

COVID-19 TOOLKIT

A weekly update for all people living with HIV in NSW

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Friday 1 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.

This week's theme is **'Staying safe in a time of COVID-19' especially if domestic violence is in the picture.** If you have information to contribute to future TookKits, please email 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.

PRACTICAL RESOURCES, TOOLS AND STRATEGIES

For [people living with HIV in NSW in a time of COVID-19](#).

NSW HIV SECTOR SERVICES

[Who's open, 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

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 (FAQs) about Coronavirus, the virus that causes COVID-19 as it **specifically relates people living with HIV (PLHIV).**

>> [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](#).

COMMUNITY WELLBEING CLINIC

In partnership with Counterpoints support team, Sydney Local Health District is providing a range of pop-up community wellness clinics **in Waterloo on Tuesday 5 May from 10am-2 pm**.

>> [MORE DETAILS](#)

COVID-420 HARM REDUCTION

Bored and stuck at home? NUAA tips for safer seshing during COVID-19.

>> [MORE DETAILS](#)

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](#).

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](#)

FINANCIALS

COST OF LIVING IN NSW

The NSW Government is helping ease the cost of living with more than **70 rebates and savings**.

>> [MORE DETAILS](#)

ELECTRICITY BILLS IN LOCKDOWN?

Many may be wondering: after weeks spent largely at home, are huge household power bills on the way?

>> [MORE DETAILS](#)

FINANCIAL RESILIENCE

Some key steps to take to bolster your financial resilience as COVID-19 continues to impact on our economy.

>> [MORE DETAILS](#)

TROUBLE PAYING BILLS?

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

>> [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](#)

UPDATE TO MUTUAL OBLIGATIONS

People on JobSeeker payment will not need to look for work until at least **22 May**. The government has suspended so-called 'mutual obligations' until then. 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](#)

NSW HIV AGENCY AND 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



HOUSING

JOYS & DRAMAS OF SHARE ACCOMMODATION

What do you need to consider, when you're thinking about going into share accommodation. Positive Life Housing Support has some ideas and suggestions.

>> [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 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](#)

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](#)

LEGALS

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](#).

SURVEYS & RESEARCH

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](#)

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](#)

SURVEY: CARING FAIRLY

Do you provide regular unpaid care and support for a family member or friend. Caring Fairly want to understand how COVID-19 is impacting on unpaid carers.

>> [MORE DETAILS](#)

SURVEY: MENTAL HEALTH & COVID-19

The World Dignity Project and The Global Mental Health Peer Network are researching the mental health impacts of COVID-19, to ensure the dignity of people with lived experience mental health issues is protected in future pandemics situations.

>> [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](#)

REPORT FORM: CARERS EXPERIENCE OF COVID-19

Mental Health Carers NSW is seeking information on the impacts of COVID-19 and response on mental health carers and their loved ones.

>> [MORE DETAILS](#)

CONSULTATION: POSITIVE LIFE STRATEGIC PLAN

Positive Life NSW (Positive Life) is developing a **new five-year strategic plan** to guide our work and address the interests of all people living with HIV in NSW **2021 to 2025**. We are also **evaluating the current strategic plan, 2016 to 2020**.

>> [MORE DETAILS](#)

DOMESTIC VIOLENCE & SAFETY

Australians are being told to stay at home to keep coronavirus at bay. [But what if that home isn't safe?](#)

DOMESTIC & FAMILY VIOLENCE SERVICES

WEBINAR UPDATES – FREE

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. **7 May 2:30–4:30 pm AEST.**

>> [MORE DETAILS](#)

DOMESTIC VIOLENCE (DV) SAFE PHONE

An initiative to ensure those in danger have access to a mobile phone.

>> [MORE DETAILS](#)

TIPS AND STRATEGIES TO DEAL WITH DV

If you are experiencing domestic or family violence these may help you to continue safely using your devices and accounts during this difficult time.

>> [MORE DETAILS](#)

THE ESASAFETY GUIDE

The [games, apps and social media platforms explained along with suggestions](#) on how protect your privacy and security.



Credit to [@JessHarwoodArt](#) (Instagram)

eSAFETY WOMEN

[Empowering women to take control online](#)

eSAFETY SENIORS

[Online safety advice and support for older Australians](#)

eSAFETY ABORIGINAL & TORRES STRAIT ISLANDER PEOPLES

[Resources to help keep our mob safe online.](#)

eSAFETY LGBTQI PEOPLE

For [LGBTQI adults](#), and [younger people](#)

TECHNOLOGY-FACILITATED ABUSE

A form of [abuse that can target anyone using technology](#) such as text or emails, online services, social media and connected devices in the home.

