

# COVID-19 TOOLKIT

A weekly update for all people living with HIV in NSW

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## Friday 24 April 2020

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

This week's theme is **'Working Remotely' or working from home.** If you have information to contribute to this publication, please email [contact@positivelife.org.au](mailto:contact@positivelife.org.au)

## NSW HIV SECTOR

**NUAA** delivers [harm reduction information for drug consumers](#), along with peer perspectives on the information that has been provided by our governments during this time.

**The Tree of Hope** is calling anyone interested in being part of a Zoom catchup online next **Weds 29 April**. Let them know your interest either by 0419 471 737 or email Joanna Thyer, Tree of Hope Coordinator on [Joanna.Thyer@catholiccare.org](mailto:Joanna.Thyer@catholiccare.org) or and Paige Bullen, Pastoral Support Coordinator on [paige.bullen@catholiccare.org](mailto:paige.bullen@catholiccare.org)

**Positive Life NSW's** peer support group Peer2Peer for gay and bisexual men living with HIV, will meet online for the first time on **Thursday 30 April at 6pm to 7.30pm**. Please email Positive Life on [contact@positivelife.org.au](mailto:contact@positivelife.org.au) for more details.

**Positive Life NSW** offers a regularly updated webpage to quickly find out what [NSW HIV services](#) are operating, what's available and how to get the support you need. If any services are missing or you want to list your service details, email [contact@positivelife.org.au](mailto:contact@positivelife.org.au)  
>> [MORE DETAILS](#)

## HEALTH

### FEELING UNWELL

Need to check if you should seek medical assistance for Coronavirus (COVID-19)? 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](#).

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

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

### NSW COVID-19 HOTSPOT DATABASE

In collaboration with NSW Health, a multidisciplinary team of researchers at the University of Sydney has developed a searchable public database that shows the location of COVID-19 cases in the state.

>> [MORE DETAILS](#)

### COVID-19 RESEARCH & EXPERTISE

Get the latest research, analysis and podcasts from University of Sydney experts addressing the novel coronavirus (COVID-19).

>> [MORE DETAILS](#)

### LATEST IN COVID19 TREATMENT

As the virus advances, doctors are rethinking the rush to ventilate

>> [MORE DETAILS](#)

### GETTING MEDICATIONS

All people with a chronic health condition, including PLHIV are eligible to have medication delivered free via the [Pharmacy Home Delivery initiative](#). The [Home Medicines Service](#) delivery options are available through pharmacies to ensure anyone with a chronic health condition can get their prescribed medication delivered to their home.

## FINANCIALS

### HOW TO BE SMART WITH MONEY

How to be smart with your finances in this current environment - Webinar **Thu 30 April, 12:00 pm – 1:00 pm AEST**

>> [MORE DETAILS](#)

### TEMPORARY DEBT PROTECTION

It provides a six month protection period where unsecured creditors (including sheriffs) can't take enforcement action to recover money you owe them. This means they can't garnish your wages, or have the sheriff/bailiff seize your goods.

>> [MORE DETAILS](#)

### UPDATE TO MUTUAL OBLIGATIONS

People on JobSeeker payment will not need to look for work until at least **22 May 2020**. The government has sensibly suspended so-called 'mutual obligations' until then. If you'd like a hand with a JobSeeker claim, remember you can call the **Welfare Rights Centre NSW on 1800 226 028** for free advice.

>> [MORE DETAILS](#)

### EXPENSES YOU CAN CLAIM WORKING AT HOME

If you work from home, you will be able to claim a deduction for the additional running expenses you incur. You can claim **a deduction of 80 cents for each hour you work from home** due to COVID-19 – conditions apply. [Visit the ATO website for more details](#).

### FINES AND WDOs IN THE TIME OF COVID-19

This Legal AID NSW webinar will look at the new fines associated with the NSW Public Health order. Also how to help people with other NSW fines who are having trouble paying them, including doing Work and Development Orders, during the time of COVID-19.

>> [MORE DETAILS](#)

### NEW HIGHER EDUCATION RELIEF PACKAGE

To support workers who have been displaced as a result of the COVID-19 crisis and who are looking to upskill or retrain.

>> [MORE DETAILS](#)

## HOUSING

### NSW EVICTIONS MORATORIUM: AN EXPLAINER

Who exactly does the moratorium cover? How will it work in practice? And what about the rent? We'll try to cover some of the other details bundled up in the mix, and talk about what is missing (and desperately needed) in the package announced.

