

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
MARCH 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

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.



LADIES DAY AND MENS

DAY IN FEBRUARY

It is great to hear that everyone had a wonderful time at the Ladies' Day and at the Mens' day. We hope to see you all again for the next Ladies' Day and Mens' Day. Dates are yet to be confirmed.

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 movies. 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 MARCH

Event				
Tues 1st		Free access to Gym	Pantry open	Lunch
<u>Wed 2nd</u>	Massage	Free access to Gym	Pantry open	lunch
THURS 3RD		FRESH FRUIT AND VEGETABLES AVAILABLE	Pantry open	Lunch
<u>Fri 4th</u>	Reflexology	BGF (KATHERINE) 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 10:30 am 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		BGF (KATHERINE & ROY)Free access to Gym	Pantry open	Lunch
<u>Wed 16th</u>	Massage	FREE ACCESS TO GYM MOVIE DAY	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	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
Tues 29 th		Free access to Gym	Pantry open	Lunch
<u>Wed 30th</u>	Massage	Free access to Gym	Pantry open	Lunch
THURS 31ST		FRESH FRUIT AND VEGETABLES AVAILABLE	Pantry open	Lunch

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

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.

NEW DATE FOR 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 March 2011

Where: The Haven

Time: 10:30am (followed by lunch at Seven Hills RSL)



BIRTHDAY CELEBRATIONS

HAPPY BIRTHDAY!
To all born in **MARCH**

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

The Haven Pantry

Fresh fruit, vegetables, milk & bread are now available Thursday and Friday.

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
-



MOVIE DAY

This month will be held on Wednesday 16th March 2011.

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.

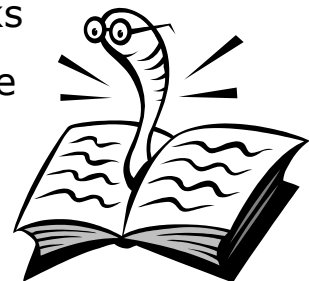
Needing assistance from BGF?

BGF caseworkers visit 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.**



The Pollys Club



Out and about since 1964

The Pollys Club was kind enough to give us the opportunity to hold a raffle last month at Marrickville Town Hall, where they held their show and dance. The raffle was a great success. We would like to sincerely thank The Pollys Club and

our wonderful volunteers that gave up their Saturday night to run the raffle.

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

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



Phoenix Residential Workshop

Nepean Valley (Penrith)

- For people with HIV who are considering a positive life change*
- Secluded valley setting – 1 hour from Sydney
- 2 nights accommodation with all meals provided
- Co-contribution \$50 per participant (travel reimbursements may be available)

Monday 18 to Wednesday 20 April 2011

Edmund Rice Retreat and Conference Centre

1315 Mulgoa Road, Mulgoa

Please see your service provider for further details

or phone Kit Ayers at BGF on (02) 9283 8666 or Freecall 1800 651 011

This Phoenix program is a joint venture between ACON, Bobby Goldsmith Foundation, Heterosexual HIV/AIDS Service (Pozhet), Positive Life NSW, Sydney South West Area Health Service, Sydney West Area Health Service and Western Suburbs Haven.

*For people living in Western Sydney or in regional and rural NSW contemplating a return to study or to paid or unpaid work



PositiveLifeNSW
the voice of people with HIV since 1988

CRAFT DAY

Interested in being part of 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.

MOTHERS DAY RAFFFFLE

Do you have unwanted goods or gifts in good condition that we could use in our Mother's Day raffle?

Donations for our raffle and Volunteers are urgently needed to assist with our Mother's day raffle which will be held at Westmead Hospital and Seven Hills Centro Shopping Centre.

*If you are interested in assisting us with our raffle or would like to make a donation of goods, please contact Colleen or Sabrina on **(02 9672 3600)** or come and see us in the office.*



Dates for the raffle are yet to be confirmed.



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.

