

COVID-19 TOOLKIT

A weekly update for all people living with HIV in NSW

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Friday 10 July 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 **‘What might returning to work look like in the future?’** 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**, regardless of gender and sexuality. **Thurs 23 July from 6pm to 8.30pm AEST. RSVP Essential >> [REGISTER HERE](#)**

NEW TREATMENT AS PREVENTION (ALSO KNOWN AS U=U)

Understanding HIV & undetectable viral load (UVL)
>>[READ MORE](#)

MIGRATING TO AUSTRALIA

The process of migrating, or coming into Australia, is not an easy one. It is possible to overcome many of the barriers of immigration even when there is a health criteria in place.

>>[READ MORE](#)

THE LOW DOWN ON ANAL CANCER RISK

One of the biggest risks for anal cancer is the assumptions made about who gets it and how it's caused. **(Hint: it's not about sex).**

>>[READ MORE](#)

UNPACKING THE MESSAGE OF U=U

Understanding viral blips and the powerful messages based on rigorous science that [unites the Body Positive without dividing us.](#)

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

LATEST NSW HEALTH UPDATES

NSW HEALTH COVID-19 Health Statistics
>>[MORE DETAILS](#)

REASONS TO GET TESTED FOR #COVID19

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

NEW COVID19 SURVIVAL CALCULATOR

This calculator estimates your risk of contracting and mortality from COVID-19. >> [MORE DETAILS](#)

NEW EVERYTHING YOU NEED TO KNOW ABOUT BORDER RESTRICTIONS

With Victoria's COVID-19 case numbers increasing, resulting in [the a second lockdown for metropolitan Melbourne for the next six weeks](#), relaxing interstate borders is proving particularly complex. >> [MORE DETAILS](#)

NEW OVER 75? CATCHING COVID19 CAN BE LIKE PLAYING RUSSIAN ROULETTE

On average, [between March and May, the chance of dying if you get SARS-CoV-2 was 1.45%](#).

FINANCIALS

NEW AFAO JOB VACANCY

Project Officer – Aboriginal and Torres Strait Islander communities. >> [MORE DETAILS](#)

NEW TAX DEDUCTIONS TO CLAIM THIS YEAR

There are three different ways to claim your deductions, and one doesn't even require you to keep receipts. >> [MORE DETAILS](#)

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 ASK IZZY GETS FUNDING BOOST

Connecting Australians in need with nearby support services will [get a boost in government funding to respond to the COVID-19 pandemic](#).

NEW JOBSEEKER SHOULD STAY 'STRONGER FOR LONGER'

Deloitte Access Economics has argued [JobSeeker should not be lowered to its old rate of \\$40 a day](#), because the safety net will be required to support people excluded from other payments such as the JobKeeper wage subsidy.

NEW RAISE THE RATE FOR GOOD CAMPAIGN

Join the **Councils of Social Service**, [for a permanent and adequate increase to JobSeeker, Youth Allowance and related payments so people have enough to cover the basics](#). Sign the Statement of Support and find resources on how your organisation, members, staff and volunteers can get involved on the Raise the Rate for Good website.

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

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](#)

NEW TIME TO RETHINK THE GREAT AUSTRALIAN DREAM

Homelessness is entrenched and many Australians face overwhelming housing costs, [yet housing policy has slipped off the political agenda](#).

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 RENT ASSISTANCE

A [regular extra payment if you pay rent and get certain payments from Services Australia](#).

NEW CHANGES IN SYDNEY RENT DURING #COVID19

Impacts of the COVID-19 financial crisis are, unsurprisingly, [being felt very differently depending on the type of housing you can afford](#).

#COVID19 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 PROPORTION OF PEOPLE WHO CAN'T PAY THEIR RENT OR MORTGAGE DOUBLED DURING PANDEMIC

The [proportion of people in the ANU poll survey who said they were experiencing housing stress went from nearly 7 per cent in February, to 15 per cent in May](#).

NEW COVID-19 HITS LANDLORDS & TENANTS

Australia's unit rental market has suffered its [biggest price drop in more than 15 years](#) as COVID-19 bites landlords and tenants alike.