>> [MORE DETAILS](#)

## PROTECT OUR COMMUNITIES

### NO EVICTIONS IN A HEALTH CRISIS

### 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 coronavirus (COVID-19) crisis.

>> [MORE DETAILS](#)

### FINDING SOMEWHERE NEW TO LIVE

This is a guide for people who need to find somewhere new to live during the coronavirus (COVID-19) pandemic.

>> [MORE DETAILS](#)

## LEGALS

### NSW EVICTIONS MORATORIUM: AN EXPLAINER

Who exactly does the moratorium cover? How will it work in practice? And what about the rent? We'll try to cover some of the other details bundled up in the mix, and talk about what is missing (and desperately needed) in the package announced.

>> [MORE DETAILS](#)

### 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 RLC's International Student Legal Service NSW: [bit.ly/rlc-check-in](https://bit.ly/rlc-check-in)

## SURVEYS & RESEARCH

### SURVEY: MONASH UNIVERSITY

Living With COVID-19 Restrictions in Australia. For anyone 18 or older and live in Australia. To help our governments and the community to understand what life is like during the COVID-19 restrictions.

>> [MORE DETAILS](#)

### SURVEY: MONASH APRC

Exploring mental health responses during the COVID-19 pandemic. Participating in this study involved completing an online questionnaire which should take 30-40minutes, with the option to repeat the survey at monthly intervals over the next 18 months.

>> [MORE DETAILS](#)

### SURVEY: MENTAL HEALTH & CORONAVIRUS

The Black Dog Institute is running an online study to understand how COVID-19 is impacting the mental health of Australian adults, and what people are doing to stay mentally healthy during this time.

>> [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](#)

### STUDY: EFFECTS OF COVID-19 LOCKDOWN

First study on the health conditions of adults one month into COVID-19 lockdown.

>> [MORE DETAILS](#)

### KIRBY INSTITUTE PLANNING NEW RESEARCH

Australia behind world-first research into how to protect vulnerable people from coronavirus

>> [READ MORE](#)

## WORKING REMOTELY

### 7 RULES OF VIRTUAL MEETING ETIQUETTE

A whole new ball game compared to in-person meetings, check out these 7 tips to keep meetings productive and professional.

>> [MORE DETAILS](#)

### FIVE TIPS TO HELP YOU WORK FROM HOME EFFECTIVELY

Are you managing your day effectively? Five tips to help you maximise this time spent indoors.

>> [MORE DETAILS](#)

### WORKING AS A REMOTE TEAM

Join this webinar to learn how you can stay connected and productive when working from home! Wed 29 April, 11:30am to 12:30pm (AEST)

>> [MORE DETAILS](#)

### CREATIVE FREELANCER IN ISOLATION?

With many creative freelancers currently staring down the barrel of a prolonged period stuck at home without any work, freelance TV editor Dylan Behan makes some suggestions. [What creative freelancers can do while in coronavirus isolation](#)

### WORKING REMOTELY AMID COVID19

Three challenges or changes teams will face, and practical recommendations on how to mitigate their effects.

>> [MORE DETAILS](#)

### A COVID-19 GUIDE TO WORKING FROM HOME

The principle guiding my WFH philosophy is the following: You shouldn't try and trick yourself into thinking you're at your workplace, and instead embrace the fact that you are at home.

>> [MORE DETAILS](#)

### STAYING CONNECTED WORKING FROM HOME

Just because you might be working remotely doesn't mean that casual conversations are no longer important.

>> [MORE DETAILS](#)

### HOW TO BUILD AN ENGAGING ONLINE COURSE

Wed 6 May 2020, 6:30 pm - 7:30 pm

>> [MORE DETAILS](#)

## SOCIALISING REMOTELY

### TIPS WHEN YOU'RE CATCHING UP ONLINE

As COVID forces us to find new ways to socialise, and engage with each other, these tips might help smooth out the new rules of engagement.

>> [MORE DETAILS](#)

### THE BIG RELAX - UNWIND THE SPINE

Loosen up a stiff, sore or tight spine. **Every Saturday 3pm to 5pm AEST**

>> [MORE DETAILS](#)

### HOT DUB AT HOME

#hotdubathome is on again this **Saturday 6-8pm AEST**. It's an epic 2.5 hour [dance party from Sydney, Australia's](#) Tom Lowndes aka Hot Dub Time Machine. An audio-visual journey through pop music history from 1954-2020.

>> [JOIN IN HERE](#)

### KARAOKE CAMP

A [24hr online karaoke party free](#) for anyone to join.

