

The Haven Wrap

September/October 2017



Real People Making a Real Difference



What's in the Wrap?

- **Services at The Western Suburbs Haven**
- **Notice of Annual General Meeting**
- **Thank you to Blacktown RSL**
- **Volunteer Meeting**
- **Bobby Goldsmith Foundation outreach visit at The Haven**
- **The Western Suburbs Haven Inc – 20 Years On**
- **Our Readers Contributions**
- **Parramatta Pride Picnic**
- **Health And Wellbeing**
- **Puzzles**
- **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



The Haven is now on Facebook

facebook.com/thewesternsuburbshaven

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



Friday is The Havens main drop in day for lunch and social support for HIV positive people. We also have free internet access and massage chairs to relax on (eg: like the ones in shopping centres) ... Or just come for lunch and a chat. Friday Pantry times are: 9.30am-11.30am & 12.30pm-1.30pm

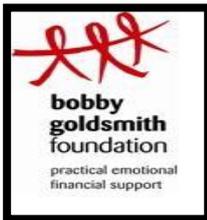


NEXT VOLUNTEER MEETING

When: Monday 16th October

Where: The Haven

Time: 11am



BGF OUTREACH VISIT AT THE HAVEN

BGF caseworkers will be visiting The Haven on Wednesday, 1st November. 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.

NOTICE OF 2016-2017

ANNUAL GENERAL MEETING

The Western Suburbs Haven Inc. AGM will be held at Blacktown RSL on Friday 10th November.

All details will be posted to Members in the coming weeks.

THANK YOU TO BLACKTOWN RSL!

Almost every year Blacktown RSL provide support to The Haven through the local ClubGRANTS program. Through the years their contributions have allowed us to supply outdoor trips for our service users and given us the pleasure of purchasing much needed goods for the house. Their recent contribution of \$1000 for bus hire and costs related to trips for our service users will allow us to attend some projects of benefit and pleasure to our people over the next year.

FROM OUR READERS



The Western Suburbs Haven Incorporated - 20 Years On

It has now been 20 years since The Haven was incorporated. The group involved had actually been going for many years when incorporation took place. We were a group of volunteers both HIV+ and negative, dedicated to the welfare of those living with HIV/AIDS. Some of us had been, and still were active carers with CSN and we were concerned when CSN stopped using us (thus creating a shortage of carers) when I left the employment of ACON.

At that time I was assisting on the committee of a group of HIV positive people that met on a Friday for lunch at a facility attached to Parramatta Golf Course where I coordinated the lunches with other volunteers. I was asked by a medical person if I would consider starting a group of carers to care for PLWHA in their homes as CSN was not able to meet the need; I called a meeting with the Friday group I worked with to ask their opinion.

From this meeting I discovered that all those who had been CSN carers but were associated with me and the Friday group were receiving no shifts since I had left ACON and they all made it clear that they wanted to continue to care. I agreed at that meeting to start another group willing to care in the home, I would be their coordinator and the positive Friday group decided that we should become one group.

It was then The Western Suburbs Haven was born. Our incorporation was established by the great skill and work of Paul-Auguste Cornefert, someone who had offered his services in the past as a dedicated volunteer. As a person with limited education, I have been eternally grateful to Paul for the work which allowed us to become such an established organisation.

In all the years The Haven has been able to offer a great many services because of the support of really caring and committed volunteers plus the support of other services such as nurses from Westmead Hospital, Social Workers from Parramatta, Nepean, Liverpool and Westmead as well as Doctors from all these areas.

We cannot foretell the future however an only hope as long as there is a need for our services to PLWHA we will keep on keeping on. To our supporters, My Thanks.

Pat Kennedy



IN SEARCH OF A HAVEN

In 1989, I was devastated by the loss of a very special person to H.I.V. He was full of life, loved people and was a bright flame that drew people to him.

