

December 2022

Good Liver

LiverWELL Celebrates 30 Years

Board President Maria Marshall,
CEO Russell Shewan, and outgoing
Board member Frank Carlus cutting the
LiverWELL 30th Anniversary cake.

**Hello Sunday Morning
& Daybreak**
Helping to Change
Relationships with Alcohol

Shane O'Sullivan
My Lived
Experience Story

Navigating Health
Interview with
Siân Slade

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Graphic Design
Amber Ryder

Reader response
Your feedback about any articles in Good Liver is welcome.
Email: admin@liverwell.org.au

Communiqué
From the desk of the Chief Executive Officer



In my first year as CEO of LiverWELL I have been struck by the strength of the community who live with, and support people with liver disease, including hepatitis B and C.

LiverWELL's enthusiasm, drive and our connection to the community has been the key to our success and will remain so into the future. We are a small but determined and dedicated organisation with a clear mission – Liver Health for all – and that starts with informing, preventing then treating hepatitis B and C with the aim to achieve elimination – this remains core to who and what we are.

Across the year, our events and activities included regional forums in Mildura, Bendigo, Geelong and Ballarat. 104 education sessions were held, as well as engagement with 16 schools, 40 lived experience speaker presentations, and continued support of the community with our LiverLine.

We recently held the finals of the StreetShot program, and as I viewed some of the amazing artwork and talked to the young artists and their teachers and family, it was impressive to see how these young artists were able to interpret their understanding of hepatitis through art.

Whilst COVID-19 presented many challenges, I would like to focus on the positives that came from it. As an organisation we are well set up to work remotely – making us more responsive to community needs. We have challenged our 'norms' and connected with the community in new ways –increasing the number of people we are able to support with the same resources.

To help us to bridge the gap between community, clinical and research, we have introduced a Senior Health Services Manager role and a Business Development Manager to the team. A new community consultative committee will ensure the voice of people with hepatitis continues to inform everything we do. In addition, a new clinical advisory committee is being formed to guide our clinical service provision, positioning and communications.

After engaging with and listening to our stakeholders over the last couple of years, our new strategy was developed to take LiverWELL to 2030 – focusing on hepatitis B and C elimination and beyond. This aligns with the Victorian, national and World Health Organization target to achieve hepatitis elimination by 2030. We welcomed the announcement of the Victorian sexual and reproductive health and viral hepatitis strategy 2022–30. A key focus is to reduce stigma, racism and discrimination for people living with and affected by BBV, STI and reproductive health conditions and for those seeking testing, treatment and care.

We are excited by the journey ahead but do not underestimate the challenges we all face. We know that by working together with the community and new partners we can make a difference to people living with liver disease.

- Lastly I would like to thank:
- Our amazing and dedicated volunteers, Lived Experience Speakers and Hep Heroes
 - Our fabulous staff who work to foster understanding, reduce stigma, increase prevention and promote treatment.
 - The Board for their dedication to LiverWELL
 - The Victorian Government and the Victorian Department of Health for their continued funding and support of people with viral hepatitis
 - The financial and non-financial support of other organisations and donors.



Viral – Are You The Cure?

Originally staged as a play which toured in 2018 and 2019, VIRAL is a short film by ILBIJERRI Theatre Company about navigating hepatitis C. The project is part of a series of works tackling health and social issues.

In 2005, ILBIJERRI was approached by the Victorian Government Department of Health to develop a play that would communicate hepatitis C prevention and education messages in a culturally appropriate way to the Indigenous community.

In 2018, the stage play VIRAL followed on from widely acclaimed works CHOPPED LIVER and BODY ARMOUR – three exciting instalments in ILBIJERRI's trilogy of hepatitis C health works – aimed at breaking down stigma, promoting healing, and getting the community hep C free.

Created through an in-depth engagement process, including community workshops and yarning circles, in response to Covid-19 restrictions the production was re-imagined as a film and launched in 2022.

LiverWELL is proud to have been involved in this excellent production by working with colleagues from ILBIJERRI on the reference group and furthering the promotion of the film.

See the film
<https://liverwell.org.au/viral-are-you-the-cure-2/>



New investment takes hepatitis B research closer to a cure

Melbourne scientists have been awarded \$1.7 million over the next five years, to advance world-first research into a cure for hepatitis B virus infection thanks to a grant from the mRNA Victoria Activation Program. Current treatment can reduce the progression of liver disease by stopping the virus from replicating, however treatment is lifelong and does not fully eliminate the risk of liver cancer.

The Royal Melbourne Hospital's Dr Margaret Littlejohn is a Senior Medical Scientist in the Victorian Infectious Diseases Reference Laboratory (VIDRL) at the Doherty Institute.

She is the Chief Investigator of a research project looking to develop a new RNA-based therapy for chronic hepatitis B.

"Chronic hepatitis B hasn't been cured so far in part because current therapies have failed to destroy the reservoir of viral DNA, where the virus hides in the cells of the liver," Dr Littlejohn explains.

Using a highly significant new technique that allows scientists to modify or destroy targeted DNA sequences, Dr Littlejohn's team has already made some promising discoveries, in collaboration with scientists at Peter MacCallum Cancer Centre.

www.doherty.edu.au/news-events/news/investment-takes-hepatitis-b-research-closer-to-finding-cure



Predicting which patients are more likely to achieve cure of hepatitis B

Scientists have found that there is a way to predict which patients are more likely to achieve functional cure of chronic hepatitis B infection. They have found that people living with a hepatitis B virus that is less diverse are more likely to achieve functional cure on treatment. The team studied hepatitis B virus variants in people living with HBV to identify predictors of disease outcome and treatment response.

The Royal Melbourne Hospital's Dr Margaret Littlejohn, Senior Medical Scientist in VIDRL at the Doherty Institute, said that this is a great step in providing tools for clinicians to treat their patients more efficiently.

www.doherty.edu.au/news-events/news/hep-b-virus-genetic-diversity-predicts-potential-to-achieve-functional-cure



LiverWELL's new strategy

LiverWELL is excited to introduce our new strategic plan – 2023 to 2030. The plan was developed in conjunction with key stakeholders – people with lived experience of hepatitis and liver disease, the community, Department of Health, staff, partners and other health services.

The strategy builds on LiverWELL's work and our existing strategies, working towards viral hepatitis elimination by 2030, in line with the State Government and National strategies, which support the World Health Organization (WHO) Hepatitis Strategy. The elimination of hepatitis B and C remains core to who and what we are.

Read about our new strategy: liverwell.org.au/liverwells-new-strategy-2023-2030/

Australia's progress towards hepatitis C elimination – report from the Burnet and Kirby Institutes



As we all work towards the goal of eliminating hepatitis C by 2030, this report from the Burnet Institute highlights the urgent need to improve the rates of testing and treatment if Australia is to stay on track and meet this goal.

- New infections have declined since 2016, but rates of testing and treatment also continue to decline
- 95,000 people received direct-acting antiviral treatment between 2016 and 2021
- 43% of people living with hepatitis C were treated in that period
- Challenges remain in accessing treatment, and tackling stigma and discrimination.

Read the report: burnet.edu.au/pages/141_australia_s-progress-towards-hepatitis-c-elimination-2022-report

Cheaper medicines on the PBS from 1 January, 2023

Changes to reduce the maximum co-payment for PBS listed medicines will bring the price down from \$42.50 to \$30.00. This change will mean good news for those living with hepatitis B and C.

For the first time in the more than 70-year history of the PBS there has been a cut in the co-payment. Work is being done to further reduce the co-payment to \$19 in future.



Friends and supporters of LiverWELL gathered at the Bowls Club in Flagstaff Gardens on 18 October to attend the AGM and celebrate the 30th Anniversary of LiverWELL and our previous organisations.

30 years of history in any organisation is an achievement and we are proud to have reached this milestone. From its earliest origins as the Hepatitis C Support Group in 1992 with a small group of staff, we have evolved through various locations and incarnations as the Hepatitis C Foundation of Victoria, Hepatitis C Council of Victoria, Hepatitis C Victoria, Hepatitis Victoria, to our current form of LiverWELL.



These changes have reflected shifts of public perceptions around hepatitis over the 30 years. Our organisation began with a focus on supporting those with hepatitis C, broadened its remit to incorporate hepatitis C and B, and now incorporates all liver health conditions.

However our vision hasn't changed; it has always been around raising awareness, promoting understanding, and supporting those with liver conditions.

Over this time, our programs and services have been many and varied. We have expanded our community participation for Lived Experience Speakers and Hep Heroes, recognising those in the community who raise awareness, give so much of their time and provide valuable first-hand perspectives of liver disease.

One highlight was the inclusion of new direct-acting antiviral treatment for hepatitis C on the PBS in 2016, making a cure that had previously been out of reach, available to thousands of people.

LiverWELL has been proud to play a part in moving government strategy forward in expanding funding for hepatitis and blood-borne virus testing and treatment.

We have enjoyed collaborations and built valued relationships with a wide range of partners – prisons, schools, community health centres, Aboriginal organisations, partner organisations, hospitals, health care settings, local councils and multicultural organisations.

