

THE WESTERN SUBURBS HAVEN INC.
The Haven Wrap

ABN: 960 205 800 66 Charitable Fundraising No. 16069

Funded by Western Sydney Local Health District

June/July 2016

Management Committee:

Chairperson

Garry Bonomo

Secretary

Maureen Spalding

Treasurer

Noel Shelford

Members

Kellie Blissett

Donald Sharp

Pat Kennedy

Ray Urquhart

Christine Rowan

Glen Mayor

Public Officer

Colleen Logan

Contact Details:

The Haven Office

Ph: 9672 3600

Fax: 9672 3655

thehavenoffice@bigpond.com



Notes for your calendar

2016-2017

Membership due by June 30th

Planning for the Future June 14th

Volunteer Meeting June 29th

Christmas in July lunch July 24th

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
- + Group activities & social outings
- + Referrals to other services
- + Free Massage treatments once a term (funds permitting)
- + Free internet access (Monday – Friday)
- + One on one computer training
- + Grocery items: our pantry is open Monday – Friday, **9am – 2.30pm.**
- + Transport to medical appointments (by arrangement only)
- + Pick-up and drop off at Blacktown station when Haven car is available

Our main source of funding is through funds received from Western Sydney Local Health District to provide Social Support & Respite Care. We additionally seek other grants and 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.

If you are interested in donating some time to volunteer; please call The Haven Office on 9672 3600.

If you are HIV Positive 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.



Dear Members, Service Users and Volunteers of The Western Suburbs Haven Inc.,

As we are nearing the end of the financial year, membership for 2016-2017 is due for renewal.

To our long standing members we thank you for continuing to support us through the years. Your continuous support is greatly appreciated and whether it has been time spent volunteering, promoting our organisation or through donations your contributions are highly valued.

If you are not a member please consider joining to further show your support for The Haven. Being a financial member allows you to vote at our Annual General Meeting and allows you to have a greater say in what we do and where we go in the future.

Membership costs only \$5.00 and is put towards the services offered at The Haven. Rostered volunteers are expected to be members of the organisation. Membership is due by June 30th 2016.

To renew membership for the 2016-2017 financial year please return the enclosed renewal slip with your \$5.00 to the office or by post to PO Box 8006, Seven Hills West 2147.

For new memberships, applications can be picked up from the office or call 9672 3600 to have one mailed out.

Yours sincerely,

*The Western Suburbs Haven Inc.
Management Committee*

Contributions for weekday lunches

We love to see service users and volunteers enjoying Mon-Thurs lunches however if you are here on these days and don't attend on a Friday it means you enjoy a free lunch when our regular Friday attendees pay \$4 for their meal.

On the table Mon-Thurs we will place a donation tin and ask that if you are having lunch and do not attend on a Friday please give a gold coin to help us cover food costs. This will ensure a fair process for all and will be greatly appreciated.

The Haven Pantry



MONDAY – THURSDAY

9am – 2.30pm

FRIDAY

9.30am – 11.30am

12.30pm – 1.30pm

We have a wide range of supermarket items available in our pantry. Fresh bread, milk and some fruit & vegetables are available Thursdays and Fridays.

Computer Training At The Haven

The Haven offers one-on-one basic computer training on Wednesdays to help enrich the lives of service users and make them more self-reliant. This service is available for people who want to better understand basic computer use with tutoring provided by Kirsty. Existing & new service users welcome to access this training.

Training is available on the following:

- Using Microsoft Windows
- Understanding the Internet
- Sending & Receiving E-mail
- Microsoft Word



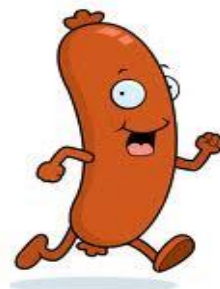
Volunteers needed

for Bunnings Sausage Sizzle

Fundraisers at

Blacktown Bunnings

June 11 June & July 9 2016



**Please call Colleen during office hours on 9672 3600 if
you would like to help.**

Events



Planning for the Future

For PLWHA, Carers & Volunteers

JUNE 14

**11am-1pm in the Sapphire Room
Blacktown RSL, Second Avenue
Blacktown. Lunch provided.**

Sessions will be presented by the
Seniors Rights Service.

