

COVID-19 TOOLKIT

A weekly update for all people living with HIV in NSW

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Friday 5 June 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 '**Social Determinants of Health and COVID-19**' If you have information or feedback to contribute to future ToolKits, please email contact@positivelife.org.au

POSITIVE LIFE NSW COVID19 RESPONSE

NEW LOOKING #BEYOND2020 in NSW – ONLINE DISCUSSION

Join us **online** to talk about HIV beyond 2020! If **you live with HIV, affected by HIV, or work in the HIV sector in NSW**, let's review the priorities and achievements over the past five years about what things need to look like #Beyond2020 for people living with HIV across NSW. **Thursday 18 June from 6pm to 7.30pm.**

>> [REGISTER HERE](#)

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 HIV LONG-TERM SURVIVORS AWARENESS DAY #HLTSAD

5 JUNE: This day honours people living with HIV long-term and raises awareness of their needs, issues and journeys.

>> [MORE DETAILS](#)

NEW PEERS CONNECT ONLINE

Peers Connect Online! meetings are open to **all people living with HIV in NSW**, over 18 years of age, regardless of gender and sexuality. **Thursday 11 June from 6pm to 7pm.**

>> [REGISTER HERE](#)

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](#)

STAY SAFE TORRES STRAIT PAMLE

>> [WATCH NOW](#)

NEW #HEALTHYATHOME

The COVID-19 pandemic means that many of us are staying at home and doing less in terms of social interactions and exercise. WHO offers some tips to help you stay healthy at home during this period of confinement. >> [MORE DETAILS](#)

NEW COVID-19'S SIX LESSONS FOR AUSTRALIAN HEALTHCARE

The coronavirus has exposed structural flaws in the way we prevent and treat ill health.

>> [MORE DETAILS](#)

NEW COVID-19 INFORMATION FOR ABORIGINAL AUSTRALIANS

Aboriginal people can now access specialised COVID-19 advice with a series of eight short videos produced by Western Sydney Local Health District (WSLHD). >> [WATCH](#)

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](#)

MONETARY RELIEF DUE TO COVID-19?

If you are feeling overwhelmed by the current situation, there are services available to assist you with food, housing, and bills. >> [MORE DETAILS](#)

WHO QUALIFIES FOR THE \$550 COVID-19 SUPPLEMENT?

>> [MORE DETAILS](#)

NEW NCOSS ADVOCACY JOBSEEKER PAYMENT

Until the JobSeeker payment was doubled in March, thousands of Australians struggled to live on \$40 a day. NCOSS would like to hear how this raise in payment has positively impacted you or your clients. >> [SHARE YOUR STORY](#)

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.

STRUGGLING TO PAY RENT DUE COVID-19?

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 six-month restrictions on evictions.

>> [MORE DETAILS](#)

NEW COVID-19 & HOMELESSNESS

Precautions: easier said than done when patients are homeless. >> [MORE DETAILS](#)

NEW GENDERING HOMELESSNESS

From the margins to the centre. There remain significant knowledge gaps about how gender, and its intersection with other structural factors, shapes social processes and practices. **Wed 17 June, 4pm to 5pm AEST.** >> [MORE DETAILS](#)

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. >> [TAKE THE SURVEY](#)

COMMUNITY SUPPORT

COVID-19 IN THE RED BOOK

Guidelines, harm reduction tips and strategies by and for sex workers. >> [MORE DETAILS](#)

SWOP NSW

COVID-19 news, updates and resources for sex workers in NSW. >> [MORE DETAILS](#)

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** >> [REGISTER HERE](#)

SURVEYS & RESEARCH

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](#)

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](#)

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: ADAPT STUDY

Exploring the impact of the COVID-19 pandemic on Australians who use drugs. >> [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](#)

**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

SOCIAL DETERMINANTS OF HEALTH

NEW COVID-19 WILL MORE SEVERELY AFFECT PEOPLE WITH VULNERABILITIES

Drawing on established research, Nous House Australia identifies 10 social determinants of health that can exacerbate existing disadvantage and the impact of pandemics. >> [MORE DETAILS](#)

NEW HOW AUSTRALIA COMPARES TO THE REST OF THE WORLD

When it comes to coronavirus cases, deaths and tests, Australia is performing better than many other countries. >> [MORE DETAILS](#)

NEW COVID-19 REQUIRES US TO RETHINK HOW WE LIVE

Smart cities can help us manage post-COVID life, but they'll need trust as well as tech.