Many staff and volunteers over the years have worked hard to raise awareness, provide training and education, support community events, and conduct health campaigns, all with the aim of connecting with those at risk, and encouraging testing and treatment.



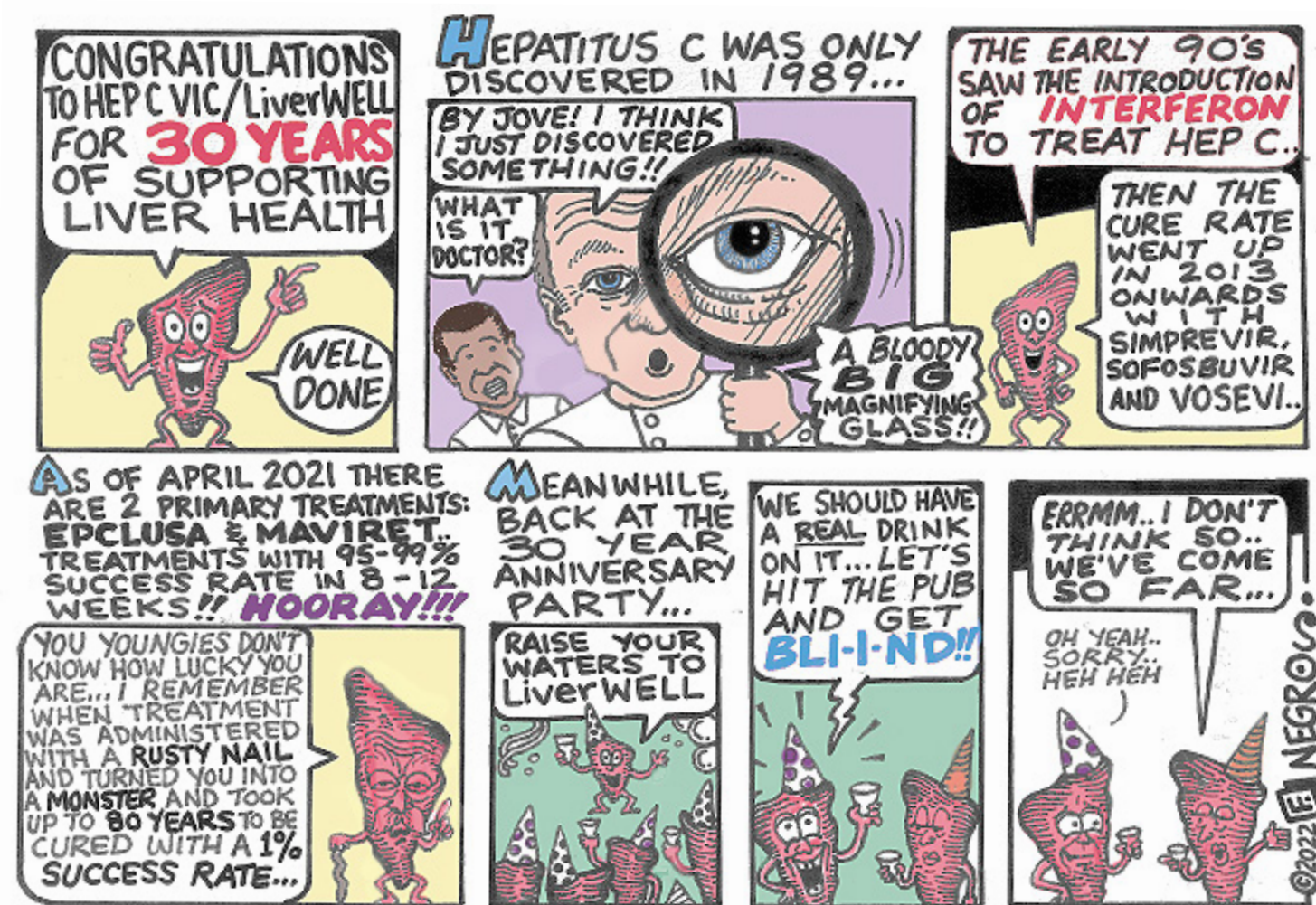
"As we look back over those years, it really is a story of growth and transformation. We have been fortunate to have had some very passionate staff and volunteers who have embraced our vision, and CEOs and Board members who have guided the organisation in new strategic directions. We can thank these people for the organisation we are today and what we are able to achieve."

- Maria Marshall, President of the LiverWELL Board.

"We are very positive about the future of LiverWELL", said CEO Russell Shewan. "We are proud of our achievements and history, and they position us well for new developments. Looking forward, we are preparing our next strategic plan and imagining what can be achieved in the future, in viral hepatitis and liver health", said Russell.

Watch the Video

liverwell.org.au/agm-awards-and-30th-celebration/



Sharing a Lived Experience Story

Shane O'Sullivan



Listen to the Podcast

liverwell.org.au/shane-osullivans-lived-experience-story/

If Shane O'Sullivan had one piece of advice it is this: if someone is worried they might have contracted hepatitis B, please go and get tested. He believes there is no shame in seeking treatment and support, and he wants people living with hepatitis to know that a diagnosis is not the end of the world. In his experience, treatment and support is readily available, and for the most part, he has not been judged for his condition.

Shane was born and raised in Ireland but moved to Australia in his mid 20's. After a few years backpacking, he realised he fitted in well and decided to stay. He is now happily settled in Melbourne and plans to stay in Australia, but is also aware that he never knows what the future may bring.

When Shane was first diagnosed with hepatitis B, his partner at the time started showing signs of jaundice and after a check up with a doctor, discovered she had contracted the virus.

Shane had shown no symptoms and had no inkling he was ill until his diagnosis came soon after. It was a total shock and he found the news difficult to process. He was mostly unaware of the illness, and terms like 'cirrhosis' and 'liver cancer' set off alarm bells.

In the first few months following his initial diagnosis, Shane tried to support his partner and remembers feeling frightened for both of them, along with a sense of shame that he may have transmitted it to her.

He wishes he had more knowledge of hepatitis B before being diagnosed as it may have relieved some of his initial fears. There were a lot of things Shane didn't understand, but with education and support he has been able to better inform himself and others. Shane describes his journey as "a continual learning process, not only for himself, but for those around him."

His treatment has been relatively straightforward, and Shane feels fortunate that his liver is still in good working condition. Until the past few years, Shane's treatment plan consisted of biannual checkups, but a new GP encouraged him to seek a second opinion for treatment options. A different specialist suggested medication to help bring his viral load down and get his liver function back in check. Shane feels lucky he hasn't had difficulty accessing treatment but is also aware of his privileged position living in Australia, with English as a first language.

Today, Shane tries to live a healthy lifestyle and likes to stay active, and while alcohol was a feature of his social life when he was younger, after his diagnosis he decided to stop drinking. Shane has observed that in both Australia and Ireland, social life is often centred around alcohol, although he has noticed a shift in younger generations.

Shane believes that being diagnosed with an illness such as hepatitis can be a catalyst for positive change in one's life.

Today, he is living a more balanced lifestyle and feels he is in a much better place in his life. He now sees his experience as a bit of a blessing in disguise, and is keen to share his journey, as a Lived Experience Speaker for LiverWELL.

Feeling optimistic about his future, Shane is looking forward to continuing to enjoy life in Australia and keeping up his treatment for hepatitis. He hopes to live long enough to complain about some other ailments as he grows older.

Our Lived Experience Speakers

Our Lived Experience Speakers are the heart and soul of what we do here at LiverWELL. Providing useful insight into the personification of hepatitis and liver disease, they are often our most sought-after resource. Feedback from participants about the lived experience segment was positive: "It brought a strong impression of the importance of reaching out for treatment and support, the impact of stigma, and how people living with hep virus are feeling, and how we shouldn't judge them. To hear that hep C is actually curable is very hopeful."

Terry

Terry is passionate about educating health care workers not only on hepatitis itself, but also the experiences of those living with liver disease. Terry believes that understanding stigma is essential for it to be surpassed.

A supportive voice, Terry is a wellbeing champion, shining the spotlight on the psychological and emotional impact, and encouraging health care workers to examine their own intersectionality and reflect on unconscious biases.



Mei

Mei has been involved with LiverWELL since 2017, helping with information sessions for those working in the health industry, public speaking and connecting with our CALD communities. Mei is dedicated to providing education and support for those living with liver disease, as she feels these services are imperative in helping to put an end to stigma.



Colin

Colin joined LiverWELL in 2022, though he is no stranger to the hepatitis awareness space! With previous experience volunteering at Hepatitis C Council, Colin is a knowledgeable, personable, and valued Lived Experience Speaker. Colin speaks openly about his experience living with hepatitis, the various treatments he endured, and encourages all people to get tested, treated and well.



Jane

Our 2016 Mark Farmer Award Winner, Jane is a passionate advocate for raising awareness and providing support for those with viral hepatitis. Jane has been involved in public speaking engagements, radio interviews and live television appearances since her diagnosis and eventual clearing of the virus in 2016. Committed to encouraging and empowering others to come forward and seek treatment, Jane embodies what it means to be a Lived Experience Speaker.



