

The Western Suburbs Haven Inc.
Patron: The Hon. John Aquilina MP
Funded by Sydney West Area Health Service

The Haven Wrap

ABN: 960 205 800 66 Registered Charity No. 16069
FEBRUARY 2011 EDITION

Committee

Chairperson

Garry Bonomo

Secretary

Geoffrey Spinks

Treasurer

Maud Spalding

Members

Bruce Hall

David Andrews

Donald Sharp

Gwen Hall

Lorraine Williams

Contact Details

Main Office

Ph: 9672 3600

Ph: 8807 4697

Fax: 9672 3655

thehavenoffice@bigpond.com

WELCOME TO 2011

We are well and truly into the New Year now and The Haven is back into full swing ready for the year ahead.

With the silly season's festivities over; the staff & Management Committee look forward to seeing you all back at The Haven soon.

Volunteers Needed:

If you have time on your hands, are willing to do a little housework, drive a car, help fundraise or answer the telephone then why not spend a few hours each week or fortnight as a volunteer at The Haven.

If you would like to be a volunteer we would love to hear from you.



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 and Reflexology treatments (weekly)
- + Free internet access (Monday – Friday)
- + Low cost grocery items: our pantry is open Monday – Friday, **9am – 3pm.**
- + Free Gym access for service users: Monday, Tuesday and Wednesday **11am-3pm**

Our main source of funding is through funds received from Sydney West Area Health Service to provide Social Support & Respite Care; however we additionally seek 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, give us a call and say hi or call in during drop-in hours for a cup of coffee and a chat.



Haven Happenings in FEBRUARY

Event				
Tues 1st		Free access to Gym	Pantry open	Lunch
<u>Wed 2nd</u>	Massage	Movie Day/Free access to Gym	Pantry open	lunch
THURS 3RD		FRESH FRUIT AND VEGETABLES AVAILABLE	Pantry open	Lunch
<u>Fri 4th</u>	Reflexology	FRESH FRUIT AND VEGETABLES AVAILABLE	Pantry open	Lunch
Mon 7th		Free access to Gym	Pantry open	Lunch
Tues 8th		Free access to Gym	Pantry open	Lunch
<u>Wed 9th</u>	Massage	Volunteer Meeting/Free access to Gym	Pantry open	Lunch
THURS 10TH		FRESH FRUIT AND VEGETABLES AVAILABLE	Pantry open	Lunch
<u>Fri 11th</u>	Massage	FRESH FRUIT AND VEGETABLES AVAILABLE	Pantry open	Lunch
Mon 14th		Free access to Gym	Pantry open	Lunch
Tues 15th		Free access to Gym	Pantry open	Lunch
<u>Wed 16th</u>	Massage	FREE ACCESS TO GYM MOVIE DAY/<u>LADIES DAY ONLY</u>	Pantry open	Lunch
THURS 17TH		FRESH FRUIT AND VEGETABLES AVAILABLE	Pantry open	Lunch
<u>Fri 18th</u>	Reflexology	FRESH FRUIT AND VEGETABLES AVAILABLE	Pantry open	Lunch
Mon 21st		Free access to Gym Computer course information session	Pantry open	Lunch
Tues 22nd		Free access to Gym	Pantry open	Lunch
<u>Wed 23rd</u>	Massage	Free access to Gym	Pantry open	Lunch
THURS 24TH		FRESH FRUIT AND VEGETABLES AVAILABLE	Pantry open	Lunch
<u>Fri 25th</u>	Massage	Birthday celebration FRESH FRUIT AND VEGETABLES AVAILABLE	Pantry open	Lunch
Mon 28th		Free access to Gym	Pantry open	Lunch

**FREE INTERNET ACCESS AND FOXTEL AVAILABLE
MONDAY - FRIDAY ALL YEAR ROUND**

CHRISTMAS RAFFLE

Our Christmas raffle was successful once again and many thanks to all the volunteers who gave their time selling tickets at the hospital. It can be tiring but without our wonderful volunteers we wouldn't be able to do our raffles.

