJ/musician, event promoter and a life-long professional wrestling fanatic and wrestler. Wrestling With Stigma was created in order to assist queer youth and those affected by the negative results of an HIV+ diagnosis and bring awareness to everyone in the community, and of course-to eliminate stigma.



Wrestling With Stigma promises to put on a show that will leave the audience filled with much more information, truth, awareness, compassion and fun than they ever expected. Wrestling With Stigma is intended to bridge the gap between urban and rural exposure bringing communities and people together to develop a greater understanding of each other and provide a support system through storytelling, athletics, music and performance art.

About Smash Wrestling

Smash Wrestling is the ultimate fan experience in live events combining athletics and entertainment to present roughly three hours of in-your-face excitement. Events feature a variety of male and female athletic-entertainers with skills ranging from aerial specialists to power lifters and from comedic entertainers to masked Luchadors. To learn more, please visit: smash-wrestling.com



Tickets are on sale now at
Chumleighs (339 George Street
North in downtown Peterborough)
and online at www.ticketscene.ca

The following statement was issued jointly on December 1, 2017 by the Canadian HIV/AIDS Legal Network, the HIV & AIDS Legal Clinic Ontario (HALCO), Canadian Positive People Network (CPPN), the Ontario Working Group on Criminal Law + HIV Exposure (CLHE), and the Canadian Coalition to Reform HIV Criminalization:

An Important, Modest Advance on World AIDS Day

Federal and Ontario governments take first steps toward limiting unjust HIV criminalization, but must work with community and experts to go further.

Today, after years of advocacy by community organizations, both the federal and Ontario governments have finally recognized the need to limit the “overcriminalization of HIV” in Canada. They have each taken a first step toward that end—specifically, by recognizing that a person living with HIV who has a suppressed viral load should not be criminally prosecuted, because this is at odds with the science.

This morning, the federal Justice Minister released her department’s long-anticipated report, “Criminal Justice System’s Response to Non-Disclosure of HIV.” The report contains a number of important conclusions warranting a more limited application of the criminal law than is currently the case. In particular, the report explicitly recognizes that HIV is first and foremost a public health matter, that the use of the blunt instrument of the criminal law should be a matter of last resort, that the application of the criminal law to HIV non-disclosure is likely to disproportionately affect Indigenous, gay and Black people. The report also recognizes that it is problematic, in at least some circumstances, to use the law of sexual assault to deal with allegations of HIV non-disclosure.

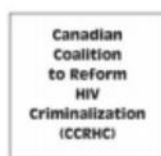
Meanwhile, the Ontario Attorney-General and Minister of Health have released a joint statement confirming that “HIV should be considered with a public health lens, rather than a criminal justice one, wherever possible,” and that in light of the overwhelming scientific consensus for cases where an individual has a suppressed viral load for six months, Ontario’s Crown Prosecutors will no longer be proceeding with criminal prosecutions in such cases.

These are welcome first steps. But what is needed is deeper, broader reform. Earlier this week, the Canadian Coalition to Reform HIV Criminalization (CCRHC) released a joint Community Consensus Statement endorsed by more than 150 organizations across the country, from the HIV sector and beyond. Developed through several months of cross-country consultation, the statement shows clear consensus against the current overly broad use of the criminal law in Canada against people living with HIV and the urgent need for action from federal, provincial and territorial governments.

The Community Consensus Statement declares that, in accordance with international guidance, criminal prosecutions should be limited to cases of actual, intentional transmission of HIV. It also specifically identifies circumstances in which criminal prosecution for alleged HIV non-disclosure is clearly inappropriate. In particular, the Community Consensus Statement declares that HIV-related criminal charges are not appropriate where a person living with HIV engaged in activities that, according to the best available scientific evidence, posed no significant risk of transmission, which activities include: oral sex; anal or vaginal sex with a condom; and anal or vaginal sex without a condom while having a low viral load.



HALCO
HIV & AIDS Legal Clinic Ontario



Story continues on next page...

...continued from previous page

It is encouraging, therefore, that Justice Canada's report recommends that the criminal law should not apply to people who have a suppressed viral load. Furthermore, Justice Canada recommends that:

The criminal law should generally not apply to persons living with HIV who: are on treatment; are not on treatment but use condoms; or, engage only in oral sex (unless other risk factors are present and the person living with HIV is aware of those risks), because the realistic possibility of transmission test is likely not met in these circumstances.

