

## Living and Life Skills Program

The Living and Life Skills Program continues to run in Dandenong. The program consists of a range of workshops for young people aimed at helping them develop and enhance their life skills.

All youth clients aged 15-25 from WAYSS or the Creating Connections partnership agencies are welcome to attend.

Upcoming workshops for September include:

**The Net** - Discover how to search the internet safely for housing, education, employment, and more. 5 September 2009 - 3.30 p.m. to 4.30 p.m. - WAYSS Emergency Youth Accommodation - Dandenong

**Cooking on a Budget** - Hands-on experience cooking meals that are within a young person's budget. Different meals are created every month. 11 September 2009 - 3.30 p.m. to 4.30 p.m. - WAYSS Emergency Youth Accommodation Dandenong

**Private Rental** - Step-by-step information on how to apply for private rental, what information and ID is needed, and how to access bond loans, rent assistance, PRAP, and more. 17 September 2009 - 3.30 p.m. to 4.30 p.m. - WAYSS Dandenong - 294-300 Thomas Street, Dandenong

**Conflict is not a Dirty Word** - Learn how to deal with and respond to conflict in the family home, with friends, and in the work environment, and how to build effective communication skills. 22 September 2009 - 3.30 p.m. to 4.30 p.m. - WAYSS Emergency Youth Accommodation Dandenong

**Healthy Eating** - Looks at the food pyramid and how to sustain a well-balanced and healthy diet. 28 September 2009 - 3.30 p.m. to 4.30 p.m. - WAYSS Dandenong - 294-300 Thomas Street, Dandenong

Workshops are run monthly. For details of workshops for upcoming months, and for booking and further information please contact the Dandenong WAYSS Youth Intake Team on 9791 9111.

## Street Soccer

The Community Street Soccer Program is a community initiative of *The Big Issue Australia* using football as a catalyst for transforming lives and providing participants with a real sense of purpose and belonging. The program involves males and females, of all ages and varying ability and fitness levels, getting together once a week, training and playing matches. Permanent pitches, playing equipment and a dedicated soccer coach are provided at each location.

The program's mission is to use sport as a means to promote social inclusion and personal change for homeless, marginalised and disadvantaged people. The program's aims are to create healthier communities and social change for marginalised people, promoting participation, inclusiveness, commitment and team spirit. Their plan is to build a sustainable program to engage 3,000 participants

across Australia by 2010, in 30 communities.

One of the locations for the Street Soccer Program is Mills Reserve in Cleeland Street Dandenong (Oasis car park), and is operated each Wednesday from 4-6pm. It runs regardless of the weather due to having access to both inside and outside facilities. The program is for clients from all services, and workers are also more than welcome to drop by, have a look and even lend a hand.

A number of events have already taken place this year. The Dandenong team won the Victorian Street Soccer State Championships played at Waterfront City at Melbourne's Docklands on Sunday March 22. Minister for Housing, Local Government and Aboriginal Affairs, Honorable Richard Wynne MP presented the Dandenong team with their medals, and commended the



incredible strength and commitment they showed on the day.

"The level of sportsmanship has been wonderful at a sporting event where the ultimate goal is to raise public awareness, generate support and encourage all members of the community to take positive steps to address homelessness."

Also, the Victorian State Team took out the 2009 National Championship, which took place in Brisbane in July.

For more information regarding the Street Soccer program in Dandenong please contact coach Stuart McGown at [dandenongsoccer@bigissue.org.au](mailto:dandenongsoccer@bigissue.org.au)

## Looking Ahead

### September

#### 10<sup>th</sup> - World Suicide Prevention Day

This is an annual event sponsored by the International Association for Suicide Prevention (IASP) in collaboration with the World Health Organization. For more information go to the International Association for Suicide Prevention website.

### October

#### 4<sup>th</sup>-10<sup>th</sup> Mental Health Week

#### 10<sup>th</sup> World Mental Health Day

#### 17<sup>th</sup> Anti-Poverty Day

#### 18<sup>th</sup> Walk to Cure Diabetes

(See page 2)

#### 26<sup>th</sup> Pink Ribbon Day

Cancer Council's Pink Ribbon day is your chance to help raise money and awareness for all Australian women affected by breast cancer

#### 30<sup>th</sup> National Bandana Day

Also known as Canteen Bandana Day is to raise awareness and support for young people (12-24 years) living with cancer. To learn more on how you can volunteer, pack or sell bandannas, please visit [www.bandannaday.com.au](http://www.bandannaday.com.au)

### November

#### MOvember – raising awareness for men's health

MOvember (the month formerly known as November) is a moustache growing charity event held during November each year that raises funds and awareness for men's health. For more information, go to the MOvember website.

## Just a Thought

*It requires something more than personal experience to gain a philosophy or point of view from any specific event.*

*It is the quality of our response to the event and our capacity to enter into the lives of others that help us to make their lives and their experiences our own.*

**Emma Goldman**



## Walk to Cure Diabetes - 18<sup>th</sup> October

The annual Walk to Cure Diabetes is the Juvenile Diabetes Research Foundation's (JDRF) biggest and most popular event. JDRF is the world's leading non-profit contributor to type 1 diabetes research. Their mission is to find a cure. Type 1 diabetes also known as juvenile diabetes affects 140,000 people in Australia. Thousands of people across Australia, many of whom have been touched by diabetes, are united in raising money for this worthwhile cause.

