

Family Access Network Update : Winter 2018 : Volume 103

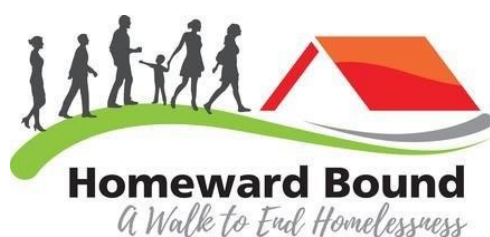


CEO Update

Welcome to the FAN Winter newsletter. Winter highlights for most of us the value of having warm homes and a sense of safety and security – the recently release 2016 census reflected that 116,427 Australians were homeless, up 13.7% since 2011. Of the 116,000 people counted as homeless, 43,552 (39%) were people under 25. The full data set is available at www.abs.gov.au

“For over 116,000 people, children, women and men, the struggle to keep a roof over their head, pay the bills, put food on the table has become too much,” said Jenny Smith, Chair, Homelessness Australia. “The Census simply puts a number to what our homelessness services have long been reporting – that demand for homelessness help is growing every year”

With that in mind FAN is proud to be involved again this year in the Eastern Metropolitan Region “Homeward Bound” campaign, to be held on Tuesday 31 July at Ringwood Lake. It presents an opportunity to highlight the experience of homelessness in the east, an area not often identified as having significant homelessness issues, and yet we have the lowest number of social/public housing stock and the least affordable private rental in the state.



Family Access Network was presented with the AGPAL–QIP Chair Inaugural National Diversity Award on 18 May, particular thanks to Michelle Thompson for representing FAN at the Awards presentation and for the staff and board of FAN, for ensuring our LGBTIQ inclusive practice is embedded across the organisation, further information contained within the newsletter.

When recruiting Board members questions of their musical talents do not always spring to mind, however we have been blessed with this at FAN, resulting in the third annual Band Fundraiser for FAN held on 2 June raising \$1882 – the former Treasurer Brett Phillip and his band Five Shades of Grey that includes Rick Williams; Rick Pilcher; Stephen Beddison and David Macleod and current Chair David Burlew and his band Max Zero, Michael Santagati; Phil Morton; Kate Nielsen; John Macauley and Stephen Pisani entertained us all for four foot stomping hours, including live streaming to the US to the Blues Guitar Unleashed, who provided financial support through advance ticket purchase. Many thanks to David and Brett and the support of their respective band members, plus additional support through the sponsorship of:

- ♦ Pain Specialists Australia
- ♦ The Captain's Club
- ♦ Fletcher's Canterbury who donated a hamper which was raffled and won by Evie Johnston
- ♦ Advance ticket purchase from a number of individuals unable to attend but keen to support the event.

We are also pleased to advise that our new website is due to go live in the coming weeks, many thanks to Gerald Meyer-Heinrich from Steedman Creative for his pro bono assistance in the whole process and to Nicole Bateman for overseeing the implementation, supported by many of the FAN team along the way.

Please also refer to program and other updates contained within this newsletter.

Regards
Sue Carlile



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From the Board

It's been some time since you've heard from me. So, it's timely that I bring you up to date with the latest.

As I write this to you, we are depositing some \$1800.00 in to our account as proceeds from our recent fundraiser at the Knox Club. As you may remember Brett Phillip, (Previous Board member) and I play in cover bands and for the last three years, we've conducted a fundraiser for FAN. Well this year was another success.

My sincere thanks go to Brett and the members of 5 Shades of Grey, my buddies in Max Zero and of course the Knox Club. Thanks also to all those folks who purchased tickets, even though they knew they couldn't attend. Last, but not least thanks to Richard and his wife Sue-Ann from Fletchers for their generous gift of the hamper for the raffle.

In other news. . . .

Last year I commenced working with Pain Specialist Australia. This medical practice has staff of 18 including Pain-Trained specialists and a wide range of allied health professionals. We've recently moved in to premises at 600 Victoria St, Richmond. During the same period my other company has been sold to a UK based listed company and my role is morphing into one that requires substantially more international travel. With these two developments in play, my time management skills are being put to the test.

But my greatest achievement during this period was the arrival of my second grandson. William (Will) was born last September and has the same stunning good looks as his grandfather !

That's the update from me.

I want to thank you all for your ongoing support of FAN. Keep in touch with our newsletter and website, as we will have some exciting projects over the next 12 months.

David Burlew
Chair

Band Fundraiser 2018 — Photos from the successful evening



**Congratulations
Evie Johnston -
Winner of the
hamper donated
by Fetchers**



Family Access Network announced as QIP Chair Diversity Award Highly Commended recipient

On Friday 18 May, at the AGPAL & QIP 2018 Conference Gala Dinner in Melbourne, Family Access Network was announced as the Highly Commended recipient of the QIP Chair Diversity Award, as part of the AGPAL & QIP Excellence Awards.

