

# COVID-19 TOOLKIT

A weekly update for all people living with HIV in NSW

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## SOURCES

[ABC Net](#)

[Australian Financial Review](#)

[Council on the Ageing NSW](#)

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[Human Rights Watch](#)

[MIT Technology Review](#)

[National Seniors Australia](#)

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## Friday 14 August 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 'Aged Care Week 17-20 August'. If you have information or feedback to contribute to future ToolKits, please email [contact@positivelife.org.au](mailto:contact@positivelife.org.au)

## POSITIVE LIFE NSW COVID-19 RESPONSE

**SOCIAL SUPPORT:** Peers Connect Online! welcomes all people living with HIV (PLHIV) in NSW regardless of gender or sexuality. RSVP Essential. [[Thurs 20 August, 6pm-7.30pm AEST](#)]

**NEW MEDIA RELEASE:** Living positive as an Asian gay man, Jimmy shares the value of reaching out and finding the support that makes all the difference. [[Losing face, losing fear](#)]

**NEW SUBMISSION:** Australian People Living with HIV & Aged Care. A clear majority of PLHIV wanted to receive information about aged care services via a peer-run face-to-face service. Older PLHIV preferred a face-to-face service model, because they believed they would receive reliable, targeted, high quality information and support, and be treated with understanding and respect. [[Feb 2020, PLNSW submission](#)]

**NEW SUBMISSION:** Positive Life believes that the role of a Personal Care Worker is integral to the safe, effective, and quality delivery of aged care services to all ageing people in Australia, including PLHIV. Personal Care Workers should be trained to an accredited high standard, and remunerated accordingly, rather than the current reality of "an entry level worker paid minimum wage..." [[July 2020, PLNSW submission](#)]

## HEALTH

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

**National COVID-19 Triage Hotline 1800 020 080**

**ONLINE RESOURCE:** Coronavirus (COVID-19) Symptom Checker. [[HealthDirect](#)]

**ONLINE RESOURCE:** News and information about Coronavirus (COVID-19) in your language. [[SBS](#)]

**#COVID19 UPDATES:** Latest Coronavirus (COVID-19) updates and health statistics. [[NSW Health](#)]

**TESTING:** Find your nearest testing centre in NSW. [[NSW Government](#)]

**RESTRICTIONS:** What you can and can't do under the rules. [[NSW Government](#)]

**HEALTH ADVICE:** Masks are a helpful addition in the fight against COVID-19 if used correctly. NSW Health strongly encourages people to wear them when unable to physically distance. [[NSW Health](#)]

**NEW HEALTH ADVICE:** COVID-19 is an illness caused by a new virus. There is no vaccination or cure yet. Find out about the disease, how it spreads, who is at risk, what to do if you think you have it, and what resources and support are available to you. [[Australian Department of Health](#)]

**NEW PERSONAL STORY:** I'm a COVID-19 long-hauler and an epidemiologist – here's how it feels when symptoms last for months. [[11 August, The Conversation](#)]

## TOOLS, VIEWS, NEWS

**NEW HEALTH ADVICE:** If you need to welcome or farewell someone at Sydney Airport, the latest information you need to know. [[Sydney Airport Information](#)]

**NEW NEWS:** Inspectors have served the Garry Owen Hotel in Rozelle with \$10,000 worth of fines after finding a number of COVID-19 breaches. [[14 August, 7 News](#)]

**NEW HEALTH ADVICE:** With COVID-19 stress prevalent worldwide, the Sleep Health Foundation is warning people to keep consistent bed-time routines to help stay mentally and physically healthy while stressed. [[3 August, Australian Sleep Health Foundation](#)]

**NEW OPINION:** Young men are more likely to believe COVID-19 myths. So how do we actually reach them? [[10 August, The Conversation](#)]

**NEW OPINION:** How should I clean my cloth mask? Some guidelines when wearing, cleaning, or replacing a cloth mask. [[6 August, The Conversation](#)]

**NEW OPINION:** How do I know if my mask actually works? What about the 'candle test'? Professor Raina MacIntyre from NSW's Kirby Institute offers some advice on buying, wearing or making face masks. [[12 August, The Conversation](#)]

