

The Western Suburbs Haven Inc.

# The Haven Wrap

ABN: 960 205 800 66 Charitable Fundraising No. 16069

**MAY – JUNE 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*

**MEMBERSHIP RENEWALS SOON DUE  
FOR 2015-2016**

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.

Membership costs only \$5.00 and is put towards the services offered at The Haven. For current members, renewal forms will be mailed out soon. To apply to become a new member applications can be picked up from the office or call 9672 3600 to have one mailed out.

*The Western Suburbs Haven Inc.  
Management Committee*





## Volunteer Training

**When: Monday, May 18**

**Where: Stanhope Gardens Library**

**Time: 10am- 2pm**

**All volunteers and committee members are asked to attend. Lunch will be supplied.**

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## **Visitors 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**





## **Mother's Day Raffle**

*Needed: extra volunteers needed to fill shifts*

The Raffle will be held at Westmead Hospital's University Clinic

Starting 27<sup>th</sup> April and drawn at 1pm 7<sup>th</sup> May in the foyer

**Tickets are \$1 each and can be purchased at the Hospital or from The Haven office.**

IF YOU HAVE ANYTHING THAT YOU CAN DONATE FOR SALE ON THE STALLS IT WOULD BE GREATLY APPRECIATED. FEEL FREE TO DROP YOUR DONATION IN TO THE HAVEN.

**1<sup>st</sup> Prize:** Quality Cast Iron Casserole pot, a tassel knit throw rug & other goodies treats for mum.

**2<sup>nd</sup> Prize:** A medium basket of goodies including candles, sweets & treats

**3<sup>rd</sup> Prize:** A small basket of goodies including candles, sweets & treats



**bobby goldsmith** foundation  
practical emotional financial support

## **BGF OUTREACH VISIT AT THE HAVEN**

**BGF caseworkers will be visiting on**

**Wednesday 3<sup>rd</sup> June**

For an appointment to see a caseworker on their next visit please call BGF on 9283 8666 or enquire at *The Haven Office.*



## Show and dinner at The Joan Sutherland

### Centre Penrith

**Tuesday evening, May 26<sup>th</sup>**

Tickets still available to purchase.

#### **Service users and volunteers-**

Contribution of \$20 is required. This is non-refundable unless there is someone to take your place.

**Partners or other support people are welcome to come along-** Contribution of \$40 is required. This is also non-refundable unless there is someone else to take the ticket.

We will meet at Avoca Pizza, High St Penrith for dinner at **6pm**. Pizza, pasta, soft drink or tea/coffee included. Alcoholic beverages at own cost.

**Show starts at 8pm**

**Call Colleen for more details- 9672 3600**

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## **Tanglin Lodge Alpacas**

Day trip for service users, volunteers, carers and other support people.



Come to the Hawkesbury for a day out with alpacas, great company and lunch. Listen to a chat about these unique creatures, bring your camera to have a photo taken and visit the Alpaca shop.

Included in the cost is transport by bus from The Haven and a BBQ lunch followed by dessert, tea & coffee. Other refreshments are available to purchase in the shop.

**When:** 20 June 2015

**Where:** Meet at The Western Suburbs Haven **10am sharp** to catch the provided bus.

**Cost:** \$8 service users  
\$12 volunteers, carers, support people.

**RSVP & payment due:** Friday May 22, 2015



## **Quarterly Goes Out West!!**



Positive Life NSW invites you to the first Quarterly in Parramatta. The Quarterly is an inclusive social event for all people living with HIV, their families, friends and significant others to get together and socialise in a safe, accessible and friendly environment.

This time we're having a Sunday afternoon get together over a BBQ, outdoor games and face painting provided by MAC Cosmetics for our younger guests. MAC Cosmetics is also offering some time out with a make-up makeover for adult guests.

