

# The Haven Wrap

**December 2016/January 2017**



**Real People Making a Real Difference**



## **What's in the Wrap?**

- **World Aids Day**
- **Christmas Closing Dates**
- **Events- Christmas Lunch**
- **Christmas Raffle**
- **Picture of the Month**
- **Young and Moving Forward**
- **Work Shop – Caring for your Mind Review**
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## World Aids Day December 1



**WORLD AIDS DAY**  
1 DECEMBER 2016

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& Access

Globally, new infections among key populations and their sexual partners accounted for 36% of all new HIV infections in 2015.

Hands up for **#HIVprevention**

**Cover picture: Supplied by Ray – Sydney Harbour on a fine day. One of the Haven's members were lucky enough to win a raffle for a Captain Cook Cruise. He & Ray enjoyed the cruise and took this wonderful picture to share with us.**

### Christmas Closing Dates

The Haven will be closed during the Christmas/New Year period. Our last day **open** will be **Friday, December 23** and we will **re-open on Wednesday, January 4<sup>th</sup>**.

**From all of us at The Haven we hope you have a happy safe Christmas and New Year!**



### Congratulations



To our wonderful Manager Colleen and her husband Mark on their recent marriage, we wish you both all the best.  
(even though they eloped and kept us in the dark)

## Events

Please join us at  
**The Western Suburbs Haven**  
for



**WHEN:** 10:30am  
Sunday December 18<sup>th</sup>

**WHERE:** The Haven, Blacktown

This is a catered lunch; **RSVP is required** to The Haven Office by  
Friday December 9<sup>th</sup>



**PLEASE NOTE:** To allow for The Haven's volunteers to enjoy the day the Pantry **will not be open after 12pm** on this day



**THE WESTERN SUBURBS HAVEN INC.**

### **CHRISTMAS RAFFLE 2016**

Held at Westmead Hospital's University Clinic.  
Drawn at 1pm 15<sup>th</sup> December in the foyer

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

**1<sup>ST</sup> PRIZE: 2 BURNER HOODED GAS BBQ, BBQ ACCESSORIES HAMPER WITH  
CHRISTMAS GOODIES**

**2<sup>ND</sup> PRIZE: SMALL KETTLE BBQ WITH CHRISTMAS TOYS & GOODIES HAMPER**

**3<sup>RD</sup> PRIZE: SMALL CHRISTMAS HAMPER WITH POPCORN MAKER & AND CHRISTMAS  
GOODIES**

Winner will be notified by phone & delivery of prizes may be arranged if winner lives within 25kms of Blacktown. Raffle prizes have been kindly donated and come without warranties.

**Young & Moving Forward with HIV.  
Complete our survey and go in the draw to  
WIN 1 of 3 \$50 iTunes cards**

**The Western Suburbs Haven has received some funding for  
younger people living with HIV!**

These funds have been received as a grant from ViiV Healthcare's Community Grants program. The funds are to provide some activities for 18-30 year old PLHIV in Western Sydney.

To help us develop these activities we have a short, confidential 3 minute survey at <https://www.surveymonkey.com/r/youngmoveforward>

If you know of someone in this age group living with HIV please pass this information on; we really appreciate all efforts to assist us with this.

Alternatively you can call Colleen or Pat at The Haven on 9672 3600 or email [thehavenoffice@bigpond.com](mailto:thehavenoffice@bigpond.com) for a survey to be sent to you.