SURVEYS & RESEARCH

SURVEY: HOW HAS THE COVID-19 PANDEMIC AFFECTED YOUR GASTROINTESTINAL CONDITION?

The findings of this study will provide insight into the impact of the COVID-19 pandemic on people living with a gastrointestinal condition.

>>[MORE DETAILS](#)

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](#)

SURVEY: INTERNATIONAL SURVEY ON CORONAVIRUS

An international team of researchers from 12 different institutions, including Harvard, Cambridge, IESE, and Warwick University, among others is collecting survey data on how people prepare and cope with coronavirus. >>[MORE DETAILS](#)

NEW SURVEY: HEALTH AND WELLBEING

Swinburne University is conducting research about the impact of social distancing, self-isolation, and quarantine on our health, psychological wellbeing, and relationships? >>[MORE DETAILS](#)

NEW SURVEY: LIVING WITH COVID-19 RESTRICTIONS IN AUSTRALIA

Monash University is conducting research to see how people in Australia are experiencing the easing of COVID-19 restrictions and to seek their suggestions about what the government could do to assist recovery. >> [MORE DETAILS](#)

NEW SURVEY: HEALTHCARE WORKERS PROVIDING CANCER RELATED CARE

Cancer Council NSW is conducting research to better understand the impact of crisis events on cancer care service delivery. >> [MORE DETAILS](#)

NEW SURVEY: NADA STAKEHOLDERS

NADA is feedback on how well you think NADA has performed as the peak body for non-government alcohol and other drugs organisations in NSW.

>> [MORE DETAILS](#)

HEADING BACK INTO THE OFFICE?

NEW 'HYBRID' JOBS AT THE OFFICE AND AT HOME AFTER CORONAVIRUS

Most Australian workers [want 'hybrid' working times between office and home after coronavirus restrictions loosen](#).

NEW THINKING ABOUT WORKING FROM HOME LONG-TERM?

Having tried it, [many employees anticipate they will continue to work from home](#), and value employers who encourage it.

NEW HOW TO CONVINCING YOUR BOSS TO LET YOU KEEP WORKING REMOTELY POST-COVID

Eight steps you can take—[starting right now—to help you make it happen](#).

NEW FORGET JOBSEEKER. IN OUR POST-COVID ECONOMY, AUSTRALIA NEEDS A 'LIVEABLE INCOME GUARANTEE'

While the government is reportedly considering a revamp of both the JobSeeker and JobKeeper payments, [a much broader rethink is needed of the way we provide income support](#) to people without a market income.

NEW #COVID19 NORMAL

Returning to work, the workplace [and planning for the future](#).

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

...OR NOT

NEW NSW BUSINESSES TOLD TO 'DOUBLE-DOWN' ON SOCIAL DISTANCING

The NSW Premier [hasn't ruled out tightening restrictions in light of Victoria's outbreaks](#).

NEW WORKING FROM HOME HAS SURPRISING DOWNSIDES

Research shows [working from home is far worse for team cohesion and innovation](#) than working in the office.

NEW LET'S LEARN FROM #COVID19 AND MAKE THE TRADITIONAL WORKPLACE BETTER

Could hybrid work arrangements, known for boosting well-being and productivity, be a more [common feature of workplaces in the future?](#)

NEW GOODBYE TO THE CROWDED OFFICE

As lockdowns are relaxed around the world and people return to their workplaces, [the next challenge will be adapting open office spaces](#) to the new normal of strict personal hygiene and physical distancing.

NEW WE'RE MORE ANTISOCIAL IN A SHARED OFFICE SPACE

Shared work spaces [can be counterproductive for the employees who work in them](#).

NEW RETURNING TO WORK AFTER #COVID19

PricewaterhouseCoopers offers some [considerations through the transition period](#) as companies and organisations begin to prepare to bring staff back into the office.

NEW HEADING BACK TO THE OFFICE?

Here's how to [protect yourself and your colleagues](#) from coronavirus.

NEW WHY SO MANY WORKERS ARE DREADING THE OFFICE

Half of workers aren't looking forward to returning to the office and two-thirds [say they won't feel safe being back in the workplace when COVID-19 restrictions lift](#).

LEGALS

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](#).

