

WINTER NEWSLETTER 2014

The Station continues to provide a range of services for people who are having difficulty attaining and sustaining adequate and secure accommodation, health status, personal autonomy and dignity. If you have any complaints or feedback please do not hesitate to speak with our CEO Mekonen or Team Leader Graciela.

Footy Fever

We've been having a BALL at the Station this Winter. Thanks to the generosity of the South Sydney Eels AND the Sydney Swans donating tickets we've been off to the football!!



Arnie marshaled the troops to the ANZ Stadium to watch the Eels flog the Bulldogs.

Tickets were allocated as prizes in our monthly Bingo Game



Thanks to another kind donation of winter warmers from Tanya O'Donnell, we were able to make sure everyone was well rugged up with beanies, scarves & gloves.



Everyone had a great time and were very grateful for the opportunity to do something fun.

One guy commented he hadn't been to a game for eight years and was thrilled when he got his ticket

Music Man Joe Trueman



Joe Trueman has finally found a place to hang up his guitar.

After years of doing it tough and lugging his precious guitar plus the rest of his belongings everywhere, Joe is happily settling into his own four walls.

A gifted musician, Joe has made ends meet busking and the occasional gig all over Sydney.

We are so proud and happy for Joe who has overcome many obstacles and is now living the dream.

On a recent home visit to Joe's new place he commented "Who'd have thought after years of living on the streets that here I am buying a vacuum cleaner!!"

Joe joined us when we made scones the other week confessing he had never baked a thing in his life and wasn't much of a cook.

He enjoyed the experience so much he asked for the recipe and a few cooking tips.

We truly wish him well and perhaps in his own kitchen he may discover another talent!!

FREE CLINICS

GP & NURSE
8:30-10:00AM
MONDAY

PSYCHIATRIST
8:30-10:00AM
MONDAY

LEGAL TEAM
10:00-12:00PM
MONDAY

CENTRELINK
OUTREACH
11:30AM
THURSDAY



MONDAY

- Breakfast:
7:30am-9:00am
- Psychiatric Clinic:
8:00am-10:00am
- GP Clinic:
8:30-10:00am
- Legal Team:
10:00am-12:00pm
- Lunch: 12:30 pm
- Showers & Laundry:
7:30am-12:30pm

TUESDAY

- Breakfast:
7:30am-9:00am
- Emergency Relief:
10:00am-12:00pm
- Art Class:
10:00am-12:00pm
- Lunch: 12:30pm
- Haircuts: 2:00pm
- Showers & Laundry:
7:30am-12:30pm

WEDNESDAY

- Breakfast:
7:30am-9:00am
- Lunch: 12:30pm
- Showers & Laundry:
7:30am-12:30pm

THURSDAY

- Breakfast:
7:30am-9:00am
- Emergency Relief:
10:00am-12:00pm
- Centrelink Outreach:
11:30am
- Lunch: 12:30pm
- Showers & Laundry:
7:30am-12:30pm

FRIDAY

- Breakfast:
7:30am-9:00am
- Lunch: 12:30pm
- Showers & Laundry:
7:30am-12:30pm

SATURDAY

- Breakfast:
7:30am-9:00am
- Lunch: 12:00pm
- Shower & Laundry:
7:30am-10:30am

SUNDAY

- Breakfast:
7:30am-9:00am
- Lunch: 12:00pm
- Showers & Laundry
7:30am-10:30am

NB: Limit of 2 washes per week

Methadone:- Saint or Sinner ??

Methadone is a “synthetic” opioid most commonly used to treat addiction to other opioid drugs such as heroin, oxycodone and hydromorphone.

It was first developed in Germany during the Second World War to provide pain relief.

Methadone treatment has been a controversial strategy used in the treatment of heroin dependent people.

Beginning in Australia in a small clinic in Western Sydney in 1970, methadone programs were slowly established around the country.

Its use as a treatment option waxed and waned until 1985 when, with the spread of HIV/ AIDS, methadone was recognized as a major role in limiting the transmission of the virus by the unsafe practice of needle sharing.

With 25,000 people now receiving methadone treatment in Australia, it is regarded by most as a successful public health initiative .

Some people say that methadone is just as “addictive” as heroin. People in methadone treatment do become tolerant

to certain effects of the drug, and will experience withdrawal if they do not take their regular dose. But methadone fails to meet a full definition of “addictive” when looked at how and why the drug is used.

