

The Western Suburbs Haven Inc.

The Haven Wrap

ABN: 960 205 800 66 Charitable Fundraising No. 16069

June/July 2013

Management Committee:

Chairperson

Garry Bonomo

Secretary

Lorraine Williams

Treasurer

Maud Spalding

Members

Gwen Hall

Donald Sharp

Pat Kennedy

Ray Urquhart

Public Officer

Colleen Logan

Contact Details:

The Haven Office

Ph: 9672 3600

Fax: 9672 3655

thehavenoffice@bigpond.com



**Come along for a
Christmas in July lunch
at The Haven**

**Sunday, July 21st
11.30am—2.30pm**

**All service users, volunteers
& members are welcome.**

**RSVP IS ESSENTIAL
by Friday, July 12th**

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 such as going to the movie's. Attending social events etc
- + Referrals to other services
- + Free Massage treatments (check calendar for availability)
- + Free internet access (Monday – Friday)
- + Grocery items: our pantry is open Monday – Friday, **9am – 2.30pm.**

Our main source of funding is through funds received from Western Sydney and Nepean Blue Mountains Local Health District to provide Social Support & Respite Care; however 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. 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.



To all Members/Service Users/Volunteers

MEMBERSHIP RENEWAL IS DUE!

Yes it's that time of year again; membership for 2013-2014 is due for renewal. Being a financial member allows you to vote at our Annual General Meeting and to be part of decision making in the year ahead.

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

Being a financial member of The Western Suburbs Haven Inc. is not necessary to access our services for those living with HIV/AIDS, however it can limit your say in how The Haven runs and provides services.

When reporting to our funding body or lodging submissions to organisations such as Clubs NSW one question often asked is "how many members do you have". At a time when government is looking hard at who they are funding it is difficult to get them to understand why those using our services do not choose to be members. If you are not a member this is the time to consider joining to further show your support for The Haven and allow you to have a greater say in what we do and where we go in the future. Rostered volunteers are expected to be members of the organisation.

Membership costs only \$5.00 and is put towards the services offered at The Haven. For those renewing their membership please return the renewal slip that has been posted out to you with your \$5.00 to the office or by post to PO Box 8006, Seven Hills West 2147. New membership applications can be picked up from the office or call 9672 3600 to have one mailed out.

The Western Suburbs Haven Inc.
Management Committee



Blue Mountains PLWHA Centre Wednesday Lunch, June 26th

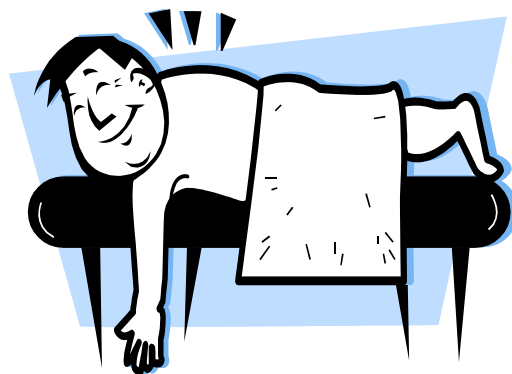
In May a few of The Haven's volunteers and service users went to the Blue Mountains PLWHA Centre in Katoomba and prepared lunch for some of the local PLWHA. Everyone had a great day & was keen for us to go up there again. June 26th will be the next luncheon hosted by The Haven at the Blue Mountains Centre. There is a small charge of \$4.00 for lunch to help cover food & fuel costs for The Haven.

MASSAGE WITH CHARMAINE

Friday July 5 & Friday July 12

Let the office know if you would like to book a spot on the massage list for either of these days.

Spaces are limited.



DROP-IN LUNCHES

The Haven is open Monday to Friday and each day our volunteers provide lunch for service users who drop-in. On Mondays through to Thursdays a light lunch is provided by our volunteers which could consist of sandwiches, pre-prepared soups/stews from our freezer or something one of our volunteers whip up...

Fridays are our main lunch days with a hearty hot meal & sweets on offer; throughout the year as seasons change, we have particular lunches such as BBQ's & roast dinners. Suggestions & ideas of what you'd like to see on offer for lunch at The Haven (all within reasonable costs of course!) are always welcome. If you'd like to contribute to cooking our meals please have a chat with Colleen about your ideas.