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](#)

NEW HOW THE NSW GOVERNMENT'S EMERGENCY RESTRICTIONS ON #COVID19 WORK

[A resource that explains the basis for, and extent of, the COVID-19-related restrictions](#) in NSW as at 8 July 2020.

NEW JUSTICE CONNECT

Answer a few questions to find out if you are eligible to use this service. [Ask our lawyers a specific question about your legal issue and receive an answer](#).

POSITIVE LIFE NSW AGEING SUPPORT

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 MENTAL HEALTH AND #DOGSTAGRAM

A [surprising and cute mental health coping mechanism: #Dogstagram](#): Low-stakes silliness.

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 MENTAL HEALTH BREAKS AT HOME

Why it's still important to [take mental health breaks while working from home](#).

NEW MELBOURNE'S SECOND LOCKDOWN WILL TAKE A TOLL ON MENTAL HEALTH

Australians are already experiencing mental health fallout from COVID-19. A second lockdown, [might only make things worse](#).

NEW PERFORMING IN A PANDEMIC

We know that things won't "snap back" exactly to the way they were - so how do you prepare yourself to adjust to this new way of working?

>> [LISTEN HERE](#)

NEW MEDITATION, PRAYER, PERSPECTIVE

How faith is [helping some through the struggles of coronavirus](#).

NEW 'GAMIFICATION' OF ONLINE APPS THROUGH #COVID19

When Ballarat real estate agent Sam Young felt his seemingly perfect life going off the rails, [phone apps helped him get back on track](#).

VOLUNTEER CHAT LINE SUPPORTING SENIORS

Volunteer driven national telephone support service called [FriendLine](#) offers support for those experiencing loneliness. Call **1800 4 CHATS (1800 424 287)**, open Tue-Thu from 6-8pm and Sat-Sun from 2-5pm AEST.

MENTAL HEALTH PEER SUPPORT LINE

BEING Supported is a non-crisis peer support service on **1800 151 151** from 10am - 4pm, Monday to Friday.

CULTURE/ ART/ BOOKS

NEW VIRTUAL VIEWING: SERVANT OR SLAVE?

The forcible removal of Aboriginal children from their families is a painful truth of modern Australian history, but it is a history half told. The accounts of five Aboriginal women stolen from their families as young girls reveal another agonising dimension to this story. [Tues 21 July 12.30pm to 2.10pm AEST](#).

NEW ONLINE ACTING CLASS WITH SUZI DOUGHERTY – FREE

2-hour class on Tuesdays and Fridays that includes a voice warm-up, group activities and acting techniques. [Tues 23 June to 25 August 2pm to 4pm AEST](#).

NEW QIGONG CLASSES – FREE

Basic qigong for the duration of the COVID-19 lockdowns. [Weds 7.30am to 8am AEST](#).

NEW WAVERLEY LIBRARY MOVIE CLUB – FREE

Join in online for a discussion about the movie of the week over a cup of tea or glass of wine. [Thursdays 6pm to 6.45pm AEST](#).

NEW SWEET 16: WHAT ADVICE WOULD YOU GIVE YOUR 16-YEAR-OLD SELF? – FREE

The **Older Women's Network (OWN) NSW** is running online workshops along the lines of Yve Lavine's 2014 highly successful Sweet 16 exhibition. [Thurs 16 and 30 July 2pm to 3.15pm AEST](#).

NEW VIRTUAL DANCE FITNESS PARTY! – FREE

Dance the stress and the pounds away to a mix of Latin, afrobeats, hip hop and R&B rhythms. [Sat 11 July, 9am to 10am AEST](#).

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.

COMMUNITY SUPPORT

NEW HOW TO CHECK WHAT YOU SEE ONLINE IS REAL

Members of the BBC's anti-disinformation team offer insider tips on how to verify photos and videos online. >> [WATCH HERE](#)

COVID-19 IN THE RED BOOK

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

SWOP NSW

COVID-19 news, updates & resources [for sex workers in NSW](#).

NEW WEBINAR: SMART PHONES AND TABLETS WITH IT SPECIALIST LEO – FREE

This online smartphone/tablets tech skills course class will provide an introduction to using smart phones and tablets such as Apple and Android devices. [Mon 31 Aug, 10am to 12pm AEST](#).

