

COVID-19 TOOLKIT

A weekly update for all people living with HIV in NSW

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Tuesday 26 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 **'Lifting Restrictions – Back to a new Normal?'** If you have information to contribute to future ToolKits, please email contact@positivelife.org.au

POSITIVE LIFE NSW RESPONDS

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](#)

PEERS CONNECT ONLINE

An online social support group for **all people living with HIV, regardless of gender or sexuality in NSW**. Peers from rural and regional settings are especially welcome! Via Zoom on **Thurs 28 May, 6pm-7pm**.

>> [MORE DETAILS](#)

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**.

HIDDEN IN PLAIN SIGHT

In 2020, more people than ever are living with HIV 'hidden in plain sight'.

>> [MORE DETAILS](#)

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](#).

HAVING A PHONE OR ONLINE CONSULTATION

When you're thinking about having a phone or online consultation with your GP.

>> [MORE DETAILS](#)

NEW REASONS TO GET TESTED FOR COVID-19

If you have any symptoms, no matter how mild, come forward for testing.

>> [MORE DETAILS](#)

NEW COVID-19 AND ABORIGINAL COMMUNITIES

A new resources page related to COVID-19 for Aboriginal people and communities is now available on the Aboriginal Affairs NSW Website.

>> [MORE DETAILS](#)

FINANCIAL

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](#)

REJECTED FOR #JOBSEEKER?

You can appeal. Give Welfare Rights a call.

>> [MORE DETAILS](#)

NEW COVID-19 COMMUNITY SECTOR IMPACT SURVEY

Seventy percent of Australia's sporting clubs, arts and cultural organisations, community groups, welfare services and youth services have described themselves as "threatened" by COVID in a new national survey released Friday May 15.

>> [MORE DETAILS](#)

NEW COVID-19 FINANCIAL SURVIVAL GUIDE

The National Debt Helpline has a comprehensive page about steps to take to look after yourself financially during the COVID-19 pandemic.

>> [MORE DETAILS](#)

NEW ROBODEBT CLASS ACTION

The Commonwealth had hoped to settle and admitted 400,000 welfare debts were unlawfully issued. Now hundreds of thousands of Australians affected by the government's robodebt scheme will receive notices from Centrelink about an upcoming class action under orders from the federal court.

>> [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



HOUSING

COVID-19 CRISIS ACCOMMODATION REGISTER

To [support people in the community who urgently need housing during COVID-19](#), DV NSW, Homelessness NSW and Yfoundations are working to connect homelessness and support services.

NEW AFTER THE PANDEMIC

A return to homelessness? During the COVID-19 crisis, high quality temporary accommodation was provided for rough sleepers, people utilising integrated support services, and other people entering homelessness, such as people leaving prison. We need to urgently consider what will happen next. **Fri 29 May, 1pm-2pm AEST**

>> [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](#).

NEW WHERE TO FIND LEGAL INFO AND SUPPORT DURING COVID-19

Legal Aid NSW wants everyone in NSW to have access to the legal information they need in these challenging times.

>> [LISTEN TO THIS PODCAST](#)

NEW LAW FOR COMMUNITY WORKERS

Podcast covering a range of issues relating to community workers, their clients and the law.

>> [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](#)

NEW SURVEY: LIFE DURING COVID-19

This survey wants to understand how Australians are coping with and adjusting to the Coronavirus pandemic.

>> [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: 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](#)

AS COVID19 RESTRICTIONS LIFT

NEW WHAT'S CHANGED AND WHAT'S NEW?

Visit the NSW Government's webpage with details about all the changes, current restrictions in place and plans for lifting restrictions.

>> [MORE DETAILS](#)

NEW FLATTEN THE MENTAL HEALTH CURVE

Prevention United is hosting a series of online sessions on how Australia can 'flatten the curve' of mental ill-health in the wake of COVID-19.

>> [MORE DETAILS](#)

NEW SERVICE NSW

Details of changes to the way Service NSW operates due to COVID19 – appointments, licence renewals, driver knowledge tests, numbers plates and more.

>> [MORE DETAILS](#)

NEW NSW'S ART GALLERIES, LIBRARIES AND MUSEUMS

Will be open from 1 June, but a visit to your favourite cultural institution won't be like it was before.

>> [MORE DETAILS](#)

NEW HOW TO BE LESS BUSY POST-PANDEMIC

For many of us life is slowly changing again. As restrictions ease in some parts of the country, spending time with friends and family is back on the cards.

>> [MORE DETAILS](#)

NEW LIFE AFTER LOCKDOWN

Join UTS Law academics, Professor Thalia Anthony, Dr David Carter and Dr Elyse Methven as we explore how Covid-19 has impacted the law - and our everyday lives. **Tues 26 May, 1pm-2pm**

>> [MORE DETAILS](#)

NEW RECONSIDERING 'RESILIENCE'

Questioning the COVID19 discourse.

