

The Haven Wrap



The Most Important Decision
you make is to be in
a GOOD MOOD –
Voltaire

August

2016

Special Edition

In this special edition we
cover:

- Editorial
- Survey
- What is happening with AIDS
- Reviews
- Recipes
- Healthy Notes
- Thank You
- Events
- Events Calendar
- Management

Real People Making a Real Difference



Editorial

Well we are halfway through winter with its strange weather one minute freezing and the next hot. The plants in my garden are so confused, so is the bird life. I expect to see a baby magpie soon and the little kingfisher is back sitting on my balcony but ever watchful for the magpies.

This is a special edition of the Haven Wrap and we are looking at a number of issues such as a brief look at the Government's HIV/AIDS direction for 2017 to 2020 with their goal of eradicating AIDS in NSW by 2020 with their campaign to meet this goal using PrEP. We will also look at Women with HIV and how they are targeted or not targeted in this campaign. In future issues we will take a look at what women living with HIV face today.

There is a survey/questionnaire that we ask you to complete as soon as possible on The Haven's direction for 2017 and beyond. **This is very important** so please complete the one page form and return to us.

We are also looking to include some articles on health and your brain with some things you can do to exercise your brain which will include some information on "Mindfulness, Kindfulness and Healthfulness in future issues.

There is a healthy recipe, especially good for people with diabetes 2 as well as everyone else.

There isn't a book review in this edition, however, we are **still looking** for member's reviews, please help by sending us a review on a book, social media favourite clip, movie that you have seen or a story on a hobby, or it could be a story about one of your experiences living with the virus or your favourite saying.

Also are we looking for photos that we can use in the newsletter and any jokes. **This is your newsletter and is for you so please support it and contribute a story, picture or a suggestion for an article.**

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 and Food Group**

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 and
PLEASE RETURN THIS FORM TO THE HAVEN'S OFFICE AS SOON AS POSSIBLE

What's Happening with AIDS - Latest HIV Info

Women and the New Campaigns

Many women in the health and support of people living with HIV are concerned for women who make up about 10 per cent of people living with HIV in Australia today however as Still Living with Ignorance and Invisibility says "they continue to be relatively invisible in the HIV prevention message".

The problem with this is that while groups such as gay men, MSMs, sex workers and injecting drug users have been targeted with ongoing HIV campaigns over many years women have not been seen as a high risk and therefore can become late presenters of HIV missing out on the benefits of early diagnosis including any advantage that anti-retroviral treatments could give them. As the article says women can live for years without a diagnosis and it is not until their immune system has been damaged and they are hospitalised as a "late presenter" with an AIDS defining illness that they are aware of what is happening to them. Unfortunately, many women with HIV are unlikely to be tested as it is still often considered that women are not at risk.

The article "Still Living with Ignorance and Invisibility" is a very interesting piece on the current situation that exists for women which I recommend reading: positivelife.org.au & Jane Costello's blog.

Next Issue I hope to continue with a little more about the current campaign about elimination of HIV and women and other issues that women face.

What does the headline "AIDS epidemic no longer a public health issue in Australia" mean?

I think that the word epidemic is the key word in this statement. Although some scientists in the area of HIV/AIDS have declared the **End of AIDS** as a public health issue in Australia they are not of course speaking about the end of HIV at this time. This statement has been brought about by the low numbers of new diagnoses and the success of anti-retroviral treatments available from the 1990s and which are improving all the time.

This is in line with The NSW HIV Strategy 2017-2020. This Strategy is spearheaded by a campaign to see "NSW set to lead the world in the fight against HIV after the launch of the first clinical trial ever conducted with the aim of rapidly reducing the spread of HIV through the widespread use of pre-exposure prophylaxis (Prep) medication" – Media Release Department of Health May 2016.

The strategy – Test Often + Treat Early + Prevent = Ending HIV 2020 means that the campaign is trying to virtually eliminate HIV (new Transmissions) in NSW by 2020 and to sustain the virtual elimination of HIV transmission in people who inject drugs, sex workers and from mother-to-child.

If you require any further information there are various websites including the Department of Health that contain lots of information or ask us on support@thewesternsuburbshaven.com.au

Reviews

Part 2 -Planning for the Future

A thank you to all who attended the recent Planning for the Future sessions which ran over two mornings in May and June with a delicious lunch at the RSL following the sessions.

