

The Haven Wrap

July/August 2017



Real People Making a Real Difference



What's in the Wrap?

- 2017-2018 Membership renewals
- Services at The Western Suburbs Haven
- The HIV Book Project
- HIV app MyLife+, a health and wellbeing resource
- Our readers contributions
- Relaxation and Mental Health
- NSW Gov. Appliance Replacement Offer
- Haven Happenings Calendar

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

Pat Kennedy

Glen Mayor

Christine Rowan

Donald Sharp

Ray Urquhart

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

To all Members/Service Users/Volunteers

MEMBERSHIP RENEWAL IS DUE!

Yes it's that time of year again; membership for 2017-2018 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.

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.

RED RIBBON WORKING BEE + PIZZA FEAST LUNCH

MONDAY AUGUST 7TH AT THE HAVEN 10AM-2PM

Come and help us with our Red Ribbon working bee making Red Ribbons for World Aids Day.

It's a good excuse for to catch up with friends at The Haven and enjoy some lunch.



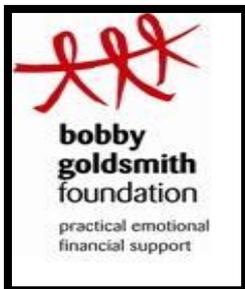
We have many Red Ribbons to make in the next few months; if you have any spare time Monday-Thursdays, please drop-in and give us a hand.

NEXT VOLUNTEER MEETING

When: Wednesday July 26

Where: The Haven

Time: 11am



BGF OUTREACH VISIT AT THE HAVEN

BGF caseworkers will be visiting The Haven on Wednesday, August 2nd. 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.



Thank you to Heaven Social Dance

Heaven Social Dance celebrated their 10th birthday party in June and once again we have been honoured and delighted by a generous donation of the night's entry fee takings from the door. Many of the services we continue to provide are dependent on donations so we sincerely thank them for their effort and continued support for The Haven.

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

About drop-in lunches at The Western Suburbs Haven Inc

Lunch is prepared every day Monday-Friday by our volunteers with Fridays being the main day with a larger group of people attending. Some people attend weekly, others every couple of weeks and others whenever they can manage to get here. ACON's Community Support Network (CSN) regularly bring a small group from the city and also from the Blue Mountains allowing for everyone to interact in a relaxed and pleasant environment.

On Fridays it is hard to know how many people will turn up on any given week; there are times when well over a dozen will arrive and other times where there may be only 8/9 people however it is always an enjoyable group. Weather often plays a role for those arriving by public transport. We have a car available to pick people up from Blacktown Station and drop them off later however realise this is little help if there is a distance to travel from home to the station in unpleasant weather.

Our volunteers do a fantastic job preparing meals for The Haven's service users and those who are rostered on Fridays work extremely hard to provide an appealing meal, many times for an unknown amount of people.

Several times in the past we have had the benefit of qualified chefs and cooks volunteering with us and this resulted in all types of roasts or steak dinners, but through the enthusiasm of our volunteer cooks we found a great deal of fundraised money was going to provide these great meals and this was at a cost to other vital (unfunded) services we provide. To ensure that we can sustain the costs associated with drop-in lunches we have a charge of \$4 for Friday lunch. For those who do not want to pay they are welcome to have coffee/tea and biscuits free of charge however our hot lunch and sweets is great value and it is certainly more enjoyable sharing a nice meal.

This charge is used to fund the supplies needed to provide meals. When possible we source these supplies from our Pantry Program where low cost supplies are purchased through Foodbank NSW; however supplies from Foodbank are often limited meaning that we need to source many ingredients from supermarkets which can become costly when we often provide 20-30+ meals each week.

We look forward to Friday lunch as our biggest social day where the interaction is special and strong friendships are apparent. If Friday is not a good option then there is also a light lunch served each Monday to Thursday with a request of a gold coin donation on those days. This charge is in fairness to those who pay \$4 on Friday however if you attend regularly on Fridays and call in other days then there is no charge on those other days.

The HIV Book Project

Every HIV Picture Tells a Story

Are you interested in being professionally photographed and revealing your HIV life story?

Two friends Roy (photographer) and Phil are gathering a social history of life images and stories of HIV+ people.

The goal: to publish a quality book showcasing HIV+ portraiture and contemporary issues facing people living with HIV in Sydney.

The photography will take place in or nearby to your home.

