



P. PERRY



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LUCKY**

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With **LOVE**

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SPIRITUAL HEALTH**



# 4

**DON'T SHARE**



**Don't initiate anyone  
or sell drugs to kids**



**Support people**  
who are trying to recover their health



**DISPOSE SAFELY**

# GOLDEN RULES

# Editorial & Contents

**W**elcome to this edition of Dart. My name is Roland and I am the new Publications Officer for Dart at QuIVAA.

This editorial is about the volunteers that made contributions, be it artistic, intellectual or just by giving an inspiration. You spent countless hours giving your time, your talents and that very special part of yourselves that helped to make DART so personal and close to all of us. Thank you all!

This issue of Dart is no exception in dealing with problems that arise from sharing needles and having unprotected sex. As always, we provide you with a lot of information on where and how to get help, where to exchange needles, get filters and how to do it safely. Now, since it is YOUR magazine, please let us know how can it be improved.

We hope you'll enjoy it.



The opinions expressed in this magazine are those of the contributors, and do not necessarily reflect the opinions of the staff and management of QuIVAA.

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# We've Got It... ...So Lucky!

The 6th International Conference on AIDS in the Asia Pacific (ICAAP) was officially launched around 7pm on October 5th 2001 at the Royal Exhibition Building in Carlton Gardens (Melbourne). We were welcomed on behalf of the traditional owners of the land, Cioy Murphy and a Wirundjeri Elder, and ICAAP was declared open by John Landy the Governor of Victoria.

Various other noteworthy speakers, including Steve Bracks, the Victorian Premier and the then Australian Health Minister Michael Wooldridge, pointed out that HIV/AIDS was in epidemic proportions and declared the importance of this conference and of the coming together of all the nations.

On Day One I met a recovering heroin addict from Bali, who'd been clean for eighteen months. She was HIV positive and having NO treatments because they are so expensive in that part of the world. That's when it finally hit me - "We've got it so lucky in Australia." I can access HIV therapies for nothing and I just take it for granted sometimes. It put HIV into a global perspective for me.

I also attended a symposium on scaling up harm reduction in Asia. The goal was to strengthen the capacity of agencies/ participants to prevent and control HIV amongst intravenous drug users (IDU s) in Asia. Topics discussed were needle and syringe utilization programs, outreach programs, national strategic planning and policy formation.

On Day Two, I attended a discussion on the impact of the closure of a state sponsored Needle & Syringe Program (NSP - formerly known as "needle exchange") on clients and the community at large (in USA). Scientific findings demonstrate that unsafe injection practices are the direct or indirect cause of one third of new HIV infections in the USA and that needle exchanges are effective in reducing drug related risks.

Following the closure of the NSP, they found a significant increase in IDU's procurement of syringes from street

and other "unreliable" sources, as well as in their re-use and sharing of injecting equipment. In closing the NSP, this community in the USA has deprived itself of one of the few scientifically proven means for reducing the spread of HIV and hep C and for reducing other drug-related problems within the community. Again, I can't say this enough, we've got it so lucky!

Day Three dealt with the issue of injecting drug users



as “multipliers” of HIV to the general population. Presenters described their research into the role of intravenous drug users in being the critical HIV risk group that is driving the current epidemic in many countries.

For example looking at Russia; records for 1994 showed two (2) HIV positive intravenous drug users. By 1998, there were 9,875 and by 2000 this had risen to 72,316 IDUs infected with HIV/AIDS. There are 144,000 registered HIV positive people in Russia but it's estimated that 640,000 is closer to the real figure! In 2001, there were 48 NSPs operating in Russia. This again shows the importance of NSPs and how early establishment of these in the mid-90s could have been extremely beneficial in containing the epidemic.

For me personally, Day Four was the most enlightening. I attended “Drama As A Training Tool” for organisations assisting young gay drug users. This was a twenty minute interactive drama featuring four young gay men who use

drugs performing their own stories and about survival, acceptance and accessing. The aim of this performance was to improve young gay men to drug support and the outcome was positive, challenging and life affirming. This dynamic and innovative training has been developed to assist the “Gear'd Up” project in their work with human service organisations in Adelaide. This piece was quite moving for the performers and audience alike.

The second session of Day Four was about the Melbourne Foot Patrol (street outreach NSP). This is a unique approach to needle availability and disposal with its main aim being that of harm reduction and blood borne virus prevention. Workers walk a designated route taking in identified “hot spots” of the Melbourne CBD. Service users can access workers via a Free Call 1800 mobile phone number from public phones or by street contact. Apart from direct service delivery the Foot Patrol team have saved several overdoses from becoming fatal and have applied first aid to, for example, cuts, abrasions and stab wounds.

The Foot Patrol have had contact with people who have disclosed their status and concerns regarding HIV, hepatitis B & C, and their drug use. The Foot Patrol has become a general support and referral base for the local street community. In many ways it worked in the same way as QuIVAA does outreach in the Valley Mall. Fantastic work guys! As part of the Foot Patrol presentation we were taken to Cloveleigh Lane in the City, a hot spot where friends and family had painted a mural on the wall for loved ones who had died from ODs. This was quite a moving experience and also a positive one in the fact that users were acknowledged by local government.

ICAAP was wrapped up on the 10th of October with a presentation from participants in the Youth Forum. Finally, delegates were joined by Regional Ministers and heard the Australian Foreign Affairs Minister (Alexander Downer), who addressed the need for safe sex campaigns and the importance of NSPs and drug rehab programs (probably the most profound thing he's ever said).

I feel very humbled, honoured and privileged to have been part of the Sixth International Conference on AIDS in the Asia and the Pacific. As a transsexual from Manila declared “We all have to rule together as one to fight this disease, unity is what its all about.” And we did it guys!

And we've got it so lucky!



by Kevin Harris



## Heroin Scourge

# in Pakistan

Pakistan, with a population of about 140 million, is estimated to have almost 2 million heroin addicts. And while heroin use and presence is not conspicuous, at least publicly, the use of Charas (what we call hashish) is obvious and very publicly observable.

Pakistan and Afghanistan are traditional areas for the cultivation of the opium poppy. Heroin is derived from the poppy and the history of its cultivation goes back thousands of years. The industry actually got a big boost during the British Raj with the British encouraging

opium growing which they bought and sold onto China.

It wasn't until the 1960s that opium cultivation in Pakistan and Afghanistan became a problem for Western countries. From the 1970s onwards little refining factories were set up in remote areas of Pakistan and

Afghanistan to turn the raw opium into refined heroin.

Before this time there was a certain amount of opium use and addiction, but only after the beginning of heroin manufacture did large numbers of the local people take up the use of opiates, mostly heroin. Most local users smoke the heroin on tin foil, (chasing the dragon style) rather than injecting it, though there are increasing numbers of people who prefer to use the needle.

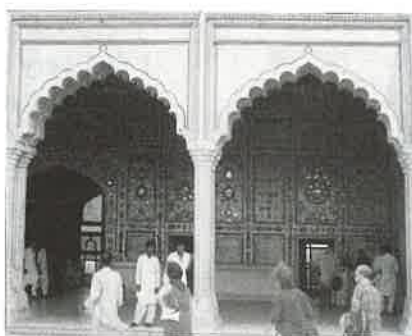
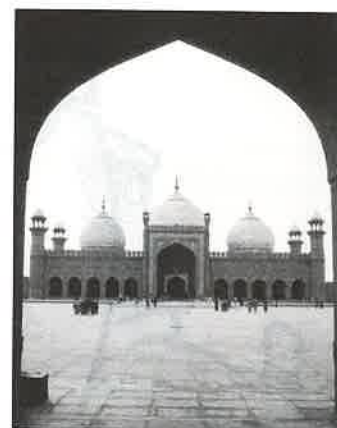
Since the 1980s Pakistan has come under increasing pressure from the West, particularly the United States and the Arab oil countries, to crack down on the manufacture and trafficking of drugs. Anti-drug policing and surveillance has increased, and penalties and jail terms have been greatly increased.

There is probably not much opium cultivated in Pakistan nowadays but a lot comes over the border from Afghanistan and is often refined in Pakistani laboratories.

It is thought that close to 100% of the heroin and most of the hashish getting to Europe originates in Afghanistan and filters out through Pakistan and the Central Asian Republics of Russia.

While the Pakistani government has cracked down hard on heroin at all levels (under Western pressure), there is an ambivalent attitude to hashish which, at least in small quantities, is tolerated at a local level.

Indeed, most Pakistani men smoke hash and it is seen as part of the local culture. As well as being used socially, the use of hash is prescribed in a lot



of quasi-religious rites.

Because of pressure from the Arab countries and the West there is a big crackdown on the export of either heroin or hashish, with sniffer dogs at all international airports, and heavy jail terms for offenders.



