

SHARE & CARE TIMES

APRIL 2007 Issue 23

We hope you enjoy this edition. If you would like to submit An article or even request articles or Information, call Christine in Administration.



For those that

continue to read

Enjoy!

WEB SITE STATS SUMMARY - February & March 2007

During the Month of February, 2007:

A total of 446 distinct visits were made to the site.

The average visit lasted 2 Minutes and 10 Seconds.

53 distinct web pages were viewed a total of 912 times.

The average visit contained 2.05 page views. People spent an average of 1 Minute and 4 Seconds viewing a page.

On average 9.82 files were downloaded per visit.

During the Month of March, 2007:

A total of **593** distinct visits were made to the site.

The average visit lasted **2** Minutes and **15** Seconds.

50 distinct web pages were viewed a total of **1,367** times.

The average visit contained **2.31** page views. People spent an average of **58** Seconds viewing a page.

On average **10.86** files were downloaded per visit.

POLICY & PROCEDURE - Employee Friendly Options

Share & Care recognise that achieving a balance between work and personal life can produce a happier and more effective workforce.

This recognition has emerged following the ongoing changes that are taking place in Australian society and the profound effect of these changes on our families and workplaces. The most important of these changes are:

- > higher participation of women in the workforce, education and training:

- > greater diversity in family structures and an increasingly multicultural population:

- > a growing diversity of attitudes and expectations about the roles of men and women in both work and personal life:

- > the aging of the population: and

- > a recognition that family responsibilities extend to caring for the elderly, disabled or chronically ill family members as well as children.

Work and personal life has emerged as a key priority area for Share & Care as we realise the benefits to be gained in assisting to find a healthy balance, such as:

- > increased productivity:

- > reduced stress:

- > improved morale and commitment:

- > reduced lateness and absenteeism:

- > increased staff retention:

Continued.....

The following are some options and ideas for work practices that can help employees lead better work/personal balanced lives.

Flexible hours

Flexible working hours allow employees to work an agreed number of hours, spread over a set period of time. Employees are able to work the hours they choose as long as it is enabling the organisations Programs to function effectively. In introducing flexible hours, it is important that there is a measure of predictability in the work arrangements that are established.

Regular part-time work

Regular part-time work allows our employees to reduce their working hours in order to take care of family or other responsibilities, whilst maintaining an income. It is particularly useful for employees returning from parental leave, Employees working on a regular part-time basis have continuity of employment, and generally accrue other entitlements on a pro rata basis.

Flexible leave arrangements

Flexible leave arrangements include a number of measures to assist employees to respond to family emergencies, to provide care for a family member who is ill or to assist parents provide care for children in school holidays.

These leave arrangements might include;

- > personal/Carer's leave entitlements
- > more flexible use of annual leave; and
- > make up time and time in lieu including through formal flexi time arrangements.

Child Care and Elder Care provisions

As an employer, Share and Care can offer our employees a range of child care and elder care measures. Options include bringing children to work in some circumstances, (see P&P), an established Carers' room and breastfeeding facilities within the Administration building, supporting the use of child care referral services, and introducing employees to community support networks related to elder care.

Whilst working from home is not an option for Share & Care Program staff, there are many other avenues which can assist our employees in reaching the balance they desire. Please talk to your Program Manager who will bring to the CEO's attention any requirements needed to assist you.

The Claim: The Back Seat of a Car Is the Safest Place to Sit

Really?

By ANAHAD O'CONNOR

THE FACTS Automobiles may not be the safest mode of transport, but many people wonder whether where they choose to sit can improve their odds.

According to several studies, it can, and the spot that is generally the least desirable, it turns out, is also the safest: the middle of the back seat. Uncomfortable, yes, but it's also the seat that typically has the largest "crush zone," an area around which the car collapses in a collision, ultimately protecting an occupant.

One large study of the subject, by researchers at the University of Buffalo in 2006, analysed more than 60,000 fatal crashes and found that passengers in the middle back seat were 86 percent more likely to survive than those in the front seats, and 25 percent more likely to survive than those in the other rear seats.

But the study also found that about half of all adults in the middle back seat neglected to wear seat belts. They were about three times as likely to die in a crash as middle-back-seat passengers who did buckle up. And not wearing a seat belt in the back can have unfortunate consequences for those up front. One study found that even when passengers in the front wore seat belts, their odds of dying were five times as great if those in the back were not belted, a result of back-seat passengers' being thrown forward on impact.

THE BOTTOM LINE In an accident, the middle back seat is the safest place to be.



Leif Parsons

Balinese Duck (Bebek Bumbu Bali)

This duck recipe features the tastes of Bali. Prepare this recipe when you're in the mood for a rich and filling meal. A nice fruit salad would be an excellent accompanying dish.

RECIPES FROM AROUND THE WORLD

- 1 5-pound duck
- 10 macadamia nuts, crushed
- 1/2 teaspoon shrimp paste
- 1 tablespoon chopped hot chillies
- 1/4 cup sliced onion
- 5 cloves garlic, chopped
- 2 tablespoons soy sauce
- 2 stalks lemongrass
- 1/2 teaspoon turmeric
- 2 teaspoons salt
- 2 cups water
- 2 cups water
- 2 cups water
- 4 bay leaves
- 2 pieces galangal, peeled



Disjoint the duck and cut it into about 10 pieces. Trim and remove the loose skin and fat. In food processor, prepare a sauce of the nuts, shrimp paste, chillies, onion, garlic, soy sauce, turmeric, salt, and 1/2 cup of the water. Cook the sauce for three minutes in a large saucepan that will accommodate the duck.

