

# ***BYRON BULLETIN***



## **BYRON PLACE COMMUNITY CENTRE**

**“An Agency of **Uniting Care Wesley Adelaide**”**

**61-67 BYRON PLACE ADELAIDE 5000**

**“Providing a chance for disadvantaged people in Adelaide  
to change their lives with dignity”**

**PHONE : 8231 - 0466**

## **“VISION STATEMENT”**

**UNITING CARE WESLEY ADELAIDE is an agency of the Uniting Church and believes in fair and compassionate communities that enable all people to flourish and contribute to the wellbeing of others. Our mission is to make as big a difference as possible in the lives of families and people who are most in need of assistance.**

**Byron Place Community Centre as a service of UNITING CARE WESLEY ADELAIDE believes that people have a right to be respected, valued, acknowledged and safe and given the opportunity to make choices and preferred changes in their lives.**

**Byron Place Community Centre will provide basic practical services to adults in the City of Adelaide who may be homeless, vulnerable or at risk, and will work in partnership with them to facilitate desired change in their lives.**



# GRAFFITI

Over the last month or so Graffiti activity within our area has seen a marked increase. As you know this causes a cost to business and residents and makes areas look unsightly. Discussions with Police have highlighted a few points. If you see anyone undertaking this activity contact the police by phoning 131444. If you see shops selling spray cans to children under 18 either raise this with the store or contact Police. Further, hardware/paint stores are required by law to have spray cans locked up. Again, contact Police if in doubt.

**Tony Agius**



## What a Laugh!!



### Dishwasher Repair

Mrs. Lonefold's dishwasher quit working, so she called a repairman. He couldn't accommodate her with an evening appointment, and, since she had to go to work the next day, she told him: "I'll leave the key under the mat. Fix the dishwasher, leave the bill on the counter, and I'll mail you the cheque."

By the way, don't worry about my Rottweiler. He won't bother you. But, whatever you do, do not under any circumstances talk to my parrot!"

When the repairman arrived at Mrs. Lonefold's apartment the next day, he discovered the biggest and meanest looking Rottweiler he had ever seen. But, just like she had said, the dog just lay there on the carpet, watching the repairman go about his business.

However, the whole time he was there, the parrot drove him nuts with incessant cursing, yelling, and name-calling. Finally the repairman couldn't contain himself any longer and yelled: "Shut up, you stupid ugly bird!!"

To which the parrot replied: "GET HIM, Brutus!!"

### Car Problems

Sandra was out driving her car and while stopped at a red light, the car just died. It was a busy intersection, and the traffic behind her starting growing.

The guy in the car directly behind her started honking his horn continuously as Sandra continued to try getting the car to start up again. Finally Sandra gets out of her car and approaches the guy in the car behind her.

"I can't seem to get my car started," Sandra said, smiling. "Would you be a sweetheart and go and see if you can get it started for me. I'll stay here in your car and lean on your horn for you."

**Submitted by Ken**

# MESSAGE FROM THE TEAM LEADER



## Welcome to the first edition of the **BYRON BULLETIN** for **2004.**

As some of you may know we now have a Volunteers' Co-ordinator who has been very busy in the past 5 –6 months finding, training and encouraging new volunteers for our service and those of you who frequent the centre will have met them. I would like to take this opportunity to welcome them aboard and to thank them for joining us.

As with all things as we welcome these folk we must also say goodbye and a BIG THANK YOU to Bev who has been a wonderful supporter for the past 4-5 years. Bev has brought us many clothes, many of which she has mended and laundered so that those who needed them would have the best possible. Bev has said that she will continue to bring bedding and other household effects as and when they are available but she is unable to continue with the clothes. Again Thanks Bev for all you have done for us.

If anyone has good quality clothes that they have out grown in either size or style, we would be only too pleased to take them of your hands. With autumn and then winter approaching we will need warm clothing, blankets and sleeping bags in greater quantities, you can either drop them into us, tell Tony or ring us on 82310466 and we will arrange to collect them.

Finally, I'd like to take the opportunity to wish all of you a safe and happy Easter.

