

Family Access Network Update : Summer 2018 : Volume 105



FAN

CEO Update

Welcome to the FAN Summer newsletter. At this time of the year our thoughts turn to family and friends as we prepare for family celebrations, holidays and other festive activities. It is therefore a time when those disconnected from their families can feel at their most vulnerable. FAN will be holding a Christmas Party for clients, young people, young families and their children and we are appreciative of the support of the following for enabling each young person and child to receive a gift –

Good 360

Safe Futures

Bernadette Blair of Next Steps Australia

Austbrokers Countrywide staff

Kogo

and we thank Father Shane Hubner for being Santa. I extend my warmest wishes to all readers and supporters over the coming festive season.

Since the last newsletter the Annual General Meeting was held on 3 October and I am pleased to advise the Board for 2018/19:

Chair: Diane Godfrey

Deputy Chair: Jose Abalo

Treasurer: Kelly Rafferty

Secretary: David Burlew

General Board: Richard Scott,
Bronwen Henry, Hannah Hodges, Sue Carlile (Ex Officio)

David MacKenzie retired at the AGM, after 6 years on the Board, we thank him for his contribution and we are pleased that both he and former Board member Caroline Symington are retaining their involvement with FAN as Board Advisors, in their areas of

specialisation. At the AGM the FAN revised Rules were endorsed by members, this was a project following pro bono support through Justice Connect Not For Profit Law, who linked us with King Wood Mallesons team who collaborated with FAN in the revision.

The AGM is also an opportunity to acknowledge young people we support – The Rhys Fox Achievement Award presented to: Lara Jamieson and Harley Bowra and the Stephen B McLoghlin Encouragement Award presented to: Jeanne McMahon and Steffanie Connors. David Burlew presented with the Leo Clarebrough Volunteer Recognition Award, and Maureen Higgins presented with the Olive Clark Staff Appreciation Award – congratulations to all award recipients.

In conclusion at this time of International Volunteer Day, 5 December, it is important to acknowledge the enormous contribution volunteers make, FAN is the richer for the ongoing involvement of Volunteers since inception in 1981: volunteers contribute through participation on the Board, as Lead Tenants, Mentors, Child Play Supervisors and project roles.

**VOLUNTEERS BUILD
RESILIENT COMMUNITIES**



Regards
Sue Carlile



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From the Board

As we approach the end of the 2018 year and Christmas we are reminded that for many of the clients we support that Christmas can be a stressful time and present some particular difficulties.

I know that all the staff members at FAN provide additional levels of support for their clients at this time, including sourcing gifts, the children’s Christmas parties and several other ways to make the Christmas New Year period a happy experience.

So I would personally like to thank the staff at FAN for the fantastic job they do with the people they support through our programs. The results are evident in the outcomes people are achieving and the feedback received from current and previous clients.

I have enjoyed my participation on the FAN Board of Management this year and look forward to representing FAN as the Chair of the Board over 2018 – 2019. As some people will know I have been involved in the area of homelessness and family violence for over 20 years, having worked in the now Department of Health and Human services since 1985 and managing the Statewide homelessness and family violence statewide program for many years. It has been a time of change and growth in the programs since the first Homelessness Strategy was released in 2004 and continues to evolve and expand in response to increased demand for services.

I am still involved in services now working for Safe Futures Foundation as Deputy Executive Officer delivering family violence support to women and children.

My prior knowledge and experience holds me in good stead to assist in the management of Family Access Network and I don’t think we could wish for a more experienced and knowledgeable CEO than Sue.

I would like to wish everyone involved in FAN a happy holiday period and a very Merry Christmas and happy new year.

Diane Godfrey (Chair)



Creating Connections Private Rental Brokerage Program

With Christmas drawing near it becomes more apparent how important a stable, secure and affordable home is essential to young people's lives. With the recent new rental laws being passed by the Victorian Parliament renters will be provided with more opportunities in making their rental property a home. The new 130 reforms being made will provide tenants with more security and rights. Amongst the new laws things such as having a pet, making certain modifications, yearly only rent increases, minimum standards and new protections for victims of family violence are a welcome change to the current rental system (Fairer Safer Housing, 2018). These reforms will hopefully translate to safer, secure and more affordable housing for the young people in who we support.

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



Homeless Support Services

Summer can be a great time to make some positive changes in your life, whether they are big or small changes, it all makes a difference. Below is a list of some of the areas of your life that you could focus on this summer:

Toxic relationships and drama

As people generally become more social during the warmer months, it is a great time to evaluate the friendships you have as well as the effect these friendships have on your life. Are your friends the type to offer support when you need someone to listen? Do they encourage you to try new things? Can you relax and be yourself around them without fear of judgement?

If you answered 'yes' to these questions then you have friendships worth investing more time in. However, if you answered 'no', then you might need to re-evaluate how much time and energy you put into these friendships. Remember to always fill your life with people that want the best for you, will be honest with you and will lift you up when you are feeling down.

Negative thoughts/self-talk

Constant negative thoughts/self-talk can be a motivation killer. These thoughts can be as simple as telling yourself 'I can't' or 'I'm not good enough'. Whilst these thoughts might seem harmless at the time, they can become a pattern of thinking that will hold you back from some amazing experiences.

Take some time to notice your thoughts – what type of thoughts go through your mind on days where you feel great and what thoughts pop up on the not so great days. Beginning to take notice of your thoughts is the first step to being able to change the patterns you may have fallen into. When you notice a negative thought come into your mind, think about whether or not it is actually valid and then try replacing it with a more positive, encouraging thought. Once you start practising this simple technique you will definitely notice a change in your mood and overall attitude towards yourself.

