

COVID-19 TOOLKIT

A weekly update for all people living with HIV in NSW

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Saturday 5 September 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 '**10 September – Is our national day of action when we remind Australians that every day is the day to ask, "Are you OK?"**' 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 17 September, 6pm-7.30pm AEST, Positive Life NSW](#)

EVALUATION: Please feedback about this newsletter for people living with HIV in NSW. Open until **5pm Monday 7 September 2020**. www.surveymonkey.com/r/COVID19-newsletter

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, Positive Life NSW](#)



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](#)

NEW NEWS: Warnings for major Sydney shopping centre, cafes, church after 12 new COVID-19 cases. / [9 News](#)

NEW WATCH: Virus and vaccine experts, Dr Lisa Sedger and Professor Michael Wallach from the University of Technology Sydney, answer questions from The Conversation's readers about coronavirus and COVID-19. / [The Conversation](#)

WATCH: Putting on and taking off a mask safely and correcting. / [NSW Health](#)

NEW REPORT: Is social prescribing a remedy to chronic health problems? A new report recommends that social prescribing be incorporated into routine healthcare throughout Australia. / [RACGP](#)

TOOLS, VIEWS, NEWS

ONLINE TOOL: Analysis and map shows how the pattern of Covid-19 has changed by region and throughout Sydney. Live data updates will track the numbers throughout NSW. / [Guardian Australia](#)

NEW OPINION: Recently, the World Health Organisation made an announcement you might have missed. It recommended children aged 12 years and older should wear masks, and that masks should be considered for those aged 6-11 years. / [The Conversation](#)

NEW MEDICAL: Diarrhoea, stomach ache and nausea: the many ways COVID-19 can affect your gut. Although we might think of COVID-19 as a respiratory disease, we know it involves the gut. In fact SARS-CoV-2, the virus that causes COVID-19, enters our cells by latching onto protein receptors called ACE2. And the greatest numbers of ACE2 receptors are in the cells that line the gut. / [The Conversation](#)

NEW NEWS: The Trump administration says it will not work with an international cooperative effort to develop and distribute a COVID-19 vaccine because it does not want to be constrained by multilateral groups like the World Health Organisation (WHO). / [SMH](#)

NEW OPINION: What is the COVID 'bubble' concept, and could it work in Australia? Several countries, such as New Zealand and the United Kingdom, have experimented with bubbles larger than a single household. / [The Conversation](#)

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](#)

NEW RESOURCE: How to apply for free student accommodation if you're stranded in Australia. / [Study International](#)

NEWS: Eviction bans end for 8 million renters. Could this be the start of a housing disaster? / [ABC News](#)

NEW RESOURCE: 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 NSW](#)

NEWS: Coronavirus recession risks homelessness in Australia on a 'scale unseen' before. / [SMH](#)

NEW RESOURCE: The COVID-19 Crisis Accommodation Register has been set up to [support people in the community who urgently need housing during COVID-19](#).

NEW OPINION: How COVID-19 could make it easier for you to buy a home. / [RateCity](#)

NEWS: The coronavirus pandemic fails to impact Sydney's auction market with more homes sold than same time last year. / [ABC News](#)

NEWS: Vulnerable Victorians who tested positive to coronavirus and have nowhere to safely isolate are being turned away from hotel quarantine, which some fear could spark another community outbreak of COVID-19. / [The Age](#)

NEW RESOURCE: Digital platform to ease search for affordable rental housing. / [WelcomeMat](#)

SURVEYS & RESEARCH

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

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. / [Australian Ageing Agenda](#)

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 REPORT: Ageism, caring for the elderly and the abuse of older people. / [Relationships Australia](#)

NEW RESOURCE: Pandemic state of mind. An emotional roadmap for lockdown and beyond. / [Monday state of mind](#)

NEW PAPER: Mental health and relationships during the COVID-19 pandemic. / [ANU](#)

10 SEPTEMBER – RU OK DAY – HAVE A

NEW **RU OK DAY:** In 1995, much-loved Barry Larkin was far from ok. His suicide left family and friends in deep grief and with endless questions. In 2009, his son Gavin Larkin chose to champion just one question to honour his father and to try and protect other families from the pain his endured. / [RU OK DAY](#)

