

The Western Suburbs Haven Inc.

The Haven Wrap

ABN: 960 205 800 66 Charitable Fundraising No. 16069

OCTOBER-NOVEMBER 2015

Management Committee:

Chairperson

Garry Bonomo

Secretary

Maureen Spalding

Acting Treasurer

Noel Shelford

Kellie Blissett

Members

Donald Sharp

Pat Kennedy

Ray Urquhart

Christine Rowan

Glen Mayor

Public Officer

Colleen Logan

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The Western Suburbs

Haven inc.

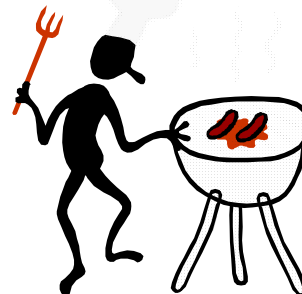
Annual General

Meeting

The AGM for The Western Suburbs Haven will be held on Friday, **October 23** at **10am** at The Haven.

Please arrive by 9.45 for a prompt 10am start.

The meeting will be followed by a BBQ lunch. Everyone is welcome to stay for lunch.



Co-Payment Waiver in NSW - 1 October 2015

HIV medications are free in NSW!



If you take HIV medications, from 1 October 2015 they will be free. This applies to all NSW residents regardless of whether they get HIV medicines dispensed from a hospital pharmacy or a community pharmacy (chemist).

Until now, when you've had medications dispensed you will have paid a co-payment of \$37.70 or a concessional co-payment of \$6.10 for each HIV medicine prescribed. From 1 October you will not have to make this co-payment for HIV medicines.

Positive Life welcomes the NSW Government's commitment to improved access to medications. Free HIV medicines are a win for people living with HIV and will make it easier for some people to start HIV treatment and stay on treatment.

There are a few things you will need to do before your medications will be free:

Step 1: Make an appointment to see the doctor who prescribes your medications.

Step 2: Ask your doctor for a new prescription for your HIV medications.

Step 3: Your doctor will give you a patient consent form which is required for the co-payment to be waived. Ensure your doctor completes and signs the form and gives it to you to sign as well. You will need a separate consent form for each HIV medication you are prescribed.

Step 4: Attach the form signed by both you and your doctor to each of your prescriptions.

Step 5: Take your prescriptions to either a community or a hospital pharmacy and have the medications dispensed. You will not be charged the co-payment and your medications will be free. Make sure the patient consent form remains attached to your prescription. You will need the form again when you next have your prescription repeats filled.

Step 6: Each time your doctor writes a new HIV prescription, make sure you and your doctor complete and sign a new patient consent form and that you attach the form to your prescriptions.

Not all of the medications you might be prescribed will be free. Only HIV medications and some other drugs funded by the Federal Government under its Highly Specialised Drugs Program are included in the co-payment waiver. You might have heard these medications referred to as "Section 100" medications.

Remember that from 1 July, the choice is yours whether you have your HIV medications dispensed through your local community pharmacy (chemist) or through a hospital pharmacy.

For more information about this change you can talk with your doctor, contact the Treatments Officer at Positive Life NSW on toll free 1800 245 677 or visit *The Choice is Yours* website at <http://thechoiceisyours.positivelife.org.au/>

<http://www.positivelife.org.au/latest-news/hiv-medications-are-free-in-nsw.html>

PositiveLifeNSW
the voice of people with HIV since 1988

National Carers Week



Volunteer Carers Time Out
at The Western Suburbs Haven

WEDNESDAY OCTOBER 14, 10am to 2pm

National Carers Week takes place from Sunday 11 - Saturday 17 October and The Haven has been lucky enough to secure a small Carers Week grant funded by NSW Department of Family and Community Services.

We are using these funds to provide a day for The Haven's volunteer carers to put their feet up, take some time out and have a relaxing catered lunch.

The Haven will be closed for drop-in and this this will be a NO WORK day for our hard working volunteers and a time to take advantage of a reflexology treatment provided by Sonya.

Hope to see all volunteers come on the day!