The taking of his own life due to the stigma, the ignorance in treatment options for this disease and the lack of specialised support, caused great anger and frustration in me. It sent me on a journey to discover, if anywhere, there existed an organisation which offered support and care for this group of disadvantaged sufferers.

I spent time with CSN and ACON, and in doing so, filled a partial void within me. However, I needed to keep searching for that one special place where sufferers of HIV and AIDS would find sanctuary and support. Fate intervened when I began a visit at the "Toy House" at Westmead. It was there where I re-connected with Pat Kennedy who had established a Friday drop -in

From a drop - in centre to what has evolved into a place of shelter, support and care, I have found what I was searching for, and that aching void within me has been filled. I have found my haven - The Western Suburbs Haven.

By Garry Bonomo

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

Readers' recipe

Dave's simple Shepherd's pie

1 onion, diced

250gms mince

1 x 410gm can sliced mushrooms in butter sauce

1 cream of mushroom 'cup-a-soup' sachet (*I use continental*)

1 hearty beef cup soup 'cup-a-soup' sachet (*I use continental*)

Mashed potatoes (enough to cover your pie dish)

In a pan, cook the mince & onion

Add buttered mushrooms

Stir in both soup mixes

Put your mince mixture into a pie dish and cover with mashed potato

Cook in a moderate oven until the top of potato browns. *Serves 3-4*

A Haven Road Trip – Auburn Botanic Gardens (Cherry Blossom Blossom Festival)



The Japanese garden was calming and peaceful with its beauty and waterfalls, stunning Cherry Blossom, Magnolia flowers and Peacocks. Thank you to Colleen for arranging the trip and Maud driving the bus, it was a great day

Photos by Kellie

No one believes seniors . . .

everyone thinks they are senile.



An elderly couple was celebrating their sixtieth anniversary. The couple had married as childhood sweethearts and had moved back to their old neighbourhood after they retired. Holding hands, they walked back to their old school. It was not locked, so they entered, and found the old desk they'd shared, where Jerry had carved "I love you, Sally".

On their way back home, a bag of money fell out of an armoured car, practically landing at their feet. Sally quickly picked it up and, not sure what to do with it, they took it home. There, she counted the money - fifty thousand dollars! Jerry said, "we've got to give it back". Sally said, "finders keepers!" She put the money back in the bag and hid it in their attic.

The next day, two police officers were canvassing the neighbourhood looking for the money, and knocked on their door. "Pardon me, did either of you find a bag that fell out of an armoured car yesterday?"

Sally said, "No!"

Jerry said, "She's lying. She hid it up in the attic".

Sally said, "Don't believe him, he's getting senile".

The agents turned to Jerry and began to question him.

One said: "Tell us the story from the beginning".

Jerry said, "Well, when Sally and I were walking home from school yesterday ..."

The first police officer turned to his partner and said, "We're outta here!"

Supplied by D.B ☺



THE 11TH ANNUAL



PARRAMATTA PRIDE PICNIC

SUNDAY 29 OCTOBER 11AM - 5PM

Join us down by the river in Parramatta for a day full of fun and pride.

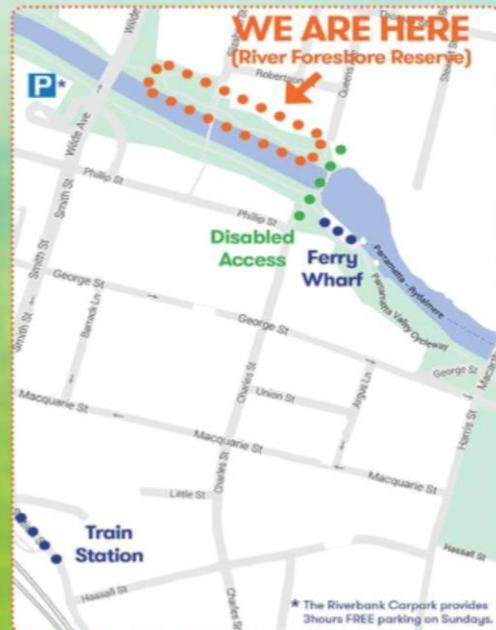
- ★ FOOD VENDORS ★
- ★ DRAG PERFORMANCES ★
- ★ ENTERTAINMENT ROVING MUSIC ★
- ★ RAINBOW KIDS AREA AND ACTIVITIES ★
- ★ EXHIBITIONS, TALKS, ACTIVATIONS ★

