

COVID-19 TOOLKIT

A weekly update for all people living with HIV in NSW

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Monday 29 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 '**Older people and #COVID19**'. If you have information or feedback to contribute to future ToolKits, please email contact@positivelife.org.au

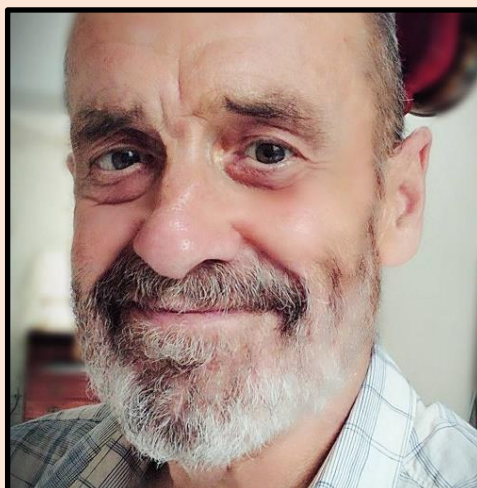
POSITIVE LIFE NSW COVID-19 RESPONSE

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. **Thurs 9 July from 6pm to 7pm AEST. RSVP Essential** >> [REGISTER HERE](#)

TALKABOUT #194 PUBLISHED

Edition #194 of #Talkabout Online shares seven personal stories about living with HIV in a time of Coronavirus. >> [READ MORE](#)



VALE GEOFF HONNOR

Formidable peer advocate, esteemed colleague, generous mentor, faithful friend, beloved partner.

Our love & thoughts are with Lance and Alex.

Words cannot express.

23 June 2020

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 #COVID19

If you have any symptoms, no matter how mild, come forward for testing. >> [MORE DETAILS](#)

NEW BE MEDICINEWISE DURING #COVID19

Using your regular medicines during the coronavirus (COVID-19) pandemic.

>> [MORE DETAILS](#)

NEW BEYOND #COVID19?...

Consumer Health Forum of Australia are establishing a new consumer-led thought leadership project asking, what does health and wellbeing policy look like in a post-COVID environment? >> [MORE DETAILS](#)

NEW LATEST NSW HEALTH UPDATES

NSW HEALTH COVID-19 Health Statistics

>> [MORE DETAILS](#)

FINANCIALS

NEW REPORT: EFFECTS OF RECEIVING JOBSEEKER

NCOSS survey report of 955 people receiving the new rate of JobSeeker and other allowances.

>> [READ IT HERE](#)

NSW GOVERNMENT ASSISTANCE FINDER

Complete a two-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](#)

NEW CALLS FOR A NATIONAL PAID PANDEMIC LEAVE

The **Public Health Association of Australia** and the **Australian Council of Social Service** are calling for a national paid pandemic leave scheme.

>> [READ MORE](#)

NEW 'STAYIN' ALIVE'

Spending returning to normal after months of turmoil. >> [READ MORE](#)

NEW FEARS AUSTRALIA FACES A WORK FOR THE DOLE 'TIME BOMB'

Experts say mutual obligation requirements for welfare recipients must be overhauled.

>> [READ MORE](#)

JOBSEEKER & #COVID19

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

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.

NEW NSW DEDICATED VETERANS AND SERVICE PERSONNEL HOMELESSNESS HOTLINE

Ex-service personnel are four times more likely to become homeless than civilians. >> [READ MORE](#)

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](#)

NEW PLAN TO ENSURE HOMELESS PEOPLE ARE NOT TIPPED BACK OUT

The **Australian Alliance to End Homelessness** has launched a 7-point policy plan to not just recover from COVID-19 but to end rough sleeping homelessness across Australia. >> [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 TACKLING HOMELESSNESS IN THE TWEED

Intensive work to reduce rough sleeping in Tweed Heads and surrounding areas is delivering positive results with dozens of people assisted into safe and secure housing. >> [READ MORE](#)

NEW NETWORK OF TENANTS' ADVICE AND ADVOCACY SERVICES

NSW Tenant Advocates support tenants rights to housing. >> [READ MORE STORIES HERE](#)

SURVEYS & RESEARCH

NEW REPORT: COVID-19'S IMPACT ON WEIGHT AND EMOTIONAL WELLBEING

The **CSIRO** has found that weight and emotional wellbeing during the COVID-19 lockdown, has impacted Australians about how long it will take for life to return to "normal". >> [MORE DETAILS](#)

NEW REPORT: #COVID19 AND ITS EFFECTS ON RELATIONSHIPS

Relationships Australia reports that people are divided in opinion about the effects of easing COVID-19 restrictions, on their close relationships and mental health. >> [MORE DETAILS](#)

NEW SURVEY: RECENTLY IN THE EMERGENCY DEPARTMENT?