The AGPAL & QIP Excellence Awards recognise practices, organisations or services accredited by Australian General Practice Accreditation Limited (AGPAL) and *Quality Innovation Performance Limited* (QIP), who consistently go above and beyond to implement and embed quality improvements, have teams that love to innovate, demonstrate a dedicated approach to patient and consumer services and/or care, and have a clear understanding of related industry standards.

Dr Stephen Clark, QIP Chief Executive, said that there was a large volume of high calibre nominations for the award category, received from QIP accredited community organisations from around the nation.

“The QIP Awards recognise and reward the commitment that Family Access Network makes to quality improvement within Australia’s health care setting. I was proud that I, and our judging panel of industry experts, was able to read about Family Access Network’s nomination. Their dedication to their «People» and the local community goes above and beyond expected standards.”

“I congratulate Family Access Network for being the 2018 Highly Commended recipient of the QIP Chair Diversity Award” Dr Clark said.

Family Access Network has committed to being a leader for best practice in inclusivity, by promoting and enhancing the recognition of excellence in same sex attracted, transgender and intersex inclusive practice. They have been proactive in implementing numerous systems and processes across all levels of their organisation to create accountability amongst their entire team and have made significant effort to implement risk management strategies to address the safety of young people who access their services.

QIP is a not-for-profit certification and accreditation organisation dedicated to supporting health and community services to manage safety, risk and quality through the provision of accreditation, certification and quality assurance services.



Michelle Thompson FAN Team Leader accepting the award

Family Access Network would like to acknowledge and thank QIP for donating \$1000 towards Continuous Quality Improvement

HOMELESS SUPPORT SERVICES

How to beat the 'winter blues' as the season changes

In Australia, the first of June each year marks the beginning winter. As the temperature gets cooler and the days get shorter, many people may begin to feel less energetic and productive.

Seasonal Affective Disorder (SAD), a mood disorder that occurs during the same season each year, affects about 1 in 300 Australians.

To help shake those winter blues, Swinburne Professor of Psychology Greg Murray offers the following tips:

- ☆ Try to get at least one hour of outdoor light each day, preferably in the morning.
- ☆ Keep up your social life. Slot in some social events for the winter months that you can't get out of! A 'Winter Solstice' or 'Christmas in July' dinner party could be a good idea.
- ☆ Keep active by continuing activities such as exercise. Consider a gym membership during the colder months to keep you motivated and make the commitment to meet a friend at the gym.
- ☆ Be realistic and understand that your productivity may not be as high as it is in the warmer months. You need to accept that there is an annual cycle and that you may not get as much done during winter.

Whilst many of us experience changes in our energy levels and moods during the colder seasons, it is important to keep in mind that depression can be difficult to address by yourself and may require professional assistance. If this is the case ensure you contact your local mental health professional or GP to discuss your concerns further.

(As reported via Swinburne University online June 2017)



Children's Program

Co-sleeping with your baby and safety

When parents sleep in the same beds with their babies, it's called co-sleeping. Parents might choose to co-sleep for many reasons, including cultural reasons. But experts recommend against co-sleeping because it can increase the risk of sudden unexpected death in infancy (SUDI) including SIDS and fatal sleeping accidents.

Things to think about:

Co-sleeping is associated with an **increased risk of sudden unexpected death in infancy (SUDI)** including sudden infant death syndrome (SIDS) and fatal sleeping accidents in some circumstances. But there are many reasons why parents choose to have their babies in bed with them. For example, many parents who sleep with their babies believe that it helps their babies feel safe and secure. They like the close body contact, feel that it's rewarding and satisfying, and believe it's good for their relationships with their babies.

Also, some parents co-sleep because they find it more practical. Breastfeeding and resettling during the night can be easier. Parents also feel that it helps with establishing breastfeeding.

If you decide to co-sleep with your baby, these safety precautions can help you reduce the risk:

- ♦ Put your baby on her back to sleep (never on her tummy or side).
- ♦ Make sure your baby's head is uncovered during sleep.
- ♦ Make sure your bed is firm. Don't use a water bed, or anything soft underneath – for example, a lamb's wool underlay or pillows.
- ♦ Use lightweight blankets, not heavy quilts or doonas. You can use a safe infant sleeping bag instead of bedding, so that your baby doesn't share adult bedding.
- ♦ Put your baby beside one parent, not between parents, so there's less chance of your baby slipping under the bedding or being rolled on by a parent.
- ♦ Put your baby where he can't fall out of bed, but not against pillows or a wall where he could become trapped and suffocate. Babies who can't roll are safest on the side of a big bed, away from the edge.
- ♦ Keep the sleep environment smoke-free.

