

COVID-19 TOOLKIT

A weekly update for all people living with HIV in NSW

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Friday 19 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 'Men's Health Week, 15-21 June' www.menshealthweek.org.au If you have information or feedback to contribute to future ToolKits, please email contact@positivelife.org.au

POSITIVE LIFE NSW COVID-19 RESPONSE

NEW TALKABOUT #194 PUBLISHED

Edition #194 of #Talkabout Online is out now! This edition shares seven personal stories about living with HIV in a time of Coronavirus [#COVID19](#). Enjoy! >> [READ MORE](#)

Positive Life welcomes three new members of staff onboard! Two Aboriginal Health Program Officers, **Michelle Tobin and Les Peters**, for a co-designed HIV health program for Aboriginal & Torres Strait Islander people in NSW; and **Simon Wilson** to redevelop the website. Welcome all!

www.positivelife.org.au/staff/



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](#)

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](#)

NEW EXPERT ADVICE MATTERS

The Royal Australian College of General Practitioners have an [online platform](#) with information on how to easily and safely consult your GP during the pandemic. This also includes FAQs on setting up and using telehealth.

NEW ABORIGINAL HEALTH

To Aboriginal people, health is about getting a balance between physical, mental, emotional, cultural and spiritual health. [But numerous challenges make this a difficult goal](#).

FINANCIALS

NEW JOBSEEKER PAYMENT SET TO BE INCREASED

The Federal Government is poised to increase the unemployment benefit, recognising that the jobless rate is likely to remain uncomfortably high for quite some time due to the ongoing impact of coronavirus restrictions. >> [READ MORE](#)

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](#)

TROUBLE PAYING BILLS?

Some things you can do if you're in a financial crisis. >> [MORE DETAILS](#)

NEW NSW STATE GOVERNMENT COVID-19 ASSISTANCE FINDER

Complete a 2-minute questionnaire and get a list of benefits and services in health and wellbeing, employment, food, housing and finances, tailored specifically for you or your business. >> [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](#)

NEW URGENT HELP WITH MONEY

If you're feeling overwhelmed by money or personal issues, it can be hard to know where to turn. You don't have to go it alone. >> [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

NEW HAVE YOUR SAY ON HOUSING IN NSW

The NSW Government is calling on the community to help develop the first comprehensive long-term housing strategy for the State. >> [MORE DETAILS](#)

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 AUSSIE FAMILIES INVISIBLE TO THE HOMELESSNESS SYSTEM

Families experience unique challenges when it comes to homelessness. >> [READ MORE](#)

NEW HOUSING ACTIVISTS: 'END EVICTIONS AND PROVIDE RENT RELIEF'

Rent Relief Now and Housing Defence Coalition organised an action outside New South Wales Parliament on 16 June calling for direct rent relief and to continue the moratorium on evictions which officials ended the previous day.

>> [READ MORE](#)

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](#)

NEW EXPERTS WARN OF HOUSING 'TIME BOMB'

Housing experts are warning of a "time bomb" when coronavirus rental laws expire and welfare benefits are halved. >> [READ MORE](#)

NEW PREVENT, HOUSE, SUPPORT

The Centre for Social Impact has produced a Homelessness Factsheet as part of a series of fact sheets in the context of COVID-19.

>> [MORE DETAILS](#)

SURVEYS & RESEARCH

NEW SURVEY RESULTS: EXPERIENCES OF PEOPLE WITH DISABILITY DURING COVID-19

People with Disability Australia asked people with disability to tell us about their experiences over the last two months, and this report sets out those findings. >> [MORE DETAILS](#)

NEW SURVEY RESULTS: CARERS IN A TIME OF COVID-19

Report demonstrates the considerable impact the COVID-19 pandemic has had on unpaid carers across all dimensions. >> [MORE DETAILS](#)

NEW SURVEY: AUSTRALIANS IN ISOLATION AND QUARANTINE

The Kirby Institute is exploring the experiences of people in Australia who have been or are currently in isolation to identify factors that can provide support to these individuals. >> [MORE DETAILS](#)

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 [by completing the survey by 30 June 2020](#).

