

Family Access Network Update

Autumn 2019 : Volume 106



CEO Update

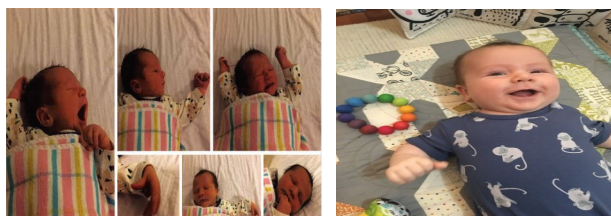
Welcome to the FAN Autumn newsletter. I am writing this newsletter surrounded by smoke at my home in the hills, not far from me people have lost their homes, others have evacuated and I spent hours this morning watering gutters, the garden and areas surrounding the house, while constantly monitoring alerts via VicEmergency. It brings a whole new awareness of home, community and resilience, most especially for those who have recently been reminded of their losses as a result of the 10th Anniversary of Black Saturday, some of whom are revisiting that experience with the out of control fires in many parts of Victoria over the weekend.

For us all "there is no place like home" and for far too many there is no place to call home. I urge you to consider the following information released via Council to Homeless Persons –

The latest [Report on Government Services](#) (ROGS) has revealed that there are 200 fewer social housing units in Victoria than there were in 2014, despite homelessness being at crisis levels.

The report also shows that [1-in-three homeless clients are turned away when they seek assistance](#) and, that Victorian social housing spending per person is the lowest in the nation, at an average of \$83 per person (the national average is \$167).

I am very pleased to advise that we have two new members of the Board, Raylene Carr and Ange Morgan, please see more about them and what they have to contribute to FAN in their introductions within the newsletter. One of our Board, Treasurer Kelly Rafferty is currently on leave of absence following the birth of her baby Patrick on November 21 2018 weighing a healthy 3.5kg; he is gorgeous as the photos show. Congratulations all round.



We also welcome Lynne Maclean to the team, her profile within the newsletter and we say farewell this week to Carly Witte, who is spreading her wings literally with lots of travel on her horizon. Best wishes Carly, I am sure all who have known you will miss your enthusiasm.

Welcome to Jaime Jenkinson who commenced in the Homelessness Youth Dual Diagnosis Initiative position on 25 February. The Homeless Youth Dual Diagnosis Initiative (HYDDI) Program is a partnership between FAN and Eastern Health, now into its sixth year targeted at young people (16-25) experiencing homelessness and difficulties with mental health and alcohol and other drug problems. The program aims to increase early intervention to young homeless people with complex needs to reduce drug taking, improve mental health and to increase the sustainable housing outcomes. The program is also targeted at sector capacity building.

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

Regards
Sue Carlile



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Welcoming two new Members to the Board; Raylene & Ange



Raylene is a new member to the board and comes with extensive experience in community engagement. She is currently a City of Whitehorse Councillor and recently received recognition for 10 years of service to the community.

Raylene has a Diploma of Business and is a government accredited dog training instructor, a role she thoroughly enjoys and has volunteered for over 20 years. She has been happily married for 44 years, 42 of those living and working in the local area. Raylene has 2 adult sons.

In former times, Raylene served on the Vermont South Community House Committee, while in recent times has enjoyed serving on a variety of advisory committees. In 1988 she established a home-based computer business which operated successfully for over 20 years. In the latter years of the business, she simultaneously held the position of secretariat for an asset finance brokers association for 11 years.

Raylene is keen to promote a greater understanding of social justice and equality in the community. She prides herself in treating all with respect regardless of ethnicity, gender, religion or race. She is a good listener and recognises there are always two sides to every story; she shows empathy when needed and can facilitate effective communication by maintaining an open mind.

Raylene is looking forward to the challenges ahead and working with the board to achieve a mutually beneficial partnership between herself, staff and board members.

Ange Morgan – MA (Art Th) - Registered Art Therapist
Pronouns: *They/Them*



Ange is a registered art therapist (ANZACATA) practicing in Victoria, Australia. Ange works with adult and child populations in mental health, homelessness and family violence sectors, within public, private and community settings. Ange also lectures in the Master of Art Therapy program, in the area of adult mental disorders, and provides supervision to students on clinical placement at La Trobe University.

Ange has a particular interest in art therapy in the service of adults who have experienced homelessness. Their practice in this area includes a focus on clients with complex co-occurring conditions. Ange is interested in the ways in which art therapy can support people from backgrounds of homelessness to experience equality, positive identity, social inclusion and stability.

Ange has presented their work on art therapy in the service of people experiencing homelessness, and on areas of consideration for TGD people, transition and the arts in health at a range of conferences locally and internationally. They have lectured and provided workshops at La Trobe University in Melbourne, Red Pencil/ Hagar International in Cambodia, and Whitecliffe College in Auckland, Aotearoa/NZ.

Ange holds a BA (Dance Performance) from VCA/Melbourne University, and a BA (Hons) in painting from RMIT. In 2007 their collaborative work *Chandelier* was chosen for the City of Melbourne Laneway Commission series, and occupied Warburton Lane in the CBD of Melbourne. They currently continue an arts practice using a range of materials, and hold an interest in Abstraction, and in reclaiming discarded materials and transformation as a processes in art.