First of all, methadone maintenance is offered as a medical treatment, and is prescribed only to people already addicted to opioid drugs. For these people, methadone provides a safe alternative to the routine danger and desperation of securing a steady supply of illegal opioid drugs. It frees them from the constant compulsion to use, and allows them a chance to focus on improving their lives.

Many on the program use the phrase “being able to function” as methadone’s biggest selling point.

Methadone treatment also plays a significant role in controlling other ill effects of heroin use including the control of crime.

Many see it as the lesser of two evils. Harm reduction is fundamental and service providers can contribute structure, rules, informal counselling and small acts of kindness.

Methadone maintenance is a long-term treatment. Length varies, from a year or two to twenty or more. Prolonged treatment with the proper doses is medically safe.

The big question is how long should the treatment continue.

This depends totally on the individual. Most people who successfully come off methadone have been in the program for at least twelve months and their lives have generally stabilized.

The decision to stop should be made with a doctor who will gradually decrease the dose while providing support.

There is no “cure” for drug dependence or addiction. Participation in a methadone treatment program can make life more stable enabling the user to make positive lifestyle changes in a supportive environment.

If you are thinking of coming off or reducing methadone MTAR *Metabadone to Abstinence Residential* is a residential program provided by WHOS in Rozelle Ph: 8572 7477

Speak with Graciela or Zoe for further information or see your doctor

A little bit of kindness goes a long way

The other weekend a family came in with several bags of clothes, a common occurrence here at the Station.

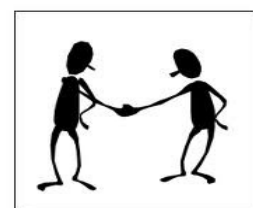
But this gesture struck me, as it was mum, dad and their little son obviously passing on the things that belonged to their pop who had passed away and giving his things to us was a way for the little fella to cope and see that pop’s stuff would be helping people less fortunate than them.

We receive many donations of varying size, goods and services.

It is not only the large companies who assist us but quite often the average person who may work near by or have heard of the work we try to do here that will come in with money, food or socks or queries of what we need and how can they help.

We get many offers from people volunteering their time. Staff from neighboring businesses the Bonnaci Group, Dexu and American Express work on a roster system to help serve lunch every day, giving up their lunch break for us.

Ordinary people who have the kindness and compassion in their hearts to think of others and actually do something is what makes all the difference and means so much.



All the little acts of kindness add up to us hopefully making life a little easier.



Stephanie calls the shots for Men's Health

Stephanie has just completed her work experience hours at the Station as she completes her Diploma of Community & Welfare Services.

In June she hosted a special bingo game as part of her presentation for 'Men's Health Week' with great prizes including tickets to the Eels /Bulldogs match.

Before calling out the lucky numbers she gave the guys an infor-



mative talk on the importance of taking care of themselves and handed out pamphlets she had compiled with information and resources.

Steph has been a welcome addition to the Station and we wish her well with the rest of her studies and future employment.

Thank you Steph it has been a joy having you here & you'll be missed

Men's Health Week



Men's Health Week was held in June highlighting the need AND importance of you blokes taking care of yourselves!!

As one client said, "We fellas only go the doctor when we're bleeding and even then it has to be pretty bad".

Men are notorious for not going to the doctor perhaps see-

ing it as a sign of weakness or they have better things to do and it's pretty low on the priority list. They may have all sorts of symptoms but have the great Australian attitude of "She'll be right mate".

Well sorry guys, it's not alright.

Regular checkups are vital for early detection and treatment of cancers such as prostate and melanoma (Skin Cancer).

Many preventable problems can be detected by a simple blood test and treated before things get serious.

So get yourselves to the doctor, have a chat about any concerns and put your mind at rest.

We have a GP here every Monday at 8:30am.who can give you a quick check up and refer you on if necessary.

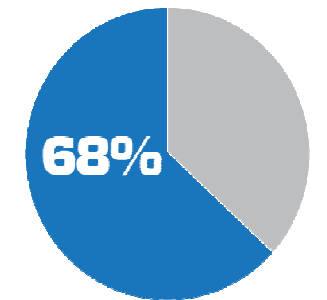
There are other services available specifically for the homeless just ask at the front desk



Think of it as a grease & oil change that will keep your motor running smoothly for a long time and then HE will be alright mate!!



