

The Western Suburbs Haven Inc.

The Haven Wrap

ABN: 960 205 800 66 Charitable Fundraising No. 16069

MARCH – APRIL 2015

Management Committee:

Chairperson

Garry Bonomo

Secretary

Maureen Spalding

Treasurer

Jason Marks

Members

Donald Sharp

Pat Kennedy

Ray Urquhart

Kellie Blissett

Noel Shelford

Christine Rowan

Glen Mayor

Public Officer

Colleen Logan

Contact Details:

The Haven Office

Ph: 9672 3600

Fax: 9672 3655

thehavenoffice@bigpond.com



**TO ALL SERVICE USERS,
MEMBERS AND
VOLUNTEERS**

**Pantry Hours have
changed for Fridays**

9.30am – 11.30am

12.30pm – 1.30pm

Please be mindful of these hours so that our
volunteers have time to see to other tasks and to
have a break themselves.

NEW WORKER



*The Haven would like to welcome **Kate Richardson** our new Client Support Worker. Kate joined the team in February and will be in the office assisting Colleen three days a week.*

If you require any support whether it be great or small please see Kate and she will do her best to assist you with all queries.

You can email Kate on support@thewesternsuburbshaven.com.au or contact the office on 9672 3600.

Cooking classes



Are you interested in learning the basics?

Here at the Haven we appreciate a good meal and we assume you do to!

We are looking to hold a series of weekly back to basics cooking class that service users can attend to broaden their knowledge of being a fine cook.

Classes will be held on Tuesdays and will only go ahead if there are enough people interested.

Please contact the office if you are interested.



bobby goldsmith foundation
practical emotional financial support

Bobby Goldsmith Foundation **Outreach Visits at The Haven**

BGF caseworkers attend The Haven regularly to meet with their clients. **Next visit** will be Wednesday, **11th March 2015 & again on Wednesday, 22nd April 2015.**

Phone for an appointment - BGF on 9283 8666
Or ask in The Haven Office to assist you to do so.

Bobby Goldsmith Foundation **Phoenix Money Workshop @ The Haven**

The Bobby Goldsmith Foundation will be presenting a workshop on Thursday 9th April 2015 to help you take charge of your money and make those dollars go further.

Topics on the day will include:

Planning & Budgeting

Saving & Spending

Everyday Banking

Planning for the future

Please note that workshop is available to all people in NSW living with HIV.

Attendance is limited to first 10 confirmed attendees.

Participants are required to provide a Dr's letter confirming HIV status unless BGF has one on file.

No recording devices are to be in workshops.

WELCOME TO COCKATOO ISLAND.

14 EAGER MEN FROM THE HAVEN WENT ON A GREAT ADVENTURE. Overall each will have their own slant on this adventure, so we'll just hit the highlights. The day started out very overcast, so we came prepared. The largest number of our intrepid adventurers met at the Parramatta River Ferry. The river cruise was fantastic and as the Rivercat was approaching Cockatoo Island a recorded voice announced our arrival and to disembark. This announcement apparently does not happen to all ferries because some of our party coming from Circular Quay informed the Rivercat driver to reverse because they missed their stop. Of course this is not a problem when you have the elderly "over sixty's" to disembark.

The ferry trip was truly fantastic, seeing how many multimillion \$ homes that are built with a water view. Bungy jumping seemed to be popular along the river.

On arrival to the island, of course we all went our own group's ways. It was surprising to see one group rush towards the old sandstone prison yards, Court hall and the living quarters for the prisoners. The very confined isolation room for prisoners were horrific.

The others took the extraordinary decision to climb vertical stairs that seemed to lead to heaven. There were 39 steps and on each step I got a poke in the stomach by a pink walking stick that was being carried by the person in front. By the time we reached the top of the 39TH step, fear, terror, dread, had all passed away when we gasped at the 360 degree view of Sydney harbour. Did I mention we were given a sheet that told us there was a road on the other side we could have walked up?

The magnificent sandstone federation houses up there must have come by that road I mentioned. It was glorious. All the buildings had rooms that either displayed past history items or old newsreels of the building of ships, etc, etc, etc. It was truly interesting if you stopped worrying about getting down at the end. After discussions with 5 or 6 of us, we found the road and rolled down.

We had to be at the cafe by 12:30pm to have lunch. There was a large variety of sandwich's, hot party pies and some delicious sausage rolls, that some of us couldn't get enough of, also cold drinks, tea or coffee.

As you the reader must be aware, that questions always arise with a group of, well, let us say men. Not about whether a building was built in 1820 or 1825, or was it Bob Menzies in one of the videos in the sandstone rooms .No, the question of the day was "WHERE IS MY SAUSAGE ROLL?"

Thank you POLLYS for allowing us to have this 14 strong adventure

By Raymond – Committee Member



SOLID GOLD

Back to the 80s!

