



## Welcome to our October newsletter

Thanks for your interest and involvement with Sexual Health West.

**Please reply to this email at any time to unsubscribe or with feedback, ideas or contributions.**



### World AIDS Day 1st December

Plans are being finalised for Thursday the 1st of December for our traditional dinner and concert.

Please RSVP if you would like to attend - we already have a great group of people who have said yes! It's exciting to be returning to this wonderful event.



### How to Tell a Secret

A creative exploration of HIV disclosure, How to Tell a Secret is a hybrid documentary film which uses experimental storytelling methods to represent the experiences of people who are HIV positive in Ireland today.

In conjunction with Palas Cinema there will be a screening of this newly released film here in Galway city for World AIDS Day, more details to come!



### Monkeypox

Phase Two of the vaccination programme is open - the available appointments were booked out really quickly but more will be released soon.

Check out this page for more information:  
<https://mpower.hivireland.ie/monkeypox-vaccine/>



### Podcast listener? Tune into Poz Vibe

*Poz Vibe* is a podcast for People Living With HIV, their friends, family and allies. Co-hosted by Irish drag legend Lady Veda and Robbie Lawlor, it is described as “trying to create change and spread those positive vibrations throughout Ireland.” Before *Poz Vibe*, they felt like “the only person who was speaking about HIV and AIDS was Panti Bliss” and they wanted to be part of a bigger conversation.

Tune in - it's great fun and very informative.



### Need an STI test?

SH24 is now a national service with free at-home STI testing.

Go to [www.sh24.ie](http://www.sh24.ie) to request a pack of tests that are tailored to your needs.



### Face to face meet ups

Almost every Thursday I am at or near the clinic at UHG if anyone wants to meet up before or after your appointment.

Contact me at [Nicole@sexualhealthwest.ie](mailto:Nicole@sexualhealthwest.ie) or 086 065 0280 to arrange - either in advance or on the day and if I am free when you contact me I would love to say hello!

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Sexual Health West Ozanam House St Augustine St Galway, Galway H91 V3PV



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