

**WANT TO BE PART OF
OUR NEW FRUIT & VEG.
CO-OP?**



This idea is being put out there for anyone who is interested in taking advantage of fresh fruit and veg. at a reasonable price.

It will involve contributing a small amount of money each fortnight for the purchase of items from the regional markets.

Members will then meet at Karumah on a Friday (or any other day that may suit) for the collection of the goods.

Please contact Karumah if you think that this is something you would like to get involved in.
Phone: 4940 8393.

**Autumn Board Meeting
Dates**

**Thursday 25th March 2010
Thursday 29th April 2010
Thursday 27th May 2010.**

The meeting starting time will be at **5.30pm** and will be held at Karumah.

All financial members of Karumah Inc. are welcome to attend.



**AUTUMN
BIRTHDAYS.**

A very warm birthday wish to the following people who are having their birthday during Autumn.

MARCH 09

Bruce J 12th	Pat M 18th
Stephen W 12th	Baden W 18th
Scot D 21st	Chris S 21st
Jennifer M 26th	Bill G 30th
Robert T 30th	

APRIL 09

Jay F 14th	Lee G 17th
Vicky M 22nd	Grahame E 25th

MAY 09

Michael T 4th	David W 5th
Robert G 7th	Klaus C 14th
Mark B 16th	Bev T 18th
Robert B 21st	Allan G 22nd
Elizabeth G 27th	

If your birthday was held during the months above and we haven't mentioned you, please let us know so we can include you.

KARUMAH



**Positive Living Centre
Newcastle**



AUTUMN NEWSLETTER

2010

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Contact Details

Drop-in Hours:

Tuesday and Thursday
10.00 am - 4.00 pm
Friday 6.00 to 9.00 pm
(Contact the office for up-to-date activities).

Office Hours: Tuesday to Thursday.
10.00 am - 4.00 pm.

Location: Phone for details.

Postal Address: PO Box 3045
Hamilton Delivery Centre NSW 2303.

Phone: (02) 4940 8393
Fax: (02) 4961 1728

Email:
admin@karumah.com.au
peersupport@karumah.com.au

Website: www.karumah.com.au

Weekly Services

Social Lunches - 1 pm Tuesday and Thursday.

Complementary Therapies

By Appointment

Tuesdays

1.15pm - 3.15pm and every second Tuesday 11.00am - 1.00pm

Thursdays

10.00 am - 1.00 pm
Other times by arrangement.

Internet Access - 5 computers with printer & scanner during drop-in hours. Other times by arrangement.

Sewing Machine available for use

FREE Bread - Tuesday and Thursday (When available)

Daily Newspaper- Newcastle Herald

Photocopier and fax available

Assistance with forms

Other Services

HIV Issues Discussion Group Every Tuesday at 1.30pm at Karumah.

Living Skills Workshops.

Contact the office for upcoming events

In-Reach Services

Counselling appointments with HIV Social Worker and Care & Support (ACON).

Access to BGF services through phone and fax (both free to PLWHA). BGF representatives visit Newcastle at various times and appointments can be made through our office.

HIV Discussion Group

You are invited to come along and discuss your experience of living with HIV (give or receive support).

The group meets fortnightly (2nd and 4th Tuesday of the month) and provides an opportunity to receive and share information, inform you of services or up and coming events, and when required, guest speakers will present topics of interest. **SEE PAGE FOUR FOR DATES AND TOPICS FOR MARCH, APRIL AND MAY**

This discussion group meets after lunch on the **Tuesday at 1.30pm** and runs for one hour.

The group is facilitated by ACON Care and Support and the Social Worker from Sexual Health.

For more information please contact Robert or Troy at Karumah on **4940 8393**.

BE SURE TO CHECK KARUMAH WEBSITE (www.karumah.com.au)

'NEWSFLASH' REGULARLY FOR ACTIVITIES AND EVENTS THAT ARE STILL BEING PLANNED BUT NOT YET FINALISED FOR THIS EDITION.

QI-GONG/TAI CHI AT KARUMAH.

Vicky will start a Qi-Gong class on Thursday mornings from 10.00am to 10.30am. Classes will commence on Thursday 11th March 2010.

This will be an introductory class and with sufficient interest we will progress on to a Tai Chi form. If you have any questions, contact Vicky at Karumah.

BGF IS COMING TO NEWCASTLE.