For more information call Colleen at
The Haven on 9672 3600.

Have you wondered:

How to go about planning
for your future or for
someone you care for?

What legal considerations
need to be taken into
account when making a
Will?

What is a Living Will?

How will your financial,
property and medical
decisions be carried out by
relatives or carers if you are
unable to?

What is the difference
between Power of Attorney
/Enduring Power of Attorney
& Guardianship?

How to access nursing
homes and other aged care
services?

**Then come along to the
second part of our
information sessions
covering these topics.**

Planning for the Future for PLWHA, Carers and Volunteer's Review

The session on 24th May was very interesting particularly covering your rights and your voice. The speaker from the Senior's Right Service (formerly TARS) was very good and spoke about many issues that may either affect us today or in the future.

The topics included some legal advice around nursing homes under the Retirement Villages Act 1999 NSW, human rights and planning for the future. She spoke about advocacy for older people's rights and responsibilities, making decisions about your health and your will and other areas such as helping to resolve problems or complaints and how they speak to other services on your behalf if required, they also offer referrals and education.

Lunch was included and it was exceptionally nice. We all enjoyed the good food and good company.

Session 2 14th June 2016

The session on the 14th June will address more of the legal aspects of power of attorney, enduring power of attorney and guardianship/enduring guardians and other relevant legal issues. I must admit I don't know much about these realise I should if not for myself than for my family members.

Please think about coming along on the 14th June, I am sure that you will learn some interesting and up to date information that that will help you understand your rights and assist you in having a voice in your future planning.

- *Jan*





Christmas in July 2016

The Western Suburbs Haven is holding a Christmas in July this year, please come along and celebrate a Winter Christmas.

Where: The Western Suburbs Haven Inc

When: Sunday 24th July 2016

From 10.30 to 2.30

RSVP: Friday 15 July 2016

If you would like to come RSVP is a must. Please contact Colleen at the Haven on 9672 3600 for catering purposes.