NEW SURVEY RESULTS: CORIA STUDY

The Kirby Institute is studying the risk, impact and medical interventions for COVID-19 infection for people who live with health conditions affecting immune function, including people living with HIV. >> [MORE DETAILS](#)

SURVEY: STAYATHOME4HEALTH

The 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 University of Melbourne is investigating the impact of the COVID-19 pandemic on the sexual and reproductive health of people living in Australia. >> [MORE DETAILS](#)

MEN'S HEALTH WEEK

NEW MEN'S HEALTH CONNECTED SUMMIT

The Australian Men's Health Forum (AMHF)'s Men's Health Connected is a free, month-long online summit for everyone who's committed to improving the lives and health of men and boys in Australia. >> [MORE DETAILS](#)

NEW MEN'S MENTAL HEALTH

Men are known for bottling things up. But when you're feeling down, taking action to call in extra support is the responsible thing to do.

>> [READ MORE](#)

NEW THE NACCHO OCHRE DAY HEALTH SUMMIT

A [national forum for all Aboriginal and Torres Strait Islander male delegates, organisations and communities to learn from Aboriginal male health leaders](#), discuss their health concerns, exchange share ideas and examine ways of improving their own men's health and that of their communities.

NEW GETTING BACK ON THE BEERS AFTER LOCKDOWN? [Here's what you need to know.](#)

NEW COVID-19'S DEADLINESS FOR MEN

When it comes to surviving critical cases of COVID-19, it appears that men draw the short straw.

>> [READ MORE](#)

NEW OPIOID RISK REDUCTION & YOUNG LGBTQ+ MEN AT RISK

How young queer and trans men navigate risk reduction on their own. >> [READ MORE](#)

NEW TOO MUCH ALCOHOL CAN CAUSE SIMILAR EFFECTS TO DEMENTIA

Alcohol-related brain damage (ARBD) is an [under-recognised set of related conditions which involves structural and functional changes to the brain](#).

NEW MEN, DON'T GO IT ALONE: PICK UP THE PHONE

The [broader socio-economic ramifications triggered by this pandemic are likely to be: a perfect storm](#) for potentially devastating effects on men's mental health and wellbeing.

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](#)

NEW FAIRFIELD CITY COUNCIL COVID-19 HARDSHIP APPLICATION

Some people in the Fairfield community are facing difficulties in meeting their financial commitments including payment of Council Rates and Charges, due to exceptional circumstances resulting from the Coronavirus Pandemic (COVID-19).

>> [MORE DETAILS](#)

NEW COMMUNITY LEGAL CENTRE SERVICE UPDATE: COVID-19

Delivering access to justice in a time of COVID-19

>> [MORE DETAILS](#)

NEW KARI

Building strength in Aboriginal families, communities and services. >> [MORE DETAILS](#)



A photo shared on [twitter](#)

An LEGALS

NEW REFUGEE WEEK - LAWS AND COVID-19

The Department of Communities and Justice and the Refugee Service of Legal Aid NSW will deliver an update on changes to the law as a result of COVID-19. **Tues 30 June, 10am to 11.30am AEST.**

>> [MORE DETAILS](#)

NEW NEW NSW LAWS - STOPPING PUBLIC THREATS – FREE

Legal Aid NSW webinar on the new laws in NSW surrounding public threats and incitement to violence. Discussion on how these laws may be relevant in the time of Covid-19. **Mon 22 June, 1pm to 2pm AEST.**

>> [REGISTER HERE](#)

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 [offer free legal help to people 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

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 25 June from 6pm to 7pm AEST. RSVP Essential**

>> [REGISTER HERE](#)

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 VOLUNTEER CHAT LINE SUPPORTING SENIORS

Friends for Good, a volunteer driven not-for-profit aiming to free people from loneliness, set up a national telephone support service called [FriendLine](#). The service addresses the gaps in support available for those experiencing loneliness. Conversations are casual and anonymous and can be about anything and everything. **Call 1800 4 CHATS (1800 424 287), open Tue-Thu from 6-8pm and Sat-Sun from 2-5pm AEST.**

NEW CORONAVIRUS SANITY GUIDE – FREE

Meditations, podcasts, blog posts, and talks on this page to support you build resilience and find some calm amidst the chaos. >> [READ MORE](#)

NEW MEN'S REFERRAL SERVICE

It takes a lot of strength to acknowledge that things may not be right. [This page explains what some of the next steps may be](#), and what the journey to becoming your best self can include.