Add the duck, bay leaves, laos, lemongrass, and the balance of the water (1 1/2 cups). Stir well, and cook over medium heat for about one and a half hours, or until the duck is soft and about half the sauce has evaporated. Should the duck appear to be too dry, 1/2 cup water can be added during the cooking process.

Yield: 6 servings

Heat Scale: Medium

SHARE & CARE SERVICES

FINANCIAL COUNSELLING: This program offers assistance to persons on low incomes who have a current health care card or on a government pension wishing to take control of their financial management.

The Financial Counsellor offers:

Assistance with developing budgets that cater to the individuals needs.

Centrepay payments to essential service providers and fines enforcement registry direct from your pensions.

Negotiation with creditors including debt collection agencies

Bankruptcy issues, information and assistance with referral.

WA No Interest Loans Scheme for assistance to obtain new white good appliances to the value of \$1000.00 with minimal repayments over 18 months

SUPPORTED ASSISTED ACCOMMODATION PROGRAM: This program assists persons who are at risk or who are homeless it offers:

Short term crisis hostel/hotel/motel accommodation to the homeless.

Information and referral to other services to assist in meeting the ongoing needs of homeless persons.

Assistance with part payments of bonds on rentals.

FAMILIES ASSISTANCE PROGRAM: This program offers assistance to families who are the recipients of a current health care card who are in crisis with :

Assistance to families experiencing difficulty with back to school clothing, books or fee costs.

Assistance for families who are at risk of disconnection from essential service supply

Assistance to families for assistance with food and/or travel by either voucher or referral to other service outlets.

Assistance or referral to other services for clothing or bedding for families in crisis.

EMERGENCY RELIEF PROGRAM: This program assists persons in crisis who hold a current health care card. The service offers:

Assistance with medical equipment/glasses/hearing aids etc

Assistance with gas for persons with medical conditions.

Assistance with food vouchers and referral to other services.

Assistance with travel via train or bus tickets or fuel vouchers

Assistance towards power or telecommunication bills.

Other crisis assistance such as clothing Manchester and household necessities can be arranged through referral to other service providers

HOME AND COMMUNITY CARE: The Home and Community Care (HACC) provides community care services to frail aged and younger people with disabilities, and their Carers.

The aims of the HACC Program are:

- to provide a comprehensive, coordinated and integrated range of basic maintenance and support services for frail aged people, people with a disability and their Carers; and
- to support these people to be more independent at home and in the community, thereby enhancing their quality of life and/or preventing their inappropriate admission to long term residential care.

The type of services funded through the HACC Program managed by Share & Care are as follows:

meals; domestic assistance; personal care; home modification and maintenance; transport; respite care; support, information and advocacy; and assessment.

COMMUNITY AGED CARE PACKAGES: If a client's care needs are more complex, or they need a range of services like help with bathing, meals, shopping and getting around, there's a specially designed service which can help: a Community Aged Care Package (CACP).

A CACP is an individually tailored package of care services which helps people with lots of different care needs to stay living at home by coordinating the different services they need.

There is an assessment first by an Aged Care Assessment Team. Then if a CACP is appropriate for the client's needs, they will be referred to our Home Support Services Program within Share & Care.

MEN'S SOCIAL SUPPORT GROUP: This is an innovative HACC funded program providing services solely to men who fit the HACC criteria and who are socially isolated through circumstances, financial, geographical or disability. The program is accessed by veterans, CACP men, and HACC clients and the program content is decided by the clients. This consists of trips to museums, local race days, Melbourne Cup event, agriculture events, stock sales, machinery shows, local RSL for lunch or a beer, individual support for medical appointments, and other community and in home based activities.

The service is flexible to suit individual needs and Care/Service Plans reflect this by the type of service and time of provision.

MENTAL HEALTH SUPPORT: Provides non-clinical support to people with severe and/or persistent psychiatric illness to develop/maintain living & social skills. To increase participation in community life and activities & decrease the burden of care for the Carers.

WAMINDAS "BACK TO BASICS": This innovative mentoring program is designed to assist women from Domestic and/or Family Violence settle into their new beginnings. The mentors provide information and linkages to Parenting Programs, Basic Budgeting made easy, further education possibilities, Art & Craft groups, Homemaker processes and many other skills. The mentor provides the support where required to inform and educate in a friendly, informal manner that allows personal and family growth.

NARROGIN RAINBOW CENTRE: An informal skills café for women escaping or coping with Domestic and/or Family violence. The café environment naturally invites informal discussions between women and provides assistance with CV's, home making skills such as sewing and cooking, computer basics and much more.

