



The Western Suburbs Haven Inc.

# The Haven Wrap

ABN: 960 205 800 66 Charitable Fundraising No. 16069

*Funded by Western Sydney Local Health District*

## DECEMBER-JANUARY 2015

### ***Management Committee:***

#### ***Chairperson***

*Garry Bonomo*

#### ***Secretary***

*Maureen Spalding*

#### ***Treasurer***

*Noel Shelford*

#### ***Members***

*Kellie Blissett*

*Donald Sharp*

*Pat Kennedy*

*Ray Urquhart*

*Christine Rowan*

*Glen Mayor*

#### ***Public Officer***

*Colleen Logan*

### ***Contact Details:***

#### ***The Haven Office***

***Ph: 9672 3600***

***Fax: 9672 3655***

***thehavenoffice@bigpond.com***

## **World Aids Day**

### **December 1**

Wearing a red ribbon is a declaration of support for those living with HIV/AIDS. Wear a Red Ribbon on World AIDS Day, December 1<sup>st</sup> and show your support.



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.

We offer a range of services including, but not limited to

- ✚ Respite/convalescent care, social support
- ✚ Drop-in lunches
- ✚ Group activities & social outings
- ✚ Referrals to other services
- ✚ Free Massage treatments once a term (funds permitting)
- ✚ Free internet access (Monday – Friday)
- ✚ One on one computer training
- ✚ Grocery items: our pantry is open Monday – Friday, **9am – 2.30pm.**
- ✚ Transport to medical appointments (by arrangement only)
- ✚ Pick-up and drop off at Blacktown station when Haven car is available

Our main source of funding is through funds received from Western Sydney Local Health District to provide Social Support & Respite Care. We additionally seek other grants and donations and our hard working volunteers fundraise to meet the shortfall of funds to enable us to provide the wide range of services we offer to our service users.

If you are interested in donating some time to volunteer; please call The Haven Office on 9672 3600.

If you are HIV Positive and think you could use any of our services, please give us a call and say hi or call in during drop-in hours for a cup of coffee and a chat.



# **The Haven Pantry**



**MONDAY – THURSDAY**

**9am – 2.30pm**

**FRIDAY**

**9.30am – 11.30am**

**12.30pm – 1.30pm**

**We have a wide range of supermarket items available in our pantry. Fresh bread and some fruit & vegetables are available Thursdays and Fridays.**

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## **Computer Training At The Haven**

The Haven offers one-on-one basic computer training on Wednesdays to help enrich the lives of service users and make them more self-reliant. This service is available for people who want to better understand basic computer use with tutoring provided by Kirsty. Existing & new service users welcome to access this training.

**Training is available on the following:**

- Using Microsoft Windows
- Understanding the Internet
- Sending & Receiving E-mail
- Microsoft Word



Bookings Essential  
45 Minute Timeslots  
Limited Spaces Available



**CHRISTMAS LUNCH AT  
THE HAVEN  
SUNDAY DECEMBER 6**

You're invited to a Christmas luncheon to celebrate Christmas and catch up with Haven friends.

**When: Sunday 6<sup>th</sup> December**

**Where: The Haven, Blacktown**

**Time: 10am-3pm**

RSVP's would be greatly appreciated to help with catering.

**Please RSVP by Friday November 27<sup>th</sup>**  
(9672 3600 or [thehavenoffice@bigpond.com](mailto:thehavenoffice@bigpond.com))

(The Haven pantry will be open strictly from 10am - 12pm only.)



# CHRISTMAS RAFFLE 2015

Held at Westmead Hospital's University Clinic.  
Drawn at 1pm 18<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: **Apple iPad mini3 16GB WiFi Gold.**

2<sup>nd</sup> Prize: **Sunbeam Chocolate Fountain & Family Pass to  
Featherdale Wildlife Park**

3<sup>rd</sup> Prize: **Gift Basket with a Popcorn Maker & Toys**

Winner will be notified by phone & delivery of prizes may be arranged if winner  
lives within 25kms of Blacktown.

## Christmas Closing Dates

The Haven will be closed during the Christmas / New Year  
period as follows:



**Last day open: 23<sup>rd</sup> December 2015**

**Reopens: 4<sup>th</sup> January 2016**

**From everyone at The Haven  
we wish that you enjoy a happy and safe  
Christmas and New Year!**



## World Aids Day

### December 1

The Haven's volunteers will be running a Red Ribbon stall in the main entrance of Westmead Hospital distributing Red Ribbons.

