

NEWSLETTER



FOUR WHEEL FOOD DRIVE

The Central Coast 4WD Club joined together with the eight Central Coast Aldi supermarkets to run the 'Four Wheel Food Drive' to collect non perishable food items for the Donnison Street Community Centre and Restaurant.

"Every year we donate to a variety of charities and one of our members mentioned Coast Shelter and we decided they do such a fabulous job, that we'd like to do whatever we can to help them", Margaret Dennis of the Central Coast 4WD Club said.

This was how idea of holding the 'Four Wheel Food Drive' started and the members of the 4WD Club worked together to create a fantastic event.

The Club worked in partnership with eight Central Coast Aldi stores, who were very supportive of the idea.

Central Coast residents were invited to throw an extra can of food in the marked trolleys at Aldi and members of the 4WD Club collected donations on Saturday 16th July. We received a tremendous amount of donations from shoppers including canned food, coffee, tea, sugar, cereals, pasta and toiletry items. All of these items will make a huge difference in keeping the shelves of the Restaurant stocked.

Vicki de Carle, who assisted in coordinating the project, expressed Coast Shelter's



appreciation to all who donated, the Central Coast 4WD Club and the managers and staff of each of the eight Aldi stores who participated. It was an amazing combined effort and provided some much needed items for the Restaurant.

Charles Boyton, Coordinator of the Donnison Street Restaurant also expressed his appreciation, "The Restaurant will use all of the donations in the preparation of meals and to provide food parcels to the ever increasing numbers of families finding it difficult to make ends meet".

"The Donnison Street Restaurant this year provided 53,319 free meals and 600 food parcels. Thank God we have such wonderful support from local businesses and our community, without which, so many more people would be in dire straits", Charles added.

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www.coastshelter.org.au



MINISTER VISITS THE COMMUNITY CENTRE

On her first visit to Gosford following her appointment as Minister for Family and Community Services and Minister for Women, Ms Pru Goward MP found time in her busy schedule to visit Coast Shelter's Community Centre in Gosford.



The Minister was joined by the Member for Gosford Chris Holstein and the Regional Director from Community Services, Janet Vickers. All of our guests took the opportunity to look around the Restaurant and kitchen and were given an update of Coast Shelter's initiatives and plans for the future.

The Minister expressed her appreciation of the range of services provided by the Community Centre which, in addition to 150 free meals every day, now provides free services including electricity vouchers, legal advice, No Interest Loans and food hampers.

These services make a real difference to the lives of our clients who may be facing homelessness. Every client has a different story and the Community Centre provides a "one stop shop" where people facing crises can connect with the services they need.

An indication of the Minister's level of appreciation of the work of Coast Shelter was her promise to visit again when she had more time.



NEW YOUTH REFUGE AUSPICE

As of 1st July 2011, Coast Shelter has assumed the temporary auspice of Youth Angle at Umina. For many years Youth Angle has provided refuge and cottage accommodation for young men and women.

After a request came from Community Services, Coast Shelter's Board of Directors agreed to accept the temporary auspice and provide the management and support of Youth Angle.

Youth Angle provides support and accommodation for up to six young persons in the refuge and more recently, in partnership with Pacific Link Housing Association, provide six outreach cottages for young men and women.

Youth Angle will now form part of Coast Shelter's range of services, which now includes three youth refuges, a women

and children's refuge, a men's refuge, an accommodation support program, a family brokerage program and a Community Centre.

In addition to the five refuges, Coast Shelter now accommodates and supports individuals and families in sixty properties across the Central Coast.

Youth Angle is an exciting addition to the Coast Shelter team that will help to address the numbers of homeless young people both on the Peninsula and across the Central Coast.

TALENTED TAIYIN

We would like to congratulate a talented young girl named Taiyin.

Taiyin won Coast Shelter's colouring in competition which was held at the NAIDOC expo recently. She won a family pass to the Australian Reptile Park which she hopes to visit in



the next school holidays.

When Taiyin came to Coast Shelter with her dad to collect her prize, Executive Officer Laurie Maher said that he was very impressed with her picture. He asked if he could keep it, but she said that she would like to take it home to put on her fridge.

ROTARY CLUB COOK UP

The Rotary Club of Gosford City rolled up their sleeves on 23rd July and volunteered in the Donnison Street Restaurant bringing two very special guests along to help out... Member for Gosford Chris Holstein and Masterchef Julie Goodwin and her family.

They cooked a chicken, bacon and mushroom pasta with a peach and apple crumble and cream for dessert.

It was a nice warm meal on a miserable cold day and the guests who came along were very grateful.





WORK PROGRESSES ON NEW CENTRE

Builders, Form Commercial, are well underway with work on Stage II of the Coast Community Centre at 346 Mann Street Gosford.



Stage II includes constructing the front of the entry, raising the roof, recladding the exterior walls and installing external windows and doors.

At the end of Stage II, the building will be at "lock-up" stage and as soon as funds are available, we will be able to fit out the internal space with new offices, meeting rooms and amenities.

The completed Centre will provide a comprehensive raft of support services, including a larger restaurant and kitchen, increased offices to provide the No Interest Loans program, the EAPA program to help people pay their energy bills, financial, legal and tenancy advice, along with improved laundry, shower and toilet facilities.

The number of support services continues to grow, limited only by staff and volunteer's imagination. This model fits in perfectly with Coast Shelters new Vision of "Ending Homelessness on the Central Coast" and its strategy of "Turning off the Tap".