>> [MORE DETAILS](#)

NEW FROM THE BEACH TO THE SUBURBS

[How will COVID-19 change cities?](#)

FOOD FOR THOUGHT ABOUT COVID-19

NEW THE PANDEMIC IS CHANGING THE WAY AUSTRALIANS VIEW OTHERS

COVID-19 helps shift public perceptions of marginalised Aussies.

>> [MORE DETAILS](#)

NEW SHUTDOWN OF THE NATION

Estimating the COVID-19 employment shock. Grattan researchers conclude that Australia's unemployment rate will rise to between 10 and 15 per cent. The latter figure would be the highest since the Great Depression in the 1930s.

>> [MORE DETAILS](#)

NEW DOMESTIC SAFETY & COVID19

Has the impact of COVID-19 on cities and housing affected the incidence of family violence?

>> [MORE DETAILS](#)

NEW LOCKDOWNS, 2ND WAVES & BURN OUTS

In a remarkable coincidence, the first media reports about Spanish flu and COVID-19 in Australia both occurred on January 25 – exactly 101 years apart. Clues about the Spanish flu and how coronavirus might play out in Australia.

>> [MORE DETAILS](#)

NEW REMOTE WORK WORKS BEST IF IT'S BY CHOICE

Working from home can make people more productive. Just not during a pandemic.

>> [MORE DETAILS](#)

NEW TEST, TEST, TEST

But why, who and how? More than a million tests for COVID-19 have now been performed in Australia.

>> [MORE DETAILS](#)

NEW RETURNING TO NORMAL? SCARIER?

Coronavirus lockdown made many of us anxious. But for some people, returning to 'normal' might be scarier.

>> [MORE DETAILS](#)

GETTING CONNECTED ONLINE

NEW TALKING TELCO

A series of guides to help Australians with limited English literacy, tech literacy or older people understand how to connect their phone and internet services and how to get help when things go wrong.

>> [MORE DETAILS](#)

NEW BE CONNECTED

An Australia wide initiative empowering all Australians to thrive in a digital world. Develop your digital skills and confidence.

>> [MORE DETAILS](#)

NEW GET STARTED APP

It's not easy motivating someone to try something for the first time, but by following a few simple tips, you can make a huge difference in the life of someone you know. An app when you're assisting someone to get online.

>> [MORE DETAILS](#)

NEW STAYING SAFE ONLINE - COVID-19 EDITION

If you are limiting face-to-face contact, self-isolating or in quarantine, it's important to make sure you can access reliable information, stay connected with friends and family and order what you need online. **Mon 1 June, 3pm-4pm AEST**

>> [MORE DETAILS](#)

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

WHO YOU GONNA CALL?

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

>> [MORE DETAILS](#)

PEERS CONNECT ONLINE

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

>> [MORE DETAILS](#)

NEW MINDSPOT

A free digital mental health service providing online and telephone assessment and treatment for Australian adults with symptoms of anxiety and depression.

>> [MORE DETAILS](#)

NEW #14DAYSYOURWAY

Black Dog Institute's virtual social connection challenge. Create a virtual challenge over 14 days that gets your mind and body moving for all your friends to see (at a safe, physical distance).

>> [MORE DETAILS](#)

NEW WHAT IS DEPRESSION?

This program builds understanding of depression and how it impacts on individuals, their carers and families. The program also explores recovery, coping strategies and self-management techniques.

>> [MORE DETAILS](#)

NEW TIME 2 TALK

Free professional support to those in the community that are facing relationship, family and social challenges.

>> [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.

CULTURE/ ART/ BOOKS

NEW HOT DUB AT HOME – FREE

#hotdubathome is on again this **Saturday 9-11pm AEST for a Virtual Bad Sweater Party**. This epic two hour [dance party from Sydney, Australia's](#) by Tom Lowndes aka Hot Dub Time Machine.

>> [TWITCH STREAMING HERE](#)

NEW MASS ISOLATION AUSTRALIA

A photography project documenting life in lockdown. This two-part exhibition – stage one is happening on Instagram now, and stage two will happen in real life (hopefully) in 2021.

>> [MORE DETAILS](#)

NEW THE DIARY FILES

Collecting vignettes from the everyday lives of the people of NSW and beyond. Tell us what you see, what you feel. Write about your morning coffee. Write about what you wish you said but never did.

>> [MORE DETAILS](#)

NEW SOUNDS OF NATURE

Showcasing the real, amazing sounds that are heard in Blue Mountains National Park.

>> [MORE DETAILS](#)

MARKING TIME

Indigenous Art from the National Gallery of Victoria.

>> [MORE DETAILS](#)

NEW FRIENDSHIP AS A WAY OF LIFE

From UNSW Galleries/School of Art & Design's exhibition

>> [MORE DETAILS](#)

NEW STAY APART TOGETHER

Spencer [Tunick invites Australians to get naked again, this time online](#).

