



Sustainable, Holistic, Integrated, Focussed, Transition

The SHIFT Project Byron, Inc. acknowledge the Arakwal People, Traditional Custodians of these lands on which we work and pay tribute and respect to the elders both past and present.

Thank You to Arakwal representative Delta Kay who gave permission for SHIFT to work on country.

The SHIFT Project Review 2016-2017 Newsletter

The SHIFT Project Byron Inc. is a short-term educational transition program for women who are homeless or in transition.

The SHIFT Project was developed to disrupt the cycle of homelessness affecting women of the Northern Rivers, through providing program participants with a thorough and focused education that delivers the specific tools required to enable them to actively choose and maintain a healthy, empowered and self-sustaining lifestyle.

With the support of Managing Director, Anne Goslett and a small team of specialists, SHIFT provides a supportive space for women who are making their way out of a challenging situation but have not yet fully transitioned to living as a stable, integrated community member. We facilitate a specifically designed wellbeing program to support women in finding their own sense of self, value and wellbeing as they transition into independent living.

ONE YEAR REVIEW **Anne Goslett, Founder and Managing Director**



As the end of the financial year approaches I wanted to take the opportunity to personally thank you for your interest and the generous donations and give you an update on our achievements over the last 12 months. With your support we have been able to expand vital components of the program including program development, website development, work experience, external education, employment pathways and consultancy support.

From an overall perspective, in establishing The SHIFT Project, one of our intentions has been to encourage the women to build a network for their future. Now, two years in, we can see this emerging. Those women who have completed the program and now live independently in the community often mentor the current residents. They include them in external activities, picking them up and being their 'buddy' as they become familiar with these events. I believe it is due to the structure and the willingness of the community to support the many challenges associated with disconnection that has resulted in the participants actively contributing to the wellbeing of our community.

Program Development

The basic structure of the program engages the participants in various activities on a daily basis with a focus on the sustainability of The SHIFT Project as well as reciprocity within the local community. In the initial phase personal wellbeing is a priority. This includes identifying skills and strengths, social interaction, physical activity, volunteer engagement and program interaction. There is an expectation that each participant contribute to the maintenance of a welcoming, safe, orderly and clean environment. All parts of the program at this stage focus on encouraging the women to develop independent living skills in a shared environment that promotes self-responsibility.



WEEKLY PROGRAM

On **MONDAY** we volunteer at the Liberation Larder on a weekly basis. This engagement provides the opportunity of work experience within a commercial kitchen. With your support we have been able to provide the women with appropriate work wear, safety equipment and resources.

This experience has supported the establishment of The SHIFT Kitchen. With the support of local chefs, the women have refined several products and can work independently. An initial grant from the Northern Rivers Community Foundation followed by an additional grant from Byron Council has meant we have been able to purchase the necessary equipment to provide catering for meetings, workshops and morning teas.



On **TUESDAY** we work at The Farm alongside Liberation Larder learning valuable skills in small-scale sustainable agriculture. Funds have been allocated to provide appropriate footwear, and tools. At the house recently, we have expanded our own gardens to include a worm farm. The garden gives us access to fresh organic produce supporting physical wellbeing.



On **WEDNESDAY** morning we work as a team to pick up and deliver the local Echo paper. This addresses time management and commitment whilst subsidising the rent and supporting financial independence.

THURSDAY is dedicated to creating saleable goods to develop a monthly market stall as well as distribution through a small number of local business outlets.

The morning session is focused on producing handmade gift cards and recycled newspaper shopping bags.

The afternoon session has a focus on sewing. With your generous support we have been able to purchase 5 sewing machines, materials and resources as well as provide for the women to attend a weekend workshop to learn plant dyeing technics. As a result we have begun producing raw silk plant dyed fabric that is then made into saleable goods such as scarves, pashminas and cushion covers. A grant from the Northern Rivers Community Foundation has enabled us to purchase all necessary resources to sustain this program into the future.



On **FRIDAY** the women attend a therapeutic group run voluntarily by a local Psychotherapist with a focus on mindsets and behaviours, conflict resolution and habitual patterns. Your generous donations have provided various resources and access to an appropriate venue.

The women have driven all of these activities. Any financial gain is split evenly both amongst the women and The SHIFT Project, creating financial viability in to the future. As their confidence stabilises the women are encouraged to begin to explore personal goals and individual support is provided to begin to establish future direction. Some women choose to enter tertiary education and your support provides for education resources, textbooks and transport options. For others there is a focus on previous experiences and support is provided to establish connections within the local area. Your generous donations provide funds for appropriate work wear, access to computers, resources and petrol cards.

Website Development

Our new website was created by one of our participants. Her involvement in this process allowed her to expand on her previous administration skills and venture into learning web design. This offered us the unique opportunity to view the structure and impact that The SHIFT Project is having on individual achievements. We are very proud of the outcome and our professional position within the social media arena. We launched our website at our first fundraising event on International Women's Day.

Please visit the web and read more www.shiftproject.org.au



A project where women come together to work, care, share and regroup into a positive future.

The development of the website engaged the women in having a voice in how they are perceived within the public arena. The goal of the women is to challenge some long-held attitudes that any association with needing support to reconnect to community should be both “secretive and shameful”.

Our hope is that The SHIFT Project will become widely recognised as a wellbeing program and that participants feel a sense of pride in having the courage to rebuild their lives. To have been a participant in The SHIFT Project shows strength of character and needs to be considered an achievement by any potential landlord or employer.

Consultancy

As many of you would be aware our specialist staff have given their time on a voluntary basis since our inception. We are proud to announce that due to the generosity of this community at our fundraising event, we have been able to begin to provide a small consultancy fee firstly for myself as well as two support work consultants. I would like to acknowledge the dedication of Sheridan (left) and Isabel (right), and thank them for the hours they give over and above the consultancy fee for 10 hours a week.



In finalising this overview I would like to share some of the achievements of our graduates.

- 95% of our graduates have stable accommodation and are maintaining either casual or full time employment.
- Several have completed various certificates that have led to employment opportunities and others have established small business ventures.
- Currently one participant is in her final semester of a Diploma in Community Services and another is enrolled in the Byron Bay School of Arts.

All in all, The SHIFT Project is making a difference and all those who are involved in any way contribute to this difference.

We thank you.

ON THE HORIZON

.....AN IRISH GIG!!!! Watch this space for the Fundraising Event in September

Ongoing Financial Support for The SHIFT Project Community

The SHIFT Project receives no Federal or State funding. SHIFT relies on donations, community grants and fundraising. If you would like to donate this year it is not too late to boast your 2016/2017 tax return and make a difference to interrupting the cycle of homelessness for women in the region.

Donate to The SHIFT Project

Become an annual or regular donor. Sponsor a specific project or donate to The SHIFT Project. For more information about The SHIFT Project please contact Anne Goslett. anne@shiftproject.org.au

Donations can be made via PayPal. Go to: www.shiftproject.org.au or direct deposit transfers, contact Mary Ann, info@shiftproject.org.au

Become a Member

\$10.00 per year (renewed every July). Not only does your membership fee go towards financially supporting us, your willingness to be part of The SHIFT Project is a testament to the work we are doing. Each new application for membership needs to be sponsored (or nominated) by a current member. For more information on how to join, contact Mary Ann: info@shiftproject.org.au or go to our website www.shiftproject.org.au

Renew your membership

Renewals for 2017/2018 are due 1 July. Please renew for the 2017/2018 financial year. Go to our website www.shiftproject.org.au

A HUGE THANK YOU to all those who have (and continue to) support us over the year. We cannot do this without youwithout the residents and without the great support of the community.