Congratulations to the following winners:

1st prize went to Eugene of Winston Hills

2nd prize went to Greg from Parramatta

3rd prize went to Joe of Guildford

Thank you to all that purchased tickets and a special thank you to every one for their donations of prizes.

A big thank you to Acacia's Catering for the superb job of catering for our Christmas party last year. It was a feast enjoyed by all and would not have been possible but for Timothy keeping all costs at a minimum for The Haven.

If you are looking for catering service for your next event, give Acacia's a call for a quote and support a local business that supports your community.

ACACIA'S - 0411 222 346

CONTRIBUTE TO OUR NEWSLETTER

Our newsletter is sent out monthly and we are always looking for contributions and suggestions of what to include.

If you would like to be involved with an article, story, recipe etc, we would love to hear from you. Please bring your articles or ideas to Sabrina, email to westernsuburbshaven@bigpond.com or post to **PO Box 6809, Blacktown BC 2148.**

COMPULSARY VOLUNTEER MEETING

To ensure that our volunteers are happy The Haven is holding a volunteer meeting to give volunteers the opportunity to share their stories and experiences volunteering at The Haven. Our volunteers play a very important part in the smooth running of The Haven. Therefore it is important that you attend this meeting so everyone can provide support to each other and offer some input and ideas on the roles of volunteers and The Haven.

The first meeting will be held: Wednesday 9th February 2011

Where: The Haven

Time: 11am (followed by lunch)



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 FORGET TO ADD YOUR NAME TO THE LIST IN KITCHEN SO WE CAN SHARE YOUR SPECIAL DAY

MOVIE DAY

**This month will be held on Wednesday 2nd February 2011 and
Wednesday 16th February 2011 (Ladies Day Only)**

So come in for lunch and 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.

The Haven Pantry

Fresh fruit, vegetables, milk & bread are now available Thursday and Friday instead of Monday (this change will take place from Thursday 3rd February 2011 and is due to The Haven picking up their bulk shopping Thursday instead of Monday)

We also have a wide range of supermarket items which are available to access in our pantry.

Our pantry is open:

MONDAY – FRIDAY

9am – 3 pm



Do you love fresh fruit and vegetables, but find them too costly at times?

Every Thursday we have a great variety of fresh fruit and vegetables just waiting to be taken home by you.

So why not pop in Thursday or Friday so you don't miss out.

SHOPPERS

Can you please try to remember to bring in your shopping bag from home for your groceries as we do not always have enough plastic bags or boxes available.

Just a reminder

When shopping please consider others and choose no more than 3 of the same items. Also don't forget that there is **a limit on the amount of credit that can be given out, and this must be approved by Colleen or Sabrina. No more credit can be allowed until the owing amount is paid for.**

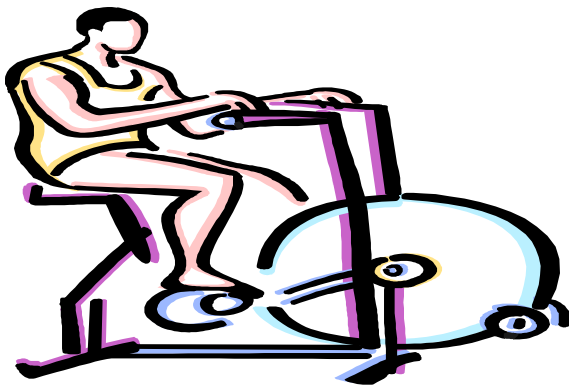
FREE MEMBERSHIP TO THE HAVEN GYM

You have heard all those television ads. Would you like to get fit and healthy for/during summer?

Then every Monday, Tuesday and Wednesday are made for you, between the hours of 11am-3pm on the above days. So please feel free to come in and use the Haven Gym.