What the experts say:

Infant sleep safety experts recommend that your baby sleeps in a cot next to your bed for the first 6-12 months. Another option is a side car crib, which attaches to your bed and provides a separate sleeping surface but keeps your baby close for breastfeeding. Both options lower the risk of SUDI including SIDS and fatal sleeping accidents for your baby.

The risk of SUDI including SIDS and fatal sleeping accidents is increased by co-sleeping if:

- ♦ you or your partner is a smoker
- ♦ you or your partner uses drugs, alcohol or any type of sedative medication that causes heavy sleep
- ♦ your baby is less than three months old or was premature or smaller than most babies when he was born.

(Raising children's network, 2018)

Creating Connections Private Rental Brokerage Program

In its 11th year the Private Rental Brokerage Program (PRBP) at Family Access Network is continuing to assist young people, experiencing homelessness, access private rental housing. Feedback from participants of the PRBP continues to show that the program is still a necessary and valid resource in the youth homelessness sphere. When asked how helpful or useful did participants find the PRBP, 80% rated the program as 'awesome' and a further 20% as 'very helpful'. Also when asked what was found most helpful about the program participant's feedback included: the financial assistance, information provided regarding the rental market and the support provided by the workers around the navigation of the private rental market. The feedback we receive on regular basics confirms our belief that the PRBP provided a strong and valuable resource to young people wanting to end their experience of homelessness.

We are also pleased that Oriana is now back on board in the program after being on maternity leave and will be working in the PRBP alongside Carly.

If you have any questions or queries in regards to the PRBP please contact Oriana or Carly at Family Access Network.



Homeless Youth Dual Diagnosis Program

BUDDYS (Building up Dual Diagnosis in Youth Services) is holding another Expo in September. Following the success of the 2017 Expo, we will be running it to the same format. This years theme is Continuing Integrated Care when NDIS is not available. NDIS is still coming to terms with the psychosocial issues stream of referrals. We have many services in the community that do not require acceptance to the NDIS. Ever speaker will provide a takeaway tool or intervention. As always, there will be a diversity of speakers covering both mental health and substance use issues. The Expo is still in the planning stage, though we are hoping to have activities scheduled for the afternoon, Naloxone administration, Harm minimisation, breakout sessions, etc. The Expo is on the Thursday September the 13th 2018 at St. Vincent's Hospital Melbourne.

So, SAVE THE DATE!.

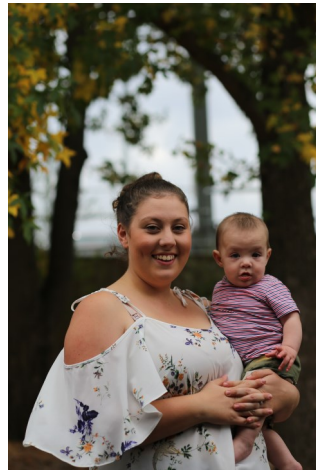
Life Skills Program

Young Mums Group (YMG)

Isn't autumn beautiful! We think so, so we took the opportunity to have a photoshoot outdoors with our mums and bubs. The kids absolutely loved having some sensory play time outdoors.

Our mums spent the day at Chesterfield farm, where we got to pat and feed all the animals and even got to go on a tractor ride! We have been involved in lots of activities so far but one of our favourites was Story Time at Blackburn Library.

If you know anybody that would like to join please get in contact with Beck via phone on 9890 2673 or via email rgranata@fan.org.au. Did you know that pregnant women can join too? It's never too early to join a mums group and make lasting friendships and social supports.



Eastern Diversity Group (EDG)

EDG is so excited to be participating in the International Day against Homophobia Transphobia and Biphobia (IDAHOBIT) once again in 2018. It is an annual event whereby people celebrate diversity and inclusion. We have teamed up with City of Whitehorse and will be participating on May 17th at Box Hill Mall.





We need your HELP!

You never know who might be interested in giving back to their community so it's worth spreading the word; we would like to bring to your attention the current Volunteer Vacancies;

LEAD TENANT

FAN is currently seeking to engage a Lead Tenants aged 21 or over to assist us to support three young people in a shared living house. This is a voluntary live-in position that involves a 12 month commitment in exchange for rent free accommodation. You will have your own bedroom and bathroom.

The Lead Tenant is required, in liaison with the agency, to ensure that house rules are maintained. The Lead Tenant is not a professional support role but rather a positive role model living in a shared property. The Lead Tenant would pay for their own food and cleaning products, utility bills are approx. \$27.00 per week.

Ideally suited to someone who is interested in, or actively studying, in the Human Services Field. This position offers ongoing training and support. The purpose of the position is to act as a role model for young people to help them to live and share in independent accommodation.