**WINTER HOT ROAST
LUNCHES ARE BACK**
(First Friday of the month)

BIRTHDAY CELEBRATIONS

(Last Friday of the month)

HAPPY BIRTHDAY!!!



to everyone born in June/July. If you would like to celebrate your birthday with everyone at The Haven, add your name to the birthday list on the notice board so that we can celebrate your birthday with you on the last Friday of the month.

(TIP: If you have a word with Colleen at the beginning of your birthday month, you may be able to put an order in for your favorite cake to share with everyone on the Friday)

The Haven Pantry

**Fresh bread & milk and some fruit & vegetables
are available Thursday and Friday.**

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



VOLUNTEER MEETING

**The next volunteer meeting will be in July and all
volunteers and committee members are asked to
attend.**

When: Tuesday, July 30

Where: The Haven

Time: 11am

Everyone is welcome to stay for lunch afterwards.

HEAVEN & KALEIDOSCOPE SOCIAL DANCES



What's On In Western Sydney In 2013.

Heaven & Kaleidoscope Social Dance Dates:

HSD 19 JAN - KSD 02 FEB

HSD 16 MAR - KSD 06 APR

HSD 18 MAY - KSD 01 JUN

HSD 20 JUL - KSD 03 AUG

HSD 14 SEP - KSD 05 OCT

HSD 09 NOV - KSD 07 DEC

HSD & KSD Are Not For Profit Social Dance's With All Proceeds (After Intial Costs) Going To Haven or ACON Western Sydney.

For More Information:

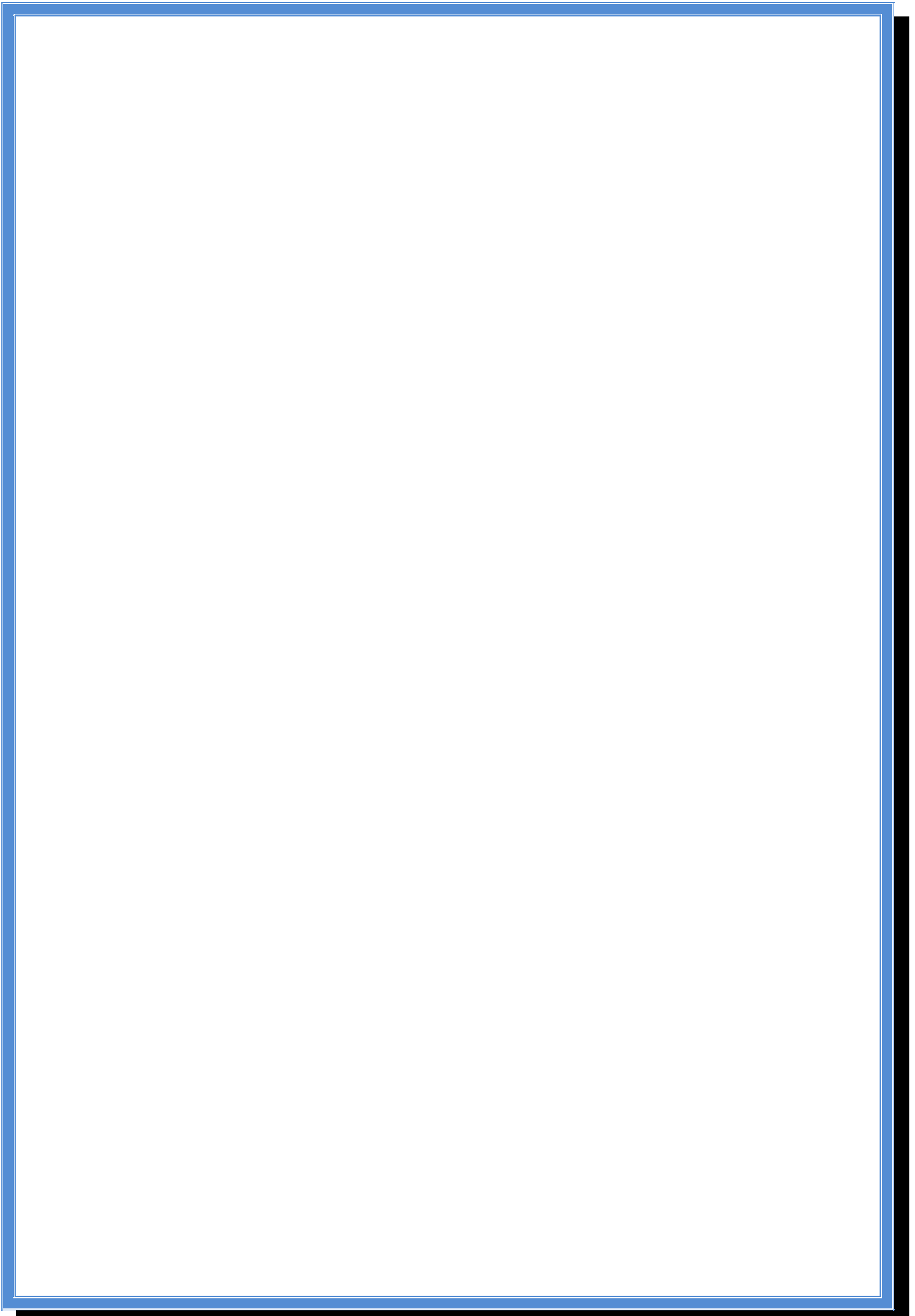
www.heavensocialdance.com

www.kaleidoscopesocialdance.com

A VERY BIG THANK YOU TO

BEVERLY **B**UTTERCUP & THE ORGANISERS OF **K**ALEIDOSCOPE **S**Ocial **D**ANCE FOR YOUR GENEROUS DONATION TO THE HAVEN TO HELP SUPPORT PEOPLE LIVING WITH HIV/AIDS IN SYDNEY'S GREATER WEST.

ALL MONEY DONATED WILL BE PUT DIRECTLY TOWARDS THE SERVICES WE PROVIDE DAILY AND IS GREATLY APPRECIATED BY OUR SERVICE USERS. KEEP UP THE GOOD WORK!



Upcoming activities for Blacktown Outdoors Group.



Hi everyone,

On **Saturday 29th June** we will be walking from Bondi Beach to Watsons Bay via South Head and we will be having lunch at the Watsons Bay Hotel. This is an easy grade walk.

On **Saturday the 20th July** we will be continuing our Great Walk North going walking from Thornleigh to Hornsby along the Great North Walk on our quest to reach Newcastle. This is a medium grade walk and you must bring your lunch and water as there are no shops on this walk.

Full details are up on the website.

Contact us if you are interested in either of these walks as we need to know numbers. Thanks,

Mike & Jeff 0425250313

W: www.blacktownoutdoorsgroup.com.au

E: info@blacktownoutdoorsgroup.com.au

Living with HIV is hard enough.

Want to learn some strategies to empower you as the expert of your health? We can help.

BGF has spaces available in our next series of workshops, "Take Control of Your Health". Our goal is empowerment:

- Empower you to become the expert of your own health
- Empower you to evaluate your

Take Control of Your Health



**Workshops in Better Health & Wellbeing:
Empowering You as the Expert**

Commencing:

Tuesday, 28 May, 6pm - 8:30pm in Surry Hills
Tuesday, 23 July, 1pm - 3:30pm in Parramatta
Thursday, 8 August, 1pm - 3:30pm in Surry Hills

The Social Club is an independent social group run for and by people living with HIV who identify as heterosexual. It is run on a volunteer basis.

The Social Club provides a safe, friendly, understanding and accepting environment to meet socially with other people living with HIV.

The Social Club organises monthly Friday evening or Saturday get-togethers, including film evenings, dinners at members' homes or restaurants, picnics, bowling, concerts and gallery visits (to name a few).

UPCOMING SOCIAL CLUB DATES

JUNE 2012

WHEN: Saturday 15 June 2013 Friday 08 June from 6.00 – 9.00 pm

WHAT: Back by popular demand! Join us for a fantastic Indian themed dinner

WHERE: At one of our member's homes

JULY 2012

WHEN: Friday 06 July from 6.00pm onward

WHAT: A Thai-themed home-cooked dinner

WHERE: At one of our member's homes

If you are not on our email list and would like to receive information on and invitations to forthcoming events, please send your details to phsocialclub@gmail.com or call 0411 294313

to know what's right for you

- Empower you to speak your mind and communicate effectively with your doctor and health professionals
- Empower you to take control of your health and to achieve a happier, more fulfilling life

For more information:
Contact Kit Ayers

kit.ayers@bgf.org.au
(02) 9283 8666

Registration is essential.

Tree of Hope

The **Tree of Hope (ToH)** is a CatholicCare service which provides emotional and practical support to people living with HIV, their family and their support person. This service is open to people of any faith or no faith.

