



FAMILY ACCESS NETWORK UPDATE SUMMER 2017: VOLUME 101



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CEO Update

Welcome to the FAN Summer newsletter. The 36th Annual General Meeting was held on 7 October; congratulations to the elected 2017 – 2018 Board, Chair David Burlew, Deputy Chair Jose Abalo, Treasurer Kelly Rafferty, Secretary Caroline Symington, General Board David MacKenzie, and newly elected Richard Scott, Diane Godfrey and Bronwen Henry, since the AGM Hannah Hodges has been co-opted and she joins the Board in December. Introductions of some of the newly elected Board members are included in the newsletter. Brett Phillip retired at the AGM after 6 years of dedicated support to FAN, however we were encouraged to learn the Annual Band Fundraiser with his band 5 Shades of Grey, which also includes David Burlew's band, Max Zero will continue. The AGM also provided the opportunity to acknowledge the achievements of clients and I congratulate the following recipients: Rhys Fox Achievement Award; Abby Schwav & Gabrielle Hollowood. Stephen B McLoughlin

Encouragement Award: Khaleah Smythe & Kayla Diegan. At the AGM the Leo Clarendon Volunteer Recognition Award was presented to Dimi Hoppe in recognition of 10 years of incredible voluntary contribution to FAN.

The AGM highlighted the twentieth anniversary of the Life Skills Program and the Young Mum's Group (YMG) has been running continuously for those 20 years. Early participants of the YMG, Rachel Foster and Kathryn Lea spoke at the AGM about the impact of the group, the friendships formed that fostered a close supportive network of other young families that has continued since those early days at the group. We were all inspired by what they had to say and the positive direction their lives have taken. Amazing photographic art works created by Eastern Diversity Group were featured at the AGM and are now displayed in the office.

December is a time when our thoughts lead to Christmas, spending time with family and

friends and perhaps taking a break to relax and wind down. Please spare a thought for those who Christmas can highlight the challenges, absence or estrangement from loved ones. Family Access Network has had a long tradition of hosting a Christmas party for clients and this year is no exception, we anticipate 70 plus young people, young families and children to attend. It is a time to come together to provide some Christmas cheer, food and of course Santa with his stockings filled with gifts. If you would like to support this event your donation of a gift or gift card suitable for a young person aged 15 – 25 would be greatly appreciated. We are encouraged by the generosity of our long time and more recent supporters enabling every young person, young family and accompanying children to receive a gift. In particular I would like to thank the following:

- Austbrokers staff team
- Department of Health and Human Services; Service Delivery Operations Group
- SalvoCare Eastern
- Adeal Pty Ltd
- Allan Rogerson, who after many years has retired as Santa
- Steve McGrath – Santa in 2017
- Good 360

On behalf of the team I wish you and your loved ones a safe and enjoyable Christmas and may 2018 be all your hope for.



Regards
Sue



**Have a safe and Merry
Christmas
From the staff of FAN**



Welcoming new members to the FAN Board



Bronwen Henry

Bronwen joined the FAN Board in October 2017 and is currently the Executive Officer with Gateway LLEN.

She has more than fifteen years' experience in the community sector including working as a counsellor within secondary schools and program development and facilitation for at-risk youth. In her role as Executive Officer at Gateway LLEN, Bronwen works with a wide range of individuals and organisations to develop and build sustainable partnerships that provide innovative programs to improve education and successful transitions for at-risk youth to further education, training or employment for young people in the Gateway region.

In her down time, Bronwen is a yoga-loving mum of one and enjoys exploring Melbourne's hidden cafes and parks.



Diane Godfrey

Diane joined the Board in 2017 and has a wide range of experience in implementing and delivering programs and services.

Diane is currently employed as Deputy Executive Officer at Safe Futures Foundation in the Eastern Region. Safe Futures Foundation is a non government organisation delivering crisis and out reach support for women and children experiencing and escaping family violence. Prior to taking up this role Diane worked for the Department of Human Services for over 30 years in a range of administration and program roles including disability services, institutional redevelopment, and more recently in a senior manager roles in the homelessness and family violence unit in the Department. Working in a senior management role she was responsible for the delivery, development and implementation of new programs, delivery of programs on a state-wide basis and government and non government processes.

Diane has a range of skills that will contribute to her ability to participate in Board activities; including good communication skills, knowledge and experience in working with Government on a State and National level, good computer skills, experience in budget management and funding for programs and agencies.

Diane has a Bachelor of arts degree in Psychology and has undertaken post graduate qualifications in Adolescent and Child psychology and Neuroscience. Diane has a strong commitment to social justice and is looking forward to working with staff and Board members of FAN.

