

The Western Suburbs Haven Inc.
Patron: The Hon. John Aquilina MP

The Haven Wrap

ABN: 960 205 800 66 Registered Charity No. 16069
FEBRUARY 2009 EDITION

Committee

Chairperson

Garry Bonomo

Secretary

Bruce Hall

Treasurer

Maud Spalding

Members

Mark Dyer

Gwen Hall

Donald Sharp

Geoffrey Spinks

Ray Urquhart

Contact Details

Main Office

Ph: 9672 3600

Ph: 8807 4697

Fax: 9672 3655

thehavenoffice@bigpond.com

WELCOME BACK

With Christmas and the New Year celebrations over with for another season, the Staff and Committee welcome you back for 2009 and encourage you to take advantage of all The Haven has to offer.

GYM EQUIPMENT is available for use by Haven service users on Tuesdays, Wednesdays and Thursdays every week.

Hours are 11am-3pm- Please bring your own towel if you will be wanting a shower after your session on the machines.

Equipment available for use:

- ✓ Rowing Machine
- ✓ Weights- 20kg
- ✓ Treadmill
- ✓ Skipping ropes- speed & weight
- ✓ Punching Ball
- ✓ Exercise bike

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 such as going to the movie's. Attending social events etc
- ✚ Referrals to other services
- ✚ Free massage treatments (weekly)
- ✚ Free internet access (Monday – Friday)
- ✚ Low cost grocery items: our pantry is open Monday – Friday,
9am – 3pm.

We are partially funded to provide Social support & respite care, with out hard working volunteers fundraising to meet the shortfall of funds to enable us to provide the wide range of services we offer to out 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, give us a call and say hi or drop in during drop-in hours for a cup of coffee and a chat.



Haven Happenings in February

Event				
Sat 31 st Jan		Pozhet BBQ		
Mon 2 nd			Pantry open	Lunch
Tues 3 rd		Gym	Pantry open	Lunch
Wed 4 th	Massage	Gym	Pantry open	Lunch
Thurs 5 th		Gym	Pantry open	Lunch
Fri 6 th	Massage	BGF(SUZANNE) and Monthly BBQ	Pantry open	Lunch
Mon 9 th			Pantry open	Lunch
Tues 10 th		Gym	Pantry open	Lunch
Wed 11 th	Massage	Gym	Pantry open	Lunch
Thurs 12 th		Gym	Pantry open	Lunch
Fri 13 th	Massage		Pantry open	Lunch
Mon 16 th			Pantry open	Lunch
Tues 17 th		BGF (SUE)/ Gym	Pantry open	Lunch
Wed 18 th	Massage	Movie Day and Gym	Pantry open	Lunch
Thurs 19 th		Gym	Pantry open	Lunch
Fri 20 th	Massage		Pantry open	Lunch
Mon 23 rd			Pantry open	Lunch
Tues 24 th		Gym	Pantry open	Lunch
Wed 25 ^h	Massage	Gym	Pantry open	Lunch
Thurs 26 th		Gym	Pantry open	Lunch
Fri 27 th	Massage		Pantry open	Lunch
Sat 28 th	Haven sausage sizzle fundraiser at Mardi Gras Film Festival at Parramatta Riverside Theatres			

FREE INTERNET ACCESS AND OPTUS TV AVAILABLE
MONDAY - FRIDAY ALL YEAR ROUND

PozWest Get Together and BBQ

Saturday 31st January at The Haven 11am – 2pm. So bring your partner, family member or friend to this day event and enjoy meeting others in a really safe and friendly place. Got kids? Bring them along as well.

Please RSVP to Colleen of Sabrina **ASAP** for catering purposes.

SHOPPERS

Can you please try to remember to bring in your ‘environmentally friendly’ bags for your groceries as plastic bags are no longer free or friendly.

Blacktown Outdoors Group is a gay men’s Outdoors, bushwalking and social group in western Sydney. Upcoming activities in February are;

Sat 7th Feb exploring Prospect Reservoir, Sydney’s largest water storage dam.

Sat 28th Feb the group will be attending the Luddenham Show, Sydney’s last country show.