The **Australasian College for Emergency Medicine** is seeking consumers/patients experiences when they or someone they know, were in the emergency department during the COVID-19 pandemic. >> [MORE DETAILS](#)

NEW FIRST NATIONS PEOPLE WITH DISABILITY ISSUES PAPER

The **Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability** are inviting public submissions to a [new issues paper on the experiences of First Nations people with disability](#). Submissions are accepted in any language and requested by **11 September 2020**.

NEW REPORT: #COVID19 AND EFFECTS ON YOUNG ADULTS MENTAL HEALTH

Headspace reports that young Australians are fearful and uncertain for their future as a result of COVID-19. >> [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](#)

NEW FRONTLINE WORKERS DURING #COVID19

Charles Sturt University investigating mental health and stress in frontline workers during COVID-19. >> [READ MORE](#)

COVID19 & OLDER ADULTS

NEW THE ELEPHANT IN THE ROOM?

Older adults have been highlighted as a group at risk of infection who should stay home, however isolation may be exacerbating already high suicide rates. >> [MORE DETAILS](#)

NEW HOW OLDER AUSTRALIANS CAN GET HELP AT HOME

Older Australians are highly vulnerable to Covid-19 but new and existing services are available to help them stay healthy, stay sane, and stay home. >> [READ MORE](#)

NEW OLDER AUSTRALIANS ADAPT WELL TO TELEHEALTH SERVICES

85% of older Australians rate COVID-19 telehealth services as good as (or even better than) face-to-face consultations. >> [READ MORE](#)

NEW NEWMARCH #COVID19 CLUSTER

ABC's **Four Corners** found mismanagement, poor infection control and a lack of communication with residents and families at the centre of the Newmarch House COVID-19 outbreak cluster which saw 19 people die. >> [READ MORE](#)

NEW IS AGED CARE UNDERSTAFFED?

The coronavirus pandemic has shone a light on the persistent issues that plague the aged care sector, none more so than staffing levels. >> [READ MORE](#)

NEW SOCIAL CONNECTION PROJECT TO ROLL OUT IN NSW

A new program delivering regular volunteer telephone calls to retirement village residents who feel socially isolated, will roll out across NSW to support wellbeing during COVID-19 restrictions. >> [READ MORE](#)

NEW TAKE CARE AS #COVID19 RESTRICTIONS EASE

With restrictions easing, older Australians may need to prepare themselves mentally and physically for the long haul and make sure their surrounding environment is safe. >> [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](#)

NEW PARRAMATTA & CUMBERLAND: COMMUNITY WHEELS

Delivering \$15 essential food hampers to those in need who are unable to travel to the WSCC's low cost grocery store. >> [MORE DETAILS](#)

NEW INDIGENOUS COMMUNITY CALLS FOR FULL INVOLVEMENT

Aboriginal and Torres Strait Islander people overwhelmingly support a push to fundamentally change the way Australian governments work with the Indigenous community, a new report shows. >> [READ MORE](#)

NEW USING THE SIFT TECHNIQUE

Consuming too much news about COVID-19 can be overwhelming. **Beyond Blue** shares the SIFT technique which can help filter and assess the news you consume. Read more at <http://bb.org.au/3eyvxFe>

Beyond Blue

How the SIFT technique works

<p>Stop and think before you take anything as fact.</p>	<p>Investigate the source.</p>
<p>Find better coverage.</p>	<p>Trace claims, quotes, and media to the original context.</p>

coronavirus.beyondblue.org.au 1800 512 348

An LEGALS

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](#)

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](#).

NEW 50% REDUCTION ON FINES

The NSW government is set to halve fines for Centrelink recipients in an attempt to minimise the financial devastation caused by the coronavirus pandemic. >> [READ MORE](#)

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. **Thurs 9 July 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 OPTUS SUPPORTING WELLBEING ACROSS REGIONAL AUSTRALIA

Australia's first text-based counselling service- **Virtualpsychologist** supporting the wellbeing and mental health services in rural and remote parts of the country during these challenging times.
>> [MORE DETAILS](#)

VOLUNTEER CHAT LINE SUPPORTING SENIORS

Volunteer driven national telephone support service called [FriendLine](#) offers support 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 MENTAL HEALTH PEER SUPPORT LINE

BEING Supported is a non-crisis peer support service staffed by trained Peer Support Specialists, all of whom have had their own personal experiences of mental health issues, system access, and trauma histories on **1800 151 151 from 10am - 4pm, Monday to Friday.**

NEW WESTERN SYDNEY SUPPORT PHONE SERVICE – FREE

Free mental health phone service, called **COVID-19 Let's Talk**. The phone line is open **Mon-Fri, 8.30am-5.00pm on 8890 5236**, and provides advice and help for children, teenagers, carers and adults who require counselling and support.

