

The Haven Wrap

September/October 2016 Edition



Real People Making a Real Difference



What's in the Wrap:



- **Editorial**
- **Continuation of Women and HIV**
- **Saying of the Month**
- **Healthy Notes**
- **Mindfulness and Tai Chi**
- **What's on at The Haven and Events**
- **Survey**
- **Recipes (No recipe this issue)**
- **Haven Calendar**

Cover picture: "Blue Tiles" Supplied by Kellie Blissett and Christine Rowan. Thank you Kellie & Christine.

PLEASE HELP in the production of the Haven Wrap newsletter – it can't exist without input from its readers. Can other people please send in some photos for the cover and/or other parts of the newsletter? We also need stories, reviews ie – what movie you saw last week, a good website that you recently looked up. It can be anything, it doesn't have to be about HIV/AIDS just something that you think might interest others. Some Great Ideas for the Wrap supplied by Volunteers so far:

- 1. An ideas Corner - If you have any ideas, have any tips**
- 2. Saying of the Month**
- 3. Pet of the Month**
- 4. Hobbies**
- 5. Any areas you would like to know more about**

Editorial

Last month we produced a special edition of "The Wrap" to focus on some of the more urgent aspects of the HIV/AIDS sector. This edition will continue to look at the current situation with HIV/AIDS in Australia: mainly the situation with women living with HIV today and hopefully we will look at the situation with youth in coming issues. I must admit I was surprised about the situations that these last two groups face to-day. They seem to have been overlooked in lots of ways.

Thank you to everyone who has completed a survey on the direction of the Haven after 2017 and what we might do between now and then. For all those who have not completed a survey please think about doing one – this is **your service** so please have a say in what you would like to see happen with **it**.

We have been successful in obtaining a small grant towards an event on mental health – "Caring for your Mind" during Mental Health Month which is in October and there is an invitation to attend in the next few pages, We are looking at having some fun as we look at what we can do to help combat stress, a leading detriment to our mental health. If you would like to come please RSVP as soon as you can for catering purposes.

There is no book review in this issue it has been replaced with some information on our coming workshop. Thinking back to the first book review that I did on Penguin Bloom, a book about a little magpie, even though I hadn't read I was so impressed with the website. Well, now I have read the book – it is an incredible story, one of love, determination and grit. Look out for it even if you just look it up on the web under Penguin Bloom.

I will briefly look at Mindfulness in this issue, and Kindfulness and Heartfulness in future issues. For those who have never heard about mindfulness it is rather a way of life – and not a religion or part of a religion although many religions incorporate Meditation and Mindfulness. Mindfulness is often associated with meditation but you can be mindful without meditating.

We are also highlighting other events that are taking place in the next two months too with BGF's Phoenix Program starting at the Haven and the Pride Picnic in October.

Take care over the coming months and remember we need your articles, pictures, reviews or even interesting websites to keep the newsletter going.

Jan

Women and HIV Continued from last issue:

In the last newsletter I wrote about HIV positive women and the campaign to eradicate AIDS in NSW by 2020. I am following on here to further discuss the situation. According to my research on women's issues not much has changed and I must admit that as a onetime HIV/AIDS sexual health educator I find this very disappointing.

It has been over thirty years since the first woman was diagnosed with AIDS in Australia. In the early days there was much hysteria around AIDS with grim reaper ads, stigma and much fear. I remember in 1986 I felt that I should get tested because of a relationship issue so I went to a clinic in Sydney where except for a very nice transvestite I was the only woman. They made several attempts at getting blood but my veins had closed down. I remember that after I told them that I had never had a blood transfusion it seemed that they considered me either a working girl or a drug addict and in fact I was neither. It was very intimidating. I then had to wait for two weeks to get the initial test back and then deal with the window period, and this was a truly nerve racking time. I also remember when I was given my results the counsellor began with - well do you want the good news or Was he going to say bad news? That is how the saying goes isn't it...? I nearly went through the floor - it was a poor way of starting this type of counselling session? However, what he was going to say was do you want the good news or the good news. I often wondered why he appeared so flippant. Anyway the experience began my association with the HIV/AIDS sector - firstly as a volunteer and then as a paid worker.

