

COVID-19 TOOLKIT

A weekly update for all people living with HIV in NSW

CONTENTS

PAGE 1

Health / Financials

PAGE 2

Housing/ Surveys / Reports

PAGE 3

Are we headed for a 2nd wave?

PAGE 4

Legals / Social Support

PAGE 5

Culture & Community Support

PAGE 6

Thoughts / Online Social Activities

PAGE 7

Training & Employment

PAGE 8

Sector Support

SOURCES

[ABC Net](#)

[AHRC](#)

[Crikey](#)

[Eventbrite](#)

[NUAA](#)

[ProBono Australia](#)

[SWOP NSW](#)

[The Big Smoke](#)

[The Conversation](#)

[Welfare Rights Centre](#)

Friday 17 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 **'Are we headed for a second wave?'** If you have information or feedback to contribute to future ToolKits, please email contact@positivelife.org.au

POSITIVE LIFE NSW COVID-19 RESPONSE

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](#)**

TREATMENT AS PREVENTION (ALSO KNOWN AS U=U)

Should I be worried about a viral blip? What's a UVL?
>>[READ MORE](#)

NEW INQUIRY INTO HOMELESSNESS SUBMISSION

As the leading peer-led agency in NSW representing the largest population of people living with HIV in Australia, Positive Life NSW has made ten recommendations in [a submission to the Inquiry into Homelessness in Australia](#).

NEW POZLITE MAGAZINE – THE BEST OF 2019

The 2020 edition of PozLite, showcasing the 'best of' articles, stories and opinion pieces from 2019. >>[READ MORE](#)

NEW SHOWING YOUR SUPPORT FOR POSITIVE LIFE NSW

To continue supporting people living with HIV in NSW, through quality testing, treatment and care; prevention and advocacy, we're asking for your help. >>[READ MORE](#)

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 LATEST RESTRICTION RULES IN NSW

Increased restrictions and border closures.
>> [MORE DETAILS](#)

NEW AUSTRALIAN DEPARTMENT OF HEALTH #COVID19 AT A GLANCE

Updated daily by 3pm based on data from States and Territories, this COVID-19 situation infographic [offers a quick view of the current situation in Australia](#).

NEW CORONAVIRUS EXPLAINER

A Sydney man who spent two weeks in quarantine in Melbourne tested positive for COVID-19 after returning to NSW. [Here's why he was allowed out of the hotel despite having the virus](#).

FINANCIALS

NEW HOUSEHOLD RELIEF FOR PEOPLE AFFECTED BY #COVID19

In collaboration with the [Australian Government, Good Shepherd](#) are providing loans up to \$3,000 towards rent and utilities for eligible people affected by COVID-19.

NEW "INTERNATIONAL STUDENTS IN AUSTRALIA HAVE BEEN LEFT HIGH AND DRY"

Many of the 652,500 international students in Australia [have been desperate for support from the federal government during the coronavirus crisis](#).

NEW ANOTHER CORONAVIRUS ECONOMIC SUPPORT PAYMENT IS ON THE WAY

Five million Australians will notice some [extra cash in their bank account as part of the Federal Government's response to the COVID-19 economic crisis](#).

NEW NSW ANNOUNCES FUNDING SUPPORT FOR TEMPORARY VISA HOLDERS

Responding to growing calls for extending support to migrant communities, the [NSW government has announced \\$4 million in funding for support to vulnerable temporary visa holders](#).

NEW MORRISON UNVEILS \$2 BILLION 'JOBTRAINER' PLAN

Prime Minister Scott Morrison has [announced details around the new \\$2 billion JobTrainer plan](#).

NEW TREASURER SIGNALS 'INCOME SUPPORT' TO AVOID SEPTEMBER CLIFF

The Morrison government is poised to reveal a new income support program to help Australians as it prepares for [a fresh economic hit](#).

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

RENTERS' GUIDE TO #COVID19

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 HOMES BEYOND COVID

The **Australian Alliance to End Homelessness** has launched a [sector wide lobbying campaign, Homes Beyond COVID](#), to raise awareness of the urgent needs of people who have now been temporarily sheltered in response to COVID-19.