HepReady Essentials Overview

HEPReady Essentials Overview 2021-2022

Total number of sessions held – 9
Total number of attendees – 141

The HEPReady Essentials course engaged a wide variety cross section of regional and urban health workforce including:

- Primary care services
- AOD and rehabilitation services
- Women's health services
- Disability services
- Nurses
- University students
- Mental health services
- CALD and refugee services
- Public health services
- Community health organisations.

Lived Experience Speakers

Lived Experience Speakers are a key component of all our workforce training sessions as they help raise awareness about challenges and stigma faced while navigating through testing, treatment, and management of viral hepatitis. Our lived experience speakers – Andree Dolby, Jane Little and Steven Taylor spoke to their personal experiences of living with viral hepatitis and engaged in discussions with the audience during the lived experience reflection segment.

Feedback from participants about the lived experience segment:

"It brought me a strong impression in terms of the importance of reaching out for treatment and support, the impact of stigma and how people living with hep virus are feeling, and we shouldn't judge them. And also, to hear that hep C is actually curable is very hopeful."

"The lived experience was my favourite part."

Feedback received from participants about the course:

"The course provided a great understanding of viral hepatitis."

"I liked the way the presentation took place with two knowledgeable and dynamic presenters, keen to answer participants questions. It was great to have a lived experience presenter to share her experience with the participants."



Tailored HEPReady Essentials Community Workforce sessions

Young people's Sexual Health Workshops were held at the Mornington Corner Youth Centre and the Frankston Ebdale Community Centre for youth workers and people working in the youth sexual health and reproductive sector.

Positive client outcomes

"Awareness around sexual transmission of hepatitis B and a focus on the rise in backyard tattoos in the younger cohort"

Benefits to stakeholders

Youth workers and grad students studying to be youth workers mentioned the session helped them understand blood borne viruses and their transmission risks, which would help them better cater to the needs of their young clients.

A HEPReady workforce session was held for HARP (Hospital Admission Risk Program) workers at Bendigo Health. The audience included HARP clinicians, nurses, case managers, team leads and social workers.

The interactive session on viral hepatitis and liver health featured our lived experience speaker Colin who spoke to his personal experience of living with hepatitis C as a health worker. Case study discussions raised important concerns over privacy, stigma and having sensitive conversations with clients.

An online Hepatitis C workshop was also held for health workers from South Eastern Melbourne Primary Health Network (SEMPHN).



Our training courses provide basic knowledge of viral hepatitis and liver health.



Hep Services Map

A statewide interactive resource

Last year we reported on a new resource which was developed to assist people in the west of Melbourne to easily find information on prevention and treatment services in Brimbank and surrounds. We are pleased to advise that this resource – the Hep Services Map – has been expanded to cover the complete state of Victoria.

The directory can be searched by name or location as well as filtered for specific services. Users can compile a list of relevant services by adding to their own list, and they can print or email their own list of services. –Factsheets in Vietnamese, Arabic, Chinese, and Khmer are also available.

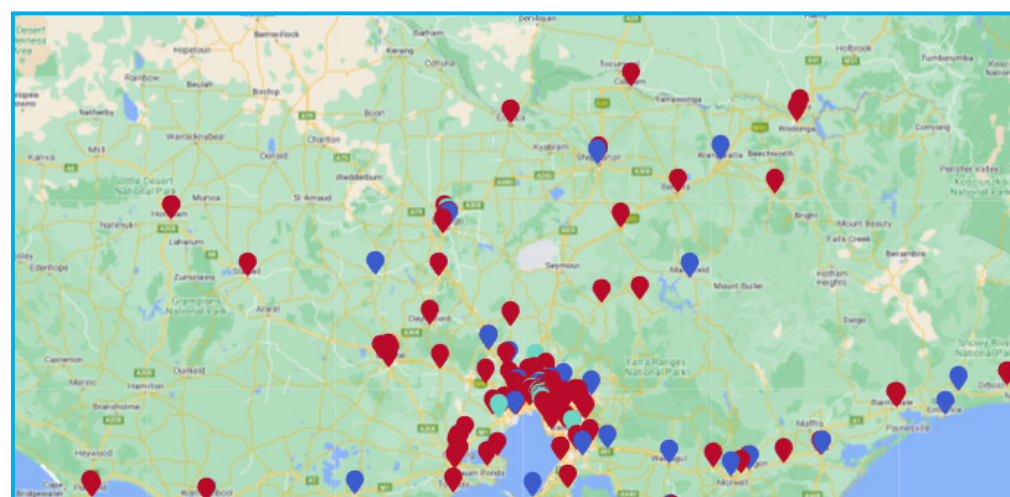
This has been achieved with the help of volunteers Andree Dolby and Maddie Bolton. Andree had diligently updated the listings in our Services Directory, which you can find in the back pages of Good Liver. Volunteer Maddie Bolton then entered all listings on to our website to complete the project over a number of months.

With a passion for health and well-being, Maddie has been studying the final year of a double degree in public health and business administration at Australian Catholic University and joined as a LiverWELL volunteer as part of her university placement.

"LiverWELL has provided me with the opportunity to put all of my learnings over the last three years into practice", said Maddie. "It has also given me a way to give back to the community in a meaningful way".



[View our Hep Services Map Here!](#)



Our Volunteers and Interns

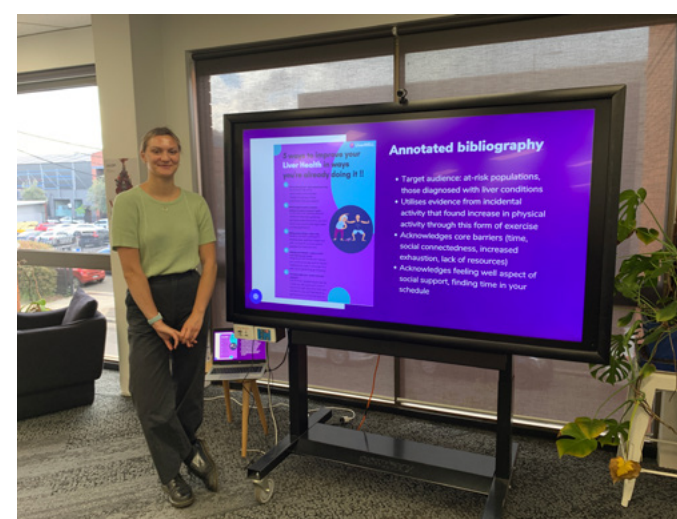
Andree Dolby – Lived Experience Speaker and LiverWELL Volunteer

Andree is a long-term volunteer and has contributed enormously to LiverWELL. In 2022, Andree was involved in our StreetShot Youth Arts Competition, directory guide formation and many other speaking and volunteer events. Coming from a background in health and community services, Andree is knowledgeable, passionate and dedicated to whatever she sets her sights on.



Lahne Scrivener – Intern (Monash University)

Lahne investigated public health messaging and uptake of health improvement initiatives amongst individuals. She completed a fact sheet with tips and tricks for improving liver health, ensuring accessibility is prioritised.



Grace Awlchew – Intern (Monash University)

As part of her placement project, Grace created a fact sheet on Alcohol-Related Liver Disease (ALD) detailing stages of progression, risk factors, treatment and addressing stigma.



Ha Nguyen – Volunteer

Ha is from Vietnam and has just completed a Master of Public Health and Health Administration at La Trobe University. Ha has been volunteering with LiverWELL for almost two years, in 2022 she has been helping us with event preparation, resource packing and office administration tasks.

Hello Sunday Morning and Daybreak

Helping to Change Relationships with Alcohol

Hello Sunday Morning was born from an experiment. In 2009, former nightclub promoter Chris Raine decided to quit drinking alcohol for a year and he began to blog the challenges and successes that he was experiencing. Chris would reportedly wake up on Sunday mornings and the first thing he would say would be: "Hello Sunday Morning!" He felt good waking clear headed and without the usual weekend hangover. Chris' blog gained popularity as others started sharing their own stories and a strong, supportive community emerged. The blog subsequently turned into a moderated online platform for people who were considering changing their relationship with alcohol. Today, Hello Sunday Morning, or HSM as it is sometimes referred to, is a vibrant, thriving online hub, with more than 120,000 registered members.

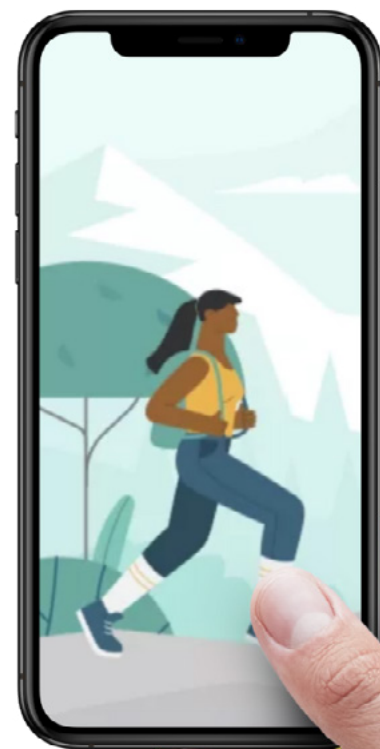
Dominique Robert-Hendren is head of clinical innovation and digital health at Hello Sunday Morning. She is responsible for the clinical digital health elements provided in service delivery and design, ensuring services are of a high quality.