However, what is so striking is that there appears to be little change in the way of attitudes around women and HIV today thirty years later. Had I lived in another part of the world it may have been different with approximately 50% of the world's population with HIV being women. But here in Australia HIV/AIDS has primarily been seen as a Gay man's issue and that of other high risk groups such as drug addicts or sex workers.

Alarmingly, what this means is that women are often not diagnosed until they present with an AIDS defining illness which is too late to commence some of the new HIV drugs that are being used to try to eradicate HIV. It also means that it will make it harder to eliminate the virus and some women will lose any benefit that they and their families might have had if they commenced these new drugs earlier. The Australian Federation of AIDS Organisation¹ (AFAO) has agreed that few women were diagnosed with **newly acquired** infection during 2005-2015.

Another issue, is that younger women, themselves are not thinking about the possibility of contracting the virus, particularly if they travel overseas where heterosexual men are also a high risk and the new drugs are not as readily available. It is estimated that there are some 34.9 million people

worldwide living with the virus and of these 17.8 million are women and 1.8 million are children². An interesting article written by a 24 year Australian female law student who contracted HIV while travelling overseas can be found on the web - www.aww.com.au/latest-news/real-life-australian-women-living-with-hiv-21865 and a new website for those newly diagnosed is called Next Steps which shows how HIV can be managed.

Other Articles and Websites that you may find interesting:

Australian Federation OF AIDS Organisations

www.afao.org.au

UNAIDS – United Nations and AIDS

www.uaids.org

Ending AIDS in Australia

www.endinghiv.org.au

The Well Project

www.thewellproject.org

Positive Women in Victoria

www.positivewomen.org.au

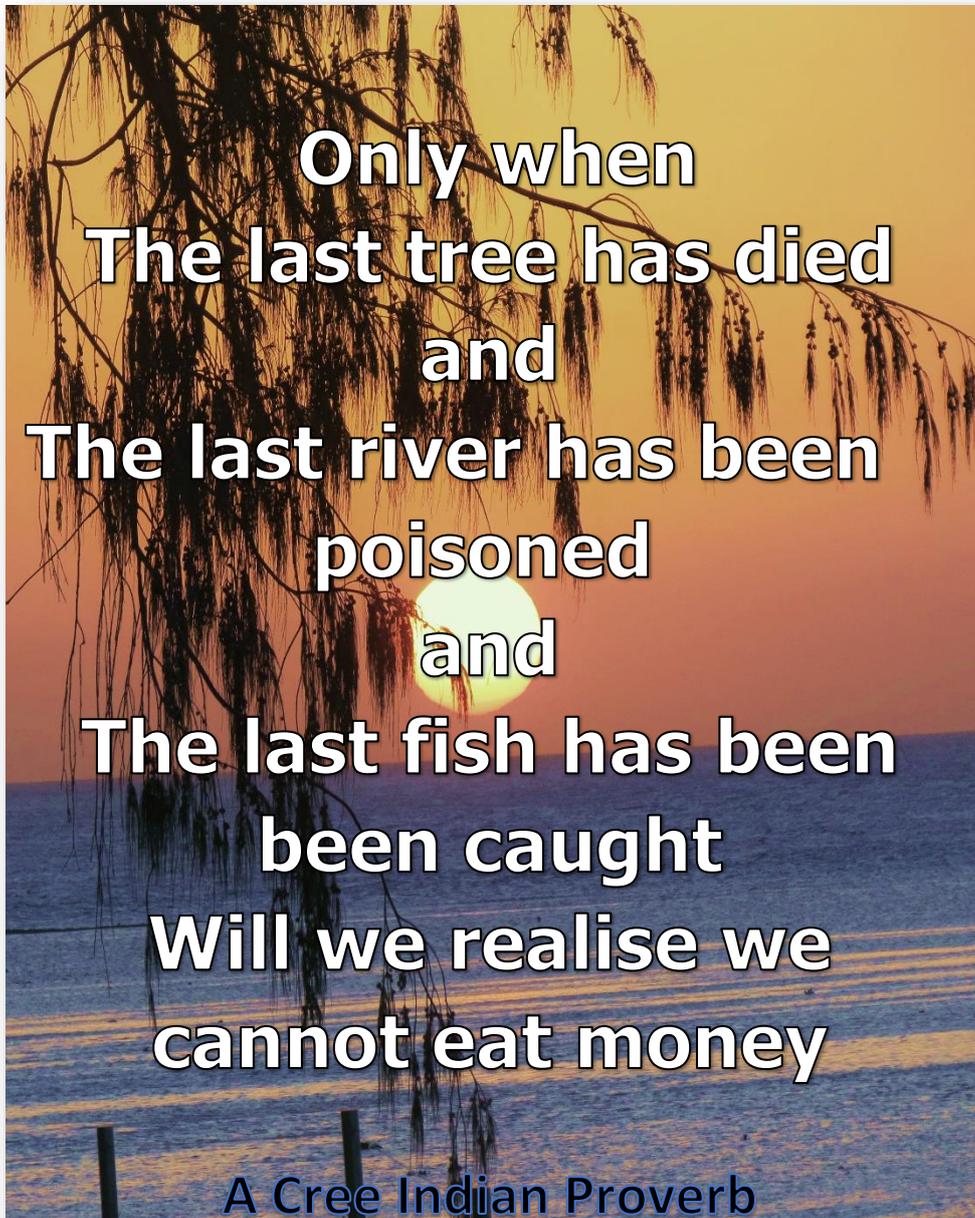
References: AFAO¹ and UNAIDS² - Visit their websites for more information