WAMINDA HOUSE WOMEN'S REFUGE (Northam): For women escaping Family or Domestic Violence and homeless women and their children. The refuge can accommodate 2 single women and a large family, in separate fully equipped unit style accommodation. The refuge operates 24 hours 7 days per week, the support staff are contactable on 1800 353 122 - this is a free and confidential service. This number can be used for telephone support and counselling, to obtain transport to get to safe accommodation or information packages on family and domestic violence.

If crisis accommodation is required and the refuge is full, the worker may be able to obtain alternative accommodation. The refuge is monitored daily with a duress alarm system and safety gates to ensure safe supported accommodation.

The worker may be able to be of assistance in regards to court appearances for violence restraining order or family court issues. The worker can provide basic counselling and outreach support if accommodation is not required. The refuge provide programs for women on budgeting, goal setting, safety plans, the effects family and domestic violence has on children, self esteem and the cycle of violence.

Transport is available for appointments and safety issues, support staff are advocates for clients and offer referrals when required.

DV CHILD SUPPORT PROGRAM (NORTHAM): A trained child support worker is on site for 22.5 hours per week. The Child support worker can relieve the parent of care if she needs to attend court or appointments. A program of activities which include an orientation on entering the refuge, to explain rules, show the child/children where all toys and equipment are, how to use equipment safely.

The worker is able to take child/children on outings with the parents permission, these outings can include movies, picnics or trips to the zoo etc. The worker can liaise with pre-primary and schools for enrolments and obtain out of school work. The child support worker uses Play Therapy techniques and music to help children settle at the refuge. The child support worker supports child/children attending the refuge with their mothers.

DV CHILD SUPPORT PROGRAM (NARROGIN): A trained child support worker is on-site for 22.5 hours per week. The child support worker can assist the parent of care if she needs to attend court or appointments. A program of activities which include an orientation on entering the refuge, to explain the rules, show child/children where all toys and equipment are, how to use equipment safely.

The worker is able to take child/children on outings or off site activities with the parents permission, these outings can include picnics, shopping, outings to the park or sporting premises etc. The refuge has a fully equipped brightly decorated playroom, a safe and secure outdoor play area with playground equipment. The worker can liaise with schools for out of school work or enrolments.

NARROGIN WOMEN'S REFUGE (Djookanka): Provides safe accommodation for women & children escaping domestic or family violence and homeless women. Referrals for financial assistance, medical issues, legal matters and transport to safe accommodation

Consumers can access the refuge 24 hours, 7 days a week on the free call crisis line 1800 007 570, this line is answered by fully trained support workers.

The refuge can accommodate up to three families in a communal style living arrangement. The families have their own bedrooms for privacy, the refuge is fully equipped and set up for either privacy or interaction with other clients. We have a monitored duress alarm system and fire alarm system which is monitored daily.

On admission every client is shown the fire exits and equipment. On exiting the refuge clients are offered an outreach service, which may include programs and emotional or physical support and referrals to other agencies. Financial support for emergency food is available on a limited situation, while residing at the refuge.

Support workers provide clients with programs which include safety plans, goal setting, budgeting, the cycle of violence, self esteem and the effects of family and domestic violence has on children. Limited transport is available for access to safe accommodation or appointments etc.

If the refuge is full the support worker may be able to obtain alternative accommodation.

NARROGIN REFUGE OUTREACH COUNSELLING: This program works in conjunction with the support workers at the refuge, the outreach counsellor has an office on site at the refuge and works 4 days per week during business hours.

The counsellor gets referrals from agencies or self referrals, or clients residing at the refuge. The counsellor is trained in counselling with families or individuals experiencing family and domestic violence.

The counsellor has transport to attend outlying towns for appointments, and can be contacted on the refuge numbers.

FAMILY DAY CARE SCHEME: Provides accredited home based licensed child care, catering for small groups of children in a safe nurturing environment. Carer numbers average 20.

LONG DAY CARE CENTRE: Quality care provided by qualified staff for up to 28 children, in a friendly safe homely environment. Staff are a mix of Qualified, Trainees and untrained. Premises are shared with the Family Day Care Scheme.

IN HOME CARE: Caters for families who live in rural areas, families who have more than 3 children under five years of age, families have a child or parent with a disability, families who have a child or parent who must stay at home for medical reasons, or families who have multiple births.

FINANCIAL CASE MANAGEMENT SERVICES: For those clients referred by Centrelink that will suffer hardship in the 8 week waiting period introduced on July 1st 2006. This will see assessment based on needs outstanding (mortgage, food, utilities etc) so that the client can return to Centrelink and obtain basic support monies.

Centrelink will refer eligible customers to a list of pre-qualified Financial Case Management Service Providers (FCMSP) within the customer's local area.

FCMSPs will assess and recommend which expenses are to be paid.

Centrelink will decide who is eligible, and authorise and pay for recommended essential expenses.

Essential Expenses' are those expenses that the customer incurs that are required to sustain their dependents or meet their particular needs because of their exceptional vulnerability

These may include: Reasonable costs of living, including food, rent, mortgages, medical expenses, rates, gas, electricity, telephone, public transport, and other reasonable costs.

THE LODGE: The Lodge is designed to provide safe secure accommodation to homeless men from age 18+. Men accommodated in the Lodge can expect to receive assistance with a range of services including employment opportunities, mentoring, referrals to agencies such as Drug & Alcohol, Centrelink, Financial Counselling and assistance with immediate needs such as food, medical, clothing etc.

