

# Family Access Network Update :

## Spring 2018 : Volume 104



### CEO Update

Welcome to the FAN Spring newsletter, after what has been a very cold winter, I for one will be looking forward to warmer weather. Spare a thought for those who not only do not have a safe and secure place to call home, but also struggle to afford to pay for the high cost to stay warm.

As mentioned in the June Newsletter, the Census figures revealed that more than 116,000 people in Australia are homeless and of those figures 39% are under 25 years of age, this includes children. More information on the Victorian experience is via the link below.

<http://chp.org.au/wp-content/uploads/2018/08/FINAL-Homelessness-in-Victoria.pdf>

Family Access Network was proud to be involved with the Homeward Bound campaign, on 31 July, with over 250 participants attending to highlight the issues impacting on people experiencing homelessness in the East. This was an initiative of the Eastern Homeless Network.

The National Homelessness Conference held on 6 and 7 August, highlighted many of the challenges and also some of the solutions – one of which is a campaign to seek community support and action - <http://everybodyshome.com.au/>

Attached with the newsletter is the annual Membership Form, Board nomination details together with your invitation to the Annual

General Meeting, 3.30pm on 3 October, Whitehorse Room, Box Hill Town Hall – we hope to see you

there. Please refer to the attached invitation for RSVP details.

The support provided at Family Access Network is made possible through a variety of funding sources, predominantly the Department of Health and Human Services, however the diversity of services are made possible through the support of many others through individual donations, corporate support and a range of grants through philanthropy and local government, City of Whitehorse in particular.

We are also pleased to advise that our new website has now gone live, with particular thanks to Gerald Meyer-Heinrich and Nicole Bateman – if you have any feedback please send to [fan@fan.org.au](mailto:fan@fan.org.au). We also encourage you if you are reading this newsletter from a paper copy to please advise us of your email address, we are keen to reduce the use of paper and the associated distribution costs, where possible. Thank you.

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

Regards  
Sue Carlile



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## From the Board

*'The only way to make sense of change is to plunge into it, move with it, and join the dance'*

*Alan W. Watts*

The last 12 months has brought a lot of change in my life. I was nominated into the role of Treasurer at FAN at last year's AGM which was an exciting but daunting opportunity for me. I've never been a natural with numbers so, to be honest, aspiring to the role of Treasurer wasn't in my career plan! But, as the story goes, I knew more than I thought I did and have learnt a lot with the support of our Chair - David Burlew, CEO – Sue Carlile and Financial Administrator – Maureen Higgins. Thanks to each of these people for their advocacy, time spent explaining and for answering questions. Life served me a lesson that we all probably need to be taught sometimes – I was more capable than I realised and was able to push myself into a direction I hadn't previously considered.

It's been a privilege to oversee the books and to be behind the scenes supporting the FAN team to deliver our awesome client programs. Congratulations to everyone for another successful financial year.

The other big change in my life is that I'm expecting our first child in November. While very much wanted and already loved, there's no doubt that there are feelings of uncertainty and trepidation about this next phase of our lives. Life as we have known it is about to irrevocably change and while we welcome this, it's also a bit scary! I'll be drawing on the quote from the start of this piece - plunge in, move with it and join the dance, like so many new parents have done before me.

I'll be on the bench for the next six months or so while we transition to family life – send all the good vibes my way! I look forward to connecting with you again in 2019 when I return to the FAN Board, no doubt a little light on sleep but with a heart full of love.

**Kelly Rafferty**  
Treasurer



Our AGM is being held on 3 October 2018  
3.30pm onwards

Box Hill Town Hall : Whitehorse Room

RSVP: Monday 24 September 9890 2673 or  
alternatively at [fan@fan.org.au](mailto:fan@fan.org.au)

We hope to see you there!

R U OK Day 13 September 2018



## Homeless Support Services

FAN participated in the running of the Homeward Bound Walk on the 31st of July which is held annually coinciding with Homelessness Week. The walk was held at Ringwood Lake (and included a barbeque) and helped raise awareness of the causes of homelessness and the solutions. 220 people were in attendance and the event has had fantastic feedback, with clients relating that they felt more connected to community and less alone in their experiences.