NEW #COVID19 RESOURCES FOR COMMUNITY GROUPS

A range of resources you can use when you're helping people in your community affected by COVID-19. Information about payments, checklist, talking points etc >> [MORE DETAILS](#)

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 @ COVID19

NEW “WHAT WAS CRYSTAL CLEAR IS THAT DRUNK PEOPLE CAN'T/WON'T SOCIALLY DISTANCE.” — John Apter, chairman of the UK’s police union, on [what he’s learned](#) from the decision to reopen pubs.

NEW GAMING DURING THE PANDEMIC IS STARTING TO FEEL LIKE WORK

After a day of struggling to get anything done at work, [the ability to jump into a game and knock out some side quests, or rack up some wins](#) isn’t so much a dopamine fix as it is a necessary salve.

NEW INDIGENOUS PUBLIC SERVANTS’ EXPERIENCES OF RACISM

The latest plan to boost the number of Indigenous Australians in the **Australian Public Service** may be well-intentioned, but it is also [one in a long line of attempts to boost Indigenous employment in the public service](#).

NEW KEEPING UP WITH THE CORONAS—OR WHY THE VIRUS IS WINNING

[What makes it so seemingly invincible?](#) It’s barely got enough genetic material to put one foot (spike) in front of another!

NEW 'IT GIVES ME SOMETHING TO HOLD ON TO': READERS' ART IN LOCKDOWN

[Guardian readers share their artwork](#) created during coronavirus lockdown.

NEW #COVID19 TRACING TRACKER

It’s time to [track the COVID-19 apps tracking us](#).

NEW A LESSON IN HUMILITY

Victoria’s experience underlines the need to [acknowledge that COVID-19 outbreaks are inevitable and prepare better for them](#).

NEW REPORT ON HEIGHTENED SUICIDE RISK

Suicide Prevention Australia and **Wesley Mission** have released a joint white paper on reducing distress in the community following COVID-19. [It finds Australia has increased suicide risk](#).

ONLINE SOCIAL ACTIVITIES

SIXTH ANNUAL SMARTFONE FLICK FEST (SF3)

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

NEW NAIDOC CONCERT 2020

Arts Centre Melbourne, streaming for one night only. Featuring Uncle Archie Roach, Uncle Kutcha Edwards, Troy Cassar-Daley, Alice Skye, Djirri Djirri, Lady Lash, Scott Darlow, Mau Power, Allara, One Fire Aboriginal Dance Company. [Sat 11 July 6.30pm to 8.30pm AEST](#).

DC JAZZFEST FROM HOME SERIES

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

NEW ISOL-AID FESTIVAL

A socially (media) distanced music festival. 12 noon to 12 midnight >>[STREAM HERE](#)

NEW AUSTRALIAN CLASSICS ON ABC IVIEW

Stream a [curated selection of Australian cinema gold – for free – this winter](#). No streaming-service subscription required.

NEW MET OPERA ON DEMAND

Each day at 10:30AM AEST, **The Metropolitan Opera** will release a different encore presentation from its *Live in HD* series for free streaming on its [website](#) for 23 hours.

NEW THEATRE TO WATCH ONLINE RIGHT NOW

Stream these amazing plays, musicals and dance shows at home – [because right now, your couch is the best seat in the house](#).

NEW #LAONLOCK LIVE! "INSTAGRAM CONCERT SERIES"

Streaming live from the homes & studios of your favourite independent artists! [Sat, 11 Jul 11:00 AM AEST](#).

OPERA AUSTRALIA ON DEMAND

Experience some of Opera Australia's grandest productions [from the comfort of your own home for free](#).

TRAINING/ EMPLOYMENT

NEW MICROSOFT'S SOLUTION TO ZOOM FATIGUE IS TO TRICK YOUR BRAIN

What started as a novelty of working at home is now [an exhausting ordeal that can leave us feeling mentally wiped out](#).

