



APRIL 2009

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Coast Shelter Office:
Rear 97 Donnison Street
(PO Box 1234)
Gosford NSW 2250

www.coastshelter.org.au
Phone: (02) 4325 3540
Referral: (02) 4324 7239

Coast Shelter News

Our mission is to support, advocate for and assist those who are homeless or at risk of homelessness, while providing transitional accommodation, food, assistance and programs to move people towards independence.

MANN STREET COMMUNITY CENTRE



Artist's Impression Only

The Donnison Street Restaurant will need a new name following its relocation to Mann Street Gosford.

With the assistance of Gosford City Council, the Restaurant will have a new permanent home in Mann Street.

Since its opening, the Donnison Street Restaurant has operated out of the premises generously provided by the Central Coast Leagues Club, however it is important that the Restaurant has its own permanent address.

Gosford City Council, as part of its Social Inclusion Policy, has generously made

new premises available, which will be renovated to provide a new larger restaurant, more interview rooms, a laundry and offices upstairs for Coast Shelter administration.

Architectural drawings have been prepared for the renovation and work on the new site is expected to begin in the near future, with completion expected before the end of the year.

Final cost of the new building will be determined following tenders submitted by local builders.

This is a major task for Coast Shelter and will be the main focus of its fundraising

for the next few years.

It is hoped that donations of equipment and building materials will significantly reduce the cost of renovations.

In the past, volunteer labour, donations of bathroom fixtures and materials, have allowed Coast Shelter to achieve some great outcomes.

In the meantime, suggestions for a new name for the Restaurant are welcome and can be emailed to Coast Shelter's Head Office admin@coastshelter.org.au or posted to PO Box 1234, Gosford NSW 2250.

There's a first time for everything



In the School Holidays Maya staff took us girls on a camping holiday to Nelson's Bay. We were so excited as four of us have never been camping before & two of us have never really been on a holiday.

On the day of the big drive we stopped & had lunch on the way & played many games & sing-alongs in the car.

When we arrived it was time to set the tent up. This took like forever & we really had no idea what we were doing. We had a BBQ for dinner & hung out playing games with everyone.

The next day we got dressed in long pants as we were off to go horse riding. Three of us have never ridden a horse before so we were kind of excited & scared. We were all matched with a horse & told about their personality & what they liked. Mine was called Brave & he weren't so brave when we got to the stream. Everyone had fun at horse riding.

We then went into town & had lunch. We bought chips & gravy & they were the best ever chips any of us had ever tasted. This night we all went down to the entertainment room & watched the Chronicles of Narnia- this was on a big screen & was put on by the Park owners.

The next day was the day that we were all looking forward to the Dolphin Cruise. We have never really seen dolphins. They were so amazing & came up really close to the boat.

Today was our most favourite day...we went to Toboggan Hill which we were all a bit sceptical about it. The first time round we all took it slow. But after that we all tried to catch the person in front of us. Whilst here we went rock climbing & went on the Crazy Cars, which are so much more fun than dodgem cars.

After lunch the staff decided to take us to the water slides. It was a bit cold at first but so fun. We got to go down two at a time & we had heaps of goes. We had a movie & pizza night back at the cabin & stayed up really late.

Today was our last day. We were all really tired & had to pack up the tent & cars. This took like forever. We managed to get it done with a fair amount of complaining.

This was the best holiday we have ever had. The weather wasn't that great but we still had heaps of fun. Thanks to our staff for a fantastic time.

From the Maya Girls

More than just a free meal...

"Free meals at the Donnison Street Restaurant are only part of the story" Laurie Maher reported in a presentation at the Homelessness NSW State Conference.

"While meals are important, the Restaurant is a place where people who

are disadvantaged and disconnected can meet, socialise, get advice and assistance" he explained.

"Coast Shelter is able to offer much more than food" he said. Emergency Relief (food vouchers), assistance with energy bills, food parcels, clothing and

assessments of accommodation needs, are all part of the Donnison Street Restaurant.

Additionally, referrals for legal advice, financial counselling and pharmaceutical benefits are available to anyone who needs them.



Restaurant Volunteer Wins Youth Award

Sarah Hayes, one of our youthful volunteers, has won the Gosford City Youth of the Year Award.

Sarah is a very active member of Gosford City Youth Council and assisted for three days to organise the Sister City Conference, which was held on the Central Coast where she acted as translator for our

Japanese visitors.

In her spare time on top of her school work, Sarah volunteers for the St Vincent de Paul shop and has been elected Vice Captain of Gosford High School.

On top of all this, Sarah organised for her school to participate in the 40 hour famine event, which raised

\$10,000 for World Vision.