NEW **WATCH:** Gavin Larkin was the ultimate alpha male: a highly successful advertising executive with friends in high places. But there was a problem with his seemingly perfect life. He was, as he says himself, 'a bit of a prick' and he was deeply unhappy. / [ABC Australian Story](#)

NEW **LISTEN:** Listen to the panel talk about their R U OK? experiences, why R U OK? works, what to say when someone says they're not OK and how you can continue a conversation that could change a life. / [Thurs 10 Sept, 1pm to 2pm AEST](#)

NEW **OPINION:** How to ask someone you're worried about if they're thinking of suicide. / [The Conversation](#)

NEW **NEWS:** #YouCanTalk encourages all Australians to look out for each other. / [ABC News](#)

NEW **RESOURCES:** Suicide questions answers resources. An education resource for primary health care, specialist and community settings. / [Square](#)

NEW **OPINION:** The COVID-19 pandemic has completely changed our lives. Take something as fundamental as our experiences of space: our mobility has become severely restricted – reduced to jogs or walks a few kilometres around our homes. Perhaps less obviously, the lockdown has also affected our experiences of time. / [The Conversation](#)

NEW **BLOG:** Knowing what to say to someone who is depressed isn't always easy. While you may feel awkward and unsure at first, know that whatever you say doesn't have to be profound or poetic. / [Very Well Mind](#)

LIFE-CHANGING CONVERSATION

NEW **OPINION:** 'Everyone thought I was mad': how to make a life-changing decision – and stick to it. / [The Guardian](#)

NEW **WATCH:** #YouCanTalk is a national collaboration of leading Australian mental health organisations. It exists to encourage people in Australia to have a conversation with friends, family members or work colleagues they're concerned about. / [Beyond Blue](#)

NEW **OPINION:** What to know when asking about suicidal thoughts. It can be daunting to talk about a loved one's thoughts of self-harm. / [Psychology Today](#)

NEW **WATCH:** #GettingThroughThisTogether community video talking about tips getting through COVID together. / [National Mental Health Commission](#)

NEW **RESOURCES:** #YouCanTalk exists to encourage all Australians to have a conversation with a friend, family member or work colleague they're concerned about. You don't need to be a clinician, a GP, or a nurse to check-in with someone you are worried about. / [Life In Mind](#)

NEW **WATCH:** Stories help you make sense of your life -- but when these narratives are incomplete or misleading, they can keep you stuck instead of providing clarity. How changing your story can change your life. / [TED talk](#)

NEW **OPINION:** Seven ways to make life changing decisions. / [Lifhack](#)

NEW **BLOG:** How to have difficult conversations. This includes conversations in which we have to deliver unpleasant news, discuss a delicate subject, or talk about something that needs to change or has gone wrong. / [Psychology Today](#)

LEGALS

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

NEWS GOVERNMENT: Student Visa update during COVID-19. / [Australian Government](#)

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](#)

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. / [Redfern Legal Centre](#)

NEWS TECH: An unsent SMS, a message on a tractor, a poem: the courts say a valid will can take many forms. / [The Conversation](#)

POSITIVE LIFE NSW AGEING SUPPORT

To find out your options or get support living independently, email contact@positivelife.org.au or call (02) 9206-2177 or 1800 245 677 (freecall outside metro).



Positive Life NSW | Ageing Support

Supporting people living with HIV aged over 45, through the maze of aged care, disability, and healthcare services in NSW.

The graphic features a photograph of an elderly man with white hair and a grey shirt, looking directly at the camera. The background is a warm orange gradient with a white circular frame around the man's head. The text is in white and blue, with 'Positive Life NSW' in a larger font and 'Ageing Support' in a smaller font. Below the photo, the text describes the support provided to people aged over 45 living with HIV.