This year the walk will be held at Albert Park Lake in Albert Park. Check in is from 9.30am and the Walk to Cure Diabetes starts 11.30am. Children's activities and entertainment will continue through to 2:30pm. The Walk is approximately 5km and will go ahead come rain or shine. Anyone can join this fun and easy way to make a difference. Make it a family affair! For more information or to register go to <http://walk.jdrf.org.au> and follow the links.



### Useful Contacts

- WAYSS Family  
Violence Crisis Service  
A/H 0400 503 338  
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- Mornington Peninsula  
Domestic Violence  
Service 5971 9454  
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- Hanover - Dandenong  
"Bob's Place"  
Crisis Accommodation,  
Housing Support and  
Family Focus  
9792 0750  
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- Office of Housing  
• Dandenong  
9767 8777  
• Frankston  
9784 3200

## Cardinia Mobile Youth Bus

The Cardinia Mobile Youth Bus, known as 'MYBus', was launched at Emerald Secondary College on the 19<sup>th</sup> of June. The bus is a useful resource for young people living in all parts of the Shire of Cardinia. Cardinia Youth Services workers operate the bus, and make it available to young people at various sites within the shire. The bus contains information, resources and entertainment for young people, including internet facilities. Cardinia Youth Services workers are available on the bus to provide support, information and referral services to young people. The bus operates between 3.30 p.m. and 5.30 p.m. on school days at various locations, and between 9.30 and 4.00 p.m. during school holidays. For further information regarding the bus's locations and services please contact Cardinia Youth Services on 1300 787 624.

## The Step Ahead Program

The WAYSS Step Ahead Program is an intensive support program aimed at 15 to 17 year olds with significant barriers in accessing independent living. Some of the issues young people in the program present with include drug and alcohol issues, family breakdown, poor living skills, lack of budgeting experience, and mental health issues. An important part of the program is engaging in or exploring education, employment or training. The Step Ahead Program case workers have access to supported accommodation, and work with these young people on building living and life skills for independent living, and support them to achieve goals identified via a case plan. If you are wishing to refer a young person into the program or simply want more information, please contact Mark or Laura on (03) 9791 5692.

### GOOD NEWS!



The program has recently had a client exit into transitional housing, which involves less intensive support, after being part of the Step Ahead Program for 11 months. When the client entered Step Ahead, he had very limited living and life skills, and needed support from workers on a daily basis. The client has worked on and developed these skills in his time in the program and is now on the road to independent living. He is about to complete year twelve, and wants to go on to do further study in science. This is a great outcome for the Step Ahead Program and we wish this client all the best on his journey!

### Links



- WAYSS  
[www.wayssltd.org.au](http://www.wayssltd.org.au)  
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- The Association of  
Neighbourhood Houses  
& Learning Centres Inc.  
[www.anhlc.asn.au](http://www.anhlc.asn.au)  
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- Hanover Welfare  
Services  
[www.hanover.org.au](http://www.hanover.org.au)  
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- Homelessness Australia  
[www.homelessnessaustralia.org.au](http://www.homelessnessaustralia.org.au)

## Renters Workshops

The Young Renters Workshop continues to be held in Narre Warren, Cranbourne, Pakenham, Dandenong, Frankston and Mornington, and is an excellent resource for our clients. The three hour workshop is aimed at helping young people get into rental accommodation. Information on rights and responsibilities is provided, as well as tips to assist young people in finding and keeping a rental property. Participants receive a renter's kit and certificate of participation, which selected real estate agencies acknowledge.

### Upcoming workshops include:

DATE	TIME	VENUE
6 October 2009	11.00 a.m. - 1.00p.m	Cranbourne Youth Information Centre Shop 58, Centro Cranbourne
28 October 2009	1.00 a.m. - 3.30p.m	WAYSS Narre Warren 58 Webb Street, Narre Warren

### Upcoming workshops include:

DATE	TIME	VENUE
14 October 2009	11.00 a.m. -3.00p.m	The Chapel - Corner McGregor Road and Main Street, Pakenham
17 November 2009	11.00 a.m. - 3.00p.m	Outlook - 24 Toomuc Valley Road, Pakenham
February 2010	Evening Workshop	Services Central - 6B Henry Street, Pakenham

There is also a biannual reference group for the Young Renters Program, made up of workers who have a knowledge of accommodation issues surrounding young people, and real estate agents who are willing to assist young people. The next reference group meeting will be held at WAYSS Narre Warren on 30 September 2009 from 2.00 p.m. to 3.30 p.m. New members are very welcome. Other upcoming workshop dates will be scheduled. Please call Peninsula Community Legal Centre on 9783 3600 for bookings or for further information on the workshops or reference group.

Due to the success of the Young Renters Workshop, a newly developed open age workshop has been created for young people and adults alike, which is being run in the Cardinia Shire.