Richard Kennedy and Carolina Carvalho will be in Newcastle on **Wednesday 14th April 2010 between 10.30am and 2.15pm.**

Appointments can be made by phoning Rosemary or Wez at ACON on 4927 6808 and will be held at ACON 129 Maitland Road Islington.

Please bring a recent Centrelink Income Statement to your appointment.

BGF has made changes about client services and areas of assistance. You may want to make an appointment to discuss these changes in detail.

Volunteer Opportunities

Most of our staff are volunteers. We encourage PLWHA to participate in volunteer work at our centre.

FROM THE ADMINISTRATOR.

This summer has gone quickly...and as they say, "time flies when you are having fun" seems to be true. I had a nice break with my family over the Christmas/New Year's Holidays and then a really nice trip to India. Thanks to Robert P, Leon and Paul T for keeping things at Karumah moving along in my absence.

Last week's trip to Planet Positive in Sydney was really a lot of fun. We didn't have a large crowd go from Karumah, however, all of us who went seemed to have a really good time. I would encourage any of you who have not taken advantage of an evening at Planet Positive to do so. Just watch the newsletter and the bulletin board at the centre for the next one.

I also want to give a big THANK YOU to Gary, Baden, Keith, and Matthew for their work making our back garden look so nice. Admittedly, I'm not a gardener, so I really appreciate all their efforts making our back yard/garden look so much better!

As this financial year draws to a close (ends June 30) I'll be working making plans for next financial year. We are well within budget for this current year and we are close to meeting all the objectives in our Service Agreement with Hunter New England Area Health's Non Government Organization Program Unit.

As I begin my 3rd year working at Karumah in March, I would like to express my appreciation to everybody for making working here such a great experience.

Troy

FROM THE CHAIRPERSON.

Well, here we are again. I hope you all enjoyed (or should that be survived?) the festive season & have recovered well—just in time for Gay Christmas. Happy Mardi Gras!

The Food Co-op is moving ahead. At the time I'm writing the Board is voting on a measure to help deliver this service.

In these difficult times the Co-op offers an opportunity to save significant money on fruit & vegetable purchases, with the capacity to add more food items down the track.

I encourage anyone who hasn't yet registered to e-mail or phone Karumah.

The group will next meet at **Karumah 1:30PM Thursday 4th March.**

We are currently negotiating venue & date for Karumah's 1st fundraising spectacular for 2010. At this time we are looking at late May. Keep an eye on your e-mail/letterbox/Karumah website for updates. It's definitely time for us to party again!

While 2010 will see a continuation of what we do so well already, the Board & I are hoping to develop new options that are of interest/benefit to you, particularly those of you who don't regularly access Karumah.

Your feedback/ideas/suggestions for social activities outside Karumah (e.g.; 1 Friday night each month) is what we need now.

Again, please feel free to e-mail or phone these thoughts to us, or drop them in the suggestion box at Karumah—mark them for the attention of the **Consultative Committee**!! This Committee is **your voice** within Karumah, so I encourage you to use it—perhaps even get involved.

Stay safe, well & happy! I look forward to being with you in 3 months.

Paul Thornton

BBQ AT KARUMAH PLC.

FRIDAY 12TH MARCH 2010

And

FRIDAY 28TH MAY FROM 6PM.

You are invited to join us for this function to be held at Karumah. This event is open to PLWHA, their carers and guests.

Food will be supplied so if you would like to come along, please let Troy or Robert know so catering can be organised.

This is a BYO event and we ask that you be responsible and think of the comfort and safety of others.

PIZZA/DVD NIGHT FRIDAY 26TH MARCH 2010.



You are welcome to come along to Karumah and enjoy a quiet night catching up on a good movie. Why not bring along a movie and if we have a few, we can go with the most popular choice. No dvd- watching would be complete without pizza and we'll decide on toppings on the night.

This is a FREE activity for people living with HIV, their carers or support person..

Eating Out @ Sydney junction hotel

FRIDAY 16TH APRIL 2010

THIS EVENT IS FREE FOR PEOPLE LIVING WITH HIV.

If you would like to join us, please contact Robert or Troy on 4940 8393 for further details.

BOWLING AT MAYFIELD SUPER STRIKE

Two lanes will be booked for this fun-filled event which is taking place on

Friday 30th April 2010 commencing at 6.00pm.

This is a FREE activity for people living with HIV - there will be a \$6.00 charge for carers and other support persons.