The young people that are supported by the HSS program are not a homogenous group; their life experiences, skill sets, barriers and challenges are unique and nuanced as the individuals themselves. The one common factor is that they have all survived and overcome significant hardships. The work we do with each client is matched and surpassed by the work they do themselves in their day to day lives; whether it's getting out of bed when they are affected by a deep depression; finding the words to express themselves when it seems too difficult; playing with their child when they're close to exhaustion; landing their dream job; making new friends when they feel overcome by shyness or being accepted into their chosen education pathway. The strength and resilience that clients consistently demonstrate should be recognised and celebrated. The time we have to work with them often seems to pass quickly, but the personal growth and achievements we witness in that time is admirable.

Lara recently exited our HSS program and wrote a piece about her experience and time at FAN that she wished to share.

*"They say that one year can make a world of differences. If I were to disagree with that statement I'd be lying. Just one year ago I was trapped in a toxic relationship with someone who had turned from a loving boyfriend into an abusive and controlling monster who physically, sexually and verbally abused me on a daily basis. I couldn't leave him because I thought he'd surely kill me but none of my family was able to support me. I thought I had no options until I told the wellbeing worker at my TAFE who set up an appointment for me at Uniting Care. I took that afternoon off and went to Uniting Care at Knox, who put me down as a priority and said they'd do their best to find me a property but they had no control over what area it would be in. In just three weeks I moved out of my Ex's home and into a FAN property. When I first moved in I was so disconnected with myself and society I didn't know how to ask for help from my workers and I also didn't understand how a lot of what I had gone through had impacted me. To deal with my emotions I drank heavily, smoked weed and chain smoked. I didn't think about seeking help for what I had gone through or even seeing a psychologist until my FAN worker suggested it. It took a few weeks but my worker helped me get in touch with CASA who work specifically with people who are survivors of sexual assault. Little bit by little bit through therapy and encouragement from the network of youth workers supporting me, things grew clearer and I was able to understand. It was hard. Letting go of my blame and hatred for those who had hurt me, and taking responsibility for my own happiness was one of the hardest things I've had to do. I slipped up more than once but I got back up again. I had learnt to value myself and love myself not as a victim of domestic violence but as a survivor. A year later and it's still not easy, I had to cut a lot of people out because they were just too negative and belong to my past. I'm now two months sober and three weeks smoke free. It's difficult dealing with my emotions without substances or cigarettes but I'm just taking it one day at a time. For anyone who's starting out their journey at FAN I'd say have a really good think about where you want to go and who you want to be in life and trust in yourself that you can get there. One step at a time."*

-Lara

## Creating Connections Private Rental Brokerage Program

### Lauren's Experience with the PRBP



At 18, a mum of a beautiful 2 year old daughter life at home was at the point of us needed our own space somewhere to call our home. It was definitely not as easy as just moving out. I worked full time and had more than enough income to move out, I just didn't even know where to start.

The Private Rental Brokerage Program ( PRBP ) helped in so many ways. They helped me sort out my Budget. Helped with the application process for example , how to have all the documents you needed ready to go, how you should present

yourself at an open house inspections. These are things you don't even think about but make a huge difference.

After FINALLY securing a home the help didn't stop there. The PRBP paid for my first month rent in advance , bought me a washing machine, helped me furnish my house from eastern relief, gave me Coles food vouchers, help with all the little things you need around the house like knives, fork ,towels, vacuum , broom, mop the list goes on and on.



I'm now 21 and my family has grown from the 2 of us to an amazing partner and a handsome little boy. The PRBP has just assisted us to get into a property big enough for the 4 of us .



Oriana has always been a huge support for me over the years and I will never be able to thank her enough for what she has done for me to get on my feet.

We have a beautiful home and a happy family and I can't help but to give some of the credit to the PRBP and Oriana for always being there for us and never giving up.

## Homeless Youth Dual Diagnosis Program

### BUDDYS EXPO

**Date:** Thursday 13th September  
**Venue:** St. Vincent Hospital  
41 Victoria Street Fitzroy  
Michael Chamberlain Theatre  
**Time:** 9.30 Registration  
**Event:** 10am—3pm

**BUDDYS (Building up Dual Diagnosis in Youth Services) is holding its 7th EXPO covering maintaining Integrated Care in the presence of NDIS.**

Each speaker on the day will give you a take away resource that will enhance skills in managing the increasingly diverse nature of Youth Dual Diagnosis