If you are a woman living with HIV in the West please let us know what you would like to see happen for women out here. You may like to live quietly and be anonymous or you may feel that not enough is being done, please let us know whichever way you feel.

I can be contacted on 9672 3600 on Fridays before 3.00pm or by emailing me at support@thewesternsuburbshaven.com.au.

-Jan

Our Saying of the Month



This great saying was given by Noel on Friday.

"I know that I often forget how lucky I am to live on this beautiful planet, and how we don't always look after it." Thanks Noel

Please Note: Cut Off times for any articles or pictures ideas etc for the next Wrap is Friday 21st October

Healthy Notes

Mindfulness

What is mindfulness? There are many different definitions but the one that stands out for me as the simplest definition is that it is a state of being in the present moment and accepting things for what they are.

Black, in an article on substance abuse in 2012 describes it as "A practice of directing attention to present-moment experiences such as the breath, sounds and bodily sensations". However, other researchers including Singh et al 2008 have put a more psychological frame of reference to it. Mindfulness has its origins in ancient eastern practises but it can be taught independently of any religious or cultural traditions.

Indeed today, mindfulness is used in therapy and although it can be practiced during meditation anyone can experience mindful awareness while performing every day activities. In a therapy setting it is used to help in relapse prevention both in substance abuse and depression and for assisting in mood regulation and anxiety.

Mindfulness is a wonderful destressing tool and wonderful for giving us a self-awareness and building positive relationships as we work towards improving our lives and gaining that peace of mind we are always searching for.

Tai Chi

Just a little on Tai Chi for those who have never tried it. The Harvard Health Publication describes Tai Chi as "Meditation in Motion" as there is now a lot of evidence that this mind-body practice which originated in China as a martial art centuries ago has much value in treating or preventing many health problems. It is a low impact and slow motion exercise which suits everyone from the most fit to those confined to a wheel chair or those recovering from surgery (in those cases always seek medical approval before attempting Tai Chi as you would before doing any exercise). Interestingly there has just been a media release telling us both Yoga and Tai Chi can successfully be used to help with managing pain. It is also helpful with memory, balance and developing flexibility as well as gives us a sense of calmness.