Bring a picnic lunch, BYO wine or beer and relax by the river or purchase from the various food vendors

FOR MORE INFO:

Contact: Matt @ the Parramatta Pride Picnic Team

Email: parramattapride17@gmail.com



Health
Western Sydney
Local Health District

The Parramatta Pride Picnic is organised by the Parramatta Queer Forum, a group of individuals and LGBTI community organisations from Parramatta and surrounding areas.



The Haven will be having our usual Sausage Sizzle at the Pride Picnic, so feel free to come and say hi.

We are also looking for Volunteers to help out with the BBQ, if you have some time to offer, please call Colleen on (02) [96723600](tel:96723600)



8 natural ways to handle stress and anxiety

De-stress now.

If you're suffering from acute stress or anxiety, the best port of call is your GP, who will be able to advise a correct treatment plan tailored to your needs. These methods can help alleviate the symptoms of stress and anxiety, especially if used in conjunction with traditional methods, and are helpful tools to have in your box, next time you're feeling overwhelmed.

Circuit breaker

Get your mind off the problem, it's not going anywhere, but you can. Take the dog for a mini walk. Revisit your funniest emails. Take yourself to a yoga or Pilates class. Meditate. Listen to your favourite song. Google a beach in Tahiti. Make yourself a cup of herbal tea.

Avoid caffeine

Caffeine is a stimulant that increases adrenaline in the body, the very hormone you are looking to reduce. Avoid coffee (decaf is OK), colas, guarana, chocolate, and more than 2 cups of tea daily.

Eat small meals often

Maintaining steady blood sugar levels is key to stabilizing mood. Ensure you have a small meal every 2-3 hours that contains protein. For example, a hard-boiled egg and lettuce, some almonds, a can of tuna and brown rice.

Breathe

The more anxious you become, breathing becomes shallower and higher in the chest. Consciously lengthen your breath, breathing deeper into the belly. Count to three on the in-breath, and four on the out-breath.

Talk to yourself

Affirmations are positive, self-affirming messages to self. In the case of anxiety, calming and positive is required. Try "All will be well", or "I always cope, just breathe and relax".

Tell someone who cares

Phone your mum or a friend. Acknowledging you are finding a situation stressful, and being heard and understood by someone who cares for you, even if they can't physically help, will reduce stress levels.

Cocooning

In the moment you feel totally overwhelmed, gently place both palms side by side on your face, fingers gently resting on your closed eyelids. This can help centre you, give you a momentary break and quieten the mind, until you feel more centred and ready to face the world again.

Seek help

If anxiety and stress has become a significant part your life, seek help from a psychologist or counsellor, stress is their specialty. You don't have to do this on your own - remember, it's a sign of strength, not weakness, to seek help.

If you or someone you know is struggling with anxiety or needs help, call [Lifeline](tel:131114) on 131 114, [Beyondblue](tel:1300224636) on 1300 22 4636 or Kids Helpline on 1800 55 1800. In an emergency, call 000.

For more information on mental health and treatment options, visit [Beyond Blue](#), [Black Dog Institute](#), [Lifeline](#), [RUOK](#) or [Headspace](#).

