

The Station Ltd. presents...

TRIVIA!
WEDNESDAY
30TH MARCH
10AM—12PM

COME AND ENJOY A
DAY OF QUICK
THINKING,
FUN FACTS AND

HEAPS OF
PRIZES UP
FOR GRABS!

Food and drinks will
be provided.

THE LIFE

JUST A PASSING FAD,

OR THE RIVER WITH

NO RETURN,

IF YOU HAVE A CON-
CERN...

I HAVE NOT...

~IVAN

'THE POETRY MAN'

SPECIAL POINTS OF INTEREST:

THANK YOU

A big thank you to the board members who continue to support us tirelessly through everything at The Station Ltd.

Another big thank you to Gareth Rossiter who continues to perform pro-bono IT work for The Station Ltd. We are greatly appreciative of his assistance in this area.

STUDENT PLACEMENTS

Hannah continues her volunteering role as part of a Diploma in Community Services practical placement.

NEW LOGO

The Station has updated its logo, take a look at the new design on our newsletter!

ART

Art is on every Tuesday from 10am. Join us to listen to some music, and get creative

In the Kitchen...

The Station Ltd. has been able to purchase a new oven and cook-top for meal preparation at the centre. This should enable us to cater for increased demand and continue to provide food for the ever-increasing numbers of individuals accessing the centre.

We have also been able to purchase an air conditioner for our upstairs counselling and clinic room.



We would like to thank all those who volunteer at The Station. Your time and effort is always greatly appreciated.

Kelvin & Tony on
Boxing Day





MONDAY

Brekkie 7:30-9.00

Psychiatric Clinic:

8:00-10.00am

GP Clinic:

8.30-10.00am

Legal Team:

10.00am-12:00pm

Lunch: 12:30 pm

Showers and Laundry:

7:30-1.45pm

TUESDAY

Brekkie 7:30-9.00

10:00 am—12:00 pm

Emergency relief

Art Class

10.00 am—12: 00

midday

Lunch: 12:30 pm

Haircuts: 12:45– 1.15pm

Showers and Laundry

7:30 am—1:45 pm

WEDNESDAY

Brekkie 7:30-9.00

Lunch: 12:30 pm

Showers and Laundry

7:30 am—1:45 pm

THURSDAY

Brekkie 7:30.9.00

Emergency Relief

10:00 am—12:00 pm

Centrelink Outreach

11.30am

Lunch: 12:30 pm

Haircuts: 12:45-1.15pm

Showers and Laundry

7:30am-1:45pm

FRIDAY

Brekkie 7:30-9.0

Lunch: 12.30pm

Showers and Laundry

7.30am-1.45pm

Transitional House

The Station Ltd's transition house program offers clients the opportunity to improve living skills before entering into longer-term housing opportunities.

We are pleased to report that the house is currently occupied by three residents who continue to work towards improvements in their living circumstances, skills and personal endeavours and are all awaiting offers from Housing NSW and looking towards more independent living opportunities.

Among other accomplishments tenants have been able to obtain and sustain employment opportunities whilst accommodated in this program, a great step towards further independence!

This continues to be a great opportunity for our service users to access

support with the often very difficult transition from sleeping rough.



TRANSITIONAL HOUSE

Psychiatrist or Psychologist?

Psychiatrist-

A medical doctor specializing in the treatment of mental illness.

Psychiatrists prescribe, administer and monitor medication. You can be referred to a psychiatrist by your GP, request to see one through community health or access the psychiatric clinic at The Station on Mondays from 8am.

Psychologist-

Psychologists use a range of talk therapies to treat patients.

They provide services including assessment, psychological testing, psychotherapies and counselling.

Psychologists do not prescribe medications but may work in collaboration with your GP or psychiatrist at your request.

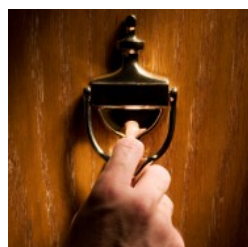
Medicare Rebate-

You can now access sessions with a registered psychologist through Medicare.

To be eligible you must be referred by your GP or psychiatrist and receive a Mental Health Care Plan from them to take to the psychologist. If you have any questions about anything related to mental health treatment please talk with Heather.