These conclusions need to be reflected in clear prosecutorial directives issued by federal and provincial Attorneys General. However, the announcement today by the Attorney General of Ontario – which province accounts for more than half the prosecutions to date in Canada – falls well short of this, as it only commits to refraining from prosecutions in cases where someone has a suppressed viral load.

These conclusions by Justice Canada should also be recognized by judges across Canada when they are called upon by prosecutors to apply the existing legal framework, under the law of sexual assault as it has been interpreted by the Supreme Court of Canada.

However, it remains the case that prosecuting HIV non-disclosure as sexual assault is misguided and damaging, not only to people living with HIV but also to the integrity of the law of sexual assault. We therefore welcome Justice Canada's conclusion that, in the absence of intent to transmit HIV to a sexual partner, sexual offences are not appropriate. As declared in the Community Consensus Statement released earlier this week, HIV non-disclosure must be removed from the reach of sexual assault law. We note that the Ontario Attorney General has explicitly echoed the call by the Canadian Coalition to Reform HIV Criminalization to examine potential Criminal Code reform.

The Community Consensus Statement, including the full list of endorsers, is available on the CCRHC website (www.HIVcriminalization.ca), as are both a backgrounder addressing frequently asked questions about HIV criminalization and the scientific consensus statement released in 2014 by Canadian scientific experts on HIV.

Pictured to the right:
The Toronto Star highlighted the Criminalization announcements on December 1st. To check out the coverage, please visit:
<https://www.thestar.com/news/gta/2017/12/01/ontario-will-limit-its-prosecution-of-hiv-non-disclosure-cases.html>



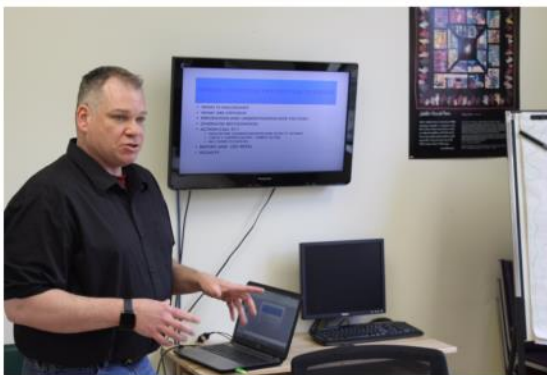
Naloxone Saves Lives



**Many people in our communities are at-risk for overdose death.
You can be prepared to save a life.**

Harm Reduction Works @ PARN provides no-cost Overdose Prevention Training and Naloxone Kits to anyone. The training can take as little as ten minutes and can change a life forever.

Please contact us at 705-749-9110 to arrange for training, or just stop by our office at 159 King Street, Suite 302 and we'll hook you up with the training and a kit.



Naloxone Saves Lives

Harm Reduction Van Outreach

Free and Confidential Services

Get Safer Injection and Inhalation Supplies, Overdose Prevention tools (including Naloxone), and information on testing, mental health and addictions supports.

Every 2nd Wednesday and 4th Monday of the month at the following parking lots:

Bewdley Arena

10:45am - 11:45am

Fenella Community Centre

12:15pm - 1:15pm

Campbellford (Behind LCBO)

2:15pm - 3:15pm

Warkworth-Behind Cheeky Bee

3:30pm - 4:30pm

Brighton-Across from Library

5pm - 6pm

Harm Reduction
Works
@
PARN



COMMUNITY-BASED HIV/STBBI PROGRAMS
SUPPORT. PREVENTION. EDUCATION.

For text reminders or more information:

text or call PARN's outreach worker Chris @ 705-740-5155

Are you someone living with HIV and/or Hep C?

Are you a current or former substance user?

Are you a current or former sex worker?

Are you part of the LGBTQ* Community?

Do you want to help make a difference in our community?



If you answered YES to one or more of the questions above we would love to chat with you!

Join us at the table as we launch our newest advisory group!

**Have your voice heard and work together towards
a shared vision of PARN Programs!**

When:

Stay tuned for the date of the next meeting!

Where:

PARN – 159 King Street, Suite 302

Please contact Brittany Cameron, Peer Engagement Worker, if you would like to get involved.

Email: brittany@parn.ca

Phone: 705-749-9110 ext 204

Drop into the office

WHAT IS YOUR STATUS



Where to go and what you need
to know to get tested for HIV.



Questions?

Call us or stop by:

PARN - Your Community
AIDS Resource Network
159 King Street
Peterborough ON
Phone: 705-749-9110
OR 1-800-361-2895

For a testing site near you call
the AIDS and Sexual Health
Info Line: 1-800-668-2437



United Way
Peterborough & District
Change starts here.