Clinical safety is prioritised at Hello Sunday Morning. Informed by research that shows that around 70 percent of people experiencing problems with alcohol will also likely be experiencing some psychological distress, HSM aims to provide a psychologically safe forum for clients, and online moderators are put through competency training. Dominique says HSM also takes pride in including member's voices in services, products, and programs that are codesigned so "it's not only what science tells us, but also what the people are telling us they need".

Daybreak is a peer led app created by HSM and moderated by clinicians. It's a forum where people can come together and share their experiences along their journeys with alcohol. People come in at different stages: some make a commitment to quit drinking, others want to moderate, and some are curious to find out if they actually have a problem in the first place. Users can be directed to other services if that's what they want. It's anonymous, so people can come in freely and don't feel that they'll be exposed or criticised.

Hello Sunday Morning aims to destigmatise problematic drinking and encourage people to seek help. Dominique says people often suffer silently because they feel they're going to be judged, but alcohol is a big problem globally, and so it is important to normalise conversations around it.



Daybreak App

Hello Sunday Morning has undertaken external and internal research to ensure they are constantly evaluating and updating their methods and approaches. Their research consistently shows that over 70 percent of people who sign up for Daybreak are moderate to high risk for alcohol dependency, which is a different picture to what they expected. Close to 70 percent of members are females between the ages of 35 and 60. This concentrated cohort, says Dominique, are typically educated professionals and parents providing valuable support for one another. HSM believes prevention and early intervention is key, so part of their strategy is also to appeal to a younger audience and encourage them to get help - even if it's psychoeducation around drinking behaviours- and to get them engaged with the platform earlier.

"Over 70 percent of people who sign up for Daybreak are moderate to high risk for alcohol dependency, which is a different picture to what they expected. Close to 70 percent of members are females between the ages of 35 and 60. "

Lived experience is a big part of HSM's strategy and something they are proud of. Dominique says as a clinician, she can "rattle off all the stats", but people struggling with alcohol are always going to be more open and more comfortable with someone who has walked in their shoes. Although not everyone at HSM has lived experience, it is something they are mindful of and endeavour to embed in the workforce. People with lived experience also provide a strong voice at the corporate level and are involved in decision making. HSM also have a clinical team delivering psychoeducation tips and strategies.

Listen to the Podcast

liverwell.org.au/hello-sunday-morning-interview/

In March this year, HSM launched an online self-assessment tool. Dominique is excited about the pilot program and says over 15,000 people have used the service, which is also anonymous. In the portal, clients are asked a range of questions about their behaviour in terms of alcohol use as well as psychological wellbeing, looking at things like depression, anxiety, and stress. Clients receive personalised feedback which can then be used to take the next steps to other services if that's what they desire.

Research is in the preliminary phase, but Dominique says that a high proportion of participants have recorded improvements not only in a reduction in alcohol consumption, but also in their level of distress. Furthermore, according to Dominique, many participants also accessed other online modules available on the HSM site, as well as links to external support services for alcohol, or what Dominique calls the "alcohol ecosystem".

Dominique stresses it is important that everyone in the community has information around alcohol and its potential harm.

She says the health impacts on people such as cognitive functioning, liver, and heart disease are mostly common knowledge and there is plenty of evidence to suggest that we should all limit our drinking. However, it is also important to consider the harm that someone's drinking causes to other people and society at large, such as relationship breakdowns, drink driving accidents, and other impacts that can often create a "ripple effect".





StreetShot is an interactive program open to independent young people and students of educational institutions to learn about risk factors for viral hepatitis and how they can keep themselves safe.

Understanding the risk factors for hepatitis, and how to stay safe isn't always as simple as being told what to do or what not to do. Young people using their creativity to reach out to other young people is a great way to build understanding and support people in making informed, healthy choices.

The StreetShot program offers free interactive health education sessions for young people, raising awareness of viral hepatitis, as well as prevention, testing, treatment and addressing stigma. Streetshot hosts an annual art competition to get young people creative about raising awareness.



The Annual StreetShot Youth Arts Competition is open to all young people under the age of 25. Prizes for winners are valued at up to \$1000 for groups and \$350 for individual entries. Our thanks go to Youth Projects in Sunshine for hosting our annual StreetShot awards ceremony for the winners and participants.

The ceremony showcased the artwork produced as part of the competition in a gallery setting and congratulated participants on their hard work. We had a great turnout of 30 young people who helped spread awareness of viral hepatitis.

Congratulations to our winners!

Individual Category Rebirth by Phoebe Rigby

"Recovery and rebirth of the liver, following alcohol related liver disease. Suffering from Fatty Liver (steatosis), the individual chose to halt the condition by stopping alcoholic consumption altogether. As such, not only did the individual stop further damage by developing alcohol related hepatitis, but additionally reversed and cured the symptoms of steatosis."



Group Category You are Important by Lauren Williams & Jethro Amie – The Garden Society

"We recently delved into Melbourne's diverse and empowered public sticker community. As the Garden Society, we love using hand-drawn paint pen paper stickers to spread enriching art with good messages. When approaching this competition, it was natural for us to use the sticker medium because of its publicness and wide reach to the youth community. Messages used are more accessible and authentic through this street art form, creating important conversations about hepatitis."



Group Category Sterilize by Mackenzie Hawkins & Group

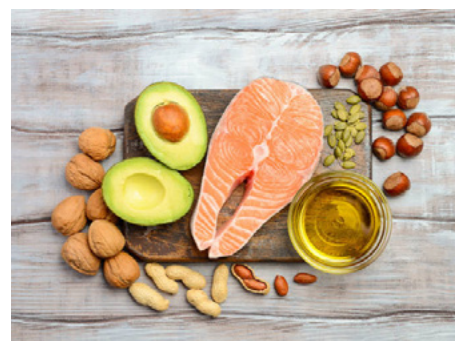
"Hepatitis is spread through blood. If you are getting a tattoo or body piercing it must be sterile and the only way to know this is to get inked or pierced at a professional place."



Healthy Fats, Not Low Fat

We hear a lot about Non-Alcoholic Fatty Liver Disease (NAFLD) and how we should eat less fat in our diet. But fatty acids are essential to our overall health. Increasingly, more health providers are coming to the consensus that the recommendation to reduce total fat and carbohydrate intake to treat and manage NAFLD should be replaced with more specific recommendations on different types of fats, carbohydrates, levels of processing and an individualised approach. Taking all this in, let's reintroduce you to fat!

For every 4kcal/g from protein or carbohydrate, there are 9kcal/g from fat. This doesn't make fat the villain. Rather, it creates some context into why we eat fats in comparatively smaller quantities.



Not all fats are equal! Eating too much saturated fat in your diet can raise your LDL cholesterol levels, which once elevated, can increase your risk of NAFLD. However, eating unsaturated fats, in suitable amounts can improve blood cholesterol levels and reduce inflammation.

Let's have a look at some foods high in unsaturated fat!

Avocado:

Smash it on toast, slice it into a salad, or even blend it into a mousse. Avocados are rich in magnesium, potassium, healthy fats, and fibre. Adding avocado to salads and salsas can also assist in the absorption of other vitamins and minerals, including vitamin A. Avocado can be used as a great alternative to high fat dairy products and creamy dressings.

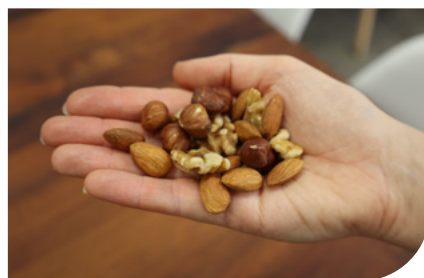
One serving of avocado = half a medium size avocado or 75 grams.



Nuts

The inclusion of walnuts, hazelnuts and almonds in a Mediterranean Diet has been found to improve markers of liver fat content. Rich in zinc and magnesium, nuts can be used as a quick snack, garnish, or crust. They are packed full of immunity-boosting compounds and anti-inflammatory fatty acids that can aid in the prevention of NAFLD.

One serving of nuts = roughly a palm-sized handful or 30 grams (dependent on nut).



Salmon

A high-quality protein, fish is packed with important nutrients, Vitamin D and omega-3 fatty acids. Consumption of fatty fish such as salmon, herring, anchovies and trout has a protective factor against NAFLD. Experts recommend favouring fish and poultry over red and processed meats for liver fat reduction. Current recommendations state adults to consume 2-3 servings of fish per week, whilst avoiding regular consumption of fish that are high in mercury e.g. flake, orange roughy (please note: advice differs for pregnancy).

One serving of fish = 150 grams.



Extra Virgin Olive Oil

Extra Virgin Olive Oil (EVOO) is a base of the Mediterranean Diet, which is commonly recommended to treat NAFLD. EVOO intake has been shown to reduce liver fat content and inflammation. Adding EVOO to your diet can help you feel fuller for longer, due to the high fat content. Adding a splash to a salad or drizzle to your toast are wonderful ways to incorporate EVOO into your diet!