GOVERNANCE & POLICY MAKING SEMINARS: These seminars are delivered to Boards of Organisations free of charge. The Share & Care website also contains policies and procedures for download.

QUOTES

"The best executive is the one who has sense enough to pick good men to do what he wants done, and self-restraint enough to keep from meddling with them while they do it." --Theodore Roosevelt

"The great leaders are like the best conductors - they reach beyond the notes to reach the magic in the players." --Blaine Lee

"It's never too late to be who you might have been." --George Elliot

"The entrepreneur is essentially a visualizer and actualizer... He can visualize something, and when he visualizes it he sees exactly how to make it happen." --Robert L. Schwartz

"To give real service you must add something which cannot be bought or measured with money, and that is sincerity and integrity." --Douglas Adams

"A life lived with integrity - even if it lacks the trappings of fame and fortune is a shining star in whose light others may follow in the years to come." --Denis Waitley

"The heights by great men reached and kept
Were not attained by sudden flight,
But they, while their companions slept,
Were toiling upward in the night." --Henry Wadsworth Longfellow

"An invincible determination can accomplish almost anything and in this lies the great distinction between great men and little men." --Thomas Fuller

"Morale is the state of mind. It is steadfastness and courage and hope. It is confidence and zeal and loyalty. It is elan, esprit de corps and determination." --Gen. George C. Marshall

"We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort." --

Gardening Australia - Drought Proofing Your Garden

1. Choose Suitable Plants

Use plants that are suited to your local conditions, in particular local native species that will thrive once established on natural rainfall alone. When choosing drought hardy plants from other areas, be mindful of environmental weeds which can soon escape from your garden into natural bush areas. Contact your local accredited garden centre for more information.

Strong wind and intense sun increases the amount of water your plants transpire. Improve the micro-climate by using hardy plants around the boundary of your property to form a windbreak and use deciduous shade trees and vines to provide dappled shade to tender plants during summer.

Keep thirsty and hungry plants to a minimum and plant them near by the house where you will get most enjoyment from them.

2. Condition the Soil

Add organic material to your soil to increase its ability to retain moisture and nutrients. Compost, aged manures and green manures are all excellent choices.

Adding small amounts of clay to extremely sandy soil can also be of benefit. Bentonite clay is particularly effective at the rate of between 100g – 2 kg per square metre.

Apply wetting agents to non-wetting soil. Use these products sparingly as excessive use can inhibit some soil organisms.

Mulching your soil to a depth of 75 – 100mm will help to reduce moisture loss, reduce weed competition and keep plant roots cool. It also adds valuable organic matter to the soil as it breaks down. Use a feeding mulch like Lucerne or pea hay for hungry plants including vegetables and fruit trees and a coarse wood chip mulch for deeper rooted hardy plants.

3. Collect and Store Rainwater

Direct water from roofs and other hard surfaces into garden beds to recharge the soil moisture for deep rooted plants.

Collect rainwater to use during dry times. A 3000L tank can go a long way towards meeting the water needs of a small veggie and herb garden in between rainfall events.

Tens of thousands of litres of water can be saved by plumbing the tank to the toilet and washing machine. For more information contact your local tank supplier.

4. Use Drip Irrigation

Use drip irrigation rather than sprinklers. There are less evaporative losses, no wind drift and no over spray. You will also experience fewer weeds and foliage fungal diseases.

Drip irrigation is easy to install and old sprinkler systems can be retrofitted. Critical components to include are a pressure regulator, filter, vacuum breaker and a flush valve. For more information contact your local irrigation retailer.

5. Reuse Your Grey water

Grey water (household wastewater excluding the toilet and kitchen) can be safely used on the garden provided a few basic precautions are taken. Key points to remember are to avoid contact (apply under mulch and prevent pooling) and use products specially formulated to be garden friendly. Many standard detergents have high salt levels that can damage the soil. Other additives can lead to soil and water pollution and also damage your plants.

Make your own

HOME MADE DUST WIPES:

1 cup lemon oil

2 cups hot water

Stir together the lemon oil & hot water.

Dip cloths into the mix then squeeze out excess and hang to dry.

Store in a covered metal container (old biscuit tin etc) until you are ready to use

*I found these are very effective and leave a wonderful fragrance through the house.

HOME MADE GLASS CLEANER:

1/2 cup vinegar to 1 gallon of water (or 2 tablespoons per quart)

OR

1/2 cup sudsy ammonia to 1 gallon water (or 2 tablespoons per quart)

OR

1/2 cup sudsy ammonia 2 cups rubbing alcohol 1 teaspoon liquid dishwashing detergent 1 gallon water (This one is less likely to freeze in cold weather.)



When your drain is clogged with grease, try pouring a cup of salt and a cup of baking soda down the drain followed by a generous amount of boiling water. This will usually dissolve the grease and clear the drain.

Use a cloth moistened with rubbing alcohol, club soda, or white vinegar to give your stainless steel a brilliant shine.

Club soda makes a good instant spot remover. Pour a little on the stain, let it set for a second or two, and blot with a damp sponge.