**Marj.**

### **WORDS OF WISDOM FROM FAMOUS PEOPLE**

- ◆ “Better to remain silent and be thought a fool than to speak out and remove all doubt”  
Abraham Lincoln.
- ◆ “Committee - a group of people who take minutes and waste hours”  
Milton Berle
- ◆ “If one morning I walked on top of the water across the Potomac river, the headline that afternoon would say “President can't swim” “  
Lyndon Johnson

# SERVICES

There are 2 fundamental ways in which welfare can help people.

(1) By doing things for them;

(2) By providing resources/services for people to do things for themselves.

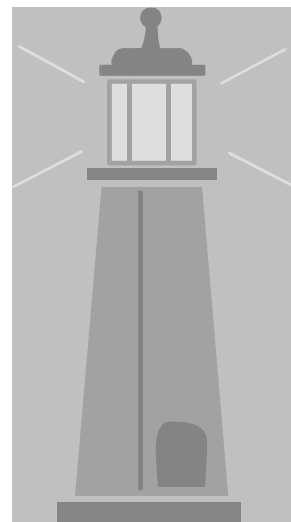
In providing a range of basic services and amenities of immediate relevance to people in a homeless situation, we at Byron align ourselves with the second proposition.

And in doing this, we seek as far as possible, to provide a non-threatening point of contact for people. Ours is an open door: the sole eligibility for access to service is a person's homelessness. It is our wish to acknowledge individually all who, either seek out our involvement and interest, or who might wish to use the amenities of the Centre.

In this way, we hope to provide the first of the "stepping stones" that will ultimately lead through various programs to greater independence and life satisfaction. While our interest and encouragement is freely offered, it is for the person to lead the way. Our role is to help move the obstacles and provide support along the way.

We offer-

- ◆ Luggage storage-for up to 2 months;
- ◆ Laundry facilities-washing machines, clothes dryers, washing powder, iron etc.
- ◆ Bathroom facilities-showers(male&female), soap, razors and towels;
- ◆ Emergency clothing or other material assistance;
- ◆ Bedding;
- ◆ Social Work/Counselling/Advocacy services;
- ◆ Support Groups;
- ◆ A Nurse is also available;
- ◆ Centrelink rep's are available at certain times;
- ◆ S.A. Housing Trust rep's are available at certain times;
- ◆ Numeracy & Literacy classes;
- ◆ Art classes/Cooking classes.
- ◆ Discover the City programme,
- ◆ Movies once a fortnight in the afternoon.



People can arrange to use the Centre as a mailing address or make use of a telephone message service. We also provide tea (free)& coffee(small cost) making facilities so a "cuppa" may be enjoyed in the company of others along with board games, table tennis, newspapers and similar. There is a television room and also a "quiet room"; a quiet place for private thoughts and reflection.

In association with Rec. Link SA we also offer recreational activities such as golf, bowling, fishing days, camps and similar.

In essence, we seek to provide precisely those services which people in a homeless situation have difficulty in arranging, and which the more fortunate of us take for granted.

# CHILDREN LEARN WHAT THEY LIVE



If children live with criticism  
They learn to condemn  
If children live with hostility  
They learn to fight  
If children live with ridicule  
They learn to be shy  
If children live with tolerance  
They learn to be patient  
If children live with encouragement  
They learn confidence  
If children live with fairness  
They learn justice  
If children live with praise  
They learn to appreciate  
If children live with security  
They learn to have faith  
If children live with approval  
They learn to like themselves  
If children live with acceptance and friendship  
They learn to find love in the world

## MY BABIES

I know that I'm small  
And I blew it all  
I know that I lied  
And said that they died

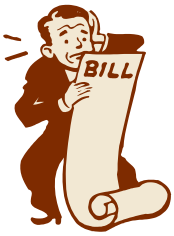
It was a fact  
Not to come back  
To go away  
I heard you say

I said these lies  
With tears in my eyes  
My head was lost  
My heart it costs

There are no maybes  
I need my babies  
To Love and to hold  
And watch grow old

To laugh and play  
And show the way  
Through thick and thin  
Come lose or win





# ANGER



Anger is a feeling and as such is OK. The crucial thing is how it is acted upon.

