

# The Haven Wrap

December - January 2017/18



## World Aids Day 2017

*HIV is still here - and it's on the move.*



**The Western Suburbs Haven Inc.**  
**Real People Making a Real Difference**



## **The Western Suburbs Haven Incorporated**

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.

### **Management Committee**

#### **Chairperson**

Garry Bonomo

#### **Secretary**

Maureen Spalding

#### **Treasurer**

Noel Shelford

#### **Members**

Kellie Blissett

Pat Kennedy

Glen Mayor

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](https://facebook.com/thewesternsuburbshaven)

## **Help The Haven Raise Awareness!**

Friday 1<sup>st</sup> December 2017 is World Aids Day and we need volunteers to help raise awareness that HIV/AIDS still exists.

This year's motto for World AIDS Day in Australia is  
***"HIV is still here - and it's on the move."***

## ***Wear The Red Ribbon***

• If it's the only thing you do for World AIDS Day, wear the Red Ribbon on **December 1<sup>st</sup>** to increase awareness.



• By wearing it, you're showing support for over 36.1 million people across the world who are living with a disease for which there is still no cure.

**Help The Haven continue to  
remind people to stay safe**  
Call Colleen for details on 9627 3600

# Services at The Haven



## HAVEN PANTRY HOURS

Monday:	9am-2pm	<b>Thursday: 12pm-2pm</b>
Tuesday:	9am-2pm	<b>Friday: 9am-11.30am &amp;</b>
Wednesday:	9am-2pm	<b>1pm-2:30pm</b>

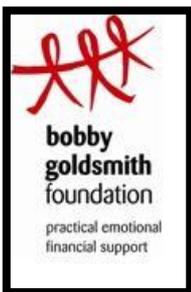
### **Drop in Lunches**

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



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

BGF caseworkers will be visiting The Haven on Wednesday, December 6.

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.



### **Next Volunteer Meeting**

**When: Wed, January 31<sup>st</sup>**

**Where: The Haven**

**Time: 11am**



## 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](mailto: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.

## The Western Suburbs Haven celebrates 20yrs of incorporation.

Time has flown, many things have changed, but some things stay the same, such as The Haven's determination to keep on keeping on. Following our AGM in November, Haven members and service users had a small celebratory lunch at Blacktown RSL. The Western Suburbs Haven has been Incorporated for 20 years now and we would like to say thank you to everyone who made this happen and a special thank you to Paul-Auguste Cornefert for his work in helping us to become incorporated. *Photos by Paul and Kellie.*



## The Haven Out & About Parramatta Pride Picnic

Thankyou to our Volunteers that  
manned The Haven's Sausage  
Sizzle stall, your time is greatly  
appreciated.



# MERRY CHRISTMAS

## **Please join us at The Haven for Christmas Lunch**

**When:** Sunday 17<sup>th</sup> December 2017

**Where:** The Western Suburbs Haven,  
Blacktown

**Time:** 11am – 3pm

**R.S.V.P:** To The Haven Office by Friday 8<sup>th</sup>  
December 2017





**THE WESTERN SUBURBS HAVEN INC.**

## **CHRISTMAS RAFFLE 2017**

**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: FAMILY PASS TO TARONGA ZOO, SYDNEY HARBOUR CAPTAIN COOK  
CRUISE, CHRISTMAS TOY HAMPER.**

**2<sup>ND</sup> PRIZE: CORDLESS TURBO SCRUBBER AND A CHRISTMAS TOY HAMPER**

**3<sup>RD</sup> PRIZE: SMALL CHRISTMAS TOY HAMPER**

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.



**Christmas and  
New Year break**



The Western Suburbs Haven will be closed from 23<sup>rd</sup> December 2017 and we will re-open for drop-in services on Monday 8<sup>th</sup> January 2018.

From January 2<sup>nd</sup>-5<sup>th</sup>, 2018 the office phone (9672 3600) and email ([thehavenoffice@bigpond.com](mailto:thehavenoffice@bigpond.com)) will be monitored for **urgent** enquiries only.

From all at The Haven, we hope you have a happy and safe Christmas time and we look forward to seeing you in the New Year.



# Phoenix Program

## Take Control of Your Health

**Commencing February 20<sup>th</sup>, 2018 at The Haven**

### **A course in Positive Self-management**

Having HIV doesn't mean that your life is over, far from it!



This course is designed to help people with HIV explore healthy ways to live the best life possible, whether newly diagnosed or have been living long term with the virus.

With proper treatment, HIV has become a chronic health condition similar to diabetes or heart disease. This is a big step forward but having HIV can complicate your life.

