

CONTENTS

PAGE 1

Health / Financials

PAGE

Housing/Surveys / Research

PAGE 3

Building an Inclusive Future

PAGE 4

Legals / Social Support

PAGE

Culture/Art/ Books/ Virtual Fix

PAGE 6

Thoughts / Online Social Activities

PAGE 7

Training & Employment

PAGE 8

Sector Support

SOURCES

Better Renting

Beyond Blue

Eventbrite

Humanitix

IDEAS

indigiTUBE

Legal AID NSW

NCOSS

NUAA

ProBono Australia

ReachOut.com

Redfern Legal Centre

Sydney Mechanic School of Arts

SWOP NSW

Welfare Rights Centre

Friday 12 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 'Building an inclusive future' If you have information or feedback to contribute to future ToolKits, please email contact@positivelife.org.au

POSITIVE LIFE NSW COVID19 RESPONSE

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 what things need to look like #Beyond2020 for people living with HIV across NSW. **Thursday 18 June from 6pm to 7.30pm. RSVP Essential** >> **REGISTER HERE**

FAQS ABOUT COVID-19 & LIVING WITH HIV

<u>Frequently Asked Questions about Coronavirus</u>, the virus that causes COVID-19 as it **specifically relates people living with HIV**.

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 25 June from 6pm to 7pm. RSVP Essential >> REGISTER HERE

EAT WELL, LIVE WELL

Stephen Lunny, Surry Hills Neighbourhood Centre Program Manager and Positive Life Board Director shares some suggestions to keep healthy eating a priority during COVID-19 along with <u>a lasagne recipe – comfort food these cold nights!</u>

HEALTH

FEELING UNWELL

Need to check if you should seek medical assistance for coronavirus? Visit the <u>online NSW</u>
<u>Government COVID-19 Symptom Checker</u>

If you have severe difficulty breathing call triple zero (000) immediately.

CORONAVIRUS IN YOUR LANGUAGE

News and information about coronavirus (COVID-19) is <u>available in 63 languages.</u>

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

COVID-19 INFORMATION FOR ABORIGINAL AUSTRALIANS

Aboriginal people can access specialised COVID-19 advice with a series of eight short videos produced by WSLHD. >> WATCH NOW

SURVEY: NSW AGEING STRATEGY

Have your say about what needs to be in the new NSW Ageing Strategy. The NSW Government wants to hear from people over 50, as well as those who have older people in their lives <u>by</u> completing the survey by 30 June 2020.

NSW RESTRICTIONS THIS WEEKEND

Gatherings of up to 20 people in homes and outside will be allowed in NSW from Sat, 13 June. Gyms, yoga studios and tattoo parlours will also be able to open this Saturday. >> READ MORE

FINANCIALS

JOBSEEKER & COVID-19

The Welfare Rights Centre provides information about JobSeeker Payment and the temporary arrangements in place because of the COVID-19 pandemic. >> READ MORE

POVERTY IN AUSTRALIA 2020: PART 2 - WHO IS AFFECTED?

Report released by ACOSS and UNSW Sydney, exposes the disproportionate impact of poverty on households in which women are the main income earners. >> READ MORE

A FINANCIAL ACCOUNTABILITY PARTNER

Reaching your money goals with an accountability partner. >> READ MORE

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

NCOSS ADVOCACY JOBSEEKER PAYMENT

NCOSS would like to hear how the raise in the JobSeeker 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 <u>support people in the community who urgently</u> <u>need housing during COVID-19</u>, 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

HOMELESSNESS: CAN THE COVID-19 CRISIS HELP END ROUGH SLEEPING IN AUSTRALIA FOR GOOD? >> READ MORE

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

RENTERS' GUIDE TO COVID-19

This guide has been developed to provide legal information about situations that may arise as a result of the COVID-19 pandemic. >> LEARN MORE

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

SLEEPERS

Rough sleepers in NSW <u>could soon be moved out</u> <u>of temporary accommodation and into secure</u> <u>housing</u> as part of the Berejiklian government's plan to get people off the streets.