**Our Picture of the Month**



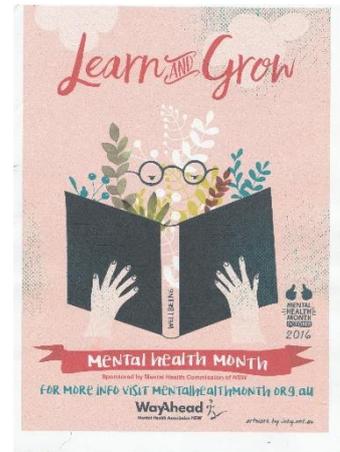
This is a funny one supplied by Ray

**Please Note:** We would love to hear your stories or ideas for the wrap, send in photos and a few words about your pets or your interests to [thehavenoffice@bigpond.com](mailto:thehavenoffice@bigpond.com)

# Work Shop – Caring for your Mind Review

## Mindfulness and Anxiety

Further on from our **Caring for your Mind Work Shop** on 5<sup>th</sup> October I wonder how many of the participants are practicing to be mindful. I must admit it isn't always easy but believe me it is very valuable in helping us keep calm in the fast moving world. I spent most of today working with Insurance companies on the new super systems and I could feel my blood beginning to boil. Then I thought about being mindful – I stopped took 5 deep breathes, closed my eyes and put my cupped hands over my eyes after I had rubbed my hands together for a while, then I slowly spread my fingers opening my eyes to see the light filter through my fingers while still taking deep breathes and then I slowly moved my hands away from my eyes and got back to my focus - super systems with a smile and no pain – It worked.



In the workshop we covered some mental health issues and briefly talked about depression and 2015 stats with some 3 million people suffering from depression in Australia and with increasing numbers of people committing suicide over 2015 with some 3 thousand people having committed suicide. However, we didn't take much of a look at anxiety another debilitating mental illnesses. I recently discovered a Mindful Magazine that was so interesting and one of the articles in April's edition talks about Mindfulness being used to soothe your anxious mind so I thought I would share some of its suggestions.

### 10 steps to help deal with anxiety

- 1.** Slow down: The racing stallion takes over when your mind is in a state of being anxious – your thoughts race, your heart pounds and your breathing becomes shallow. When this happens slow down immediately, move more slowly and intentionally do something not related to what is making you anxious
- 2.** Anxiety is in the mind but manifests in the body making you feel disconnected - feeling not connected to who we are. Take a few moments to think about your 5 senses can bring you back to the moment.
- 3.** Be mindful of simple tasks. When you are anxious you will probably feel out of control so do some simple tasks such as gardening to help feel in control again
- 4.** Do a reality check – Our minds are creative and powerful and we can imagine many things happening – if this happens STOP – do a reality check “When you have a catastrophic thought ask – Is this absolutely true? It's a good bet that it was just a fear and not a fact with not much reality of it happening.
- 5.** Release the Critic Not only is anxiety painful but it loves company and often meets up with your self-critical thoughts. If this happens ask “Do judgements make the anxiety worse?” The answer is yes they almost always do. STOP judging.
- 6.** Channel your anxious energy – remember not all anxiety is bad – it lies on a continuum Good on one end and bad on the other. For example if you noticed

an escaped tiger down the road anxiety would probably make you move away to a safe place. Bad anxiety can make you sick or even stop you from functioning on a day to day basis. If your anxiety is starting to hurt you try to channel its energy into something productive, go for a walk in nature or do some gardening.

**7.** Sit on a park bench or outdoor chair and look at the sky, watch the clouds, imagine floating on one of them as they move. Then watch them float and change and move so gracefully – see how all things naturally come and go.

**8.** Listen – If you are outside listen to nature, what do you hear – the wind in the leaves, the birds or the sound of children playing even the sound of the rubbish bins being emptied – this gets you back in touch with the simplicity of life and you will find your thoughts begin to simmer down.

**9.** Practice 5x5 – You have 5 senses, go through them and name five things about each one of them. For example - sight - what are you seeing. This can help interrupt the automatic catastrophic thinking that fuels anxiety.

**10.** Know your triggers – what makes you anxious – If you know your triggers you can prepare better – when the mind feels prepared it is more at ease.

(Please note that worldwide both depression and anxiety are major issues. The USA has some 16.1 million people (numbers are suspected as being much higher) suffering from depression and/or anxiety with over 42,000 committing suicide each year.)

I hope those people who attended the workshop had a good time, learnt something, gained some awareness or reviewed their knowledge and will share any relevant information with others regarding mental health and look out for those around them.

