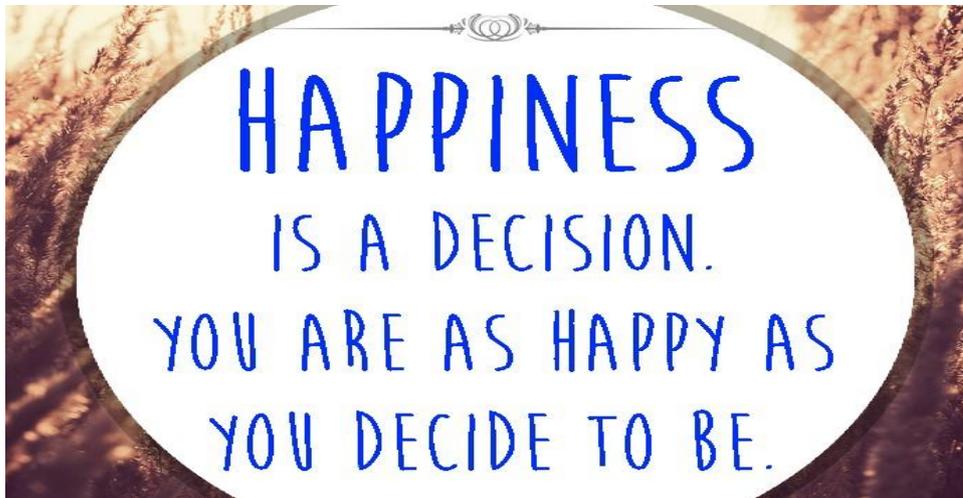


The Haven Wrap

April/May 2017



Real People Making a Real Difference

What's in the Wrap?

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- **Happy 80th Birthday Pat Kennedy**
- **Quotes and Sayings of the Month**
- **Protect yourselves and others from catching the flu**
- **Hobbies**
- **Brain teasers & Jokes**
- **Become a volunteer at The Haven**
- **Whats happening at The Haven, Calendar & opening hours**

The Western Suburbs Haven Incorporated

Phone: 9672 3600

Fax: 9672 3655

Email: **Colleen**
thehavenoffice@bigpond.com

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

Management Committee

Chairperson

Garry Bonomo

Secretary

Maureen Spalding

Treasurer

Noel Shelford

Members

Kellie Blissett

Donald Sharp

Pat Kennedy

Ray Urquhart

Christine Rowan

Glen Mayor

Our Vision 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.

ABN: 960 205 800 66 Charitable Fundraising No. 16069
Funded by Western Sydney Local Health District

Services at the Haven

HAVEN PANTRY HOURS

Monday:	9am-2pm
Tuesday:	9am-2pm
Wednesday:	9am-2pm
Thursday:	12pm-2pm
Friday:	9am-11.30am & 1pm-2:30pm



Drop in Lunches

We love having people drop in and stay for lunch so come along.

Monday to Thursday is a gold coin donation to help us cover food costs and Friday Lunch is \$4.00.

Please note the drop in is available on Tuesdays but if you want to see the Manager you need to book an appointment.

Other Services at The Haven

- Respite/convalescent care,
- Social support
- Peer support
- Group activities & social outings
- Referrals to other services
- Non clinical case management where appropriate
- Free internet access (Monday – Friday)
- Transport to medical appointments (by arrangement only)
- Pick-up and drop off at Blacktown station when Haven car is available



Happy Birthday Pat – 80 Years Young

Our Favourite Scottish Woman Turns 80 (from Kellie's perspective)

I've known Pat for 20+ years, others have known her for even longer. Even if you have only known her for a short time, you will never forget the dedication she has to helping people living with HIV/AIDS. I could go on about how much she has done, but it's well known, I would rather talk about how much she influences people.

When I started hanging around with Pat, I was extremely shy (stop laughing, it's true) she has taught us strength, to stick up for what we believe in and not to back down if we have been given a raw deal.