Welcoming new members to the FAN Board



Richard Scott

Richard has worked across professional services firms (legal, consulting and accounting) and member associations in marketing, business development and sales roles for more than 17 years and is currently the Director of Business Development Middle Market at Deloitte Australia.

Between 2012 and 2017 Richard was a Board member of the Asia-Pacific Professional Services Marketing Association (APSMA),

including serving two years on their Executive as the Corporate Secretary. Prior to this Richard served on the Camberwell Kindergarten and Childcare Centre Committee of Management.

Living in Box Hill for the past 15 years, Richard is married with two children and relaxes by hitting a ball at Box Hill Tennis Club, cooking, indulging in a lot of music and film and trying to surf (badly).

Richard was drawn to FAN after reading about the exceptional work undertaken and support provided in the local community to young people and families, and will use his commercial background, combined with his Board and Committee experience, to contribute to the great work already undertaken by FAN.

Thank you to Westpac Foundation

We would like to thank Westpac Foundation for our recent success in a Community Grant. This makes it 3 years running in a row. We have developed a family violence program and developed education and employment strategies with these amazing grants.

We are also lucky to have a great ambassador from Westpac Lokesh Shah. Lokesh is our local branch manager in Box Hill. Thanks Westpac!!!!

CHP 2017 Victorian Homelessness Achievement Award— Excellence in Ending Homelessness among Diverse Groups

FAN was successfully acknowledged with the Diversity Award for our work with SSATI young people and our contribution to the sector, at the Council to Homeless Persons Homelessness Conference in September.



Photo: Lokesh Shah (Ambassador and Branch Manager) Michelle Thompson (Team Leader, FAN) and Lisa Waldron (Senior Advisor, Westpac Foundation)



Photo: Jenney Smith (CHP CEO); Sue Carlile (FAN CEO); Sami Shah (Comedian)

Homeless Support Services

Summer can be a great time to get out and about. The weather is warmer and there's excitement in the air as the holiday season is approaching. Resolutions are also generally made at this time of year and can be a great way to commit to new and healthy habits.

Here are some tips to help you have a great summer:

Spend time with friends –

Never underestimate the power of positive friendships in your life. Friends can lift you up when you're feeling down, help to motivate you to go after your dreams and they can offer you a safe and relaxing space away from the rest of the world – which we all know can be a little crazy at times.

Exercise –

Many people underestimate the affect a relaxing 30 minute walk can have on their mental health. This time away can provide you with time to think (without the distraction of others) or even time to think about absolutely nothing at all – giving your mind a break from a possibly stressful day.

Group exercise can also be a great way to meet new people or socialise with existing friends in different ways rather than the usual coffee and lunch catch ups.

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.

Spend time outdoors –

Whether it's part of your exercise routine or something more relaxed and social, taking the time to sit and enjoy your surroundings in a peaceful setting can be exactly what a busy and stressed out mind needs.

Increased levels of vitamin D can be another benefit of spending time outdoors. Higher levels of vitamin D can assist with boosting your general mood, improve symptoms of depression and fight off illnesses.

However, being sunburnt is never great for your health, mood or your social life so don't forget to apply sunscreen before spending time outdoors :)

Find time to relax –

Calendars tend to quickly fill up with social events over summer, especially during the holiday period. It can be easy to overdo it and end up feeling exhausted. Remember to take time out for yourself - away from others, mobile devices and the never ending tasks that come with adulthood because even a few hours can be enough to relax and unwind.

Dual Diagnosis Initiative

Welcoming Carol to the Team

Carol Addicoat commenced in mid-October as the new Homeless Youth Dual Diagnosis Initiative worker and is settling in well with her role. She will be working with FAN of a Tuesday and Wednesday



Creating Connections Private Rental Brokerage Program

The private rental market is often fraught with challenges, particularly for young people. In order to find the best property to suit the needs of the young person it's necessary for them to contemplate what aspects of a house make them feel at home. When planning on seeking private rental young people should take time to think about factors such as: who they want to live with and what is desirable in a housemate; how accessible is transport; whether the property allows pets; what areas are close to study/work/social networks etc. For some young people having a garden is very important, for others a dishwasher takes priority. Is it more important to live with people who share your interests or to be close to a train station? By defining what's most important to each person helps to balance expectations and preferences with what's realistic, attainable and affordable. Spending time considering and planning before seeking private rental accommodation is a great way to get ready for the private rental market.

Seeking private rental for the first time is an exciting marker of a young person's voyage into independent living but can also be overwhelming at times. The Private Rental Brokerage Program supports young people experiencing or at risk of homelessness to navigate their way through this process. The program enables young people to be more competitive with applying for private rental as well as improving budgeting skills and education on tenants' rights and responsibilities.