**When: Sunday 3 May 2015 | 11am to 3pm**

**Where: The Riverside Theatre, Parramatta, Sydney NSW  
(Corner Church and Market Streets.**

To RSVP, please call Positive Life on (02) 9206 2172 or email [kassandrah@positivelife.org.au](mailto:kassandrah@positivelife.org.au)

**PositiveLifeNSW**  
the voice of people with HIV since 1988

# POZHET EVENTS

**pozhet**

(Heterosexual  
HIV Service for  
NSW)

PO Box 3159  
Redfern  
NSW 2016

FREECALL  
1800 812 404

WEB  
pozhet.org.au

EMAIL  
pozhet@  
pozhet.org.au



## WESTERN SYDNEY PROGRAM FOR 2015

**FOR:** HETEROSEXUAL MEN AND WOMEN LIVING WITH HIV AND THEIR PARTNERS. CHILDREN WELCOME BUT DO NEED TO BE SUPERVISED BY THEIR PARENTS.

**TOPICS:** HIV TREATMENTS & COMMUNITY PHARMACY DISPENSING  
**GUEST SPEAKER:** POSITIVE LIFE NSW TREATMENT OFFICER

**WHEN:** 30TH MAY, 11AM – 3PM

**FUTURE EVENTS:** 18TH JULY, 7TH NOV

**WHERE:** THE WESTERN SUBURBS HAVEN, BLACKTOWN

**MEET OTHERS / CHAT OVER LUNCH / FIND OUT MORE ABOUT HIV TREATMENTS AND MANAGING YOUR HEALTH**

**FOR MORE INFORMATION CONTACT SUSAN AT POZHET ON 1800 812 404 / SONIA ON 0400 431 809 / COLLEEN AT THE HAVEN ON 9672 3600**



The Western Suburbs Haven Inc.



real people making a real difference

## 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 May & June. 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)*

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## **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 May

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
				<b>1</b> Friday Lunch Mothers Day Raffle
<b>4</b> Mothers Day Raffle	<b>5</b> Mothers Day Raffle	<b>6</b> Computer Training Mothers Day Raffle	<b>7</b> Fresh Bread, Milk, Fruit & Veg Available Mothers Day Raffle	<b>8</b> Friday Lunch
<b>11</b>	<b>12</b>	<b>13</b> Computer Training	<b>14</b> Fresh Bread, Milk, Fruit & Veg Available	<b>15</b> Friday Lunch
<b>18</b> Volunteer Training Stanhope Library	<b>19</b>	<b>20</b> Computer Training	<b>21</b> Fresh Bread, Milk, Fruit & Veg Available	<b>22</b> Friday Lunch
<b>25</b>	<b>26</b>	<b>27</b> Computer Training	<b>28</b> Fresh Bread, Milk, Fruit & Veg Available	<b>29</b> Friday Lunch

**Saturday May 30<sup>th</sup> - Weekend BBQ at The Haven for HIV Positive Heterosexuals, families & carers in Partnership with POZHET and Western Sydney & Nepean/Blue Mountains HARP unit**

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 June*

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>1</b>	<b>2</b>	<b>3</b> Computer Training	<b>4</b> Fresh Bread, Milk, Fruit & Veg Available	<b>5</b> Friday Lunch
<b>8</b> Queens Birthday Public Holiday <b>Haven Closed</b>	<b>9</b>	<b>10</b> Computer Training	<b>11</b> Fresh Bread, Milk, Fruit & Veg Available	<b>12</b> Friday Lunch
<b>15</b>	<b>16</b>	<b>17</b> Computer Training	<b>18</b> Fresh Bread, Milk, Fruit & Veg Available	<b>19</b> Friday Lunch
<b>22</b>	<b>23</b>	<b>24</b> Computer Training	<b>25</b> Fresh Bread, Milk, Fruit & Veg Available	<b>26</b> Friday Lunch
<b>29</b>	<b>30</b>			

**Saturday June 20<sup>th</sup> – Day Trip for service users, volunteers, carers & support people to Tanglin Lodge Alpacas.**

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

# 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 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.



# 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](mailto:thehavenoffice@bigpond.com)

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