

# COVID-19 TOOLKIT

A weekly update for all people living with HIV in NSW

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## Friday 15 May 2020

Positive Life NSW COVID-19 Toolkit is a weekly update of practical resources, tools and strategies for people living with HIV in NSW, our supporters and associates who are affected by HIV, as well those who work in the NSW HIV sector.

The theme in the ToolKit this week is **'Getting Active/Staying Active'** If you have information to contribute to future ToolKits, please email [contact@positivelife.org.au](mailto:contact@positivelife.org.au)

## NSW HIV SECTOR

### **NEW** 2020 CANDLELIGHT MEMORIAL – VIRTUAL EVENT

Be part of the 2020 Sydney Candlelight Memorial virtual event on **Sunday 17 May**. #WeRemember #CandlelightMemorial2020  
>> [MORE DETAILS](#)

### LOOKING #BEYOND 2020 in NSW

If you live with HIV, affected by HIV, or work in the HIV sector in **NSW**, we want to hear from you about what things need to look like #Beyond2020 for people living with HIV across NSW. Your input, suggestions and feedback is crucial **before 31 May 2020**.  
>> [MORE DETAILS](#)

### TALKABOUT: CORONAVIRUS & LIVING WITH HIV

**What's it like to live with HIV in a time of the Coronavirus pandemic?** [Send in your stories, experiences or opinion pieces](#) for June Talkabout Online: where we speak for ourselves.

### FAQS ABOUT COVID-19 & LIVING WITH HIV

[Frequently Asked Questions about Coronavirus](#), the virus that causes COVID-19 as it **specifically relates people living with HIV**.

## HEALTH

### FEELING UNWELL

Need to check if you should seek medical assistance for coronavirus? Visit the [online NSW Government COVID-19 Symptom Checker](#)

**If you have severe difficulty breathing call triple zero (000) immediately.**

### CORONAVIRUS IN YOUR LANGUAGE

News and information about coronavirus (COVID-19) is [available in 63 languages](#).

**National COVID-19 Triage Hotline  
1800 020 080**

### GETTING YOUR MEDICATIONS AT HOME

All people with a chronic health condition, including PLHIV are eligible to have your medication delivered free via the [Pharmacy Home Delivery initiative](#) in association with the [Home Medicines Service](#).

### **NEW** ARE YOU WEARING GLOVES OR MASKS TO THE SHOPS?

You're even less likely to get protection if you don't take care when putting on these items, while you're wearing them, and when you take them off.

>> [MORE DETAILS](#)

### HAVING A PHONE OR ONLINE CONSULTATION

The Royal Australian College of General Practitioners (RACGP) have a useful resource when you're thinking about having a phone or online consultation with your GP.

>> [MORE DETAILS](#)

## FINANCIAL

### **NEW** WORKING FROM HOME DURING COVID-19

The Australian Taxation Office (ATO) have released a quick and simple method you can use to calculate home office expenses when working from home during COVID-19.

>> [MORE DETAILS](#)

### TROUBLE PAYING BILLS?

Some things you can do if you're in a financial crisis.

>> [MORE DETAILS](#)

### **NEW** UPDATE TO MUTUAL OBLIGATIONS

The government [has suspended 'mutual obligations' until 1 JUNE](#). If you'd like a hand with a JobSeeker claim, call the **Welfare Rights Centre NSW on 1800 226 028** for free advice.

>> [MORE DETAILS](#)

### **NEW** REJECTED FOR #JOBSEEKER?

You can appeal. Give Welfare Rights a call.

>> [MORE DETAILS](#)

### **NEW** TEMPORARY CHANGES TO PAY AWARDS

On 8 April, the Fair Work Commission inserted a temporary new schedule [into a range of awards](#). The schedule provides employees with [2 weeks of unpaid pandemic leave](#) and the [ability to take twice as much annual leave at half their normal pay](#) if their employer agrees.

>> [MORE DETAILS](#)

### **NEW** FINANCIAL SUPPORT FOR INDIVIDUALS

Support is available if you're affected by COVID-19 and experiencing financial difficulty.