**NEW NEWS:** Government coronavirus messages left 'nonsensical' after being translated into other languages. [[13 August, ABC News](#)]

### 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](mailto:contact@positivelife.org.au)



## HOUSING

**RENTING:** The Renters' Guide to COVID-19 has been developed to provide legal information about situations that may arise as a result of the COVID-19 pandemic. [[Tenants' Union of NSW](#)]

**NEW SUPPORT:** Get Tenancy advice from your local service. [[Tenants' Advice and Advocacy Services in NSW](#)]

**NEW NEWS:** Mission Australia is calling for an urgent NSW Health commitment to ensure automatic hospitalisation of consumers in NSW's aged care and other residential facilities with clients who are at greater risk such as people who are homeless, when they test positive for COVID-19. [[10 August, Mission Australia](#)]

**NEW NEWS:** With recent data revealing 1,000 people are homeless on the Central Coast, welfare groups are adding their voice to calls for more social housing in the region during Homelessness Week (August 2-8). [[12 August, Coast Community News](#)]

**NEW NEWS:** Living in an overcrowded house is tough at the best of times, but the COVID-19 lockdowns have made life in a full house even more difficult for many, particularly young people. [[12 August, ABC News](#)]

**NEW NEWS:** NSW's most vulnerable residents are still at the most risk if a second wave of COVID-19 hits, despite the contingency plans put in place by not-for-profit housing organisations and the state government. [[13 August, Domain.com.au](#)]

**NEW NEWS:** The St Vincent de Paul Society has made an urgent plea to the NSW Government to build more social housing. [[7 August, Newcastle Weekly](#)]

**NEW NEWS:** Sunshine Coast photography exhibition challenges image of homelessness. [[10 August, ABC News](#)]

## SURVEYS & RESEARCH

**SURVEY:** Have you delayed seeing your health care provider because of cost? Health Consumers NSW, in partnership with the NSW Council of Social Service, want to find out more about your experience of the cost of health care in NSW. [[Survey Monkey](#)]

**SURVEY:** Telehealth during COVID-19 and your experiences of consultation with an allied healthcare clinician via telehealth during COVID-19? [[University of Melbourne](#)]

**SURVEY:** Have you recently been in the Emergency Department during COVID-19? Seeking consumers/patients' experiences when they or someone they know, were in the emergency department during COVID-19. [[Australasian College for Emergency Medicine](#)]

**SURVEY:** An international team of researchers from 12 different institutions is investigating beliefs and behaviours in response to COVID-19. [[covid19-survey.org](#)]

**SURVEY:** What are the impacts of social distancing, self-isolation, and quarantine on our health, psychological wellbeing, and relationships? [[Swinburne University of Technology](#)]

**SURVEY:** Monitoring the impact of COVID-19 on Australian gay & bisexual men's ongoing risk of HIV, and sexual and mental health. [[Kirby Institute](#)]

**SURVEY:** How are you living with COVID-19 restrictions in Australia. [[Monash University](#)]

**NEW SURVEY:** The NSW Department of Planning, Environment and Industry is surveying the community about how they use public space during COVID-19 restrictions and would love to hear from you. [[NSW National Parks and Wildlife Service](#)]

**SURVEY:** The National Women's Health Survey closes on Friday 28 August [[Jean Hailes for Women's Health](#)]

## AGED CARE WEEK

**NEW PERSONAL EXPERIENCE:** Former lawyer, now educator and writer Margaret White tells us about her mother's victory in the war against scammers who try to take advantage of older people. [[Council on the Ageing NSW](#)]

**NEW OPINION:** The tale of two systems: The overlap between NDIS and aged care. Dual compliance requirements for approved providers of residential aged care is challenging at best. The two systems fail to 'dovetail' together in a practical and viable way. [[10 August, Aged Care Insite](#)]

**NEW OPINION:** Aged care crisis reflects poor preparation and a broken system. [[28 July, The Conversation](#)]

**NEW GOVERNMENT:** The COVID-19 pandemic is impacting all Australians. However, the travel restrictions and self-isolation are causing particular challenges for older Australians. [[MyAgedCare.gov.au](#)]