PROVED THAT HOMELESSNESS IS SOLVABLE?
>> READ MORE

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: 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: SEXUAL AND REPRODUCTIVE HEALTH DURING COVID-19

The current global pandemic of COVID-19 (coronavirus) is rapidly changing the lives of all Australians. This survey aims to investigate the impact of the COVID-19 pandemic on the sexual and reproductive health of people living in Australia. >> SURVEY LINK

SURVEY: I LOST MY GIG AUSTRALIA

An initiative of the Australian Festivals Association (AFA) and the Australian Music Industry Network (AMIN) to quantify the immediate impact of the COVID-19 pandemic on Australia's live event and entertainment industries. >> SURVEY LINK

SURVEY: HELPING CLIENTS FILL IN FORMS

NCOSS is investigating the impact of frontline staff helping more and more clients fill in online forms.

>> SURVEY LINK

BUILDING AN INCLUSIVE FUTURE

ANTI-RACISM IN THE US AND AUSTRALIA

Join US politics expert David Smith, human rights lawyer Roxanne Moore and former Race Discrimination Commissioner Tim Soutphommasane as they examine systemic racism, state power and violence. Tuesday 16 June from 12:30pm to 1:30pm AEST.

>> MORE DETAILS

THE ARCHITECTURE OF INJUSTICE

Behrouz Boochani participates via live video-link in a conversation with noted Australian barrister, human rights and refugee advocate, and author, Julian Burnside AO QC. >> WATCH NOW

POWERFUL RACISM MONOLOGUE ON Q+A

Actor Meyne Wyatt has delivered a powerful monologue from his play City of Gold to close the Q+A special on racism in Australia.

>> WATCH NOW

ROAD TO RECOVERY

Join the conversation on vulnerability and building an inclusive future. How can we ensure the cracks don't become chasms and instead develop a plan that supports an inclusive future and supports social cohesion? Thurs 18 June, 2pm to 3pm AEST >> GET TICKETS

LIFE AFTER LOCKDOWN

A UTS event exploring community response to COVID-19 and how we can keep the momentum going for the future. Panel will include the founders of the Newtown Blessing Box, Helen Silvia, CEO, Women's and Girls' Emergency Centre (WAGEC) and UTS' Volunteering and Training Coordinator, Alex Connor. Moderated by UTS's Executive Director of Social Justice, and former MP, Verity Firth. Weds 17 June 1:00 pm to 2:00 pm AEST >> REGISTER HERE

Q & A CALL ON RACISM IN AUSTRALIA

Actor Meyne Wyatt says racism is the real pandemic, Leetona Dungay calls for justice for son David Dungay on Q+A. >> READ MORE

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

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

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



LEGALS

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

ROBODEBT ROLLBACK

What does it mean for you? >> MORE DETAILS

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. >> <u>LISTEN</u>

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.

LEGAL HELP & INFO - FREE

LawAccess NSW and **Legal Aid NSW** have partnered up to <u>offer free legal help to people</u> affected by the COVID-19 restrictions.

POSITIVE LIFE NSW SILVER WARRIORS

Supporting people living with HIV who are over 45 years, to 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

C.O.P.E SYSTEM @HOME

Professor Susan Young (UK) offers an easy system to create your own game plan under lockdown - Chores, Occupation, Physical, Entertainment.

>> WATCH VIDEO

NUMBER OF THE PROOF THE

The best way to decide if mindfulness is for you is to give it a crack! Reach Out.com offers some different ways you can practise mindfulness, tips for what to do if you're finding it hard, and ways you can incorporate mindfulness into your daily routine.

OPEN UP SESSIONS

For 18-29 year olds. <u>Connect with some other</u> <u>humans who are going through the same thing</u>. You can share your experience or just listen (no talking necessary).

SELF-CARE IN A TIME OF COVID-19

Rachel Clark shares four micro-practices that have helped her build compassion for herself and avoid burn-out.

HOW DOES RACISM IMPACT ON MENTAL WELLBEING?

Racism can come in different forms, but for many Indigenous Australians it's a common reality.

>> READ MORE

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.