IMAGE-BASED ABUSE

[Info, strategies and resources](#)

DO YOU KNOW THE WARNING SIGNS?

Behaviours and actions that indicate you might be at risk of abuse, online or through various devices.

>> [MORE DETAILS](#)

1800RESPECT ESCAPE BAG CHECKLIST

Create a list of things to take with you in an escape bag if you are planning on leaving a relationship. Choose things that are important to you and include names of services and friends.

>> [MORE DETAILS](#)

FAMILY COURT SEE RISE IN CALLS FOR HELP

There has been a 39% increase in urgent applications filed in the Family Court of Australia, and a 23% increase in the Federal Circuit Court over the past month.

>> [MORE DETAILS](#)

DOMESTIC VIOLENCE DURING COVID-19

How do we keep family violence perpetrators 'in view' during the COVID-19 lockdown?

>> [MORE DETAILS](#)

RELATIONSHIPS UNDER LOCKDOWN

How COVID-19 could test your relationship. Here's how to keep it intact (and even improve it).

FOOD & DRINK

LOW COST TO FREE MEALS DIRECTORY

Includes Inner-West & Sydney City, Canterbury/Bankstown, Fairfield, Greater Western Sydney, and Macarthur//Campbelltown.

>> [MORE DETAILS](#)

WHAT IS DALGONA COFFEE?

According to Google Trends, "Dalgona coffee" has become the most searched type of coffee worldwide, overtaking previous highest peaks for all other kinds of coffee.

>> [MORE DETAILS](#)

NIGELLA AT MY TABLE

Nigella Lawson [on ABC iView celebrates food](#) for friends and family with simple recipes full of complex, vibrant flavour.

DAVID CHANG

Near-daily [cooking videos posted on his Instagram](#).

JOANNA GAINES

Cooking videos titled "[Quarantine Cooking](#)" posted to Youtube.

GORDON RAMSAY

His [extensive YouTube channel](#) has a number of cooking tutorials.

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



EMOTIONAL SUPPORT

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](#)

WILL ATTITUDES TO UNEMPLOYMENT CHANGE

Will COVID-19 change what it means to be unemployed? Some thoughts about revisiting the image of the 'dole bludger' and support everyone to seek work with respect.

>> [MORE DETAILS](#)

SENIORS HELP LINE

Senior Australians, their families and carers can now call a dedicated free call support line aimed at supporting their mental health impacted by the spread of COVID-19.

>> [MORE DETAILS](#)

ETHI-CALL HELPLINE

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

HELPING MINDS COUNSELLING – FREE

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

>> [MORE DETAILS](#)

WHO YOU GONNA CALL?

Helplines and mental health resources

>> [MORE DETAILS](#)

CULTURE/ ART/ BOOKS

HEAD ON(LINE) PHOTO FESTIVAL – FREE

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 online.

>> [CHECK OUT THE PROGRAM](#)

HOT DUB AT HOME – FREE

#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.

>> [TWITCH STREAMING HERE](#)

REKO RENNIE'S "REMEMBER ME" INSTALLATION

Marking 250 years since Invasion Day, recognising the frontier wars, the massacres and the survival of the First People of this country.

>> [MORE DETAILS](#)

KARAOKE CAMP

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

SHIT PUB TRIVIA – FREE

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.

>> [MORE DETAILS](#)

SYDNEY OPERA HOUSE ONLINE

[Every Wednesday through Sunday](#), 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, with each week's schedule announced on Tuesday.

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 or phone (02) 9725 0333

VIRTUAL CULTURAL FIX

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.

FESTIVAL OF DANGEROUS IDEAS (FODI) DIGITAL

May 9-10 FODI will host a series of [digital conversations called FODI Digital](#). The series of online conversations takes inspiration from the original FODI 2020 theme of 'Dangerous Realities'.

ROOM 2 RADIO

Change Friday to Fri-slay, clubbing from the comfort of your own home, live from 8pm-Latepm.

>> [TWITCH STREAMING HERE](#)

WORKSHOP: SAVING LIVES WITH IMAGES

See how [images are being used to save lives, reunite missing children with families and make the world a safer place](#). **Weds 13 May, 12noon**.