Although the Pakistani government is tough on manufacturers and traffickers it takes a fairly enlightened and modern approach to addicted users, but simply can not afford to give them the treatment which it would like to. There is not much likelihood

of the number or percentage of heroin addicts falling in the near future.



As long as the present turmoil and instability in Afghanistan continues, it will remain the single largest source of opium (and therefore heroin), and I can not see this situation changing in the near future. Pakistan is likely to remain a conduit for heroin to the rest of the world, especially Europe, and the number of heroin addicts is likely to increase.

*Kevin Ham*

## ADVICE FROM SAM

*To succeed in life and as a person, you must fight your depressive tendencies. Remain open and vibrant. Don't allow anyone to take away your bounce and optimism, guard your positive thoughts and feelings. Continue to give, but at times you must demand something in return. But first and foremost, recognise your own worth.*

*Laughter itself may be meaningless, but its effect on the soul profound.*

## Wisdom from the soul

**If you want guarantees in life, then you don't want life  
you want rehearsals for a script that's already been written**

**Our deepest fear is not that we are inadequate;  
Our deepest fear is that we are powerful beyond measure**

**Share your knowledge, it's a way to achieve immortality**

**Treating others with love does not necessarily mean allowing  
others to do as they wish in their relationship with me**

**To know your body, to understand your body,  
to experience your body in its fullest magnificence,  
seek to be with your body in a quality way**

**Love it**

**Care for it**

**Listen to it...**

**It will tell you what is true, You can subject it to untold  
abuse, and it will continue to serve you as best it can**

**If others ask you about the way you are living  
because of the truth you have found within you,  
Be sure to say that yours is not a better way,  
yours is merely another way...**

# Addiction *in me????*

A recovering addict's/alcoholic's view

**PLEASE NOTE** –Although this article reads like professional opinion and facts, it is actually the personal view of one individual who is a recovering addict/alcoholic. The views expressed in this article are not necessarily those of QuIVAA staff, volunteers or management.

Many people have tried on their own to stop using drugs or alcohol, most have been unsuccessful. This article takes a look at some of the possible reasons why people fail, and hopes to give the reader some insights into the realities of drug & alcohol addiction. It is written for those people suffering with their addiction.

By nature addictions are a strong compulsion toward a substance or action. Persons addicted to substances or actions find it very difficult to stop this behaviour and often do not, no matter what consequences arise from their behaviours. Addicts have reported that they seem to be “led and controlled” by the substances, and that the substances were the only thing that “understood” them.

Getting out from under a substance addiction remains one of the hardest things to do, not because the process itself is so difficult, but because of all of the associated factors involved. By the time a person wants to stop the roller coaster called “addiction”, he or she has done so much damage to themselves and others, that stopping seems a daunting task.

People who are caught in the grip of addiction are often suffering from or dealing with many if not all of the following:

- .. Physical / health problems
- .. Psychological problems
- .. Emotional problems
- .. Cognitive / learning problems
- Relationship and family problems (or loss)
- Sexual & sexual health problems
- Financial havoc & debt
- Personality changes
- Suffered abuse or have become abusive
- Have impairment in thinking
- Have a false sense of reality (in all areas)

- Are riddled by guilt and shame
- Have been living lives filled with deceptions and lies
- Moral degradation
- Have sold or lost most worldly possessions
- Homeless or moving from flophouse to flophouse
- Experienced multiple overdoses
- Problems with police and law

*These factors are of course part of an abridged list; many other factors may be affecting an addict contemplating changing their lives or entering treatment.*

**One may ask, “Then why do people start using substances anyway?”**

Trying new things is a normal part of development. We try substances (like drugs and alcohol) and in the beginning they are fun and cool to do. To begin with at least, drugs and alcohol cause little harm and are very stimulating and exciting. This is in fact the hook. We believe we can control and use them successfully.

Since humans are very adaptable, drugs and alcohol fit right in and we very quickly learn to use them to feel and do things we would normally do in other ways. For example: How many people rush home after work and relax with a drink of bourbon or a couple of beers? Surely there are better ways to relax than with alcohol? Drugs and alcohol quickly replace our normal methods of relaxing, dealing with feelings or pain and showing confidence or even having fun.

Drugs and alcohol are and will always be a part of the human culture. Since before recorded history, man has used some form of drug as an artificial way of helping us to cope with our environment. Unfortunately, these days there seem to be many more issues that people face on a daily basis, that drugs and alcohol can be applied to.

**DRUGS / ALCOHOL** are symptoms, not the virus or infection

Many people believe that all a person has to do, is to stop using drugs or alcohol and everything will be all right. This couldn't be further from the truth. By removing the substances, all we have done is to remove what the person has been using to *cope with* their problems. And when we say problems, we are not only talking about those problems on the surface, but also those which are buried deep down inside the person. Like all viruses that affect us inside, the problems - the ones deep inside - make drug/alcohol use appealing, and in many cases necessary, for that person's survival.

For many the traumas suffered occurred many years before the introduction of drugs or alcohol. Yet these very issues are those which make drug addiction or alcoholism a possibility. Many, through fear or a lack of understanding find the pain of these traumas too much to bear, and find themselves easily lured by the escape from reality that drugs and alcohol offer. No one chooses to become addicted to drugs or alcohol, in fact the relief from the trauma that substances provide, may be for many the only time they can feel like normal people. This feeling of normality comes at a high price. Because of the nature of the substances, one will need more and more of them to feel normal.

Years and years may be spent trying to avoid "the pain" or wishing it did not occur. Many individuals spend each day as two separate people, one which is a good caring person, the other a violated, dirty and worthless image (I speak from personal experience). Drugs and alcohol build the walls between the two and for the most part keeps the good image hidden. Many manage this way only because more and more drugs and alcohol are taken to get the desired effect. This puts the person in a situation in which he/she must choose between feeling the pain or doing whatever it takes to get the relief. Addiction / compulsion usually wins and most people continue to use drugs and alcohol, sacrificing all, so they don't feel the pain.

Most people don't realise that they have become addicted and by the time that they do it's too late to just stop. The irony is that after a certain amount of time, there isn't any amount of drugs that one can take that will remove the pain of the past, present or future.

Some of the main traumas people have reported are:

- Sexual abuse / incest
- Physical abuse
- Emotional abuse
- Lack of love from a parent(s)
- Rape
- Family/relationship breakdown
- Divorce
- Loss of a loved one (death)
- Poverty / hunger
- Being raised in substance abusing environment
- Racial intolerance
- Bullying

## DILEMMA

So how does a person who has been using drugs and alcohol to escape from the pain, escape without the use of drugs or alcohol?

Before that question can be answered, we need to look at

the attitudes necessary to keep addictions going in the first place. Here are the main ones:

1. Denial - Many addicts and alcoholics will not admit that there is a problem with their substance use. They blame their problems on any and everything, except themselves. They don't see that they continue to make the wrong choices and continue behaviours that will ultimately destroy them.
2. Fear - Many addicts and alcoholics are afraid of the physical pain that may be experienced upon cessation of substances. Others fear being able to again feel the pain that is associated with the traumas they've experienced. Others fear a life without the escape of drugs or alcohol. Many also fear having to face the pain that will come from confronting those involved with their traumas.
3. Rock Bottom - Many addicts and alcoholics justify their continued use by believing they haven't hit rock bottom. We know this factor exists because for many addicts losing their families, multiple overdoses or even jail terms for example don't stop substance use.
4. Hopelessness - Addicts / alcoholics time and time again have stated they could not see themselves living a life without substances, or having to change their whole lifestyles. They have even said, "With all the hard knocks (trauma) I have suffered, I think I am just destined to die an addict or alcoholic".
5. Guilt & Shame - These are a two edged sword for addicts and alcoholics. For the substance abuser guilt and shame follow them daily and in every move they make. The addict/alcoholic feels them constantly and they help to remind the user of the pain and hurt they are bringing to themselves, family and others around them. Even though an addict/alcoholic justifies their substance use, guilt & shame are there afterward to show them how futile their use and behaviours are.