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

CULTURE/ ART/ BOOKS

VIRTUAL VIEWING PARTY

Join a virtual viewing party via Zoom and Beamafilm to watch the animated classic, Animal Farm, a no-holds-barred adaptation of George Orwell's Animal Farm (1954) on Sat 27 June, 3pm to 5.20pm AEST

>> REGISTER HERE

A JOURNAL OF THE PLAGUE YEAR

The School of Historical, Philosophical and Religious Studies at the Arizona State University in the United States <u>invite worldwide stories in their</u> online archive, A Journal of the Plague Year.

OPERA AUSTRALIA ON DEMAND

Experience some of Opera Australia's grandest productions <u>from the comfort of your own home</u> <u>for free</u>.

NATIONAL THEATRE UK

Each <u>production will be free and screened live</u> every **Thursday at 7.00pm GMT**, it will then be available on demand for seven days.

AUSTRALIAN BALLET 2020 DIGITAL SEASON

Free cinema-quality digital season brings their full-length performances to you at home.

>> MORE DETAILS

MUSEUM OF FREEMASONRY

A collection spanning over 200 years and including the Archives, Museum, Gallery, and Library of the Freemasons of Australia. Take a virtual tour.

NATIONAL GALLERY, LONDON

The National is home to 2,300 publicly-owned paintings, watercolours, drawings and other European art from the 13th to the mid-20th century. <u>Take the Tour</u>.

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** across NSW and Victoria.

>> REGISTER FOR COMING EVENTS

VIRTUAL CULTURAL FIX

WATCH FILMS FOR FREE

Beamafilm is 100% FREE for anyone with a NSW Library Card to watch unlimited films and documentaries - with plenty of local Aussie content and independent and classic films.

EXECUTE BANGARRA DANCE THEATRE

Check out <u>Bangarra through their People</u>, <u>Place</u>, <u>Journeys and Productions</u>.

- NEWS THE CULTURE TRIP

From one-day hikes in New Zealand, rainy day activities in Osaka, and fairy tale Villages in Germany, you can pick your destination or wander and get lost down the intriguing alleyways of this website. >> START HERE

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,

<u>Australia's</u> 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



FOOD FOR THOUGHT @ COVID-19

TOLL OF CORONAVIRUS LOCKDOWN

As the black dog approached, Jeremy picked up an old instrument to help him through lockdown. >> READ MORE

TIME TO TELL THE TRUTH

A conversation about Australia's Indigenous past. Facilitated by Prof. Larissa Behrendt AO, Eualeyai/Kamillaroi woman, with panellists Bruce Pascoe, author of the best-seller Dark Emu, Rodney Dillon, Indigenous Rights Adviser at Amnesty International and prominent activist and Gunnai-Kurnai & Gunditjmara woman Lidia Thorpe. Mon 22 June, 1pm to 2pm AEST. >> REGISTER HERE

Legal experts call for investigations into Indigenous deaths in custody to be reopened. >> READ MORE

MENTAL HEALTH NURSES TO BE BASED IN POLICE STATIONS

Mental health nurses will be based at some Sydney police stations and accompany officers to psychiatric emergencies as part of a new program to help people in a mental health crisis

>> READ MORE

───── WHEN WORDS MATTER

How do writers chronicle world-changing events? **Weds 17 June, 1pm to 2pm AEST.**

>> MORE DETAILS

FINANCIAL COSTS OF COVID-19 FOR PEOPLE WITH DISABILITY

More than 90 per cent of people with disability have seen their expenses increase. >> READ MORE

IN MY BLOOD IT RUNS

Indigenous kid Dujuan Hoosan is an accidental activist and the star of a new documentary he hopes will bring positive change for Australians nationwide. >> WATCH NOW

YHONNIE SCARCE'S ART OF GLASS

Using glass as a medium, Yhonnie Scarce makes art that testifies to the trauma enacted on Aboriginal people and communities. >> READ MORE

ONLINE SOCIAL ACTIVITIES

NEW SING ONLINE WITH SHARON HAYES − FREE

Online class with Sharon, she teaches scales for 30 minutes then each person has the opportunity to sing one or two songs, which she work on with them to bring out the best. >> GET TICKETS

ONLINE TOUR SYDNEY OPERA HOUSE

<u>Join tour guide Declan</u> as he reveals the stories of this iconic building through history, incredible architecture and anecdotes.