POZHETEVENTS WESTERN SYDNEY PROGRAM

Ladies Day at the Haven

For: Women with HIV, female partners, trans women – all welcome

Where: Western Suburbs Haven, Blacktown

When: Sat 7th November 10.30 – 3pm

Topic: Listen to other women's stories,

Learn more about Pozhet and The Haven

BBQ lunch: Chat over lunch and shop from the larder

For more information, transport and location inquiries and to RSVP call:



Susan at Pozhet: 1800 812 400 (freecall) 04253455434
The Haven: 9672 3600

The Western Suburbs Haven Inc.



real people making a real difference



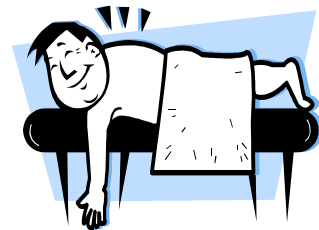
BGF OUTREACH VISIT AT THE HAVEN

BGF caseworkers will be visiting on
Wednesday 7th October

For an appointment to see a caseworker on their next visit please call BGF on 9283 8666 or enquire at The Haven Office.

MASSAGE WITH CHARMAINE

Next massage day will be Friday October 9th.
Spaces are limited so get your name in fast!



Next Volunteer Meeting **Monday November 16, 2015** **10.30am at The Haven.**

For all volunteer carers and Committee members.



The Havens' Healthy Living and Eating Group goes Tenpin Bowling!

In November the group will spend a morning Tenpin Bowling at Blacktown followed by a catered lunch at Westpoint and a talk with an Exercise Physiologist who can help with tips on staying physically active without the need to overdo it.

This is the third session for the group to follow up the Cooking and Nutrition sessions that the group participated in during September.

Date & Time to be confirmed! See Colleen for more details.

These sessions have been funded by a Men's Health Grant through
"Men's Health Foundation 49"



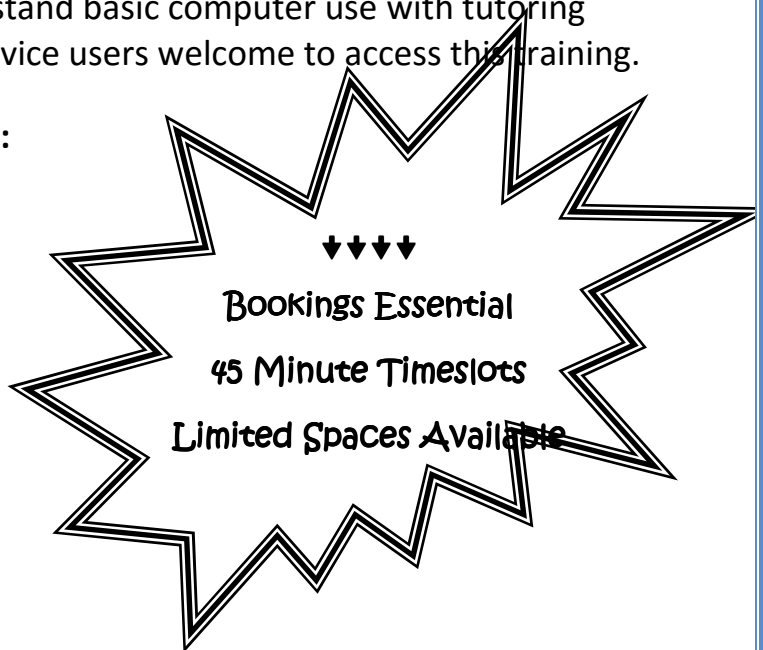
Foundation **49**
Men's Health

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.

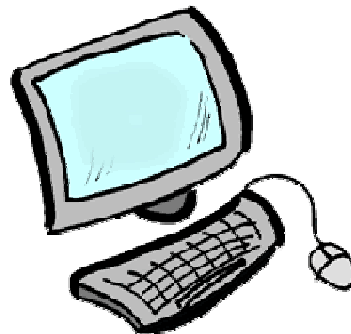
Training is available on the following:

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



COMPUTERS FOR SALE

These are old Haven computers that have been refurbished:



- Pentium 4 Processor
- 1GB RAM
- 160GB Hard Drive
- Windows 7
- Microsoft Office 2010 / Nero
- Maintenance Programs
- Tower Only – No Monitor

Quantity: 1

\$150

- Dual Core Processor
- 2GB RAM
- 500GB Hard Drive
- Windows 8
- Microsoft Office 2013
- Maintenance Programs
- Tower Only – No Monitor

Quantity: 1

\$150

Birthday Celebrations

(Last Friday of the month)

HAPPY BIRTHDAY to everyone born in October & November. If you would like to celebrate your birthday with everyone at The Haven, add your name to the birthday list on the notice board so that we can celebrate the last Friday of the month.