One serving of Extra Virgin Olive Oil = 1 tablespoon.



Healthy Recipes

Homemade hummus:

Hummus is one of the simplest recipes you will see, all you need is a food processor and a few ingredients.

Serves 6. V, VG, GF, DF

200g chickpeas (preferably dry, soaked overnight; though canned will work too)

2 tbsp tahini

1-2 cloves of garlic

2 tbsp extra virgin olive oil

The juice of 1 lemon

Dash of ground paprika or sumac

1. In a food processor, combine tahini and lemon juice. Blend in 30 sec intervals, scraping down the sides in between.
2. Add olive oil, minced garlic and any spices.
3. Add in half the chickpeas and process for 1 minute. Repeat process with second half.
4. Add 2-3 tablespoons of water as required (or aquafaba) to smooth the mixture.
5. For serving, dress with a pinch of paprika or sumac, a splash of olive oil and/or pomegranate seeds.

Falafels:

Falafels are an awesome fibre rich meal or snack option!

Serves 3. V, VG, DF

200g chickpeas (preferably dry, soaked overnight; though canned will work too)

1 small red onion, roughly chopped

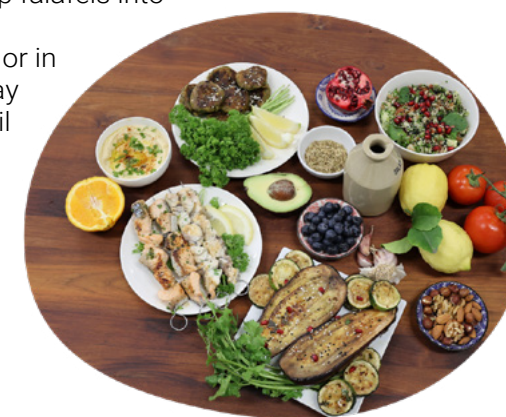
3 cloves garlic

1 large bunch each of curly parsley and coriander

¼ teaspoon baking powder

2-3 tbsp flour

1. Add all ingredients to a food processor. Blend until desired consistency is reached. Add 1 tbsp water at a time if needing to make smoother.
2. Using the flour, roll up falafels into small balls.
3. Place on baking tray or in air fryer and lightly spray with extra virgin olive oil
4. Bake at 180oC for 20-30 minutes, turning halfway.
5. Serve with hummus and/or other dips.



Tabbouleh:

This is the perfect recipe for a fresh zesty salad. Packed with herbs and flavour, this recipe will become your summer staple!

Serves 6. V, VG, GFO, DF

2 large bunches of curly parsley

1 handful fresh mint

½ cup bulgur

1 cup each of chopped cucumber and chopped tomato

2 tbsp crushed garlic

3 tbsp extra virgin olive oil

The juice of 1-2 lemons

1. Soak bulgur in equal parts hot water.
2. Add cucumber, tomato and the juice of one lemon to a bowl. Set aside.
3. Add to a food processor and pulse until reaches desired consistency. Finely chop mint leaves.
4. Drain cucumber/tomato mixture of any water that has pooled in the bottom.
5. Mix all components together and season with olive oil, lemon, pepper and garlic to taste.

Traditionally, fennel seed was used as a digestive. You can toast them or eat them raw! Just one tablespoon contains more than 2 grams of fibre.

Navigating Health

Interview with Siân Slade



Picture this: you have a diagnosis you didn't expect, and suddenly find yourself a vulnerable patient in the healthcare system. You feel like this journey is a fragmented series of interactions, and you are not understood by the health care professionals you are seeing.

Unfortunately, this scenario is not uncommon.

LiverWELL Board member Siân Slade has an aim to streamline the silos and address this fragmentation, enabling patients and carers to better navigate healthcare journeys.

Siân's policy and advocacy project on this topic, #NavigatingHealth, is co-travelling an international doctoral thesis.

An early career in pharmacy gave Siân a grounding in patient care, counselling and making sure people felt they could ask questions and feel supported. Her formative years in industry were in the field of HIV/AIDS, where patients receiving new antiretroviral therapy made a dramatic shift from dying to living. This paradigm shift in care had a profound impact on Siân, and has informed her career ever since. Patient activism, shared care and acceleration of technologies has shaped this environment. But how to achieve these changes, scaled at a systems level?

The CSIRO Future of Health Report outlines that the health systems in Australia will shift from treating patient illness in the short term, to extending life and improving quality of life over a lifetime.

Shared care and collaboration seem to be the key; where the skills, knowledge and experience of the patient, carer and health professionals share the joint decision-making for an individual's care.



"There's an onus on all of us to figure out how to do this better and this is not a new problem, it's something that all countries are grappling with so there's a big opportunity to learn from others and share learnings", says Sian. "The ultimate goal is to make sure people get the right care, at the right time, at the right cost, every time."

Siân feels that some of the biggest barriers that people face in accessing and navigating the healthcare system include culture and language, financial costs, and differences – or perceived differences – in power between patients and practitioners. The importance of kindness, and a willingness to understand a patient's vulnerability and their situation are essential.

In addition to her PhD, Siân is developing the #NavigatingHealth Project nationally and internationally, and looking to hold a forum in Canberra in February 2023. This collaborative project focuses on addressing patient needs and moving us all to a person-centred focus in health. These outcomes are vital if we are to support aging populations, close life expectancy gaps and address the rise of chronic diseases such as fatty liver disease.

These outcomes are vital if we are to support aging populations, close life expectancy gaps and address the rise of chronic diseases such as fatty liver disease.

#NavigatingHealth

Listen to the Podcast

liverwell.org.au/navigating-health-with-sian-slade/

To find out more, scan the QR code below or visit:

mispgh.unimelb.edu.au/centres-institutes/nossal-institute-for-global-health/research/navigating-health

You can also contact Siân by emailing: slade.s@unimelb.edu.au

Learn more here



Recognition Awards



The Recognition Awards are conducted annually as part of the AGM, and this year we were pleased to acknowledge our nominees and award three very worthy winners.



The Mark Farmer Memorial Award

This award was presented to David Fry. A survivor of hepatitis B and liver cancer, David has shared his story to encourage others with chronic hepatitis to look after their health and stay well.



The Organisational Collaboration Award

This award was presented to the Holmesglen English Language Centre. The Centre provided hepatitis B education sessions to migrant communities through AMEP to promote understanding of terms, treatment and vaccination.

Holmesglen Institute recognises that many of their students under the AMEP come from countries that have a high prevalence of hepatitis B. Sessions are specifically run to accommodate English learning through improving health literacy relating to hepatitis B testing, vaccination and treatment. Ai-Lin Bhugun and her team are passionate advocates for raising awareness of viral hepatitis.

The Individual Contribution Award

The award was presented to Dr Amanda Wade. Amanda and her team members have worked tirelessly to share information about viral hepatitis and bring services to patients in the Western Victoria regions, resulting in outstanding progress towards the 2030 hepatitis C elimination goals.



Congratulations to our nominees and winners who are working to make a difference in the realm of liver-related healthcare and education.

Changes to the Board

At the Annual General Meeting in October, President Maria Marshall paid tribute to senior Board members Frank Carlus and Donna Ribton-Turner on their retirement. Frank retired from the Board after nine years, including time as our President for six years and Treasurer for two years, Chair of the Nominations Committee and member of the Finance and Risk Committee.

Donna had been a Board member for seven years and Chair of our Governance and Strategy Committee, which included oversight of development of our new organisational strategy.

We convey our gratitude to Frank and Donna. Their legacy of good governance and organisational stewardship have helped to position LiverWELL as the successful organisation it is today.



Frank Carlus

Our work for World Hepatitis Day 2022

World Hepatitis Day is celebrated annually on July 28 and is one of nine urgent International Health days highlighted by the World Health Organization.

The global theme for World Hepatitis Day 2022 was **'Hep Can't Wait'**, which inspires urgent action needed by governments, health workers and the community to take action and work to eliminate hepatitis B and C.

It also insists we can't wait to reduce the stigma and discrimination of the condition which affects close to 500,000 Australians each year, and prevents people from seeking testing and treatment options.

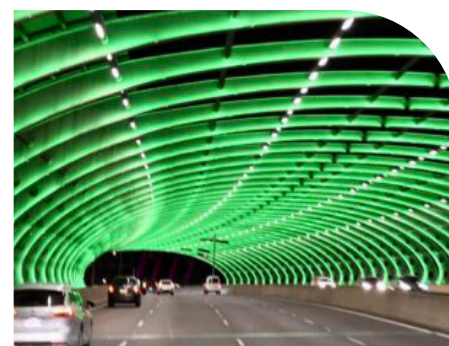
For World Hepatitis Day 2022 LiverWELL provided incentives of up to \$1000 to assist organisations in delivering virtual or face-to-face events and activities for their communities. Our partner organisations hosted incredible events that helped to raise awareness of viral hepatitis and aid in diminishing the stigma and misinformation surrounding the disease.

