

News from The Station Ltd

SPRING & SUMMER 2024

Brian's Home!



Case Study Mini-Version from the Station's Team.

BJ, a 54-year-old man, has been a regular user of The Station Ltd.'s services for about three years. After living on the streets of Melbourne he decided to try his luck in Sydney in 2021. BJ receives a Disability Support Pension. This pension is his only source of income. He uses it to manage his addiction, food and other essential living costs.

Initial Assessment: The housing team made several attempts to complete his housing application and were finally successful. During the assessment, BJ disclosed that he was struggling with addictions (heroin and ice). Detoxification was a priority. If he was going to be housed, he needed to be addiction free. His situation seemed urgent, and he understood that change requires commitment. His health was in a state of rapid decline.

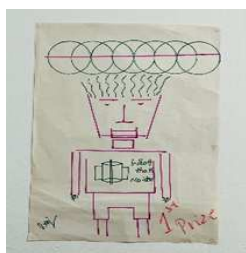
Substance Use: BJ has become addicted to an illegal substance to cope with his mental and physical well-being. His addiction has been ongoing since early 2019. Despite his sincere efforts and expressed intentions to seek help, JB has repeatedly struggled to get into detox programs. He has often dropped out at the last minute before admission. This cycle has made it difficult for him to break free.

Health and Mental Health Issues: BJ shared that the loss of a family member had a profound effect on his mental health. This exacerbated his struggles with substance use. The combination of grief and addiction had been a contributing factor to his mental health and untenable living situation.

Support Provided: We referred him to a few detox services and a rehab centre that provided the care and support he needed to address his substance use and mental health issues. We helped him with the detox fee to ensure that financial constraints did not prevent him from getting the help he needed.

BJ has been clean for 12 months and attends Narcotics Anonymous meetings regularly. We have had several conversations with him about his addiction and have gotten him to see the doctors at Homeless Health. They have also encouraged him to attend NA meetings.

BJ received a housing offer for a one-bedroom property in Redfern, so he moved into the unit in November 2023. He appreciates our home visits, and we continue to provide ongoing support to monitor and ensure his well-being.



The Station celebrated Mental Health Awareness Month with a touch of Art activity based on mental health issues.

This activity gave the clients chance to interact and talk about sensitive concerns.

There were good prizes for 1st, 2nd, and 3rd place for the most well-drawn picture.



It has been a very challenging 6 months. The lack of available property has made it difficult to house the number of clients on the housing waiting list. With the support of DCJ, our housing team has managed to house 13 clients. Also the group that chose the private market, 20 clients were housed with the help of our housing support team.

Joe. T is Finally Home





Clients applauding and cheering for Chef Javier



Another fantastic Christmas Lunch at the Station. Thanks to the support of Rotary Club of Sydney “The Darlings”, Market City, ShoeBox Revolution, Pfizer Group, Wynyard Transport NSW, and many other donors that have approached the Centre to drop gifts bags for our Clients.



Legal Service



The Homeless Persons Legal Service continues with their pro-bono service once a fortnightly on Tuesdays at 12:00 pm.

If you would like to speak to a lawyer and get some advice,

Dental Program

Dental Program continues bringing good results. With the assistance of ADA the dental care program and Special Needs Dental Service

If you need dental care assistance ask to see Franco also our Housing Support Worker he can arrange an appointment to be assisted with filling out a form and arrangements for a dental care visit.



Housing Support Program

Franco & Luke, the two Housing Support Workers. They can help you navigate the housing system. They also provide case management to ensure your needs are met.

Find out how to apply and get housed soon!

The Health Team at The Station

The Health Clinic is run by the O'Brien Centre Homeless Health Team which includes a GP & and a Nurse, the team visit The Station from 8:00 am to 10:00 am Wednesdays.

Any medical concerns, flu vaccines and Covid-19 Vaccination information and other health information will be provided face to face.

You can see the Health team without an Appointment or Medicare card.

Mental Health Clinic

If you have any concerns about your mental health and want to speak to a professional; Psychiatrist or a Nurse you may arrange an appointment

The Station Ltd Operates 7 days a week.

We serve breakfast from 7:30 am—9:00 am and Lunch from 12:00 pm to 12:30 pm whilst clients can sit-down to enjoy their breakfast and hot meals. Clients can also watch TV, grab a book to read and use the computers, to check their emails.

Our main goal is to provide case management assistance for those in need of housing, mental health concerns, drug and alcohol support, referrals and advocacy.

Mental Health / Alcohol & Other Drugs

If you are struggling with issues related to mental health, alcohol and other drugs, please see our AOD Workers who can provide support, information and referrals to Detox and Rehab services.

Minh, the spirit of a Champion!





Thanks to our Stakeholders

St. Vincent's Hospital Homeless Health Team,
The Australian Dental Association and the
Homeless Persons Legal Services for their



Thank you Jamie Thomson for your continue support providing books to our regular readers.

We would like to thank the Rotary Club of Sydney Darling Harbor for their support throughout the year and especially for helping The Station with a lovely Christmas Lunch and Gifts that brought many smiling



Thank You to all our supporters who made

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