The course and accompanying book 'Living a Healthy Life with HIV' will help you find some answers to some of your most important questions, including:

- Who do I tell I have HIV?
- Which other diseases might I get because I have HIV?
- What are the possible side effects of HIV medication?
- How will HIV affect me as I get older?
- How do I fit the demands of medications into my life?
- What about sex?
- Can I exercise at the same level as someone without HIV?
- What kind of plans do I need to make for my future?

This course is designed to help you learn the essential information and skills to manage your condition on a daily basis. You will find tips, ideas and resources to become an HIV self-manager.

The practical and easy to understand content will help you, friends, partners and others who support anyone dealing with HIV.

This new course provides the most practical, up to date and complete guide to managing life with HIV.

This course will run once a week for 6 weeks on Tuesdays at The Haven for 2 ½ hours each day and are peer led, in a fun and interactive environment.

**Bookings are essential.**

**Call BGF on 9283 8666 or enquire at The Haven Office** for more details.

## Tips to Keep Your Pets Safe and Cool this Summer



You know to slip, slop, slap and cover up to protect yourself from sunburn in summer, but what about your pets? Does your dog need sunblock? Can cats get sunburnt?

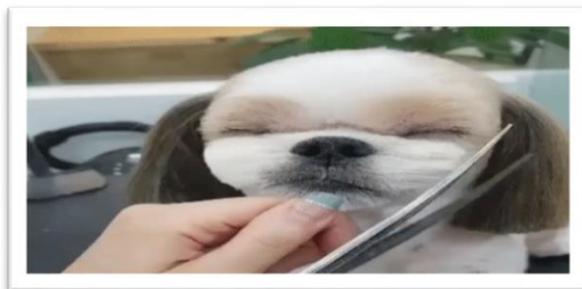
North Hobart Veterinary Hospital vet Jennifer Cormack said if you need sun protection, your pet probably does too. And it is not just UV radiation that can be dangerous.

### Heat dangers not just from above

Dr Cormack recommends taking dogs for their exercise early in the morning in summer, before the day gets too hot. When you take your dog for a walk, it is not just the heat from above that can be a hazard — think about the ground under the dog's paws. "Take them to cooler areas. Walk them on the grass if you can," Dr Cormack said. "When you go for a walk, you're wearing your shoes. You're not touching that hot ground. "Take your shoes off. If you can't stand there, then neither should your dog." Dr Cormack said it was also important to watch out for what was on the ground, because items such as broken glass and dropped food that had gone off in the heat could cause trouble for dogs.

Snakes are also a risk to dogs and other pets allowed to roam in summer.

### Should you give your dog a haircut ahead of the heat?



"There is not a definite answer to this question," Dr Cormack said. Thick coats can help insulate a dog against the sun and heat, but if the dog gets hot exercising, the same insulation can trap their body heat in. But be aware, cutting off their coat will leave them more vulnerable to sunburn. "Brush out the undercoat," Dr Cormack said. "So you've got the guard hairs there for sun protection, but not to keep your dog too hot."

## **Overheating from exercise**

Some dogs do not know when to stop, and this can be dangerous in the summer months. "If you're throwing a ball, you're not getting as hot as the dog who is chasing the ball constantly," Dr Cormack said "Some of our young and active dogs, they're not going to think about stopping exercising when they should stop.

"They will keep running and running until they go into heatstroke." Make sure you cool your dog down after exercising with a quick hose down if they are happy getting wet, or at least put them in a cooler place. If your dog likes swimming, again it is worth keeping a close eye on them. "Sometimes when we're throwing balls out into the water and they can't find it, they will keep on swimming and that can be dangerous," Dr Cormack said.

"Dogs that are catching balls in waves, they can also be taking in salt water which can make them vomit and also give them diarrhoea, and it can be lethal for them if they've taken in enough salt water."

## **Sun protection for pets**

We need to protect our skin against sunburn when the UV is high, and we should help our pets protect their skin as well. For pale-coloured dogs, clothing such as a rash top can help protect their skin from damage, and sunscreen can be used as well. "You can use human sunscreens, but don't use ones that have zinc or salicylates in them," Dr Cormack said. "If it says 'don't ingest', don't use it on your dog, the reason being that potentially your dog's going to be licking it off."

Sunscreen works the same way for animals as it does for humans — you need to apply it and let it sink into the skin before exposure to the sun, and it needs to be reapplied regularly. "Don't forget the belly, because if you've got a dog that's going to roll on their back and sunbake, that needs to be protected," Dr Cormack said.

## **Indoor pets can also be at risk**

But is not just dogs outside that need protection from the sun — an indoor pet that likes to sleep near windows can also get burnt and overheat. Providing a spot out of the heat is necessary for all pets. "They will move out of the sun if they're given the opportunity to move to a cooler area," Dr Cormack said.