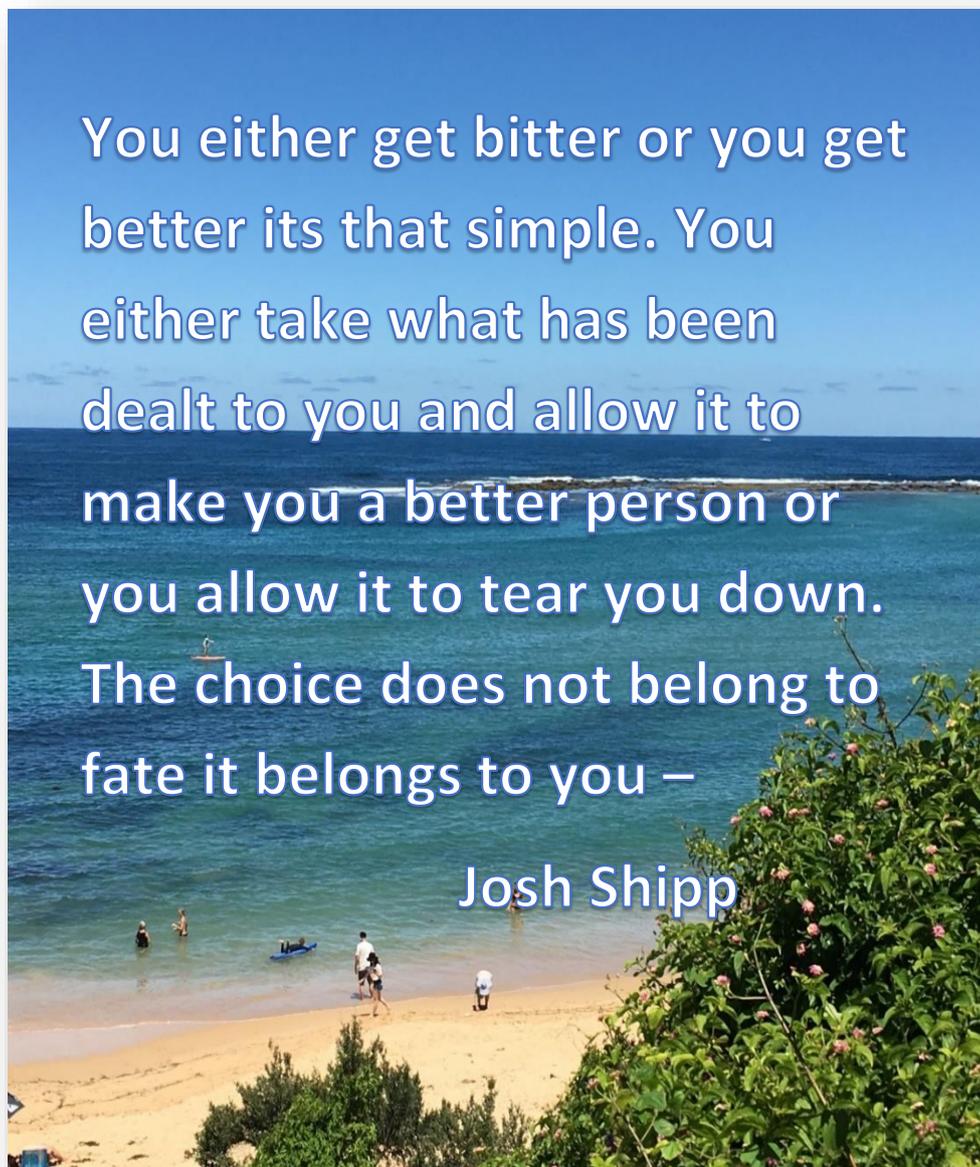
If you would like to know more about mindfulness and Tai Chi, learn some mindfulness techniques and practices then come along to our Mental Health

Month Event – “Caring for your Mind” on 5th October see our flyer for more information.

We will also be looking at mental health and the difference between mental health and mental illness. It should be fun, interactive with lots of activities such as quizzes and mind puzzles, discussions and informative with information about caring for your mind followed by a lovely lunch.

Don't forget to **RSVP by 23rd Sept 2016.**

References: Anna Black, a Master in Mindfulness & N Singh Mindfulness Approaches in Cognitive Behaviour.



Some interesting sites to look up

(This month supplied by Kellie)

A medication reminder app

<http://www.medisafe.com/>

Headspace - a meditation/ relaxation app, it gives you 10 free sessions and you can just keep reusing them instead of paying for any extra session, I find his voice very calming

www.headspace.com

My Catalogues is an email service to get all the latest catalogues in your inbox, I know not everyone like them in their post box but they are good to look at to find your weekly bargains.