**NEW REPORT:** COTA 50+ report 2020. Dignity, Respect, Choice: Planning for the Final Chapter. Online launch [[Weds 2 Sept, 10am to 11am AEST](#)]

**NEW LEGAL SUPPORT:** COTA NSW Legal Pathways. If you need to draw up a Will, an Enduring Power of Attorney or an Enduring Guardianship, COTA NSW's Legal Pathways service may be able to help you. [[Council on the Ageing NSW](#)]

**NEW GOVERNMENT:** Frequently asked questions about COVID-19 for older Australians [[Healthdirect](#)]

**NEW OPINION:** How to optimise your immune system, according to a doctor, a nutritionist and a sleep expert. [[16 June, Broadsheet](#)]

**NEW OPINION:** The COVID-19 pandemic has had a devastating impact on people living in nursing facilities around the world, including in Australia. On August 10, the Royal Commission into Aged Care Quality and Safety will hold a hearing on "lessons learnt" on COVID-19 in aged care. [[6 August, Human Rights Watch](#)]

## 17-20 AUGUST 2020

**NEW PERSONAL EXPERIENCE:** Hamako Mori lives in Chiba in Japan with her family. And she's the Guinness world record for being the world's oldest gaming YouTuber. [[17 June, National Seniors Australia](#)]

**NEW OPINION:** How aged care agencies are failing our elderly. [[11 March, Medical Republic](#)]

**NEW EXHIBITION:** Is there an art to ageing? A new exhibition captures older Australians ignoring age and continuing to do what they do best. [[11 August, National Seniors Australia](#)]

**NEW WATCH:** Embracing Instagram over 50, these older fashionistas are defying pressure to be 'invisible'. [[1 Mar, ABC News](#)]

**NEW REPORT:** COVID-19: Older Australians' life and care during the pandemic. [[July 2020, National Seniors Australia](#)]

**NEW OPINION:** The coronavirus is a disaster for lonely older Australians. It's now more important than ever to maintain connections to our elderly friends and family. [[5 Apr, ABC News](#)]

**NEW LISTEN:** Connect podcast. National Seniors is now on Spotify and Apple podcasts! If you have Spotify or Apple podcasts on your desktop computer or mobile, search for us under "National Seniors Connect." [[National Seniors Australia](#)]

**NEW NEWS:** Older men charged more for using Tinder's premium service, Choice mystery shoppers find. [[12 August, ABC News](#)]

**NEW OPINION:** Advice on using face masks during the coronavirus pandemic has changed — here's what you need to know. [[13 July, ABC News](#)]

**NEW REPORT:** Seniors speak about hidden impacts of COVID-19 pandemic. [[March 2020, National Seniors Australia](#)]

**NEW WATCH:** Older Australians at risk of loneliness as local newspapers go digital. [[14 August, ABC News](#)]

## LEGALS

**MIGRATION:** International student questions about visas or other legal questions. [[International Student Legal Service NSW, Redfern Legal Centre](#)]

**GOVERNMENT:** NSW Health COVID-19 Public Health Orders & Restrictions gathered in a webpage where you can download the latest documents, including easy-read. [[NSW Health](#)]

**ADVICE:** Free legal advice service for people in NSW with COVID-19 fines. [[Redfern Legal Centre](#)]

**NEW FACTSHEET:** Public health orders – what do I need to know? This factsheet is part of a series from Legal Aid NSW that aims to help answer your questions about COVID-19 and everyday law. [[Legal Aid NSW](#)]

**NEW NEWS:** Australia's state by state coronavirus lockdown rules and restrictions explained. [[13 August, The Guardian](#)]

**NEW RESOURCE:** Redfern Legal Centre's police accountability practice has produced a number of resources about changes to COVID-19 public health orders in NSW, and information on payment and review options for people who have received penalty notices and court fines. [[6 August, Redfern Legal Centre](#)]

### POSITIVE LIFE NSW AGED CARE 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](mailto:contact@positivelife.org.au)



Supporting you through aged care, disability and health services



## SOCIAL SUPPORT

**SUPPORT:** A range of helplines and supports collected especially for people living with HIV during the COVID-19 crisis. [[Who you gonna call?, Positive Life NSW](#)]

