

# COVID-19 TOOLKIT

A weekly update for all people living with HIV in NSW

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## Friday 29 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 **'In this Together – Reconciliation Week 2020'** If you have information or feedback to contribute to future ToolKits, please email [contact@positivelife.org.au](mailto:contact@positivelife.org.au)

## POSITIVE LIFE NSW COVID19 RESPONSE

### LOOKING #BEYOND 2020 in NSW – LAST DAYS!

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](#)

### 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**.

### **NEW** FACTSHEET: TATTOO OR PIERCING IN NSW

What people living with HIV need to know when you're thinking about getting a tattoo or piercing.

>> [VIEW THE FACTSHEET](#)

### **NEW** BLOG POST: GETTING INKED OVERSEAS?

Why you need to think twice before you head overseas for some tattourism!

>> [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**

### REASONS TO GET TESTED FOR COVID-19

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

>> [MORE DETAILS](#)

### **NEW** SPRAY & WIPE

Spray and Wipe was made for PAW Media and Communications' social media platforms. It aims to inform people how to exercise hygiene through spray and wiping.

>> [WATCH NOW](#)

### **NEW** STAY SAFE TORRES STRAIT PAMLE

>> [WATCH NOW](#)

### **NEW** LOOKING OUT FOR YOUR MOB

Dr Joel Wenitong - Keep safe during Coronavirus.

>> [WATCH NOW](#)

### **NEW** WHAT'S OPEN @ CITY OF SYDNEY

Latest news and developments, and current service changes within the City of Sydney.

>> [MORE DETAILS](#)

## FINANCIALS

### 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** MONETARY RELIEF DUE TO COVID19?

If you are feeling overwhelmed by the current situation, there are services available to assist you with food, housing, and bills.

>> [MORE DETAILS](#)

### **NEW** WHO QUALIFIES FOR THE \$550 COVID19 SUPPLEMENT?

>> [MORE DETAILS](#)

## FOOD

### **NEW** 'MOB FEEDS'

A virtual hangout spot for food lovers. Gaining over 22,000 followers in only five weeks, [popular Facebook group 'Mob Feeds'](#) is fast becoming a source of connection and sharing among First Nations community.

### **NEW** MELB FOOD AND WINE FESTIVAL ONLINE

Whether you like to cook or just eat and drink, the festival is coming to your lounge room, your phone or to your desktop, giving you a taste of the [Melbourne Food & Wine Festival](#) magic.

### 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

### 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** STRUGGLING TO PAY RENT DUE COVID19?

The NSW Government has introduced a 60 day stop on landlords seeking to evict tenants due to rental arrears as a result of COVID-19, and longer 6-month restrictions on evictions.

>> [MORE DETAILS](#)

### **NEW** TINY HOMES

Coronavirus pandemic sees spike in demand for tiny homes as industry moves to make them more accessible.

>> [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** LEFT WITHOUT PROTECTION

The COVID-19 pandemic has caused considerable hardship for people on temporary visas living in Australia. **Mon 1st Jun, 10:00am to 11:00am AEST**

>> [JOIN THIS WEBINAR](#)

### **NEW** LAW FOR COMMUNITY WORKERS

Tackling fines debt in NSW

>> [LISTEN TO THIS PODCAST](#)

### **NEW** LAW FOR COMMUNITY WORKERS

Tackling fines debt in NSW

>> [LISTEN TO THIS PODCAST](#)

## SURVEYS & RESEARCH

### **NEW** SURVEY: SYDNEY'S RECOVERY PLAN

In response to the impacts of the Covid-19 pandemic, the City of Sydney is writing a Recovery Plan informed by consultation with businesses and our communities.

>> [MORE DETAILS](#)

### **NEW** SURVEY: TRUST IN DIGITAL HEALTH

Who do you trust with your health information online? Would you share your data with the government in an app (during #covid19)? People living with #HIV are especially invited to share your thoughts in this confidential survey from Centre for Social Research at UNSW.