World Aids Day merchandise will be available to buy (badges, drink bottles, pens, tea towels & shopping bags) will be available to purchase for a gold coin donation.

Stop by and say hello if you are nearby!

## TREE OF HOPE

For people living HIV and AIDS, their family and support person



CEREMONY  
2015



Artwork created by José Palacios

You are invited to join the Tree of Hope in remembering people around the world living with HIV and AIDS by acknowledging, reflecting and giving thanks.

**Date:** Wednesday 2 December

**Time:** 2.00 pm

**Where:** CatholicCare, 2C West Street  
(Cnr Thomas St) Lewisham

Followed by afternoon tea

RSVP: Marg 9509 1240 or

[treeofhope@catholiccare.org](mailto:treeofhope@catholiccare.org)



If you'd like to know more about the Tree of Hope please don't hesitate to call 9509 1240





**Encouraging, meaningful  
social meetings in peaceful  
surroundings.  
Non-discriminatory.**

**Enquiries  
(02)4782 2119**

PLWHA Blue Mountains have weekly luncheons which  
are held each Wednesday in Katoomba from 12.30.

To find out more call 4782 2119.





# SANTA'S Little Helpers

**SATURDAY 5TH OF DECEMBER MARRICKVILLE TOWN HALL**

Entry \$25 / \$20 Concession - Doors Open 7pm - Table Reservations Kept Until 8.30pm

Email: [bookings@thepollysclub.com.au](mailto:bookings@thepollysclub.com.au)

OR

Call David on: 9557 6739

Prizes For Best Dressed

Show Produced By Sue Ellen With The Pollys Cast



JUSTIN SCOTT



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@: [george@prometheandesign.com.au](mailto:george@prometheandesign.com.au)

# Haven Happenings in December

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	<b>1</b> WORLD AIDS DAY	<b>2</b> Computer Training	<b>3</b> Fresh Bread, Milk, Fruit & Veg Available	<b>4</b> Friday Lunch
<b>7</b>	<b>8</b>	<b>9</b> Computer Training	<b>10</b> Fresh Bread, Milk, Fruit & Veg Available	<b>11</b> Friday Lunch  Management Committee Meeting
<b>14</b>	<b>15</b>	<b>16</b> Computer Training	<b>17</b> Fresh Bread, Milk, Fruit & Veg Available	<b>18</b> Friday Lunch  Raffle Drawn
<b>21</b>	<b>22</b>	<b>23</b> CLOSED	<b>24</b> CLOSED	<b>25</b> CLOSED
<b>28</b> CLOSED	<b>29</b> CLOSED	<b>30</b> CLOSED	<b>31</b> CLOSED	



**Sunday December 6<sup>th</sup>- Christmas Lunch**

# Haven Happenings in Janaury

<i>Sat</i>	<i>Sun</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
						<b>1</b> New Year's Day CLOSED
<b>2</b> CLOSED	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> Computer Training	<b>7</b> Fresh Bread, Milk, Fruit & Veg Available	<b>8</b> Friday Lunch
<b>9</b> CLOSED	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> Computer Training	<b>14</b> Fresh Bread, Milk, Fruit & Veg Available	<b>15</b> Friday Lunch
<b>16</b> CLOSED	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> Computer Training	<b>21</b> Fresh Bread, Milk, Fruit & Veg Available	<b>22</b> Friday Lunch
<b>23</b> CLOSED	<b>24</b>	<b>25</b>	<b>26</b> AUSTRALIA DAY CLOSED	<b>27</b> Computer Training	<b>28</b> Fresh Bread, Milk, Fruit & Veg Available	<b>29</b> Friday Lunch

The Haven is open five days a week providing a light lunch Monday to Thursday and a specially cooked lunch on Fridays.

# **The Western Suburbs Haven**

## **Drop-in hours**

**Monday- Friday 9am – 2.30pm**

**Office staff are available for a chat during drop-in hours on weekdays however access to office staff on Tuesdays is by appointment only.**

*(This allows office staff time to tend to necessary paperwork)*

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.