If you wish to find out more information or be a part of this project please email

HIVmodelenquiry@gmail.com

www.facebook.com/hivbookproject

Your privacy and confidentiality is respected. Your details will not be shared with any third party and we are not affiliated with any commercial organisation.

HIV app MyLife+ A health and wellbeing resource

**Free to download on Android and Apple devices
mylifeplus.com.au**



A new app is available designed to improve the health and wellbeing of people living with HIV. Developed by ViiV Healthcare and curated by the National Association of People with HIV Australia (NAPWHA), MyLife+ helps people with HIV track their medications, blood results — including CD4 count and viral load, symptoms, and even moods.

Results and information can be easily tracked allowing users to check and visualise patterns over time. The app also allows users to capture important information such as script details and treatment notes. (All information is protected by security settings and only accessible to the user.)

The app also reminds PLHIV to take their pills and attend medical appointments. As well, users can flag issues to bring up with healthcare providers. Easy-to-use and discreet, MyLife+ helps PLHIV to stay informed by providing the most-up-to-date news and health advice. <http://napwha.org.au/home/mylife>

FROM OUR READERS



I'd like to share with you how I came to be associated with The Haven In 1998 I was in & out of Westmead Hospital multiple times, totalling six months out of twelve in A4C! My mum, who was in eighties was my Queen of the Knight! Her support was profound.

In 2000 Mum died of cancer, even though we knew that to be the case, I was grief stricken and distraught. It was suggested I saw Pip Bowden (Clinical Psychologist) after several consults, Pip suggested I do some voluntary work and recommended The Haven and of course, the one and only Pat Kennedy! Bill was very supportive and encouraging of this. So yet another chapter opens in my book of life!

I was a very fragile and not a very robust Hans that then joined the Haven team on the admin side. Resigning two & a half years later, much stronger emotionally & physically, to take up part time employment with ACON, when they had a Westmead Office. My journey at the Haven was a great experience. I had never been involved with an NGO and charity. I learnt heaps and revelled in it!

Throughout that time, Pat was an educator, mentor, councillor and advisor on sooo many occasions. The Haven means different things for each of us. For me it was the linchpin in my recovery and finding myself again. Many years later now Bill & I are very happily settled in Port Macquarie NSW and live life to the full. In May we head off for five months travel in our little "AVan" caravan, something we had never dreamt would be us! We spent five weeks touring VIC Feb/March this year, and it was WONDERFUL!

To Pat and the team, thank you for your friendship, thank you for aiding my recovery and last but not least God Bless.

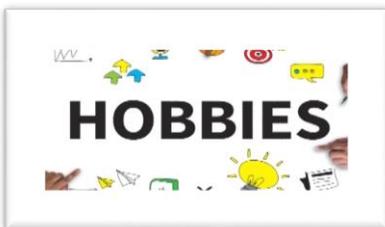
- Hans Vandyk

Email thehavenoffice@bigpond.com if you like writing and want to tell your story or a story. You can be anonymous if you choose.

Our Sea Princess Cruise by Ray



Six Volunteers Past and Present went on a Sea Princess Cruise from Sydney to Brisbane, Airlie Beach (which was cancelled due to cyclone Debbie). We went to Port Douglas and Cairns, the Daintree and Great Barrier Reef. We had the most wonderful time and our bond as friends became closer. There were even some practical jokes played; who knew dental floss is great to tie up pyjama legs so when your cabin mate came in late he falls over trying to get changed? We look forward to arranging another next year.



By Kellie.

It's always nice to have stories about what people are doing in the community. I was wondering what some people do in their spare time or what they do to help them relax.

I am a Haven Volunteer who enjoys rescuing, revamping and re-homing porcelain dolls. I've always loved 'different' looking dolls so I tried doing it myself as to buy them was very expensive. I've called them **Broken Yet Beautiful Dolls** and they have been quite popular.