I am aware that this activity is a little way off but could you please register your interest by contacting Robert or Troy at Karumah on 4940 8393.

Dining @ The 'G'



FRIDAY 14TH MAY
2010

THIS EVENT IS FREE FOR PEOPLE LIVING WITH HIV AND THEIR CARERS. There will be a small charge of \$5 for support people and friends.

Please contact Robert or Troy on **4940 8393** to confirm your reservation or if you require any further information.



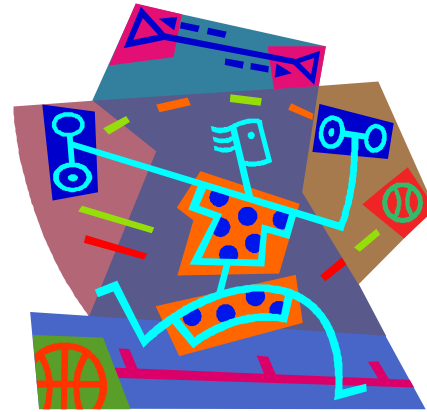
**Karumah
will be
CLOSED
on**

**Friday 2nd April
2010 and Monday
5th April 2010
due to the Easter
public holidays.
*Happy Easter.***

Energize Healthywise

Discussion Group Program

at Karumah on Tuesdays
1.30 - 2.30



- 9 March Motivation and Setting Goals.**
Natasha Yoong,
Occupational Therapist.
- 23 March Medications and You.**
Kelly Cairns, Pharmacist
- 13 April Nutrition.**
Melissa Carr, Dietician
- 27 April Heart Health and HIV.**
Dawn McIvor
Cardiac Clinical Nurse
Consultant
- 11 May Mind and body relaxation.**
Richard Riley, Social Worker

**ALL POSITIVE
PEOPLE WELCOME.**



HUNTER NEW ENGLAND
NSW HEALTH

NEWS FROM NOT FAR AWAY----



Summer is nearly over and the humidity and mozzies won't be missed, except by those with a fetish for being nibbled in a steam bath.

What an exciting year it is shaping up to be. The Energise Healthy Wise Gym group is beginning, no more flabby bits, each participant will be trim, taut and terrific by the time the mozzies re-appear in October.

Hand in hand with this, the Food Co-Op looks set to give you all access to quality cheap Fruit and Vegies - good for both waistlines and budgets.

With healthy choices being a push this year, The HIV Discussion Group sessions during March and April will come to you care of the Allied Health Team. Staff members from Physio and Occupational Therapy as well as the Cardiac Team will give you the low down on how to maximise your health and avoid the risks so you can do it longer---life that is.

The Discussion Group sessions after that will provide stimulating topics that capture your imagination, that touch on your passions, obsessions and poisons and leave you tingling with anticipation and a thirst for more. Do you believe it ... well come and see.

At ACON we continue to offer **one on one access to Centrelink** on Monday mornings between 9:30 and 10:30am. Ring for an appointment no waiting no ques.

Thursday is Sexual Health Clinic with the lovely Sally between 1:30 and 4pm, no appointment necessary.

The flavours of the month at present being **Syphilis and Chlamydia** there out there so take care, come and get checked and get condoms free,what a bargain.

Our friendly Sydney BGF team Richard and Carolina will return in April with info about changes to benefits Budgeting support, NILS Loans and help with access to training. Next visit **WEDNESDAY 14 April 2010 ring for an appointment.**

For support with Housing, HIV Medication Pick up, referral to Dental, GP, Counselling Drug and Alcohol Services CSN Support or transport to medical appointments contact Rosie or Wez from Monday to Friday 49276808.

POZHET'S TRIP TO NEWCASTLE.

The Heterosexual HIV/AIDS Service (Pozhet) is a state wide service for people affected by and living heterosexually with HIV. On the 12th March, Pozhet will be coming to Newcastle to meet with fellow service providers at Karumah from 10am to 12 noon. We'd like to invite all people living heterosexually with HIV to join us for a cup of tea, after the meeting, to say hello.

We will be holding a dedicated client day in Newcastle on Saturday 17th April, also at Karumah. This will be a great opportunity to meet some Sydney folk and have a good chat and a good meal.

For more information please contact Jessica at Pozhets on 1800 812 404 (freecall) OR [Jessica.Elkaim@sswahs.nsw.gov.au/](mailto:Jessica.Elkaim@sswahs.nsw.gov.au)