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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.



IT'S BEGINNING TO LOOK A LOT LIKE CHRISTMAS!

Christmas is the season of giving and the Central Coast community is to be commended for their generous spirit again this year. It seems everyone is giving what they can so that those doing it tough have an enjoyable Christmas.

Since 2002 Coast Shelter has held a **Christmas Day lunch in the Donnison Street Restaurant**. This year is no different and it's shaping up to be a great day. The Restaurant will be open between 11.00am and 1.30pm, with Santa making a special stop to deliver toys for the children. A beautiful lunch will be prepared with all the Christmas trimmings such as ham, turkey, salads and fruit cake.

Coast Shelter has been flooded with phone calls from individuals and even entire families wanting to volunteer to prepare and serve meals, and even sing carols on the day. This is further testament to the charitable nature of the Central Coast community. Sadly, we cannot accept all the people who volunteer,

however everyone is welcome to attend on the day, join in the festivities and enjoy a lovely Christmas lunch.

The **Aloka Community** are spreading the Christmas Cheer through the Donnison Street Restaurant and organising a special one-off Saturday lunch on the 19th of December.



Our new friends from **Jorge Chavez Chiropractic** held a 'Giving Back Day' where they collected donations to support the Donnison Street Restaurant.

Another highlight of our Christmas Season is the wonderful **Christmas Hampers** which are put together by the **House of Praise Church** and **Sanitarium Health Food Company** each year. These hampers are jam packed full of wonderful donated items and will be available at the Donnison Street Restaurant

over the Christmas period.

The **Friendship Angels Network** have also embraced the spirit of giving and have donated toiletry bags and knitted items for our Hampers.

Children and adults in Coast Shelter's Programs have not been forgotten and will enjoy a special Christmas this year. A host of organisations including **Sanitarium, 2GO, ADC Krone, Lifetime Distributors, Gosford RSL Leisure Living** and **ABC Learning Tuggerah** are donating toys for clients of Coast Shelter.

On top of this, the **Wyoming Lioness Club** made a donation for the girls at Maya Young Women's Refuge to enjoy a special Christmas Dinner. The **Central Coast Zonta Club** have also contributed to the Christmas celebrations for the families at Kara Women and Children's Refuge, while Rumbalara Youth Refuge will enjoy an extra special Christmas thanks to a donation from the **Lions Club of Wyoming**.

Thank you to all those who have helped make this Christmas truly magical for our clients and guests.



Judy Kay with Laurie Maher (Executive Officer)

PRIDE OF WORKMANSHIP AWARD

Congratulations to Judy Kay (Program Manager, Coimba Men's Refuge) who has been awarded with a Pride of Workmanship Award by the Rotary Club of Gosford North.

Judy was nominated for the award by Rotarian and Coast Shelter volunteer, Peter Pearce. Peter was proud to present the award to Judy

and commended her for the work she does to assist homeless men on the Central Coast.

Judy was acknowledged as an employee who, in the eyes of the community in general, displays outstanding qualities in terms of approach, attitude, dedication and commitment, to their job.

homeless men described as the "hidden face of homelessness"

SLEEP OUT FOR HOMELESS MEN

A Sleep Out hosted by the Rotary Club of North Gosford was held in Gosford CBD on 23 October. The event aimed to promote the plight of homeless men who were described as the "hidden face of homelessness" by our Executive Officer, Laurie Maher.

Signage along Dane Drive Gosford highlighted the dire need for services to assist homeless men. The 50,000 vehicles that passed the

Leagues Club Park each day were exposed to messages describing homelessness and the risk that many people face.

On the Central Coast, there are only thirteen beds for homeless single men to meet the needs of a population of 300,000. In addition to the numbers of men needing accommodation, Coast Shelter has seen an increase in the number of single fathers facing the same

problem.

More than 100 people attended the Sleep Out throughout the night and participants were entertained by buskers and Coast FM Radio Station.

The highlight of the night was the appearance of a pink tooth fairy wearing a tutu who attracted a donation of \$1,000 from Gosford City Council which was matched by ORS Employment Solutions.

Gavin Shepherd (President, Coast Shelter) with Steve Keane and Shayne Silvers



EMPLOYEE OF THE YEAR 2008-09

Voted by staff as the staff member who contributed most to the achievements of Coast Shelter 2008-09, Shayne Silvers, Program Manager of Wyong Outreach Program was formally presented with her award by Gavin Shepherd at the end of year staff function.

For the first time Coast Shelter also saw fit to award a Runner Up Award to Stephen

Keane to recognise his contribution to the Service and in particular, his outstanding commitment to his clients.

Coast Shelter also acknowledged several staff members for their years of service. Colleen Blyth (Office Manager) was recognised for 15 years of service and Therese Woulfe (Program Manager of Rumbalara Youth Refuge) was presented with an award for 10 years of service.

The following staff were also acknowledged for 5 years of service: Anne Adkins, Heidi Blyth, Michael Braham, Alice Gardiner, Metua Hardgrave and Anuska Mensch.

BEAUT' UTE TO COLLECT DONATIONS!

Things are now a lot easier in the Donnison Street Restaurant since **NRMA Motoring + Services** donated a Ford Falcon ute to collect donations from the community. NRMA Director Kyle Loades, said that the NRMA was proud to support a charity which focussed on helping families that are doing it tough.

The NRMA has supported Coast Shelter since 2004 and annually donates \$2,500 to purchase food for the Donnison Street Restaurant.

In addition to this, staff from the Gosford NRMA office volunteer to prepare and serve meals in the Restaurant on a regular basis.

The donated ute is used not only to collect donations of food for the Restaurant, but also gifts of furniture and household items from the community. Such donations are a tremendous help to clients when moving from our refuges to independent living.

In addition to the donation



of the ute from NRMA, Coast Shelter received a very generous donation of \$5,000 from Jim Goldman towards the running costs of the vehicle.

Ford Falcon Ute donated by NRMA Motoring + Services

NEW COORDINATOR FOR COAST SHELTER

Shayne Silvers has been appointed as Coordinator / Operations Manager of all of Coast Shelter's programs.

Holding a degree in Social Science and Certificate in Small Business Management, along with her further studies towards a Diploma of Management, Shayne brings to the position a broad range of skills and experience, which will be of great assistance to Laurie and the Board of Directors.

Shayne has previously held the position of Program

Manager of the Wyong Outreach Program, which provides a range of accommodation services, including houses for homeless families, to the community.

Shayne has 17 years experience working in the community services sector, her roles have included; Women's support services for young mothers with Centacare, facilitation of grief and loss and domestic violence training programs, Lifeline support, Project

Management and Program Coordination.

Shayne also manages to volunteer her time as Director of St. Edwards School Board and is also on the Management Committee of the Haven Education Centre. Shayne was recently voted Employee of the Year for 2008-2009 at Coast Shelter.

Shayne has lived on the Central Coast for 17 years and lives with her husband Dennis and her children Brooke (22) and Blake (17).



Shayne Silvers - Coordinator / Operations Manager

CALENDAR OF EVENTS

- | | |
|-------------|---|
| 19 December | 11.00am-1.30pm Christmas Celebration Lunch provided by Aloka Community, Donnison Street Restaurant |
| 25 December | 11.00am - 1.30pm Christmas Day Lunch with special visit from Santa Donnison Street Restaurant |

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.

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