

The Western Suburbs Haven Inc.
Funded by Western Sydney & Nepean Blue Mountains Local Health Districts

The Haven Wrap

ABN: 960 205 800 66 Registered Charity No. 16069

DECEMBER & JANUARY 2013/2014 EDITION

Management Committee:

Chairperson
Garry Bonomo

Secretary
Lorraine Williams

Treasurer
Brett Buckley

Members
Kellie Blissett
Gwen Hall
Pat Kennedy
Donald Sharp
Noel Shelford
Ray Urquhart

Contact Details:

The Haven Office

Ph: 9672 3600
Fax: 9672 3655
thehavenoffice@bigpond.com

**THE LAST DAY OF DROP-IN FOR 2013
WILL BE FRIDAY, DECEMBER 20TH**



**WE WILL RE-OPEN FOR DROP-IN ON
FRIDAY, JANUARY 3RD**

**UNTIL THEN WE HOPE THAT EVERYONE
HAS A VERY MERRY CHRISTMAS AND A
SAFE AND HAPPY NEW YEAR!**

THE WESTERN SUBURBS HAVEN INC.

The Western Suburbs Haven Inc is a registered charity caring for people living with HIV/AIDS in the Greater West of Sydney. It exists to support, empower and care for people living with HIV/AIDS, their partners, families and carers.

We offer a range of services including, but not limited to

- + Respite/convalescent care, social support
- + Drop-in lunches Mon-Thurs
- + Friday 'positive space' drop-in lunch
- + Monthly roasts and BBQ luncheons
- + Transport to/from medical appointments and The Haven
- + Meeting space for personal interviews with other service providers
- + Group outings such as attending social events
- + Advocacy, education, referrals and access to other services
- + Complimentary Massage treatments (see calendars for dates)
- + Computer and internet access (Monday – Friday)
- + Free to air T.V, DVD & Book library
- + Food & grocery Pantry program (Monday – Friday, 9am – 2.30pm.)

If you are HIV Positive or care for someone who is and think you could use any of our services, please give us a call and say hi or call in during drop-in hours for a cup of coffee and a chat.



Our main source of funding is through funds received from the Western Sydney & Nepean/Blue Mountains Local Health Districts to provide Social Support & Respite Care. We additionally seek donations and our hard working volunteers fundraise to meet the shortfall of funds to enable us to provide the wide range of services we offer to our service users.

We welcome financial donations and just about anything that can be raffled off or given away as a prize at one of our many fundraising events. Just let us know what the services or items are and we'll let you know if they are suitable.

We are also always looking for volunteers who are willing to give a few hours of their time each week or fortnight to do volunteer work in the house that we run from. Duties may include housework, driving, fundraising, gardening etc.

If you are interested in making a donation or becoming a volunteer, please call The Haven Office on 9672 3600 or email thehavenoffice@bigpond.com

The Haven's AGM was held in November....

and a new Management Committee was elected. The Office bearers and ordinary members for the 2013-2014 financial year are:

Chairperson- Garry Bonomo

Treasurer- Brett Buckley

Secretary- Lorraine Williams

Ordinary Members- Kellie Blissett, Gwen Hall, Pat Kennedy, Don Sharp, Noel Shelford & Ray Urquhart

A big thank you goes out to Maud Spalding who spent many years as an ordinary member and treasurer for The Havens' committee. It takes a special person to give as willingly as you have over the years and your hard work and dedication is immensely appreciated!

Volunteer corner:

Thank you to the nib Foundation!

The nib Foundation has granted The Haven funds from their 2013 round of community grants for carers to hold a two day training retreat for The Havens volunteer carers.

It will be held next March and will provide our volunteers with an opportunity to spend some time out getting to know one another, the direction of The Haven and update their volunteer training in a relaxed atmosphere.

Volunteers will be told of the confirmed venue and date over the coming weeks.

Christmas morning tea- for rostered volunteers and committee members. December 8th at King Henrys' Court Penrith. An

opportunity to catch up and unwind from the busy year before the silly season hits.