>> [MORE DETAILS](#)

### NSW HIV SECTOR SERVICES INFORMATION

What's available, opening times and access options for HIV sector personnel and people living with HIV.

#### Are your service details up-to-date?

To add or update your info, please email [contact@positivelife.org.au](mailto:contact@positivelife.org.au)



## HOUSING

### COVID19 CRISIS ACCOMMODATION REGISTER

To [support people in the community who urgently need housing during COVID19](#), DV NSW, Homelessness NSW and Yfoundations are working to connect homelessness and support services.

### RENTING AND AFFECTED BY COVID

This is a guide for people renting in NSW who have been financially affected by coronavirus.

>> [MORE DETAILS](#)

### EMERGENCY OR SHORT TERM HOUSING

A guide for people at risk of becoming, or are, homeless, as well as options for frontline healthcare workers needing temporary housing during the COVID19 crisis.

>> [MORE DETAILS](#)

### NSW EVICTIONS MORATORIUM: AN EXPLAINER

**NSW Tenants Union** cover details of the NSW evictions moratorium.

>> [MORE DETAILS](#)

## LEGAL

### LEGAL HELP & INFO – FREE

**LawAccess NSW** and **Legal Aid NSW** have partnered up to [offer free legal help to people affected by the COVID-19 restrictions](#).

### INTERNATIONAL STUDENT QUESTIONS ABOUT STUDENT VISAS

If you need free and confidential migration advice about your student visa, or if you have other legal questions, contact **Redfern Legal Centre's International Student Legal Service NSW**.

### JUSTICE CONNECT

A range of [COVID-19 FAQs](#) to give individuals guidance on some of the most pressing issues they face

>> [MORE DETAILS](#)

### PUBLIC HEALTH RULES

What you can and can't do under the rules

>> [MORE DETAILS](#)

## SURVEYS & RESEARCH

### SURVEY: RENTING AND CORONAVIRUS

As Australia navigates coronavirus, more needs to be done to support renters. Our friends at Better Renting are keen to hear your stories to help understand what's going on and what can be done.

>> [MORE DETAILS](#)

### SURVEY: PETS AND MENTAL HEALTH

BEING is running a fur/feather baby quiz: how the animals in your life help your mental health.

>> [MORE DETAILS](#)

### SURVEY: STAYATHOME4HEALTH

University of Sydney is conducting research into how Australians are affected by COVID-19 and the recommendations to stay at home.

>> [MORE DETAILS](#)

### SURVEY: ADAPT STUDY

Exploring the impact of the COVID-19 pandemic on Australians who use drugs. By sharing your experiences, you contribute to harm minimisation during the COVID-19 pandemic and beyond, and to develop strategies to stay safe and healthy.

>> [MORE DETAILS](#)

### SURVEY: IMPACT OF COVID-19

Equality Australia wants to build a clear picture of the needs of LGBTIQ+ people during this time, and advocate strongly and effectively for our community so that nobody is left behind.

>> [MORE DETAILS](#)

### SURVEY: HEALTH & WELLBEING

Swinburne University are investigating the impact of social distancing, self-isolation, and quarantine on our health, psychological wellbeing, and relationships.

>> [MORE DETAILS](#)

### INCIDENT REPORT: CORONAVIRUS RACISM

The Asian Australian Alliance want to document instances of racism in the community in the times of COVID-19.

>> [MORE DETAILS](#)

## GETTING ACTIVE / STAYING ACTIVE

### **NEW** GET HEALTHY SERVICE – FREE

The [Get Healthy Information and Coaching Service](#) provides free health coaching and information over the phone to people living in NSW aged 16 and over to support getting healthy and stay healthy. [Register online here](#).

### **NEW** RETROSWEAT FITNESS CLASSES – FREE

Working out is pure pleasure and joy when you're getting hot 'n' heavy with David Bowie, The Pointer Sisters, Prince or The Police and looking bodacious while you're doing it.

>> [MORE DETAILS](#)

### **NEW** AT HOME WITH STUDIOS – FREE

The Australian Ballet gives you the opportunity to learn ballet for free – wherever you are.

