

The Haven Wrap

February/March 2017



Real People Making a Real Difference



What's in the Wrap?

- **Services at The Western Suburbs Haven**
- **Thank You to The Haven's Volunteers**
- **Become a Haven Volunteer**
- **My 21st Volunteer Birthday – A Journey by Kellie**
- **Ladies Lunch at The Haven**
- **Young and Moving Forward Project**
- **Monthly Brain Teaser**
- **Jokes and Riddles & Saying of the Month**
- **12 Steps to Get Present**
- **Next Volunteer Meeting**
- **BGF Outreach at The Haven**
- **Haven Calendar & opening hours**

Services at the Haven

NEW 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

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

Management Committee

Chairperson

Garry Bonomo

Secretary

Maureen Spalding

Treasurer

Noel Shelford

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



I'd like to say a **big THANK YOU** to The Haven's volunteers! The last few months of 2016 was a busy and demanding time for them. They held sausage sizzles and Christmas raffle stalls to fundraise; held a World AIDS Day stall, kept the house and Pantry Program running smoothly, provided lunches and other services for our drop-in service users, met overnight and weekend shifts while we had respite guests in residence and also made every effort to ensure that our service users and members had an enjoyable end of year Christmas lunch.

With around 50 people attending Christmas lunch, it was great to see so many people wanting to be part of the day but also a relief that it was catered for so that our volunteers could also enjoy the lunch and company instead of cooking and cleaning for the day. Unlike larger organisations, The Haven doesn't have a budget large enough to hire a venue or put on a gourmet Christmas feast so our volunteers should be proud of their efforts throughout the year as it was they who fundraised the money to provide the lunch for everyone.

Many people who access our services may not realise that without the dedication of our volunteers spending long hours fundraising and taking care of services running from the centre, services such as transport, daily lunches and the Pantry Program wouldn't be possible. These services are provided by volunteer labour and fundraised and donated money. The Haven does receive funding from NSW Health to run services for PLHIV however these funds do not cover all the services that we offer.

Every effort our volunteers put in goes a long way and everyone who uses The Haven's services benefit from the work our volunteers put in. A special thank you goes out to them for being real people making a real difference.

Colleen



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, washing dishes, 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

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.



My 21st Volunteer Birthday

Since we posted an advertisement for new volunteers, I thought I would tell you about my journey. Sometimes it only feels like yesterday and other times volunteer years seem like they equal dog years, anyway to get back on track, I was reading a street music magazine and I noticed in the classified section there was an ad for C.S.N (Community Support Network).

I had lost my Grandfather to cancer months prior to that and I really wanted to care for people with HIV/AIDS, plus I had just finished reading April Fool's Day by Bryce Courtney, so I thought I would qualify pretty well (oh I forgot to mention I can be very sarcastic,) Nothing could ever prepare me for my new journey.

Back then I was a very quiet person, I wouldn't say boo to anyone (its true) I was getting over anorexia and agoraphobia and venturing out into a brand new world. Meeting Pat Kennedy changed everything (in a good way) I remember my mother asking me how my carers course went, I told her "I bed bathed a drag queen in a nun's bed today" (I did my course at a convent in Harris Park)

So much has changed in 21 years, people have come and gone, people are living much longer, I have met some wonderful people and call them friends or family. I wouldn't say its all lovey dovey and perfect, everyone has their moments but I still enjoy helping out, meeting new people and feeling though I've accomplished something or helped someone in some way at the end of the day – Kellie

If you like writing and want to tell your story or a story, you can be anonymous or not to thehavenofficebigpond.com



LADIES LUNCH AT THE HAVEN

IN RECOGNITION OF
“NATIONAL DAY OF WOMEN
LIVING WITH HIV AUSTRALIA”

Wednesday March 8

11:00 AM

To RSVP or for more details, contact The
Western Suburbs Haven Inc on 9672 3600
or thehavenoffice@bigpond.com



YOUNG & MOVING FORWARD PROJECT FOR 18-30 YEAR OLDS LIVING WITH HIV

**The Western Suburbs Haven has received
some funding to provide services for
younger people living with HIV!**

**We will be holding our first get-together
at Blacktown RSL- This is close to the
railway station and there is also plenty of
free parking.**

**When: Saturday February 18
Where: Blacktown RSL
Second Avenue, Blacktown**

**For more details call Colleen or Pat on
9672 3600 or email
thehavenoffice@bigpond.com**

**COME ALONG FOR AN
INFORMAL & RELAXED
LUNCH**

**MEET UP WITH OTHER
PEOPLE YOUR AGE
LIVING WITH HIV**

**LET US KNOW WHAT
ACTIVITIES WE CAN
ARRANGE FOR YOU
TO ATTEND IN THE
FUTURE**

**FEEL FREE TO BRING
ALONG YOUR
PARTNER OR SUPPORT
PERSON**



Brain Teaser



FRIDAY FUN – Brain Teasers!