The second part of the sessions was more on the legal aspects of senior's rights. It covered areas such as:

- Wills, Living Wills and
- Power of Attorney,
- Retirement villages,
- Consumer's rights,
- Your home and the pension and
- Changes in the way you own property,
- Moving into residential aged care,
- Adult children living at home, gifting rules,
- Elder violence or abuse, and other family issues.
- Overall we learnt some interesting things about changes and the law.



If you have any queries please consider contacting The Seniors Right Service (Formerly TARS) they are advocates for people making sound choices about aged care and legal services and offer a compressive referral service. They are only too happy to be of help to you. Or pick up one of their pamphlets from the Haven.

Seniors Rights Service

Phone: (02) 9281 3600 or 1800424079

Website: www.seniorsrightsservice.org.au

Story/Movie/Book Review

As I stated in the Editorial there is no book review this edition but I would like to mention "Mental Health Month"



Mental Health Month (MHM) is being held in October with Mental Health Day is 5th October and it is an important event for everyone as it's raising awareness about mental health. In years gone by the word mental health carried a stigma and was a bit of a taboo, but, really we have all had mental health days, although we often called them bad hair days. While good mental health is a sense of well-being, confidence and having self-esteem, its helps us to deal with life's problems and issues. Mental Health is often confused with Mental Illness which is more out in the open with high profile people telling us that they have suffered from depression helping to bring it out into the general community.

In line with MHM I will be reviewing a fabulous book on Mental Health and Mental Illness called "Changing Minds" by Dr Mark Cross – look out for it in the September/October edition of The Wrap.

A good website if you would like more information is wayahead.org.au

WE NEED YOUR HELP!!!

Do you like taking photos, I am looking for photos to go into The Haven Wrap and hopefully eventually on the website if we can.

It would be nice if in each publication of the Wrap we had a photo or photos that a member or members have taken. It could be any appropriate picture – a sunset or rise, flowers, an interesting pattern, a still life ie putting things together and taking a photo – use your imagination, it should be fun so get those cameras, phones whatever takes pictures these days out and get clicking.

Also please think about writing a story for The Wrap and the website in particular, your story which would anonymous will help others who are newly diagnosed or interested in how other people have dealt with HIV and if you are a volunteer a story about your experiences would be great too and will promote your service. Or your story could be something that you have an interest in.

If you need help with writing anything or having it typed we are only too happy to assist you, so please contact us support@thewesternsuburbshaven.com.au.

Let's say thanks to all those who have supported us over the last few months



THANK YOU

To Beverley Buttercup
And the Heavens
Social Dance

THANK YOU

To Gary & Glen for
Working at the Heavens
Social Dance

THANK YOU

To all our volunteers who worked on the
two Sausage Sizzle stalls for giving up their
weekends **AND WORKING SO
HARD**

Healthy Eating

Do you have Diabetes 2? – It is in epidemic portions in Australia today especially with the older generation. One of the major pieces of advice given to those living with the disorder is to eat healthy meals and snacks, which is good advice for everyone.



The Haven has some copies of Healthy Eating – A guide for older people living with diabetes, by the National Diabetes Services Scheme (NDSS) the guide contains some valuable information on food and living for everyone.

One of the recipes in the booklet is:

Carrot cake muffins

Ingredients

1 cup wholegrain self-raising flour
¼ cup traditional rolled oats
1 teaspoon cinnamon
2 medium carrots, grated
2 eggs
140g apple puree
½ cup diced prunes or dates
1/3 cup olive oil or margarine

Method

1. Preheat oven to 180 degrees Celsius and grease a 12-cup muffin time with olive oil or margarine
2. Sift flour and mix together with oats, sugar and cinnamon
3. In a separate bowl, whisk together eggs, apple puree and oil. Create a well in the centre of the dry ingredients and pour in the apple mixture. Combine well. Stir in carrots and prunes/dates gradually adding teaspoons of hot water if the mixture becomes too dry
4. Spoon the batter into the muffin time and bake for 15-20 minutes

Nutrition per serve: Energy 598kj, Carbohydrate 18.7g, Fat 5.8g, Sat Fat 1.0g, Sodium 103mg

TRY the above recipe and let us know how it went and please don't forget to send in your favourite recipes. support@thewesternsuburbshaven.com.au



Christmas in July

On 24th July The Haven held a Christmas in July lunch. Everyone had a good time with some absolutely wonderful food.



A big thank you to the caterers who supplied all that wonderful food, volunteers and all those who worked to produce the event.

It was nice to catch up with members that we don't always get to see and in some cases haven't seen for a while. It was nice to reminisce and talk about old times and to also talk about new things happening at the moment.