A mixture of 1/2 cup mild dishwashing liquid and 2 cups boiling water makes a great spot remover for carpets. Apply with a damp sponge.

Black marks left on your floors from the heels of your shoes can be removed with a pencil eraser.

Water rings or spots can be removed from wood furniture with a mixture of toothpaste and baking soda applied with a damp cloth.

To clean all types of wood work, make a mixture of 2 tablespoons vegetable oil, 4 tablespoons white vinegar, and 1 quart warm water. Apply with a soft cloth and dry with a separate, clean cloth.

To clean the stubborn stains in your bathtub, make a paste of hydrogen peroxide and cream of tartar. Use a toothbrush to rub it into the stains and rinse thoroughly.



Australians Donate

Workplace Partnership Program

In our continuing search to constantly support our communities, Share & Care have become a “Workplace Partner” with the Australians Donate Organisation.

Organ and tissue donation is the one form of generosity that can't be spontaneous - it depends on potential donors registering their consent and discussing their wishes with families, friends and partners.

The workplace partnership program builds strong relationships with respected organisations that are interested in enhancing the health and wellbeing of all Australians.

Through the partnership, we will be provided with information about organ and tissue donation which we in turn make available to our employees through internal communication activities. That's where we stop, if employees or visitors are interested in becoming donors they contact Australians Donate direct. There is no pressure nor judgements from Share & Care at any stage, this is a community service.

By becoming a workplace partner, our organisation can help raise the community's awareness of organ and tissue donation, and encourage people to discuss the issue with their families and friends.

In 2004 there were 218 organ donors from whom 782 people received transplants. In 2003 there were 179 organ donors, from whom 619 people received transplants. 218 organ donors in 2004 represented a 21 per cent increase on 179 organ donors in 2003.



Five Recipients

Fiona Coote

In 1984 I was a healthy 14 year old country school girl until I contracted Tonsillitis which led to the weakening of my heart. Within 3 weeks I was sent by Air Ambulance to Sydney and was soon on total life support with every major organ in failure. Media press conferences were held with my doctors and family. Within days a suitable donor was found and I then became the second heart transplant recipient at St. Vincent's Hospital.

William Lee

Since I was an organ recipient over twenty years ago, I have been really touched by the love and warmth of this world. I enjoy every day of my life and am greatly blessed because of the organ donor. I hope every patient has their hope fulfilled with more gracious donors coming forward so that more patients can enjoy the wonder of life, like myself.

Monica Watt

I am so very grateful that I have been given a second chance at life. The whole experience of being a heart recipient is one that I can never forget. Although now that time has passed I sometimes do forgot about it, and live my life as normally as possible, spending each moment preciously with my family and friends. I live my life as anyone else would. I got a second chance and that I will never forget.

Geoff Monk

In 1984 the Late Dr. Victor Chang gave me a new heart and said that I might only get 10 quality years out of it. That was over 21 years ago. Since then I've had many high points, including seeing my family grow and become successful. My son completing University and becoming a talented journalist and accomplished author, but possibly the real high point has been becoming a GRANDFATHER, with my daughter's son Brock.

Scott Campbell

In 1984 at the age of 11 years I became the youngest person to undergo a heart transplant. I suffered with Cardiomyopathy, which led to me being placed on the transplant waiting list. I've enjoyed surfing all through the years and look forward to many more good times.

THE LODGE



The Men's Lodge is up and running.

Floors have been revamped, fresh paint through out and Manchester, cutlery and crockery organised.

We have 4 transitional beds which are medium-long term and 2 crisis beds. Presently we have 1 tenant that is long term and referrals and enquiries are continuing.

Our application to Lotterywest will hopefully see much more done by way of individual, lockable fridges, storage cupboards, furniture etc done.

Congratulations to Diane & Gary and the Waminda staff on getting everything ready on such short notice.....WELL DONE!



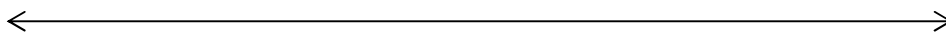
CHILDCARE SERVICES - Staff and Carers celebrated Harmony Day in park.

Louise has started with us as a volunteer. Vic & Rhonda have attended training in car seat and restraints fitting. Rhonda has been to Melbourne for second CCMS (child care management system) reference group meeting

Lottery West grant has been approved for our upgrade towards accreditation. Kylee gets married on 21st April and Donna has started as a casual child care worker with us.

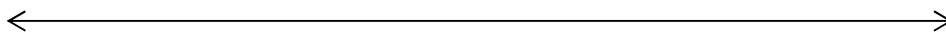


WAMINDA HOUSE - Clients as always have been at a high rate. We invited the ladies from the CWA Wooroloo to morning tea as they have supported the refuge with donations and toiletry bags for many years, it was great to be able to show them around the refuge and explain where and how their donations are utilised, the ladies were presented with a Certificate of Appreciation from Share and Care.



ACCOMMODATION SERVICES - We have recently employed two new staff members Lyn and Kate who will be support workers (mainly after hours). Our child support worker Maria has decided to work on a casual basis with Nuressa taking over the permanent role in child support. Rebecca and the Indigenous Women's Reference group that meet at the refuge are going on a Women's Camp to Pemberton and did some fund raising by selling chocolates to go towards the costs.

