

Newcastle Community +



# **-Minutes-**

*Youth Accommodation Network*

**Thursday 23<sup>rd</sup> January 2014 10am -Midday**

## **Self Care in Unstable Times**

**Oasis**-Fiona Pederson, **Samaritans Youth Direct**- Michelle Buck, Harata Wilson, Inanna Bailey, **Samaritans Reconnect**- Sim Rajkumr, Felicity Scott, **TAFE**- Cass Ralph, **Hunter Homeless connect**- Peter Di Girolamo, **Awabakal**- Kristy Davies **Housing NSW**- Guy Onley, **NYASL**- Danielle Black, **Catholic Care** -Tanya Rowney

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*Thursdays interagency was something different... with all the uncertainty, change and stress happening within and around the youth homelessness sector I felt it was important for this to be acknowledged and for workers to be reminded of self-care, and have some time put aside to practice and experience some calm, joy & laughter.*

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### **Info Share & Sector Updates**

All info Below is in attached PDF:

- **Skills for Tomorrow: for young Parents today.**
- **Diploma in Community Services Fast tracked.**
- **X4 Day Free Training 'Practical Skills in responding to people who experience DV'**
- **Live it Loud creative arts and life skills** (next work planning day or team building?)
- **Laughing Yoga Free (Saturdays Islington Park)**

Peter Di Girolamo (previously of Wesley) spoke of a new project he is involved in called ***Carpark to Home***; A service sector info session is planned for Thursday 13<sup>th</sup> February. Peter will fwd more details to Astrid to which she will pass on to the sector. In a nutshell the “Carpark to Home” project will seek to:

- a) Establish a servicing hub for families who are living in their cars, with on-site professional intake, assessment, referral and case management support.
- b) Partner with appropriate human and community services to address the needs of the families, including domestic violence support, mental health services, child and family services, legal and financial services, etc.
- c) Work with social and private housing providers on pathways to move families quickly into homes.
- d) Provide suitable amenities and a sense of community and safety for car-sleeping families while staying in ‘Our Backyard’.

### **Living Peace Yoga**

Yoga in the chair was led by Greg of Living peace yoga, please see [www.livingpeaceyoga.com](http://www.livingpeaceyoga.com)

Print outs of in chair stretches are in the minutes.

### **Mindfulness**

Guided meditation was led by Inanna Bailey of Samaritans Youth Direct; please contact her about attending her meditation group that she runs outside of her role at Samaritans. Contact [inanna@live.com.au](mailto:inanna@live.com.au)

### **Hip Hop Yoga**

Yoga for all

‘We want to make yoga accessible to people’.

Tahnee from *Yoga for All* delivered a ‘Hip Hop Yoga’ Class [www.yogaforall.com.au](http://www.yogaforall.com.au) we're a 'Pay-What-You-Can' yoga studio, so there's no memberships, just a donation box where you deposit between \$5 and \$20 - your choice. :) We're at 39 Bolton St Newcastle and all classes are beginner friendly, though there are specific beginner's classes if people would prefer.

### **The Body Shop- Healing Hands**

A huge shout out thankyou to the Body shop who attended and gave free hand massages to all those in attendance.

<http://www.thebodyshop.com.au/>

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For further information, please contact me

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