### LOUD N' QUEER

A live-streamed party in your lounge room every Friday Night presented by Heaps Gay & Create or Die. **Fri 10 April to Thurs 30 Apr, 8-11pm AEST**

>> [MORE DETAILS](#)

### SHIT PUB TRIVIA

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

>> [MORE DETAILS](#)

### PLAY ON FEST

Warner Music Group has just dropped an epic three-day virtual music festival, happening this weekend. The festival will be kicked off by LL COOL J from **2 am AEST on Saturday 25 April**. Other acts on the bill include the likes of Bruno Mars, Coldplay, Green Day, Ed Sheeran, Twenty One Pilots, David Guetta, and more. The 72-hour festival will be exclusively streamed via Songkick's YouTube Channel

>> [GET INTO IT](#)

## CULTURE/ ART/ BOOKS

### FREE ONLINE BALLET CLASSES

The Australian Ballet is offering free 30 to 40 minute lesson drops each week, and the classes are taught by a former company dancer.

>> [MORE DETAILS](#)

### PAINT AND SIP AT HOME

Online Sessions, hosted by Cork and Chroma artists and streamed step by step to you at home. Choose a painting and book your session online.

No arty experience required. **\$20AUD**

>> [MORE DETAILS](#)

### HEAD ON(line) PHOTO FESTIVAL

Join the live stream launch of the Head On Photo Festival. **6pm Friday 1 May (AEST)**. The [Head On\(line\) Photo Festival](#) will include an program of talks, panel discussions, workshops and webinars all online and free!

>> [CHECK OUT THE PROGRAM](#)

### KOROSHIN GOVENDER: BORROWED TIME

Sydney's inner-city suburbs have always attracted artists, designers, filmmakers and other creatives who live and practice their craft in this vibrant milieu. 'Borrowed Time' is a celebration of these individuals.

>> [VIEW THE EXHIBITION](#)

### #TOGETHER IN ART EXHIBITION

Discover doubles, ghosts and mirror worlds in this video tour through the 'Shadow catchers' exhibition at the Art Gallery of NSW, unveiled by senior curator of contemporary Australian art Isobel Parker Philip.

>> [MORE DETAILS](#)

### BUTTERSCOTCH

Singer, beatboxer, songwriter. Musical deliciousness from a singing and beatboxing.

>> [WATCH HERE](#)

### FAIRFIELD CITY COUNCIL LIBRARY SERVICE

Fairfield City Council has brought back its Home Library Service and expanding its service delivery to more residents. [hls@fairfieldcity.nsw.gov.au](mailto:hls@fairfieldcity.nsw.gov.au) or phone (02) 9725 0333

## EMOTIONAL SUPPORT

### RSPCA NSW ONLINE PET ADOPTION

Instead of visiting a shelter, you'll have a phone or video call then a meet-and-greet with your new potential furry friend at your house.

>> [MORE DETAILS](#)

### BEFORE YOU ADOPT A DOG

5 things to consider before you take on a pet during the lockdown period

>> [MORE DETAILS](#)

### LOVE, LOSS & LONELINESS UNDER LOCKDOWN

Therapist Esther Perel has launched a free workshop series for [adjusting to life under COVID-19](#). (YouTube)

### HELPING MINDS

You can access 3x free phone or video counselling sessions with a mental health professional, without the need for a GP referral.

>> [MORE DETAILS](#)

### BOOST YOUR WELLBEING WEBINAR

With Helping Minds - April 28, 2020 12:00 pm

>> [MORE DETAILS](#)

### WORKING FROM HOME CHECKLIST

The Black Dog Institute offers some tips and strategies to keep on top of things when you're working from home.

>> [MORE DETAILS](#)

### GROWING RESILIENCE PROGRAM

Grow has developed a free online program to help you manage your mental health during this time of crisis. Growing Resilience consists of four modules delivered for two hours twice a week, over two weeks.

>> [MORE DETAILS](#)

### ETHI-CALL HELPLINE

Ethi-call is [available day and night, seven days a week by appointment only](#).

### WHO YOU GONNA CALL?

Helplines and mental health resources

>> [MORE DETAILS](#)



## FOOD & DRINK

### CHRONIC ILLNESS AND LIMITED DISPOSABLE CASH

Chloe Sargeant shares why COVID19 has inadvertently given her more than she expected.

>> [MORE DETAILS](#)

### CAMPOS COFFEE VIRTUAL MASTERCLASS

Free coffee masterclass streamed on Instagram.