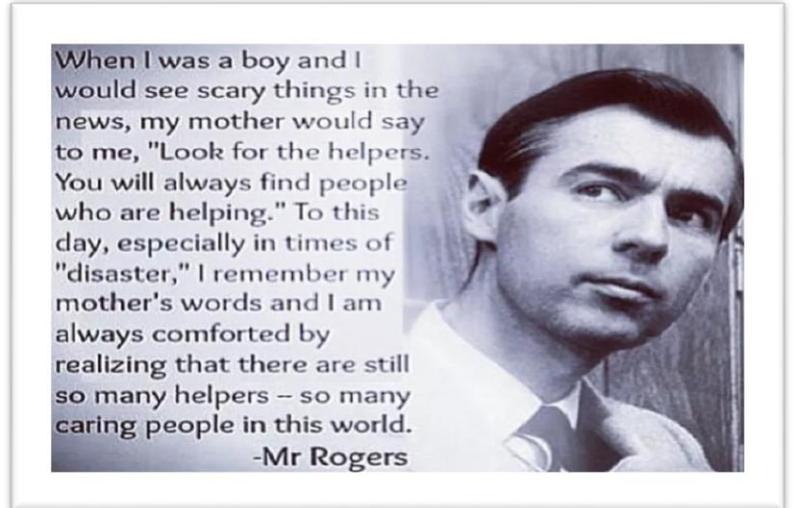
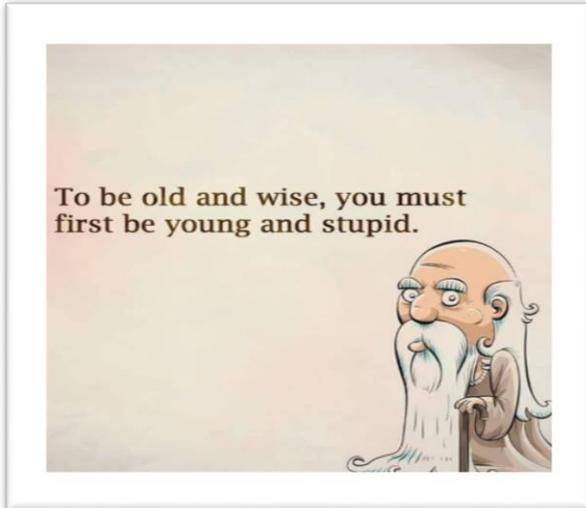
Hobbies can be a great past time, they can take your mind away from your troubles, they can boost your self-confidence when you finish something you

truly enjoy doing and sometimes you can make a small business out of it by selling your wares at markets etc.



"Everything starts with your ability to imagine and then innovate and translate those ideas into reality" – Unknown

Quotes and Jokes



Guilty of Annoyance

A defendant isn't happy with how things are going in court, so he gives the judge a hard time.

Judge: "Where do you work?"

Defendant: "Here and there."

Judge: "What do you do for a living?"

Defendant: "This and that."

Judge: "Take him away."

Defendant: "Wait; when will I get out?"

Judge: "Sooner or later."

When Siri Slips

After i-messaging back and forth with my wife, I jokingly commanded Siri to pass along this message: "You need to get back to work now; you have a husband to support."

Here's what Siri sent: "You need to get back to work now; you have a has-been to support."

Fishing For Whiskey

"Poor Old fool," thought the well-dressed gentleman as he watched an old man fish in a puddle outside a pub. So he invited the old man inside for a drink. As they sipped their whiskeys, the gentleman thought he'd humour the old man and asked, "So how many have you caught today?"

The old man replied, "You're the eighth."



Relaxation and Mental Health

Relaxation is a state where you feel calm and able to manage day-to-day life. If you have a busy life, this can be difficult. Relaxation has many mental and physical health benefits, and the techniques can be practised almost anywhere.

What is relaxation?

Relaxation is a state where you feel calm and can manage your stress or anxiety.

How can relaxation improve your mental health?

Relaxation reduces stress and the symptoms of mental health conditions like depression, anxiety and schizophrenia. Relaxation also has other related health benefits, including:

- lowering your heart rate, blood pressure and breathing rate
- reducing muscle tension and chronic pain
- improving concentration and mood
- lowering fatigue
- reducing anger and frustration
- boosting confidence to handle problems.

What are some relaxation techniques?

Relaxation techniques focus on muscle relaxation or breathing. An example is progressive muscle relaxation, where you tense then relax different muscle groups.

Other techniques include:

- visualisation, where you create a mental image of a calming place for you
- deep breathing, where you refocus your attention on your breathing
- hypnosis
- meditation
- mindfulness
- exercise.

Ways to include relaxation in your life

Find a relaxation technique that works for you and make it part of your daily routine, even if it's just for 5 or 10 minutes a day.