NEW SYDNEY PUBLIC HOUSING BLOCK RESIDENTS FEAR #COVID19 OUTBREAK LIKE IN MELBOURNE

A Department of Communities and Justice spokesperson [told the ABC that the NSW Government has been working closely with social housing tenants to keep them informed](#) on NSW Health advice.

NEW CAN REGIONAL HOUSING MARKETS BENEFIT FROM #COVID19?

An emerging narrative around regional dwelling markets [is that they may see increased demand as a result of COVID-19](#).

NEW EXPERTS WARN OF HOUSING 'TIME BOMB' WHEN #COVID19 RENT LAWS EXPIRE AND WELFARE HALVES

National cabinet urged to [adopt new measures to protect tenants bearing the burden of the economic lockdown](#).

NEW LOCAL SOCIAL HOUSING FIRMS RECEIVE \$4M TO TACKLE ROUGH SLEEPING

Compass Housing Services and Pacific Link Housing [based on the Central Coast are set to receive more than \\$4M between them in the NSW Government's \\$36M Together Home initiative](#).

NEW TWO VACANT PROPERTIES FOR EACH HOMELESS PERSON IN NSW

In NSW, [more than 37,175 people are homeless while more than 68,000 properties sit vacant](#).

SURVEYS & RESEARCH

NEW SURVEY: TELEHEALTH DURING #COVID19

University of Melbourne are exploring the experiences of people who consulted with an allied healthcare clinician via telehealth during COVID-19. They want to know if people found telehealth to be safe and effective, or if there were any barriers to the use of telehealth. >>[TAKE THE SURVEY](#)

SURVEY: HAVE YOU RECENTLY BEEN 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 COVID-19. >>[TAKE THE SURVEY](#)

SURVEY: INTERNATIONAL SURVEY ON #COVID19

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. >>[TAKE THE SURVEY](#)

SURVEY: HEALTH AND WELLBEING

Swinburne University of Technology is exploring the impact of social distancing, self-isolation, and quarantine on our health, psychological wellbeing, and relationships. >>[TAKE THE SURVEY](#)

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. >>[TAKE THE SURVEY](#)

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. >>[TAKE THE SURVEY](#)

SURVEY: NADA STAKEHOLDERS

NADA asks how well you think NADA has performed for non-government alcohol and other drugs organisations in NSW. >>[TAKE THE SURVEY](#)

IN THE EYE OF THE STORM...

NEW EXPERTS SAY SUPPRESSION WAS A MISTAKE
Victoria and NSW “never had a first wave ... until now” and a mistake made at the start of the pandemic could lead to a full-blown outbreak.

NEW SYDNEY'S SECOND WAVE: CAN IT AVOID A MELBOURNE-STYLE LOCKDOWN?

The current outbreak in NSW is occurring after a period of relative complacency, and against a background of increased social interactions and relaxed restrictions.

NEW FEARS SYDNEY COULD FACE SECOND WAVE OF #COVID19 AS CASES INCREASE ACROSS NSW

After months of lockdown, the announcement that the curve had been flattened and restrictions would be lifted was one met with equal parts relief and enthusiasm.

NEW #COVID19 HAS NO MORAL COMPASS, BUT WE'RE SUPPOSED TO

If leaders fail to focus on basic needs, we will remain victims to a virus that will not stop.

NEW LABOR BRANDS COVIDSAFE APP “\$2 MILLION FAILURE”

After the COVIDsafe app failed to discover any new cases in the latest coronavirus spikes, Labor has panned the process outright.

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

HEADING FOR A SECOND WAVE?

NEW MORRISON SAYS AUSTRALIA CANNOT SHUT DOWN TO CONTAIN SECOND WAVE OF #COVID19
Prime minister says trying to eliminate virus not the ‘right strategy’ as he moves to reassure people income support will remain.

NEW SECOND WAVE OF INFECTION

NSW under spotlight with surge in coronavirus cases.

NEW MOST #COVID19 PATIENTS ADMITTED TO HOSPITAL IN MARCH STILL HAVE SYMPTOMS

More than three months after being discharged from St Vincent’s hospital, some 80% continue to experience symptoms.

NEW PREDICTING A WORSE #COVID19 OUTCOME

Federal AMA Vice President Dr Chris Zappala has authored a brief summarising recent, consolidated findings broadly categorised into host factors, co-morbidities, and laboratory variables that predict a worse COVID-19 outcome.

