

What's New ?

Needle Exchange service. Mainline will be travelling to Truro and area once every two weeks remember if you miss them we will be providing limited materials to . Call 902-895-0931 for details.

Wednesday Lunch N' Grab

Open to persons who access the NACS needle exchange.

Return used needles on Wednesday and have lunch on us !!!

Forum on the NACS website—get connected and share your views.

Share your story in the newsletter or on YouTube confidential and anonymous

Please join NACS in welcoming Jane Gavin - Hebert to the team. Jane will working from mid January until the end of March 2014. Jane can be reached at pcnacs@eastlink.ca

EXtreme REALITY

Northern AIDS Connection Society

Winter 2014



Winter is here as well as the snow and winter festivities...the fun season for family and friends.

NACS will be offering a Photovoice Program targeting LGBT youth called Rainbow Conexions this fall. The project has been funded through the Mental Health, Children's Services and Addictions Branch of the Department of Health and Wellness.

NACS has applied for funding to Health Canada through the Drug Strategy Community Initiatives Fund to address issues of drug and alcohol use in northern Nova Scotia. Hopefully the application will receive final approval.

Come Out of the Cold in Truro—December 1, 2013 to April 15, 2014

7 days a week at the First United Church—111 Lorne Street
A safe place to sleep 8:00 pm to 7:00 am (Please try to arrive by 10:00 pm)
Where your belongings will be secure and food/winter clothes are available.

Volunteers are needed.



CHECK IT OUT!

Northern AIDS Connection Society's new look on our new Web site
Let us know what you think!

nacs@eastlink.ca www.northernaidsconnectionsociety.ca



**Rainbow
Connexions
photovoice
Project**

**This project
has been
funded by
Mental Health/
Addiction
Services and
will be offered
in partnership
with Gay
Straight
Alliances in
various
schools. For
information
please contact
902-895-0931.**



Hep C Aware Project

If you are interested in receiving information on NACS Hep C Aware Project or tattooing and piercing please contact Janet at nacs@eastlink.ca .

Hep C rise baffles experts in Nova Scotia:

CBC News Posted: August 28, 2013

Hepatitis C rates are increasing in Nova Scotia and experts say more education is needed to combat the disease. About 5000 Nova Scotians are living with Hep C. Only Nova Scotia and Prince Edward Island saw rates increase in the number of new cases. It is said that 70% of Hep C patients in Nova Scotia are involved in injection drug use. Nationwide, about 250,000 people have Hep C. It causes an inflammation of the liver, which can cause cirrhosis. An estimated 20% of people living with Hep C don't know they have it and are at risk of passing it on.



FACE 2 FACE

(Face to Face is a new article where we will be featuring interviews with people who have accessed NACS

Services or Programs & want to share their stories. Contact us to be heard.)

- Q) How long have you been visiting the NACS office for services or programs?
A) I've participated in the youth PhotoVoice Program for the past 3 years and as a result of the program, I no longer have to attend appointments at Mental Health.
- Q) How did you feel coming into NACS?
A) "I was a bit awkward at first & not sure what to expect, however, it's been a rewarding program. "I always enjoy the new people coming into group." " Group is a safe place for me"
- Q) What service were you obtaining?
A) "I am accessing NACS Needle Exchange."
- Q) How did you find out about NACS programs and services?
A) "Through the partnership with Mainline Needle Exchange."
- Q) "What are you taking away from NACS?"
"I find the staff very understanding to my needs and the space is safe for me."



EXtreme REALITY
Northern AIDS Connection Society

Northern AIDS Connection Society's Annual Open House was held on December 13, 2013.

