

COVID-19 TOOLKIT

A weekly update for all people living with HIV in NSW

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Friday 21 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 **'Caring for your Mental Health'** If you have information or feedback to contribute to future ToolKits, please email contact@positivelife.org.au

POSITIVE LIFE NSW COVID-19 RESPONSE

NEW SOCIAL SUPPORT: Peers Connect Online! welcomes all people living with HIV (PLHIV) in NSW regardless of gender or sexuality. RSVP Essential. [[Thurs 3 September, 6pm-7.30pm AEST](#)]

NEW CO-DESIGNED NEEDS ASSESSMENT: Calling all NSW-based Aboriginal and Torres Strait Islander mob living with HIV or at risk of HIV. Let's have a yarn about HIV! Call Michelle on (02) 9206 2177 or 1800 245 677 (freecall) or contact@positivelife.org.au [[Aboriginal & Torres Strait Islander Health Program](#)]

NEW EVALUATION: Time to evaluate this newsletter: the content, format, scheduling etc. Please add your thoughts about the evolution of this newsletter for people living with HIV in NSW. www.surveymonkey.com/r/COVID19-newsletter



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 HEALTH ADVICE: Advice for people at risk of coronavirus (COVID-19). [[Australian Department of Health](#)]

TOOLS, VIEWS, NEWS

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: Australia close to signing deal to produce coronavirus vaccine. [[17 August, Aged Care Insite](#)]

NEW WEBINAR: A Global Response to COVID-19 and HIV: Lessons for Australasia. Featuring speakers Sharon Lewin (Doherty Institute) and Chris Beyrer (Johns Hopkins), this webinar will provide a global overview of the intersection between HIV, VH and COVID-19; the impact, opportunities and lessons learnt from the HIV response. [[Thurs 3 September, 6pm to 8.45pm AEST](#)]

NEW WEBINAR: Social prescribing, a script for better living. Social prescribing is where health professionals, including GPs, link patients with social services – or even social groups. A GP may, for example, suggest a patient join a local running group to enjoy the benefits of exercise and interaction. [[Mon 31 August, 12noon to 1.15pm AEST](#)]

NEW OPINION: COVID-19 is creating a wave of heart disease. Emerging data show that some of the coronavirus's most potent damage is inflicted on the heart. [[17 August, New York Times](#)]

NEW NEWS: Epigenetics, the study of the code that controls our DNA, tells us that our lifestyle choices can have a significant impact on our gene expression and our lives. [[27 July, BBC](#)]

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

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](#)]

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

NEWS OPINION: How COVID-19 will change the way we design our homes. [[15 August 2020, Michael Yardney's property update](#)]

NEWS OPINION: As demand for crisis housing soars, surely we can tap into COVID-19 vacancies. [[12 August 2020, The Conversation](#)]

NEWS OPINION: What will the pandemic do to house prices and banks? This is not the global financial crisis. Australian banks and lenders are well prepared, but people with home loans need to stay sharp. [[18 August 2020, Crikey](#)]

NEWS OPINION: COVID-19 to make it cheaper and faster to build new homes, but tradies face decade of pain. [[18 August, Real Estate.com.au](#)]

NEWS NEWS: Melbourne's public housing tenants suffering in coronavirus lockdown. Almost halfway through Melbourne's six weeks of Stage Four restrictions, the residents of the city's public housing towers are struggling. [[20 August, SBS News](#)]

NEWS NEWS: Housing offer creates brighter future for 65-year-old Cliff Moxon. [[20 August, The Courier](#)]

NEWS COMMENTARY: Many renters in NSW are facing the possibility of being made homeless, as the legislation enacted to protect them is wholly ineffective. [[15 August, The Big Smoke](#)]

SURVEYS & RESEARCH

NEWS SURVEY: COVID-19 Renter Survey seeks your experiences with rental negotiations in the COVID-19 emergency beginning around March 2020. [[UNSW Sydney](#)]

NEWS REPORT: The National Aged Care Confidence Survey 2020 conducted by Fifth Dimension Consulting says that more than half of Australians say their level of confidence in the aged care system has fallen since the start of COVID-19 health pandemic. [[14 August, Australian Ageing Agenda](#)]

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](#)]

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](#)]

MENTAL HEALTH CARE

NEW NEWS: A NSW MP has revealed there have been multiple teenage suicides in his electorate as he warns of the mental health consequences of COVID-19. [[20 August, Sky News](#)]

NEW NEWS: Federal support for COVID mental health issues has been slammed as “next to nothing” by a leading suicide prevention expert, with fears the pandemic will leave long-term “scarring” in the form of self-harm, divorce and domestic violence. [[17 August, New Daily](#)]

NEW COMMENTARY: Do you give yourself a hard time when you procrastinate? Even without a pandemic, some level of procrastination is really normal. But if your avoidance levels have climbed recently, that's not surprising. [[13 August, ABC News](#)]