<http://www.bodyandsoul.com.au/>

Health Vitality
Fitness
Happiness
Lifestyle
Wellbeing
Energy
Healthy eating **For you**

Places to Visit

Lime & Coconut Café



250 George Street, Windsor NSW
0457698189

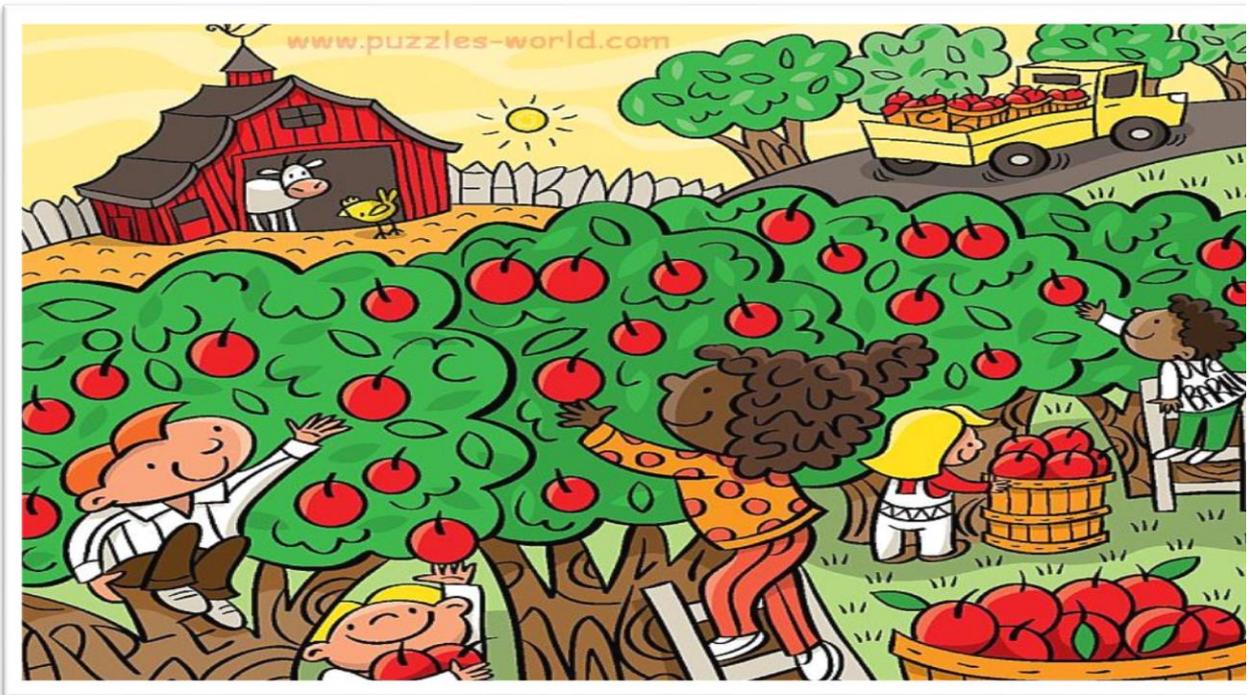
You may be lucky enough to have our bookkeeper Kirsty serve your coffee!!

Puzzles

Find the 7 words hidden in the picture



Find the 6 words hidden in the picture



1) Cow 2) Apple 3) Farm 4) Sun 5) Pick 6) Barn

Haven Happenings - September

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 Drop-in open	31 Drop-in open Office closed					1 Closed
2 Drop-in open	3 Drop-in open Office closed	4 Drop-in open BGF Outreach visit	5 Drop-in open Foodbank	6 Friday Lunch	7 Closed	8 Closed
9 Drop-in open	10 Drop-in open Office closed	11 Drop-in open	12 Drop-in open Foodbank	13 Friday Lunch	14 Closed	15 Closed
16 Drop-in open Volunteer Meeting 11am	17 Drop-in open Office closed	18 Drop-in open	19 Drop-in open Foodbank	20 Friday Lunch	21 Closed	22 Closed
23 Drop-in open	24 Drop-in open Office closed	25 Drop-in open VOLUNTEER MEETING 11AM	26 Drop-in open Foodbank	27 Friday Lunch	28 Closed	29 Closed Parramatta Pride Picnic

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