There was a great turnout

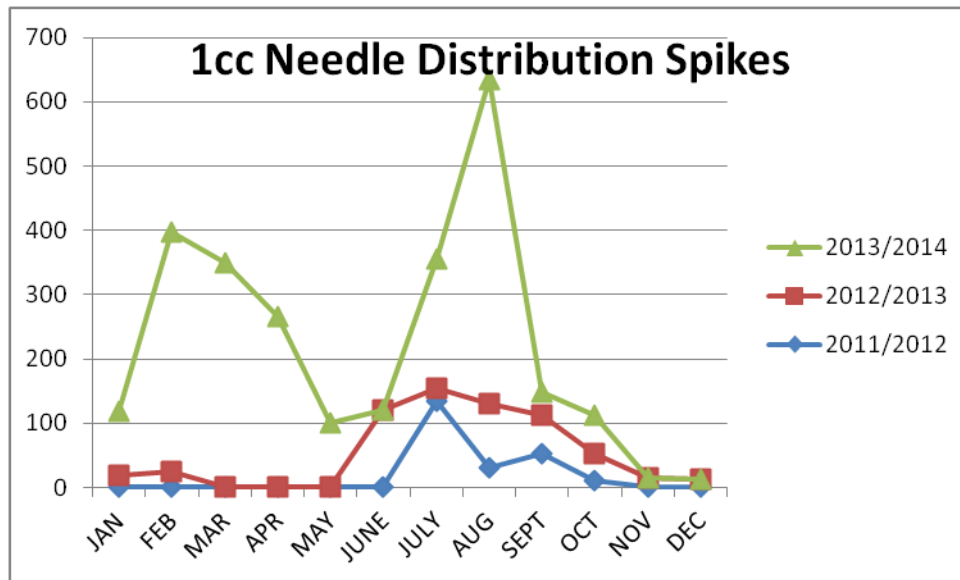
Did you know that the Northern AIDS Connection Society distributed 3200 needles in the Truro area through the Hep C Aware Project in partnership with Mainline Needle Exchange in 2013.



Lesbian, Gay, Bi and Transgendered Resources

The Northern AIDS Connection Society has a LGBT Resource Library covering a variety of issues facing the LGBT Community.

Check out North Nova Pride's Website to find out what is happening in northern Nova Scotia.



Lunch and Grab !!!!

Return your used needles on Wednesday and have lunch on us.

This is an opportunity to return your used needles, exchange them for new ones and share your story while having lunch.

If you are interested in this program or have a friend or family member who might benefit from it...give us a call at 902-895-0931.

From April 2012 to March 2013 NACS distributed 1, 291 new needles.



Did you know?

NACS in partnership with Mainline Needle Exchange offers clean needles for those engaged in Injection Drug Use. If you need us call 895-0931 or stop by 33 Pleasant St. Truro.

EXtreme REALITY

Northern AIDS Connection Society

For information on NACS Condom Co-op and how your agency can become a member, call Janet at 902-895-0931



Did you know that the Northern AIDS Connection Society distributed 3200 Condoms in 2013.

NACS Now Has Available Latex Free Condoms, Flavoured And Large Sized.



Different Options for Testing—The Forms of testing vary in how the test is tracked and recorded)

ANONYMOUS TESTING—The name or identity of the person being tested is not required, nor is any identification or proof of medical coverage. The test is ordered using a code known only to the person being tested. If the test comes back positive epidemiological data (including age, sex and risk factor for HIV infection) may be collected and reported, depending on the province where the test was carried out.

NOMINAL TEST—The service provider ordering the test uses the person's full name. If the test is positive, the laboratory is required to report the result to the local medical officer of health, for data collection and partner notification. Nominal testing which is provided by family doctors, clinics and other health facilities, is available throughout the country.

NON-NOMINAL-TESTING—This test is similar to the nominal test, except the test is ordered using a code or

the person's initials, so only the person being tested and the health-care provider or tester know the result. If the test is positive, it is recorded in the person's medical files and reported to the to the local medical officer of health for data collection and partner notification. This test is available throughout the country .