**SUPPORT: BEING Supported** is open and here for you on **1800 151 151 from Monday to Friday, 10am - 4pm AEST.**

**SUPPORT:** Your mental wellbeing is important. If you're feeling anxious or stressed, you're not alone. There are services that can support you through these difficult times. [[NSW Government](#)]

**NEW OPINION:** It's hard to admit we're lonely, even to ourselves. Here are the signs and how to manage them. [[13 August, The Conversation](#)]

**NEW SUPPORT:** Want to see a therapist but don't know where to start? Dr Louise Stone from the Australian National University outlines your options when you're looking for some extra support. [[10 August, The Conversation](#)]

**NEW NEWS:** Forget Gen Z, this is Generation COVID. The coronavirus shutdown has hit young Australians hard — throwing their plans and dreams into chaos. [[6 July, ABC News](#)]

**NEW HEALTH ADVICE:** The Australian Government releases a new temporary COVID-19 telehealth item in place until at least 30 September. [[12 August, Royal Australian College of GPs](#)]

**NEW ONLINE SUPPORT GROUP:** Managing your anxiety during uncertain times - with WayAhead. [[Tues 25 August, 7pm to 8:30PM AEST](#)]

**NEW SUPPORT:** Developed by Beyond Blue and delivered by One Door Mental Health, NewsAccess is a free mental health coaching program for anyone 18+ living or working in the South West Sydney region who feels stressed, anxious or overwhelmed. The program is available via phone or face-to-face. [[Newaccess](#)]

## CULTURE/ ART/ BOOKS

**FREE ONLINE MUSIC FESTIVAL:** Music festival and gathering space every weekend from 10pm-12 midnight AEST where artists play 20-minute sets streamed live via their Instagram accounts. [[ISOL-LATE](#)]

**FREE ENTERTAINMENT:** A different Opera encore presentation released each day at 10.30am AEST for free streaming for 23 hours. [[Metropolitan Opera](#)]

**ONLINE FITNESS:** An online all-body general fitness class from the comfort of your own home. [[Mondays 12pm- 12.45pm AEST](#)]

**NEW COOKING VIDEO:** Vegetarian Japanese Pancakes with Stephen Lunny. [[Surry Hills Neighbourhood Centre](#)]

**NEW FREE WEBINAR:** Join John August, the Treasurer of the Pirate Party of Australia talking about intellectual property and how this once incidental issue now has such a hold over our lives and our freedoms. [[Mon 24 August, 12.30pm to 1.30pm AEST](#)]

**FREE EXHIBITION:** Maton: Australia's Guitar. More than 130 guitars on display at the Powerhouse. [[25 July to 11 October, Sydney Powerhouse Museum](#)]

**NEW CULTURE:** Art Off-Screen is an international exhibition, organized by Eileen Jeng Lynch, of artwork and performances. [[Entire Exhibition Period: 18 July – 26 September 2020](#)]

**NEW CULTURE:** Medieval 'wine windows' are reopening, reviving Italian plague tradition. [[6 August, New York Post](#)]

**NEW FREE WEBINAR:** Join the world's leading fire historian, Stephen Pyne, for a fascinating exploration of the history of fire along with insights into Australia's ever-expanding catastrophic fire season. [[Tues 18 August, 12.30pm to 1.30pm AEST](#)]

## COMMUNITY SUPPORT

**SEX WORKERS:** Guidelines, harm reduction tips and strategies by & for sex workers. [[Red Book, Scarlett Alliance](#)]

**SEX WORKERS:** COVID-19 news, updates & resources for sex workers in NSW. [[COVID-19 Impact and Response for Sex Workers, SWOP NSW](#)]

**ADVICE:** COVID-19 advice for Aboriginal & Torres Strait Islander peoples and remote communities. [[Australian Department of Health](#)]

**FREE LEGAL HELP & INFO:** Legal assistance for people affected by COVID-19. [[LawAccess NSW and Legal Aid NSW](#)]

**ONLINE LEGAL SUPPORT:** Find out if you are eligible to use this service to get answers about specific legal questions. [[Justice Connect](#)]