Events were hosted by: Salvation Army (Flagstaff and Open Door), Barwon Health, Alevi Community Council of Australia, Springvale Neighbourhood House, IndoChinese Elderly Refugees Association of Victoria, Dardi Munwurro, Healthworks Footscray, The Centre for Culture Ethnicity and Health, Gundijimarra, and the Vietnamese Australia Foundation. These included barbecues, morning teas, and incentivised hepatitis C testing with an integrated hepatitis nurse.



Monuments around Victoria were lit up in green, which included the Bolte Bridge and Tullamarine Soundtube; the Ballarat clock and fountain; the Bendigo Conservatory; and the catenary lights in Geelong.

These efforts were enhanced by our digital campaign, which comprised promotions on Facebook, including a series of animated ads that supported the international World Hepatitis Day campaign message 'Hep Can't Wait'.



We reached out to non-English speaking communities around Victoria by running two articles in *Melbourne Today* with information for the Chinese community about hepatitis B, including transmission, vaccination, treatment, discrimination and stigma, receiving 2600 views. These, paired with our online webinar, aimed to educate the Chinese community in Victoria on testing and treatment options.

We at LiverWELL would like to extend a huge thank you to everyone involved in the range of events and campaigns this World Hepatitis Day 2022.

We hope our efforts allowed Victorians to gain a greater understanding of viral hepatitis and were encouraged to get tested and treated.



Marvellous Mocktails

Even moderate alcohol consumption is associated with higher rates of liver disease so it's important to be aware of what we drink. The best diet is the one you can stick to, so if abstinence isn't for you then that's okay. Either way, it's great to have options to be able to say no to alcohol, some or all of the time.

Taking inspiration from Hello Sunday Morning, we wanted to try out our best recipes for a booze-free summer! Whether you choose to skip out at just a few events, or avoid alcohol altogether, it's always beneficial to have a go-to non-alcoholic beverage.



Grapefruit Ginger Mocktail

100ml diet dry ginger ale
The juice of ¼ grapefruit
The juice of ½ lime
1 sprig of rosemary



FYI! Certain medications can be affected by grapefruit, increasing or decreasing their concentration in your blood. Make sure you check if grapefruit is safe for you!

Homemade Iced Tea

4 tea bags
4 cups water
50ml apple juice
1 small handful of mint
½ apple, thinly sliced for garnish



Using herbs as natural flavour enhancers can really add that spark to your beverage. Think rosemary, thyme, and mint!



Passion Citrus Mocktail

1 tbsp passionfruit pulp
Dash of orange juice
The juice of ¼ lemon
100ml sparkling water
Strawberries for garnish

Skip out on the added sugar. Fruit juices naturally contain a high sugar content. Using processed fruit juices minimally and avoiding adding extra sugar to your drink can be helpful for maintaining overall health.

Working With Our Multicultural Communities

Our Multicultural Community Educators at LiverWELL have had a busy year, delivering and attending over 75 events and education sessions with culturally and linguistically diverse communities. Linda Nguyen, Tepy Hoeung, Mary Ma, and Alain Palines have worked closely with the Vietnamese, Khmer, Chinese, and Filipino communities, as well as students under the Australian Migrant English Program (AMEP). Health promotion activities have included campaigns, healthy liver days, education sessions, radio interviews, short talks, and major cultural events.

Nearly two thirds of the proportion of people living with chronic hepatitis B, and nearly all new chronic hepatitis B cases are in people born overseas, particularly in East Asia and Southeast Asia. Our activities encourage community members to speak to their doctor about getting tested, vaccinated, and treated for hepatitis, and to raise awareness to family and loved ones.

LiverWELL stall at the Moon Festival With Springvale Neighbourhood House



Alain Palines delivering a liver health education session with the Filipino Community.

Meantepy Hoeung was interviewed on SBS Khmer Radio.

Linda Nguyen delivers a session to the Vietnamese community in St. Albans Library with Dr. Hiep



Linda Nguyen with the Vietnamese community



Meantepy Hoeung with the Khmer community



Alain Palines and the Filipino community with Dr. Marilou Capati



Mary Ma with the Chinese Community



Regional Forum Roundup

The LiverWELL Regional Forums are free workforce training sessions conducted in Victoria's regional areas to connect and support local health, community, and social services in providing a platform to discuss and reflect the work done with the community living with, or at-risk of, viral hepatitis and liver disease.

Public Health Networks in Regional Victoria consistently rank below the national average for hepatitis B treatment uptake and care uptake. The Regional Forums presented participants with strategies to effectively engage with vulnerable groups, such as newly arrived migrants, refugees and asylum seekers, homeless people and people who inject drugs. With specialised knowledge from experts and guest speakers, the Forums were effective in updating attendees on relevant and recent epidemiology, research, and strengths and barriers to testing and treatment.

In 2022, LiverWELL hosted four Regional Forums in Ballarat, Bendigo, Geelong and Mildura, and 85 enthusiastic participants attended either in person or online.



The Mildura Forum was held at the Mildura Grand in early May. Our guest speakers, Jennifer MacLachlan, Nafisa Yussf, Dr. Joe Sasadeusz, Dr. Kumar Visvanathan, and Yasmin Birnie wonderfully presented local knowledge on current treatment and care pathways, and the Hepatitis C Elimination Strategy. Both Dr. Joe and Dr. Kumar expertly considered effective engagement in service delivery.

The Bendigo Forum was held at the Bendigo Bank Theatre in late May. Guest speakers, Jennifer MacLachlan, Nafisa Yussf, Louise Holland, Tha Hay Tha Brown, Mandy Ritchie, Dr. Angus Leslie Fisher, and Sarah Lorrimar discussed perinatal care and mothers living with hepatitis B, engaging sensitively with culturally and linguistically diverse communities, and stigma and discrimination.

The Geelong Forum was held at the Rydges Hotel in June. Guest speakers Craig Harvey, Dr. Amanda Wade, Dr. Adrian Farrugia, and Inga Tribe highlighted harm reduction, barriers to testing and treatment, and the importance of lived experience stories. The outreach work done by Inga was also presented, demonstrating the importance of timely care and access.

The Ballarat Forum was held more recently at Oscar's Hotel in November. Guest speakers Dr. Jong Khen Chin, Dr. Amanda Wade, Michelle Orr, and Chloe Montgomery provided insightful information about strategies to engage with vulnerable groups in Ballarat, testing and treatment, referral pathways, local Needle and Syringe Programs, and opportunities to reflect on the 2030 elimination targets.

Thanks to all our guest speakers this year:
Jennifer MacLachlan, Nafisa Yussf, Louise Holland, Tha Hay Tha Brown, Mandy Ritchie, Dr. Angus Leslie Fisher, Sarah Lorrimar, Craig Harvey, Dr. Amanda Wade, Dr. Adrian Farrugia, Inga Tribe, and Dr. Jong Khen Chin.

Services listing

Some locations offer multiple services. Service types are shown as dots, please refer to the following key.

- Key:
- Needle Syringe Program
 - Medical services
 - Counselling services
 - Alcohol and drug services
 - Liver Specialist
 - Fibrosan services
 - Pathology/blood tests
 - Bulk billing
 - Private Clinic
 - Aboriginal Health Service
 - Refugee/Asylum Seeker
 - LGBTQI+
 - Sports/Exercise Physiologist
 - Dietician

For an online interactive listing, see the Hep Services Map on the LiverWELL website

State-Wide Support Services

Alcohol and Drug Foundation

Confidential, non-judgemental telephone line, email and information service for those who are personally affected or have a loved one affected by alcohol and other drugs. Level 12
607 Bourke Street
Melbourne 3001
1300 85 85 84

Alfred Hospital

Statewide Resource Centre on HIV/AIDS, Hepatitis and Sexually Transmissible Infections.
99 Commercial Road
Melbourne, 3000
03 9076 6993

Cancer Council Victoria

Programs Across Melbourne and Victoria
615 St Kilda Road
Melbourne, 3000
13 11 20
Direct Line
1800 888 236
254/7 Victorian confidential help line for referral, support, drug counselling and programs.