RAPID HIV TESTING

This test uses a drop of blood to detect the presence of HIV antibodies within approximately 60-120 seconds. The rapid test is purported to reduce the stress associated with the period spent waiting for results, it can be carried out in a broad range of locations and contexts and allows for continuity in the pre and post test counselling experience

THERE ARE CONCERNS HOWEVER That voluntary, informed consent and counselling could be diminished in certain situations or settings. Rapid testing is unavailable in NS and most of Canada, with the exception of a few specialized clinics and pilot projects.

Why do I need to use a condom?

Condoms, when used consistently and correctly, are the **only** form of protection other than abstinence that can help stop the transmission of sexually transmitted infections (STIs) such as HIV/AIDS.

Condoms are available for FREE from different centres ~ the NACS office (33 Pleasant Street Truro), Teen Health Centres, Women's Resource Centres, Centres for Sexual Health and the John Howard Restorative Justice for Youth (Truro). There are no age limits to buying condoms. Buying a condom no matter how old you are shows that you are taking responsibility for your actions.

??Condoms, Lube and Flavour??

Condoms are typically made of latex. Latex condoms can only be used with water based lubricants, NOT oil based lubricants such as Vaseline as it breaks down the latex. Flavoured condoms should be used for oral sex only as the sugars they contain may cause yeast infections.

Condom Co-op

NACS's condom co-op offers condoms at cost to local groups, community partners and businesses. **Be a part of the solution and not the problem...offer free condoms !!!**



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Northern AIDS Connection Society



Like us on Facebook!

[www.facebook.com/
NACSNS](http://www.facebook.com/NACSNS)

Volunteers are
welcome !!!

Volunteering
provides great
experience, the
chance to meet new
people, utilize your
skills and give back
to the community.

Remember...
volunteers are the
core of any
organization !!



NACS
902-895-0931
Toll Free -
!-866-940-AIDS
(2437)
nacs@eastlink.ca

The **mission** of the Northern AIDS Connection Society (NACS) is to promote the health and well being of persons living with and those at risk for HIV/AIDS, STIs, HCV and other Blood Borne pathogens.. NACS also offers support, services, referrals and education to individuals, families, loved ones, groups and communities throughout Northern Region (Colchester East-Hants, Pictou and Cumberland Counties). All services are provided in a safe and confidential environment—free of judgment.



NACS is recruiting new Board members. If you are interested in serving on an awesome Board of Directors and you feel you have skills that would benefit the organization, give the office a call at 902-895-0931 or drop in for a tour of the site at 33 Pleasant Street in Truro.

Once you see the types of programs and resources offered you may feel more willing to get involved.

The backbone of every great community based organization is the volunteers who give their time freely for the common good of their community.

Feel free to visit the NACS office at any time for a personal tour. Become involved !!! Call Karen and Janet at 902-895-0931. Office hours are Monday to Friday from 8:30 to 4:30.

*The 2014 Charity Auction will
be held at the Best Western
Glengarry Hotel in Truro in
June.*

*If you are an artist and
would like to donate
something please contact the
office at 902-895-0931*



EXtreme REALITY

Northern AIDS Connection Society

DID YOU KNOW ???

70,000 estimated cases of HIV/AIDS in Canada

16,804 number of positive HIV tests among youth under the age of 30 years since 1985

2,300 to 4,500 new cases of HIV reported each year

30% proportion of positive tests attributed to heterosexual sex in 2007

25% proportion of HIV cases attributed to women

45% attributed to Aboriginal women

20% attributed to black women

56.4% attributed to women in the age category 15 to 19 years

It is estimated that that up to 12 % of HIV positive people in Canada are older than 50 years of age

469 number of cases attributed to perinatal (mother to infant) transmission since 1984

30 to 39 years—the group attributed to most new infections of HIV

Women in prison have higher HIV prevalence rates than men (about 4 % compared to 1.2 % for men)



HEPATITIS C AWARE PROJECT/NEEDLE EXCHANGE

FOR INFORMATION AND SERVICES

CONTACT:

NORTHERN AIDS CONNECTION SOCIETY

33 PLEASANT ST., TRURO, N.S.

902-895-0931 OR TOLL FREE AT 1-866-940-2437

OFFICE HOURS: 9:00 to 4:00 Monday to Friday

Closed on week-ends and holidays

EXtreme REALITY

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Photo of one section of the AIDS Memorial Quilt being displayed at the NS Community College

The last week of November (25th to the 30th) is AIDS Awareness Week leading to World AIDS Day December 1, 2013. NACS hosted many events showcasing sections of the AIDS Memorial Quilt

Exciting News!