Eg: Woolworths, Coles, Aldi and Bunnings etc

Go to the websites and add your email address

www.mycatalogue.info

Sticky Notes - if you are like me and need sticky notes to remember the littlest of things, this is a great app, all you have to do is open the app, type in what you want to remember and save it

<http://droidveda.com/project/android/>

WhereIS is a great navigation app, instead of buying a Tom Tom or a navigation system. It can also be used to find post boxes, toilets etc

<http://www.whereis.com/help/apps>

Get [Outlook for Android](#)

Happenings at The Haven

Next Volunteer Meeting



When: Monday, 19th September 2016
Where: The Haven
Time: 11.00am

Workshop “Caring for your Mind” a mini workshop on stress busting techniques. Come along and have some **fun** while learning something new and share a healthy lunch on Wednesday 5th October 2016 from 9.30am

BGF’s Phoenix Program at The Haven – Starts on Monday 10th October. This course runs once a week (2½ hours) for 6 weeks. The Haven will be closed for drop-in on the days that the course is run. See details further in the newsletter.

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



Services at the Haven

The Haven Pantry Times



Monday to Thursday 9.00am -2.30pm

Friday 12.30pm -1.00pm

We have a wide range of supermarket items available in our pantry. Bread, milk and some fruit and vegetables are available Thursdays and Fridays

Drop in Lunches

We love having people drop in and stay for lunch so come along.

Remember Monday to Thursday is a gold coin donation to help us cover food costs and Friday Lunch is \$4.00.

Please note: The Haven is open for drop-in on Tuesdays but if you want assistance from The Haven Office 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

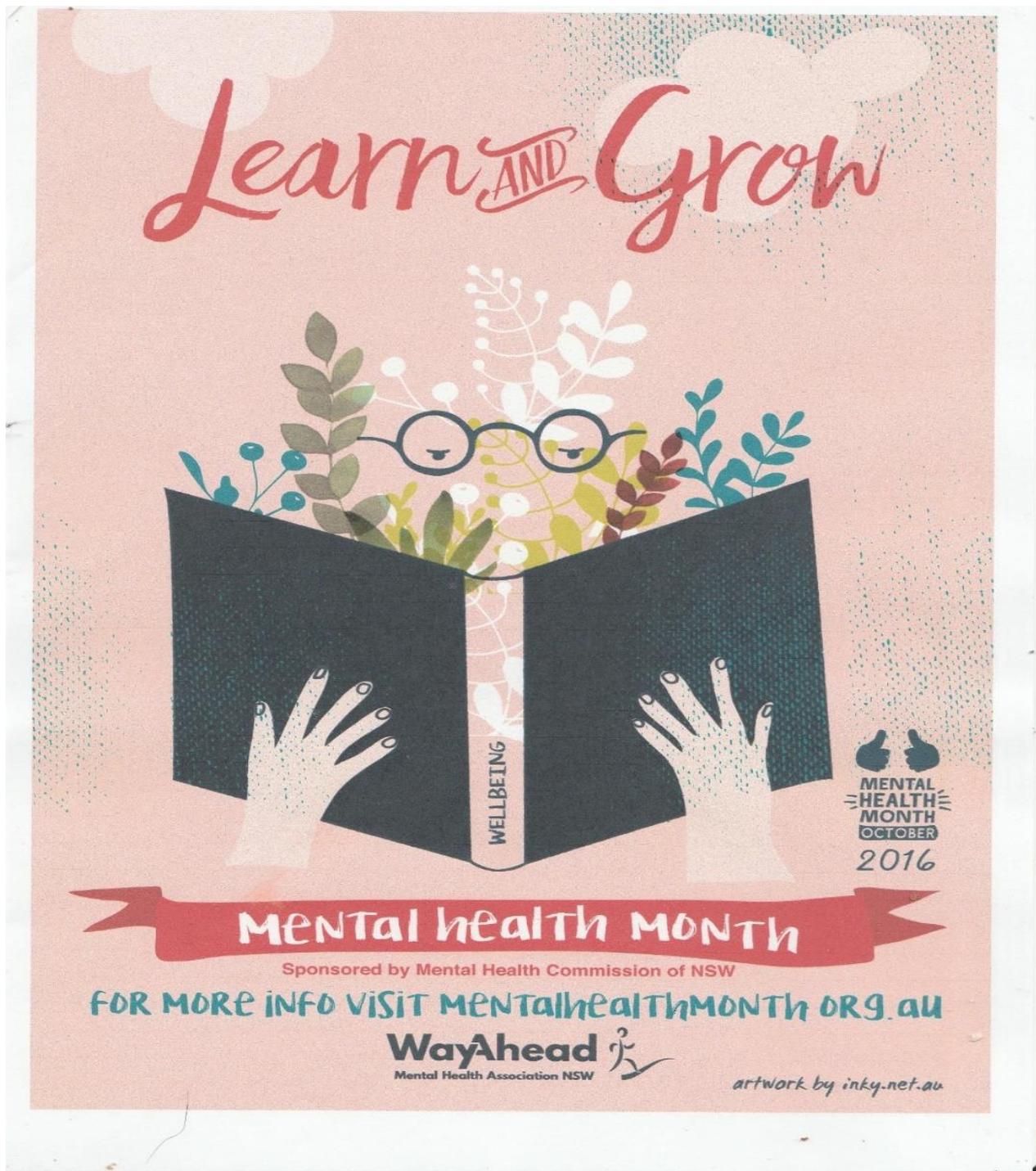
Non clinical case management where appropriate