If you or someone you know is interested in becoming a Volunteer at Family Access Network please call Beck on 9890 2673 or alternatively you can email rgranata@fan.org.au

CHILD PLAY SUPERVISORS

Child Play Supervisors engage in a range of child friendly, age appropriate activities with children while their parents attend appointments, meet with Support Workers or participate in workshops attached to various FAN Programs.

VOLUNTEER MENTORS

The aim of the Volunteer Mentor is to act as a neutral and consistent role model and provide friendship and support (on a one to one basis) to a young person between the ages of 15-25 years. Mentors and young people meet on a weekly basis – at a time and place that is mutually agreed - and engage in a range of low cost activities that build positive adult relationships and community connection.



National Volunteer Week (NVW) is the annual celebration to acknowledge the generous contribution of our nation's volunteers. #NVW2018

From 21–27 May 2018, thousands of events will be held across the country to say thank you to the 6 million Australians who volunteer their time. The week-long celebration will include breakfasts, morning/afternoon teas, and luncheons, as well as open days, award ceremonies, picnics, forums and training sessions. FAN is no different, we highly value our volunteers and want to say THANK YOU !

Volunteering Australia has announced the theme for 2018 is; Give a little. Change a lot.

This years' theme represents the millions of volunteers who make a profound impact in their communities and on society, through giving a little time.

Save the date for National Volunteer Week 2018 – now scheduled for the fourth week of May, so it no longer clashes with the Federal Budget.



Homeward Bound is run by Eastern Homelessness. Right now, more than 116,000 Australians are homeless #HW2018. They include, families with children, young people, older people, single adults, people with disabilities. With the main causes of homelessness being poverty, unaffordable rents, and family violence. Our homelessness services are currently experiencing historically high demand for support.

On any given night in Australia, 1 in 200 people are homeless with 3,280 people homeless within the Eastern Metropolitan Area.

So, put on your walking shoes and join us at **Ringwood Lake on July 31, 11.00am to 2.00pm** to help raise awareness of homelessness in our community.

THANKYOU TO OUR SUPPORTERS

Adeal Pty Ltd
Anglican Parish of Box Hill
Austbrokers Countrywide (Staff)
Australian Government DHS (Staff)
Canterbury Council of Churches
City of Whitehorse
Department of Health and Human Services
Eastern Relief
Family Planning Victoria
Good 360
Kevcom
Kogo
Lions Club of Box Hill
Melbourne Women's Fund
Orcadia foundation - Caroline and Derek Young
PostNet Hawthorn
Ringwood Magistrates Court
Rotary Club of Box Hill
Salvocare Eastern
Share the Dignity
St Dominic's Parish, East Camberwell
St Kilda Mums
St Peter's Mothers Union, Box Hill
The Allanah and Madeline Foundation
Westpac Foundation
Youth ConneXions—Whitehorse City Council

Allan Rogerson
Brett Philipp and Band (5 Shades of Grey)
Carmel, Georgia and Christina Theodoris
Caroline Symington
Colin Bellis
David Burlew and Band (Max Zero)
David MacKenzie
Debby Blakey
Elwyn Murray
Grace West-Thompson
Irene Kay
Jose Abalo
Kelly Rafferty
Margaret Ogilvie
Paul Linossier
Ronda Jacobs
Rose West-Thompson

Thanks!
for your
Support!!

Contact Us

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F: (03) 9890 9919

E: fan@fan.org.au

W: www.fan.org.au



Useful Contact Numbers



Community Award
FINALIST 2014

Housing Assistance		
Eastern Region Opening Doors		1800 825 955
Melbourne City Mission Youth Support		9614 3688
Crisis Counselling		
Lifeline – 24hrs		13 11 14
Suicide Helpline- 24hrs		1300 651 251
Kids Help Line – 24hrs		1800 551 800
Mens Line		1300 789 978
Parentline		13 22 89
Sexual Assault		
Eastern CASA		9895 3281
Sexual Assault Crisis Line		1800 806 292
Health		
Family Planning Victoria		9257 0100
Maternal & Child Health line		13 22 29
Nurse On Call – 24hrs		1300 60 60 24
Domestic Violence		
Safe Steps Family Violence Response Centre		1800 015 188
Eastern Domestic Violence Service (EDVOS)		9259 4200
Child Abuse		
Child Protection Crisis Line		13 12 78
Child Abuse Prevention Services		1800 688 009
Legal Aid		
Eastern Community Legal Centre	Box Hill	9285 4822
	Boronia	9762 6235
Alcohol & Drugs		
Direct Line 24hrs		1800 888 236
Youth Substance Abuse Services – 24hrs		1800 458 685
Eastern Drug & Alcohol Services		1300 650 705
Sexuality & Gender Identity		
Gay and Lesbian Switchboard		9663 2939
Transgender Victoria		9517 6613