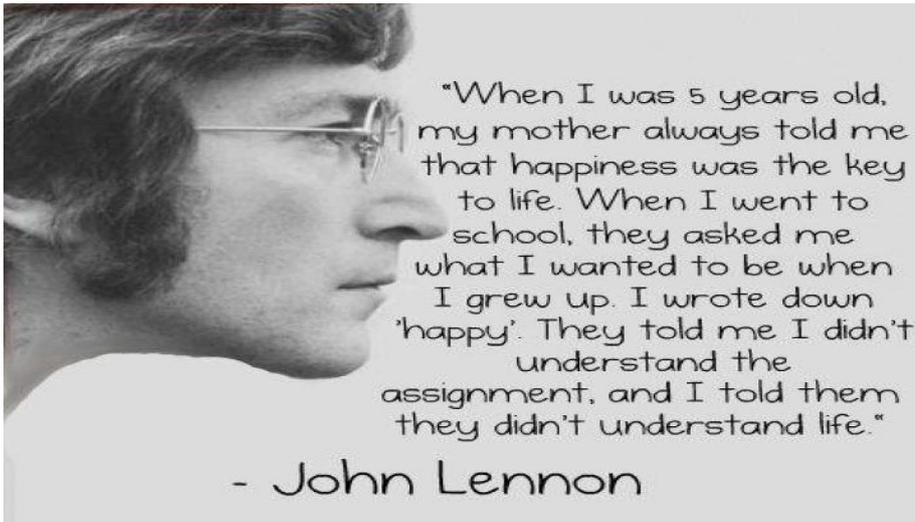
For many years she was on call 24/7 and if it wasn't for her, The Haven wouldn't exist, she fought for a "Haven" for PLWHA.

Most of all she is a friend or some call family, yes she could talk under water with a mouth full of marbles, but we wouldn't have her any other way.

Pat would like to thank everyone who attended her dinner and for all the kind words she received. A huge thankyou to Maryanne Large for making it possible.

Happy 80th Birthday Pat, lots of love from everyone xxx

Quotes and Sayings of the Month



Everyone wants
HAPPINESS, no one
wants **Pain**. But you
can't make a
Rainbow, without a
little rain.



Gratitude

What are you grateful for? It could be something as small as the cool morning breeze on your skin or early morning birds singing. It could be something big like having good health or an upcoming holiday, but as the quote says "There is always something in each day to be grateful for"

You don't need to go out and buy a gratitude journal, find an old notebook and write down something that you are grateful/thankful for each day, sometimes you might have to think hard and some days it will flow very easily.

After time you will find that your mindset changes and by writing it down daily, you can see how far you have come. Life isn't perfect but dwelling on all the imperfections of your daily life isn't good for your physical and mental health

What are you grateful for right now?

"When was the last time you did something for the first time?"

Live life, don't just exist ... be more mindful, some people walk around with blinkers on or look toward the ground, look around you, notice the shape of the clouds, the beauty of flowers. Life isn't all bad, it is what you make it.

"Some people **feel the rain**. Others just get wet." Is one of my favourite quotes.

Breathe and move forward

Kellie

Feel free to send in stories or your hobbies for The Wrap, we would love to hear from you thehavenoffice@bigpond.com



Be Smart About Flu

Protect yourselves and others from catching the flu

To get vaccinated against influenza is the single best prevention for yourself and others.

Annual flu vaccination is the best way to prevent yourself from getting the flu, and from then passing it on to someone else. Flu vaccination is very important for people who are at-risk of complications from influenza, and for those in close contact with at-risk people ([link to who's at risk](#)).

The flu is very easy to spread, especially when in close contact with other people. You can catch it when an infected person coughs or sneezes as they release small virus-containing droplets into the air. It's also important to remember that touching contaminated surfaces (including a person's hands) and then touching your mouth, nose or eyes can also lead to infection.

You can limit the spread of influenza during flu season by practising good household and personal hygiene, avoiding close contact with others (at least one metre apart) if you or they are ill, and covering your mouth and nose with the inside of your elbow when coughing or sneezing. Try not to use your hand to cover your mouth as you are likely to then touch something and spread the virus further.

Influenza: the bad news

Influenza viruses can survive an hour or more in enclosed environments or surfaces, which means we can pick up the virus even without someone coughing or sneezing near us.

Even before we display the virus symptoms, we can be spreading the influenza viruses, which may infect people around us.

Influenza viruses are characterised by constant evolution, which can change their characteristics. Influenza type A, Influenza type B flu (and so on) are constantly changing. This means they can be a new threat every year. The flu vaccination will only protect you from the recent strain of the flu. This is why yearly vaccinations are essential in preventing flu.

The good news – you can protect yourself and others by being flu smart!

- Practice good cough and sneeze etiquette!
- Turn away from other people
- Cover your mouth and nose with a tissue or your sleeve
- Use disposable tissues rather than a handkerchief (which could store the virus)

- Put used tissues into the nearest bin, rather than a pocket or handbag
- Wash your hands or use an alcohol hand rub as soon as possible afterwards.
- Hand washing can limit the spread of influenza and other respiratory virus infections. Always wash your hands – even when they are not visibly dirty:
- After coughing, sneezing or blowing your nose
- After being in contact with someone who has a cold or flu
- Before touching your eyes, nose or mouth
- Before preparing food and eating.