Harm Reduction Victoria

128 Peel Street
North Melbourne, 3051
1800 443 844
03 9329 1500

Health Complaints Commissioner

Level 26
570 Bourke Street
Melbourne, 3000
1300 582 113

Living Positive Victoria

Coventry House, Ground Floor,
95 Coventry Street
Southbank, 3006
03 9863 8733

Melbourne Sexual Health Centre

580 Swanston Street
Carlton, 3053
Freecall: 1800 032 017
03 9341 6200

RhED - Resourcing Health & Education in the Sex industry

Call or email RhED. They will provide a space to meet at your preferred location.
St Kilda, 3182
1800 458 752

Thorne Harbour Health

200 Hoddle Street
Abbotsford, 3067
03 9865 6700

Central & Eastern Melbourne

Anglicare

666 Mountain Highway
Bayswater, 3153
03 9721 3688
1300 00 7873

Angliss Hospital

16/18 Albert Street
Upper Ferntree Gully, 3156
1300 342 255
03 9764 6118

Austin Health

145 Studley Road
Heidelberg, 3084
03 9496 2787
Hepatitis C Clinical Nurse Consultant
0481 909 741

Banyule Community Health Service

21 Alamein Road
Heidelberg West, 3082
03 9450 2000

Box Hill Hospital - Gastroenterology Department

8 Arnold Street
Box Hill, 3128
1300 342 255
03 9895 3352

Caulfield Endoscopy

544 Hawthorn Road
Caulfield South, 3162
03 9595 6666

CoHealth

365 Hoddle Street
Collingwood, 3066

CoHealth

75 Brunswick Street
Fitzroy, 3065

Deakin Medical Centre Burwood

Level 1, Building LC
60 Elgar Road
Burwood, 2134
03 9244 5577

EACH

1063 Burwood Highway
Ferntree Gully, 3156
1300 003 224

EACH

75 Patterson Street
Ringwood East, 3135
1300 003 224
039837 3999

healthAbility

CLEAR Liver Care Clinic,
Ground Floor
2/43 Carrington Road
Box Hill, 3128
03 9890 2220

Inspiro Community Health

17 Clarke Street
Lilydale, 3140
03 9028 0153

Jesuit Social Services

110 Church Street
Richmond 3123
03 9421 7640

Medical Hub @ RMIT

RMIT University
Building 8, Level 3
368-374 Swanston Street
Melbourne, 3000
03 9999 2778

Melbourne GI & Endoscopy

130-132 Grey Street
East Melbourne, 3002
03 9417 5306

Melbourne Premier Gastroenterology

The Epworth Centre
Suite 5.1
32 Erin Street
Richmond, 3121
03 9428 1000

Myhealth Box Hill

Shop 16 (Sp003),
Box Hill Central
1 Main Street
Box Hill, 3128
03 9020 4222

North Richmond Community Health

23 Lennox Street
Richmond, 3121
03 9418 9800

Nunawading Clinic

176 Springvale Road
Nunawading, 3331
03 9878 9191

Royal Melbourne Hospital

Liver Clinic and Refugee Clinic
300 Grattan Street
Parkville, 3052
03 9342 7000

Seymour Street Medical and Dental Centre

11 Seymour Street,
Ringwood, 3134
03 9955 0606

Sheehans Medical Centre

81 Canterbury Road
Blackburn South, 3130
03 9877 1200

St Vincent's Hospital

41 Victoria Parade
Fitzroy, 3065
03 9231 2111
Outpatients Liver Clinic
03 9231 3475

Swinburne University Health Service

Level 4
George Swinburne Building
34 Wakefield Street
Hawthorn, 3122
03 9214 8483

Turning Point Alcohol & Drug Centre

110 Church Street
Richmond, 3123
03 8413 8444

Victorian Aboriginal Health Service – VAHS

186 Nicholson Street
Fitzroy, 3065
03 9419 3000

Warrandyte Road Clinic

44 Warrandyte Road
Ringwood, 3134
03 9870 9000

Youth Projects The Living Room

7-9 Hosier Lane
Melbourne, 3000
1800 440 188
03 9945 2100

Northern & Western Melbourne

Anglicare

666 Mountain Highway
Bayswater, 3153
03 9721 3688
1300 00 7873

Anglicare

58 Craigieburn Road
Craigieburn, 3064

Anglicare

42 Mary Street
Preston, 3072
03 8470 9999

Anglicare

2 Market Road
Werribee, 3030
03 9731 2500

Asylum Seeker Resource Centre

214-218 Nicholson Street
Footscray, 3011
03 9326 6066

Betta Health

30 Sydney Road
Brunswick, 3056
03 8388 7874

Cabrini

Ground Floor
503 Sydney Road
Brunswick, 3056
03 8388 7874

Cohealth

Braybrook Community Hub
107-139 Churchill Avenue
Braybrook, 3019
03 9448 5507

Cohealth

365 Hoddle Street
Collingwood, 3066
03 9448 5528

Cohealth Innerspace

4 Johnston Street
Collingwood, 3066
03 9448 5530

Cohealth

12 Gower Street
Kensington, 3031
03 9448 5537

Cohealth

95-105 Railway Avenue
Laverton Community Hub, 3028
03 9448 5534

DPV Health

42-48 Coleraine Street
Broadmeadows, 3047
1300 234 263

Dr Froomes

Suite 4, Level 1
8 Eddy Street
Moonee Ponds, 3039
03 9331 3122

Errol Street Medical Centre

1/65 Errol Street
North Melbourne, 3051
03 9329 7011

Gladstone Park Superclinic

102 Gladstone Park
Gladstone Park, 3043
03 9338 0933

HealthWorks - Footscray

4-12 Buckley Street
Footscray, 3011
03 9448 5511

healthAbility

917 Main Road
Eltham, 3095
03 9430 9100

Highlands Medical Clinic

2 Highlands Road
Thomastown, 3074
03 9465 0186

IPC Health
330 Queen Street,
Altona Meadows, 3028
03 8368 3000



IPC Health
1 Andrea Street
St. Albans, 3021
03 9296 1200


IPC Health
106 Station Road
Deer Park, 3023
03 9219 7142


IPC Health
510 Ballan Road
Wyndham Vale, 3024
03 9216 7999


Kings Park Medical Centre
40 Gourlay Road,
Hillside, 3037
03 9217 9400


Meadows Medical Centre
311 Queen Street
Altona Meadows, 3028
03 5461 0333


Melton Health
195-209 Barries Road
Melton West, 3337


Merri Health
93 Bell Street
Coburg, 3058
1300 637 744



Merri Health
382-386 Moreland Road
Brunswick West, 3055
1300 637 744


Merri Health
11 Glenlyon Road
Brunswick, 3056
03 9388 9933


Moonee Ponds Superclinic
45 Hall Street
Moonee Ponds, 3039



Moonee Valley Specialist Centre
1003 Mt Alexander Road
Essendon, 3040
03 9372 0372


Northern Health
185 Cooper Street
Epping, 3076
03 8405 8000


Northside Clinic
370 St Georges Road
Fitzroy North, 3068
03 9485 7700


Sia Medical
190 Barkly Street
Footscray, 3011
03 8538 8111


Strathmore Family Medical Centre
25 Woodland Street
Essendon, 3040
03 9088 0288



Sunbury and Cobaw Community Health Centre
12-28 Macedon Street
Sunbury, 3429
03 9744 4455


Supernova Medical Centre
14 Lavinia Drive
Tarneit, 3029
03 8866 5544


Uniting Care
26 Jessie Street
Coburg, 3058
1800 700 514


Utopia Refugee & Asylum Seeker Health
5 Alexandra Avenue
Hoppers Crossing, 3029
03 8001 3049


Victorian Aboriginal Health Service
238-250 Plenty Road
Preston, 3073
03 9403 3300


Vineyard Medical Centre
2-6 Sussex Court
Sunbury, 3429
03 9216 5600


Westgroup Medical Clinic
14 Victoria Square
St Albans, 3021
03 9356 9511


Yarraville Village Family Medical Centre
93 Anderson Street
Yarraville, 3013
03 9314 7675


Your Community Health
125 Blake Street
East Reservoir, 3073
03 8470 1111



Your Community Health
42 Separation Street
Northcote, 3070
03 8470 1111


Your Community Health
300 Bell Street
Preston, 3074
03 8470 1111
038470 6710


Southern Melbourne

979 Medical Centre
979 Centre Road
Bentleigh East, 3165
03 9570 3366


Access Health
29 Grey Street
St Kilda, 3182
03 9536 7780


Alfred Hospital Infectious Diseases Unit
99 Commercial Road
Pahran, 3181
03 9076 6081
Hepatitis Clinic
03 9076 5276


Anglicare
Level 2
60-64 Wells Street
Frankston, 3199
03 9781 6700


Asylum Seeker Resource Centre
205 Thomas Street
Dandenong, 3175
03 8772 1380


Casey Super Clinic
50 Kangan Drive
Berwick, 3806
03 9707 4777


Cranbourne Integrated
140-154 Sladen Street
Cranbourne, 3977
03 5990 6789


First Step
42 Carlisle Street
St Kilda, 3185
03 9537 3177



Frankston Healthcare Medical Centre
40-42 Young Street
Frankston, 3199
03 9770 0023


Genesis @ Medi7
471 Centre Road
Bentleigh, 3204
03 8376 6318


Peninsula Health
185 High Street
Hastings, 3915
03 5971 9100


Monash Health Community Springvale
55 Buckingham Avenue
Springvale, 3171
03 8558 9000


Monash Health Drug and Alcohol Services
122 Thomas Street
Dandenong, 3175
03 9792 7630


Monash Health Refugee Service
122 Thomas Street
Dandenong, 3175
Refugee Nurse Liaison
03 9554 9776
Refugee Triage Nurse
03 97
92 8100



Monash Medical Centre
246 Clayton Road
Clayton, 3168
03 9594 6666


Our Medical Cranbourne
32-36 Remount Way
Cranbourne West, 3977
03 8375 8888


Pakenham Health Centre
Henty Way (top of the Hill)
Pakenham, 3810
03 5941 0500


Prahran Market Clinic
Pran Central Shopping Centre
Mezzanine Level
325 Chapel Street
Pahran, 3181
03 9514 0888