**NEW SUPPORT:** Choosing Wisely and asking questions about treatments and tests is important during a pandemic. [[Healthdirect](#)]

**NEW ONLINE TOOL:** Restriction checker. Find out what you can & can't do in your area. [[Healthdirect](#)]

### 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](mailto: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)

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the voice of people with HIV since 1988

## FOOD FOR THOUGHT @ COVID19

**NEW OPINION:** Why New Zealand needs to focus on genome sequencing to trace the source of its new COVID-19 outbreak. [[13 August, The Conversation](#)]

**NEW NEWS:** Qantas and Virgin knew the Ruby Princess was a coronavirus time bomb but were powerless to stop it. [[14 August, ABC News](#)]

**NEW OPINION:** England has started testing a contact tracing app—again. A new COVID-19 app is being rolled out by England's NHS after technical issues killed its first attempt. [[13 August, MIT Technology Review](#)]

**NEW OPINION:** Equity in excellence or just another tax on Black skin? [[23 July, The Lancet](#)]

**NEW NEWS:** Despite testing more than 100,000 people a week, there are concerns some cases of COVID-19 are going undetected in NSW. [[14 August, ABC News](#)]

**NEW OPINION:** The whole world wants a vaccine, but countries will naturally try to secure a supply for themselves first. [[13 August, MIT Technology Review](#)]

**NEW NEWS:** Young Australians avoid COVID-19 news so traditional health messaging doesn't work. [[10 August, Australia Patients Association](#)]

**NEW OPINION:** Eight ways to admit you didn't do your research. If you're caught out, here's how to mention that fact gracefully. [[12 August, The Big Smoke](#)]

**NEW OPINION:** Tensions rise on coronavirus handling as the media take control of the accountability narrative. [[11 August, The Conversation](#)]

**NEW OPINION:** It looks like Victoria has passed the peak of its second wave. Professor Ian Marschner of Sydney University calls for caution with our optimism. [[13 August, The Big Smoke](#)]

## ONLINE SOCIAL ACTIVITIES

**ONLINE FILM CLUB:** Join the Wentworth Point Community Centre & Library Film Club every fortnight on Zoom to talk about a film selected from Beamafilm with your City of Parramatta Libraries membership card. [[Thurs \(fortnightly\), 30 July-24 Sept, 6.30pm-7.15pm AEST](#)]

**NEW FREE WEBINAR:** Networking In Nature. With inspiring monthly morning walks in the Sydney Botanic Gardens as well as enriching virtual gatherings, Networking In Nature promises a rich experience and an opportunity to start the day on a healthy and inspired note. Newcomers always welcome. [[Weds 19 August, 11.30am to 1pm AEST](#)]

**NEW FREE ONLINE PERFORMANCE:** Witness the risk-taking and virtuosic instrumentalists of Ensemble Offspring perform an intimate and eclectic program of music by living composers. Streamed live from the Joan Sutherland Theatre. [[Sat 15 April, 8pm to 8.45pm](#)]

**NEW FREE WEBINAR:** Streamed live into your lounge room, join Dr Karl to kick off National Science Week! Learn about the animal that has to grow an anus each time it wants to defecate, why dead fish can swim indefinitely, and why humans have been making coffee the wrong way for six centuries. [[Mon 17 Aug, 7pm to 8.15pm](#)]

**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)

## TRAINING/ EMPLOYMENT

**RECRUITING:** BEING is recruiting Peer Support Specialists with a lived experience of mental health issues, and a number of other key roles based in NSW. [[NSW Consumer Advisory Group](#)]

**FREE WEBINAR:** Online smart phones and tablets with IT specialist Leo. [[Mon, 3 Aug to 28 Sept, 10 to 12noon AEST](#)]

**WEBINAR:** Adobe Photoshop online classes. Adult \$20/Conc \$10. [[Mon 10 Aug 10am to 3pm; Weds 16 Sept 10am to 3pm; Tues 29 Sept 10am to 3pm](#)]

**FREE WEBINAR:** Online life internet skills classes with IT specialist Leo. [[Tues 28 July to 29 Sept, 10am to 12pm AEST](#)]

