



FAN

FAMILY ACCESS NETWORK UPDATE : SPRING 2017: VOLUME 100

From the CEO

Welcome to the Spring edition of the FAN newsletter. With the warmer weather on the way it is certainly welcomed after the cold winter that we have had. Please give a thought to those that do not have a warm place to call home.

It has been a few weeks since National Homelessness Week, an important week to recognise the level of homelessness in Australia. The FAN team participated in a Homeward Bound event at Ringwood Lake. All up there were approximately 80 participants that made it a successful event.

There are so many that support the work of FAN from the wider community, organisations and individuals through financial, in-kind and not least giving of their time as volunteers. Recently FAN have been fortunate enough to have had a beautiful painting 'The Strongest Bond 2' donated by Dagmar Cyrulla. This pencil on archival paper depicts mother and child and is a fitting piece as it reflects the very foundation of our organisation. The beautiful artwork is being raffled and the winner will be drawn at the AGM. Tickets can be purchased one for \$10, two for \$15 or three for \$20 at

<https://www.rafflelink.com.au/fan2017> with the proceeds going to young people, young families

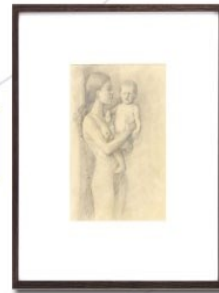
and children who are homeless or at risk of homelessness

"The Strongest Bond Helps Beat Homelessness"

Join our RAFFLE
for your chance to

WIN

a Dagmar Cyrulla
original artwork



HELP

the homeless
by entering

Attached with the newsletter is the notice of the 36th Annual General Meeting being held on Wednesday 4 October, 3.30pm at the Matsudo Room in the Box Hill Town Hall. Along with the elections and award presentations we will also be highlighting 20 years of the Life Skills Program. It is a successful event with the work of young people who participate in FAN's programs are displayed. We hope to see you there.

If you would like further information about FAN's Programs, becoming a member, or attending the Annual General Meeting please contact fan@fan.org.au

Regards
Sue Carlile



This issue:

CEO Update	1	Volunteers	5
From the Board	2	Children's Program	6
Homelessness Support Services	3	Private Rental Brokerage Program	6
Life Skills Program	4	Thank You to our supporters	7

From the Board

There is always plenty happening on a day to day basis at FAN and this newsletter is a great source of information to keep you up to date. But for this segment I thought I'd share something a little more personal.

April 2016 saw the birth of our first grandchild, a boy. September 21, 2017 is the due date for grandchild number 2. . .another boy. As you can see from the pic I have been issued with the appropriate T Shirt. All is progressing well.



My buddies (of a similar age) tell me that being a grandparent is a wonderful thing. Especially the part about handing them back when they need a change. It's a grandpa thing that only other grandpas can truly understand and appreciate.

Of course, grand babies have not been the only addition to the family. Meet Buckley. He's a 6-month-old German Short Haired Pointer (GSP) and his mum is a Stag Hound.

He's attending training and when (if) he grows up, he'll be a therapy dog. He's a little larger than we're used to. At 6 months, he tips the scales a little under 35 kgs.



We used to have a nice garden before Buckley came into our lives. But I'm assured it will all grow back at some stage.

Regards
David Burlew—Chair



Notice of 36th

Annual General Meeting

Celebrating 20 years of our Life Skills Program

WEDNESDAY 4 OCTOBER 2017

3.30 PM onwards

**BOX HILL TOWN HALL
MATSUDO ROOM**

1022 Whitehorse Road Box Hill

~

**RSVP 27 September 2016
9890 2673 or fan@fan.org.au**

Homeless Support Services

Spring can be a great time to start thinking about moving forward and making positive changes in your life. Here are some tips to help you get started towards a happier and stress-free spring.

Make a to-do list:

Making a list of all the things you need to complete throughout the day or week can be a great motivator.

Your list could include tasks such as:

- ◆ Waking up/going to bed at the same time every day
- ◆ Appointments you need to attend
- ◆ Washing your clothes
- ◆ Cleaning
- ◆ Eating 3 healthy meals per day
- ◆ Paying your bills
- ◆ Spending time with friends/family

People often feel a sense of satisfaction when they've completed a task and get to cross things off of their list. This can also help to provide you with a sense of accomplishment when you look back at your list and see how much you've achieved that day/week.

Eat healthy foods:

Whilst eating the recommended 5 serves of vegetables and 2 serves of fruit each day might seem unachievable, why not try including 1-2 more serves each day. By doing this, not only will your body be provided with the essential vitamins and minerals it requires to function properly but you will also find that you will feel fuller for longer and won't crave as much junk food. By helping to regulate your body's sugar levels, vegetables and fruits will create more consistent energy levels and more balanced moods.

Declutter your home:

Sometimes life gets a little too busy and we forget about the simple things like picking up after ourselves at home. After a while, those few items we've left lying around can turn into mountains. These mountains not only clutter your home, taking up valuable space, but can

also add to a person's stress levels. By decluttering, whether that be your wardrobe, bedroom or whole house, you will begin to feel a lot more relaxed and in control of your environment and life.