>> [MORE DETAILS](#)

NEW THE SOCIAL DETERMINANTS OF HEALTH DURING COVID-19

The evidence continues to support what I have observed in practice over the past 18 years: that factors such as a stable home life and financial security impact health just as much if not more than our medical interventions and screening programs. >> [MORE DETAILS](#)

NEW TAKING FOOD INSECURITY INTO THEIR OWN HANDS

Fresh produce is hard to come by in remote parts of the country, [and it's causing serious health problems for Aboriginal and Torres Strait Islanders](#). It's why [Food Ladder](#) is working alongside communities to grow their own fruit and veg.

NEW JOBSEEKER PAYMENT MUST INCREASE POST COVID-19

If we want to keep unemployed Australians out of poverty in future, [significant changes will be required to the base rate of JobSeeker](#).

NEW RECONFIGURING OUR URBAN SPACES

4 ways our streets can rescue restaurants, bars and cafes after coronavirus. >> [MORE DETAILS](#)

AND COVID-19

NEW THE RISKS AS LOCKDOWNS LOOSEN

Bill Bowtell, one of the architects of Australia's response to HIV/AIDS, spells out how the health and economic crises interact with one another as they change and affect the lives, health and prosperity of us all. >> [MORE DETAILS](#)

NEW EASING BACK SOCIALLY SAFELY AFTER RESTRICTIONS

Seven questions answered on how to socialise safely as coronavirus restrictions ease.

>> [MORE DETAILS](#)

NEW CORONAVIRUS MUST NOT STOP AUSTRALIA CREATING DENSER CITIES

Yet, despite the impacts of restrictions, Australia's future is in urban density and not the suburban sprawl of the past. >> [MORE DETAILS](#)

NEW CAN WE STOP COVID-19 BEING THIS GENERATION'S GREAT DEPRESSION?

COVID-19 throws into sharp relief the need to address the social determinants of health inequities: the conditions into which we are born, grow, live, work and age and the opportunities that come with those, which are very unequally distributed. >> [MORE DETAILS](#)

NEW WHAT MORRISON DID WRONG ON CORONAVIRUS

Experts say the PM moved too slowly to contain the threat of Covid-19, straining our already under-resourced health system. >> [MORE DETAILS](#)

NEW THE NEW WORLD OF DESK-BOUND WORK

With Covid-19 forcing so many employees to work from home, permanent changes are expected in the ways we do business. >> [MORE DETAILS](#)

NEW COVID-19 THE BIG QUESTIONS

Racial minorities and First Nations communities are more impacted by COVID-19 - [here's why!](#)

NEW WHERE NEXT FOR HEALTHCARE?

PricewaterhouseCooper analysis on [how the healthcare industry can make a difference](#).

LEGALS

NEW NSW COVID-19 PUBLIC HEALTH LAWS AND POLICE POWERS (REVISED)

Overview of NSW Police powers to enforce new social distancing and isolation orders from Redfern Legal Centre. >> [MORE DETAILS](#)

NEW WHERE TO FIND LEGAL INFO & 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](#)

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 GOVERNMENT PLOTS ROBODEBT RETURN

The government is set to [repay 470,000 unlawful robodebts](#), over \$721 million worth, in what might be Australia's biggest-ever financial back down. While it concedes flaws, the government will not rule out using new laws to allow a [future reboot](#) of the botched robodebt scheme.

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



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 NOT ALONE PODCAST

Cecile moved to Australia from the Philippines when she was 19 years old. As a young, driven international student, she saw a land of opportunity and greener pastures. But from the time her plane hit the tarmac at Sydney Airport, it didn't take long before this idyllic vision clashed with some confronting realities. >> [LISTEN](#)

NEW TRANSITIONING BACK TO WORK

With many organisations starting to reopen their offices, [these tips from Beyond Blue](#) will help staff manage their mental health as they transition back into the physical workplace.

NEW ARE WE PICKING THE RIGHT HORSE IN THE CRITICAL MENTAL HEALTH RACE?