NEW SUPPORT: COVID-19 mental wellbeing services - 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 NEWS: When the world's falling apart, how can you tell if you need help with your mental health? The weight of the coronavirus crisis, and the resounding uncertainty around when it may come to an end, has driven a 29 per cent increase in mental health support by telephone in Victoria alone. [[19 August, ABC News](#)]

NEW COMMENTARY: Signs your colleague is struggling while working from home. [[12 August, ABC News](#)]

NEW COMMENTARY: How to look after your mental health when working from home. [[1 April, ABC News](#)]

NEW NEWS: Asking your boss to work from home or for flexible hours after coronavirus isolation. It might not feel like it, but as an employee, right now you have more leverage than you think. [[27 May, ABC News](#)]

TOOLS, GUIDES & SUPPORT

NEW SUPPORT: Mental health services and support contact list. [[NSW Government](#)]

NEW 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](#)]

NEW NEWS: From insomnia to "corona nightmares", Australians have reported a range of sleep disturbances since the coronavirus crisis hit. [[2 June, ABC News](#)]

NEW SUPPORT: Do you know how to get a mental health care plan? Looking after your mental health is always important, and getting a mental health care plan means you have more access to help and support. [[IDEAS NSW](#)]

NEW COMMENTARY: Have you ever considered cutting down on the amount of alcohol you drink, or even stopping completely? Alcohol can be hard to quit — here are ways to set yourself up to succeed. [[11 Feb, ABC News](#)]

NEW OPINION: Australia's COVID-19 experience is quickly creating a mental health minefield. It doesn't feel like 'we are all in this together' [[16 August, Independent Australia](#)]

NEW COMMENTARY: Ways to practise self-care when you have no time or money. [[9 July, ABC News](#)]

NEW MENTAL HEALTH AND THE CORONAVIRUS: The NSW Mental Health Commission recognises that people are feeling worried, stressed and anxious in relation to the coronavirus (COVID-19). There are many sources of information available, which can also add to a sense of confusion on how to respond. [[NSW Mental Health Commission](#)]

NEW COMMENTARY: The coronavirus pandemic is causing us to work longer hours, and it's not OK. [[21 August, Body and Soul](#)]

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](#)]

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](#)]

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

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

Eligible people living with HIV over 45 years, may be entitled to make your life more comfortable. Email contact@positivelife.org.au or call (02) 9206-2177 or 1800 245 677 (freecall outside metro).



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](#)]

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](#)]

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

SUPPORT: Developed by Beyond Blue and delivered by One Door Mental Health, this 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](#)]

NEW FOOD SUPPORT: The Indian Support Center with support from Multicultural NSW, will be supporting people in Greater Sydney from the Indian Subcontinent (India, Sri Lanka, Bangladesh, Pakistan, Nepal and Afghanistan), who are in need of food provisions. [[Indian Support Center](#)]

NEW FREE WEBINAR GROUP: With the resurgence and prolonged COVID-19 situation, many people are feeling worried, ungrounded and unsure about the future. Circulo.space invites you to join our online conversations, which are moderated by an experienced host.

[[Sat 22 August, 2pm to 3.30pm AEST](#)]

CULTURE/ ART/ BOOKS

NEW ART ENGAGEMENT: Entries are now open for Art from Trash 2020, which is an exhibition organised by The Bower Reuse and Repair Centre that encourages the reuse of discarded materials in the production of amazing visual art. [[The Bower Reuse and Repair Centre](#)]

NEW WRITING FELLOWSHIPS: The 2021 CA WestWords Western Sydney Emerging Writers' Fellowships offers three Fellowships of \$4,000 each to emerging writers aged 16 years and over from the Greater Western Sydney region. [[Westwords](#)]

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](#)]

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](#)]

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](#)]

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](#)]

NEW COMMENTARY: More women seeking late-night help through online chat as COVID lockdown triggers past trauma. Victoria is in the grip of its most severe lockdown since the start of the COVID-19 pandemic, limiting more than ever the opportunities for victims of family violence to seek help. [[18 August, Monash University](#)]

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

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 NEWS: OzHarvest market meets rising food demand but fewer donations prompt unprecedented steps. [[21 August, ABC News](#)]

NEW NEWS: Sydney security guard contracts Covid, prompting call to replace guards with nurses at quarantine hotels. [[18 August, The Guardian](#)]

NEW EXHIBITION: Inspiration for a new artwork by Yuwaalaraay artist Lucy Simpson was inspired by drought. In partnership with City of Sydney, we find out how its message of resilience has found new meaning in the wake of COVID-19. [[10 July, Broadsheet](#)]

NEW NEWS: Ozharvest has opened its second Sydney food market in Waterloo. Like its predecessor in Kensington, it runs on a “take what you need, give if you can” basis. (And it’s always looking for donations.) [[4 August, Broadsheet](#)]