NEW TOASTMASTERS VIA ZOOM

Sustainability/Social Impact Toastmasters is a group of sustainability/social impact professionals who gather to practise public lectures/product pitches/generally improve their communication and leadership skills.

>> [MORE DETAILS](#)

VIRTUAL CULTURAL FIX

NEW WE ARE ONE: A GLOBAL FILM EVENT

Twenty of the world's best film fests are joining forces to curate a free ten-day online festival via YouTube.

>> [MORE DETAILS](#)

NEW 67TH SYDNEY FILM FESTIVAL

This year, Sydney Film Festival will be virtual and national for the first time! Tickets will be available to buy on **27 May** when the full program launches right here at [sff.org.au](#).

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.

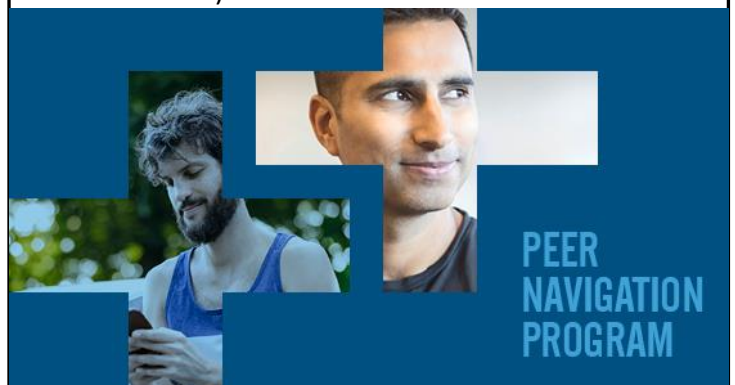
>> [MORE DETAILS](#)

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.

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](#)

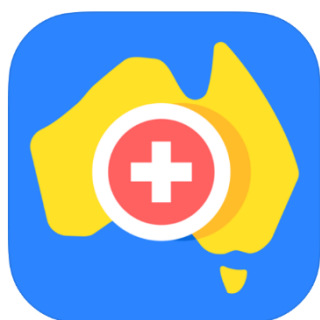
FIND THE COURSE FOR YOU

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

NEW MyAus COVID-19

Migration Council Australia's MyAus COVID-19 app delivers comprehensive information on rules and regulations regarding COVID-19 in Australia and read information in multiple-languages.

[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 SCCI FASHION HUB 2020 – FREE

An all-access, at-your-fingertips digital newswire of fashion content. A digital mini-series presented by leading minds in fashion and culture.

>> [MORE DETAILS](#)

NEW STAY STRONG STAY RESILIENT WEBINAR – FREE

Dr Rose Trevelyan shares insights on navigating through turbulence and change with Resilience techniques in this 30 minute free webinar.

>> [MORE DETAILS](#)

NEW NON-PROFIT DIRECTORS NETWORKING – FREE

A discussion group with the aim to create a space online for Non Profit or For Purpose Chairs, Presidents, Directors and Committee members to network, ask those difficult questions that everyone is thinking about, in a safe environment.

>> [MORE DETAILS](#)

NEW NETWORKING IN NATURE – FREE

A monthly guided morning walk for professionals and business owners in Sydney's stunning Royal Botanic Gardens. New comers always welcome..

>> [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 TIPS WORKING WITH ABORIGINAL PEOPLE IN A TIME OF COVID19

Hear from a Legal Aid NSW lawyer in the Civil Law Service for Aboriginal Communities.

>> [WATCH VIDEO](#)

NEW QUARANTINECHAT

Talk on the phone with someone else stuck at home.

>> [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

[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](#)

NEW SUPPORTING THE MENTAL HEALTH OF YOUR STAFF – \$59+GST

Join this 60-minute online seminar to learn how to better support your staff during difficult times.

Weds 27 May, 11am-12noon AEST

>> [MORE DETAILS](#)

NEW DRIVING TECHNOLOGICAL ADVANCEMENT – \$59+GST

Never before have organisations been forced to embrace technology as much as now. But as much as it's can seem daunting, it could also be seen as an exciting opportunity. **Tues 2 June, 11am-12noon AEST**

>> [MORE DETAILS](#)

NEW MY STAFF DON'T WANT TO RETURN TO WORK – COMING BACK AFTER COVID-19

As Australia commences its return to normality, we have questions about the return of employees to their workplaces. When will it happen? How will it happen? And, increasingly, can I refuse to return when my boss tells me it's time?

>> [MORE DETAILS](#)

NEW SAFE WORK AUSTRALIA

Resources, advice and principles for employers and workplaces in relation to COVID19.

>> [MORE DETAILS](#)

SUBSCRIBE TO POS LIFE'S MONTHLY EBULLETIN



NEW RETHINKING YOUR STRATEGY – A STEP BY STEP GUIDE - \$55

Join this 60-minute session to learn how to review your strategy in light of the significant contextual shifts of 2020, and how to develop a strategy that drives both positive impact and financial sustainability.

>> [MORE DETAILS](#)

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](#)

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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.