Ripponlea Medical
84 Brighton Road,
Ripponlea, 3185
03 9531 0004


Southern Peninsula Community Support & Information Centre
878 Point Nepean Road
Rosebud, 3929
03 5986 1285


Star Health
240 Malvern Road
Pahran, 3181
03 9525 1300


Star Health
341 Coventry Street
South Melbourne, 3205
03 9525 1300


Star Health
22-28 Fitzroy Street
St Kilda, 3182
03 9525 1300


Thorne Harbour Health
79-81 Fitzroy Street
St Kilda, 3182
Ultra Health Care
1160 Nepean Highway
Cheltenham, 3192
03 9584 8433


Gippsland

Advantage HealthPoint
46-56 Nicholson Street
Bairnsdale, 3875
03 5152 3500


Allied & Community Health Services - WGHC
31-35 Gladstone Street
Warragul, 3820
03 5624 3500


Bass Coast Health
235-237 Graham Street
Wonthaggi, 3995
03 5671 3333


Breed Street Clinic
37 Breed Street
Traralgon, 3844
03 5176 1933


Central Gippsland Health
155 Guthridge Parade
Sale, 3850
03 5143 8600


Clock Tower Medical Centre
284 Raymond Street
Sale, 3850
03 5144 4788


Gippsland Lakes Complete Health
18-28 Jemmeson St
Lakes Entrance, 3909
03 5155 8300


Gippsland Southern Health Services
Leongatha Hospital
66 Koonwarra Road
Leongatha, 3953
03 5667 5555


Latrobe Community Health Service
68 McLeod Street
Bairnsdale, 3876
1800 242 696


Latrobe Community Health Services
42-44 Fowler Street
Moe, 3825
1800 242 696


Latrobe Community Health Service
81-87 Buckley Street
Morwell, 3840
1800 242 696


Latrobe Community Health Service
Cnr Seymour Street
and Princes Highway
Traralgon, 3844
1800 242 696


Leongatha Healthcare
14 Koonwarra Road
Leongatha, 3953
03 5662 2201
03 5662 4604


Nowa Nowa Health Services
6 Bridge Street
Nowa Nowa, 3887
03 5155 8300


Latrobe Regional Hospital
10 Village Avenue
Traralgon, 3844
03 5173 8000


Orbost Medical Clinic
104 Boundary Road
Orbost, 3888
03 5154 6777


Rosedale Community Health Centre
2/8 Cansick Street
Rosedale, 3847
03 5199 2333


Sale Hospital-Central Gippsland Health
155 Guthridge Parade
Sale, 3850
03 5143 8600


Yaram and District Health Service
85 Commercial Road
Yarram, 3971
03 5182 0222


Central Victoria

Ballarat Base Hospital Grampians Health
1 Drummond Street
North Ballarat, 3350
03 5320 4000


Ballarat Community Health Centre
St Georges Reserve
260 Vickers Street
Sebastopol, 3356
03 5338 4500


Ballarat Community Health Service
12 Liburne Street
Lucas, 3350
03 5338 4500



Ballarat Community Health Centre
1104 Howitt Street
Wendouree, 3355
03 5338 4585



Bendigo Community Health Service
171 Hargreaves Street
Bendigo, 3550
03 5448 1600



Bendigo Community Health Service
3 Seymoure Street
Eaglehawk, 3556
03 5406 1200




Bendigo Community Health Service
13 Helm Street
Kangaroo Flat, 3555
03 5406 1200



Bendigo & District Aboriginal Co-op
119 Prouses Road
North Bendigo, 3550
03 5442 4947



Bendigo Primary Care Centre
123 Arnold Street
Bendigo, 3550
03 5441 8622




Castlemaine District Community Health
Spencely House
142 Cornish Street
Castlemaine, 3450
03 5479 1000



Echuca Regional Health
226 Service Street
Echuca, 3564
03 5485 5000



Golden City Medical Clinic
41 Eaglehawk Road
Ironbark, 3550
03 5441 4554



Grampians Community Health
8-22 Patrick Street
Stawell, 3380
03 5358 7400



Macedon Ranges Health
5 Neal Street
Gisborne, 3437
03 5428 0300



Maryborough District Health Service
75-87 Claredon Street
Maryborough, 3465
03 5461 0400



Nathalia, Cobram and Numurkah Health (Formerly Cobram District Health)
24-32 Broadway Street
Cobram, 3644
03 5871 0777



Neal Street Medical Clinic
5 Neal Street
Gisborne, 3437
03 5483 3333



Primary Care Connect
399 Wyndham Street
Shepparton, 3630
03 5823 3200



Romsey Medical
99 Main Street
Romsey, 3434
03 5429 5254



Shepparton Medical Centre
49 Graham Street
Shepparton, 3630
03 5823 3100



Springs Medical Centre
10 Hospital Street
Daylesford, 3460
03 5348 2227



Sunraysia Community Health Services
137 Thirteenth St
Mildura, 3500
03 5022 5444




Wyndham House Clinic
96 Maude Street
Shepparton, 3630
03 5820 3400



North-East Victoria

Albury Wodonga Community Health
596 Smollet Street
Albury, 2640
02 6058 1800



Alexandra District Health
12 Cooper Street
Alexandra, 3714
03 5772 0900



Benalla Health
45-63 Coster Street
Benalla, 3672
5761 4222



Euroa Health
36 Kennedy Street
Euroa, 3666
03 5795 0200



Gateway Health
32 Smith Street
Myrtleford, 3737
03 5731 3500



Gateway Health
45-47 Mackay Street
Wangaratta, 3677
03 5723 2000



Gateway Health
155 High Street
Wodonga, 3690
02 6022 8888



Mansfield District Hospital
53 Highett Street
Mansfield, 3722
03 5775 8800



Yea & District Community Memorial Hospital
45 Station Street
Yea, 3717
03 5736 0400



Western Victoria

Alan Wolff Medical Centre
6-12 Read Street
Horsham, 3400
03 5381 9167

Ballan Health and Care Services Mewacare
164 Inglis Street
Ballan, 3342
03 5366 7999



Barwon Health
University Hospital
Bellarine Street
Geelong, 3220
03 4215 0000



Barwon Health Torquay Community Health Centre
100 Surf Coast Highway
Torquay, 3228
03 4215 7800



Bellarine Community Health
23-25 Palmerston Street
Drysedale, 3222
1800 007 224



Bellarine Community Health
39 Fenwick Street
Portarlinton, 3223
1800 007 224



Brophy Family & Youth Services
210 Timor Street
Warrnambool, 3280
035561 8888
1300 276 749



Colac Area Health
2-28 Connor Street
Colac, 3250
03 5232 5100



Corio Community Health Centre
2 Gellibrand Street
Corio, 3214
03 4215 7100



Northern Bay Health
1 Bacchus Marsh Road
Corio, 3214
03 5274 9499



DWECH Dhauwurd-Wurrung Elderly & Community Health Service
18 Wellington Road
Portland, 3305
1300 202 664
03 5521 7535



Portland District Health
141-151 Bentinck Street
Portland, 3305
03 5521 0333



Kardinia Health
2-18 Colac Road
Belmont, 3216
03 5202 9333



Apollo Bay Hospital
75 McLachlan Street
Apollo Bay, 3233
03 5237 8500




Western Region Alcohol and Drug Centre (WRAD)
172 Merri Street
Warrnambool, 3280
03 5564 5777



Wathaurong Aboriginal Co-Operative
62 Morgan Street
North Geelong, 3215
03 5277 0044



Wimmera Based Hospital
83 Baillie Street
Horsham, 3400
03 5381 9111



You Yangs Medical Clinic
45 Walkers Road
Lara, 3212
03 5282 2999



Your donations make a difference!

Widespread stigma and discrimination still exists from people who do not understand hepatitis and liver conditions. To combat this we need funding for education and research to challenge stigma, change attitudes and change lives.

Supporting us helps to:

- Raise awareness of liver disease and prevent the transmission and impact of viral hepatitis
- Increase awareness and referral to quality information, care, treatment and support
- Influence the government, media and other agencies in relation to a stronger response to the challenges of viral hepatitis and liver disease in our community.
- Fight stigma and dispel misinformation about viral hepatitis and chronic liver conditions
- Train community and health workers to upskill and deepen their knowledge to support the needs and challenges of those living with viral hepatitis and liver disease.
- Produce resources and digital content to provide insight and educate the community
- Provide information and support via our free LiverLine – 1800 703 003.

Donate now to help change the lives of people with liver disease.

Your donation is tax deductible.

I would like to donate the following amount:

☐ \$20 ☐ \$50 ☐ \$100 \$___ (Your choice)

I have enclosed my check/ money order/ cash or

Please debit my card for \$___

Type of card: Visa/Mastercard

Name on Card:

Card number:

Expiry date:

CVV:

All donations of \$2 or more are tax deductible.

If you do not receive your receipt promptly, then please call LiverWELL on 03 9274 9796, or email: admin@liverwell.org.au

Please send my receipt to:

Name:

Address:

Suburb/City:

Postcode:

State:

Send to: LiverWELL

15 Gracie Street

North Melbourne, Victoria 3051