SYDNEY CONSERVATORIUM CONCERTS

>> [MORE DETAILS](#)

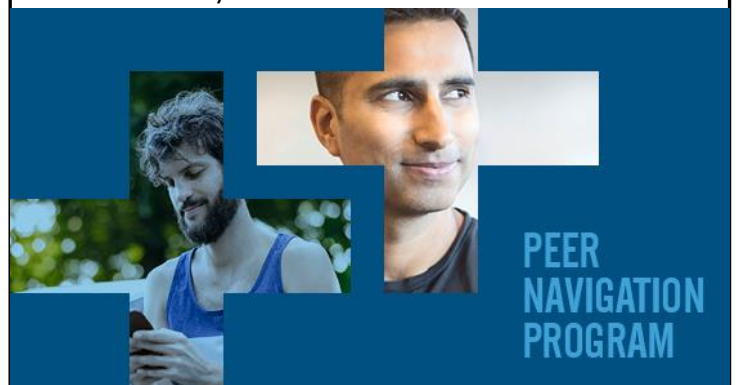
THE SHOWS MUST GO ON

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

>> [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

FIND THE COURSE FOR YOU

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

>> [MORE DETAILS](#)



TAFE NSW OFFERS ANOTHER 13 SHORT COURSES

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](#)

NSW INTERPRETER SCHOLARSHIP PROGRAM

The NSW Government, in conjunction with RMIT University, is offering fully-funded 13-week online interpreting courses between June and September. **Applications close on Mon 11 May.**

>> [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](#)

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](#)

#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](#)

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](#)

SUNNY APP

Sunny is [1800RESPECT's app for women with disability](#) who have experienced violence and abuse.



[APP STORE](#) / [GOOGLE PLAY](#)

DAISY APP

Daisy is [an app developed by 1800RESPECT to connect people experiencing violence or abuse](#) to services in their local area.



[APP STORE](#) / [GOOGLE PLAY](#)

COMMUNITY SUPPORT

PARRAMATTA COVID-19 BUSINESS FINDER

The [City of Parramatta Council](#) offers an [interactive online map](#) to find businesses in the Parramatta CBD as well as nearby parking.

REBOOT YOUR PRIVACY

Focused on protecting personal information online, **Privacy Awareness Week 4-10 May** is time to review your personal information online.

>> [MORE DETAILS](#)

PROUD SUPPORTER OF
PRIVACY AWARENESS WEEK

PositiveLifeNSW
the voice of people with HIV since 1988

4-10 May 2020
oaic.gov.au/paw

PRIVACY
AWARENESS WEEK



NSW ARTS SUPPORT

Create NSW offers COVID-19 support for the small-medium arts and screen sector.

>> [MORE DETAILS](#)

SWOP NSW

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

>> [MORE DETAILS](#)

INCREASE IN SCAMS & CYBERCRIME

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

WEBINAR: PRIVACY IN A PANDEMIC – FREE

Explore privacy issues with Australian Information Commissioner and Privacy Commissioner Angelene Falk, New Zealand Privacy Commissioner John Edwards, IDCare's Managing Director David Lacey, and IJ Principle Consultant Taiji Miyaoka. 6 May 2pm AEST.

>> [REGISTER HERE](#)

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



SECTOR SUPPORT

CRISIS POLICY TEMPLATE – FREE

Community Directors Australia offer free policy template to help you manage your way through the crisis.

>> [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.

>> [MORE DETAILS](#)

COVID-19 IN THE RED BOOK

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

>> [MORE DETAILS](#)

LEADERSHIP IN TIMES OF UNCERTAINTY – FREE

How do you lead your teams through a crisis, whilst planning for and re-imagining a future where your organisation can thrive?

7 May 2pm AEST.

>> [MORE DETAILS](#)

STRATEGIC ADVICE TO NFPS – FREE

Free 30-minute phone consultations for NFP's with PR expert Jo Scard from Fifty Acres.

>> [MORE DETAILS](#)

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

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

>> [MORE DETAILS](#)

SUBSCRIBE TO POS LIFE'S MONTHLY EBULLETIN



BEST PRACTICE GUIDELINES FOR DV WORKERS

Best practices when using mobile devices for service delivery.

>> [MORE DETAILS](#)

DFA SERVICES AND TECHNOLOGY

Resources for Domestic and Family Violence Services wanting to use technology.

>> [MORE DETAILS](#)

COVID-19 RESOURCES FOR ASSOCIATIONS

The Associations Forum supporting associations through the COVID-19 crisis through a variety of platforms and shared knowledge.

>> [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.

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