>> [MORE DETAILS](#)

### **NEW** SURVEY: NATIONAL CARERS

By sharing your opinions and experiences, you will help the National Network of Carer Associations advocate for greater recognition and support of carers across Australia.

>> [MORE DETAILS](#)

### 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: LIFE DURING COVID-19

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

>> [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.

>> [MORE DETAILS](#)

## RECONCILIATION: IN THIS TOGETHER

### **NEW** APOLOGY TO “THE STOLEN GENERATIONS”

On behalf of the Parliament of Australia, Prime Minister Kevin Rudd says sorry to the stolen generations – 12 Feb 2008.

>> [WATCH HERE](#)

### **NEW** HOW THE ABORIGINAL SECTOR REACTED TO COVID-19

Aboriginal community-controlled health sector reacted swiftly and effectively to the Covid-19 outbreak, underscoring the importance of their services.

>> [MORE DETAILS](#)

### **NEW** SORRY BUSINESS AND COVID-19

To keep our communities healthy during the COVID-19 outbreak, we need to change how we go about Sorry Business. This will help protect our Elders and those who already have health problems.

>> [MORE DETAILS](#)

### **NEW** SNAKE DREAMING

Short film about Stolen Generations as told by children who learnt the history from their grandmothers.

>> [WATCH HERE](#)

### **NEW** FIRST SOUNDS VOL.2

Featuring 12 chosen artists from Melbourne, Brisbane, Perth to the Torres Strait Islands, Yuendumu to Yirrkala in East Arnhem Land.

>> [LISTEN HERE](#)

### **NEW** WHEN AUSTRALIA WALKED THE TALK

Twenty years ago, in a monumental display of support for reconciliation, around 250,000 Australians walked across the Sydney Harbour Bridge. The People’s Walk for Reconciliation had a profound impact on those who participated, and a roll-on effect around the country.

>> [MORE DETAILS](#)

### **NEW** 20 YEARS ON

Crossing Bridges for Reconciliation panel discussion on Speaking Out. Panel members reflect on the bridge walks of 2000 and the role of reconciliation since then.

>> [LISTEN HERE](#)

### **NEW** URBAN RISKS FOR ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE

Urban Aboriginal people face unique challenges in the fight against coronavirus.

>> [MORE DETAILS](#)

### **NEW** ABORIGINAL WOMAN'S JOURNEY FOR IDENTITY AMID COVID-19

Aunty Brenda Kanofski, a Bidjara-Wakka Wakka woman, had always wondered about her Chinese heritage.

>> [MORE DETAILS](#)

### **NEW** TWO DECADES ON - NOW WHAT?

Indigenous leaders reflect on two decades of reconciliation since 2000 Sydney Harbour Bridge walk.

>> [MORE DETAILS](#)

### **NEW** MORE FAMILIES SEEK ANSWERS

A growing number of Australian families are lifting the lid on hidden Indigenous histories.

>> [MORE DETAILS](#)

### **NEW** ABORIGINAL AND TORRES STRAIT ISLANDER COMMUNITIES & COVID-19

Coronavirus will devastate communities living in remote and very remote areas, if we don’t act now.

>> [MORE DETAILS](#)

### **NEW** WHY FIRST NATIONS PEOPLE WITH DISABILITY ARE AT GREATER RISK?

The First Peoples Disability Network has drawn attention to the "impossible" challenges of self-isolation and social distancing faced by people with disability.

>> [MORE DETAILS](#)



## GETTING CONNECTED ONLINE

### 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](#)

### BE CONNECTED

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

>> [MORE DETAILS](#)

### 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](#)

### 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 make your life more comfortable. Call (02) 9206-2177 or 1800 245 677 (freecall outside metro) or email [contact@positivelife.org.au](mailto:contact@positivelife.org.au)



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](#)

### **NEW** KEEPING MENTALLY FIT DURING COVID-19

Rachel Clements from the Centre for Corporate Health talks about good mental health and the tools, techniques and resources available to help boost emotional resilience and mental wellbeing during the pandemic.