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 NSW ART GALLERY IS OPEN

The **Art Gallery of NSW** is open to limited numbers of visitors from 10am to 5pm daily, using a free timed-entry ticket system until 1 July 2020.

>> [MORE DETAILS](#)

NEW LATE NIGHT DISCO LOUNGE - \$20

Each ticket includes a choice of drink on arrival to get the party started and a donation to Indigenous LGBT+ charity **Black Rainbow** at **The Imperial Erskineville, Fri 26 Jun 10:00 pm - Sat 27 Jun 1am AEST** >> [GET TICKETS](#)

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 LIVE AT 5

Part of Boost's #stay campaign, which encourages young Australians to stay entertained, stay positive and importantly – stay home. Tune in at 5pm on [Boost's Instagram channel](#), where you can also see who else will be gracing our phone screens in the coming weeks.

NEW MUSEUM OF CONTEMPORARY ART

The MCA is excited to welcome you back. The galleries have reopened and you can see the incredible [22nd Biennale of Sydney: NIRIN](#) exhibition. Enhanced health and hygiene measures will be in place.

NEW ARTBAR: NIRIN ONLINE – FREE

Register for ARTBAR: NIRIN online edition (available for one night only), with themes of ceremony, ritual and tradition. **Friday 26 June, 7 to 10pm AEST.** >> [REGISTER HERE](#)

VIRTUAL CULTURAL FIX

NEW A MIDSUMMER NIGHT'S DREAM

A London Theatre Company production, National Theatre UK is screening full performances on their YouTube channel. >> [WATCH HERE](#)

NEW THE AUSTRALIAN BALLET – SWAN LAKE

Graeme Murphy's modern-day classic is a *Swan Lake* for the 21st century, charged with sensuality and heartbreak. Available from **Thursday 25 June.** >> [WATCH HERE](#)

NEW THE SOUND OF MUSIC LIVE!

Rodgers and Hammerstein's timeless musical classic *The Sound of Music Live!* starring **Carrie Underwood** returns from **7pm BST, 11 am PST and 2pm EST** Available for 48hours Only! >> [WATCH 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 5.30pm-8.30pm 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 BLACK LIVES MATTER

Australia at Home asks, what we can do to prevent deaths in custody? Join a discussion about how we got here, what's stopping us, and how we can overcome it.

>> [WATCH HERE](#)

NEW #COVID19 AND THE POWER OF ETHICS IN HEALTH CARE

The **Consumers Health Forum of Australia** considers the issues rising from the pandemic to develop a framework for ethical decision-making in health care for policy and practice.

>> [MORE DETAILS](#)

NEW HOW #COVID19 IS CHANGING THE WORLD

A **UN Report** of some of the latest information available on how COVID-19 is affecting different aspects of public and private life, from economic and environmental fluctuations to changes that affect individuals in terms of income, education, employment and violence and changes affecting public services such as civil aviation and postal services. >> [MORE DETAILS](#)

NEW GLOBALLY DISPLACED, INTERNALLY DISPLACED

Refugee, Rami Alsaberi, says there exists a connection between new arrivals and Australia's First Nations communities. These connections can foster healing and enhanced belonging.

>> [READ MORE](#)

NEW HOW REBRANDING CAN HELP AN ORGANISATION COME OUT OF COVID-19

Is it time for a rebrand? Maybe, maybe not. But it is certainly a good time to reflect on and possibly hone your brand so that it isn't ignored in the recovery. >> [READ MORE](#)

NEW COVID-19 RESPONSES ARE DESIGNED BY MEN, FOR MEN

CARE's report found the people making decisions on how we respond are overwhelmingly male, which means the solutions are coming from an overwhelmingly male perspective. >> [READ MORE](#)

ONLINE SOCIAL ACTIVITIES

NEW HOME AT PARRAMATTA

Online events, festivals and activities connected and engaged from the comfort of your home.

>> [MORE DETAILS](#)

TRIALS OF WISDOM

A virtual Escape Room by the **Sydney Opera House**. >> [MORE DETAILS](#)

DC JAZZFEST FROM HOME SERIES

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

NEW SYDNEY FILM FESTIVAL SELECTS

Relive, or discover for the first time, 40 world-class cinematic gems from the Festival's past via **SBS On Demand**. Curated by Festival Director Nashen Moodley, **Sydney Film Festival Selects** are available to enjoy anytime for free until **Friday 10 July**. >> [MORE DETAILS](#)

NEW THOM PAIN

Will stream live **Monday 29 June to Friday 3 July at 7:30pm Sydney, plus 11.30am on Saturday 4 July**. Tickets are pay what you think, and free for those who can't afford it right now.