And what does Sarah do in her spare time?

She volunteers every week at Donnison Street Restaurant.

No wonder she has been shortlisted as a World Vision Youth Ambassador for 2009.

Congratulations Sarah on all your achievements.



COMMUNITY MEN'S SHED



A separate building at 346 Mann Street Gosford will be renovated to establish a Community Men's Shed for men, women and youth.

The Community Men's Shed project is being supported by Gosford City

Rotary Club, which has already raised \$15,000 towards the cost of the renovation.

In line with the Men's Shed movement across Australia, Gosford will have its own facility, where men and on separate days

women and youth, will have their own "shed". A place where they can meet, share their knowledge and skills and "own" their own space.

The Men's Shed Committee have taken on the responsibility of setting up the Shed and arranging for it to be transferred to a Management Committee.

Men's Shed Committee members:

- Jim Buultjens
- Diana Hanks
- Kim Hopkins
- John Roberts
- Laurie Maher

CALENDAR OF EVENTS

- | | |
|-------------------|--|
| 24 May | The Century Challenge Bike Tour , Rotary Club of Erina
<i>see www.rotaryerina.org.au/cycle_tour.php</i> |
| 3-9 August | Homeless Persons' Week |
| 5 August | Connect Day , 97 Donnison Street Gosford
<i>see www.coastshelter.org.au/connectday09.html</i> |
| 6 August | Homeless Persons' Memorial Service |



To join this list please contact Gavin on 0408 871 172.

Coast Shelter's Refuges

Coimba Men's Crisis Refuge

accommodates nine homeless men over 18 years of age. Programs assist residents to address alcohol, drug and gambling problems and where appropriate, provide assistance with referrals to rehabilitation centres. During their time with us, many residents are helped to seek employment which will enable them to re-enter the private rental market.

Maya Young Women's Refuge

accommodates six homeless young women aged up to 18 years of age. The program is designed to empower our residents and help them continue schooling or enter the work force. Maya is a charming secure cottage designed to reflect family life. Residents who cannot return home are assisted through semi-independent living programs to establish their independence.

Kara Cottage

is our family crisis refuge which can also accommodate single women. Most residents have experienced family breakdown, while some have suffered abuse and violence and require special care and support to re-establish themselves. Kara's Child Support program assists children to continue their schooling while parents receive support through advocacy, referral and counselling.

Rumbalara Youth Refuge

is home to six homeless young men and women aged 14 to 18 years old. All residents either continue their education, work or actively look for work during their stay at Rumbalara. In-house programs prepare residents to return home or move to their own accommodation. Family reconciliation is the main focus but this is not always achievable.



Coast Shelter's Services

The Donnison Street Restaurant is one of the most innovative and successful examples of community partnerships with nineteen community organisations, local churches and over 400 volunteers. Receiving no government funding, the Restaurant is proudly supported by Newcastle Permanent Charitable Foundation and last year provided crisis support and over 66,000 free meals to some of the most vulnerable in our community. We are located at 97 Donnison Street, Gosford and serve breakfast (Sunday only), lunch (Monday to Saturday) and dinner (Tuesday to Sunday). All are welcome.

Wyang Outreach Program provides supported accommodation to homeless people on the Central Coast with a priority given to youth in the Wyong Shire. All clients are supported by caseworkers who assist them to obtain their own accommodation. Success is measured by the number of residents who are able to move into their own accommodation. To make the program a success, staff work closely with local real estate agents and other agencies to overcome some of the barriers which prevent some people from securing their own residential leases.

The Intoxicated Persons Program provides safe accommodation for homeless people who are intoxicated or affected by drugs. This is a joint operation in which the local Police, Gosford Hospital and Coast Shelter work together to ensure that those who are found intoxicated or affected by drugs on the streets can be brought into the program where, not only can they recover their sobriety, but are also encouraged to alter their lifestyle. This program operates 24 hours a day, 7 days per week.

SPONSORSHIP/DONATION - REGISTERED CHARITY No. CFN 15695

Name (Mr/Mrs/Miss/Ms) _____

Organisation (If any) _____

Address _____

Suburb _____ State _____ Postcode _____

Email (for newsletter) _____

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I do not wish to receive any further information from Coast Shelter.

Preferred method of contact:
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 By Post

I would like to make a donation of\$

All donations are GST inclusive and all donations over \$2 are tax deductible.
 A receipt will be issued to the above address.

Please accept my payment by:

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(please complete details on right)

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Visa Cardholder's signature

Mastercard Card Number/...../...../..... Expiry/.....

Signature..... Date