Produced by Daisy-May with the Solid-Gold Pollys cast!

**SAT 11th April, Marrickville Town Hall,
7pm-midnight, Showtime at 9:15pm!**

Entrance: Full: \$25 Concession: \$20
Snacks, Bar & BYO available! Charity Fundraiser

Table Reservations: call 9560 4736 (NB: reservations only kept until 830pm)

**SPECIAL GUEST
DJ- JIMMY DEE!!**

**PRIZES FOR BEST
80'S COSTUME!!!**

PROUDLY SUPPORTED BY 

www.thepollysclub.com.au
facebook: [Pollys-Sydney](#)



THE POLLYS CLUB
out & about since 1964

Thank you Pollys!

We would like to thank Pollys for their donation of \$2000. This money has been used to provide various outings for men living with HIV who access The Haven's services.

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.

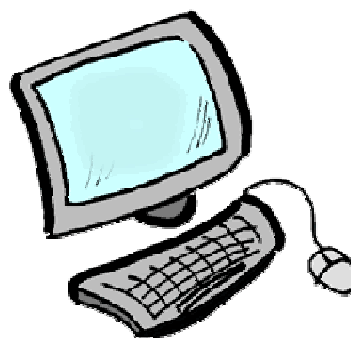
Training will be available on the following:

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



COMPUTERS FOR SALE

These are old Haven computers that have been refurbished:



- Pentium 4 Processor
- 1GB RAM
- 160GB Hard Drive
- Windows 7
- Microsoft Office 2010 / Nero
- Maintenance Programs
- Tower Only – No Monitor

Quantity: 1

\$150

- Dual Core Processor
- 2GB RAM
- 500GB Hard Drive
- Windows 8
- Microsoft Office 2013
- Maintenance Programs
- Tower Only – No Monitor

Quantity: 1

\$150

Birthday Celebrations

(Last Friday of the month)

HAPPY BIRTHDAY to everyone born in February, March & April. 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 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

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 and some fruit & vegetables are available Thursdays and Fridays.

Haven Happenings in March

The Haven will **be closed on Monday 23 March 2015** for Committee training

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2	3	4 Computer Training	5 Fresh Bread, Milk, Fruit & Veg Available	6 Friday Lunch
9	10	11 Computer Training. BGF outreach visit at The Haven.	12 Fresh Bread, Milk, Fruit & Veg Available	13 Friday Lunch
16	17	18 Computer Training	19 Fresh Bread, Milk, Fruit & Veg Available	20 Friday Lunch
23 Committee Training Stanhope Library / HAVEN OFFICE CLOSED	24	25 Computer Training	26 Fresh Bread, Milk, Fruit & Veg Available	27 Friday Lunch
30	31			



The Haven is open five days a week providing a light lunch Monday to Thursday and a specially cooked lunch on Fridays.

Haven Happenings in April

The Haven will **be closed** on **Monday 20 April 2015** for Committee training

The Haven will be also **be closed** on **Friday 3rd April 2015** and **Monday 6th April** for the Easter Long Weekend

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		1 Computer Training	2 Fresh Bread, Milk, Fruit & Veg Available	3 Good Friday HAVEN CLOSED
6 Easter Monday HAVEN CLOSED	7	8 Computer Training. Fresh Bread, Milk, Fruit & Veg	9 BGF Money Workshop	10 Friday Lunch
13	14	15 Computer Training	16 Fresh Bread, Milk, Fruit & Veg Available	17 Friday Lunch
20 Volunteer Training Stanhope Library HAVEN OFFICE CLOSED	21	22 Computer Training	23 Fresh Bread, Milk, Fruit & Veg Available	24 Friday Lunch
27	28	29 Computer Training	30 Fresh Bread, Milk, Fruit & Veg Available	

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
- ✚ Referrals to other services
- ✚ Free Massage treatments once a term (funds permitting)
- ✚ Free internet access (Monday – Friday)
- ✚ 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 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.



WHY NOT BECOME A MEMBER

Are you aware we are the only organization in NSW offering so many direct personal services to people with HIV or AIDS, their carers' and families from a house in such a quiet street?

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

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 this 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 ask yourself if it is worth \$5 a year for you or your family to be able to offer support for the services you use.

If confidentiality is your concern talk to us about this.

New membership applications can be picked up from the office or call 9672 3600 to have one mailed out.

Drop-In Lunches

The Haven is open five days a week providing a light lunch Monday to Thursday and a specially cooked lunch on Fridays.



Haven Hours

DROP-IN HOURS:

Monday- Friday 9am – 2.30pm

If you would like to discuss any private issues with office staff drop in or call in any weekday however access to office staff on Tuesdays is by appointment only.

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

Phone: 9672 3600

Fax: 9672 3655

Email: **Colleen**

thehavenoffice@bigpond.com

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