It's easy to feel anger in today's society; with red tape, bills, our individual circumstances, work, to name a few.

Our feelings come directly from our thoughts. So if our thoughts are too negative and our thinking is distorted this will result in an unreasonable level of anger. If we carry this anger around with us we will become ill. If we act on the anger in a way that is destructive, we are likely to get into trouble.

At various times we all seem to carry around with us irrational thoughts such as: -

1. "Things need to go a certain way because I want it that way and anything else is wrong."
2. "I must protect myself because others really don't care."
3. "I must avoid difficulty and this will relieve any pain."
4. "People should know better than to act the way they do; I can't understand their behaviour."
5. "I must find perfect solutions to problems I have."
6. "Things always go wrong when I try to plan."
7. "Life is unfair to good people." "I must never hurt anyone or say what I feel."
8. "I must do well and not disappoint others".
9. "I must be in control or others will take advantage of me."



Anger can stay with us all our life if not managed properly. It can be carried from relationship to relationship. It can destroy and prevent happiness and productivity in our personal lives and professional dealings.

However, anger can be very powerful, and that power can lead to our greatest productivity if it is well managed.

We must keep our provocations in perspective and see that we do not distort the anger situation. If we do not manage these feelings, we create a cycle of negative behaviour throughout our lives.

The trick is not to let our anger take over our lives. Deal with it and then leave it. Like most things, anger should have a used by date. In other words there comes a point when we should be able to let go of it for the sake of our own health and wellbeing.

## Heather Duff-Tytler

P.S. These are some guidelines that I have learned through life experiences and study and they help me to keep on track. (Most of the time)!!!!

**"The world will be a better place when the found ads in the newspapers begin to outnumber the lost ads. "**

**Lisa Kirk U. S. Actress**

**“Seventy percent of success in life is showing up”**

**Woody Allen**

## **OPERATING TIMES**

### **MONDAY-FRIDAY**

**7:30 am to 12:00 noon**

**Drop in centre**

**12:00 noon to 3:30 pm**

**Services provided include  
counselling and crisis assistance.**

**WEDNESDAY - Centre closes at noon  
(luggage can be collected between 3:30-4:15 pm)**

### **MONDAY-FRIDAY**

**Luggage Collection only**

**3:30-4:15 pm**

### **SAT,SUN & PUBLIC HOLIDAYS**

**8:00 to 11:30 am**

**drop in service & luggage collection**

### **NURSE**

**Mon-Fri 10:30 am to 3:30 pm**

### **CENTRELINK**

**Tuesday 10:00 am to 12:00 noon**

### **S.A.HOUSING TRUST**

**Every 2nd Wednesday 10:00 am to noon**

**A smile is an easy way to improve your looks !**



## WORDS OF ADVICE FROM THE WORLDS RICHEST PERSON

This is something that was found on the internet. Bill Gates head of Microsoft gave a speech at Mt. Whitney High School in Visalia, California about 11 things they did not and will not learn in school. He talks about how feel-good, politically correct teachings created a generation of kids with no concept of reality and how this concept set them up for failure in the real world. Make of them what you wish!

Rule 1: Life is not fair - get used to it!

Rule 2: The world won't care about your self-esteem. The world will expect you to accomplish something BEFORE you feel good about yourself.

Rule 3: You will NOT make \$60,000 a year straight out of high school. You won't be vice-president with a car phone until you earn both.

Rule 4: If you think your teacher is tough, wait till you get a boss.

Rule 5: Flipping burgers is not beneath your dignity. Your Grandparents had a different word for burger flipping - they called it opportunity.

Rule 6: If you mess up, it's not your parents' fault, so don't whine about your mistakes, learn from them.

Rule 7: Before you were born, your parents weren't as boring as they are now. They got that way from paying your bills, cleaning your clothes and listening to you talk about how cool you thought you are. So before you save the rain forest from the parasites of your parent's generation, try delousing the closet in your own room.