**Just a little Note:** In a previous newsletter I wrote about Magpies and the two magpies that live in the park across the road and visit my garden – Olly and Mrs Olly. Well they had three little magpies and brought them into my yard, my goodness what a noise each morning, but they are beautiful and are now verging up onto my porch. It is interesting that the male Olly is the chief care giver and is the one who is feeding them. When Mrs Olly gets a worm or some other tantalising titbit she runs away with the three small ones chasing her squawking all the way. They then come back and dad feeds them.

**Well Happy Meditating and Mindfulnessing and all the Best for Christmas may it be very joyous and enjoyable and the New Year one of your very best. Jan**



## Healthy Notes

### Hydration: Why it's so important

Source: [familydoctor.org](http://familydoctor.org)

Your body depends on water to survive. Every cell, tissue, and organ in your body needs water to work correctly. For example, your body uses water to maintain its temperature, remove waste, and lubricate joints. Water is needed for good health



#### How does my body lose water?

Water makes up more than half of your body weight. You lose water each day when you go to the bathroom, sweat, and even when you breathe. You lose water even faster when the weather is really hot, when you are physically active, or if you have a fever. Vomiting and diarrhoea can also lead to rapid water loss. If you don't replace the water you lose, you can become dehydrated.

#### How do I know if I'm dehydrated?

Symptoms of dehydration include the following:

- Little or no urine, or urine that is darker than usual
- Dry mouth
- Sleepiness or fatigue
- Extreme thirst
- Headache
- Confusion
- Dizziness or lightheaded feeling
- No tears when crying
- Don't wait until you notice symptoms of dehydration to take action. Actively prevent dehydration by drinking plenty of water.

#### Who is at higher risk of dehydration?

People are at higher risk of dehydration if they exercise at a high intensity, have certain medical conditions, are sick, or are not able to get enough fluids during the day. Older adults are also at higher risk. As you get older, your brain may not be able to sense dehydration and send the signals for thirst.

You may need to increase the amount of water you are drinking if you:

- Have certain medical conditions, such as kidney stones or bladder infection
- Are pregnant or breastfeeding
- Will be outside during hot weather
- Will be exercising
- Have a fever
- Have been vomiting or have diarrhoea
- Are trying to lose weight

#### How much water should I drink each day?

You may have heard different recommendations for daily water intake. Most people have been told they should drink 6 to 8 glasses of water each day, which is a reasonable goal. However, different people need different amounts of water to stay hydrated. Most healthy people can stay well hydrated by drinking water

and other fluids whenever they feel thirsty. For some people, fewer than 8 glasses may be enough. Other people may need more than 8 glasses each day.

If you are concerned that you are not drinking enough water, check your urine. If your urine is consistently colourless or light yellow, you are most likely staying well hydrated. Dark yellow or amber-coloured urine is a sign of dehydration.

### **Besides water, what else can I consume to stay hydrated?**

Water is the best option for staying hydrated. Other drinks and foods can help you stay hydrated, but some may add extra calories from sugar to your diet.

Drinks like fruit and vegetable juices, milk, and herbal teas can contribute to the amount of water you get each day. Even caffeinated drinks (for example, coffee, tea, and soda) can contribute to your daily water intake. A moderate amount of caffeine (200 to 300 milligrams) is not harmful for most people. This is about the amount in 2 to 4 cups of coffee. However, it's best to limit caffeinated drinks because caffeine may cause some people to urinate more frequently, or feel anxious or jittery. Water can also be found in fruits and vegetables (for example, watermelon, tomatoes, and lettuce) and in soup broths.

### **What about sports drinks and energy drinks?**

For most people, water is all that is needed to maintain good hydration. However, if you are planning on exercising at a high intensity for longer than an hour, a sports drink may be helpful. It contains carbohydrates and electrolytes that can increase your energy and help your body absorb water.