Volunteer meeting: The next volunteer meeting will be held on Wednesday, January 15th at 10:30am.

Wearing a red ribbon is a declaration of support for those living with HIV/AIDS.



Wear a Red Ribbon on World AIDS Day, December 1st and show your support

On Thursday 28th & 29th November The Haven's staff, committee & volunteers will be out and about in the community to show our support for HIV positive people and those who are affected by HIV/AIDS.

More volunteers are needed so please let Colleen know if you are able to spare a few hours on the following days:

- **Thursday, Nov 28**

We will be holding a Red Ribbon stall outside of Blacktown Westpoint throughout the day

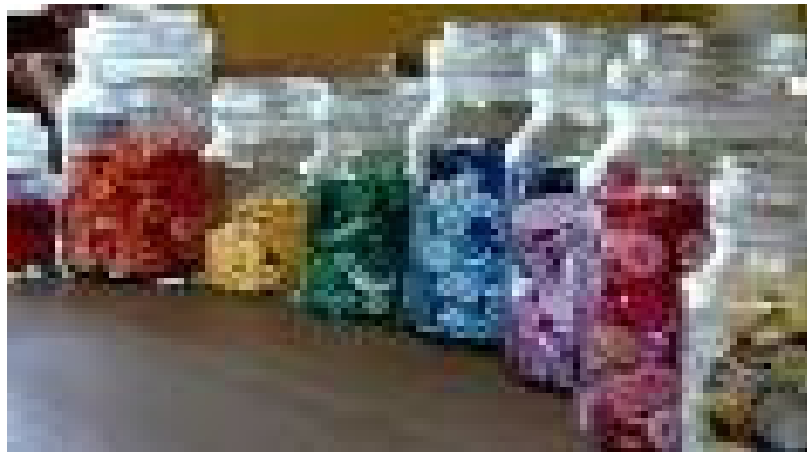
- **Friday, Nov 29**

Westpoint Blacktown have agreed for volunteers to walk around the centre throughout the day to sell Red Ribbons

If enough people are willing to help out we would also like to have volunteers selling Red Ribbons at railway stations early in the morning on either both or one of these days.

**all funds raised go toward services provided at The Haven.*

Coffee! Coffee! Coffee!



Hi to all our coffee drinkers out there, The Haven is currently looking for coffee jars like the one's in the above picture, to decorate for our Xmas stall in December.

The Haven Pantry

**Fresh bread & milk and some fruit & vegetables
are available Thursdays and Fridays.**

We also have a wide range of supermarket items which are
available to access in our pantry.

Our pantry is open:

MONDAY – FRIDAY

9am – 2.30pm



CHRISTMAS RAFFLE

Will be held at Westmead Hospital's University Clinic

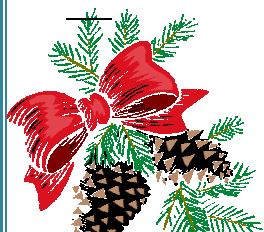
Starting 6th December and drawn at 1pm 19th December in the foyer

**Tickets are \$1 each and can be purchased at the
Hospital or**



from The Haven office.

Prizes to be announced



CHRISTMAS LUNCH & LAST FRIDAY DROP- IN FOR 2013 AT THE HAVEN

20th December will be our last Friday drop-in lunch this year and we will be having a Christmas lunch to celebrate. If you will be at The Haven on this day, it would be helpful if you email or call The Haven Office by December 12th so that we know how many people we need to cater for.

(The Haven will re-open for drop-in on Friday, 3rd January 2014)



THE HAVEN OFFICE HOURS:

MONDAY, WEDNESDAY, THURSDAY & FRIDAY
(Tuesdays by appointment only)

9am – 4.30pm

DROP-IN HOURS:

Monday- Friday 9am – 2.30pm

Phone: 9672 3600

8807 4697

Fax: 9672 3655

Email: **Colleen**

thehavenoffice@bigpond.com

To speak to a guest or a volunteer, call 9622 2413.

For emergencies outside office hours please contact your
nearest hospital.