Displays at several Regional Libraries throughout northern Nova Scotia – November 18 – December 1, 2013

Approximately 15,000 individuals saw the displays.

Memorial AIDS Quilt – Nova Scotia Community College Truro November 25, 2013—400 red ribbons were distributed.

Memorial AIDS Quilt Display and Vigil– St. John's Anglican Church Truro Friday November 29-December 1, 2013—Attended by 145 people.

Memorial AIDS Quilt Display - Dalhousie Agricultural College - Approximately 700 students visited this display.

Awareness material displayed throughout various communities in northern Nova Scotia

Special thank you to all volunteers and to those who supported these events.



Bullying is so wrong !!!!

Cyberbullying Statistics:

As social networking and online social interaction becomes more and more the norm with sites like Facebook, cyberbullying has become one of the most prevalent types of bullying occurring between teens.

Did you know that about 80% of all high school students have encountered bullying in some form or another. These growing numbers are being attributed to increased youth violence including both homicide and suicide. About 35% of teens have been actually threatened online.



EXtreme REALITY

Northern AIDS Connection Society

Summer 2013

Our Contact Information

Tel: 895-0931
Toll Free 1-866-940-AIDS (2437)
E: nacs@eastlink.ca
Web: northernaidsconnectionssociety.ca
Facebook: www.facebook.com/nacsns

Mental Health Services—Crisis Response
600 Abenacki Road, Truro, N.S.
B2N 5A1
896-2606 or toll free at 1-800-460-2110
ext. 2606
www.cehha.nshealth.ca



Opiate Treatment Program
902-893-4776
www.addictionservices.ns.ca

Amherst

Sexual Health Centre Cumberland County
Information, Education Workshops, Free
condoms
667-7500
shccc@ns.aliantzinc.ca
11 Elmwood Drive (side entrance)

Pictou

Pictou County Centre for Sexual Health
Services for both women and men
695-3366
Pcsexualhealth@hotmail.com
www.pictoucountysexualhealth.com

Pictou County Women's Centre
755-4647
pcwc@womencentre.ca

Truro

Central Nova Women's Resource Centre
676 Prince St. Truro
895-4295
cnwrc@eastlink.ca
Cnwrc.weebly.com

Colchester Sexual Assault Centre

Provides Support & Information to Anyone
Affected by Sexual Assault
897-4366
80 Glenwood Drive, Truro
truorsexualassault@hotmail.com

Rainbow Proud

Supports the LGBTQ community of Truro and
surrounding areas
rainbowproud@hotmail.com
www.rainbowproudnovascotia.ca

RESPECT

Students Making Healthy Decisions
NS Agricultural College
893-6300
respect@nsac.ca

Rise in Syphilis
Syphilis is BACK...Across Canada,
communities have seen a huge rise in syphilis
over the past 7 years. In most communities
gay men, bisexual men and men who have sex
with men (MSM) have seen increases in
positive transmissions. Over 1/2 of the cases
reported have been among men who are living
with HIV. Syphilis can easily be tested for
and treated if caught early enough.

Syphilis is a sexually transmitted infection
(STI) caused by bacteria that attacks the body
in three stages You may have syphilis and not
know it. Some people develop visible
symptoms of syphilis but some don't.

...**Just Remember Cover Your Cock!**



Don't Forget International Day Against Homophobia is
May 17th!

Services