Choose a sports drink wisely. They are often high in calories from added sugar and may contain high levels of sodium. Also, check the serving size. One bottle may contain several servings. If you drink the entire bottle, you may need to double or triple the amounts given on the Nutrition Facts Label. Some sports drinks contain caffeine. If you use a sports drink that contains caffeine, be careful not to get too much caffeine in your diet.

Sports drinks are **not** the same as energy drinks. Energy drinks usually contain large amounts of caffeine and other stimulants (for example, guarana, ginseng, or taurine) that your body doesn't need. Most of these drinks are also high in added sugar. Many experts recommend that children and teens should not have energy drinks.

### **Tips for staying hydrated**

- Keep a bottle of water with you during the day. Purchasing bottled water is expensive and creates plastic bottle waste. Carry a reusable water bottle and fill it from the tap instead.
- If you don't like the taste of plain water, try adding a slice of lemon or lime to your drink.
- Be sure to drink water before, during, and after a workout.
- When you're feeling hungry, drink water. Thirst is often confused with hunger. True hunger will not be satisfied by drinking water. Drinking water may also contribute to a healthy weight-loss plan. Some research suggests that drinking water can help you feel full.
- If you have trouble remembering to drink water, drink on a schedule. For example, drink water when you wake up; at breakfast, lunch, and dinner; and when you go to bed. Or drink a small glass of water at the beginning of each hour.
- Drink water when you go to a restaurant. It will keep you hydrated, and it's free!

## Stuff And More Stuff

Something to keep your mind active or to irritate you, see how many you can find:



### Issuu

Issuu is a site/app where people upload magazines, newspapers etc and you can read them for free, even up to date publications. Other than your Rolling Stone, your Readers Digest, Good Health, Weight Watchers etc, they have Positive Living and HIV Australia. This is my favourite App right now

Android App Download & Apple App Download

Get it here <https://www.issuu.com/>

Kellie.



Give a Dog a Bone, Keep Kitty Happy invites people in the community to place one pet item (a treat, toy or food for cats or dogs) in their shopping trolley just prior to Christmas and to take it to one of the designated collection points located throughout Sydney. The items are then collected and distributed to animal shelters and services in need.

**The Haven has been beneficiaries of this program for a few years now. Help us support those who support us. Drop-off points are:**

Alexandria	Animal Medical Services Vet. Shop 1/138 Botany Road
Alexandria	Pet Barn, 175 McEvoy St <i>Saturdays only 10am-3pm</i>
Annandale/ Leichhardt	Annandale Animal Hospital 62 Moore St (corner of Moore St and Catherine)
Balmain	Balmain Veterinary Hospital, 77 Victoria Rd, Rozelle
Chatswood	Pet Barn, 372 Eastern Valley Way <i>Saturdays only 10am-3pm</i>
Darlinghurst	Alex Greenwich MP. 21 Oxford St Darlinghurst
Edgecliff	Edgecliff Pets. Eastpoint, Shop 33, New South Head Rd
Glebe	Jamie Parker MP. 112a Glebe Point Rd
Ingleside	Monika's Doggie Rescue, 2 Mc Cowan Rd & Bloodwood Rd <i>Tuesday to Sunday, 10am-4pm</i>
Kingsford	Animal Medical Service Vet, 70 Gardeners Rd, Kingsford
Marrickville	Animal Medical Service Vet. 402 Illawarra Rd
Mulgrave	Hawkesbury Companion Animal Shelter 10 Mulgrave Road, Mulgrave
Newtown	Pets Palace. Shop 28, 617-627 King St
Parramatta	Stand Up Coffee. Parramatta Justice Precinct, Marsden St
Parramatta	The Cottage Animal Hospital. 16 Ross St
Petersham	Greencross Vets. 1 Livingstone Rd
Randwick	Planet Pooch. 29 Clovelly Rd
Surry Hills	ACON. 414 Elizabeth St
Willoughby	Willoughby Veterinary Hospital. 193 High St , Willoughby
Winmalee	Oodle Mum's Dog Grooming. 22 Boronia Crescent

## **Christmas cracker jokes!**

**What do you get if you cross Santa with a duck?**

A Christmas Quacker!