NEW A DOCTOR ON MELBOURNE'S CORONAVIRUS FRONT LINE. “SUPPRESSION HAS FAILED”

As a frontline doctor in Victoria's fight against the virus, my view is that the rate of health care worker infection is unsustainable.

NEW IS NSW ALLOWING A SECOND COVID19 SURGE TO GROW IN PUBS?

While acknowledging the virus spreads more rapidly in indoor environments (such as pubs), the Premier declared that the new restrictions, developed in partnership with the industry, would be enough to curtail the virus without further shutdowns.

NEW NORTH COAST PUBLIC HEALTH UNIT DIRECTOR PAUL CORBEN EXPLAINS WHAT A 'SECOND WAVE' IS

Sharing information and what to do in the event of a second wave.

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](#)

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.

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

WHO YOU GONNA CALL?

A range of [helplines and supports collected especially for people living with HIV](#) during the COVID-19 crisis.

NEW LONELY IN LOCKDOWN? YOU'RE NOT ALONE.

If you live alone — or with others to whom you are not particularly close — it's [important to find different and creative ways to connect with people while still reducing the immediate COVID-19 risk](#).

NEW HOW YOUNG PEOPLE ARE ADAPTING TO THE CHALLENGES OF LIVING THROUGH A PANDEMIC

Despite the constant reminders that 'we're all this together', [Amsha found she and her friends were still avoiding honest conversations about their fears and anxieties](#).

NEW MENTAL HEALTH AND #COVID19

The **NSW Mental Health Commission** recognises that [people are feeling worried, stressed and anxious in relation to COVID-19](#).

NEW THE CORONAVIRUS IS NOT A WAKE-UP CALL, IT IS MUCH MORE THAN THAT

It is not a near miss. It is a [direct hit at humanity that will forever leave an indelible mark in our minds and that of human history](#).

NEW BALI BOMBING AND BREAST CANCER SURVIVOR DURING CORONAVIRUS PANDEMIC

At 54, [Cheryl Watson has experienced more trauma than most people ever would](#).

NEW SUFFERING FROM BURNOUT AT WORK?

This is [where it comes from and how to avoid it](#).

NEW CEOS TREADING A 'DANGEROUS LINE' AS MENTAL HEALTH IMPACTS OF CORONAVIRUS BITE

As one of Australia's best known business and community leaders, [Geoff Cousins is used to making tough calls. But over time, the stress and uncertainty of his position took its toll](#).

CULTURE/ ART/ BOOKS

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](#).

ISOL-LATE – FREE

An online music festival and gathering space [every weekend from 10pm to 12 midnight AEST](#) where artists play 20-minute sets streamed live via their Instagram accounts.

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 LUNCHTIME BODY BLAST WITH GEORGE

Join us for an all-body general fitness class from the comfort of your own home, delivered virtually though the Zoom platform. [Mondays 12pm to 12.45pm AEST](#).

NEW STUORCC BEATBOXING – FREE

Learn easy tricks to control your breath, create percussive sounds and become a vocal scratch DJ. [20 July-21 Sept Mondays 3pm-6pm AEST](#).

NEW THE RISE OF ANTISEMITISM IN GERMANY AND EUROPE – FREE

The **NSW Jewish Board of Deputies** is hosting an online event with guest speaker Ambassador Michaela Küchler, the German Foreign Office's Special Representative for Relations. [Tues 21 July, 7:30pm-8:30pm AEST](#).

NEW GORDI: LIVE AT THE SYDNEY OPERA HOUSE – FREE

Australian folk-pop singer and producer Gordi is set to play her official international album launch show for her latest record, *Our Two Skins*. [Sat 25 July, 8pm-9pm AEST](#).

COMMUNITY SUPPORT

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 KEY FINDINGS ON SEX WORK AND #COVID19

ASHM presented a [webinar in partnership with sex worker advocacy groups highlighting how sex workers have adapted their work practices and the importance of peer led interventions](#) to improve health outcomes for sex workers and the community.

NEW HOW TO HELP YOUR EMPLOYEES WITH BACK-TO-WORK ANXIETY

Leaders and managers, will need to start considering [how to manage staff anxiety during the transition back to the workplace](#) after the coronavirus.