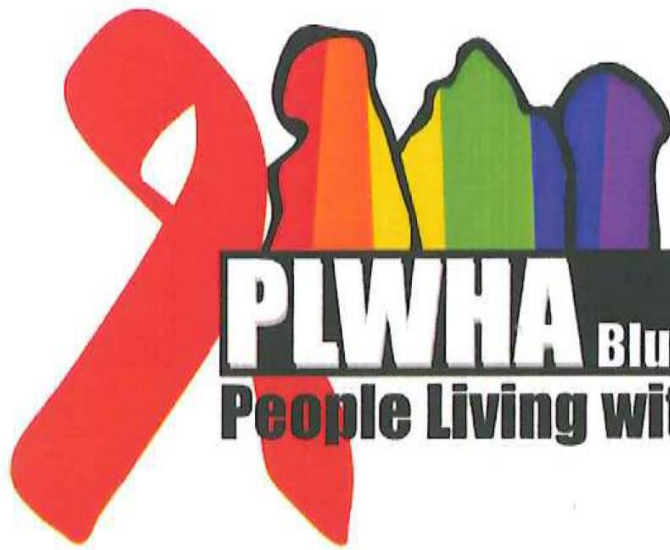


Next Volunteer Meeting

When: Wednesday 29th June

Where: The Haven

Time: 10:30am



PLWHA Blue Mountains
People Living with Hiv/Aids

**Encouraging, meaningful
social meetings in peaceful
surroundings.
Non-discriminatory.**

**Enquiries
(02)4782 2119**

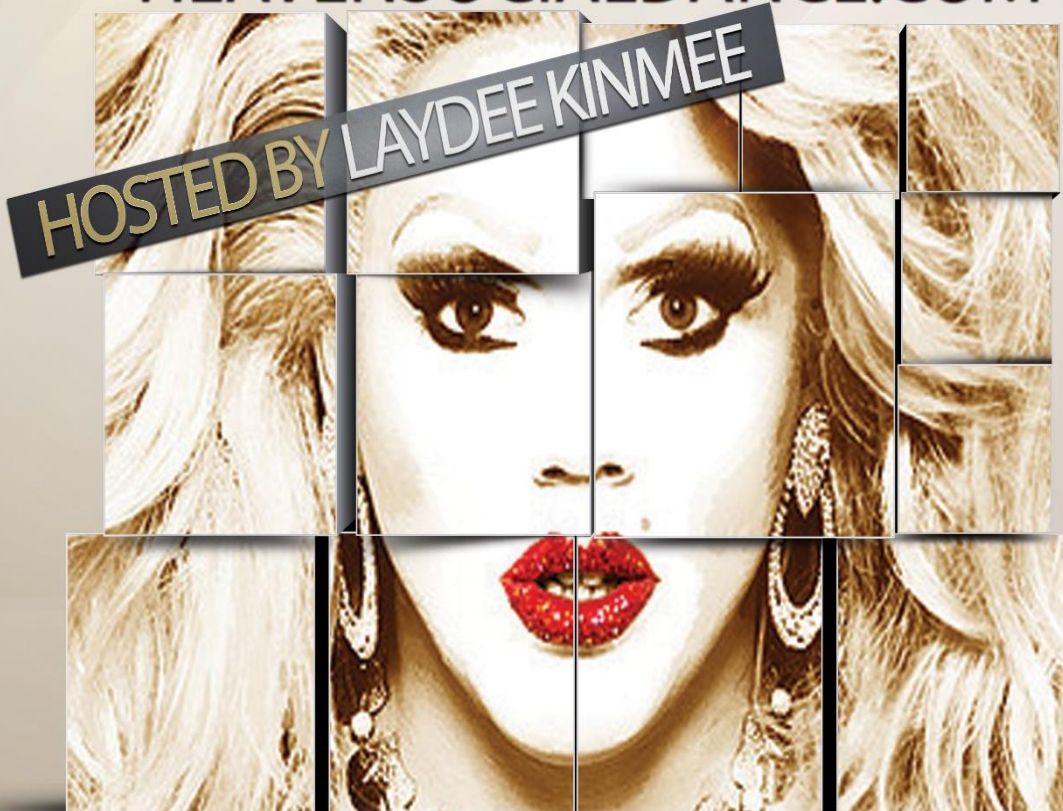
PLWHA Blue Mountains have weekly luncheons which
are held each Wednesday in Katoomba from 12.30.

To find out more call 4782 2119.



HEAVENS ^{9TH} BIRTHDAY & CHARITY NIGHT

HEAVENSOCIALDANCE.COM



THE NBC SPORTS CLUB
166 WINDSOR RD, NORTHMEAD

SAT 16TH JULY 7:30PM - 12:30PM
SHOWS: 9:30PM & 10:30PM

\$15 ALL PROCEEDS FROM THE
NIGHT GOING TO THE HAVEN

FEATURING: SPECIAL GUEST PERFORMERS IN 2 SHOWS

MUSIC BY: DJ SHAFT SUPPORTED BY: EGOMEDIA-AU ARTWORK BY: K²MEDIA

CLUB MEMBERS & GUESTS ARE WELCOME

THE HAVEN OFFICE: COLLEEN 02 9672 3600.

FUNCTION CO-ORDINATORS: BEVERLY, GRACIE & IAN ENTERTAINMENT CO-ORDINATOR: LAYDEE KINMEE

SPONSORED BY: GUIDE TO GAY & QUEER OUT WEST 89.3FM

Recipe Corner



Coming in the next newsletter...

If you have a favourite recipe **please send it in**, it can be sweet or savoury, healthy or a bit decadent, meat based or vegetarian dish – main or desert. We'd love your input into our newsletter!