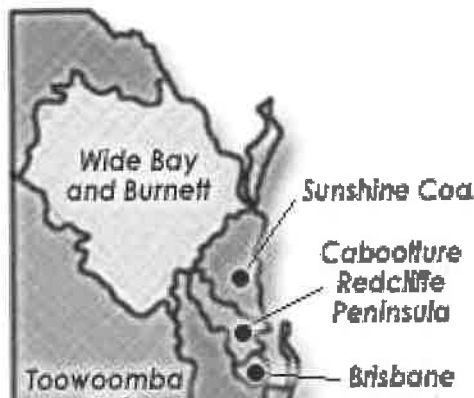
If a person is able to get above all the pain and find the courage to want to change their life, then they deserve all the help they can get. A person who wants to regain control of their life and put down their addictions, needs the following:

- An honest desire to change
- Willingness to take risks
- Able to be honest about their present condition
- Realisation that substance abuse is just a symptom of a deeper virus
- A comprehensive rehabilitation program
- Support systems made up of peers, family and community
- The understanding and belief that:

**"It's never too late, and if its going to be,  
its up to me."**

Robert Jones  
Drug and Alcohol Worker,  
Recovering Addict/Alcoholic

# Location of NSPs in Queensland



## Where can I access NSPs in Queensland's Central Zone?

**Biala (Brisbane Harm Reduction Centre)**  
270 Roma St, Brisbane, 4000  
Ph (07) 3238 4040 Fax (07) 3236 2398  
Open 24 hours 7 days

**Barcaldine Hospital**  
Oak St, Barcaldine, 4725  
Ph (07) 4651 1311 Fax (07) 4651 1636  
Open 24 hours 7 days

**Biggenden Health Service**  
A&E, Biggenden Health Service, Alice St, Biggenden, 4621  
Ph (07) 4127 1166 Fax (07) 4127 1594  
Open 24 hours 7 days

**Biloela Hospital**  
A&E, 2 Hospital Rd, Biloela, 4715  
Ph (07) 4992 1333 Fax (07) 4992 4857  
Open 8 am – 4.30 pm

**Brisbane Sexual Health AIDS Service**  
484 Adelaide St, Brisbane, 4000  
Ph (07) 3227 8666 Fax (07) 3227 8697  
Open 9 am – 5 pm Mon, Tues, Fri; 9 am – 12 pm Wed;  
9 am – 7.30 pm Thurs

**BYS (Brisbane Youth Service)**  
14 Church St, Fortitude Valley, 4006  
Ph (07) 3252 3750 Fax (07) 3252 2166  
Open 9 am – 5 pm Mon – Fri

**Bundaberg ATODS**  
ATODS, 1<sup>st</sup> Floor, Block C, Bundaberg Hospital, Bourbong St, Bundaberg, 4670 also Sexual Health Unit, Links Building,  
3<sup>rd</sup> Floor, Bourbong St, Bundaberg, 4670  
Ph (07) 4150 2740 Fax (07) 4150 2749  
Open 8 am – 4.30 pm

**Caboolture Community Health**  
McKean St, Caboolture, 4510  
Ph (07) 5433 8300 Fax (07) 5433 8322  
Open 8.30 am – 4.30 pm

**Capricorn Youth Accommodation Service**  
Shop 4, 25 East St, Rockhampton, 4701  
Ph (07) 4922 6294 Fax (07) 4922 6294  
Open 10 am – 5 pm Mon – Fri

**Cherbourg Hospital**  
Pharmacy Department, Outpatients, Cherbourg Hospital, Fisher St, Cherbourg, 4605  
Ph (07) 4168 1888 Fax (07) 4168 1908  
Open 8.30 am – 5 pm

**Emerald Hospital**  
A&E, Emerald Hospital, Hospital Rd, Emerald, 4720  
Ph (07) 4987 9400 Fax (07) 4982 3860  
Open 24 hours 7 days

**Gayndah Health Service**  
69 Wharton St, Gayndah, 4625  
Ph (07) 4161 3500 Fax (07) 4161 3599  
Open 7 am – 6 pm

**Gin Gin Hospital**  
5 King St, Gin Gin, 4671  
Ph (07) 4157 2222 Fax (07) 4157 2687  
Open 9 am – 4 pm Mon – Fri

**Gladstone Community Health**  
Flinders St, Gladstone, 4680  
Ph (07) 4976 3130 Fax (07) 4976 5435  
Open 9 am – 5 pm Mon – Fri

**Gladstone Hospital ATODS**  
1<sup>st</sup> Floor, Block 2, Gladstone Hospital, Park St, Gladstone, 4680  
Ph (07) 4976 3184 Fax (07) 4976 3203  
Open 8.30 am – 5 pm Mon – Fri

**Gympie Community Health**  
20 Alfred St, Gympie, 4570  
Ph (07) 5483 1212 Fax (07) 5482 1024  
Open 9 am – 4.30 pm Mon – Fri

**Hervey Bay Hospital**  
A&D, Hervey Bay Hospital, Cnr Nissen St & Urraween Rd, Hervey Bay, 4655  
Ph (07) 4120 6666 Fax (07) 4120 6792  
Open 24 hours 7 days

**Integrated Youth Service**  
44 Burnett St, Mooloolaba, 4557  
Ph (07) 5444 5495 Fax (07) 5444 8905  
Open 8.30 am – 4.30 pm

**Kingaroy Community Health**  
Youngman St, Kingaroy, 4610  
Ph (07) 4162 9220 Fax (07) 4162 9380  
Open 8.30 am – 5 pm Mon – Fri

**Kingaroy Hospital**  
Youngman St, Kingaroy, 4610  
Ph (07) 4162 9200 Fax (07) 4162 9219  
Open 5pm – 8.30 am Mon – Fri; 24 hours Sat & Sun

**Longreach Community Health**  
18 Duck St, Longreach, 4730  
Ph (07) 4658 3344 Fax (07) 4658 3496  
Open 8 am – 8 pm

**Maleny Hospital**  
Main entrance, Maleny Hospital, Bean St, Maleny, 4552  
Ph (07) 5494 2208 Fax (07) 5494 3123

Open 24 hours 7 days (night bell after 8 pm)

**Maryborough Base Hospital**  
A&E, Walker St, Maryborough, 4650  
Ph (07) 4123 8733 Fax (07) 4123 8709  
Open 24 hours 7 days

**Mundubbera Health Service**  
A&E, Leichardt St, Mundubbera, 4626  
Ph (07) 4165 5200 Fax (07) 4165 4878  
Open 8 am – 5 pm

**Murgon Hospital**  
A&E, Coronation Dr, Murgon, 4605  
Ph (07) 4168 1444 Fax (07) 4168 2872  
Open 24 hours 7 days

**Nambour HIV/AIDS Clinic**  
87 Blackall Tce, Nambour, 4560  
Ph (07) 5476 2489 Fax (07) 5476 2491  
Open 8 am – 4.30 pm Mon – Fri

**Nanango Rural Health Service**  
Brisbane St, Nanango, 4615  
Ph (07) 4163 1533 Fax (07) 4163 2797  
Open 24 hours 7 days

**Proston Outpatients Clinic**  
Brigooda Rd, Proston, 4613  
Ph (07) 4168 9288 Fax (07) 4168 9288  
Open 8.30 am – 1 pm Mon – Fri

**QuIVAA (Qld Intravenous AIDS Association)**  
185-191 Brunswick St, Fortitude Valley, 4006  
Ph (07) 3252 5390 Fax (07) 3252 5392  
Open 9 am – 5 pm Mon – Fri

**QuAC (Qld AIDS Council) Sunshine Coast**  
4 Carroll St, Nambour, 4560  
Ph (07) 5441 1222 Fax (07) 5441 1566  
Open 9 am – 5 pm Mon – Fri

**QUT Student Health Kelvin Grove**  
Victoria Park Rd, Kelvin Grove, 4059  
Ph (07) 3864 3126 Fax (07) 3864 5477  
Open 8 am – 4 pm

**Redcliffe Community Health**  
181 Anzac Ave, Kippa Ring, 4021  
Ph (07) 3883 7300 Fax (07) 3883 7311  
Open 8.30 am – 5 pm Mon – Fri

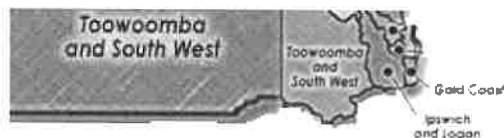
**Rockhampton Hospital**  
A&E, Canning St, Rockhampton, 4700  
Ph (07) 4920 6427 Fax (07) 4920 6281  
Open 24 hours 7 days

**SCIVAA (Sunshine Coast Intravenous AIDS Association)**  
59 Sixth Avenue, Maroochydore, 4558  
Ph (07) 5443 9576 Fax (07) 5479 1918  
Open 9 am – 5 pm Mon, Tue, Wed, Fri; 1 pm – 5 pm Thurs

**Sunshine Coast Sexual Health Clinic**  
15 Maud St, Maroochydore, 4558  
Ph (07) 5479 2670 Fax (07) 5479 2573  
Open 9 am – 5 pm Mon – Fri

University of Queensland Health Service  
Union St, UQ Campus, St Lucia, 4072  
Ph (07) 3365 6210 Fax (07) 3365 6222  
Open 8 am – 5 pm Mon – Fri

Wondai Hospital  
Bramston St, Wondai, 4606  
Ph (07) 4168 5555 Fax (07) 4168 5470  
Open 24 hours 7 days