I joined the board recently, in 2019. Having worked as an art therapist within the family violence and homelessness sector with children and adults, and having a particular interest in art therapy in the service of people experiencing homelessness, I was interested to engage in this new role, and keen to locate areas I may be able to offer my experience towards the support of FAN. I am deeply interested in staff welfare, and its flow on to best outcomes for clients, and also interested in the provision in all healthcare services of environments that are inclusive. I am looking forward to serving as a board member of FAN, and to locating what this might look like for us all.

Welcoming Lynne to the HSS Team



Hi all,

My name is Lynne and I have just started working as a Youth Support Worker in the HSS team. I am looking forward to the opportunity to contribute to FAN's great work.

Over the past 4 years I have held a number of different roles at Uniting Connections, where I have predominately provided support to parents and their young children.

I am passionate and innately interested in people, motivated to hear and understand their story, their view of the world and their sense of belonging. I feel enthusiastic and motivated to be working alongside young people where I can support and empower them to reach their goals and fulfil their potential.



Homeless Support Services

Christmas and the holiday period is a great time to catch up with friends and family. It's also a time that we spend more money than usual which means that we often start the new year with less in our bank accounts than we would like. But the beginning of the year is a great time to start examining our spending and how we can develop better practices in order to save money and stick to a budget. Here are some tips and strategies to start being more conscious about spending in 2019.

Essentials first. That means rent. Rent always comes first. As soon as your payment comes through take the two weeks' worth of rent and put it into a separate account and do not touch it so that when the months' rent is due you have it there. Your rent should be approximately 30% of your income and not more than half otherwise it will be unsustainable. If this is the case ask your landlord if you can sublet a room and find a housemate or start looking for somewhere cheaper.

Next is utilities. Put aside approximately \$35 per week for when the bills come through. Put that into that same account where you keep the rent. This account should only be used for rent and bills.

Food Shopping. After you've taken out bills and rent it's time to stock your house up with the essentials to get you through the next two weeks. Buy cheap, healthy bulk items if possible such as rice, pasta, tuna, veggies (frozen/canned/fresh), beans and lentils. Always take a list and try not to shop whilst you are hungry.

Make a budget. There are free apps available that can be really useful. Make sure to include your phone bill, your myki/petrol allowance and any other expenses you might have. If you can track your spending for a couple of weeks you'll often see where you can save money. Convenience food, pre-packaged or fast food is often how people spend too much money.

Get on top of debt. Tackle any high interest debt first. Organise a payment plan if you can't afford to pay it off in one go. If your debt seems overwhelming, you can always contact a local financial counsellor who can offer professional support.

Find where you can save money. Do you buy coffee every day? Is your phone plan too expensive? Are you paying for Spotify or Netflix? Make some tough choices and start cutting unnecessary expenses out of your life.

Have a savings goal. Do you want to buy a car? Do you need to save money for bond or rent in advance? Do you want to travel? If you have something that you're saving for, focus on that goal in order to start spending smarter.

Find free or cheap ways to socialise. Go for a walk or have a picnic in the park, look online for free events (there's usually heaps in Melbourne), Tuesdays are cheap for cinema tickets and independent cinemas have cheaper deals and days too. Planning ahead, being conscious of your spending and stopping yourself from making those impulse purchases means that you'll be able to feel less stressed about money and will be able to save for things that are really important to you.

Creating Connections Private Rental Brokerage Program

The Private Rental Brokerage Program (PRBP) aims to support young people between 16 and 25 years of age in their goal to attain and sustain private rental accommodation. For many young people supported through the PRBP this is their first time looking for private rental. The program is designed to enable young people through the different processes of finding a rental property in a step by step manner. ‘

Whether a young person is looking for an existing share house, going to rent a new house with friends or looking for a house to live on their own there are many things that can be done to make give themselves a head start . Some of these tips include:

Budgeting – ensuring you are not spending more than half your income towards your rent and bills and not looking and applying for properties that are out of your individual price range.

Application Pack – Have everything photocopied and ready to go before you attend rental inspections so you can apply for a property straight away! These include your identification, proof of income (payslips or income statement) and have the application for the property already filled out.

Cover/ Introduction Letter - Another great tool is writing an introduction letter to add to your rental application, this is a great way of introduction yourself to a landlord/real estate and provides the opportunity of why you are the right person to rent the house too!

Rental References- Before you apply for any properties make sure you have a think about any rental references – it is a great idea to get any rental references you have in writing to add to your application pack.

With private rental becoming less affordable and available for young people the process of obtaining a room in a share house or property of their own is often long and tiresome, with many applications, inspections and rejections before securing a place. These tips can make this process easier and ensures that you are organised and have all the information an landlord and real estate agent require.

If you have any queries regarding the PBRP please contact the Private Rental Brokerage Worker at FAN on 9890 – 2673.