>> [MORE DETAILS](#)

### 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](#)

### #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** MY YEAR OF LIVING MINDFULLY – FREE

In the midst of a growing mental illness epidemic, award-winning health journalist Shannon Harvey enlists a team of scientists to put meditation to the test.

>> [MORE DETAILS](#)

### **NEW** EMOTIONS AS CONTAGIOUS VIRUSES

There is a growing body of scientific evidence showing that our internal mental states, including our emotions, might also be socially transmissible.

>> [MORE DETAILS](#)

### **NEW** MENTAL WELLBEING FOR MEN DURING COVID19

Where (and how) men can get mental health help during coronavirus.

>> [MORE DETAILS](#)

## CULTURE/ ART/ BOOKS

### **NEW** DEADLY CONCERT

An hour of deadly music as part of National Reconciliation Week 2020. **Friday 29 May, 9.05pm to 10pm AEST.**

>> [STREAMING HERE](#)

### **NEW** THE DRIVE-IN'S BACK!!!!

Drive-In Entertainment Australia plans to launch eight venues across NSW and Victoria from July. The company hopes to host live music concerts for up to **600 people, in 300 cars**, with plans to launch eight drive-in venues across NSW and Victoria. All ticketing will be contactless, as will any snack purchases, which will be delivered to your car from onsite food trucks.

>> [REGISTER FOR COMING EVENTS](#)

### **NEW** PARRAMATTA STORYBOX

Storybox brings a unique approach to building digital engagement tools and storytelling in public spaces.

>> [MORE DETAILS](#)

### **NEW** RIVERSIDE THEATRES DIGITAL

Western Sydney's premier performing arts venue, has launched a star-studded series of live digital concerts while doors are closed due to COVID-19.

>> [MORE DETAILS](#)

### **NEW** DO IT AUSTRALIA

Invites [you to follow an artist's instructions](#), enter their world and create an artwork of your own.

>> [VIEW RESULTS HERE](#)

### **NEW** PORCH PLACEMAKING PROJECT

CoDesign Studio's Porch Placemaking is about taking action and bringing people together (from a safe distance) with simple activities on balconies, in front yards, driveways and porches, between **30 May-5 June 2020.**

>> [MORE DETAILS](#)

### **NEW** FALLS MUSIC & ARTS FESTIVAL 2020

While social distancing and public gathering restrictions are still in place, Falls Festival is hoping to go ahead — with an all-Aussie line-up.

>> [MORE DETAILS](#)

## VIRTUAL CULTURAL FIX

### **NEW** BOLLYWOOD DANCE PARTY – FREE

Daybreaker's afternoon dance and yoga parties kicks off a free #SaturdayStaycation series with a Bollywood-style event. **Sat 30 May, 11am to 1pm AEST**

>> [MORE DETAILS](#)

### **NEW** ZOOMING THROUGH THE UNIVERSE

Board a tour of the universe guided by astronomer Irene Pease, who uses the OpenSpace visualization software to take viewers through the stars in cyberspace.

>> [MORE DETAILS](#)

### **NEW** ISOL-LATE – FREE

Isol-Late is [an online music festival and gathering space](#), where **every weekend** from 10pm to 12 midnight AEST artists play 20-minute sets streamed live via their Instagram accounts.

### **HOT DUB AT HOME – FREE**

#hotdubathome is on again this **Saturday 6-8pm AEST**. This epic two hour [dance party from Sydney, Australia's](#) by Tom Lowndes aka Hot Dub Time Machine.

>> [TWITCH STREAMING HERE](#)

### **POSITIVE LIFE NSW TREATMENTS SUPPORT**

Have questions about HIV & coronavirus, living with HIV, disclosure or need support working out how to get medications in NSW? Call our Treatments Officer for support Mon-Thurs (02) 9206-2177, 1800 245 677 (freecall outside metro) or email [contact@positivelife.org.au](mailto:contact@positivelife.org.au)

Want to talk about your HIV and health?

Contact a Positive Life Treatments Officer  
02 9206 2177 or 1800 245 677 (freecall)

PositiveLifeNSW  
The voice of people with HIV since 1988

## TRAINING/ EMPLOYMENT

### **NEW** INCREASE YOUR JOB-ODDS

Some options to increase your odds of landing a job, all from the comfort of your own home.