Rule 8: Your school may have done away with winners and losers, but life HAS NOT. In some schools they have abolished failing grades and they'll give you as MANY TIMES as you want to get the right answer. This doesn't bear the slightest resemblance to ANYTHING in real life.

Rule 9: Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you FIND YOURSELF. Do that on your own time.

Rule 10: Television is NOT real life. In real life people actually have to leave the coffee and go to jobs.

Rule 11: Be nice to nerds. Chances are you'll end up working for one.

## A NICE STORY

Recently I was told a nice story by a homeless person who is a really nice/friendly person. He had just moved into a room (that night) and he was awoken early in the morning by a girl's scream. He ran outside to see 2 males stealing a bag from a Norwegian tourist. The guys ran off. He calmed the girl down, took her inside and went off on his bike to see if he could find anything. Call it fate, or whatever you like but about a few blocks away, hidden under a bush he found the girls bag. In it was her travel tickets, passport and the like. She was leaving Adelaide that night. She was so thankful to him she said "**it is good there are kind people like you in the world**"! When he told me this story he said that was the first time anyone said such a thing to him and I can guarantee you that the sense of pride and gratification on his face was special.

Tony

# EDITORIAL



Hello Everyone

Doesn't time fly when you're having fun! When thinking what to say in this editorial I noticed that a common theme in my editorials is how quickly time appears to go. It may happen as we get older, the busier we are or a number of reasons. Whatever the reason most people agree the years pass quickly.

This is why it is so important that if we have important things we want to do we should not put them off as we may never get the chance to do them. Whether these include lifestyle changes such as losing weight, giving up cigarettes, alcohol, reconciling with a loved one and so on. It is so easy to put important things off thinking we have time on our side, but is this really the case? I am sure when our time comes to leave the planet we will not regret those little jobs we never got around to doing but we may regret things like not reconciling with someone we love, spending more time with our loved ones, reaching our personal potential and so on.

Most of the time important things we want to do can be achieved by taking the very first small step. Whether this be picking up the phone and talking to someone, seeing a counselor, saving our first dollar or just keeping an appointment. Worth thinking about isn't it

**Tony**



What do you see when you look in the mirror, a cat or a lion? It really does show the power of thought. How we see ourselves will determine how we act and interact with other people. If other people see us in a certain way it has little consequence if we don't believe it to be true.

Lets all try to see the lion in ourselves and then we have a better chance to achieve great things for ourselves.

## WEBSITES

Some websites that I have come across and are worth visiting include: (let me know if you have any good ones)

- ◆ [www.parenting.sa.gov.au](http://www.parenting.sa.gov.au)
- ◆ [www.ucwesleyadelaide.org.au](http://www.ucwesleyadelaide.org.au)
- ◆ [www.geocities.com/maaustralia](http://www.geocities.com/maaustralia)
- ◆ [Www.sabaptist.asn.au/bcs](http://Www.sabaptist.asn.au/bcs)
- [www.centacare.org.au](http://www.centacare.org.au)
- [www.isc.sa.gov.au](http://www.isc.sa.gov.au)
- [www.facs.gov.au](http://www.facs.gov.au)
- [www.volunteeringsa.org.au](http://www.volunteeringsa.org.au)

## FILM REVIEW

It seems that everyone has expressed an opinion on Mel Gibson's film "Passion of The Christ". Here is my opinion. I think it is extremely well acted, brilliantly filmed and an inspiring piece of cinema. For me, it captured the horror and suffering of the crucifixion in a non Hollywood way. I don't think it glorified violence indeed I believe the reverse is true. I find it difficult to understand that The Lord of the Rings is deemed a classic yet an inspiring story to mankind has been met with such controversy.

I recommend it as a great film to see. Form your own opinion.

**Tony Agius**

# RESEARCH STUDY AT BYRON PLACE

Late last year Marija, the Senior Counsellor, Tony the Outreach Worker/Counsellor and 2 Social Work Students Mara and Akiko conducted a research study into Byron Place. We all wanted to put Byron Place on the map in terms of the important work we do especially with long term casework. We decided to ask five long term casework clients to be interviewed by the researchers their opinions about Byron Place and what they found that was helpful about the workers.