Creative projects

Having a creative outlet can be a great way to relieve stress whilst taking some time away from your busy schedule. Drawing, painting, writing or even learning an instrument can be a positive and productive outlet. Another option could be making a vision board. Vision boards can not only be a fun, creative project to do by yourself, as a group or as a family but can be an amazing way to help you focus on your goals. It can also be used as a daily reminder of those goals you want to achieve.

Begin/update your exercise routine

Many people underestimate the affect a relaxing 30 minute walk can have on your energy levels and your mental health. Taking this time for yourself will allow you the opportunity to clear your mind of any distractions and let go of any stress you may be holding onto.

If you would prefer to spend more of your time with others then group exercise can also be a great way to meet new people or socialise with existing friends.

Group exercise with other likeminded, positive people can also assist you with maintaining motivation on those days when you would prefer to do anything but exercise.



Children's Program

Sun Safety for babies and children

With summer here it's important to be reminded too much sun can lead to sunburn, skin damage, eye damage and skin cancer.

Your child needs some sun to help her body to make vitamin D, which is important for things like strong bones and muscles. But you have to **be careful about how much sun** your child gets on their skin.

Use a **sun protection factor (SPF) 30 or higher broad-spectrum, water-resistant sunscreen** on your child's face, hands and any other parts of his skin that aren't covered by clothes. Make sure to use plenty of sunscreen – many people don't use enough, so they don't get the protection they need.

Apply sunscreen at least 20 minutes before you go outside, and reapply it every two hours, even if the tube or bottle says four hours.

Make sure sunscreen is within its use-by date, and keep it stored in a cool, shady place under 30°C.

Remember that sunscreen filters UV radiation, but doesn't completely block it out. You need to seek shade and put your child in sun-protective clothing as well. If your child is less than six months of age, it's best not to put sunscreen on them regularly – shade, clothing and hats are the most important way to protect her. Sunscreens labelled 'for babies' or 'sensitive' are less likely to cause skin irritation. Always test the sunscreen on a small area of your baby's skin to check for any skin reactions.

A hat protects your child's face, neck and ears from the sun's UV. Bucket, broad-brimmed and legionnaire's hats give the best protection. Caps aren't recommended.

For babies, look for a soft hat so that your baby can still lie down comfortably while he's wearing it. A chin strap will help keep it on your baby's head. Many babies and toddlers don't like wearing hats – keep trying and eventually hats will become part of your child's routine.

Wearing sunglasses as well as a hat can help protect your child's eyes. Look for close-fitting, wrap-around sunglasses that meet Australian Standard AS/NZS 1067:2003.

You are your child's most important role model, and your child copies what you do. If you take sun safety precautions yourself, your child is more likely to do it too.

(Sourced: Raising Children's Network)

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 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

Eastern Diversity Group

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

So far this term EDG has made vision boards, gone to the cinema and gotten practical advice and coaching about job readiness from an LGBT job agency.

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

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!

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 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:

- ☆ 4 week job skills workshops with LGBTIQ specific employment services provider WorkingOUT
- ☆ First Aid Level 2
- ☆ Short courses – RSA, RSG, Food Handling, etc.

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





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.

Christmas Star Biscuits



Ingredients

Serves: 12

- 175g butter, softened
- 100g caster sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 300g plain flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 6 tablespoons strawberry jam
- 1/4 cup green decorating sugar (optional)

Preparation:45

Cook:8

Ready in:53

1. In a large bowl, cream butter and sugar until light and fluffy. Gradually add eggs and vanilla. Mix well. Sift together flour, baking powder and salt. Stir flour mixture into the butter mixture until well blended. Refrigerate dough for three hours.
2. Preheat oven to 180 degrees C. Grease several baking trays.
3. On a floured surface, roll out 1/2 of the dough at a time to a .25cm thickness. Cut dough into star shapes using a large star biscuit cutter. Using a smaller star biscuit cutter, cut a star into the centre of 1/2 of the big stars. Sprinkle coloured sugar on the biscuits with the centre cut out if desired. Put onto prepared baking trays about 2 to 3cm apart, and bake for 6 to 8 minutes.

After biscuits cool completely, spread 1 teaspoon of jam in the centre of each biscuit that does not have a star cut out in the middle. Place a biscuit with a cut-out on top of the layer of jam. Pack biscuits in a covered tin to preserve freshness.

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
Eastern Relief
Good 360
Kevcom
Kogo
Lions Club of Box Hill
Melbourne Women's Fund
Orcadia Foundation - Caroline and Derek Young
PostNet Hawthorn
RACV Foundation
Ringwood Magistrates Court
Rotary Club of Box Hill
Safe Futures
Salvocare Eastern
Share the Dignity
St Dominic's Parish, East Camberwell
St Kilda Mums
St Peter's Mothers Union, Box Hill
Telstra Kid Fund
The Allanah and Madeline Foundation
The Jack Brockoff Foundtation
The Lord Mayors Charitable Foundation
Westpac Foundation
Youth ConneXions—Whitehorse City Council

Allan Rogerson
Bernadette Blair - Next Steps Australia
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
Father Shane Hubner
Grace West-Thompson
Irene Kay
Jose Abalo
Kelly Rafferty
Margaret Ogilvie
Paul Linossier
Ronda Jacobs
Rose West-Thompson

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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