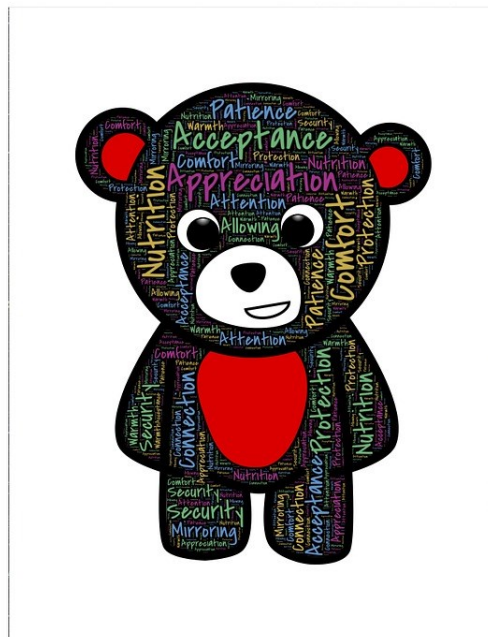


Children's Program

Emergency numbers

In an emergency you can sometimes be unsure who to contact. Having an emergency with a child can cause added stress. A good idea is to make a list of emergency numbers to keep near your telephone. Below are some suggestions for numbers to include:

- Police, ambulance, fire – 000
- Poisons Information Centre – 131 126
- State Emergency Service – 132 500
- Nurse on Call – 1300 606 024
- Maternal Child Health Advisory Line (Victoria only) – 132 229
- GP
- child and family health nurse
- local children's hospital
- all-night chemist
- trusted neighbours and relatives
- local council.



Life Skills Program

Young Mums Group (YMG)

Welcome to 2019! We are looking forward to being up and running again! We have lots of fun activities planned for Term 1 which include things like making Bath Bombs, a visit to Chesterfield farm and Story Time for the little ones! Please check out our calendar for the full list of activities planned for the term.

Young Mums Group starts back on the 5 February 2019 and are on the lookout for new members, so if you or someone you know are interested please get in contact on 9890 2673 or alternatively you can email Oriana on ophutully@fan.org.au.

Eastern Diversity Group

EDG is a social support group for young people aged 15-25 years who identify as part of the LGBTIQ+ community.

There's some exciting activities coming up for EDG this term including a cooking activity where we'll be learning to make an easy and tasty meal and a mini golf excursion to the city. There'll also be two healthy relationships workshops running where we'll explore what makes a healthy relationship and learn how to strengthen and improve positive relationships in our lives.

So far this term we had fun making Valentine's Day cards for ourselves where we put down on paper those things we really love and appreciate about ourselves. Because if you can't love yourself, how are you going to love anyone else!

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

There's always food and friendly faces so give us a call on 9890 2673 and ask about EDG if you'd like to come along!



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.

The Whole Package (Engage Grant)

The Whole Package is a program developed by FAN to address the issues of employability and wellbeing amongst young people experiencing or at risk of homelessness and/or disadvantage within the LGBTIQ (Lesbian Gay Bi Transgender Intersex Questioning) 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:

- Short courses – RSA, RSG and Food Handling certificates
- Yoga to address mindfulness and stress management
- More workshops with LGBTIQ specific employment services provider WorkingOUT

If you are aged from 15-25 years and identify as part of the LGBTIQ community, call the office to get involved - 9890 2673.



Thank You for your Support!!

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
Department of Health & Human Services (Youth Affairs)
Eastern Relief
Family Planning
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
Youth ConneXions—Whitehorse City Council

Allan Rogerson
Brett Philipp and Band (5 Shades of Grey)
Carmel, Georgia and Christina Theodoris
Colin Bellis
Darren Zappa of Red IT
David Burlew and Band (Max Zero)
David MacKenzie
Debby Blakey
Gerlad Meyer-Heinrich of Steedman Creative
Irene Kay
Liz Toffoletti
Paul Linossier
Richard Scott
Steven Zervas of Fletchers Canterbury
Students of Thornbury High School

Contact Us

Visit us: 1030 Whitehorse Rd, Box Hill

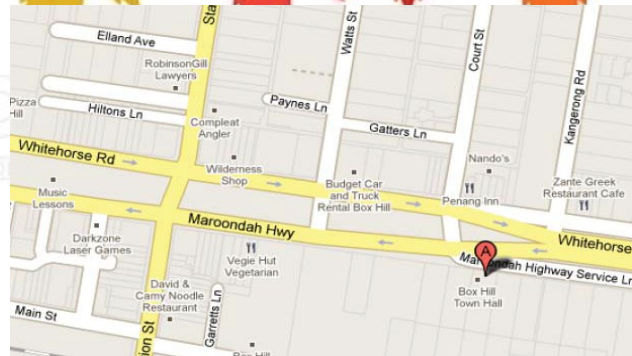
Mail: PO BOX 141, Box Hill, VIC 3128

P: (03) 9890 2673

F: (03) 9890 9919

E: fan@fan.org.au

W: www.fan.org.au



Useful Contact Numbers

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