I think everyone had a lovely day and really enjoyed all that wonderful food and catching up with old friends.

Look out for the Bunnings BBQ on 13th August 2016

Other Events for your Calendar

POZHETEVENETS 2016



pozhet
Heterosexual
HIV Service
NSW

PO Box 3159
Redfern
NSW 2016

FREECALL
1800 812 404

WEB
pozhet.org.au

EMAIL
pozhet@pozhet.org.au

Pozhet get together for men and women

Saturday 20 August 11am – 3pm

Western Suburbs Haven Blacktown

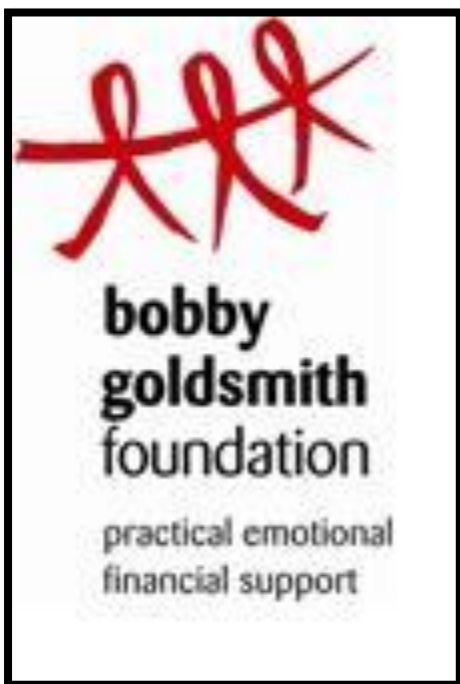
Relaxed private and friendly discussions

Latest information about HIV and living well
Treatments information, support, new friends
Fun and connection

Lunch provided

For details and to RSVP call Pozhet 1800 812 404





BGF OUTREACH VISIT AT THE HAVEN

BGF caseworkers will be visiting The Haven on

August 18

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.

The PLWHA Blue Mountains logo is at the top of the flyer. It features a large red ribbon on the left and a stylized mountain range in the background with peaks in rainbow colors (red, orange, yellow, green, blue, purple). The text 'PLWHA Blue Mountains' is in a bold, white, sans-serif font, with 'PLWHA' being larger. Below it, 'People Living with Hiv/Aids' is written in a smaller, bold, white, sans-serif font.

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 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
- ✚ Peer support
- ✚ Drop-in lunches
- ✚ Group activities & social outings
- ✚ Referrals to other services
- ✚ Non clinical case management where appropriate
- ✚ Free internet access (Monday – Friday)
- ✚ One on one computer training on Thursdays
- ✚ Grocery items: our pantry is open Monday – Friday, **9am – 2.30pm.**
- ✚ Transport to medical appointments (by arrangement only)
- ✚ Pick-up and drop off at Blacktown station when Haven car is available

Our main source of funding is through funds received from Western Sydney Local Health District to provide Social Support & Respite Care. We also additionally seek other grants and donations. Our hard working volunteers fundraise to help 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, please give us a call and say hi or call in during drop-in hours for a cup of coffee and a chat.

Weekday lunches

We love having people drop in and stay for lunch. If you do stay for lunch we ask for a donation if you are having lunch and do not attend on a Friday so please give a gold coin to help us cover food costs. This will ensure a fair process for all and will be greatly appreciated.

The Haven Pantry



MONDAY – THURSDAY

9am – 2.30pm

FRIDAY

9.30am – 11.30am

12.30pm – 1.30pm

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

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



Haven Happenings August 2016

<i>Sat</i>	<i>Sun</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		1	2	3	4	5 Friday Lunch
6 CLOSED	7	8	9	10 Computer Training	11 Fresh Bread, Milk, Fruit & Veg Available	12 Friday Lunch
13 Bunnings BBQ Fund Raiser	14 CLOSED	15	15	16 Computer Training	18 Fresh Bread, Milk, Fruit & Veg Available	19 Friday Lunch
20 Pozhet West Lunch	21 CLOSED	22	23	24 Computer Training	25 Fresh Bread, Milk, Fruit & Veg Available	26 Friday Lunch
27 CLOSED	28	29	30	29 Computer Training	30 Fresh Bread, Milk, Fruit & Veg Available	

Management Committee



Chairperson

Garry Bonomo

Secretary

Maureen Spalding

Treasurer

Noel Shelford

Members

Kellie Blissett

Donald Sharp

Pat Kennedy

Ray Urquhart

Christine Rowan

Glen Mayor

Public Officer

Colleen Logan

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