>> [MORE DETAILS](#)

### **NEW** HISCOES@HOME – FREE

FREE Facebook Livestream classes via [Hiscoes @ Home](#). Guided workouts you can do at home easily with no equipment.

### **NEW** 12 WEEK BODY TRANSFORMATION

Michelle Bridges 12 Week Body Transformation is holding a series of free online sessions on their [Facebook page](#). Held every Monday and Wednesday.

### **NEW** YMCA 360 – FREE

Whether it's a current Y favourite or something new to you, YMCA 360 matches your lifestyle with a growing library of online videos for you.

>> [MORE DETAILS](#)

### **NEW** SWEATY BETTY – FREE

With workouts ranging from yoga to HIIT, explore the video library to find a class to suit your time frame and fitness level.

>> [MORE DETAILS](#)

### **NEW** TURBULENCE TRAINING – FREE

Workout and lifestyle solutions to busy men and women who want to transform their lives.

>> [MORE DETAILS](#)

## FOOD FOR THOUGHT ABOUT COVID-19

### **NEW** CORONAVIRUS MAY NEVER GO AWAY

The coronavirus "may never go away", the World Health Organization (WHO) has warned.

>> [MORE DETAILS](#)

### **NEW** THE HEALTHIEST COUNTRIES TO LIVE IN

Japan, South Korea, Israel, Germany and Australia.

>> [MORE DETAILS](#)

### **NEW** CORONAVIRUS: WHY ARE INTERNATIONAL COMPARISONS ARE DIFFICULT

Everyone wants to know how well their country is tackling coronavirus, compared with others. But you have to make sure you're comparing the same things.

>> [MORE DETAILS](#)

### **NEW** WHEN SHOULD WE BEGIN LIFTING COVID-19 RESTRICTIONS?

VIDEO: Epidemiologist at [UNSW Medicine](#), Prof Mary-Louise McLaws recommends Australian COVID-19 restrictions stay until at least June.

>> [MORE DETAILS](#)

### **NEW** COUNTING THE COVID-19 SOCIAL COST

How people are faring in this time of massive social upheaval brought on by the novel coronavirus.

>> [MORE DETAILS](#)

### **NEW** PODCAST: ANXIOUS, INSECURE, AND UNEMPLOYED

New research has revealed big job losses, high levels of anxiety, and a picture of hardship and distress among Australians. Australians' experiences of COVID-19.

>> [MORE DETAILS](#)

### **NEW** IS ISOLATION A FEELING?

What is happening to us, here in our homes, away from the routines and interactions that used to shape our days?

>> [MORE DETAILS](#)

### MISS HUGS?

Touch forms bonds and boosts immune systems.

>> [MORE DETAILS](#)

## FOOD & DRINK

### **NEW** HOW LONG CAN YOU STORE COOKED MEALS, MEAT, DAIRY AND FRUIT AND VEGETABLES?

If you've been stocking up or scrounging through old cans in the cupboard, you might be wondering how long you can safely keep and eat all the food in your house.

>> [MORE DETAILS](#)

### **NEW** DAN HONG'S COOKING SHOW

Merivale chef (Mr Wong, Lotus, Queen Chow) and prolific social-media user, he shares a range of dishes via his Instagram feed.

>> [MORE DETAILS](#)

### **NEW** DEATH METAL CHEF UK

Chef, Metalhead, creating love for good food every step of the way. Online tutoring and recipes for the world to enjoy.

>> [MORE DETAILS](#)

### GROCERIES DELIVERY SERVICES

Woolworths and Coles have resumed **normal online delivery services** to all customers while continuing to prioritise vulnerable and isolated members of the community. [Coles Online Priority Service](#), and [Click & Collect services](#) have opened to all customers.

### POSITIVE LIFE NSW SILVER WARRIORS

Support for people over 45 years, to find your way through the maze of healthcare, aged care or disability services. Find out what you're entitled to and make your life more comfortable.

Call (02) 9206-2177 or 1800 245 677 (freecall outside metro).