We are based in Lewisham, with outreach at Surry Hills and Liverpool. The ToH is a place of hospitality and welcome.

It offers a space for reflection, support and friendship.



Up Coming Events

SURRY HILLS

2nd Friday of the month 6-9pm

14 June—Social Justice Talk by
Fr. Jim Carby

LIVERPOOL

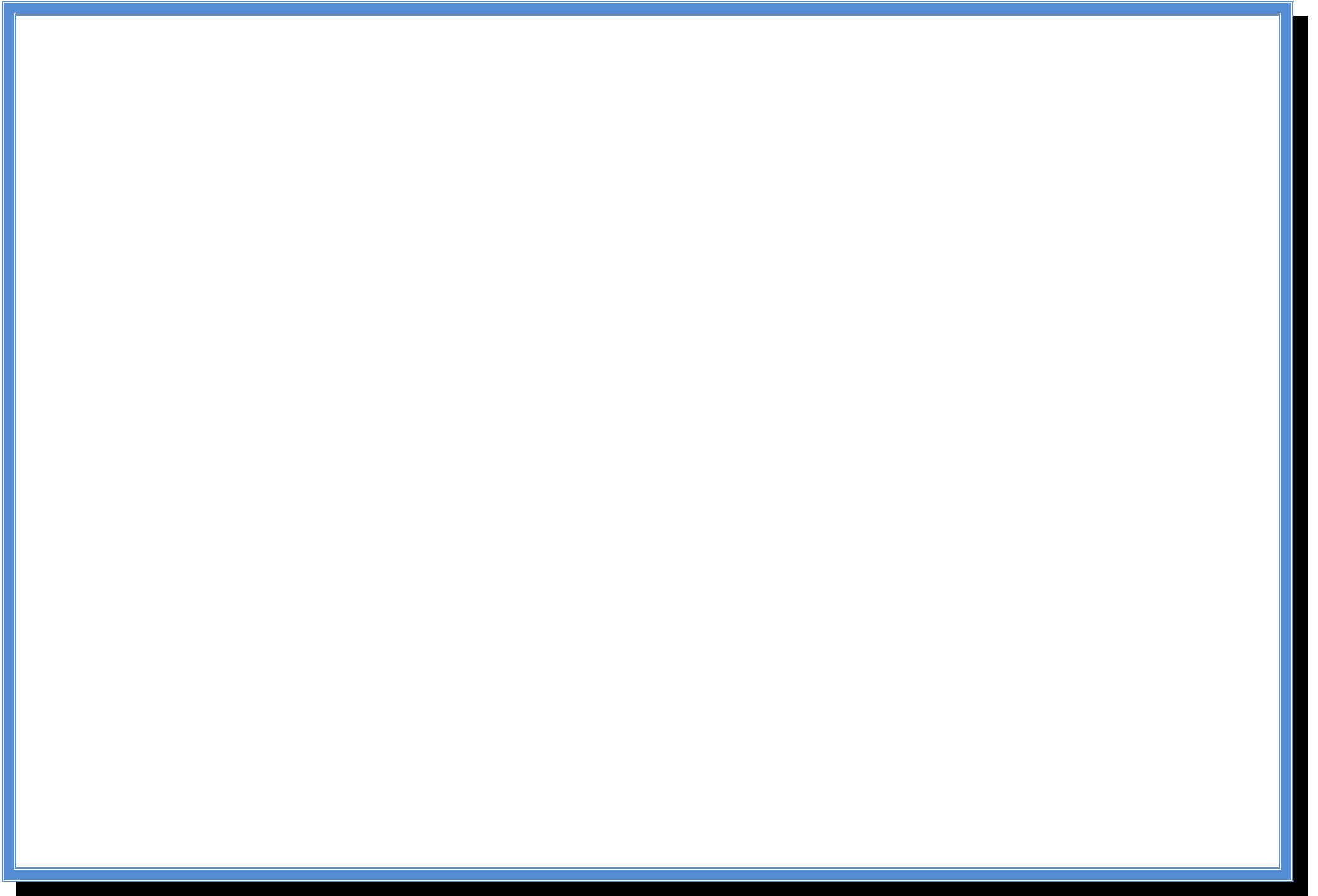
SOCIAL GATHERING

Thursday 22 August 6-9pm

(Close to station and Westfield—parking)