SOCIAL SUPPORT

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

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

SUPPORT: 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. / [Royal Australian College of GPs](#)

NEWS SUPPORT: Self-care tips and ideas in the time of COVID-19. / [IDEAS NSW](#)

SUPPORT: Free mental health coaching program for anyone 18+ living or working in the South West Sydney region. The program is available via phone or face-to-face. / [Newaccess](#)

NEWS SUPPORT: Suicide Call Back Service is a nationwide service that provides professional 24/7 telephone and online counselling to people who are affected by suicide. Call 1300 659 467 or www.suicidecallbackservice.org.au

NEWS OPINION: The reality of our mental health system. The sad stories told in a recent Four Corners segment Please Don’t Judge are a part of a much deeper and system-wide problem says the Royal Australian and New Zealand College of Psychiatrists. / [RANZCP](#)

NEWS OPINION: How we can improve mental health services for CALD communities and young people. Sammy Huynh reflects on the gaps she sees for CALD communities and young people as a young social worker. / [ProBono News](#)

CULTURE/ ART/ BOOKS

OPERA AUSTRALIA: Staging an Opera. Ever wondered just how much work goes into an opera production? How does it all begin? Who does it involve? Go backstage and back in time to see how a production of 'The Pearlfishers' takes shape at Opera Australia. / [On Demand, Sydney Opera House](#)

PERFORMANCE: BalletBoyz are a critically acclaimed contemporary dance company based in London celebrating their 20th anniversary with a brand-new show from the cutting edge of modern ballet. / [On demand, Sydney Opera House](#)

NEW TECH: Digital gardens let you cultivate your own little bit of the internet. A growing number of people are creating individualized, creative sites that eschew the one-size-fits-all look and feel of social media. / [MIT Technology Review](#)

NEW FREE ONLINE EVENT: Harry Styles: The tour at home (part II). / [Sat 12 Sept, 12.30pm to 3.30pm AEST](#)

NEW TECH: Hyper-linked. Our world is changing rapidly so let's look to the future and explore together the predictions and possibilities, hopes and fears, uncertainty and imminent realities of things to come. / [Art Gallery NSW](#)

NEW FREE WORKSHOP: Smart Phone Photography Masterclass. / [Sat 5 Sep, 7pm to 8pm AEST](#).

NEW FREE WORKSHOP: West African Drumming with Kate. Experience West African drumming and feel mentally recharged using synchronised thought and movement in a creative process. You don't need a drum to take part – any tabletop, plastic washtub or rounded pot will do. / [Thurs 10 Sept, 5pm to 5.30pm AEST](#)

NEW PERFORMANCES: Where to watch cultural events online. Not even lockdown can stop culture connoisseurs from enjoying world-class performances. / [Amexessentials Blog](#)

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](#)

NEW UPDATE: Information for older Australians on Coronavirus (COVID-19). / [MyAgedCare](#)

NEW UPDATE: Australian Post is working hard to deliver as safely and quickly as possible, but the impacts of the pandemic are causing significant delays. / [Australia Post](#)

NEW UPDATE: Overseas financial assistance. If you've been unable to return to Australia due to COVID-19 restrictions and are experiencing financial distress, you may be eligible to access financial support from the government. / [SmartTraveller](#)

NEW UPDATE: Sydney Airport have taken a number of additional steps to keep you safe during your journey. / [Sydney Airport](#)

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 WATCH: Lest We Forget. An Australian perspective on the Spanish flu of 1919 and the parallels to COVID-19. What lessons can we learn from the past from these remarkable stories of quiet courage and heroism from ordinary Australians? / [ABC Australian Story](#)

NEW PAPER: Data trust and data privacy in the COVID-19 period. / [ANU](#)

NEW OPINION: After seven months of responding to the pandemic, we have learned some things. Here are some of the key lessons and how to apply them. / [Mckinsey & Company](#)

NEW OPINION: Melbourne's coronavirus curfew has been in force for a month. What are the pros and cons? Victoria's Chief Health Officer, Brett Sutton, says extending Melbourne's curfew beyond mid-September is "on the table". / [ABC News](#)

NEW OPINION: Protests have been criminalised under COVID. What is incitement? How is it being used in the pandemic? / [The Conversation](#)

NEW NEWS: As NSW coronavirus cases grow by eight, the NSW Government is poised to lift its coronavirus ban on school formals, the ABC understands, but there will be strict limits around the celebrations. / [ABC News](#)

NEW OPINION: 'Time to finish the job': The experts' road map to beat COVID-19 in Australia. / [The New Daily](#)

NEW NEWS: The COVIDSafe app was sold as Australia's ticket out of lockdown. But almost three months since launch in late April, its impact is hard to measure. How does COVIDSafe compare to Europe's contact tracing apps? / [ABC News](#)