More men die from Prostate cancer than women die from Breast cancer



Men make up 68% of the population that uses drug and alcohol treatments services

Free

Legal Services

We are extremely grateful to the Henry Davis York Lawyers and the HWL Ebsworth firm who have been offering their services pro bono at the Station Ltd since 2004.

If you are in need of legal advice or maybe help tracking down documents, put your name down at the front desk for an appointment to see them. They are here every Monday morning from

Streeter Law

A big thankyou to the Streeter Law Firm who held a food drive during June to collect dry goods and food-stuffs for the Station.

We received a wonderful selection of goods that are easily transportable and suitable for those sleeping rough.

We were able to make up many food parcels to distribute to our clients.

*A welcomed winter treat
Thankyou*

The Station welcomes some new faces.

Zoe is our new Mental Health / AOD Worker. If you have any concerns or would just like a chat, please make yourself known to her.



Gordon is our new Housing Support Worker who with Takuro can help organise your application for Housing or other type of accommodation, support letters etc.

Marcial has joined Kate on the weekends.



Please make them all feel very welcome

NOTICE BOARD

"YOU SAVE" Chemist at Wynyard Park are offering to dispense PBS prescriptions to the clients of the Station so they don't miss taking medication due to inconvenience or lack of finance.

THIS IS A FREE SERVICE



Do it yourself haircuts will now happen on Tues & Weds from 12:45 til 1:15. The clippers will be given by staff to those that they deem capable to use them responsibly.

DON'T FORGET THE 'SUGGESTION BOX' FOR ANY IDEAS ETC!!

A Bit of Aussie Sport Trivia

1. What was Sir Donald Bradman's batting average?
2. Which player famously kicked the Bledisloe Cup winning penalty against the All Blacks in 2000??
3. Which origin player famously shouted "Queenslander" as he ran on the field?
4. Which team holds the record for the most ARL/NRL wooden spoons??
5. Was tennis legend Rod Laver left or right handed??
6. In what year did the Wallabies last win the Bledisloe Cup??



"You drink too much!"

ANSWERS

- 6: 2002
5: Left handed
4: Western Sub-urbs Magpies
3: Billy Moore
2: John Eales
1: 99.94

"Bread & Butter" Pudding



INGREDIENTS

- * 4 eggs
- * 2 cups milk
- * 300ml pure cream
- * 1/4 cup caster sugar
- * 1 teaspoon vanilla essence
- * 1/4 teaspoon cinnamon
- * 40g soft butter
- * 1/2 cup sultanas
- * 8 thick slices white bread crusts removed
- * Raw sugar to sprinkle on top

We made this delicious winter warmer in our cooking classes and it was such a hit that we did it again by popular demand. It is so simple, cheap and easy to make Anyone can do it!!

METHOD

1. Preheat oven to 180 degrees. Grease a 5cm deep, 17cm x 28cm baking dish
2. Whisk eggs, milk, cream, caster sugar, vanilla and cinnamon in a bowl
3. Spread both sides of each bread slice with butter. Cut each slice in half diagonally. Arrange half the bread in rows in prepared dish. Sprinkle with half the sultanas. Repeat with remaining bread and sultanas.
4. Pour egg mixture over bread. Sprinkle with raw sugar. Bake for 30 to 35 minutes or until golden and set.

To Our Friends & Supporters

Alyce Rollason
Anna M Parissi
Anne David
Bakers Delight
BCD Travel Corporate
Bulldogs Rugby League Football Club
Cheryl Coleman
Chris Tappenden from "Six Pen" for our website
Christina Clarke
Christine Marsden
Colgate Palmolive Pty Ltd
David Murray Immerz
Geoffrey Michleson
Jaz Stephens
Kiwanis International
Mukta Singh
Macquarie Bank
Matthew Folbigg Pty Ltd
Meghan Curruthers
Megan McInnes & team from Dexus Property Group
Megan Spencer
Michael Davies
Murray Baxter
Occidental Hotel
Johanna Jordan
Oz Harvest
Pacific Brands
Rose Cabana
RCG Corporation
Resist Records Basement
Socius Wealth Management
St Phillips Church
Stan Moore & the members of Darling Harbour Rotary Club
StreeterLaw
Swags for the Homeless
Sydney Swans Football Club
Tanya O'Donnell
Westpac, Kent St
Willim Duggan

To our Board of Directors for their dedication & hard work

*A Sincere Thankyou
for your kindness
& generosity*