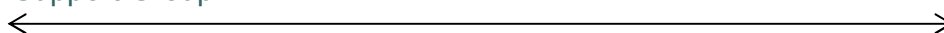
Gary and I have been very busy getting the Men's Emergency Accommodation up and running, we have been waiting for the final lease agreement to be signed off by the Department of Housing and Works, which is now completed. DHW donated some furniture to get us going and we hope to have the Lotterywest submission completed soon. The opening day is Monday the 26th March.



HOME SUPPORT SERVICES - We celebrated a centenary of life with one of our clients and her many friends. She has lived in Northam all her life and still lives in her own house.

We successfully facilitated a move from Northam to Perth for another client who needed to be close to additional facilities. This client is now happily living in Perth.

Robert has been appointed to the position of Community Support Worker for the Men's Social Support Group



FINANCIAL SERVICES - Financial Counselling has seen a busy month and bookings for a week ahead for next month already. The drought and economic climate effecting more people than anticipated. Emergency relief is busy as usual and Families assistance funds (used for schooling) are exhausted until next year, the funding for school uniforms and books was a great success and will be busier next year.

SAAP is steady and with the use of the Lodge now available, we have a great alternative to the Guest House.

AUSTRALIA

Location: Oceania, continent between the Indian Ocean and the South Pacific Ocean

Geographic coordinates: 27 00 S, 133 00 E

total: 7,686,850 sq km

land: 7,617,930 sq km

water: 68,920 sq km

Area - comparative: slightly smaller than the US contiguous 48 states

Coastline: 25,760 km

lowest point: Lake Eyre -15 m

highest point: Mount Kosciuszko 2,229 m

Natural hazards:

cyclones along the coast; severe droughts; forest fires

Geography - note: world's smallest continent but sixth-largest country; population concentrated along the eastern and south eastern coasts; the invigorating sea breeze known as the "Fremantle Doctor" affects the city of Perth on the west coast, and is one of the most consistent winds in the world

Population: 20,264,082 (July 2006)

Age structure: 0-14 years: 19.6% (male 2,031,313/female 1,936,802)

15-64 years: 67.3% (male 6,881,863/female 6,764,709)

65 years and over: 13.1% (male 1,170,589/female 1,478,806) (2006 est.)

Median age: total: 36.9 years male: 36 years female: 37.7 years (2006 est.)

Population growth rate: 0.85% (2006 est.)

Birth rate: 12.14 births/1,000 population (2006 est.)

Death rate: 7.51 deaths/1,000 population (2006 est.)

Net migration rate: 3.85 migrant(s)/1,000 population (2006 est.)



The longest river is the Murray River and its tributary the Darling River, which joins it at Wentworth in the south-west corner of New South Wales. Together totalling 3,370 km. their drainage basin comprises more than 1 million square kilometres or around 14% of Australia.

Infant mortality rate: total: 4.63 deaths/1,000 live births

Life expectancy at birth: total population: 80.5 years

HIV/AIDS - adult prevalence rate: 0.1% (2003 est.)

HIV/AIDS - people living with HIV/AIDS: 14,000 (2003 est.)

HIV/AIDS - deaths: less than 200 (2003 est.)

Caucasian 92%, Asian 7%, aboriginal and other 1%

Religions: Catholic 26.4%, Anglican 20.5%, other Christian 20.5%, Buddhist 1.9%, Muslim 1.5%, other 1.2%, unspecified 12.7%, none 15.3% (2001 Census)

Languages: English 79.1%, Chinese 2.1%, Italian 1.9%, other 11.1%, unspecified 5.8% (2001 Census)

Literacy: definition: age 15 and over can read and write total population: 99%

Agriculture - products: wheat, barley, sugarcane, fruits, cattle, sheep, poultry

Industries: mining, industrial and transportation equipment, food processing, chemicals, steel

Internet users: 14,663,622 (2006)

Airports: 455 (2006)

Railways: total: 47,738 km

Roadways: total: 810,641 km

The hottest temperature recorded in Australia was 53 degrees celsius at Cloncurry in Queensland in 1889.

Around 80% of the Australian population lives within the eastern seaboard or the coastal fringes of the continent.

Australia is also the world's flattest and driest landmass after the Antarctica.

The oldest rainforests on earth are situated in the Daintree National Park and also the Cape Tribulation National Park.

Police force - Australia's first police force was a band of 12 of the most well behaved Convicts.

Australian Football was invented by Sydney Tom Wills and Henry Harrison who were both born in Sydney. Tom played the Aboriginal game of Mangrook as a child and it is believed the native game inspired the rules he initially proposed.

SOMETIMES A PICTURE IS WORTH A THOUSAND



BUMPER STICKERS

"Time is the best teacher; Unfortunately it kills all it's students!"

"According to my calculations the problem doesn't exist."

"Pride is what we have. Vanity is what others have."

"How Can I Miss You if You Won't Go Away?"

Seen on a woman's car: Men call us birds, we pick up worms

Warning: Dates in Calendar are closer than they appear.

Give me ambiguity or give me something else.

Why is 'abbreviation' such a long word?

I like you, but I wouldn't want to see you working with sub-atomic particles.