Please bring your own towel (of course you will) if you want 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
- ✓ Medicine balls x 2



The Pollys Club



Out and about since 1964

The Haven will be running a raffle at their next show & dance on Saturday February 12th at Marrickville Town Hall. So why not come and buy some raffle tickets to support The Haven and have a great night out at the dance.

Produced by Craige with the Pollys Cast

7pm Saturday 12th February (Show 9:30pm)

Marrickville Town Hall,

(Corner Marrickville & Petersham Rd.)

Licensed & BYO, Food Available;

Tickets: \$20, Concession \$15

Bookings: David 9557 6739 / bookings@thepollysclub.com.au

NB – bookings held until 8:30pm only!

Prize for best theme Costume! / After event shuttle bus to Taxi Club too!

We appreciate your continuing support – www.thepollysclub.com.au

Please check their website for full details. www.thepollysclub.com.au

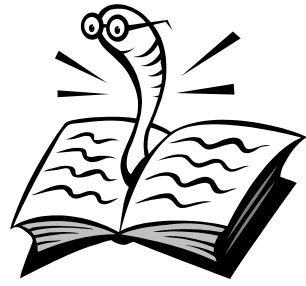
Needing assistance from BGF?

BGF caseworkers visits The Haven twice a month- check our calendar every month for the dates. Even if it's not your regular case worker attending The Haven, they are still able to assist you. To make an appointment, please contact BGF directly (9283 8666) or let The Haven Office know that you want an appointment.

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.**



KRISPY KREME FUNDRAISER

LOVE DOUGHNUTS?

THEN DON'T MISS OUT AND LET COLLEEN OR SABRINA KNOW THAT YOU'RE INTERESTED IN PLACING AN ORDER.

WHAT'S AVAILABLE TO ORDER?

6 PACK OF ORIGINAL GLAZED DOUGHNUTS FOR THE PRICE OF \$8.00 EACH.

YOU CAN ORDER AS MANY PACKS AS YOU LIKE.

PLEASE SUPPORT THE HAVEN WITH THIS FUNDRAISER

OUT & ABOUT WITH POSITIVE MEN

Let's go bowling, let's have some fun.

Bored sitting at home but don't know what to do?

Then why not come along to our first outing for this year, which will be at AMF BOWLING ROOTY HILL.

WHEN: SUNDAY 27TH FEBRUARY 2011

TIME: 11:30 AM (ALL TO MEET INSIDE ROOTY HILL BOWLING CLUB)

IF YOU NEED MORE INFORMATION PLEASE SEE SABRINA OR COLLEEN

CRAFT DAY

The Haven is planning to hold a craft day, where everyone can participate and make something wonderful for our Mother's day raffle.

If you have any suggestions or ideas what we can make to use in our next Mother's day raffle please don't be shy and let Colleen or Sabrina know.

Dates are yet to be confirmed.



LADIES DAY

Wednesday 16th February

10AM @ The Haven

WHAT A GREAT OPPORTUNITY TO HAVE A MASSAGE BY CHARMAINE, **BUY MOVIE TICKETS FOR \$5.00 EACH**

AND ENJOY LUNCH WITH SOME FRIENDS.

SO COME ALONG AND HAVE A DELICIOUS LUNCH AND BE PAMPERED OR JUST RELAX HAVING A CUPPA WITH YOUR FRIENDS.

REMEMBER LADIES DAY IS ONLY FOR POSITIVE LADIES AND CARERS.

The Pantry will be open for shopping, but drop – in services are reserved for the ladies this day, unless prior arrangement with office staff.



HEAVEN Social Dance

www.heavensocialdance.com

NORTHMEAD BOWLING CLUB

Hosted by: Beverly Buttercup

Featuring: *Your Westy Divas*

Gracie Lou • LayDee KinMee
Sue Pernatural • Rusty Boxxx

Plus Very Special Guests!