A client of the Private Rental Brokerage Program shares his experience below:

"After living at the Holmesglen Youth Foyer for a 2 year period and preparing to move into my own private rental property it was really stressful at times. Being a part of the Private Rental Brokerage Program has helped me out in a numerous amount of ways such as helping with supplies to get my own home up and running, also being given the opportunity to receive a month's rent in advance to help me get on my feet, further to that all of the support and that has been provided has been outstanding.

Having worked with Carly through my transition from the foyer to my own private rental I have been so lucky to have a helping hand and so much kindly support from Carly. Being a part of this program has been such an amazing and helpful experience and I really appreciate everything that Carly has helped me with along the way.

I'm so lucky and happy to say that I am now settled in and everything is running smoothly thanks to this program."

Tom

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

Life Skills Program

Young Mums Group (YMG)

Merry Christmas Everyone! We have welcomed baby Thomas into the world! Thomas is a beautiful bouncing boy with not only the greatest older sister in the world but a pretty incredible mum too. Big congratulations from all of us Lauren, on the safe arrival of your precious boy.

Our Mums underwent a 6 week parenting program called Tunning into Kids, feedback from the sessions were great, with mums taking much away from the program.

We have welcomed new mums into the group along with their wonderful children. YMG will be closing for 2017 at our client Christmas Party on December 12th and reopening on 6th of February 2018.

Eastern Diversity Group (EDG)

EDG underwent a six week photography program and created masterpieces that were displayed at this year's AGM. Well done to all the participants, we not only had a lot of fun creating these pieces but the participants really did create some beautiful art.

EDG too will be closing on December 12th at this year's Client Christmas Party and reopen Term 1, 8th of February 2018

Volunteers



We would like to take this opportunity to thank all of our Volunteers that have contributed to our service in the last 12 months, your generosity and commitment is outstanding and we couldn't do what we do without you. On December 5th We celebrate International Volunteers Day

Instability is frequent and intense for hundreds of millions of people around the world. In both

developing and industrialised countries, political and armed conflicts, poverty, hunger, health crises, natural disasters and now climate change, all contribute to an increasing number of people living in unstable environments. Throughout history, collective action was needed to answer the urgent call of such tragedies—saving lives today and supporting those who want to continue living their lives with dignity tomorrow.

Volunteers are often the first to offer support in times of natural disasters, economic instability, forced migration or humanitarian emergencies. Everywhere in the world, volunteers provide assistance to people and whole communities being pushed to the brink.

Volunteers, often members of affected communities, help people to rebuild their lives in the immediate aftershock of a tragic event. Through their ongoing support, volunteers also help people and communities be better prepared to face uncertainty in the future.

Estimates suggest that there are a billion people in the world who volunteer each year. Those numbers always go up when tragedy strikes. Despite their contributions, the vital role of volunteers is not always sufficiently recognised or acknowledged. As clearly stated at the 2016 World Humanitarian Summit, "Volunteers are a practical example of the solidarity that binds the world together. There is scope for scaling up volunteering programmes through, for example, supportive national legislation and work place policies, and increased investment." This year, we give recognition to the role of volunteers as first responders so that we may demonstrate the value of this stated scope .

(<https://www.volunteeringaustralia.org/2017/10/international-volunteer-day-2017/>)



**International
Volunteer Day**



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;

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

Choosing Childcare for your Child

There is lots of discussion about if child care is a good or bad thing for children. Research shows that it's not about if childcare is a bad or good thing, it's about does the type of childcare you chose suit your family and what is the quality like.

There are four types of childcare:

- Home based care (so a friend or relative looking after the child)
- Family day care (usually a small group of children in an approved carers home)
- Long day care (based at a child care centre with trained staff)
- Occasional care (short term care based at a service)
-

When you're trying to decide what type of child care is right for your family, you might want to consider the following questions:

- How many hours of child care do you need each week?
- What are the child care options in your area, and how much do they cost?
- Can you reduce the amount of child care you need if you or your partner work from home?
- Do you want your child cared for at your home, at someone else's home, or at a child care centre?
- Are you looking for child care that matches your family's interests or values – for example, food choices, musical interests and so on?
- Do you want your child to experience different styles of care and mix with children from a wide range of social and family backgrounds?
- Are you looking for child care that's similar to your care at home?

When you're looking at different options for child care centres, **family day care** or **occasional care**, asking the following questions can help you work out whether the service is right for you and good quality.

The program

- Are structured activities, naps and mealtimes planned? Is this plan on display?
- Is there a chance for quiet time or rest during the day?
- Will staff report back fully on your child's day?
- Is there easy-to-access information about the service's policies, level of staff training, hygiene and discipline procedures?