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

Events in September/October



October is **Mental Health Month** and we are holding a workshop to promote our Mental Health in line with this.

The Haven received a small grant from Way Ahead towards our workshop.
Thank you WayAhead

Caring for your Mind



Learn – By attending an informal workshop where you can learn to use some tools to help you de-stress and feel well.

Grow - While having some fun, improving your memory, your mental health & learning how to maintain a healthy mind and body.

Participate in Tai Chi while being seated in your chair to improve body and mind.

Enjoy a healthy lunch and learn what foods your mind loves.

Learn how to be mindful and meditate. Participate in a session if you want too.

**Where: West Point Community Rm 4th Floor
When: 5 October 2016
From: 9.30am to 1.00pm**

**Don't miss out
RSVP The Haven Office 9672 3600 or email to
support@thewesternsuburbshavenoffice.com.au
ASAP**

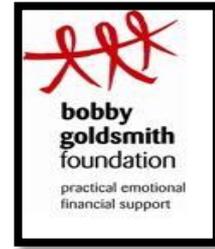


MENTALHEALTHMONTH.ORG.AU
WAYAHEAD.ORG.AU

Learn & Grow

The morning should be fun. To make sure that you don't miss out please
RSVP by 23rd Sept 2016 for catering purposes

Phoenix Program Take Control of Your Health



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.

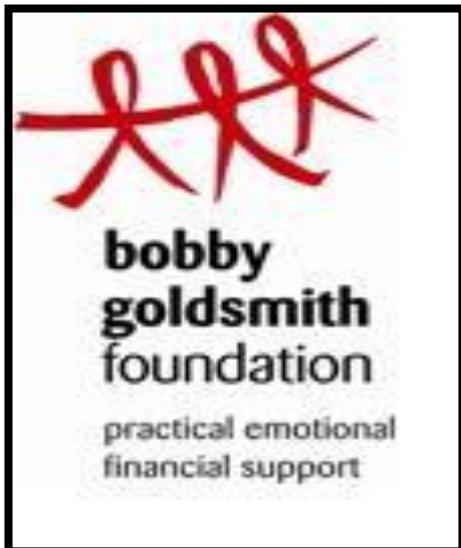
The practical and easy to understand content will help you, friends, partners and others who support anyone dealing with HIV.

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

Courses run once a week for 6 weeks (2 ½ hours) and are peer led, in a fun and interactive environment.

Please call BGF on 9283 8666 or enquire at The Haven Office if you require more details 9672 3600

This course will begin Monday October 10th at The Haven. The Haven will be closed for drop-in on the days that the course is run. See calendar.



BGF OUTREACH VISIT AT THE HAVEN

**BGF caseworkers will be visiting
The Haven on Wednesday,
November 16.**

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

PLWHA Blue Mountains
People Living with Hiv/Aids

**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.



..... THE 10TH ANNUAL



PARRAMATTA PRIDE PICNIC

SUNDAY 30 OCTOBER 11AM - 4PM

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

- ★ DOGGYWOOD ★
- ★ FOOD VENDORS ★
- ★ ENTERTAINMENT ★
- ★ GAMES & MUSIC ★

Bring your dog and enter them into the DOGGYWOOD competition. Prizes for best dressed and best in show.