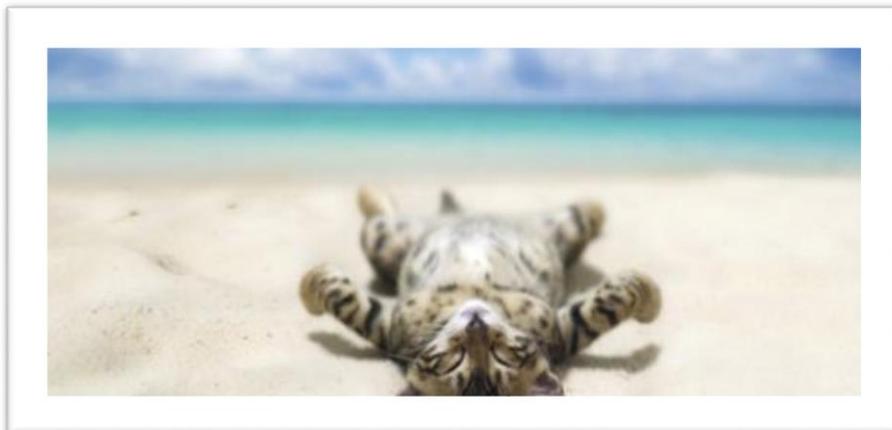
If you're interested in mindfulness, you may want to use mindfulness colouring books to help you focus on the present moment and take your mind off other things. This includes an aspect of art therapy, another relaxation technique.

Keeping a healthy work life balance helps with relaxation and managing stress.

Where to get help if relaxation is not helping

If you're finding it difficult to relax, talk to your doctor about a referral to a mental health professional who can help you develop techniques for relaxation. You may be eligible for a mental health care plan. Visit [beyondblue](https://www.beyondblue.org.au) and [ReachOut.com](https://www.ReachOut.com) for information on other relaxation techniques.

<https://www.mindhealthconnect.org.au>



Our unique fancy dress hire shop, catering for toddlers to adults, with warm and friendly staff who bring costume ideas to you for a more personalised service.

**1-2/9 Kurrajong Road
St Marys, New South Wales
9833 0420**

The Lovely Ladies will look after you, don't forget to mention The Haven and you just might get a discount!



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 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.

Are you looking to replace your refrigerator or television? You may be eligible for a discount with the "Appliance Replacement Offer"

The NSW Government has partnered with The Good Guys to offer discounts on new energy efficient fridges and TVs so you can replace your old inefficient models. New appliances can cut your energy bills, improve your household and family living costs and help protect our environment.

The Offer-

- a **40 per cent discount** on the cost of a fridge
- a **50 per cent discount** on the cost of a TV

To be eligible you must meet the following conditions:

- be a NSW resident
- hold one of the following valid concession cards:
 - Pensioner Concession Card
 - Health Care Card or Low Income Health Care Card from Centrelink
 - Veterans' Affairs Gold Card
- own a fridge six years old, or older, and want to replace it
- own a plasma or cathode ray tube (CRT) television and want to replace it

If you're eligible you can:

- Choose from selected energy efficient fridges and TVs from retail partner The Good Guys
- Have your new appliance delivered to your home and installed
- Have your old appliance removed and recycled

Conditions apply. For more information visit:

<http://www.environment.nsw.gov.au/households/appliance-replacement-offer.htm>

Or talk to Colleen in The Haven Office

Haven Happenings - July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 Drop-in open					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 Friday Lunch	15 <i>Closed</i>	16 <i>Closed</i>
17 Drop-in open	18 Drop-in open Office closed	19 Drop-in open	20 Drop-in open Foodbank	21 Friday Lunch	22 <i>Closed</i>	23 <i>Closed</i>
24 Drop-in open	25 Drop-in open Office closed	26 Drop-in open VOLUNTEER MEETING 11AM	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 - August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Drop-in open Office closed	2 Drop-in open BGF OUTREACH VISIT	3 Drop-in open Foodbank	4 Friday Lunch	5 <i>Closed</i>	6 <i>Closed</i>
7 Drop-in open RED RIBBON WORKING BEE	8 Drop-in open Office closed	9 Drop-in open	10 Drop-in open Foodbank	11 Friday Lunch	12 <i>Closed</i>	13 <i>Closed</i>
14 Drop-in open	15 Drop-in open Office closed	16 Drop-in open	17 Drop-in open Foodbank	18 Drop-in open	19 <i>Closed</i>	20 <i>Closed</i>
21 Drop-in open	22 Drop-in open Office closed	23 Drop-in open	24 Drop-in open Foodbank	25 Friday Lunch	26 <i>Closed</i>	27 <i>Closed</i>
28 Drop-in open	29 Drop-in open Office closed	30 Drop-in open	31 Drop-in open Foodbank			

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)