## Where can I access NSPs in Queensland's Southern Zone?

Augathella Hospital  
Cavanagh St, Augathella, 4477  
Ph (07) 4656 7100 Fax (07) 4656 7102  
Open 24 hours 7 days

Beaudesert Hospital  
A&E, Beaudesert Hospital, 64 Tina St, Beaudesert, 4285  
Ph (07) 5541 1411 Fax (07) 5541 3003  
Open 7 am – 11 pm

Beenleigh Community Health Centre  
10-18 Mt Warren Blvd, Mt Warren, 4207  
Ph (07) 3290 8900 or 3290 9811 Fax (07) 3290 9899  
Open 8 am – 5 pm

Bodyline Spa & Sauna  
45 Peel St, South Brisbane, 4101  
Ph (07) 3846 4633 Fax (07) 3846 0166  
Open 10 am – 1 am Sun, Mon; 11 am – 1 am Tue – Thurs;  
10 am – 5 am Fri, Sat

Charleville Hospital  
Pharmacy Department, Charleville Hospital, King St, Charleville, 4470  
Ph (07) 4654 4338 Fax (07) 4654 1390  
Open 9 am – 5 pm  
(closed 12.30 pm – 1.30 pm; ward staff can issue after hours)

Chinchilla Health Service  
Nurses Desk, Chinchilla Health Service, Slessar St, Chinchilla, 4413  
Ph (07) 4662 8828 Fax (07) 4662 8424  
Open 7.30 am – 5 pm

Cunnamulla Hospital  
Wicks St, Cunnamulla, 4490  
Ph (07) 4655 8111 Fax (07) 4655 8101  
Open 24 hours 7 days

Dalby Hospital  
A&E, Dalby Hospital, Hospital Rd, Dalby, 4405  
Ph (07) 4669 0555 Fax (07) 4662 2995  
Open 24 hours 7 days

Dirranbandi Hospital  
Outpatients Department, Cnr Jane & Crothers St, Dirranbandi, 4486  
Ph (07) 4625 8222 Fax (07) 4625 8273  
Open 24 hours 7 days  
DUNES (Drug Users Network Education & Support)  
2019 Gold Coast Highway (entrance via Kratzman St),

Miami, 4220  
Ph (07) 5520 7900 Fax (07) 5520 7344  
Open 9 am – 5 pm Mon – Fri

Dunwich Health Service  
Marie Rose Centre, 36 Oxley Pde, Dunwich, 4183  
Ph (07) 3409 9059 Fax (07) 3409 9598  
Open 9 am – 12 am

Gold Coast ATODS Northside Clinic  
Gold Coast Hospital, Queens St entrance, Southport, 4215  
Ph (07) 5571 8777 Fax (07) 5571 8505  
Open 10 am – 4 pm Mon – Fri (24 hour disposal)

Gold Coast Sexual Health Clinic  
2019 Gold Coast Highway, Miami, 4220  
Ph (07) 5576 9033 Fax (07) 5576 9030  
Open 1 pm – 4 pm Mon, Tue, Thurs, Fri

Goondiwindi Health Service  
Acute Block (Hospital), Bowen St, Goondiwindi, 4390  
Ph (07) 4671 1233 Fax (07) 4671 2827  
Open 24 hours 7 days

Griffith University Gold Coast Campus  
Health Service, Graham Jones Ctr, University Dr, Southport, 4215  
Ph (07) 5552 8794 Fax (07) 5552 8854  
Open 8.30 am – 3 pm

Griffith University Nathan Campus  
Health Service, Level 1, University House, Kessels Rd, Nathan, 4111  
Ph (07) 3875 7299 Fax (07) 3875 6595  
Open 9 am – 5 pm

Inala NSP  
Inala Community Health Centre,  
64 Wirraway Pde, Inala, 4077  
Ph (07) 3275 5419 Fax (07) 3372 7323  
Open 8.30 am – 5 pm Mon – Fri

Indigenous Youth Health Service  
10 Hubert St, Woolloongabba, 4102  
Ph (07) 3240 8964 Fax (07) 3891 5552  
Open 8.30 am – 5 pm Mon; 8.30 am – 4.30 pm Tue – Fri

Inglewood Hospital  
Cunningham Highway, Inglewood, 4387  
Ph (07) 4652 1311 Fax (07) 4652 1527  
Open 8 am – 4.30 pm

Jandowae Hospital  
13 Dalby St, Jandowae, 4410  
Ph (07) 4668 5356 Fax (07) 4668 5576  
Open 24 hours 7 days

Laidley Rural Community Health  
Laidley Health Service, Williams St, Laidley, 4341  
Ph (07) 5466 8118 Fax (07) 5466 8182  
Open 8 am – 4.30 pm

Logan Central Community Health ATODS  
Cnr Wembley & Ewing Rds, Logan Central, 4114  
(via carpark of methadone clinic)  
Ph (07) 3290 8923 Fax (07) 3387 5314  
Open 8.15 am – 4.15 pm Mon – Fri

Logan Youth Health Centre  
2-4 Rowan St, Slacks Creek, 4114  
Ph (07) 3208 8199 Fax (07) 3208 8589  
Open 9 am – 5 pm Mon – Fri  
Miles Hospital  
Nurses Desk, Miles Hospital, Marion St, Miles, 4415  
Ph (07) 4627 1311 Fax (07) 4627 1885  
Open 24 hours 7 days

Millmerran Hospital

50 Commens St, Millmerran, 4356  
Ph (07) 4695 1211 Fax (07) 4695 1202  
Open 24 hours 7 days

Mitchell Hospital  
Nurses Station, Mitchell Hospital, Ann St, Mitchell, 4465  
Ph (07) 4623 1277 Fax (07) 4623 1866  
Open 24 hours 7 days (use side door bell after 8 pm)

Morven Health Clinic  
Charleville Rd, Morven, 4468  
Ph (07) 4654 8133 Fax (07) 4654 8239  
Open 9 am – 4 pm Mon – Fri

QuAC (Qld AIDS Council)  
32 Peel St, South Brisbane, 4101  
Ph (07) 3017 1777 Fax (07) 3844 4206  
Open 9 am – 5 pm Mon – Fri

Quilpie Hospital  
30 Gyrica St, Quilpie, 4480  
Ph (07) 4656 0100 Fax (07) 4656 0102  
Open 24 hours 7 days

Redland Hospital  
A&E, Redland Hospital, Weippin Rd, Cleveland, 4163  
Ph (07) 3240 8200 Fax (07) 3286 7039  
Open 24 hours 7 days

Roma Hospital  
A&E, Roma Hospital, 197-234 McDowall St, Roma, 4455  
Ph (07) 4622 2277 Fax (07) 4622 4706  
Open 24 hours 7 days

Roma Primary Health Care Unit  
59-61 Arthur St, Roma, 4455  
Ph (07) 4622 2277 Fax (07) 4622 4706  
Open 8.30 am – 6 pm Mon – Fri

SQWISI (Self Health for Queensland Workers in the Sex Industry)  
404 Montague Rd, West End, 4101  
Ph (07) 3844 4565 Fax (07) 3846 4629  
Open 9 am – 5 pm Mon – Fri

St George Hospital  
Victoria St, St George, 4487  
Ph (07) 4625 3144 Fax (07) 4625 4185  
Open 24 hours 7 days

Stanthorpe Community Health  
OPD Department, McGregor Tce, Stanthorpe, 4380  
Ph (07) 4681 5251 Fax (07) 4681 5258  
Open 8 am – 4.30 pm

Stanthorpe Hospital  
6 McGregor Tce, Stanthorpe, 4380  
Ph (07) 4681 5222 Fax (07) 4681 5200  
Open 7 am – 6 pm

Tara Community Health  
A&E, 15 Bilton St, Tara, 4421  
Ph (07) 4678 7900 Fax (07) 4665 3664  
Open 24 hours 7 days

Tara Hospital  
Nurses Desk, Tara Hospital, Bilton St, Tara, 4421  
Ph (07) 4665 3299 Open 24 hours 7 days  
Taroom Health Services  
Miller St, Taroom, 4420  
Ph (07) 4627 3177 Fax (07) 4628 3172  
Open 24 hours 7 days

Texas Multipurpose Health Service  
A&E, Texas Hospital, Mingoola Rd, Texas, 4385  
Ph (07) 4653 1233 Fax (07) 4653 1536  
Open 24 hours 7 days

**Thargomindah Outpatients Centre**  
Dowling St, Thargomindah, 4492  
Ph (07) 4655 3120 Fax (07) 4655 3260  
Open 9 am – 11 am clinics (on call 24 hours)

**Toowoomba Sexual Health Service (Kobi House)**  
Department of Public Medicine, Kobi House,  
Toowoomba Hospital, Pechey St, Toowoomba, 4350  
Ph (07) 4631 6446 Fax (07) 4631 6456  
Open 8.30 am – 5 pm Mon – Fri