Supporting you through aged care, disability and health services



## SOCIAL SUPPORT

### **NEW** PEER2PEER

Join in another Peer 2 Peer Online **for gay and bisexual men living with HIV within NSW!** Via Zoom on **Thurs 21 May, 6pm-7.30pm.**

>> [MORE DETAILS](#)

### WHO YOU GONNA CALL?

A range of helplines and supports collected especially for people living with HIV during the COVID-19 crisis.

>> [MORE DETAILS](#)

### **NEW** YOUR BRAIN ON A HEALTHY ROUTINE

Being resilient during a pandemic.

>> [MORE DETAILS](#)

### **NEW** PEERS CONNECT ONLINE

Join in an online social support group for people living with HIV in NSW. Peers Connect is open to all people living with HIV, over 18 years of age, regardless of gender and sexuality. Peers from rural and regional settings are especially welcome! Via Zoom on **Thurs 28 May, 6pm-7pm.**

>> [MORE DETAILS](#)

### **NEW** DOING WHAT MATTERS IN TIMES OF STRESS

A stress management guide for coping with adversity. The guide aims to equip people with practical skills to help cope with stress.

>> [MORE DETAILS](#)

### TIME 2 TALK

Free telephone support service for people around a range of COVID-19 related challenges relating to individuals, couples, families, households and teams.

>> [MORE DETAILS](#)

### COVID19 MENTAL WELLBEING SUPPORT SERVICE

A dedicated [Coronavirus Mental Wellbeing Support Service](#) is available from Beyond Blue including a free Coronavirus Mental Wellbeing Support Line 1800 512 348 available 24/7.

### BLACKDOG: BREAKING DOWN DEPRESSION

Friday 22 May 12noon. **40 minute webinar.**

>> [MORE DETAILS](#)

## CULTURE/ ART/ BOOKS

### **NEW** KALDOR PUBLIC ART PROJECT 36

*do it (australia)* invites audiences to follow an artist's instructions, enter their world and realise an artwork of their own.

>> [MORE DETAILS](#)

### **NEW** HARRY POTTER AT HOME

Watch familiar faces read Harry Potter and the Philosopher's Stone for Harry Potter At Home - including Daniel Radcliffe, Eddie Redmayne & Stephen Fry.

>> [MORE DETAILS](#)

### **NEW** MCA FREE ONLINE ARTS PROGRAM

Sydney's Museum of Contemporary Art debuts more than 140 digital activities to help students of all ages engage with artists, exhibitions and special themes.

>> [MORE DETAILS](#)

### **NEW** TERRA INFIRMA

Year long program examines how the arrival of Captain Cook has impacted on Dharug Peoples and communities from our Asia Pacific region, now living in Blacktown.

>> [MORE DETAILS](#)

### **NEW** PANEL - ALTERNATIVE FACTS

Falsifying the image in the era of Deep Fakes. Can you believe anything you see anymore? **Sun 17**

**May 12noon AEST**

>> [MORE DETAILS](#)

### **HOT DUB AT HOME – FREE**

#hotdubathome is on again this **Saturday 9-11pm AEST**. This epic 2.5 hour [dance party from Sydney, Australia's](#) by Tom Lowndes aka Hot Dub Time Machine through pop music history from 1954-2020.

>> [TWITCH STREAMING HERE](#)

### **ISOL-AID FESTIVAL – FREE**

Isol-Aid is [an online music festival and gathering space](#), where every weekend from 12 noon to 12 midnight AEST artists play 20-minute sets streamed live via their Instagram accounts.

## VIRTUAL CULTURAL FIX

### **NEW** ISOFEST

A virtual short film festival celebrating the great indoors.

>> [MORE DETAILS](#)

### **NEW** POLICING THE PANDEMIC

Are we crossing the thin blue line? **Mon 18 May 1pm-2pm**

>> [MORE DETAILS](#)

### **NEW** IS CORONAVIRUS A LAUGHING MATTER?

Join comedians Dan Ilic, Genevieve Fricker and Mark Humphries to discuss the ups and downs of COVID-19. **Fri 22 May, 1pm-2pm**

>> [MORE DETAILS](#)

### **SHIT PUB TRIVIA – FREE**

To register, direct-message the [Shit Pub Trivia Facebook page](#) with your team and captain's names. The quiz is livestreamed on Facebook **every Wed** from 7.30pm in NSW, Victoria and Tassie, 7pm in South Australia, 6.30pm in Queensland and 4.30pm in WA.