- Harm reduction Victoria: Dancewize. Harm minimisation
- Ivan Thorne: Uniting Care Ballarat: Update on rural services available to youth
- Tim Hulett: My fluctuating journey: One year on. Peer network support for youth
- Bronwen Williams: NDIS and scope for Youth Dual Diagnosis
- An afternoon of hands on learning activities from NSP/Naloxone
- A lunchtime market place with promotional table to expand your resources

Tickets can be purchased at Try Booking: <https://trybooking.com/403674>

**Enquiries please contact:** Carol Addicoat (BUDDYS CHAIR) at  
[carol.addicoat@easternhealth.org.au](mailto:carol.addicoat@easternhealth.org.au)

Please send special dietary requirements to the above email address

## **Children's Program**

The Children's Program - Early Years provides timely support to young pregnant / parenting families and their accompanying children, providing them with appropriate services and therapeutic interventions. The Children's Program -Early Years provides the framework to ensure FAN's physical space, resources, work practice and policies are consistent with and operating at best practice to support a child safe environment. The Children and Young Families Support Worker is committed to providing a range of early interventions for children and to act as a resource for parent's staff and volunteers by conducting educational workshops and information sessions on current underlying issues regarding children.

For information on the current or future programs please contact FAN on 9890 2673

## **Life Skills Program**

### **Young Mums Group (YMG)**

Young Mums Group (YMG) is for young women aged 15-25 who are parenting and/or pregnant and their accompanying children. The group provides a space for young women to share and learn parenting knowledge and life skills without fear of judgement or discrimination. The group provides opportunities to young women to form support networks, reduce social isolation and reduce stigma around being a young mum.

So if you are a mum or pregnant and would like to join in come join us!

Where: The Mitcham Family Centre  
15 Brunswick Road Mitcham (a quick walk from the train station)  
Time: 12-2PM (light lunch provided)  
Date: Tuesdays during school terms

Proudly run by Family Access Network (FAN) &  
funded through the City Of Whitehorse

If you require any further information please contact FAN  
on 9890 2673 or alternatively via email [fan@fan.org.au](mailto:fan@fan.org.au)



## The Whole Package (Engage Grant)

The Whole Package is a program developed by FAN to address the issues of employability amongst young people experiencing or at risk of homelessness and/or disadvantage within the LGBTI (Lesbian Gay Bi Transgender Intersex) community. The program aims to break the cycle of disadvantage by assisting young people with the skills needed to effectively obtain and sustain employment. These skills are often a natural part of development, such as developing a sense of self, resilience and teamwork but if a young person has been isolated from their community and has experienced transience at a young age these invaluable skills can often be missed.

We have some exciting things coming up such as:

- 4 week job skills workshops
- Training for employment
- First Aid

If you are a LGBTI young person call the office to get involved on 9890 2673

## An update for EDG!

We meet every Thursday from 3pm to 5pm, in the back space @ Youth ConneXions, Level 2 Box Hill Centre.

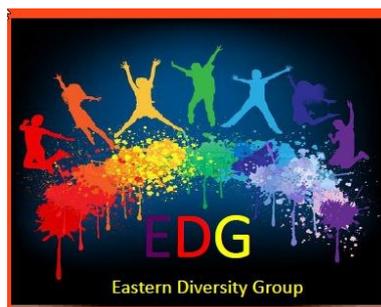
Please note the criteria for attending EDG has changed.

**EDG is a social support group for young people aged 15-25 years who identify as part of the LGBTQI+ community and are also homeless, at risk of homelessness, have experienced homelessness or live away from home.**

We have some exciting new activities and programs planned for EDG so be sure to come along and check it out.

If you would like any further information please call FAN on:  
9890 2673.

If you were a past participant and do not meet the criteria of the new group please call the office so we can link you with an appropriate service





## **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 the office on 9890 2673 and speak to the Team Leader.

### **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.

Mind  
Your  
Health

Mental Health Week

7th-13th October  
2018



## 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 Ogilivie  
Paul Linossier  
Ronda Jacobs  
Rose West-Thompson

Thanks!  
for your  
Support!!

**Contact Us**

Visit us: 1030 Whitehorse Rd, Box Hill

Mail: PO BOX 141, Box Hill, VIC 3128

P: (03) 9890 2673

F: (03) 9890 9919

E: fan@fan.org.au

W: www.fan.org.au



Useful Contact Numbers

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



Community Award  
FINALIST 2014