They said some excellent things about Byron Place and we found out some interesting facts.

- For example sometimes people take a long time to come into casework – one person took three years to check out the workers to see if they could be trusted. This is important because trust is a very important thing in the relationship between a worker and a client. Some people who come here have never been able to trust anyone, and sometimes a Byron Place worker becomes the first person they have trusted for a long time.
- All the five clients also said that what they liked was that workers here helped them with very practical things when they needed them – like housing, referrals to doctors, food and clothes vouchers, furniture when they moved into a house and so on. Clients appreciated the early morning Byron services - being able to have a shower and a cup of tea and so on. Also the baggage storage service was spoken of highly. In particular clients appreciated the help they got in getting housed – one client saying that when he got his house he “felt over the moon, like winning the lottery...”
- The clients interviewed also said that they liked it that the workers were flexible and could come to their homes to see them, or could see them at Byron Place and did whatever suited their clients needs. Clients said that they really appreciated it when the counsellors would help them pick up furniture in the Byron ute and generally give them lifts and accompany them to important meetings.
- Clients also said that their counsellor helped to reconnect them to society again, so they didn't feel as left out as they had before.
- Caseworkers were also liked because they stood up for their clients when the clients had arguments with Centrelink, or the Housing Trust and went along with them to meetings to make sure that their voice was heard.
- Clients also said that they liked it that they could see counsellors both by appointment and also 'on demand'. Sometimes an emergency happened and counsellors had bent over backwards to see someone and help them even though they didn't have an appointment.
- Clients also said that they liked it because the caseworkers didn't judge them, but accepted them.
- Some clients appreciated it that friendships were often formed between caseworkers and their clients, and that Byron Place had a friendly, relaxed and humorous atmosphere and had a family feeling to it.
- Clients also liked the ReLink Program, saying it had helped to get them off the drugs and into some fun activities.
- Clients also said it was good that even if they left casework for a while and disappeared, that counsellors were happy to pick things up where they had left off.
  - Clients also appreciated the counselling that occurred. One client commented that he appreciated the down to earth talks, the fact that the counsellor makes you feel OK and that there's no tenseness and that the counsellor keeps things confidential. Another client said that he appreciated it that the counsellors gave him different ways of looking at things and some reassurance.

Some clients said that they felt very grateful to the caseworkers and to Byron Place generally and wanted to give back some good things to Byron Place as well. They did this by recommending that people in need of help come to see a caseworker. All the clients interviewed expressed warmth to both the workers and to the Centre itself.

# LIFE SKILLS/LIT. & NUM.

- ◆ **Our classroom** is back in action on Monday & Tuesday mornings (10:00 am to midday) with myself and 3 volunteers (Pat, Joshua and Bron.). We can offer help with computing, letter writing, resumes as well as assistance with reading, writing and maths. In general we will try to assist with whatever is useful to you, all you have to do is ask and we will gladly help out.
- ◆ **Cooking** is on Mondays. Gather in the main room at 11:45 am for a midday start. We make a 2 course meal and eat it together deciding as we eat what we'll cook the following week. A big thank you to Cath (Volunteer) who goes to the market each week to buy the ingredients. Each week she needs someone to go with her and help out. Thanks to those willing workers who regularly assist.
- ◆ **Art** occurs in the front waiting room on Fridays. Recently we have painted clay pots which have been fired and painted and we are now embarking on fabric painting on T shirts. I am always open to new ideas - if you have any please let me know.
- ◆ We have commenced a **new programme** which is called **Discover The City** which we undertake on Wednesday mornings. We have been to Writers week and the Art Gallery to see the Biennial Photographic exhibition.

As you can see we undertake a lot of useful and fun activities. If you have any suggestions or require more info please contact me.