**University of Southern Queensland**  
G Block, Health Service, University of Southern  
Queensland, Toowoomba, 4350  
Ph (07) 4631 2387 Fax (07) 4631 2880  
Open 8 am – 4 pm

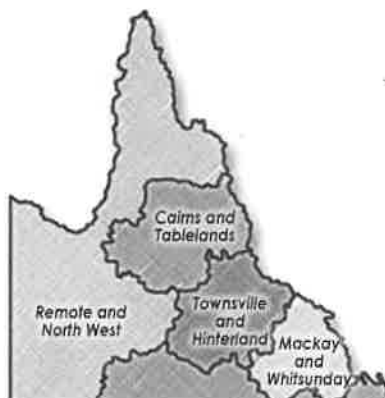
**University of Queensland (Gatton)**  
UQG Health Service, Lower Floor,  
NW Briton Annexe, UQG, Gatton, 4343  
Ph (07) 5460 1396 Fax (07) 5460 1756  
Open 8 am – 4.30 pm

**Warwick Community Health Service**  
Community Health, 56 Locke St, Warwick, 4370  
Ph (07) 4661 6946 Fax (07) 4661 6877  
Open 8.30 am – 5 pm Mon – Fri

**Warwick Hospital**  
Southern Downs Community Mental Health Service,  
56 Locke St, Warwick, 4370  
Ph (07) 4661 6946 Fax (07) 4661 6877  
Open 8.30 am – 5 pm Mon – Fri

**West Moreton Sexual Health Service**  
Ipswich Health Plaza, Bell St, Ipswich, 4305  
Ph (07) 3817 2428 Fax (07) 3281 0565  
Open 9 am – 4 pm Mon – Wed, Fri; 9 am – 6.30 pm  
Thurs

**Wynnum Hospital**  
A&E, Wynnum Hospital, Whites Rd, Lota, 4179  
Ph (07) 3393 3122 Fax (07) 3393 3127  
Open 24 hours 7 days



## Where can I access NSPs in Queensland's Northern Zone?

**Atherton Community Health**  
Atherton Health Centre, Louise St, Atherton, 4863  
Ph (07) 4091 0263 Fax (07) 4091 0212  
Open 8.30 am – 5 pm

**Bamaga Family Resource Centre**  
Aididi St, Bamaga, 4876  
Ph (07) 4069 3555 Fax (07) 4069 3265  
Open 9 am – 5 pm

**Bowen Hospital**  
Gregory St, Bowen, 4805  
Ph (07) 4786 1422 Fax (07) 4786 3188  
Open 9 am – 4 pm

**Cairns Base Hospital**  
A&E, Cairns Base Hospital, The Esplanade, Cairns, 4870  
Ph (07) 4050 6333 Fax (07) 4031 1628  
Open 12 am – 8 am 7 days

**Cairns Sexual Health**  
The Dolls House, The Esplanade, Cairns, 4870  
Ph (07) 4050 6205 Fax (07) 4050 6359  
Open 8 am – 12 am 7 days

**Cairns Community Health**  
31 Shield St, Cairns, 4870  
Ph (07) 4050 3900 Fax (07) 4051 4151  
Open 8 am – 4.30 pm Mon – Fri

**Charters Towers Community Health**  
Gill St, Charters Towers, 4820  
Ph (07) 4784 0333 Fax (07) 4787 7632  
Open 8.30 am – 5 pm Mon – Fri

**Clermont MPHS**  
General Ward, Clermont Hospital, Francis St, Clermont,  
4721  
Ph (07) 4983 1155 Fax (07) 4983 1530  
Open 8 am – 8 pm

**Collinsville Hospital**  
Garrick St, Collinsville, 4804  
Ph (07) 4785 5344 Fax (07) 4785 5479  
Open 8 am – 4.30 pm

**Edmonton Community Health Centre**  
10-12 Robert Rd, Edmonton, Cairns, 4869  
Ph (07) 4045 9900 Fax (07) 4045 9949  
Open 8 am – 5 pm

**Gordonvale Hospital**  
Heighleigh St, Gordonvale, 4865  
Ph (07) 4056 1003 Fax (07) 4056 2496  
Open 24 hours 7 days

**Innisfail Community Health**  
Alice St, Innisfail, 4860  
Ph (07) 4061 5444 Fax (07) 4061 5496  
Open 8 am – 4.30 pm

**James Cook University Student Association**  
Student Services Mall, James Cook Dr, Townsville, 4811  
Ph (07) 4781 4606 Fax (07) 4781 4605  
Open 8.30 am – 5 pm Mon – Fri; Wed open 10 am

**Karumba Health Centre**  
160 Walker St, Karumba, 4891  
Ph (07) 4745 9137 Fax (07) 4745 9295  
Open 9 am – 12 pm, 2 pm – 4 pm Mon – Fri;  
10 am – 12 pm Sat; 24 hour call for emergencies

**Mackay Base Hospital**  
A&E, Mackay Base Hospital, Bridge Rd, Mackay, 4740  
Ph (07) 4968 6378 Fax (07) 4968 6027  
Open 24 hours 7 days

**Mackay Sexual Health Service**  
Community Health Centre, 12-14 Nelson St, Mackay,  
4740  
Ph (07) 4968 3919 Fax (07) 4968 3885  
Open 8.30 am – 5 pm Mon – Fri

**Mareeba Base Hospital**  
2 Lloyd St, Mareeba, 4880  
Ph (07) 4092 2332 Fax (07) 4092 3535  
Open 24 hours 7 days

**Mareeba Community Health**  
9 Lloyd St, Mareeba, 4880  
Ph (07) 4092 2439 Fax (07) 4092 1067  
Open 8.30 am – 5 pm

**Moranbah Hospital**  
Cnr Elliot St & Mills Ave, Moranbah, 4744  
Ph (07) 4941 7300 Fax (07) 4941 7729  
Open 24 hours 7 days

**Mt Isa Health Service**  
Camooweal St, Mt Isa, 4825  
Ph (07) 4744 4416 Fax (07) 4743 9621  
Open 24 hours 7 days

**Open Youth Project**  
108 Denham St, Townsville, 4810  
Ph (07) 4771 3648 Fax (07) 4721 5804  
Open 9 am – 1 pm Mon – Wed & Fri;  
9 am – 4pm Thurs

**Palm Island Sexual Health**  
Sexual Health Clinic, Joyce Palmer Health  
Service,  
Community Health, Beach Rd, Palm Island, 4816  
Ph (07) 4770 1144 Fax (07) 4770 1265  
Open 8 am – 4 pm

**QuAC (Qld AIDS Council) Cairns**  
4 Scott St, Cairns, 4870  
Ph (07) 4051 1028 Fax (07) 4051 4641  
Open 9 am – 5 pm Mon – Fri

**QuAC (Qld AIDS Council) Townsville**  
Suite 3134, 3<sup>rd</sup> Floor, Shaws Arcade,  
Flinders Mall, Townsville, 4810  
Ph (07) 4721 1384 Fax (07) 4721 3434  
Open 9 am – 5 pm Mon – Fri

**Smithfield Community Health**  
16 Danbullan St, Smithfield, 4888  
Ph (07) 4038 9900 Fax (07) 4038 9997  
Open 8 am – 5 pm

**Townsville ATODS**  
242 Walker St, Townsville, 4810  
Ph (07) 4778 9677 Fax (07) 4778 9666  
Open 8 am – 4.30 pm

**Townsville General Hospital**  
Hospital Pharmacy, Townsville General Hospital,  
110 Angus Smith Dr, Douglas, 4814  
Ph (07) 4797 2803 Fax (07) 4796 2801  
Open 8 am – 5 pm Mon – Fri

**Townsville Sexual Health**  
242 Walker St, Townsville, 4810  
Ph (07) 4778 9600  
Open 8 am – 4.30 pm

**Whitsunday Community Health**  
12 Altmann Ave, Cannonvale, 4802  
Ph (07) 4946 5633 Fax (07) 4946 5244  
Open 8.30 am – 12 pm & 12.30 pm – 5 pm Mon  
– Fri

**YETI (Youth Empowered Towards Independence)**  
1<sup>st</sup> Floor, 94 Lake St, Cairns, 4870  
Ph (07) 4051 4927 Fax (07) 4051 7095  
Open 10 am – 5 pm Mon – Fri

**Youthlink Youth Service Providers Inc.**  
305 Severin St, Parramatta Park, Cairns, 4870  
Ph (07) 4031 6179 Fax (07) 4051 9627  
Open 9.30 am – 4 pm Mon, Tues, Thurs, Fri;  
12 pm – 5.30 pm Sat

# What's A Good Way To Get Extra Protein?



If you want to top up on protein, there are two things to think about to make sure that you're getting the best. One is the type of protein. The other is how much.