This Month's App: is Lasoo, if you like your junk mail but not filling up your mail box, head over to www.lasoo.com.au and download the app

Brain Teaser Answers:

- | | | | |
|-----------------|--------------------|-------------------|-----------------------|
| 9) Screen Test | 10) Chief of Staff | 11) All-Star Game | 12) English Sheep Dog |
| 13) Spinal Cord | 14) Straw Vote | 15) Bag Pipes | 16) Amazing Grace |

Jokes and Riddles

They're Finally Together

She married and had 13 children, her husband died.

She married again and had 7 more children, again her husband died.

But she remarried and this time had 5 more children, she finally died after having 25 children.

Standing before her coffin, the preacher prayed for her, he thanked the lord for this very loving woman and said, "Lord, they're finally together."

One mourner leaned over and quietly asked her friend, "Do you think he means her first, second, or third husband?"

The friend replied, I think he means her LEGS."

Police Work at its Best

Two policemen (Constable Ken and Bob) call the station on the radio.

"Hello. Is this the Sarge?"

"Yes?"

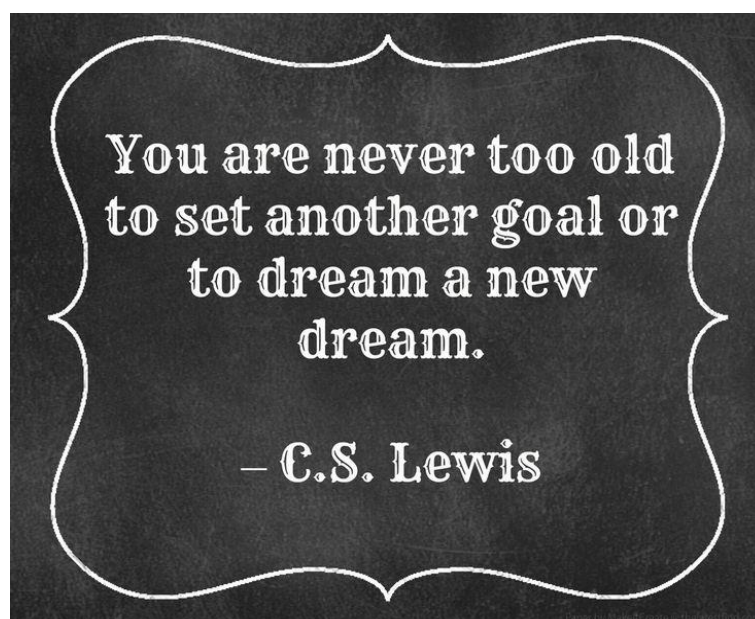
"We have a case here. A woman has shot her husband dead for stepping on the floor she had mopped."

"Have you arrested the woman?"

"No sir, the floor is still wet."

Jokes supplied by: Maud

Saying of the Month



Something to make you think, it's never too late to do what you want to do or be what you want to be, small steps can lead to big dreams – Kellie

12 Steps to Get Present



Being present contributes to our mental, physical and [spiritual](#) health. It also plays a critical role in our personal growth and professional development.

Unfortunately, today's hyper-connected world often leaves us feeling distracted, overwhelmed or preoccupied. Or perhaps the more accurate phrase to write is that we allow ourselves to be distracted, overwhelmed or preoccupied when we forget to practice being present. And yes, like [yoga](#), being present is a practice.

Here are 12 tips that have helped my practice of being present over the years:

1. Stop using to do lists. To do items take time so place your tasks on a calendar. As you go through the day examine each item and do one of three things: delete it once complete, move it to another date/time or make a decision to not do it at all and delete it. This approach also allows you to easily break down a larger task into a series of smaller steps.

2. Designate non-screen time. Step away from all screens: television, MP3, computer, phone, tablets, etc. Just walk away from all of them. Take your dog for a walk, read a book or magazine or simply listen to the sounds around you.

3. Give someone your eyes. If you are looking at a screen and someone interrupts you make a decision and either ask them to wait a minute or stop and look at them. Make them feel you are listening to them with intention and purpose.

4. Be interested in people. Instead of trying to be interesting just relax and express a sincere interest to the person in front of you. Ask questions and get engaged in a conversation. Doing so can improve your communication skills tremendously.

5. Move whenever possible. Since most of our jobs entail sitting at a desk be sure to routinely move around and if possible walk for a few minutes. Being present means recognizing that you have an anatomy that requires constant care and attention.