**Andy M.**

## THANK YOU

- ◆ A big thankyou to all the members of the Grote St Business Association who recently showed their support for both my work and Byron Place Community Centre in general by making written and personal representations to the Dep't of Human Services in relation to extending funding for my position. At this stage funding is secure until early May. It demonstrates the progress we have made by working together. Whilst on this subject I am grateful for the personal support from clients and staff.
- ◆ Beaumont Tiles showroom recently contacted me in relation to a lady who was apparently drunk and went to sleep in one of their displays !! I had a talk to the lady and helped her out of the showroom. Some minutes later she collapsed and started to convulse. The ambulance was immediately called and subsequently there was a happy ending. If Beaumonts' did not call me the result may have been different. Your patience and kindness is much appreciated and is a clear demonstration of what we can all achieve.

**Tony**



## AVAGO WITH RECLINK!



**Rec. Link SA** is an organisation that “aims to enrich the lives of adults who are homeless or socially disadvantaged through recreational, sporting and social activities”. The organisation was founded in early 1997 but began operation under the control of a management committee & recreation co-ordinator in September of 1997. Rec. Link SA attempts to build an individuals self-esteem, self-confidence, social skills & networks by using healthy, positive activities as the vehicle. Our ultimate goal being the reintegration of an individual into the wider community. Since inception Rec. Link SA has co-ordinated many activities to which over 3000 vulnerable adults have attended. Rec. Link SA works in partnership with other community service organisations, Byron Place Community Centre being one of these.

### **For further information contact:**

David Militz Recreation Coordinator  
258 Hutt St, Ph 82233068, or  
Andy Asser (Project Manager) 82310466

### **Examples of upcoming events**

Bowling  
Golf  
Fishing/Diving



# SOCIAL WORK STUDENTS



I'd like to introduce you all to our social work students who are on placement with us for the next four months.

Joseph is 21 years of age and is studying Social Work at Uni SA. Joseph will play in a cricket final in a turf B grade side shortly. He enjoys all kinds of sports and he's a Crows fan. He grew up in Whyalla before moving to Adelaide. He would eventually like to work with young people when he graduates.

Bronwyn is 24 years of age and is also studying Social Work at Uni SA. She loves music, plays the piano and sings with a band. She's also completed a Diploma in Commercial Music. Bronwyn is originally from Mt. Gambier, has lived in Geelong and has been in Adelaide for four years. She is also doing her next placement in India. She would like to keep on working with people like those at Byron Place.

They are here to learn everything they can about being a social worker in a place like Byron. So treat them good and teach them a few things. They also have gifts to give you and I'm sure some of you will find things to learn from them as well.

**Marijia Podnieks**  
**Senior Counsellor**

## HEALTHY BONES PUZZLE

C	A	L	C	I	U	M	I	L	K	E
D	U	T	R	U	H	G	O	Y	R	S
S	E	S	A	M	E	S	E	E	D	E
K	I	N	T	A	G	E	B	S	N	E
E	K	M	I	A	G	L	K	I	I	H
L	C	M	A	E	R	C	F	S	M	C
E	O	A	T	E	I	D	J	O	A	D
T	X	R	R	H	S	E	O	R	T	E
O	E	E	C	T	A	E	I	O	I	T
N	N	W	R	U	O	L	N	P	V	A
W	O	N	H	C	R	N	T	O	T	R
H	M	O	H	E	I	D	S	E	B	G
I	R	O	Y	B	Y	S	S	T	O	N
T	O	C	H	E	E	S	E	S	E	S
E	H	S	Q	U	A	S	H	O	O	K

### SOLVE THE PROBLEM

The following words can all be found in the square above. They may read up and down, forwards or backwards or diagonally. Circle each letter as you use it and the letters left at the end will give you a message. Fill in the table below with the letters in order to find the answer.

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

- |          |         |               |              |           |
|----------|---------|---------------|--------------|-----------|
| Aerobics | Cheese  | Diet          | Joints       | Squash    |
| Bega     | Coon    | Egg           | Milk         | Toes      |
| Bones    | Cream   | Exercise      | Osteoporosis | Vitamin D |
| Calcium  | Curds   | Grated cheese | Sesame seed  | Whey      |
| Carton   | Custard | Hormone       | Skeleton     | White     |
|          |         |               |              | Yoghurt   |