NEW FEELING HOPELESS?

There are things you can do to create and maintain hope in a post-coronavirus world. >> [READ MORE](#)

NEW TAKE ACTION

7 mental health coping tips for life in the time of COVID-19. >> [READ MORE](#)

NEW MENTAL HEALTH AND THE ARTS

[Why getting into art can boost your emotions.](#)

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](#)

NEW CINEMA IN A TIME OF CORONAVIRUS

Back from a different kind of isolation, [Inside Story catches up on Hearts and Bones, Motherless Brooklyn and the screen landscape.](#)

NEW POEM: CLAP

After the Genesis Poetry Slam in London in April was cancelled because of the pandemic, award-winning writer and spoken word poet Luci:d wrote and recorded this moving poem about mental health during this time of isolation.

>> [LISTEN HERE](#)

NEW WHY ART MATTERS DURING COVID-19

Artists from 6 countries talk about creativity & isolation. >> [WATCH HERE](#)

NEW TOGETHER IN ART

Collaborating with artists, educators, performers and our community and regional partners, [the Art Gallery of NSW is sharing new works, performances, art classes, behind-the-scenes tours, deep dives into the collection](#), and much more.

NEW GREAT SOUTHERN NIGHTS

Bringing 1,000 COVID-safe gigs to Sydney and regional NSW in November, giving artists a welcome boost and turbocharging live music venues across the state. >> [LEARN MORE](#)

NEW MADMAN MOVIES - FREE

Five documentaries about race and injustice are streaming on YouTube for free. >> [WATCH NOW](#)

NEW ABC IVIEW STEAMING FREE AUSSIE FILMS

Celebrate Australian cinema with this diverse selection of critically-acclaimed and treasured homegrown movies. >> [WATCH NOW](#)

VIRTUAL CULTURAL FIX

NEW SYDNEY PHILHARMONIA CHOIRS: POPUP SING! WORKSHOP – FREE

This Make Music Day, Sydney Opera House and Sydney Philharmonia Choirs invite you to be part of the music-making with a virtual PopUp Sing! workshop recorded live in the Joan Sutherland Theatre. >> [REGISTER HERE](#)

NEW TOGETHER – REMOTELY

Hear from meet the world's most exciting writers, poets, translators, screenwriters, songwriters and other word-based creators [talk about their work, their latest inspirations and releases, their craft, and much more. Small costs involved.](#)

NEW MCA ARTBAR – ONLINE (FREE)

The MCA and the Biennale of Sydney invite you to be part of this exclusive virtual experience. **Fri 26 Jun, 7pm to 10pm AEST.** >> [REGISTER 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.** >> [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

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

FOOD FOR THOUGHT @ COVID-19

NEW 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 Rodney Dillon, Indigenous Rights Adviser at Amnesty International and activist and Gunnai-Kurnai & Gunditjmara woman Lidia Thorpe.

Mon 22 June, 1pm to 2pm AEST.

>> [REGISTER HERE](#)

NEW TAKING THE TEMPERATURE

ACOSS has released a briefing paper presenting the latest data and frontline feedback about the economic, social, and environmental impacts of COVID-19 on people on lower incomes or facing higher risks. >> [READ MORE](#)

NEW CRITICAL CONDITION

The impact of COVID-19 policies, policing and prisons on First Nations communities.

>> [READ MORE](#)

NEW SECOND-WAVE DAYS

As the quest for a COVID-19 vaccine continues, effective mitigation strategies are proving their worth. >> [READ MORE](#)

NEW THE CASE FOR A PARTICIPATION INCOME

If we have learned one thing from the COVID-19 pandemic, it's that radically different ways of doing things are possible, and many of them are improvements on what we had before.