The setting

- Is the environment stimulating and safe?
- Does the centre or home have a relaxed and happy atmosphere?
- Do the staff spend time talking to and encouraging the children?

Relationship with parents

- Do you feel welcome to discuss any issues with staff?
- Can you and your child do an orientation program?
- Can you drop in at any time to visit and observe your child in the environment?
- Will other family members be encouraged to be involved in activities?

Facilities

- Does the centre or home seem bright and interesting, with plenty of light and lots of toys and activities?
- Will your child have the chance to explore and create?
- Do toileting, nappy changing and rest times meet individual needs?
- Check the ratio – for example, is there at least one carer or educator for every four babies?
- Is there plenty of room and outdoor equipment for your child to enjoy?

Nutrition

Does the service offer a healthy selection of snacks and drinks?

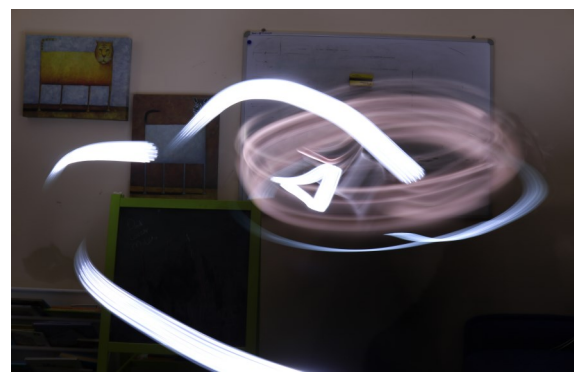
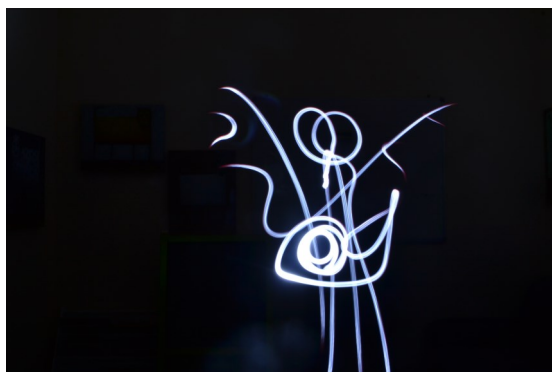
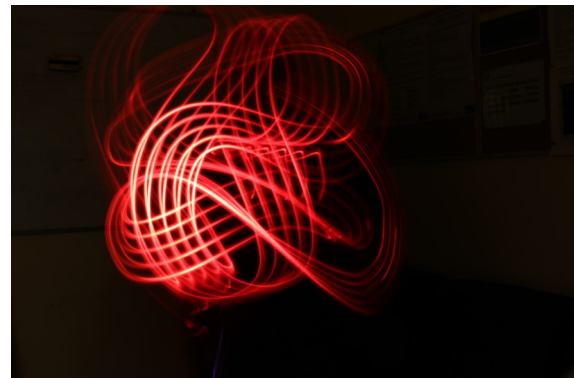
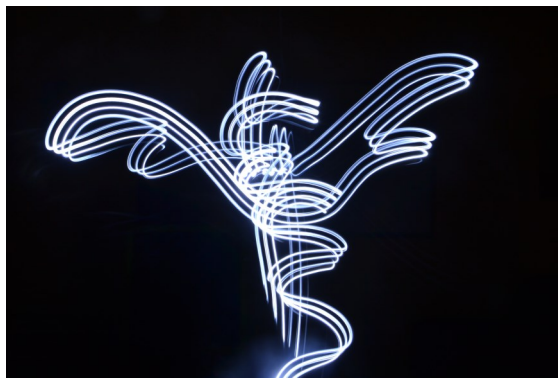
- Are meals provided, or do you need to supply them?
- Do snacks and meal arrangements meet children's individual needs?
- Does the centre follow Australian dietary guidelines for children? The centre should be able to show you their menu and policy on nutrition.

General information

- What happens when your child is sick?
- Will you pay for days you don't attend?
- What happens if you're late for a pick-up?
- Who else can pick up your child?
- What do you pack for your child?
- How can you help your child adjust to child care?
- What is your service's quality rating?

(sourced raising children's network 2017)

Below; Creative Photography Project designed by the Eastern Diversity Group and Displayed at the AGM



Thankyou to our supporters

Thank you all on behalf of all FAN's young people and accompanying children

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

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 Kids Fund

The Allanah 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

Jose Abalo

Kelly Rafferty

Margaret Ogilvie

Paul Linossier

Richard Drennan in Memory of Leo Clareborough

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



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