>> [MORE DETAILS](#)

### JAMIE OLIVER

Keep cooking and carry on. Loads of delicious recipes and all the latest from Jamie Oliver HQ.

>> [MORE DETAILS](#)

### MAGGIE BEER

Free online cooking classes with the acclaimed cook and restaurateur, Maggie Beer

>> [MORE DETAILS](#)

### MASSIMO BOTTURA

Italian restaurateur and the chef patron of Osteria Francescana, a three-Michelin-star restaurant based in Italy streams Kitchen Quarantine.

>> [MORE DETAILS](#)

### RECIPE: "NEARLY" ANZAC BISCUITS

Bourke Street Bakery recipe makes 12 biscuits.

>> [MORE DETAILS](#)

### RECIPE: MATT MORAN'S CHICKEN SOUP

Serves four people with a preparation time of 30 minutes. Cooking time is five hours.

>> [MORE DETAILS](#)

### RECIPE: EAT WELL, LIVE WELL

Stephen Lunny, Positive Life Board Director and Program Manager at the Surry Hills Neighbourhood Centre shares a recipe and some suggestions to keep healthy eating a priority during COVID-19.

>> [MORE DETAILS](#)

### YOTAM OTTOLENGHI

An afternoon with Yotam Ottolenghi and Adam Liaw, as they discuss what makes a recipe simple, cooking for fussy children and more. **Sunday 26 April 3pm (AEST).**

>> [WATCH IT HERE](#)

## VIRTUAL CULTURAL FIX

### CLUB QUARANTÄNE

Music publication Resident Advisor, is streaming a marathon virtual rave. **Sat 25 to Sun 26 April 2020.** If you're in Melbourne, Sydney, Brisbane, Canberra or Hobart, it starts at 6am. In Adelaide, 5.30am. And in Perth, 4am. It's free to tune in, but you can help by buying tickets, which start at \$2.50.

>> [MORE DETAILS](#)

### KEITH HARING | JEAN-MICHEL BASQUIAT: CROSSING LINES

The exhibition offers new and fascinating insights into their unique visual languages and reveals, for the first time, the many intersections between their lives, practices and ideas.

>> [TAKE THE VIRTUAL TOUR](#)

### ISOL-AID FESTIVAL

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.

>> [MORE DETAILS](#)

### ACMI & MELBOURNE CINÉMATHÈQUE

**Every Wednesday night** join a free weekly movie night from the comfort of your own home

>> [MORE DETAILS](#)

### SYDNEY OPERA HOUSE ONLINE

Offering full-length performances, talks, podcasts and behind-the-scenes content as well as a heap of footage that's never been seen by the public before, every **Wednesday through Sunday**, with each week's schedule announced on Tuesday.

>> [MORE DETAILS](#)

### THE SHOWS MUST GO ON

Free Andrew Lloyd Webber's musicals with a different production each week for six weeks.

>> [MORE DETAILS](#)

### UK NATIONAL GALLERY

Immerse yourself in Renaissance masterpieces from Northern Italy, the Netherlands and Germany.

>> [MORE DETAILS](#)

## TRAINING/ EMPLOYMENT

**Many people are using this lockdown time to acquire new skills online during lockdown.**

[The Guardian](#) offers some tips and strategies on what to look for in a course, staying motivated and more.

### FIND THE COURSE FOR YOU

Thousands of on-campus and online courses across Australia in one place.

>> [MORE DETAILS](#)

### ONLINE EMPLOYABILITY COURSE

A free, 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](#)

### MACQUARIE COMMUNITY COLLEGE

A leading provider of adult education for 70 years are now offering remote learning options in many of their courses. Looking to upskill or change careers? They have nationally accredited courses in Child Care, Aged Care, Business, Computing and English. NSW Government subsidies are available for eligible students.

>> [MORE DETAILS](#)

### UNIVERSITY SOUTHERN QUEENSLAND ONLINE CAREER FAIR

Discover internships, vacation work and/or graduate opportunities, and virtually connect with employers. You will be able to join in from any mobile, tablet or computer.

>> [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](#)

### FFWD HUB

A free 6-week online program to help build your first startup and increase your job opportunities in Australia. **Wed 29 April to Wed 3 June, 5pm to 6pm (AEST)**

>> [MORE DETAILS](#)

### SURVIVAL SKILLS WORKING FROM HOME

Whether you're an employer with staff working from home, or an employee grappling with new technology, here's some information to help ease the transition.