Consciousness: that annoying time between naps.

I don't suffer from insanity. I enjoy every minute of it.

Where there's a will, I want to be in it.

Few women admit their age. Few men act theirs.

It's not hard to meet expenses, they're everywhere.

Jury: Twelve people who determine which client has the better lawyer.

Reality is the only obstacle to happiness.

The 2 most common elements in the universe are hydrogen and stupidity.

I just got lost in thought. It was unfamiliar territory.

Everyone has a photographic memory. Some don't have film.

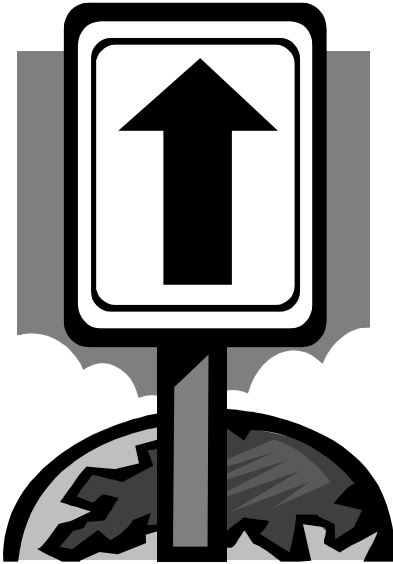
Seen it all, done it all, can't remember most of it.

Artificial Intelligence usually beats real stupidity.

What is a "free" gift ? Aren't all gifts free?

Change is inevitable, except from a vending machine.

SILLY SIGNS.....



Interstate 10, Near Phoenix, AZ

State Prison: Do Not Stop for Hitchhikers

Boyne Falls, Michigan, U.S. 131

Do not pass while opposing traffic present.

Highway 26, Idaho Falls, Idaho

Warning to tourists: don't laugh at the natives.

Unknown Location

The sign reads, "Ignore this sign".

University of Saskatchewan, in Saskatoon

Pedestrian Tunnel. No admittance (Pedestrian tunnels planned to link all the buildings of the school, but the project ran out of funding before they could be completed)

Sheriff's Dept., Warrden County, IN

At entrance to jail a sign reads, "No weapons beyond this point". Message is also written in brail underneath.

Unknown Location

A sign indicates a left bend in the road. Underneath is a sign stating "Keep Right".

Rim Drive, Durango, CO

Warning: Do Not Hit This Sign

Various Parts of Jamaica

In Jamaica, they call Speed Bumps "Sleeping Policemen", so in some parts of the island, there are signs that read, "Warning! Sleeping Policemen Ahead".



Time & Stress Management Series...

Myths About Stress and Time Management

Myth #1: All stress is bad. No, there's good and bad stress. Good stress is excitement, thrills, etc. The goal is to recognize personal signs of bad stress and deal with them.

Myth #2: Planning my time just takes more time. Actually, research shows the opposite.

Myth #3: I get more done in more time when I wisely use caffeine, sugar, alcohol or nicotine. Wrong! Research shows that the body always has to "come down" and when it does, you can't always be very effective then after the boost.

Myth #4: A time management problem means that there's not enough time to get done what needs to get done. No, a time management problem is not using your time to your fullest advantage, to get done what you want done.

Myth #5: The busier I am, the better I'm using my time. Look out! You may only be doing what's urgent, and not what's important.

Myth #6: I feel very harried, busy, so I must have a time management problem. Not necessarily. You should verify that you have a time management problem. This requires knowing what you really want to get done and if it is getting done or not.

Myth #7: I feel OK, so I must not be stressed. In reality, many adults don't even know when they're really stressed out until their bodies tell them so. They miss the early warning signs from their body, for example, headaches, still backs, twitches, etc.

Major Causes of Workplace Stress

1. Not knowing what you want or if you're getting it - poor planning.
2. The feeling that there's too much to do. One can have this feeling even if there's hardly anything to do at all.
3. Not enjoying your job. This can be caused by lots of things, for example, not knowing what you want, not eating well, etc. However, most people always blame their jobs.
4. Conflicting demands on the job.
5. Insufficient resources to do the job.
6. Not feeling appreciated.

NEXT MONTH: Biggest time wasters and Common Symptoms of Poor Stress and Time Management

Written by [Carter McNamara, MBA, PhD](#)

CHALLENGING PICTURE OF COMMUNITY SERVICES & WELFARE SECTOR

An increased demand for services, more pressure on staff, burdensome administrative requirements and a continued challenge in matching resources to demand – this is the bleak picture that has emerged following the release of a new report on the Australian community services and welfare sector.

The Australian Council of Social Service (ACOSS) report, which is drawn from the responses of 857 surveyed agencies, looks at service use, income, expenditure and workforce issues for the community services and welfare sector.