>> [READ MORE](#)

NEW BORDERS SHUT OUT INTERNATIONAL STUDENTS

Alarm over how the pandemic response is undermining public health sector. >> [READ MORE](#)

NEW WINTER TIME COULD BE COVID-19 TIME

COVID-19 could be a seasonal illness with higher risk in winter. >> [LEARN MORE](#)

NEW AUSTRALIA'S COVID-19 RESTRICTIONS

Coronavirus lockdown rules explained: how far can I travel, and can I have people over? >> [READ MORE](#)

ONLINE SOCIAL ACTIVITIES

NEW A VIRAL HISTORY OF THE WORLD

Pandemics change the course of history in strange and unpredictable ways. An international panel of eminent historians look back at pandemics from the Black Death to Spanish flu to AIDS to draw lessons that might help guide us through the current crisis.

>> [WATCH NOW](#)

NEW TOGETHER IN ART: MONTAIGNE

Art-pop star Montaigne is streaming a free performance from the Art Gallery of New South Wales this Sunday. >> [MORE DETAILS](#)

NEW TRIALS OF WISDOM

A virtual Escape Room by the Sydney Opera House.

>> [MORE DETAILS](#)

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](#)

NEW BEST OF SAN FRANCISCO STAND-UP COMEDY: ZOOM EDITION

A fresh line-up of SF's Best Comics every Saturday for free on Zoom. **Sun 21 June 21, 1pm to 2.15pm AEST** >> [REGISTER HERE](#)

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](#).

NEW DC JAZZFEST FROM HOME SERIES

A weekly event occurring every **Saturday at 7 PM** on the DCJF [YouTube Channel](#) and [Facebook page](#).

TRAINING/ EMPLOYMENT

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](#)

NEW BEYOND DIVERSITY - \$40

The Community Migrant Resource Centre brings this cultural competency training to provide individuals with opportunities to build and strengthen their cultural awareness, knowledge and skills to engage effectively with people within and across cultures. **Mon 29 June, 2pm to 4pm AEST.** >> [REGISTER HERE](#)

DEAKIN UNIVERSITY COURSES – FREE

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

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, [urgently taking on more than 2000 people needed for call centres.](#)

NEW WORKING TOGETHER – FREE

The workshop aims to provide non-Indigenous mental health practitioners and administrators with the cultural competence required to deliver mental health services within a social and emotional wellbeing framework and accommodate the social and historical determinants when working with Aboriginal and Torres Strait Islander peoples. **Weds & Thurs 24-25 June.**

>> [REGISTER HERE](#)

**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://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 MANAGING STAFF AND VOLUNTEERS DURING A CRISIS

Safework Australia has published National COVID-19 safe workplace principles. The principles operate subject to the measures agreed and implemented by governments through the National Cabinet process. >> [READ MORE](#)

NEW COVID-19: THE DUTY TO DOCUMENT

Sound records management does not cease in a crisis, it becomes more essential. >> [READ MORE](#)

NEW PRIDE FOUNDATION SMALL GRANTS

Grants are up to \$500, and must directly or indirectly assist, involve and benefit LGBTQIA+ people, and promote positive social outcomes and mental health in the community.

>> [MORE INFORMATION](#)

NEW FREE WEBINAR: MANAGING THE RETURN TO WORKPLACE TRANSITION

As state and federal governments start to relax COVID-19 measures, employers should start to plan the transition return to the workplace.

>> [WATCH NOW](#)

NEW AGMS FROM A DISTANCE

Physical distancing rules might mean running your charity's general meeting a little differently this year. >> [READ MORE](#)

SUBSCRIBE TO POS LIFE'S MONTHLY EBULLETIN



NEW NFP SECTOR WORKERS WELLBEING AND MENTAL HEALTH

What NFP workers need to know about care in the time of COVID-19 – Part two. >> [READ MORE](#)

NEW STEPS TO BECOME A COVID SAFE ORGANISATION

As part of the easing of COVID-19 restrictions, the NSW Government is encouraging organisations and businesses to [prepare a COVID Safety Plan](#) to help protect staff, workers, clients and visitors. Specific advice is available for [community centres and halls](#),

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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