Heathy Corner

**Visitors to The Haven- please help us
stop the spread of colds and flu.**

1. Wash your hands regularly
2. Cover your mouth when coughing or sneezing
- 3. Stay home if you know you are sick**



Story Corner



I would like to review a book, which I have not read as yet, as it has only recently been published but what I have seen so far is incredible.

It is called “Penguin Bloom” and it immediately took my interest because it is about a magpie. Magpies are very interesting – sometimes they can be a nuisance and during nesting can be dangerous, but for the last about 8 years my family have been friends with a pair of magpies, the male is called Oly, short for Oliver Twist who always wants more. Oly and his mate Mrs Oly visit us every day at least once, sitting on our balcony railing, singing for their supper. Sometimes they come in the front door if it is left open and their offspring each year have done the same. They all have different personalities, they can be cute, and friendly, however until I saw Penguin Bloom I didn’t realise what extraordinary and intelligent birds they are.

Penguin Bloom’s journey of recovery, a true story, and to quote the book cover an extraordinary celebration of life featuring Cameron Bloom’s exceptional photographs and a story by New York author Bradley Trevor Greive.

Penguin Bloom has become a global social media star.

Cameron’s wife Sam suffered a near fatal fall that left her paralysed and depressed. Little Penguin a baby magpie who fell out of her nest was rescued by the Bloom family and Penguin and the Bloom family began an incredible journey of strength and joy showing that compassion, support and friendship from unthought-of sources can make life worthwhile.

If you can’t get the book from a library because it is so new **google Penguin Bloom.**

Please, if you have a story, book/media, TV show, theatre review or story that you would like to share please let me know and I will put it in the next new look newsletter.

If you would like some help with writing or production of your article please contact me at the Haven on 9672 3600 or by email -

support@thewesternsuburbshaven.com.au

Thanks, Jan

Haven Happenings in June 2016

<i>Sat</i>	<i>Sun</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
				1	2	3 Friday Lunch
4 CLOSED	5	6	7	8 Computer Training	9 Fresh Bread, Milk, Fruit & Veg Available	10 Friday Lunch
11 Sausage Sizzle @ Bunnings	12 CLOSED (Public Holiday)	13	14 Planning for The Future RSL	15 Computer Training	16 Fresh Bread, Milk, Fruit & Veg Available	17 Friday Lunch
18 CLOSED	19	20	21	22 Computer Training	23 Fresh Bread, Milk, Fruit & Veg Available	24 Friday Lunch
25 CLOSED	26	27	28	29 Computer Training	30 Fresh Bread, Milk, Fruit & Veg Available	

Haven Happenings in July 2016

Sat	Sun	Monday	Tuesday	Wednesday	Thursday	Friday
						1 Friday Lunch
3 CLOSED	3	4	5	6 Computer Training	7 Fresh Bread, Milk, Fruit & Veg Available	8 Friday Lunch
9 Sausage Sizzle @ Bunnings	10	11	12	13 Computer Training	14 Fresh Bread, Milk, Fruit & Veg Available	15 Friday Lunch
16 CLOSED	17	18	19	20 Computer Training	21 Fresh Bread, Milk, Fruit & Veg Available	22 Friday Lunch
23 Xmas in July	24	25	26	27 Computer Training	28 Fresh Bread, Milk, Fruit & Veg Available	29 Friday Lunch

The Haven is open five days a week providing a light lunch Monday to Thursday (with the office closed Tuesdays) and a specially cooked lunch on Fridays.

The Western Suburbs Haven

Drop-in hours

Monday- Friday 9am – 2.30pm

Office staff are available for a chat during drop-in hours on weekdays however access to office staff on Tuesdays is by appointment only.

(This allows office staff time to tend to necessary paperwork)

Phone: 9672 3600

Fax: 9672 3655

Email: **Colleen**

thehavenoffice@bigpond.com

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