NEW NEWS: Playing the COVID-19 blame game may feel good, but it could come at a cost — the government’s credibility. [[12 August, The Conversation](#)]

NEW OPINION: Poor working Aussies feel uncomfortable seeking charity help. Many low-income Australians say they would be too ashamed, awkward, or embarrassed to go to a charity. [[14 August, Pro Bono Australia](#)]

NEW OPINION: Aussies come together to end COVID-19 for all. Australians are being urged to offer their support to vulnerable neighbouring countries battling COVID-19 with weaker health systems, as momentum grows for an aid campaign backed by major humanitarian groups. [[19 August, Pro Bono Australia](#)]

NEW OPINION: Philanthropy Australia unveils its priorities for a post-COVID future. As the nation grapples with the ongoing economic impacts of COVID-19, the peak philanthropy body outlines several policy priorities to spur additional giving and offer greater support to charities in their time of need. [[19 August, Pro Bono Australia](#)]

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 ONLINE FESTIVAL: Melbourne Writers Festival has gone online for its 2020 instalment, and most events are “pay what you can”. [[Melbourne Writers’ Festival](#)]

NEW COMPETITION: A life-size, custom-made Lego version of your cat is a thing you could own. Legoland is offering one lucky cat owner across Australia exactly that. [[7 August, Concrete Playground](#)]

NEW FREE WEBINAR: Control the Chaos with Sally Flower. A free online event to get organised and declutter, just in time for Spring! [[Tues 25 August, 8pm to 8.30pm AEST](#)]

NEW FREE WEBINAR: Australian Women Lawyers cordially invite you to attend their National Conference “2020 Vision - In Focus” Webinar. [[Fri 28 August, 12pm to 5pm AEST](#)]

NEW FREE WEBINAR GROUP: Ideas Anonymous is a "self-help" group for people with ideas. We get together to talk about our ideas, bounce them around, give and get feedback and work out plans to implement them. [[Weds 2 Sept, 6pm to 8pm AEST](#)]

NEW FREE ONLINE: Sydney Symphony Orchestra: Swing On This. An encore presentation paying tribute to the late Michael Falzon. The production brought together some of Australia’s leading stage and screen stars and the Sydney Symphony with their take on all-time swing classics. [[Sat 22 August, 8pm AEST](#)]

NEW FREE ONLINE: Award-winning astrophysicist and Gamilaraay woman Karlie Noon takes us far beyond the stars. [[Sat 22 August, 6.30pm to 7.30pm](#)]

TRAINING/ EMPLOYMENT

NEW **EMPLOYMENT TIP:** How to answer “What are your hobbies?” in an interview (It’s not a trick question!) [[The Muse](#)]

NEW **EMPLOYMENT TIP:** 20 video interview tips to help you dazzle the hiring manager and get the job [[The Muse](#)]

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. [[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](#)]

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

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:** F*ck Being Humble Presents: CV's Made Easy. Writing your CV can be tricky at the best of times, so we'll help guide you on how to showcase your unique skills, most relevant work experience, craft a great cover note and how to make sure the viewer reading truly understands why you're worth investing in! [[Tues 25 August, 6pm to 7pm AEST](#)]

NEW **FREE WEBINAR:** Feel nervous, unsure or just a bit awkward giving an Acknowledgement of Country? Don't really understand the difference between an Acknowledgement and a Welcome? Been asked to organise a Welcome to Country and don't know where to start? This webinar will help you with these issues and more. [[Thu 27 August, 10.30am to 11am AEST](#)]

FINANCIALS

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

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

NEW **OPINION:** Coronavirus stimulus payments have unforeseen consequences for this remote community, say leaders. [[20 August, ABC News](#)]

NEW **GOVERNMENT:** COVID-19 making financial decisions. Steps to look after yourself and your money. [[MoneySmart.gov.au](#)]

NEW **GOVERNMENT:** Supporting people making financial decisions during COVID-19. ASIC’s Financial Capability team shares some general insights on how people are feeling about money during the pandemic. [[Australian Securities & Investments Commission](#)]

NEW **GOVERNMENT:** Find out about your workplace entitlements and obligations during the impact of coronavirus. Fairwork Australia has information about the JobKeeper wage subsidy scheme, pay and leave entitlements, stand downs from work, workplace health and safety, and more. [[FairWork Australia](#)]

**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

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](#)]

NEW SUPPORT: COVID-19 recovery and mental health at work. [[Safework NSW](#)]

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 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](#)]

NEW GUIDES: COVID-19 guide to key Government opportunities for not-for-profits and charities. [[Social Ventures Australia](#)]

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 RESEARCH: COVID-19's impact on Australia's health research workforce. [[The Lancet, 15 August 2020](#)]

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

NEW OPINION: The evolving role of social impact and health care organisations during the pandemic. [[18 August, Third Sector](#)]

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