Housing Support Program

Housing support visits



As part of The Station's Housing Support program, Staff and service users who have been housed by the Station participate in home visits.

These home visits are a wonderful way for staff to continue offering support and assistance to our clients after they have been housed and to

provide the assistance and support needed for our service users to maintain their tenancies.

To see one of our Housing Support workers you can make an appointment at reception.



Quitting Smoking

Nicotine patches have now been listed on the Pharmaceutical Benefits Scheme (PBS) which has resulted in a substantial reduction in costs for those attempting to quit and having difficulty quitting smoking,

Nicotine replacement patches have reduced to around \$5 per script and are available through consultation with your GP.

This program significantly reduces the cost of giving up smoking for health care card holders.

Many people attempting to quit do not need the help of these drugs, however if you have tried to quit in the past without success or smoke more than 15 cigarettes per day you may be more successful in your attempt to quit with the support of nicotine replacement therapies.

Quitting can be difficult, but with the right assistance and support, you will be able to quit for good.

There are many methods to quit smoking, for support with quitting smoking and to find out more about treat-

ment options you can:

-Talk to your GP or pharmacist

-Call the Quitline: 13 7848

-Check out:
www.icanquit.com.au



Station Clinics

Legal Service:

HPLS have resumed weekly clinics at The Station on Mondays between 10am and 12pm.

GP Clinic:

COMET are attending The Station from 8.30am on Monday mornings.

Psychiatric Clinic:

St Vincent's Mental Health Service clinic from 8am Monday mornings.

Centrelink:

Clinic will resume from mid-March.



Thank you

The Clients, Staff and Management Committee would like to thank the following for their ongoing support:

A special Thank you to:

Valerie (Centrelink Outreach)

Darlinghurst Community Mental Health

COMET

Homeless persons Legal Service

HWL Ebsworth and Henry Davis York

AMEX

Brett Spork

Rhys James

Occidental Hotel

Rotary Club of Darling Harbour

Oz Harvest

Made in Italy café

Grace Hotel

Fruity Illusion'z on Queens Square

The Art Gallery of NSW

St James Church

St Phillips Church

Nook Urban Fresh Bar

RESIMAC

Anne Munro

Mrs J. Chapman

Dexus

Instigo

Country Energy

PKF Accountants

Chris Smith

26.05.1976– 23.01.2011



Chris Smith, a long-term service user of The Station was tragically killed in an accident on 23rd January, 2011.

Chris will be greatly missed by staff and clients of The Station, our thoughts are with Chris and those who were close to him.

THE STATION LTD.
SERVING THE HOMELESS SINCE 1978

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Welcome Hannah

Hannah has joined our team of staff at The Station and will be working alongside Jackie as a housing support worker. Hannah will be able to provide assistance with accommodation needs and housing applications.

We are happy to have Hannah on board and would like to welcome her to The Station!



Client Survey

A big thank you to all the clients who participated in the client survey, this is a very useful way to help us to make any changes we can to the service as a result of the changing needs of our service users.

Your input has reflected the overwhelming desire for access to the centre over weekends with 88% of survey participants stating they would benefit from weekend opening.

SPECIAL THANKS TO...

ALL THOSE WHO HELPED US THIS CHRISTMAS

- Carlingford High school
- Stan Moore– Rotary Club of Darling Harbour
- Henry Davis York
- HWL Ebsworth
- St Phillip's Church
- AMEX
- IMAX
- McDonalds
- OzHarvest
- K-Mart
- Coca-Cola Amatil
- Joyce Chapman
- Instigo
- Centrelink

Boxing Day at The Station

This year The Station again held the annual Boxing Day lunch at the drop-in centre.

It was a day of good fun, tasty food and presents for everyone.

We would particularly like to thank all those who helped to make this occasion possible again this year through their generosity.

It was of great assistance that Rotary, Darling Harbour and AMEX again volunteered their time on the day.

Thanks again to all those who helped make Christmas a success this year!



Christmas Presents



Vernon (board member) and Graciela on Boxing Day



Kelvin & Darryl on Christmas Day