26th February • 30th April

25th June - ACON Charity Night \$10 Entry

27th August • 29th October

31st December - New Year Party \$10 Entry

ENTRY: \$7 Before 10pm
\$10 After 10pm

TIME: 8:30pm till 2:00am

WHERE: 166 Windsor Rd,
Northmead

MUSIC: Danz Mobile DJ

SHOWS: 10:15pm & 12am

For more info:

Heaven Organiser: 0430 754 640

Northmead Bowling Club: 02 9630 2875

heavenparramatta@hotmail.com

Heaven proudly supports:

- ACON Western Sydney www.acon.org.au
- Queer Out West 83.9FM Monday Nights from 10pm

Heaven is kindly supported by:



gaymatchmaker.com.au



charmedproductions.com



starobserver.com.au

Back On The 26th February 2011, With a "NEW SHOW"

Welcome to Heaven's new and official website.

Heaven is one of Western Sydney's longest running GLBT Social Dances. It is held at the [Northmead Bowling Club](#), 166 Windsor Rd, Northmead, NSW. 2011 will see Heaven running on the last Saturday of every second month.

So come on down to the [Northmead Bowling Club](#) and have a great night out with [Beverly Buttercup and Your Westy Divas](#)

What's On In Western Sydney

JUPITER'S NIGHTCLUB - Richmond.

When: 2nd Friday of Every 2nd Month Is A G.L.B.T Night,
10th Dec 2010, 11th Feb 2011 , 08th Apr 2011 , 10th Jun 2011.

From: 10:00pm - 6:00am (Happy Hours From 10pm-11pm)

Where: (Rear) 3/253 Windsor Road, Richmond (18+)

Entertainment: Miss Willie & Other monthly Special Guests.

Shows: 11:00pm & 12:00am

Music By: Shane or Emma.

Entry: \$10:00

Website: www.myspace.com/jupiters_nightclub

HEAVEN Social Dance - Northmead/Parramatta

When : 26th Feb 2011 - 30th April 2011 "**New Show**" - **The Prisoner Cell Block (H)even .**

+ (ACON Charity Nite On 25th June, Entry \$10)

Where: The Northmead Bowling Club. 166 windsor Rd, Northmead. (18+)

From: 8:30pm - 2:00am

Shows: 10.15 pm & 12:00am

Featuring: Beverly Buttercup - Gracie Lou - Sue Pernatural - LayDee KinMee - Rusty boxxx .

Special guest: Ida Slapda & Christina Dior on 26th feb.

Entry: \$7.00 Before 10pm \$10.00 After 10pm

Music By: Danz Mobile D.J.

Website: www.heavensocialdance.com

Proudly Sponsored By: Sydney Star Observer

DOLPHINS Dance - Parramatta . (Since 1996)

When: Sat 18th Dec 2010 , 15th Jan 2011

From: 8:00pm - 2:00am

Where: The Parramatta Golf Club, Park Parade, Parramatta (18+)

Entry: \$10.00

Music By : Rita & Keith

Entertainment: Miss Candy Cumbum + Guets

Parramatta Golf Club : Ph 02 9635-6633

Website: www.dolphinsglbtdance.zoomshare.com

KALEIDOSCOPE Social Dance - Parramatta

When: Sat 05th Feb 2011

Where: Parramatta Golf Club , Park Pde Parramatta 18+

From: 8:30pm - 2:00am

Entry: \$10.00

Entertainment : Beverly Buttercup & Laydee Kinmee

Sponsored By: Parramatta Lesbian Social Group.

Website: www.kaleidoscope.webnode.com

SHINE @THE ALEX - Leura Blue Mtns

When: Every Friday Nite

Where: The Alex Hotel - Nightclub, Great western highway, Leura 2780.