**Why did Santa's helper see the doctor?**

Because he had a low "elf" esteem!

**What happened to the man who stole an Advent Calendar?**

He got 25 days!

**Who is Santa's favourite singer?**

Elf-is Presley!

**What did Santa say to the smoker?**

Please don't smoke, it's bad for my elf!

**Who hides in the bakery at Christmas?**

A mince spy!

**What do you get if you eat Christmas decorations?**

Tinsilitis!

**What do you get if you cross a bell with a skunk?**

Jingle Smells!

**Why don't you ever see Father Christmas in hospital?**

Because he has private elf care!

**Why won't elephants play cards in the jungle?**

Because there are too many cheetahs

**What do you call a cray fish that won't share his Christmas presents?**

Shell-fish

**What did the boy ice-cream call out when his dad tripped and fell in the lake?**

Paddle pop!

**How many ears does Davy Crockett have?**

Three: his left ear, his right ear and his wild frontier!

**What does Santa suffer from if he gets stuck in a chimney?**

Claustrophobia!



## Services at the Haven

### The Haven Pantry Times

**Monday to Thursday: 9am – 2.30pm**

**Friday: 9.30am – 11.30 & 12.30pm – 1.30pm**



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

### 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

**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*

## Management Committee

### **Chairperson**

*Garry Bonomo*

### **Secretary**

*Maureen Spalding*

### **Treasurer**

*Noel Shelford*

### **Members**

*Kellie Blissett*

*Donald Sharp*

*Pat Kennedy*

*Ray Urquhart*

*Christine Rowan*

*Glen Mayor*

### **Contact Details:**

**The Haven Office**

**Phone:** 9672 3600

**Fax:** 9672 3655

**Email:**

*thehavenoffice@bigpond.com*

## Haven Happenings December 2016

Sat	Sun	Mon	Tues	Wed	Thurs	Fri
<b>31</b>						
<b>3</b>	<b>4</b> CLOSED	5 Drop In	6 Drop In	7  Drop In, Computer Training <i>Appointment Only</i>	8 Drop In & Food Bank	9 Friday Lunch
<b>10</b>	<b>11</b> CLOSED	12 Drop In	13 Drop In	14  Drop In, Computer Training <i>Appointment Only</i>	15 Drop In & Food Bank	16 Friday Lunch
<b>17</b>	<b>18</b> CLOSED	19 Drop In	20 Drop In	21  Drop In, Computer Training <i>Appointment Only</i>	22 Drop In	23 <b>LAST Friday Lunch</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED



Please note: If you wish to see the Manager on Tuesdays you will need to make an appointment.



**The Haven will be closed for Christmas**

# Haven Happenings January 2017

<i>Sat</i>	<i>Sun</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>
	<b>1</b> CLOSED	<b>2</b> CLOSED	<b>3</b> CLOSED	<b>4</b> <b>HAVEN RE-OPENS FOR 2017</b> Drop In	<b>5</b> Drop In & Food Bank	<b>6</b> Friday Lunch
<b>7</b> CLOSED	<b>8</b> CLOSED	<b>9</b> Drop In	<b>10</b> Drop In	 <b>11</b> Drop In	<b>12</b> Drop In & Food Bank	<b>13</b> Friday Lunch
<b>14</b> CLOSED	<b>15</b> CLOSED	<b>16</b> Drop In	<b>17</b> Drop In	 <b>18</b> Drop In	<b>19</b> Drop In & Food Bank	<b>20</b> Friday Lunch
<b>21</b> CLOSED	<b>22</b> CLOSED	<b>23</b> Drop In	<b>24</b> Drop In	 <b>25</b> Drop In	<b>26</b> Australia Day <b>CLOSED</b>	<b>27</b> Friday Lunch
<b>28</b> CLOSED	<b>29</b> CLOSED	<b>30</b> Drop In	<b>31</b> Drop In			

 Please note: If you wish to see the Manager on Tuesdays you will need to make an appointment.