(TIP: If you have a word with Colleen at the beginning of your birthday month, you may be able to put an order in for your favorite cake to share with everyone on the Friday)

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.



EURO TRASH

SATURDAY THE 10TH OCTOBER MARRICKVILLE TOWN HALL

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

Email: bookings@thepollysclub.com.au

OR

Call Peter on: 0481 276 390

Prizes For Best Dressed

Show Produced By Daisy And The Pollys Club



www.facebook.com/pollys.sydney



info@thepollysclub.com.au
www.thepollysclub.com.au



ART WORK BY PROMETHEAN DESIGN
www.facebook.com/PrometheanDesignSydney
@: george@prometheandesign.com.au

A big thank you to The Polly's Club for the funds donated to The Haven for our Positive Men's Group. Funds were used towards a trip on the Rivercat to Cockatoo Island for lunch, a bus trip to Tanglin Lodge Alpaca Farm and a visit to Madame Tussauds Wax Museum followed by lunch. The donation from Polly's was greatly appreciated by all, THANK YOU!

Thank you to Beverly Buttercup and the Heaven Social Dance for their generous donation to The Haven given at their July dance. These funds are used to help us run our everyday services and we thank you for the support you continuously give The Western Suburbs Haven.

Red Party #5

at
Heaven Social Dance
heavensocialdance.com

Hosted By: Beverly Buttercup , Gracie Lou & Kerry-Ann Canally.
With an array of special guests including drag kings and queens,
and live singers...

When: Saturday November 21st

Where: The NBC Sports Club, 166 Windsor Rd, Northmead NSW 2152

Time: 7pm – 1am

Shows: 9pm, 10pm, 11pm

Bistro: 7pm-10pm

Music: Ophelia Shaft

Spot/Light: Vito

Camera: EGOmedia - Syd

Entry: \$15.00 ALL PROCEEDS FROM THE NIGHT GOES TO
ACON WORLD AIDS DAY APPEAL

All patrons encouraged to wear RED, PRIZES
available for best dressed Male & Female.

Red Party #5 is Co-ordinated by Beverly Buttercup,
Ian Stumbles & Gavin Prendergast (ACON 9206 2064).
For More Info sms: 0433 232 425 (sms only)

Heaven is kindly supported by:

**Queer
Out West**
89.3FM
queeroutwest.com

acon
BUILDING OUR COMMUNITY'S
HEALTH & WELLBEING
acon.org.au


k2media
k2m.com.au



Haven Happenings in Oct

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
			1 Fresh Bread, Milk, Fruit & Veg Available	2 Friday Lunch
5 Public Holiday Haven Closed	6	7 Computer Training BGF Outreach visit	8 Fresh Bread, Milk, Fruit & Veg Available Committee Meeting	9 Friday Lunch Management Committee Meeting
12	13	14 Volunteer Carers Day @ The Haven Drop-in Closed	15 Fresh Bread, Milk, Fruit & Veg Available	16 Friday Lunch
19	20	21 Computer Training	22 Fresh Bread, Milk, Fruit & Veg Available	23 Annual General Meeting & BBQ LUNCH
26	27	28 Computer Training	29 Fresh Bread, Milk, Fruit & Veg Available	30 Friday Lunch

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

Haven Happenings in Nov

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2	3	4 Computer Training Healthy Living & Eating Group Bowling day.	5 Fresh Bread, Milk, Fruit & Veg Available	6 Friday Lunch
9	10	11 Computer Training	12 Fresh Bread, Milk, Fruit & Veg Available	13 Friday Lunch
16	17	18 Computer Training	19 Fresh Bread, Milk, Fruit & Veg Available	20 Friday Lunch
23	24	25 Computer Training	26 Fresh Bread, Milk, Fruit & Veg Available	27 Friday Lunch
30				

Saturday Nov 7th – POZHET Ladies Day @ The Haven

Saturday Nov 21st – Bunnings BBQ @ Seven Hills

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 INC.

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 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

To speak to a guest or a volunteer, call 9622 2413.