>> [MORE DETAILS](#)

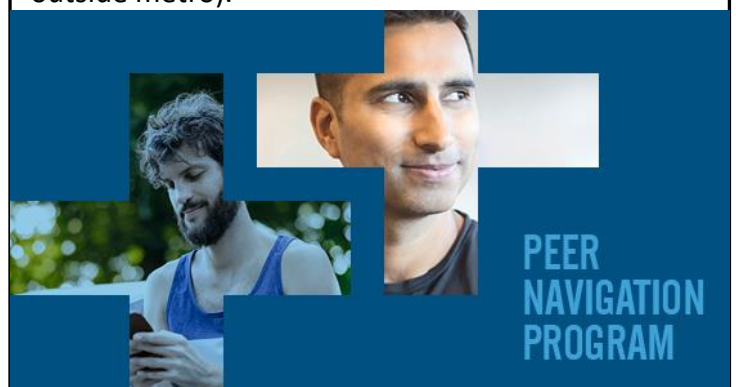
### **NEW** HUMANKIND – FREE

7-days. One film per day. One theme per film. All online.

>> [MORE DETAILS](#)

### **POSITIVE LIFE NSW PEER NAVIGATION**

Peer Navigators are people with lived experience of HIV and training to guide, refer, educate and connect others living with HIV into the health and social systems of care and support you want and need. Call (02) 9206-2177 or 1800 245 677 (freecall outside metro).



## TRAINING/ EMPLOYMENT

### 21 SHORT TAFE COURSES – FREE

>> [MORE DETAILS](#)

### **NEW** EMERGENCY SUPPORT VOLUNTEERING

Submit your details to a National Volunteering Database emergency support volunteer list .

>> [MORE DETAILS](#)

### **NEW** THE LEADERS CHALLENGE – FREE

6 months of fast and flexible leadership challenges.

>> [MORE DETAILS](#)

### **NEW** CONNECTING UP

An online learning platform with hundreds of course topics to help you get the most out of technology.

>> [MORE DETAILS](#)

### ONLINE EMPLOYABILITY COURSE – FREE

A self-paced, online course developed by UQ to show you how to take your experiences, extract what you've learned from them and present them in a way that would be attractive to an employer.

>> [MORE DETAILS](#)

### FIND THE COURSE FOR YOU

Thousands of [on-campus and online courses across Australia](#) in one place.

### **NEW** DRINKS METER

A user-friendly phone app that gives you confidential, personalised feedback about your alcohol use based on advice from doctors and Australian guidelines.

[App Store](#) / [Google Play](#)



### DEAKIN UNIVERSITY COURSES – FREE

Courses on sustainability and development, online learning, strategic innovation, professional skills, and caring for older people.

>> [MORE DETAILS](#)

### WESTERN SYDNEY WOMEN

A free WISE Woman program for women 50+ to assist them in being money smart, building confidence and preparing them for future employment.

>> [MORE DETAILS](#)

### #PROJECTDISPLACED

A community movement to help as many displaced Australian airline, arts, tourism and hospitality workers (and more) as possible during the COVID-19 crisis, and has now extended across the globe.

>> [MORE DETAILS](#)

### **NEW** CRAFTING CONTENT – FREE

Creating a consistent content plan is a vital way of standing out and attracting attention through social media. From the Western Sydney Business Centre. **Thurs 21 May 10am-12noon.**

>> [MORE DETAILS](#)

### **NEW** START SOME GOOD – FREE

Over ten days in May Start Some Good will host a **virtual summit** with 30+ world-renowned social entrepreneurs, changemakers, and innovation leaders to share knowledge about how to create a lasting positive impact in the world. **11-20 May.**

>> [MORE DETAILS](#)

### **NEW** PROFESSIONAL RESILIENCE

Building skills to thrive at work. Learn how to deal with stress at work and in your personal life through building resilience skills.

>> [MORE DETAILS](#)

### **NEW** BECOMING CAREER SMART

Thinking about a career change? Identify your key strengths and professional skills, and learn how to sell them and yourself.