>> [MORE DETAILS](#)

### **NEW** VIRTUAL WRITING HOUR – FREE

A virtual, creative writing hour at the National Portrait Gallery to create a virtual space where writers can create, connect, and draw inspiration from the Portrait Gallery's online exhibitions. **Tues 2 June**

>> [MORE DETAILS](#)

### **NEW** WORK-LIFE BALANCE IN COVID-19

Working from home and working more than ever? You're not alone!

>> [MORE DETAILS](#)

### **NEW** WEBINAR: MANAGING THE RETURN TO WORKPLACE TRANSITION

Join this live webinar that will help you plan the road to recovery. **Weds 3 June, 12pm to 1pm AEST.**

>> [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](#)

### DEAKIN UNIVERSITY COURSES – FREE

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

>> [MORE DETAILS](#)

## FOOD FOR THOUGHT @ COVID-19

### **NEW** LIVING WITH PANDEMICS

How have societies responded to pandemics, throughout the world, and throughout time? What are the new narratives, meanings and cultures that emerge and shape emerging realities?

>> [WATCH THE VIDEO](#)

### **NEW** CAN GOOD THINGS COME FROM THE CORONAVIRUS PANDEMIC?

The impact of COVID-19 has been widespread and has changed the way many things work. There have also been some positive changes that have happened.

>> [MORE DETAILS](#)

### **NEW** SOMETHING NEEDS TO CHANGE

Moving on from the pandemic means letting go.

>> [MORE DETAILS](#)

### **NEW** ARE WE READY FOR THE WORLD TO COME?

Attempting to recreate the past is a missed opportunity at best, and an act of folly at worst.

>> [MORE DETAILS](#)

### **NEW** WHEN MEDICINE TREATS WOMEN LIKE MEN

Women's bodies are different from men's from cellular level upwards, yet the same treatments are usually prescribed for both sexes – to the detriment of women.

>> [MORE DETAILS](#)

### **NEW** COVID AND THE FAR RIGHT

The COVID-19 pandemic could bring a potentially deadly wave of right wing extremism into Australia, anti-racism advocates warn.

>> [MORE DETAILS](#)

### **NEW** COVID AND DYING ALONE

There have been countless reports during the coronavirus emergency of people dying alone, as older people are separated from their families, and resource-constrained healthcare systems struggle to maintain presence at the bedside of a person approaching the end of life.

>> [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 for people who are feeling socially isolated, or experiencing isolation or loneliness as a result of COVID-19.

>> [MORE DETAILS](#)

### **NEW** WHEN LOVE MEETS POWER

From declining mental health to unprecedented numbers of people experiencing loneliness and isolation, the right combination of love and power can be fundamental in addressing many of our deeply entrenched social issues.

>> [MORE DETAILS](#)

### **NEW** MENTAL HEALTH TRAINING – FREE

The Mental Health Coordinating Council has developed FREE learning resources to better support people living with a psychosocial disability or mental health condition. **10 June, 10.30-11.30am AEST**

>> [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](#)

### **NEW** SUPPORTING EMPLOYEES WELLBEING

How can NFPs support the health of their employees – many of whom have never before worked from home for a significant amount of time?

>> [MORE DETAILS](#)

### **NEW** MAXIMISE HR PRACTICES DURING COVID-19

HR can play a key role in helping to steady the ship, maintain employee performance and morale, and ultimately support your organisation to navigate the new environment.

>> [MORE DETAILS](#)

### **NEW** BEING A BETTER MANAGER DURING COVID19

Anyone in a position of management has, overnight, lost many of the tangible aspects of doing their job – particularly the non-verbal aspects of communication and how we interact in space, in person.

>> [MORE DETAILS](#)

### SAFE WORK AUSTRALIA

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

>> [MORE DETAILS](#)

## SUBSCRIBE TO POS LIFE'S MONTHLY EBULLETIN



### 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](#)

#### Editor:

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#### Positive Life NSW

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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