NEW WEBINAR: WORKING WITH FIRST NATIONS ARTISTS WITH DISABILITY – FREE

Accessible Arts NSW online workshop presented by Kerri Shying, a NSW poet of Wiradjuri heritage provides participants with an overview of First Nations people with disability and how they connect with the arts and cultural sector and as well as some very practical advice on making programs and services more accessible for and inclusive of First Nations artists with disability. [Monday 13 July 2020, 10.30am-12.00pm AEST](#).

NEW PRODUCTIVE & EFFECTIVE TECHNIQUES FOR WORKING REMOTELY

Are you struggling with being productive working from home? Learn how to maximize your efficiency levels while you're away from the office to get more done each day. [Fri 24 July 10am to 12pm AEST](#).

WEBINAR: 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](#)

WEBINAR: REVITALISING AND RELAUNCHING EVENTS – FREE

As restrictions surrounding gatherings, meeting places and social interactions begin to be lifted, associations need to put into effect steps to protect their attendees. [Tues 14 July, 12noon to 1pm AEST](#).

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](#)

ONLINE COURSES: TAFE NSW – FREE

Fully subsidised – Semester 2, 2020. Ultimo, Petersham and Randwick.

Certificate 1 Access to Work & Training 10583NAT (Computing & Career Skills)

Certificate 1 Information, Digital Media and Technology ICT10115 – starts 3 August

10581NAT Course in Vocational and Community Engagement (Floristry) – starts 31 July

CSO5555 TAFE Statement in Education and Employment Pathways

Introduction to Bookkeeping

Introduction to Child Care

Introduction to Urban Food Growing

TAFE Taster Short Courses

Explore Work and Study Options – starts 6 August

Get Job Ready – starts 4 August

Introduction to Health & Fitness

Introduction to Aged Care

Introduction to Health Care

Introduction to Online Music Platforms and Business

TAFE Taster Short Computing Courses

Accessing Free Technology

Introduction to Office 365 – starts 31 July

Introduction to Online Learning – starts 29 July

Introduction to File Management

Introduction to Word Processing

Introduction to Excel

Introduction to Power Point

Introduction to Web Design using Wordpress

Introduction to Search Engines, Browsers & Internet

People living with HIV can call [Positive Life NSW HIV Work Ready](#) if you want support choosing or applying for these free TAFE NSW courses (02) 9206-2177 or 1800 245 677

For more information about these TAFE NSW Courses call: Xanthi Alabasinis 0490 054 871 Or email: ULTCPES@tafensw.edu.au

SECTOR SUPPORT

NEW LET'S TALK RACISM

The renewed focus on #BlackLivesMatter means more people are having conversations about racism, and that's a good thing. But having these conversations is not always easy. That's why the **Australian Human Rights Commission** developed a conversation guide for organisations. The [Let's Talk Race guide](#) is designed to assist organisations to conduct meaningful and productive conversations about racism.

NEW SURVEY: AUSTRALIA'S COMMUNITY SECTOR: RESPONDING TO #COVID19

Community sector experiences of the COVID-19 crisis, and priorities for the sector in coming months. [All staff and managers in community sector organisations in Australia are invited to participate.](#)

NEW [#COVID19 SERVICE CONTINUITY CHECKLIST NCOSS resource with preliminary questions and issues to consider in commencing service continuity planning](#) for COVID-19 impacts.

WEBINAR: COMMUNITY SECTOR ANTI-RACISM & ALLYSHIP TRAINING – \$60

Sector training to support literacy, empathy, and understanding of race-related issues and identities. **Weds-Thurs, 22-23 July 9am to 12.30pm AEST.** >>[REGISTER HERE](#)

WEBINAR: GET ON BOARD – ABORIGINAL WORKERS ONLY

Two-part workshop to give you an understanding of the role and responsibilities of becoming a Board Member from a culturally appropriate perspective. **Tues 18 and 25 August 9.30am to 12.30pm AEST.** >>[REGISTER HERE](#)

WEBINAR: MASTERCLASS #2: MESSAGING & VOICE – FREE

Aims to build on the project planning and strategy covered in Master Class 1. **Thurs 30 Jul, 11am to 12.15pm AEST.** >>[MORE DETAILS](#)

SUBSCRIBE TO POS LIFE'S MONTHLY EBULLETIN



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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