The best way to kill the flu virus is to wash your hands with soap and water or an alcohol-based product (gels, rinses, foams) that doesn't require water.

Stop the spread of cold and flu in your household: As flu viruses can survive for more than eight hours on hard surfaces such as stainless steel and plastic, you should regularly clean frequently touched surfaces such as door handles, taps, tables, benches and fridge doors. Flu viruses can be removed with normal household detergents.

Keep any personal items such as towels, bedding and toothbrushes separate. Do not share eating and drinking utensils, food or drinks.

Prescription antiviral medications are only effective if they have been taken within the first 48 hours of symptoms.

Each year, the Australian Influenza Vaccine Committee (AIVC) determines an up to date influenza vaccine formulation based on the most recent virus strains.

Annual vaccination reduces the risk of contracting influenza and severity of symptoms.

Protection through vaccination

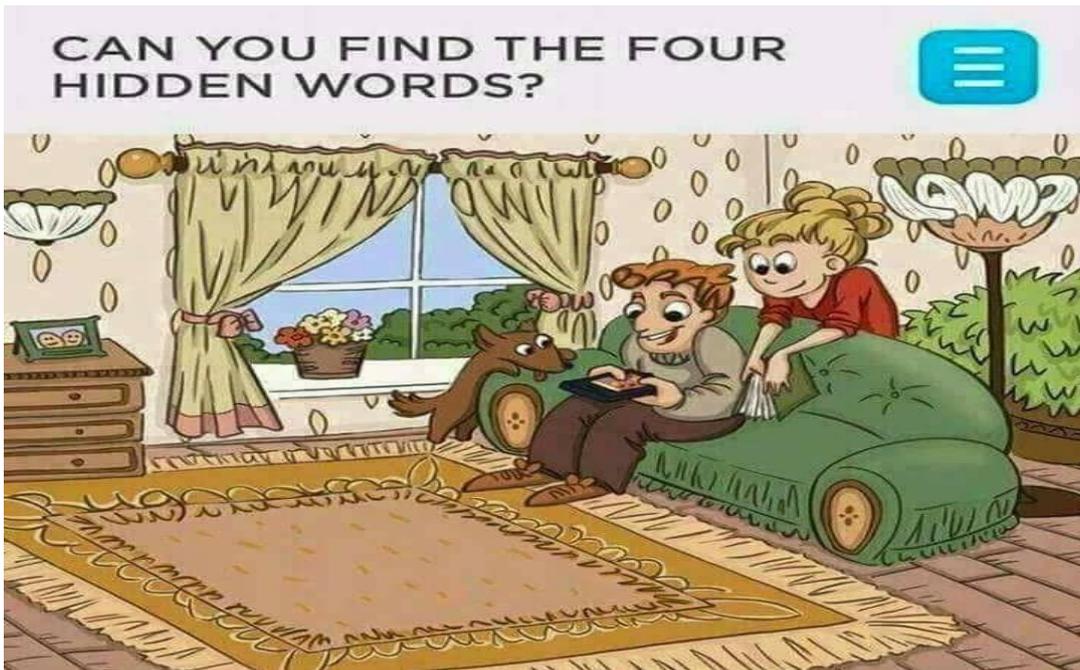
Influenza vaccines help to protect our community from the virus and its severe consequences. The flu injection is up to 70% effective in young healthy adults and at least 70% effective in children. In older adults, vaccines can be less effective depending on their health (30 to 80%); however, older adults are at greater risk of complications from influenza so are advised to take precautions.

Flu facts:

- You cannot get the flu from the vaccination.
- Influenza is a highly contagious disease that kills more Australians per year than road accidents.
- People with a chronic disease have forty times the risk of death from influenza.

<http://www.flusmart.org.au>

Brain Teaser's & Jokes



Brain Teaser Answers:

(1) Window, Lamp, Brain, Rug
(2) 20th Row, Position 19

The official winner of the "not my job" contest...



**It's a
beautiful day,
I think I'll skip my
meds and stir
things up a bit.**

A little bird was flying south for the winter. It was so cold the bird froze and fell to the ground into a large field.

While he was lying there, a cow came by and dropped some dung on him.

As the frozen bird lay there in the pile of cow dung, he began to realize how warm he was.