NEW COVID SAFE BUSINESS

Show your commitment to COVID Safety and keeping our community safe. [Complete a COVID-19 Safety Plan and register as a COVID Safe business](#).

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 AUSTRALIA'S HEALTH PANEL SAID ABOUT THE COVIDSAFE APP

In May 2020, [Australia's Health Panel asked panellists about their first impressions of and attitudes towards the COVIDSafe smartphone app.](#)

NEW THE DARK SIDE OF AUSTRALIA'S CASHLESS SOCIETY

Enabled by COVID-19, [Australia's increasingly cashless society comes with a list of problems that walk hand-in-hand with convenience.](#)

NEW WHY OUR BRAINS WANT TO SPREAD MISINFORMATION

Even when it's banal or harmless, [this is why we can't help spreading false information.](#)

NEW WHY ARE PEOPLE REMAINING ILL FOR SO LONG?

Four months after the start of the coronavirus pandemic, doctors are still on a steep learning curve. [One surprise is just how long symptoms seem to last.](#)

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](#)

AUSTRALIAN CLASSICS ON ABC IVIEW

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

NEW JOIN A FILM CLUB - FREE ONLINE

Join the Wentworth Point Community Centre & Library Film Club [every fortnight on Zoom to talk about a carefully selected list of films, all free to watch on Beamafilm](#) with your City of Parramatta Libraries membership card. **Thurs (fortnightly), 30 July-24 Sept, 6.30pm-7.15pm AEST.**

NEW DANCING TOGETHER – FREE

UTS Gallery and Studio present Dancing Together, a participatory online program with a simple mission; to make you feel good while you're staying at home. **Thu 6th Aug 2020, 12:25 pm - 12:30 pm AEST.**



TRAINING/ EMPLOYMENT

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 THINKING OF MAKING A CAREER CHANGE DURING #COVID19?

[7 questions to ask yourself](#)

NEW MACQUARIE COMMUNITY COLLEGE

Enrolling now for Term 3. [Join classes online or on campus! There's loads of courses available.](#)

NEW OVER 35? YOU'RE IN LUCK

With a [Mature Age Workers Scholarship](#), you may be eligible for a fee-free place in a Certificate II, Certificate III or Certificate IV.

NEW ONLINE MEETINGS AND SUPPORTING INCLUSIVE PRACTICES

An increase in online meet-ups has some people wondering what the "rules" are. Are they the same as a face-to-face meeting? [Here we discuss what makes best practice.](#)

NEW WEBINAR: DIGITAL MARKETING IN A POST COVID ERA – FREE

Is your business digital ready to thrive in the post-COVID world? Join Netstripes' free webinar to transition to the digital space. [Thursdays 23 July, 30 July, 20 Aug, 27 Aug 4pm-5pm AEST.](#)

NEW WEBINAR: MENTAL HEALTH MATTERS – FREE

90-minute webinar delivered by Australian Red Cross. [Mon 20 July, 10am-11.30am AEST.](#)

NEW WEBINAR: JOBS OF TODAY SERIES: SOFTWARE DEVELOPMENT AND TESTING – FREE

Join us for this webinar to learn how you can pursue a career in software development or testing, important technical and critical skills for these roles and what you can do to make an impact on potential employers. [Weds 29 July, 2pm-3pm AEST.](#)

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

LET'S TALK RACISM

The [Let's Talk Race guide](#) by the **Australian Human Rights Commission** is designed to assist organisations to conduct meaningful and productive conversations about racism.

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](#)

NEW MY STAFF DON'T WANT TO RETURN TO THE OFFICE

Employers will need to [consider how their employees travel to work, and whether any community measures still in place will cause their employees difficulty](#).

NEW ETHICAL PRINCIPLES OF ONLINE COUNSELLING – ONLINE

When the COVID-19 crisis hit Australia, many counsellors had to adapt quickly and move their practice to an online platform, with little to no training or guidance. Members \$44; Non-Members \$60.50 **[6 August 2020, 10.00am-1.00pm AEST](#)**.

NEW WEBINAR: MANAGING TERMINATION AND REDUNDANCY – FREE

[Weds 22 July 1pm-2pm AEST](#).

SUBSCRIBE TO POS LIFE'S MONTHLY EBULLETIN



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the voice of people with HIV since 1988

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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.

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