COVID-19 has highlighted again the pressure facing our mental health system, in relation to both existing service users and prospective. It has also propelled a new opportunity to re-think Australia's approach. >> [MORE DETAILS](#)

NEW WHAT WORKED TO MINIMISE COVID-19 DEATHS, AND WHY?

Clear patterns are evident in the data we have on cases, mortality and testing. >> [MORE DETAILS](#)

NEW NO EXCUSE FOR ABUSE

[Our Watch](#) has updated it's [No Excuse for Abuse website](#) in response to the COVID-19 crisis to help raise awareness of non-physical abuse towards women. The campaign educates the broader community about what different types of abuse look like.

NEW SUICIDES IN JAPAN DECLINE

Suicide rates in Japan have dropped by 20% since COVID – [here's why](#)

CULTURE/ ART/ BOOKS

NEW A THOUSAND WORDS

Photographic images are powerful. They can elicit an emotional response – be it wonder, curiosity, sadness or distress and the sharing of stories. NSW State Archives and Sydney Living Museums invite you to take part in this exhibition.

>> [MORE DETAILS](#)

NEW HONEY I'M HOME

Ikea has come up with a quirky way for us all to get involved in protecting our buzzing, vital pollinators. [By designing and building your own mini apartment complex for solitary bees.](#)

NEW BEFORE THE DUST SETTLED

The ABC's satirical take on the Maralinga tests captures the confusion and the wilful blindness.

>> [MORE DETAILS](#)

NEW PARRAMATTA LIBRARY LIMITED ACCESS

City of Parramatta Council is reopening its libraries for limited access from 2 June, with increased health and safety measures in line with Federal and State Government guidelines.

>> [MORE DETAILS](#)

NEW HAWKESBURY LIBRARY SERVICE

COVID-19 Operational Update – [details here.](#)

NEW LOVELIVO SEE TASTE DO

Celebrate all there is to embrace in Liverpool during [Liverpool Council's Instagram competition.](#) Take a pic, post it, hashtag it and you could win a great prize. **Instagram competition until 26 June.**

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](#)

VIRTUAL CULTURAL FIX

NEW CLOSE TO HOME: SYDNEY'S MARVELS

Join John August for a fascinating online exploration of places of interest that are close to home, in and around Sydney. **Weds 24 June, 12.30pm to 1.30pm.** >> [MORE DETAILS](#)

NEW TOM KENEALLY ON THE DICKENS BOY

Join Booker Prize winner Tom Keneally for a fascinating talk on his new novel, The Dickens Boy. **Tues 2 June, 12.30pm to 1.30pm AEST.**

>> [REGISTER](#)

NEW L-FRESH THE LION ALBUM LAUNCH

Soak up the sounds and stories of Liverpool streets as [L-FRESH The LION](#) launches his new album South West, inspired by the people, culture, hustle and drive of the Liverpool community. [Be in the know.](#)

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.

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

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

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 RESPECT@WORK WEBINAR

Join Australia's Sex Discrimination Commissioner Kate Jenkins and barrister Kate Eastman SC to discuss AHRC's 2020 report Respect@Work.

>> [WATCH](#)

NEW CORONAVIRUS AND AUSTRALIAN WORKPLACE LAWS

Find out about your workplace entitlements and obligations during the impact of coronavirus.

>> [MORE DETAILS](#)

NEW WORKPLACE SURVEILLANCE AND THE FUTURE OF WORK

The Centre for Responsible Technology is hosting a discussion about workplace surveillance and models to regulate AI. Weds 10 June, 1pm to 2pm AEST. >> [REGISTER](#)

NEW WORK-LIFE BALANCE IN COVID-19

Working from home and working more than ever? You're not alone! >> [MORE DETAILS](#)

NEW IMPACT2020

The impact2020 summit, presented by the [Centre for Social Impact \(CSI\)](#), has made their contact available as free webinars with educators, researchers and thought leaders who shared their research, expert insights, innovative thinking, case studies, tools and resources. >> [MORE DETAILS](#)

NEW SPLIT SYSTEM

COVID-19 has exposed deep flaws in the structure of Australia's higher education system.