6. Send a message or just call someone. Use a few minutes of your lunch break or after dinner and just say hello to someone. Recognizing the existence of others demonstrates by example that you are aware of them.

7. Remind yourself of your goals. This may seem counterintuitive but in order to get to where you want to go you need to know where you are. Doing so can help you better understand your next step as you move forward and continue to live with intention and work with purpose.

8. When joining someone for a meal, mimic their pace. Unless they eat really slowly or extremely fast, keep up with the person or people at the table. Be sure to engage in the conversation or demonstrate your active listening skills.

9. Look up. This is especially true at night when we are busy going somewhere or looking down into a screen. Don't mistake the light on your phone for moon light. The former is man-made and requires us to look down while the latter is nature's way of reminding us to look up. Look up at the stars and remind yourself of how big the universe is.

10. Prioritize. Don't be so engaged in one task that you ignore others who may need your assistance. Being present means to be flexible and aware of new developments unfolding around you. Gain an [awareness](#) of change happening around you as that will help you maintain being present.

11. Think differently. Remind yourself of [Einstein's](#) maxim: "The same thinking that caused the issue cannot solve it." Recognize your thinking on an issue and then work towards understanding different approaches. Doing so will increase your ability to be present on any issue regardless of its [breath](#) or depth.

12. Draw. When thinking about an issue, find some space to draw links to the various people involved with the issue. By physically drawing out who is involved on one piece of paper you can see the big picture better. Being present means recognizing, understanding and considering the big picture.

By [Michael Edmondson](#)

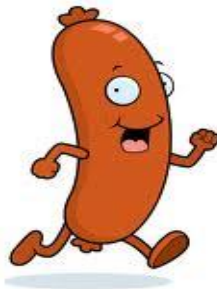
This article was posted on <http://www.mindbodygreen.com>

I hope you get at least something out of this, being mindful has helped me a lot – Kellie

VOLUNTEERS NEEDED

**For Bunnings Sausage Sizzle Fundraiser at
Blacktown Bunnings, Sunday April 2nd.**

**Please call Colleen during office hours on 9672
3600 if you are able to spare a few hours to
help out.**



Next Volunteer Meeting

**When: Tuesday February 21st
Where: The Haven
Time: 11am**



BGF OUTREACH VISIT AT THE HAVEN

BGF caseworkers will be visiting The Haven on Wednesday, February 22.

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.

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?

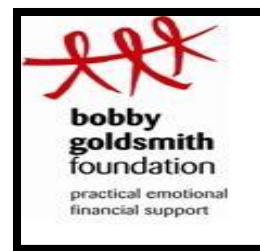
This course is designed to help you learn the essential information and skills to manage your condition on a daily basis. You will find tips, ideas and resources to become an HIV self-manager.

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.

This course will run once a week for 6 weeks on Mondays at The Haven for 2 ½ hours each day 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



Haven Happenings- February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		Drop-in open	Drop-in open Foodbank	Friday Lunch	<i>Closed</i>	<i>Closed</i>
6	7	8	9	10	11	12
Drop-in open	Drop-in open Office closed	Drop-in open	Drop-in open Foodbank	Friday Lunch	<i>Closed</i>	<i>Closed</i>
13	14	15	16	17	18	19
Drop-in open	Drop-in open Office closed	Drop-in open	Drop-in open Foodbank	Friday Lunch	<u>YOUNG & MOVING FORWAD LUNCH</u>	<i>Closed</i>
20	21	22	23	24	25	26
Drop-in open	Drop-in open Office closed <u>VOLUNTEER MEETING 11AM</u>	Drop-in open	Drop-in open Foodbank	Friday Lunch	<i>Closed</i>	<i>Closed</i>
27	28					
Drop-in open	Drop-in open Office 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- March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Drop-in open	2 Drop-in open Foodbank	3 Friday Lunch	4 <i>Closed</i>	5 <i>Closed</i>
6 Drop-in open	7 Drop-in open Office closed	8 Drop-in Closed <u>Ladies LUNCH at The Haven</u>	9 Drop-in open Foodbank	10 Friday Lunch	11 <i>Closed</i>	12 <i>Closed</i>
13 Drop-in open	14 Drop-in open Office closed	15 Drop-in open	16 Drop-in open Foodbank	17 Friday Lunch	18 <i>Closed</i>	19 <i>Closed</i>
20 Drop-in open	21 Drop-in open Office closed	22 Drop-in open	23 Drop-in open Foodbank	24 Friday Lunch	25 <i>Closed</i>	26 <i>Closed</i>
27 Drop-in open	28 Drop-in open Office closed	29 Drop-in open	30 Drop-in open Foodbank	31 Friday Lunch	<i>Closed</i>	<i>Closed</i>

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