**NEW FREE WEBINAR:** Embracing work from home, communications in a COVID world. [[Tue 25 August, 11am to 12pm AEST](#)]

**VIDEO:** Myths and tips for young workers [[Fair Work Australia](#)]

**FREE WEBINARS:** Career support options for women, cis and trans, and any non-binary people comfortable in women's spaces. [[DRESS FOR SUCCESS](#)]

**NEW FREE WEBINAR:** Have you been meaning to launch a blog, but have no idea where to start? Write Time Marketing's virtual 'Business Blogging Basics' webinar. [[Thu 20 Aug, 10am to 12pm AEST](#)]

**NEW OPINION:** 6 important ways COVID-19 has changed the workplace for good. [[13 August, Businesstink, UNSW](#)]

**NEW OPINION:** Five strategies for navigating a new job in a crisis. [[13 August, Inside Higher Ed](#)]

**EMPLOYMENT SUPPORT:** A guide for people who have lost their job or whose hours at work have been impacted by Coronavirus. It contains information on your rights at work, financial support available, upskilling options and ways to find a job. [[NSW Government](#)]

## FINANCIALS

**NEW GOVERNMENT:** From 25 September, assets tests return for some payments. [[14 August, Services Australia](#)]

**NEW NEWS:** How Australians spent their one-off \$750 Federal government coronavirus stimulus payments. [[14 August, ABC News](#)]

**NEW GOVERNMENT:** Your refund rights for cancellations during the COVID-19 pandemic. [[ACCC](#)]

**NEW GOVERNMENT:** An online tool to see what payments and services you may be eligible for. [[Centrelink, Services Australia](#)]

**NEW GOVERNMENT:** Payments and services if you're retired, planning for retirement or looking to work past Age Pension age. [[Services Australia](#)]

**NEW WATCH:** With recent changes to JobKeeper and JobSeeker, political editor Mark Riley and network finance editor Gemma Acton break down the support and subsidies available and the effect on Australia's economy. [[8 August, 7News Australia](#)]

**NEW OPINION:** Transurban chief executive Scott Charlton has called for Australia to develop a long-term plan for living with COVID-19 after a slump in traffic on the company's toll roads forced it into a \$111 million annual net loss. [[12 August, Australian Financial Review](#)]

**NEW GOVERNMENT:** Current COVID-19 scams. Scammers are using the spread of COVID-19 to take advantage of people across Australia. [[Scamwatch](#)]

**NEW OPINION:** Overall well-being among international students in Australia is down, no thanks to COVID-19. According to a report by the University of Technology Sydney (UTS), the issues affecting them are housing unaffordability, financial stress and loneliness. [[13 August, Study International](#)]



## SECTOR SUPPORT

**NEW WEBINAR:** The third class in our free Master Class series for Not-For-Profits, Engagement and Audiences, aims to cover how to best thrive in the coming months with making the most of government engagement and targeting your ideal audience. [[Thu 27 August, 11am to 12.15pm AEST](#)]

**NEW HEALTH ADVICE:** A collection of resources for health professionals, including aged care providers, pathology providers and health care managers, about COVID-19. [[Australian Department of Health](#)]

**RESOURCE:** Create a COVID-19-Safe Workplace with this resource. [[Institute of Community Directors Australia](#)]

**FREE WEBINAR:** 'Get On Board' is a two-part workshop for Aboriginal people 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-12.30pm AEST](#)]

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

**ONLINE APP:** Gilbert + Tobin's Charities + Social Sector team have created a free and interactive app to assist charities and non-profits understand the requirements for holding AGMs. [[Gilbert + Tobin](#)]

**ONLINE RESOURCE:** Embrace Multicultural Mental Health is a free, nationally available framework which supports organisations and individual practitioners to evaluate and enhance their cultural responsiveness. [[Mental Health Australia](#)]

**NEW OPINION:** Working from home: is it good or bad for the health of your employees? [[21 July, Not for profit people](#)]

## SUBSCRIBE TO POS LIFE'S MONTHLY EBULLETIN



PositiveLifeNSW  
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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