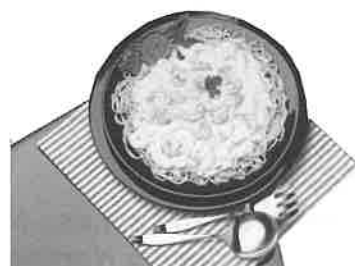
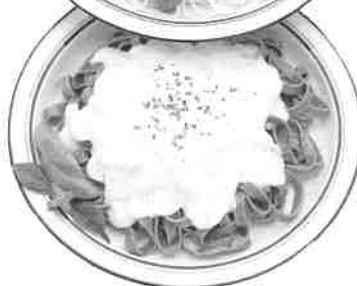
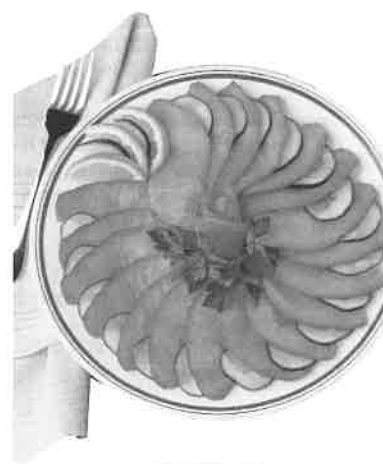
The best types of protein are milk, dairy products and eggs, particularly the whites of eggs. That's because these foods contain the sorts of amino acids that are very like the ones in human bodies.

Getting the amounts of protein that you need can be really easy, and needn't be expensive. Most people only need about 50 to 60 grams of protein daily. Some people need more because of their lifestyle or because they've been sick. A drink of milk or a sandwich can give you a lot of protein.

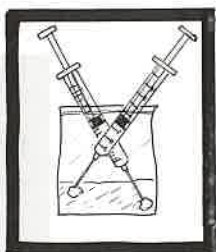
If you eat or drink this ...	You'd get this much protein ...
A cup of milk (regular or skim) ...	9 grams
And if it's protein fortified milk ...	11 grams
A sandwich (2 slices of bread) filled with, say, a slice of cheese ... or peanut butter ... or an egg ...	All of these options would give you 11 grams

Sometimes people think that taking a pill or powder must be better than regular food, because they seem to promise a lot. But just compare them to the foods. When you look at the label on something like Spirulina, you might think that when it says 60% protein that you've got everything you need. But you need to stop and think. If one tablet weighs only half to one gram, then you're going to only get about half a gram of protein, or less, in each tablet. And with Royal Jelly, each capsule contains one grams of the royal jelly, so there is even less protein, less than would be in the Spirulina. With these products, sure you can get enough protein if you take lots of tablets, powder or capsules. But you have to work out if it is worth the cost. The food obviously wins out. It's got the best types of proteins. It's got heaps of protein. And it's relatively inexpensive.

Dr Delma Stormont  
School of Public Health  
QUT



# Hep C and injecting Amphetamines

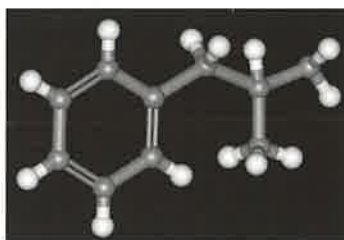


risk if you are only mixing up for yourself, but speed is a more social drug than heroin, and often someone will be mixing up several shots for other people as well from the same bag. It may be also that speed users are more likely to mixing up in dark places at night, so that the whole process increases the chance of accidental needle prick.

Another problem could be washing out other people's old speed bags. Think about it – there is no way you can tell if a bag that has been mixed up in has been contaminated – even if there isn't a hole in the bag, you can't know if only clean uncontaminated picks have been used in the bag, or whether the water used in the bag was clean and pure.

**I**t seems that there is some anecdotal evidence that IV amphetamine users are contracting Hep C. Here at Quivaa we have thought about this, and though we can't say that there is a definite link, or why it seems to be happening, we think that it is possible. If so, it may be because of the way amphetamine is generally mixed.

Whereas heroin is usually dry and wrapped in a paper or foil packet, and mixed in a spoon, speed usually comes in a small plastic bag, and is mixed up in the bag. So, when a drug is mixed for injection in a plastic bag, the chance of the person mixing accidentally pricking themselves is much greater, because the bag is held in the fingers and the needle inserted in the bag. As anyone who has done this knows, it is really easy unless you are very careful not to poke the needle through the bag. Getting all the solution out of the bag is more fiddly and time consuming than drawing up in a spoon, so the chance of pricking yourself is also greater. Now, this is a not so much of a health



So what can you do to reduce the chance of needle prick while mixing speed and thereby minimise the risk of you or your mates contracting hep C? The best thing is

to only mix your own shots. When this is not possible, then please be very, very careful, and mix in a spoon if it is possible. If you must mix a bunch of shots in a bag, try to do it with the bag on a table or other surface so that if the needle does go through the bag, your finger is less likely to be pricked. If you do prick yourself mixing someone else's shot, BE HONEST and suggest that they swallow their shot (i.e. squirt in the mouth) - after all, you get just as high, for longer in fact, it just takes a while to come on. And surely that is better than getting an incurable and possibly fatal disease? If you know you have hep C, then why not let someone else mix-up?



And finally, please get regular hep C tests – they're free and confidential, and knowing whether you are positive or not can make a big difference to your health, and that of your mates.

**So, be blood aware, and look after your mates.**

I seem to have spent the best part of my adult life trying to find ways to obtain injectable opiates in ways that would interfere as little as possible with living a normal life. I have explored countless avenues but I always confronted some exorbitant cost in one way or another.

In the early nineties my husband and I were fed up with the price of dope in Australia and decided that two weeks in a luxury hotel in Thailand with as much white powder as humanly possible to use, would be considerably



make the sacrifices, perform the acts of recklessness or step so blithely into immorality.

Back at the hotel my first hit was reasonably small but in my usual greed, I topped up with a big hit. I thought I was a goner when I saw a bright coloured mandala in my head and other patterns and colours burning into my brain. I was way too whacked. The next morning I was pretty queasy but I compulsively pumped more dope into my veins. The one disadvantage of the situation



# From Thailand

cheaper than a binge in Cairns.

Thus Arthur and I took off to Bangkok and checked in at the opulent Oriental Hotel. As soon as I arrived I caught a tuk tuk to Patpong, the notorious red light district where live sex shows included girls doing obscene tricks with ping-pong balls. It didn't take me long to score from an old madam in one of the bars come brothels. The white powder came in little plastic vials with no.4 on the lid. It was

unbelievably cheap.

All the way on the plane I had been filled with anticipation. I just couldn't get over the fact that in a few hours I would be using the best dope in the world. When I actually had the stuff in my possession I could hardly contain my joy.

**No person or experience could ever elicit the intensity of desire, agony, longing pleasure and satisfaction that I derived from smack.**

And no person or belief could ever inspire me to

was that Arthur and I were too stoned. We never got a chance to hang out a little bit and thus enjoy the relief. We felt both sedated and stimulated at the same time. (You know the feeling, you can't sleep properly because of being hyped up but at the same time you're on the nod.)

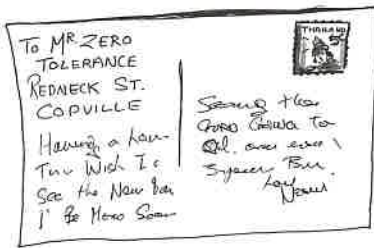
It was a great holiday, we ate superb food, shopped and had clothes tailored in silk. We travelled to Pataya and enjoyed the beach.

**But here's the rub. Now we had the prospect of returning home to a desolate world without plentiful manna from Heaven.**

I really didn't like the idea of carrying more than a small quantity on my person so I decided to implement another idea.

I purchased a number of postcards. Each postcard was comprised of two layers of cardboard and it was quite simple to split them apart. I inserted a very thin package of heroin inside and re-stuck the layers together. Because of the area of the postcard a few grams can easily be concealed without any apparent change to the feel or look. Who would suspect an innocent postcard? I posted them to numerous addresses in Australia.





consumed.

A few months later we once again decided to visit Thailand. This time we hired a car and travelled north to The Golden Triangle. And once again I decided to send postcards. Arthur was very out of it when he helped pack the cards and as a shortcut he put some of the dope directly into the

When we got home it was an anxious few days waiting for the mail to trickle in. Eventually, as is always the sad case, all our precious cargo was collected and

attended court. I had the option to take it to a higher court but the buffoon of a lawyer advised me to have it heard before the magistrate. This beak was a notorious hater of drug users and routinely imposed draconian and cruel penalties "to cleanse the streets of the filthy, drug using riff raff". With the words 'example' and 'deterrent' echoing in my ears I found myself in the sordid Cairns watch-house facing a two year sentence with three months if I entered into a recognisance to be of good behaviour for two years.