The dung was actually thawing him out!

He lay there all warm and happy, and soon began to sing for joy. A passing cat heard the bird singing and came to investigate.

Following the sound, the cat discovered the bird under the pile of cow dung, and promptly dug him out and ate him.

Morals of the story:

(1) Not everyone who sh*ts on you is your enemy.

(2) Not everyone who gets you out of sh*t is your friend.

(3) And when you're in deep sh*t, it's best to keep your mouth shut!

Share this with your friends who needs a laugh today!



BECOME A VOLUNTEER WITH THE WESTERN SUBURBS HAVEN INC

Our volunteers perform a variety of jobs and are an integral and important part of The Haven – in fact we cannot survive without them! The Haven holds volunteer insurance which covers people who are signed on as volunteers.

Volunteers carry out duties to assure the maintenance and smooth running of The Haven and may include:

- Caring for respite guests
- Help coordinate the grocery shopping program
- General maintenance and gardening duties around the Centre
- Driving clients to and from medical appointments in our car
- Helping with food preparation, washing dishes, and general kitchen duties for weekday drop-in lunches.
- Help with day-to-day activities around the house including housework
- Help with group activities and outings.
- General administration & answering phone calls on the guest/volunteer phone
- Grocery shopping

Our fundraising activities

Throughout the year, we undertake fundraising activities in order to raise funds and promote the work we do. You can support these activities by participating in events, volunteering your time or by contributing financially to our campaigns through donations.

If you are interested in becoming a volunteer for The Haven call Colleen on 9672 3600 or email thehavenoffice@bigpond.com

Volunteers are expected to attend bi-monthly volunteer meetings with lunch included. It's a great time to catch up on vital information, come up with new ideas and get regular training.



Next Volunteer Meeting

When: Wednesday April 19th

Where: The Haven

Time: 11am



BGF OUTREACH VISIT AT THE HAVEN

BGF caseworkers will be visiting The Haven on Wednesday, May 3rd.

For an appointment to see a caseworker on their next visit please call BGF on 9283 8666 or enquire at The Haven Office on 9672 3600.

The Haven's Mother's Day Raffle

Needed: extra volunteers needed to fill shifts

The Havens volunteers will be holding a Mother's Day Stall & raffle at Westmead Hospital's University Clinic in May.

WE ARE ALWAYS LOOKING FOR THINGS TO INCLUDE IN THE RAFFLE PRIZES AND TO SELL ON OUR GIFT STALL. IF YOU HAVE ANY GIFT ITEMS YOU WANT TO RE-GIFT OR ANYTHING THAT YOU THINK WE COULD USE, FEEL FREE TO DROP YOUR DONATION IN TO THE HAVEN. IT REALLY WOULD BE GREATLY APPRECIATED!!

Haven Happenings- April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 <i>Closed</i>	2 <i>Closed</i>
3 Drop-in open	4 Drop-in open Office closed	5 Drop-in open	6 Drop-in open Foodbank	7 Friday Lunch	8 <i>Closed</i>	9 <i>Closed</i>
10 Drop-in open	11 Drop-in open Office closed	12 Drop-in open	13 Drop-in open Foodbank	14 Good Friday CLOSED	15 <i>Closed</i>	16 <i>EASTER SUNDAY Closed</i>
17 Easter Monday CLOSED	18 Drop-in open Office closed	19 Drop-in open <u>VOLUNTEER MEETING 11AM</u>	20 Drop-in open Foodbank	21 Friday Lunch	22 <i>Closed</i>	23 <i>Closed</i>
24 Drop-in open	25 ANZAC Day CLOSED	26 Drop-in open	27 Drop-in open Foodbank	28 Friday Lunch	29 <i>Closed</i>	30 <i>Closed</i>

DROP-IN HOURS:

Monday- Friday 9am – 2.30pm

If you would like to discuss any private issues with office staff, feel free to 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)

Haven Happenings- May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Drop-in open	2 Drop-in open Office closed	3 BGF Outreach visit Drop-in open	4 Drop-in open Foodbank	5 Friday Lunch	6 <i>Closed</i>	7 <i>Closed</i>
8 Drop-in open	9 Drop-in open Office closed	10 Drop-in open	11 Drop-in open Foodbank	12 Friday Lunch	13 <i>Closed</i>	14 <i>Closed</i>
15 Drop-in open	16 Drop-in open Office closed	17 Drop-in open	18 Drop-in open Foodbank	19 Friday Lunch	20 <i>Closed</i>	21 <i>Closed</i>
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