"No matter what the species is, give them an opportunity to get out of the sun. "Provide shade, and bear in mind that shade moves through the day with the sun."Also make sure that their water bowls are in the shade."

<http://www.abc.net.au>

# Give a Dog a Bone, Keep Kitty Happy CHRISTMAS APPEAL

## DONATE A TOY OR TREAT FOR DOGS & CATS IN NEED

25 November – 15 December

### DROP OFF YOUR DONATION HERE

**ALEXANDRIA**  
Alexandria Vet Hospital

**ALEXANDRIA**  
Pet Barn (Saturday only)

**ANNANDALE/LEICHHARDT**  
Annandale Animal Hospital

**AUSTRAL**  
Liverpool Animal Shelter

**BALMAIN**  
Balmain Veterinary Hospital

**CASULA**  
Casula Powerhouse

**CHATSWOOD**  
Pet Barn (Saturday only)

**DARLINGHURST**  
Alex Greenwich MP - Office

**EDGECLIFF**  
Edgecliff Pets

**GLEBE**  
Jamie Parker MP - Office

**GREEN POINT**  
Green Point Vets

**INGLESIDE**  
Monika's Doggie Rescue

**KEMPS CREEK**  
Animal Welfare League

**KINGSFORD**  
AMS Vet Hospital

**MARRICKVILLE**  
AMS Vet Hospital

**MULGRAVE**  
Rawkesbury Companion Animal Shelter

**NEWTOWN**  
Pets Palace

**PARRAMATTA**  
The Cottage Animal Hospital

**PARRAMATTA**  
Stand Up Coffee

**PETERSHAM**  
Greencross Vets

**POTTS POINT**  
St Lukes Home Care

**RANDWICK**  
Planet Pooch

**SURRY HILLS**  
ACOM

**WILLOUGHBY**  
Willoughby Veterinary Hospital

**WINMALEE**  
Dodie Mum's Dog Grooming

### ALL DONATED ITEMS GO TO:

- Animal Welfare League
- Golden Retriever Rescue
- Greyhound Rescue
- Monika's Doggy Rescue
- Sutherland Shire Animal Shelter
- RSPCA Yagoona & Blue Mountains
- Organisations supporting homeless people with pets
- And many more ...



 [giveadogabone.info](http://giveadogabone.info)

 [facebook.com/GADABsydney](https://facebook.com/GADABsydney)



## Tacky Christmas Cracker Jokes

What do you call an elf who sings?  
A Wrapper!

What do you get if you cross mistletoe and  
a duck?  
A Christmas Quacker.

What did Mary Poppins want from  
Santa?  
Supercalifragilisticexpialisnowshoes!

Who hides in the bakery at  
Christmas?  
A mince spy!

What do you call people who  
are afraid of Santa Claus?

Claustrophobic.

Why was Santa's little helper  
depressed?

Because he had low elf esteem.

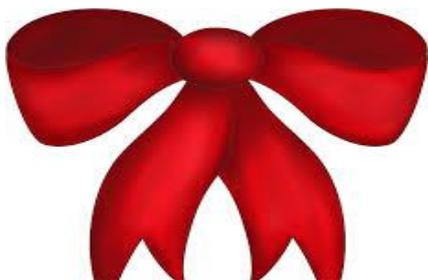
How much did Santa pay for his sleigh?

Nothing, it was on the house!

What Christmas song is hidden in the alphabet?

"A B C D E F G H I J K M N O P Q R S T U V W X Y Z"?

Noel (No "L")





## Haven Happenings – December 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Friday Lunch 	2 Closed	3 Closed
4 Drop-in open	5 Drop-in open Office closed	6 Drop-in open	7 Drop-in open Foodbank	8 Friday Lunch	9 Closed	10 Closed
11 Drop-in open	12 Drop-in open Office closed	13 Drop-in open	14 Drop-in open Foodbank	15 Friday Lunch	16 Closed	17 Christmas lunch (RSVP essential)
18 Drop-in open	19 Drop-in open Office closed	20 Drop-in open	21 Drop-in open Foodbank	22 Friday Lunch	23 Closed	24 Closed
25 Closed	26 Closed	27 Closed	28 Closed	29 Closed	30 Closed	31 Closed

### **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 – January 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 <i>Closed</i>	2 <i>Closed</i>	3 <i>Closed</i>	4 <i>Closed</i>	5 <i>Closed</i>	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>
22 Drop-in open	23 Drop-in open Office closed	24 Drop-in open	25 Drop-in open Foodbank	26 <i>Closed</i> (Australia Day)	27 <i>Closed</i>	28 <i>Closed</i>
29 Drop-in open	30 Drop-in open Office closed	31 Drop-in open				

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