Bring a picnic lunch and relax by the river or purchase from various food vendors including a BBQ supplied by the Western Suburbs Haven.



FOR MORE INFO:

Contact: Judy from PFLAG

Tel: 02 9869 1454

Email: info@pflagaustralia.org.au



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.



More volunteers are needed to help with the BBQ please! This is a big day for the Haven's volunteers and more hands make light work. If you are free to help out on this day let The Haven Office know.

Survey

This is your service and we need your assistance in helping us to create a direction for The Haven over the next year and hopefully beyond that. This survey will help to develop a plan for 2017. What we need to know is what the clients, members and volunteers of the Haven would like to see as our future which will always include our core activities: **Respite and Convalescent Care, Social Support, lunches and Pantry Program.** **Please return ASAP**

What would you like to see happening at The Haven:

1. More social outings Yes No

2. If we were funded for other support activities what type of activities would you like to see happening at The Haven. For example: Personal Development, Educational

3. If you answered that you would like more personal development/educational what would you like to see for example personal development – stress management

4. If you are a Volunteer what sort of Volunteer training/additional training would you like to see at the Haven?

5. Newsletter/Webpage – is there something you would like to be included in the newsletter - if so please let us know about it here?

6. Do you have any suggestions about the direction The Haven could take over the next year?

Thank you for taking part in the survey, your support is greatly appreciated

Management Committee Members

Chairperson

Garry Bonomo

Secretary

Maureen Spalding

Treasurer

Noel Shelford

Public Officer

Colleen Logan

Members

Kellie Blissett

Donald Sharp

Pat Kennedy

Ray Urquhart

Christine Rowan

Glen Mayor



Contact Details:

The Haven Office

Phone: 9672 3600

Fax: 9672 3655

Email:

thehavenoffice@bigpond.com

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

Save the date:

**The Western Suburbs Haven Inc. Annual General Meeting
will be held Friday, November 11.**

**A notice of the meeting with details will be sent to all
members soon.**

Haven Happenings September 2016

<i>Sat</i>	<i>Sun</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
					1 Drop In & Foodbank	2 Friday Lunch
3	4 CLOSED	5 Drop In	6 Drop In	 7 Drop In Computer Training <i>Appointment only</i>	8 Drop In & Foodbank	9 Friday Lunch
10	11 CLOSED	12 Drop In	13 Drop In	 14 Drop In Computer Training <i>Appointment only</i>	15 Drop In & Foodbank	16 Friday Lunch
17	18 CLOSED	19 Drop In Volunteer Meeting 11.00am 	20 Drop In	 21 Drop In Computer Training <i>Appointment only</i>	22 Drop In & Foodbank	23 Friday Lunch
CLOSED		Drop In	Drop In	Drop In Computer Training <i>Appointment only</i>	Drop In & Foodbank	Friday Lunch

Please note: If you want assistance from The Haven Office on Tuesdays you will need to make an appointment.

Computer Training on Wednesdays is by appointment only

Haven Happenings October 2016

Sat	Sun	Mon	Tues	Wed	Thurs	Fri
29	30  Parramatta Pride Picnic	31  Phoenix Program DROP-IN CLOSED				
1	2 CLOSED	3 Public Holiday CLOSED	4  Drop In	5  "Caring for your Mind Workshop"	6 Drop In & Foodbank	7 Friday Lunch
8	9 CLOSED	10  Phoenix Program Begins- DROP-IN CLOSED	11  Drop In	12 Drop In Computer Training <i>Appointment only</i>	13 Drop In & Foodbank	14 Friday Lunch
15	16 CLOSED	17  Phoenix Program DROP-IN CLOSED	18  Drop In	19 Drop In Computer Training <i>Appointment only</i>	20 Drop In & Foodbank	21 Friday Lunch
22	23 CLOSED	24  Phoenix Program DROP-IN CLOSED	25  Drop In	26 Drop In Computer Training <i>Appointment only</i>	27 Drop In & Foodbank	28 Friday Lunch

Please note: If you want assistance from The Haven Office on Tuesdays you will need to make an appointment.

Computer Training on Wednesdays is by appointment only

The Haven will be closed for drop-in on Mondays in October.