>> [MORE DETAILS](#)

## COMMUNITY SUPPORT

### COVID-19 IN THE RED BOOK

Guidelines, harm reduction tips and strategies by and for sex workers.

>> [MORE DETAILS](#)

### RED CROSS LAUNCHES COVID19 CONNECT

A free service for adults of all ages providing support and community connection to people who are feeling socially isolated, or experiencing isolation or loneliness as a result of COVID-19.

>> [MORE DETAILS](#)

### **NEW** CANTERBURY KEY CONTACTS

A list of support services relevant to the Canterbury area of Sydney.

>> [MORE DETAILS](#)

### **NEW** EXTRA SUPPORT WITH TELECOMMUNICATIONS

The Telecommunications Industry Ombudsman (TIO) has announced extra support with urgent complaints about telecommunications within two days. This support is for vulnerable and at-risk residential consumers.

>> [MORE DETAILS](#)

### ONE DOOR MENTAL HEALTH

Bilingual mental health support linked with community services and allied health professionals to identify and link people from CALD backgrounds in Western Sydney to appropriate services.

>> [MORE DETAILS](#)

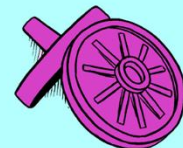
### SWOP NSW

COVID-19 news, updates and resources for sex workers in NSW.

>> [MORE DETAILS](#)

## No equipment?

## No worries!



### Mail order NSP available NOW

If you're self isolated or quarantined and need injecting equipment, don't put yourself at risk by reusing or sharing equipment. Instead, contact NUAA — we will mail you out however much you need of all sorts of injecting equipment (including speciality gear like wheel filters). Visit our website for more info about how COVID-19 might affect you as a person who uses drugs.



Ph: (02) 8354 7300 or freecall 1800 644 413 | visit [nuaa.org.au](http://nuaa.org.au)

[CLICK HERE TO SUBSCRIBE TO THIS TOOLKIT BY EMAIL](#)





## SECTOR SUPPORT

### **NCOSS COMMUNITY JOBS – FREE**

NCOSS Community Jobs is providing ALL NGOs access to advertise jobs available on NCOSS Community Jobs Board **free until 30 June**.

>> [MORE DETAILS](#)

### **VIRTUAL COVID-19 CONFERENCE 10-11 JULY**

COVID-19 abstract submissions, including exploratory studies, are now open until Mon 25 May 2020.

>> [MORE DETAILS](#)

### **NEW WHY ZOOM CALLS ARE SO TIRING?**

Video chat is helping us stay employed and connected. But what makes it so tiring - and how can we reduce 'Zoom fatigue'?

>> [MORE DETAILS](#)

### **NEW SUPPORTING PEOPLE LIVING WITH A PSYCHOSOCIAL DISABILITY – FREE**

The Mental Health Coordinating Council (MHCC) FREE learning resources to assist Community Workers, volunteers, peers and others in the community to better support people living with a psychosocial disability or mental health condition.

**10 June, 10.30am-11.30am AEST**

>> [MORE DETAILS](#)

### **NEW SURVEY: FILLING IN FORMS**

Every day clients are having to complete more and more forms in order to access basic services and supports. What are the reading, writing, numeracy and digital literacy impacts?

>> [CLICK HERE TO HAVE YOUR SAY](#)

## SUBSCRIBE TO POS LIFE'S MONTHLY EBULLETIN



### **NEW HARDSHIP, DISTRESS, AND RESILIENCE**

The initial impacts of COVID-19 in Australia

>> [MORE DETAILS](#)

### **NEW CRISIS LEADERSHIP**

How your NFP can navigate uncertainty, establish new ways of working and reduce risk through a diversified income stream.

>> [MORE DETAILS](#)

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We acknowledge the traditional custodians of this land that we live and work on, and recognise, respect and value the deep and continuing connection of Aboriginal and Torres Strait Islander people to land, community and culture.

We pay our respects to Elders, Past, Present and Future.

**PositiveLifeNSW**  
the voice of people with HIV since 1988