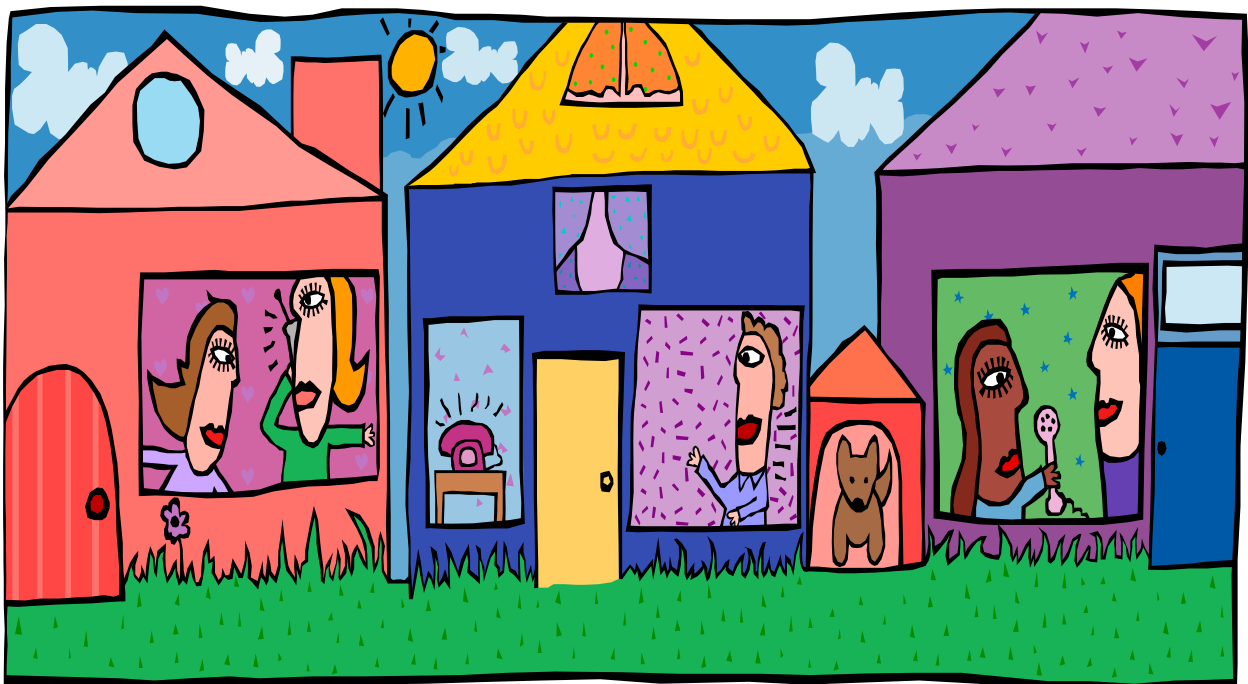
Key findings include:

- **An increased demand for services** – up 4% from 2004/05 to 2005/06. A total of 93,961 people were turned away from community and welfare services in 2005/06, the majority (72%) because services were operating at maximum capacity and had to ration access. This problem was most acute for housing and disability supported accommodation services.
- The majority of agencies (56%) reported tighter targeting of their services than in the past and a total of 90% reported that their waiting lists were the same or had worsened between 2004/05 and 2005/06. Many agencies (69%) reported that their clients were presenting with increasingly complex needs, and many said their most pressing training need was how to work with clients with difficult and complex problems.
- **An increase in the total number of paid staff** – up 3% in 2005/06 from the previous year, although the report points out that while staff numbers have risen, the number of people assisted has increased at a greater rate and thus work intensity has increased. A total of 72% of agencies agreed that the unfunded work by staff and volunteers had increased, and 58% said they had experienced difficulty attracting appropriately qualified staff. Turnover was recorded at 14.3%, compared with the all Australian industry average of between 10% and 12%.

Administration requirements required under government contracts are imposing a significant burden on community services and welfare agencies, particularly those from smaller organisations. Many reported that the administrative burden was drawing resources away from service delivery, suggesting that extra funding was needed to assist with this burden, or financial and program reporting requirements should be simplified.

Matching resources to demand remains the fundamental challenge facing community services and welfare organisations, even though agencies secured a 7.7% increase in overall income between 2004/05 and 2005/06. Around 10% of that increased funding came from government sources, 3.4% came from “agency own source income” (including donations, sponsorship, sales, etc.), and 1.6% came from an increase in client fee incomes.

The full 2007 Australian Community Sector Survey is available online in the publications section of the ACOSS website at www.acoss.org.au.



CONGRATULATIONS TO:

Kylie from Child Care who is marrying her fiancé Nathan on the 21st of this month. All the best to you both from all of us here at Share & Care



WELCOME TO:

Volunteer: Louise at our Child Care Services

Donna who has started with our Child Care Centre

Nuressa from Djookanka who has stepped into the Child Support Program

Gail who has started in Accommodation Services

Elizabeth, Dianne & Mary who have joined our HSS program

S & C Mission Statement

Share and Care's mission is to lead communities in Support, Education and Advisory Services.

Values:

Recognition of the communities rights to equitably access information and services;

Sensitive to the needs of those from cultural and linguistically diverse communities and special needs;

Recognition and appreciation of the diverse skills and values our employees bring to the services delivered;

Provision of philanthropic opportunities;

Development and maintenance of complimentary relationships across all sectors;

Recognition and appreciation of the skills brought by the Board of Management that ensures transparency, accountability, good governance and leadership for the Organisation;

Operate on the best practice models, ensuring delivery of services to the communities are always of the highest standards.

To acknowledge and encourage the continued passion from all who contribute to the Organisation