Full details can be found on their website www.users.on.net/babybear8
or by calling Mike or Jeff on 0425 250 313

Are you interested in Pottery classes in Blacktown? **Blacktown Outdoors Group** are in the process of arranging informal weekly classes at Blacktown showground to commence soon. If you’re interested, give Mike & Jeff a call or ask in The Haven office for details.

MOVIE DAY this month will be held on Wednesday 18th. So come in for a massage and lunch then purchase a movie ticket for \$5.00 to see a

movie of your choice at Hoyts. Or you can purchase movie tickets for \$10 each on any other day from the office.

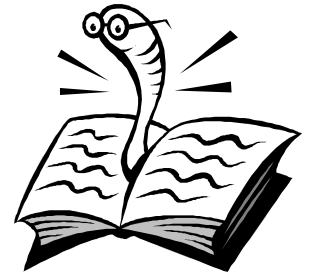


Free of Rental Charges

The Haven has a variety of DVDs, video's and books that you may wish to borrow. Please return in same condition as when borrowed.

They are not 'overnighters', you can borrow DVDs and video's for a fortnight before having to return either, and the books for as long as it takes to read.

All enquiries to Colleen or Sabrina.



BIRTHDAY CELEBRATIONS

*HAPPY BIRTHDAY!
To all born in February*



If you would like to celebrate with everyone at The Haven, remember birthday celebrations are held at The Haven on the last Friday of every month.

Don't be shy and advise Colleen or Sabrina of your birth month so we can share your special day.

DON'T FORGET TO ADD YOUR NAME TO THE LIST IN KITCHEN SO WE CAN HELP YOU CELEBRATE YOUR SPECIAL DAY



Presents



Australia's number one gay and lesbian cinema event

AT

PARRAMATTA **Riverside** THEATRES

SATURDAY 28TH FEBRUARY

SHOWS WILL SCREEN THROUGHOUT THE DAY WITH **THE HAVEN** RUNNING A SAUSAGE SIZZLE FUNDRAISER FROM 11.30

This year QUEER SCREEN CRÈCHE has a free child minding service available for the 11:30 and 3pm sessions at Riverside with the Queer Screen Kids children's program free also.

To book tickets for other screenings contact **Queer Screen** on 1300 306 776 queerscreen.com.au

OR

Parramatta Riverside Theatres on 8839 3399

boxoffice_riverside@parracity.nsw.gov.au

DON'T FORGET TO BUY A

SAUSAGE SIZZLE TO SUPPORT THE

SESSION TIMES

Sordid Lives

11:30

Queer Screen Kids

14:00

children's programs

Can't Think Straight

15:00

Fashion Victims

17:30

Boystown

19:30

Heaven Social Group

www.heavensocialgroup.zoomshare.com

Northmead Bowling Club

Presents: A New Night *"Fresh Air"*

Featuring Your Westy DIVAS

Beverly Buttercup Gracie Lou

Lola Del'arte Sue Pernatural

& Special Guests!

Entry: \$7 Before 10pm

\$10 After 10pm

Time: 8:30pm till 1:30am

Where: 166 Windsor Rd,
Northmead.

Shows: 10:30pm & 12:00am

Music: By Dan'z Mobile DJ

Dates for Heaven Nights

SAT 7th Feb

SAT 8th Aug

SAT 4th April

SAT 10th Oct

SAT 20th June

SAT 12th Dec

For more information contact:

Beverly: 0433 232 425 The Bowling Club: 9630 2875

Heaven is kindly sponsored by:

ACACIA'S Catering tim@acacias.com.au

And proudly supports:

QUEER OUT WEST 89.3FM Monday Nights from 10pm
& The Western Suburbs Haven Inc

THE HAVEN OFFICE HOURS:

MONDAY – FRIDAY

9am – 4.30pm

DROP-IN HOURS:

9am – 2.30pm

Phone: 9672 3600

8807 4697

Fax: 9672 3655

Email: **Colleen**

thehavenoffice@bigpond.com

Sabrina

westernsuburbshaven@bigpond.com

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

For emergencies outside office hours please contact your nearest hospital.