The old Cairns watch-house was a sordid, claustrophobic rat-hole buried under the police station. It had no natural light and little ventilation and the tropical summer rendered it swelteringly hot.

# with... Love

postcard without constructing a package for it first. If the glue failed the powder could leak out. I don't know if it was this, or the sheer number of postcards I sent that brought us undone.

We got through customs by the skin of our teeth as Arthur, knowing I was carrying a fair bit of stuff internally, broke into a terrible sweat and looked like a walking nervous breakdown. Luckily I kept perfectly cool and pretended he was sick.

However, a few days later I was arrested at a post office by the Federal Police. I was charged with importation and released on bail. Fortunately it was a federal crime and the maximum penalty was 2 years jail. Since I had no prior drug charges it was assumed that I would receive a penalty on the lenient end of the sentencing options e.g. probation. I also had two small daughters and many good references.

I retained the best barrister we could find and armed with numerous bottles of physeptone,

With only the filthy graffiti as a distraction, I wrestled with my mounting panic. During the night enormous cockroaches walked on my face and attempted to drink the spit from the corners of my mouth.



After a few days I was flown down to Townsville to the Women's prison. There were less than 30 inmates, half being aboriginal. Indoctrinated by hundreds of episodes of "Prisoner", I imagined that the women would stick together against the authorities and that there would be honour amongst thieves. Was I in for a rude shock!

The women here were the absolute scum of society. They did everything possible to ingratiate themselves with the screws and immediately decided that I since I was pretty, had a devoted family and some means, that I would make a good scapegoat to harass, thus relieving the tensions that build up in that unnatural environment. I spent a large part of the time in solitary for "breaches". This I preferred, as removal from that repulsive society of harridans was a mercy.

My terrifying worry and dread was that I would somehow be separated from a supply of methadone and have to hang out. Once my supply of physeptone secreted on my person had run out, I was reliant on Arthur to smuggle more in. I couldn't understand why he was only giving me the minimum amount. Later I found out that he was hitting them up and leaving it to the last minute to get more. To his credit he never failed to provide me with enough for a stable daily dose.

Towards the middle of my sentence, an enormous aboriginal woman called Noreen was transferred to the prison. She had murdered another inmate in the watch-house and was notorious for her violent outbursts. Normally she was quite jovial. I liked her irreverent attitude to authority and we became friends. This enraged the white girls who thought I had ulterior motives for befriending her.

One morning, a particularly nasty prison officer started to provoke Noreen who was already in a fractious mood. When the screw started on me, Noreen saw red and stormed outside where she armed herself with a pick and started swinging. Sparks flew from her murderous eyes. I pleaded with Noreen to stop, using all my negotiating skills to deter her. She hovered on the threshold of launching a fatal attack but something I said must have hit home as she dropped the weapon.

**Attacking an officer is the one sin in prison where all possible punishment is brought to bear.**

Noreen was locked permanently in solitary and deprived of every possible source of solace. As the weeks went by her screams intensified as her mental health deteriorated. One might expect that the officer who was the victim of the attack might've been grateful for my intervention. On the contrary, I was dragged up before the big boss of the male prison next door and told that I had influenced Noreen to attack and I was to be charged with attempted murder. On top of this I was told that my actions had breached my recognisance and I would have to serve the full two years of my sentence. A surge of absolute terror drenched my whole being. The feeling of powerlessness in prison is horrific and I realised how easily they can fuck with your life.

As it turned out they were just playing mind games to fuck with me. However I was lucky that one honest screw had been present or they may have concocted evidence to implicate me. Finally the day arrived for my release. Those three months had passed excruciatingly slowly, every second a torture which I never thought would end. If I'd had to hang out as well I would surely have rather been dead.

# Bordello

Written by Carly O'Hara

Waste my time  
waste my life  
feel like a pained,  
pestulant - paradise -  
seeking parasite.  
Unable to stand tall; grow  
into the woman mature -;  
Winds of truth pierce through my body,  
Yearn for shared time  
And shared real love  
Sick of the falseness,  
Empty nothing that amount to pain,  
unnurtured or looked upon -  
with fondness - breathe -  
release - hold in the Anticipation, of another  
delicious closeness - with me - unable to continue, this lie of  
lies- I surrender - And wack  
without turning back

# Drugs



## & SPIRITUAL HEALTH

It is often remarked by conservative purveyors of spiritual knowledge that using drugs is a dangerous and evil method of obtaining spiritual enlightenment, and any knowledge and experience gained in such a way will be tainted.

However, this view seems at odds with the anthropological fact that all cultures prior to this one have used a drug or drugs as religious sacraments and/or spiritual guides. In Shamanic traditions, the plants themselves, it is said, instructed the shamans in their use.

Some modern gurus raise the objection that modern drugs are derived or synthesised, and so the spirit of the plant has been destroyed. Well you can blame capitalism for that, I reckon, just like the spirits of the other plants and animals we eat.

Our culture stands in a unique position in the history of society regards its drug use - at no time in recorded history have all the various drugs of all the lands of the earth been available to most everyone at the same time, plus we have several new and unique substances as well. This presents the psychonaut of today with a veritable smorgasbord of consciousness-altering options!

That drugs have always, and by some still are, used for spiritual purposes suggests that drugs can have a spiritual value. This does not deny, of course, that misuse and abuse is also possible. Spirituality

cannot be used as a excuse for addiction, habituation, or to justify use out of boredom or for its own sake. Though religion and abuse does seem connected...

Anyway, that drugs can genuinely be utilised to treat psychic ills such as depression is clearly demonstrated by the medical profession's evident delight in prescribing Prozac and its many wondrous analogues for any and every variation of emotional disturbance (33 million users cant be wrong). The issue here is not whether drugs can be used to treat spiritual symptoms, but what drugs can be used, and under whose authority and control.

The modern shaman would argue that it is the individual's right to control their own chemical manipulation of consciousness, as concentrating this power in an elite profession is a recipe for mind control, and that ain't good for your or anybody's spiritual health!

"The clouds above us join and separate;  
The breeze in the courtyard leaves and returns;  
Life is like that, so why not relax?  
Who can stop us from celebrating?" - Lu Yu

"Work is love made visible" - Kahlil Gibran

**"RESPECT, PEACE, LOVE, FREEDOM,  
BEAUTY" -**

Snake



# THE InHOUSE PROJECT

The InHouse Project has for 3 years now been providing a home detoxification option that can assist some people who want to stop using heroin, amphetamines or cannabis in their home. We offer emotional support, counselling and nursing care. Our InHouse staff include Project officers, two Registered Nurses and carers. A complimentary natural therapy clinic operates in conjunction with the InHouse project.

## Client Comments on InHouse Care:

- *The unconditional kindness of people is touching.*
- *The service is vital to my rehabilitation and I compliment everyone involved. I am now clean and intend to stay so.*
- *I think that QuIVAA and everyone involved in the project is great, but it really comes down to what the person really wants.*
- *Funding after detox care work would help as well.*

If you would like any information, please contact the InHouse staff on 32525390.  
Take care and be safe.



## Clinic 191 Has Reopened

**T**he Clinic offers general health care to all, in a friendly, non-judgmental environment. It is staffed by Dr. Cindy Clayton and RN Marianne Hagge, who both have many years experience in the drug/alcohol area.

The staff aim to provide a personalised analysis of your needs, and comprehensive treatment options.

**Looking after injectors' health: a QuIVAA initiative.**

## Opening Hours

**Clinic** 10:30am to Late Afternoon Mon -Fri  
Closed between 1:00 pm - 2:00 pm for lunch



**Closed Saturday and Sunday**

# Filtering

## The *MIX*

Using a wheel filter which may reduce the harms of injecting pills and methadone.

### Why Filter?

**F**iltering is important as it removes unwanted material, larger particles, and ideally bacteria from the mix you want to inject. Any particle that is bigger than 20 microns (that is 20 thousands of a millimeter) is unsafe to inject into your bloodstream — it can cause serious vein or organ damage.

Another concern is the introduction of bacteria into your bloodstream. The better the filtration the less chance there is of bacteria entering your blood. By using filters to clean your mix you can reduce the chance of “dirty hits”, abscesses, blood poisoning, and long-term vein and organ damage

### Injecting Powders Using Home Made Filters

Most people injecting powders make their own filters. You can use cotton wool, tampons, or tear off a corner of a swab (squeeze the excess liquid out — make sure you have clean fingers). Avoid using cigarette filters;

they may contain loose glass fibers, which can stick to your veins and cause a vein to collapse. Some

cotton wool also may contain bleaching agents and bacteria. Homemade filters provide a coarse level of filtration, not allowing dangerously large particles

into your bloodstream. These filters are better than nothing but to be really safe, use a wheel filter.