If we are successful with obtaining the necessary funding, we are hopeful the new Centre will be built by the end of 2011.

SLITHER AND SLUMBER

On Friday 5th August a number of brave men and women have risen to the challenge to walk in the shoes, or perhaps sleep in the beds, of those who are homeless by sleeping out at the Australian Reptile Park.

Senior executives, school principals, Rotarians, men and women will take part in Homeless Persons' Week, by raising \$1,000 to participate in the inaugural Slither and Slumber Executive Sleep Out.



hope that it will raise awareness of homelessness and youth suicide here on the Central Coast.

An organiser of the event, Vicki de Carle said that "Friday 5th August is a wonderful opportunity to sleep out with the snakes, spiders and crocodiles and at the same time, raise much needed funds and awareness for two local charities".

The event is a joint fundraiser for Coast Shelter and the Iris Foundation and we

awareness for two local charities".

A 'CUT' ABOVE THE REST



Thanks to one very generous volunteer, Connie, the Community Centre now offers free hair care every Tuesday at lunchtime.

Connie is a very busy woman on a Tuesday. Firstly she helps the volunteers in the kitchen set up for lunch. Then, when the Restaurant opens at 11am she works

hard shampooing, tinting, cutting and blow drying hair... sometimes Connie sees 15 guests in one lunchtime!

Charles Boyton, Coordinator of the Donnison Street Restaurant said "the Service Connie provides is so important and really helps to boost the self esteem of our guests".

NATIONAL GEOGRAPHIC QUIZ NIGHT

On the 18th June Coast Shelter held a fun-filled National Geographic 'Live Curious Quiz Night' at the Gosford RSL Club.

A big thank you to the National Geographic channel who provided us with a quiz master and some fantastic prizes and also Gosford RSL Club who provided the function room.

The questions definitely tested everyone's knowledge of science, geography and the animal kingdom. There

were also some very fun physical challenges which involved making paper planes and building 'mega structures'.

Coast Shelter were the clear winners on the night, raising \$3,500. However not everyone at Coast Shelter was a winner... Some



staff were even part of the losing table!



COIMBA MEN'S REFUGE

When I first approached Coimba, I was at the end of the line. I had always enjoyed a fast paced and fulfilling life and held at least one fulltime job.

It came in quick succession. First the brain seizure and diagnosis of mental illness, then my boss suggested I not return to work until I was "over it" and finally I was given notice where I lived.

After weeks of first living on the streets and having exhausted government temporary accommodation, I had no fight left in me, so much so that suicide was now an option.

I remember my interview with a Coimba staff person that day. I hadn't showered or shaved in days and must have stunk. I broke down during the meeting and expected to be asked to leave. But contrary to my expectations, I was given the opportunity to stay at Coimba. That was the day my life started to turn around.

Living at Coimba changed my whole life. To the team of staff, you can tell it's more



than a job. Right away I was treated with kindness, respect and care I had not experienced since childhood. I wasn't just staying at Coimba, I was a valued member of the house.

These positive experiences combined with a safe and comfortable home environment, healthy eating and some gentle persuasion from kind staff, prompted me to seek further assistance.

Today, I am supported by a ring of support people. I have a psychiatrist, a psychologist, a counsellor, a drug and alcohol counsellor,

my GP, new horizons with PHAMS, the mental illness fellowship group, who all have an integral part to play in my active endeavours towards wellness.

One day soon, I hope to work in the community helping others to be inspired like I was. Thank you for the life changing opportunity, Coast Shelter.

COAST SHELTER'S NEW STRATEGIC PLAN

Faced with an ever-increasing demand for assistance, Coast Shelter's Board of Directors recently undertook a full review of our Strategic Plan.

As Coast Shelter provides such a range of services to meet the growing needs of our clients, the Board of Directors decided that it was important to reflect these services in our Strategic Plan.

Among key features of the new Strategic Plan was an increased emphasis on marketing, fundraising and Coast

Shelter's capacity to expand and develop new programs in line with our vision of "ending homelessness on the Central Coast".

The new Strategic Plan is an item of business at every monthly Board of Directors Meeting. It is such an important part of our operations as it sets out our direction for the future and most importantly, ensures that our services reflect the needs of our community.

YOUTH BOOTH

Central Coast Youth Health Services again hosted 'Youth Booth' at Rumbalara on 7 April, a youth friendly approach to presenting services to young people who are disadvantaged and 'at risk' in our community.

Paul Riviere coordinated teams from Youth Health, Headspace, Children's and Young People's Mental Health, the Dental Clinic and Sexual Health.

It's a great opportunity for the young people in Coast Shelter's various programs to come along and get full health checks, catch up on immunisations, get dental check-ups and talk to counsellors and other support people about the general health. It's a very relaxed environment that allows young people to access many services they may have been reluctant to visit.

Youth Booth is also a great opportunity for Coast Shelter staff and health staff to get to know each other better and build stronger networks. A big thank you to the health services staff for the great work they do with our clients.

EVENTS

1-7 August
Homeless Persons' Week

3 August at 10am
Homeless Persons' Memorial Service
Donnison Street Community Centre

5 August from 7pm to 7am
Slither and Slumber Sleep Out
Australian Reptile Park

10 September from 7pm
The Tenors Dinner Concert
Everglades Country Club Ph: 4341 1866

10 October
World Homeless Day

11 October
Coast Connect Day
Central Coast Youth Club, Niagara Park

For more details see...
www.coastshelter.org.au/events