12 July—Social Gathering

DROP IN TIME



Haven Happenings in JUNE

Mon 3 rd	OPEN FOR DROP-IN	Pantry open	Lunch
Tues 4 th	OPEN FOR DROP-IN <i>(Office open for appointments only)</i>	Pantry open	Lunch
Wed 5 th	OPEN FOR DROP-IN	Pantry open	Lunch
Thurs 6 th	OPEN FOR DROP-IN	Pantry open	Lunch
Fri 7 th	OPEN FOR DROP-IN	Pantry open	Lunch
Mon 10 th	PUBLIC HOLIDAY	Closed	
Tues 11 th	OPEN FOR DROP-IN <i>(Office open for appointments only)</i>	Pantry open	Lunch
Wed 12 th	OPEN FOR DROP-IN	Pantry open	Lunch
Thurs 13 th	OPEN FOR DROP-IN	Pantry open	Lunch
Fri 14 th	OPEN FOR DROP-IN	Pantry open	Lunch
Mon 17 th	OPEN FOR DROP-IN	Pantry open	Lunch
Tues 18 th	OPEN FOR DROP-IN <i>(Office open for appointments only)</i>	Pantry open	Lunch
Wed 19 th	OPEN FOR DROP-IN	Pantry open	Lunch
Thurs 20 th	OPEN FOR DROP-IN	Pantry open	Lunch
Fri 21 st	OPEN FOR DROP-IN	Pantry open	Lunch
Mon 24 th	OPEN FOR DROP-IN	Pantry open	Lunch
Tues 25 th	OPEN FOR DROP-IN <i>(Office open for appointments only)</i>	Pantry open	Lunch
Wed 26 th	OPEN FOR DROP-IN Haven lunch at Blue Mountains PLWHA Centre	Pantry open	Lunch
Thurs 27 th	OPEN FOR DROP-IN	Pantry open	Lunch
Fri 28 th	OPEN FOR DROP-IN June birthday celebrations	Pantry open	Lunch

Haven Happenings in JULY

Mon 1 st	OPEN FOR DROP-IN	Pantry open	Lunch
Tues 2 nd	OPEN FOR DROP-IN <i>(Office open for appointments only)</i>	Pantry open	Lunch
Wed 3 rd	OPEN FOR DROP-IN	Pantry open	Lunch
Thurs 4 th	OPEN FOR DROP-IN	Pantry open	Lunch
Fri 5 th	OPEN FOR DROP-IN MASSAGE/ Monthly Roast	Pantry open	Lunch
Mon 8 th	OPEN FOR DROP-IN	Pantry open	Lunch
Tues 9 th	OPEN FOR DROP-IN <i>(Office open for appointments only)</i>	Pantry open	Lunch
Wed 10 th	OPEN FOR DROP-IN	Pantry open	Lunch
Thurs 11 th	OPEN FOR DROP-IN	Pantry open	Lunch
Fri 12 th	OPEN FOR DROP-IN MASSAGE/ TWSH Management Committee Meeting 3pm	Pantry open	Lunch
Mon 15 th	OPEN FOR DROP-IN	Pantry open	Lunch
Tues 16 th	OPEN FOR DROP-IN <i>(Office open for appointments only)</i>	Pantry open	Lunch
Wed 17 th	OPEN FOR DROP-IN	Pantry open	Lunch
Thurs 18 th	OPEN FOR DROP-IN	Pantry open	Lunch
Fri 19 th	OPEN FOR DROP-IN BBQ lunch & Birthday Bash	Pantry open	Lunch
Sun 21 st	CHRISTAMAS IN JULY LUNCH AT THE HAVEN		
Mon 22 nd	OPEN FOR DROP-IN	Pantry open	Lunch
Tues 23 rd	OPEN FOR DROP-IN <i>(Office open for appointments only)</i>	Pantry open	Lunch
Wed 24 th	OPEN FOR DROP-IN	Pantry open	Lunch
Thurs 25 th	OPEN FOR DROP-IN	Pantry open	Lunch
Fri 26 th	OPEN FOR DROP-IN July birthday celebrations	Pantry open	Lunch
Mon 29 th	OPEN FOR DROP-IN	Pantry open	Lunch
Tues 30 th	OPEN FOR DROP-IN/ Volunteer meeting 11am <i>(Office open for appointments only)</i>	Pantry open	Lunch
Wed 31 st	OPEN FOR DROP-IN	Pantry open	Lunch

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.