>> [MORE DETAILS](#)

NEW SIXTH ANNUAL SMARTFONE FLICK FEST (SF3)

Shoot your own SmartFone Flick Fest movie for a shot at the big time. >> [MORE DETAILS](#)

NEW BLACK LIVES MATTER

IndigenousX curates this panel discussion at the **Sydney Opera House**, to explore how state sanctioned violence is enabled and protected by racist ideology, and the role of protests in achieving reform. **Sunday 28 June, 4pm AEST**.

>> [WATCH HERE](#)

NEW EMPIRE OF THE SUN

Visionary music pioneers Empire of the Sun created a vision that almost came from an alternative reality at Vivid LIVE 2013. **Saturday 27 June, 8pm AEST**. >> [WATCH HERE](#)

TRAINING/ EMPLOYMENT

BEYOND DIVERSITY - \$40

The **Community Migrant Resource Centre** brings this cultural competency training on **Mon 29 June, 2pm to 4pm AEST**. >> [REGISTER HERE](#)

NEW SURVIVING THE CORONAVIRUS

What did Australia do right? Why were we so “lucky”? Lessons for Australian training and skills. >> [READ MORE](#)

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 DIFFICULT CONVERSATIONS IN THE WORKPLACE – FREE

Fairwork Australia online course They take around 20 - 40 minutes to complete. You can access them from your computer and most tablets and mobiles. >> [MORE DETAILS](#)

NEW STARTING A NEW JOB – FREE

Fairwork Australia online course They take around 20 - 40 minutes to complete. You can access them from your computer and most tablets and mobiles. >> [MORE DETAILS](#)

NEW I WANT TO RE-TRAIN OR UP-SKILL

If you've been working in the same job or industry and are now looking to gain new skills to transition into new employment, review these Australian Government options. >> [MORE DETAILS](#)

NEW FREE ONLINE COURSES

41 courses to take immediately to advance your career. >> [MORE DETAILS](#)

NEW MENTAL HEALTH AT WORK

In partnership with the NSW Government, the **Black Dog Institute** are [providing free mental health training](#) to eligible workers across NSW.

NEW GOOGLE DIGITAL GARAGE – FREE

A range of free learning content designed to help grow your business or jumpstart your career. You can learn by selecting individual modules, or dive right in and take an entire course end-to-end.

>> [MORE DETAILS](#)

NEW OPEN LEARNING

Explore hundreds of courses from around the world. A mixture of free and paid courses for hobby, personal and professional growth.

>> [MORE DETAILS](#)

NEW FREE ONLINE COURSES

Top 50 websites to get educated for free.

>> [MORE DETAILS](#)

NEW FREE MASSIVE OPEN ONLINE COURSE (MOOCS)

>> [LEARN MORE](#)

NEW ADELAIDE X

Free online courses in a variety of subjects. audited free or students can choose to receive a verified certificate for a small fee. >> [MORE DETAILS](#)

NEW FUTURE LEARN

Discover the wealth of educational expertise Australia has to offer with these free online courses. >> [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

SECTOR SUPPORT

NCOSS COMMUNITY JOBS – FREE

Providing access to ALL NGOs to advertise jobs on NCOSS Community Jobs Board **free until 30 June**.

>> [MORE DETAILS](#)

NEW SURVEY: GOVERNMENT FUNDING IN COVID-19

Pro Bono Australia [seeks NGOs experiences of government funding during COVID-19](#).

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 FEEDBACK OF CLIENTS AFFECTED BY LACK OF HOUSING

NCOSS are inviting community sector organisations to [feed into their response to the NSW Government's Discussion paper – a Housing Strategy for NSW](#) by **Friday 10 July 2020**.

NEW LEADING WITH IMPACT IN THE POST COVID-19 WORKPLACE – \$33

Online training workshop **Weds 1 July 2020, 11am-12pm**. >> [REGISTER HERE](#)

NEW RESPONDING TO THE CORONAVIRUS PANDEMIC

The **Australian Institute of Family Studies** shares a series offering some practical advice on how services can respond in times of change.

>> [MORE DETAILS](#)

SUBSCRIBE TO POS LIFE'S MONTHLY EBULLETIN



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](#),

NEW WHAT NFP WORKERS NEED TO KNOW ABOUT CARE IN THE TIME OF COVID – PART THREE

Pro Bono Australia highlights the importance of renewal when it comes to workers in the NFP sector and their wellbeing and mental health.

>> [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.

We pay our respects to Elders, Past, Present and Future.

PositiveLifeNSW
the voice of people with HIV since 1988