>> [MORE DETAILS](#)

### VIRTUAL NETWORKING FOR BEGINNERS

What do you do when you can't network face-to-face anymore? Tips to network using your LinkedIn profile, making the most from Zoom meetings and more.

>> [MORE DETAILS](#)

### HOW TO START A BUSINESS

Are you using this increase in spare time to start your own business? Are you thinking of turning your hobby or side-hustle into a fully-fledged business that you've been dreaming about?

>> [MORE DETAILS](#)

### DESIGN THINKING SKILLS WEBINAR

The third free online workshop of the "Doing Business Better" series to learn some tools and strategies that help solve problems that arise when running a business. **Monday 4 May from 5:30pm to 7:45pm (AEST)**

>> [MORE DETAILS](#)

### OPEN CULTURE

1,500 free online courses from universities like Stanford, Yale, MIT, Harvard, Oxford and more. You can use this collection of online courses to learn everything you want--from history, philosophy and literature, to physics, biology, psychology, and computer science.

>> [MORE DETAILS](#)

## SECTOR SUPPORT

### NUAA WEBINAR

On the AOD frontline: Providing quality healthcare for people who use drugs during COVID19 with discussion led by Dr Mary Ellen Harrod (NUAA CEO), Annie Madden (OA), Dr Robert Page (NUAA Board Member) and Charles Henderson (NUAA Deputy CEO). **Thurs 30 April from 2.30pm – 4pm**  
>> [MORE DETAILS](#)

### NCOSS COMMUNITY JOBS

NCOSS Community Jobs is providing ALL NGOs access to advertise jobs available on NCOSS Community Jobs Board free until 30 June 2020. Go to [NCOSS Community Jobs Board](#) > Post a Job and choose COVID-19Free - Community sector and non-profit (Job Listing Fee \$0.00) or contact us on [Jobs@ncoss.org.au](mailto:Jobs@ncoss.org.au) for more information.

### DOMESTIC & FAMILY VIOLENCE SERVICES UPDATES - FREE WEBINAR

The SWSDVC is delivering an update on changes to service delivery due to COVID 19 for essential Domestic & Family Violence (DFV) services for DFV frontline workers.  
>> [MORE DETAILS](#)

### INCREASE IN SCAMS & CYBERCRIME

There has been an increase in COVID-19 themed cyber activity towards websites designed to either install software or steal personal information and banking details. [Learn more about protecting yourself against cybercrime](#), or [report a cybercrime](#).

### DIGITAL INCLUSION OR INEQUALITY?

Current challenges and future implications. In this webinar, hear from two of Australia's leading digital inclusion academics, Dr Chris Wilson and Professor Jo Barraket from CSI Swinburne.  
**Monday 27 April 2.30pm to 3.30pm (AEST)**  
>> [MORE DETAILS](#)

### NON-PROFIT TRANSITION TO REMOTE WORK

A free track of courses to provide information and tools to assist nonprofits lay the groundwork for a successful transition to remote work.  
>> [MORE DETAILS](#)

### TED CONNECTS

A live conversation series discussing how to reflect and work through this uncertain time with a sense of responsibility, compassion and wisdom.  
>> [MORE DETAILS](#)

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





## SECTOR SUPPORT

### MONEY PROBLEMS IN A TIME OF COVID-19

Legal AID NSW is running a webinar to help community workers to help their clients know their rights and where to go for help if they are struggling in any way with money issues. A Legal Aid NSW consumer lawyer and financial counsellor will discuss these issues and answer your questions.

>> [MORE DETAILS](#)

### SURVEY: IMPACT OF COVID-19 ON VOLUNTEERS

The Department of Communities and Justice want to hear about the impact COVID-19 is having on volunteers as well as your volunteer-based programs, services and activities. The deadline for survey responses is **5 pm Friday, 1 May 2020**.

>> [MORE DETAILS](#)

### BRIDGE TO VOLUNTEERING

An Introduction to Volunteering Webinar - Friday  
**01 May 10.30am – 12.00pm (AEST)**

>> [MORE DETAILS](#)

### PIVOTING TO REMOTE WORK FOR NFP – FREE

A free track of courses to provide information and tools to assist non-profits lay the groundwork for a successful transition to remote work.

>> [MORE DETAILS](#)

### CREATE A SUCCESSFUL LOW BUDGET NOT-FOR-PROFIT PR CAMPAIGN – FREE

Webinar held on **Monday, 4 May 2020 from 11:00 am to 11:45 am (AEST)**

>> [MORE DETAILS](#)

Subscribe to Positive Life's monthly ebulletin



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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