LUKU NGARRA

Our law since before time began. Directed by the passion, wisdom and life experience of one of Australia's most profound Indigenous Civil Rights leaders, Rev. Dr Djiniyini Gondarra OAM.

>> WATCH NOW

GLOBAL STORYTELLING NIGHT

Join four people from around the world - now living in Canada, Europe, Hong Kong and Australia as they share their own stories of 'welcome' and 'imagination', based on this year's Refugee Week theme. >> REGISTER HERE

THE LIBRARY MOVIE CLUB

Join an online discussion about the movie of the week. <u>The Library Movie Club is held on Thurs</u> 6pm to 6.45pm every fortnight.

MAKE MUSIC DAY 2020!

See artists from Western Sydney perform live online from iconic venues within Parramatta, joining 750 cities and 120 countries for this one day event. All performances will be streamed live on **Sunday 21 June from 11am to 5:30pm AEST** via At Parramatta Facebook.

AUSTRALIAN CHAMBER ORCHESTRA

Celebrates Richard Tognetti's 30th Anniversary with a free, week-long program of premieres, classic performances and film screenings starting **Monday 15 June**. >> HOMECAST WEBSITE

AGAIN)

This time, organisers are aiming for July 2021. >> MORE DETAILS

TRAINING/EMPLOYMENT

INFORMATION EVENING: UNIVERSITY OF WOLLONGONG

Courses available at the South-Western Sydney campus and much more. **Weds 17 June, 6pm to 7.30pm AEST** >> MORE DETAILS

YOUR NEXT ROLE — FREE

Have you just lost your job? Feeling like you need to secure your next role? Feeling like you need tips to start a new search? Or just feel stuck in your job? This webinar offers some practical tips to implement right away. Wednesday, 17 June, 11:00am to 12:00 pm AEST >> REGISTER HERE

HOW TO GET YOUR NEXT GIG ONLINE QUICKLY – FREE

This online workshop breaks down the steps to getting your next (or first) online course, webinar, summit, podcast, or list building freebie built and ready to launch. **Sat 20 June, 10am to 11am AEST** >> MORE DETAILS

DEAKIN UNIVERSITY COURSES - FREE

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

JOB SEARCH STRATEGIES & COVID-19

Women-only event supporting women who have moved from overseas to start a new life in Australia. >> MORE DETAILS

YOUR NEXT ROLE - FREE

Have you just lost your job? Feeling like you need to secure your next role? Feeling like you need tips to start a new search? Or just feel stuck in your job? This webinar offers some practical tips to implement right away. Wednesday, 17 June, 11:00am to 12:00 pm AEST >> REGISTER HERE

NEW 2000 NEW SURGE JOBS OFF COVID-19 CRISIS

Datacom has become the latest significant technology player to benefit from a massive jobs surge on the back of COVID-19, saying it will urgently take on more than 2000 people needed for call centres.

IMPACT2020

The impact2020 summit, presented by the <u>Centre for Social Impact (CSI)</u>, 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. >> <u>MORE DETAILS</u>

7

CLICK HERE TO SUBSCRIBE TO THIS TOOLKIT BY EMAIL



Positive Life NSW COVID-19 Toolkit

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

RUNNING AN ONLINE AGM

A Verdant management case study.

>> READ MORE

MASTERCLASS 1: PRACTICAL PARTS + PROJECT PLANNING

Jo Scard breaks down the practical parts of a project including resourcing, time management, finances, scope, prioritisation &preparation.

>> REGISTER HERE

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

THE EXPERIENCE OF VOLUNTEERS DURING COVID-19

Volunteering Australia commissioned the Australian National University (ANU) Centre for Social Research and Methods to undertake analysis of the experience of volunteers during COVID-19 to date.

>> <u>READ MORE</u>

SUBSCRIBE TO POS LIFE'S MONTHLY EBULLETIN



SUPPORTING EMPLOYEES WITH BACK-TO-WORK ANXIETY

For NFP leaders and managers, one important thing to start considering is how to manage any anxiety your staff may be feeling during the transition back to the workplace after the coronavirus.

>> READ MORE

₩ WEBINAR: MANAGING THE RETURN TO WORKPLACE TRANSITION – FREE

>> WATCH NOW

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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.