From: 9:00pm - 3:00am

Entry: Free

Shows: 10pm & 12am

Sponsored By: GWH Leura Blue Mtns

THE POLLYS CLUB - Marrickville. (Since 1964)

When: Sat 12th Feb 2011, 16th Apr 2011, 09th Jul 2011.

From: 7.00pm - 12.30am

Where: Marrickville Town Hall.

Entry: \$20 or \$15 Con

Entertainment: ' The Polly's Cast ' - Show at 9:30pm

Music By: Sound Affair.

Info: Call David (02) 9557 6739

Website: www.thepollysclub.com.au

CASTROS Nightclub - Wollongong

When: Every Saturday a G.L.B.T Night

Where: 5 Victoria St, Wollongong (18+)

From: 9:00pm - 3:00am

Entry: Free Before 11pm Or \$10 After .

Shows: 12:00am & 1:00am

Hosted By: Miss Dee dee Le'Mah + Special Guests

Crystals - Canterbury Social Dance

When: Fri 17th Dec 2010, 28th Jan 2011 , 25th Feb 2011 ,
25th Mar 2011 , 29th Apr 2011.

Where: Canterbury Bowling Club, 15 Close st, Canterbury

OUR DONORS

*THANK YOU TO ALL OUR DONORS FOR THEIR SUPPORT AND
GENEROUS DONATIONS IN THE PAST 3 MONTHS*

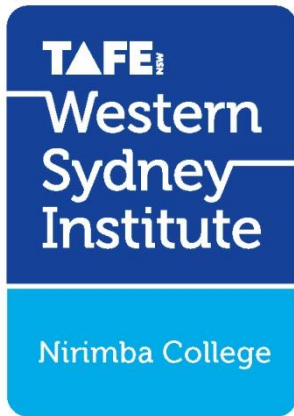
1. THE HONDA FOUNDATION
2. OFFICEWORKS BLACKTOWN
3. MINCHINBURY FRUIT MARKET
4. EASYRUN FUNDRAISER
5. GLOBAL BALLOONING
6. AMF BOWLING
7. NEPEAN BELLE
8. SARA LEE
9. IGA

SAUSAGE SIZZLE AT OFFICEWORKS BLACKTOWN

The Haven will be holding a Sausage Sizzle on Saturday 5th February 2011 outside
Officeworks in Blacktown

To support The Haven why not come along and buy a sausage sizzle sandwich for
only \$2.50 for lunch





The Western Suburbs Haven

is offering a

TAFE Outreach Computer Course

Course No. 9070

Statement of Attainment in Access to Work and Training

L
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A
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N

BEGINNING COMPUTER SKILLS

such as:

- COMPUTER BASICS
- WORD PROCESSING
- INTERNET
- EMAIL

Classes will be held on a Monday from 1pm to 4pm
in school terms
starting in February and finishing in June

Classes
are free*

at
The Western Suburbs Haven
39 Sarsfield Street
Blacktown



To register: come to a compulsory Information and Application
Session

Monday 21st February 2011 at 1:00 pm
at The Western Suburbs Haven

To express your interest to attend the information/application session please phone

Sabrina Nelson
Phone / Fax: (02) 9672 3600
Email westernsuburbshaven@bigpond.com

Or

Carol Smith at Nirimba College Quakers Hill Phone 9208 7097
Email carol.smith@tafensw.edu.au

Are you HIV+ and Tired of being gnome alone?

Then come and join our happy bunch at



Positive



Pottery.

FRIENDLY

POSITIVE

FUN

Positive Pottery classes are free and Suitable to all levels. From beginners to the more advanced. Classes will be run at Pine Street Creative Arts Centre, CHIPPENDALE. Classes start on the 3rd February 2011. Limited spots

To reserve your place
Contact Mike or Jeff

www.blacktownoutdoorgroup.com.au
info@blacktownoutdoorgroup.com.au
Mobile 0425250313

Trammy Respers by Blue FLAMINGO. Gnomes by Robert JEFFERS. Positive Pottery students 2010



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.