Be sure to undertake the decluttering process step by step or room by room. There's no need to rush the process. Maybe you could even try and make this fun by listening to music or having someone help you out.

Gratitude:

You could practice this each morning by coming up with 3 things that you are grateful for in your life. These could be as simple as being grateful for the bed you slept in, grateful that you have food to eat for breakfast and grateful for the friends that you have in your life. As you continue to practice this each day, you'll notice that focusing on these positives will help to create a happier and more positive outlook that will carry on throughout your day.



Life Skills Program

Young Mums Group (YMG)

We held a very special graduation ceremony for some of our mums who have moved on, we wish them all the very best, it was truly an honour getting to know you and your incredible children, and having the privilege of watching them grow into little toddlers some of whom have even started primary school. Mums are currently participating in a 6 week parenting program called Tunning into kids, its going really well and is being facilitated by Julia from Anglicare.



Eastern Diversity Group (EDG)

EDG is working on a secret project for the AGM this year! The guys are working hard to create some incredible art pieces that will be on display for you to enjoy in October. You better come along so you don't miss out!

Volunteers

On September 25th 2007 FAN received an amazing gift, the gift of DIMI! Dimi has been a Volunteer with FAN for 10 years, what an incredible achievement.

On behalf of all of us at FAN we say Thank You , for dedicating so much of you to the young people we work with. You are an incredible ray of sunshine and a pleasure to work with.

“Dimi is an amazing person, who has provided endless hours of baking cakes for all our birthdays, just so we feel special while attending EDG. I wouldn't know what to say to express our thanks. Thank you for spending your time and energy on us; you are one of a kind and someone you can trust, THANK YOU’

- Justin Bonney EDG Member



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;



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.

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

Children's Program

Bringing a new baby home

Buying baby equipment and preparing for a new baby is exciting but where do you start?

Baby checklist: preparing your home

Getting your home ready can be a good way to help you, your partner and your other children prepare for your new baby's arrival.

Where baby sleeps

A baby can fit into a corner of your room if you haven't the time or space to create a new room. In fact, research into sudden unexpected death in infancy (SUDI) suggests the safest place for your baby is in a cot in the same room as you for the first 6-12 months.

Where to change nappies

Many parents buy change tables, but at home it's safer to change your baby on a mat on the floor, so he/she can't fall.

You can also change your baby on a bed. And some parents do find it's easier on their backs to change baby on a change table. If you're changing baby on a bed or change table, **keep your hands on your baby at all times** so that baby can't roll off.

Where to bath baby

You don't need to do anything special to get a bathing area ready for your baby. In fact, you can bath a newborn in the kitchen sink or laundry tub, so long as it's safe and clean.

Safety and second-hand furniture

The Australian Competition and Consumer Commission recommends that you **avoid buying, borrowing or accepting second-hand products that don't have an Australian Standards label** and safety features. Using products without the Australian Standards label increases your baby's risk of serious injury and possibly death.

This is particularly important when choosing cots, mattresses, child restraints and booster seats. If you're not sure about the safety history of a second-hand item, it's best

that you don't accept or buy it. Instead, look for one that comes with a good safety history.

(sourced Raising Children's Network 2017)

Creating Connections Private Rental Brokerage Program

The Private Rental Brokerage Program aims to assist young people experiencing homelessness in obtaining and sustaining private rental accommodation by providing education, support and much needed brokerage. The challenges of securing private rental are considerable, particularly as the market becomes less affordable and more competitive. By working with young people that are ready for independent living, the Private Rental Brokerage Program is able to increase young peoples' understanding of the rental market, build their skills and confidence in regards to seeking and applying for the right properties and increase their likelihood of finding a secure and safe environment. The Private Rental Program is currently supporting 13 young people in their journey of finding private rental homes.

A Private Rental Readiness Workshop was held at Launch Housing Education First Youth Foyer with 11 young people in attendance. The PRBP worker, along with Private Rental Brokerage Workers from Anchor and Salvation Army, conducted a successful interactive workshop which focused on understanding the realities of the private rental market; helping young people figure out what type of living arrangements was right for them; practicing skills such as budgeting and navigating common disputes that arise within share-house living and strengthening their abilities around presenting and applying for properties.

If anyone has any enquires in regards to the Creating Connections Private Rental Brokerage Program please contact Carly on 9890 2673.

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

Gandel Philanthropy

Harcourts Foundation

Kevcom

Kogo

Lions Club of Box Hill

Melbourne Women's Fund

Orcadia foundation - Caroline and Derek Young

PostNet Hawthorn

RACV Foundation

Ringwood Magistrates Court

Salvocare Eastern

Share the Dignity

St Dominic's Parish, East Camberwell

St Kilda Mums

St Peter's Mothers Union, Box Hill

Telstra

The Allannah and Madeline Foundation

The Lord Mayor's Charitable 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

Grace West-Thompson

Irene Kay

Jose Abalo

Kelly Rafferty

Margaret Ogilivie

Paul Linossier

Ronda Jacobs

Rose West-Thompson

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



WHITEHORSE
BUSINESS GROUP
INCORPORATED

Community Award
FINALIST 2014