>> [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 RACISM & COVID-19

The absence of data illustrating the increase in racial abuse during the COVID-19 pandemic shows Australia needs to do better at recording and monitoring racism. >> [MORE DETAILS](#)

NEW BOUQUETS AND BLUNDERS

Four ways Australia's coronavirus response was a triumph, and four ways it fell short. >> [MORE DETAILS](#)

NEW 15 THINGS TO NOTE FOR A NEW CRISIS

What are some of the lessons and challenges from the coronavirus pandemic that we can or should keep in mind for the next public health crisis (or one that's already unfolding)? >> [MORE DETAILS](#)

NEW LEARNING FROM CRISIS

The Australian Human Rights Commission Aboriginal and Torres Strait Islander Social Justice Commissioner, Ms June Oscar AO, shares >> [MORE DETAILS](#)

NEW CROAKEY'S COVID-19 WRAP

Delving into strategy, communications, art, frugal innovation – and healthy recovery. >> [MORE DETAILS](#)

NEW COVID-19'S SECOND WAVE

Government can do more to flatten the mental illness curve. >> [MORE DETAILS](#)

NEW NEED GROWTH?

Scrap policies that favour rich people and monopolies. Breaking self-perpetuating cycles of rising inequality will be key to Australia's economic recovery. >> [MORE DETAILS](#)

NEW PEOPLE WITH DISABILITY IN A TIME OF COVID-19

Disability Discrimination Commissioner Dr Ben Gauntlett addressed the rights of people with disability in the context of the pandemic, and the importance of including people with disability in the policy decision-making framework for COVID-19 recovery. >> [MORE DETAILS](#)

Conference call bingo!

HI, WHO JUST JOINED?	CAN YOU EMAIL THAT TO EVERYONE?	IS ____ ON THE CALL?	UH, ____ YOU'RE STILL SHARING...	HEY, GUYS, I HAVE TO JUMP TO ANOTHER CALL
(SOUND OF SOMEONE TYPING, POSSIBLY WITH A HAMMER)	(LOUD, PAINFUL ECHO/ FEEDBACK)	(CHILD OR ANIMAL NOISES)	HI, CAN YOU HEAR ME?	NO, IT'S STILL LOADING.
NEXT SLIDE, PLEASE.	CAN EVERYONE GO ON MUTE?	I'M SORRY; I WAS ON MUTE	(FOR OVERTALKERS) SORRY, GO AHEAD	HELLO? HELLO?
SO (cuts out) I CAN (unintelligible) BY (cuts out) OK?	SORRY I'M LATE (INSERT LAME EXCUSE.)	I HAVE A HARD STOP AT...	I'M SORRY, YOU CUT OUT THERE.	CAN WE TAKE THIS OFFLINE?
I'LL HAVE TO GET BACK TO YOU.	CAN EVERYONE SEE MY SCREEN?	SORRY, I WAS HAVING CONNECTION ISSUES.	I THINK THERE'S A LAG.	SORRY, I DIDN'T CATCH THAT. CAN YOU REPEAT?

CONFERENCE CALL BINGO

© E GILLIAM

[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](#)

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** >> [REGISTER](#)

NEW THE IMPACT OF COVID-19 ON EMPLOYERS WHS OBLIGATIONS

Factsheet from AON supporting employers.

>> [MORE DETAILS](#)

NEW CROAKEY'S COVID-19 WRAP

Delving into strategy, communications, art, frugal innovation – and healthy recovery.

>> [MORE DETAILS](#)

NEW A DISABILITY LENS TO THE COVID-19 HEALTH POLICY RESPONSE

Consequential public health responses need to be evidence-based, proportionate, inclusive, non-discriminatory, equitable and repeatedly articulated in an accessible manner.

>> [MORE DETAILS](#)

SUBSCRIBE TO POS LIFE'S MONTHLY EBULLETIN



NEW THE ALBION CENTRE COURSE CALENDAR

Semester 2 (2020) Courses. >> [MORE DETAILS](#)

NEW WORKPLACE LEGAL ADVICE PROGRAM FAQS

Some employers are eligible for free independent legal advice for workplace issues arising from the coronavirus outbreak. Read frequently asked questions about the Workplace Legal Advice Program. >> [MORE DETAILS](#)

NEW PROBLEMS AT WORK FOR PEOPLE IN CULTURALLY DIVERSE COMMUNITIES – FREE

Do you know what to do if someone tells you they are not being treated well or paid properly at work? The Migrant Employment Legal Service talks about what they do. **Weds 10 Jun 2020, 11am to 12pm AEST** >> [REGISTER](#)

Editor:

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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