NEW OPINION: Four perspectives on how Victoria should exit stage 4 lockdown due to end on Sunday 13 September. / [The Conversation](#)

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](#)

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

ART: 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](#)

EVALUATION: Please feedback about this newsletter for PLHIV in NSW. Open until **5pm Monday 7 September 2020**. www.surveymonkey.com/r/COVID19-newsletter



NEW FREE WORKSHOP: Learn about food waste; how food waste happens, meal planning personalities, and food in times of Coronavirus. How to make 'no waste' an easy habit by creating shopping lists and loving your leftovers, and create your own bespoke meal plan by working out your meal planning personality. / [Monday 21 Sept, 6pm to 7.10pm AEST, City of Parramatta](#)

NEW FREE WEBINAR: Climate change and the post-COVID world. [Mon 28 September, 12.30pm to 1.30pm AEST](#)

TRAINING/ EMPLOYMENT

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](#)

POSITION: Project Officer Hepatitis B, full-time (37.5 hours per week) on a 12-month fixed term contract OR Project Officer Sexual Health, full-time (37.5 hours per week) on a 12-month fixed term contract. / [ASHM](#)

NEW FREE TRAINING: New online training for aged care leaders aims to help providers reduce discrimination and deliver services suitable for all seniors and their diverse interests. / [Australian Ageing Agenda](#)

NEW FREE TRAINING: Do you know that networking is important but aren't sure how to start a conversation? Join us to learn tips for professional communication! / [Weds 9 Sept, 11am to 12noon AEST](#)

NEW FREE WEBINAR: Building Resilience in Your Career. In modern workplaces characterised by staff cutbacks, deadlines, rivalry and constant organisational changes, success relies on an individual's capacity to cope and even thrive when faced with stress and duress. / [Fri 18 Sept, 1pm to 2pm AEST](#)

NEW NEWS: 19-year-old Blayde Hopper knew when he left school he wanted to work in the hospitality industry. And then COVID hit. / [Nambucca Guardian](#)

NEW NEWS: Opera Australia is being taken to the Fair Work Commission in a dispute over the proposed axing of musicians, choristers and crew. / [SMH](#)

FINANCIALS

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

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

ALERTS: Do you know the current scams that use COVID-19 to take advantage of people? / [Scamwatch Australia](#)

NEW NEWS: Why company profits have jumped in Australia during COVID-19 while workers are taking home less. / [ABC News](#)

NEW NEWS: Work underway to protect older and other and other immune-compromised adults from COVID-19. / [Aged Care Insite](#)

NEW NEWS: ANZ Bank chief executive Shayne Elliott has pointed to a second, damaging wave of economic impact from COVID-19 peaking with a raft of business collapses in the middle of calendar 2021 that will hit the banking sector, before the economy recovers in 2022. / [AFR](#)

NEW NEWS: The big four banks are set to face the House of Representatives Economics Committee to discuss their response to the COVID-19 pandemic. / [Financial Standard](#)

**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

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 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 REPORT: Australian healthcare after COVID-19. An opportunity to think differently. / [Australian Healthcare and Hospitals Association](#)

NEW FREE WEBINAR: 2020 Government Engagement - Responding to COVID-19, rethinking your assumptions and refreshing your approach. / [Weds 16 Sept, 11am to 11.45am AEST](#)

NEW NOMINATE: NSW Women of the Year Awards. Nominations are now open. / [Women NSW](#)

NEW FREE WEBINAR: Crisis Leadership - How your NFP can navigate uncertainty, establish new ways of working and reduce risk through a diversified income stream. / [Tues 15 Sept, 11am to 11.45am AEST](#)

NEW OPINION: Primary care push for a social prescribing scheme. / [Croaky](#)

NEW FREE WEBINAR: Utilising your organisation's channels to planning and mapping your big picture projects into defined and well-managed goals. / [Thurs 24 Sept, 11am to 12.15pm AEST](#)

NEW REPORT Settlement Services International has found that community leaders and representatives of grassroots associations are a vital asset serving as ambassadors in keeping newcomers and other diverse communities COVID-19 safe and are stepping up in community-led and peer-to-peer ways. / [Settlement Services International](#)

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.

Positive Life NSW
The voice of all people living with HIV