Most pharmaceutically prepared drugs (such as M.S. Contin) are made in tablet form so they can be swallowed. Manufacturers add chalk and other additives to make it easier to swallow — and harder to inject! If you are going to inject tablets you will need to remove as much of the crap as possible.

By effectively filtering your pills you will reduce the harm to your body, hopefully leaving you with a clean taste.

With some pills it is too much hassle, as the filters will just continually clog up, and you are better off just swallowing them. They will come on faster than if you muck around trying to mix up. Panadeine, in fact anything containing paracetamol, are really bad for your liver and kidneys and can kill. Some pills (like Temazepam/Normison) are extremely dangerous to inject no matter how you prepare them. Others, such as Rohypnol, do not break down easily in water so you get no benefit from injecting them.

Shooting pills can actually lessen the effect of the drug. Ask the staff at your local NSP. There is no safe way to inject pills — no matter how much you filter, there will always be some crap left in the mix that can block your veins or damage organs.

If you get swollen hands or any swelling near the injection site, weeping from the site

or a rash, seek immediate medical help or contact your nearest NSP.



## LET'S JUST TALK...

What led me here? Only I can answer that question; no shrink, no N.A. – just me, myself and a brain that's been on pause for the past six years.

But me, and that brain, are slowly but surely linking back together to become as one. I now function in society without the help of Harry. I feel that within myself I am redeeming my wayward soul. The mask has come off and my eyes have opened. I am me.

I always will be me. I have found the self-respect and love for myself that has lacked for a very long time.

Deep within, every day is a stepping stone to the rest of my life. Only 'I' can determine what lies ahead. I have a small saying that I made up long ago –

### BE BOLD, BE STRAIGHT, MOVE ON.

This whole being of existence is inspiration. You, being alive and being strong should be inspirational. Such small things can inspire one's train of thought. It's not what you have done in life that matters, I feel it's how you express yourself, emotionally and spiritually that makes you who you are. And we are all special. We are all here for a reason, whether we know it now or not. We are all part of this great universe within universes. All linked together on the same wavelength of the soul. But we have been conditioned early on in life to shut off some receptors in the brain, so we can be moulded to fit into society. Acid, for me, awakens the sleeping parts of my brain along with my Sixth Sense.

When I was on acid I would get messages in the pit of my gut and as if programmed something I felt, happened. Shit, things like feeling someone was outside watching me through the window, and there was my daughter's father – to actually feeling really nauseous to the point of nearly chucking, freaking out because I knew something was gonna happen, and low and behold, here's some smart shit

syphoning my juice from my car. I caught him in the process when I went to investigate my sudden bout of dread in the pit of my stomach. Plus lots of other menial senses. It's been eight years since I was at one with the universe. Another day perhaps.

The best thing I feel we can do for the next generation is to not close their minds to everything that is not 'suitable' for society. Oh we must keep their bubble from popping – ha ha. Anyway, as long as we remember who we are, we can make it through any obstacle put in our way.

Long ago (before I dumped Harry the leach off my back), I formed some pretty nasty opinions of myself because I couldn't quit Harry. I had the notion that I was stuck with it forever. Depression is the worst killer of the human spirit and is also a very hard emotion to combat. We all have the strength to out will oneself, but having the strength to find it, is a different story.

The strength I have is in the form of my 10 year old daughter. Actually, she is my strength and will power. Never again will I call myself hopeless, pathetic that my existence is a burden to all who love me, for I am me and I am proud of my accomplishments. I have beaten the demon and he no longer knocks on my door. The greatest achievement of my life (apart from the birth of my daughter obviously).

I haven't been in a relationship for nearly three years; just me and my trusty five friends – ha ha ha. I have been clean for nearly one year. In the end I realised that I was my only salvation, so I saved myself. Nobody else was going to do it. So if you are looking for salvation I suggest you go find a mirror. It's amazing what you can see, when your eyes are open.

Till next time we chat.

*Aroha-nui.*  
S. xx



# TERUMO

*Making Life Easier*

**Why is TERUMO The Best?**

*This is what the People say...*

*"familiarity"*

*"smooth action"*

*"like'em best"*

*"strong needle"*

*"clear barrel"*

*"great to jack and pump"*

*"easier to use"*

*"if you want the best get*

*Terumo"*

**Think ahead and look after  
your mates**

**Don't share and be blood aware!**

available at your local needle and syringe program (NSP)

**STAY WITH THE STRENGTH**

# SERVICE DIRECTORY

**SCIVAA** - Sunshine Coast  
Upstairs at 59 6th Avenue  
(Cnr. Kingsford Smith Pde)  
Maroochydore  
(07) 5443 9576  
Needle & Syringe Program

**DUNES** - Gold Coast  
2019 Gold Coast Hwy, Miami  
(07) 5520 7900  
Needle & Syringe Program

**QuIVAA** - Brisbane  
185 Brunswick St  
Fortitude Valley  
(07) 3252 5390  
Clinic 191, Needle & Syringe  
Program

**BIALA** - Brisbane  
270 Roma St  
Brisbane City  
(07) 3238 4040  
Clinic, Needle & Syringe  
Program

**HEP C COUNCIL OF QLD**  
276 Edward Street  
Brisbane 4000  
(07) 3229 3767 or  
1800 648 491

**QLD AIDS COUNCIL**  
32 Peel Street, South Brisbane  
(07) 3017 1777  
Needle & Syringe Program  
4 Carrol Street, Nambour  
(07) 5441 1222  
Needle & Syringe Program  
Level 2 Trust House  
3070 G. Coast Hwy,  
Surfers Paradise  
(07) 5575 6966

**AIDS MEDICAL UNIT**  
2nd Floor, 270 Roma Street  
Brisbane (07) 3224 5526

**LOGAN YOUTH HEALTH  
SERVICE**  
(LYFS) 2-4 Rowan Street  
Slacks Creek (07) 3208 8199

**BRISBANE YOUTH SERVICE**  
(BYS) 14 Church Street  
Fortitude Valley (07) 3252 3750  
Needle & Syringe Program

**MAROOCHYDORE  
SEXUAL HEALTH CLINIC \***  
15/17 Maud Street, Maroochy-  
dore  
(07) 5479 2670

**BLACKALL TERRACE  
SPECIALIST CENTRE AND  
NEEDLE EXCHANGE \***  
87 Blackall Terrace, Nambour  
(07) 5476 2489

**GYMPIE COMMUNITY  
HEALTH CENTRE \***  
20 Alfred Street, Gympie (07)  
5482 1212

**CABOOLTURE  
COMMUNITY HEALTH  
CENTRE \***  
McKEAN STREET (Near hospi-  
tal), Caboolture  
(07) 5495 9300

*\* Needle & Syringe Program is  
available at all these services,  
please phone first to confirm there  
is an authorised person available*

**SQWISI**  
404 Montague Road West End  
(07) 3844 4565  
Needle & Syringe Program  
Level 2, Trust House  
3070 G. Coast Hwy,  
Surfers Paradise  
(07) 5531 7833

**HADS**  
Hospital Alcohol & Drug  
Services  
Royal Brisbane Hospital  
(07) 3253 8704

**ADIS 24 HOUR INFO.  
SERVICE**  
(07) 3236 2414 or  
1800 177 833

**ATODS** - Gold Coast North  
At the back of the Gold Coast  
Hosp.  
Queen Street, Southport  
(07) 5571 8777  
Needle & Syringe Program

**ATODS** - Gold Coast South  
2019 Gold Coast Highway,  
Miami (07) 5576 9020

**DRUG AND ALCOHOL  
COUNSELLING SERVICE**  
Florence Street,  
Tweed Heads  
(07) 5536 0540

**FAIRHAVEN DETOX AND  
REHAB.**  
(07) 5594 7288

**ALCOHOL & DRUG  
COUNSELLORS**  
(07) 5479 2258  
(Sunshine Coast)

**GOLDBRIDGE REHAB**  
(07) 5591 6871

**MIRIKAI REHAB**  
Gold Coast  
(07) 5576 5111

**GOLD COAST  
SEXUAL HEALTH CLINIC**  
2019 G. Coast Hwy, Miami  
(07) 5576 9033  
Needle & Syringe Program

**BRISBANE SEXUAL  
HEALTH**  
484 Adelaide Street  
Brisbane (07) 3227 8666  
Needle & Syringe Program

**MIAMI SEXUAL HEALTH**  
1922 Gold Coast Highway,  
Miami (07) 5535 6333  
Needle & Syringe Program

**KOBI HOUSE**  
Sexual Health Clinic  
Toowoomba Base Hospital  
Wilmot Street  
(07) 4631 6446  
Needle & Syringe Program

**BODYLINE**  
45 Peel St  
South Brisbane  
(07) 3846 4633  
Needle & Syringe Program  
(small charge applies)