

## Sustainable, Holistic, Integrated, Focused, 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 and future.*

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



### Christmas 2017

As 2017 draws to a close, I wanted to take this time to say thank you. This Project is successful due to the people involved, who generously give their time, passion and funds to ensure the great work continues.

A special *thanks* to our Board, aptly headed by Chair, Jane Oliver, who meet every month as we establish our operational foundation.

To our volunteer team, we *thank you* from the bottom of our hearts, as we all know.....” we can’t do this alone!”

To our friends and family who continually barrack for us..... and.....

last but not least, the women who access the Project, we *thank you*.

As we build this community of empowerment, we all keep learning and growing and for that, we are grateful.

On behalf of us all, we wish you a very happy holiday time and look forward to new adventures in 2018.

Julie Wells  
Secretary/Public Officer.

Here is an update and some excerpts from our 2017 Annual Report, which will tell you a little more about what we have been up to.

At The SHIFT Project we believe that when it comes to breaking the cycle of homelessness, it is not enough to provide a short-term place to sleep. Using the knowledge of over 30 years of experience in the welfare sector, we have designed a program to address this gap in the homelessness cycle. We have done this by coupling safe housing with a strong education component. Over a period of three months our participants are engaged in a skill-based learning program promoting health, well-being and community participation. The SHIFT Project is based on the premise that education, training and community connection are paramount when making the transition from disadvantage into independent, sustainable living.

We have a number of components in the Project under the banner of [SHIFT Enterprises](#). These form a 'pathway to employment' as we encourage the building of skills and confidence for the women. All these components offer opportunities for mentoring, leadership and coaching with residents, previous graduates and the 'expert' volunteers.

[SHIFT Kitchen](#), where we work together learning all the aspects of healthy wellbeing. We plan menus, budget for meals, source local produce and finally, produce healthy nutritional meals and cater for small community events.

[SHIFT Angels](#), where we focus on cleaning and preparing small venues for the community. We educate around time management, team work, planning, quality and continuous improvement.

[SHIFT Creatives](#), where we work together creating crafts for enjoyment and gifts for sale within the community. They include hand, natural-dyed fabrics sewn into cushions and scarves, creative cards and recycled Echo paper shopping bags.

[SHIFT Stitches](#), where we are mentored in sewing skills, from basic repair to the making of cushions, recycle bags, aprons and more.

Our support worker Isabel Studer says of these groups...

"Something wonderful happens when we sit together busied with our handy-work; it evokes an immediate sense of community. All sessions are practical, creative and allow for our participants to focus on their task at hand. But every third week or so we have a session which feels more like heart-work; a labour of love, a bond which feels ancestral, women sitting and working together. In these sessions, we see inspiration at work, humour that pulls down walls, glances over the table of total kindness. While our hands are busy with the making of cards or paper bags, or sewing, our minds are engaging in some kind of sharing (which is an experience which many of these women have been lacking for a very long time). And we can see, how enriching these moments are for our women, we can see them fueling up on this collective goodness. To see this happening in a group of women, who have all come to the table with histories of hardship, is truly fulfilling."



## What's New since June 2017

**SHIFT Angels** are now working with a local 5 star accommodation complex in Byron Bay to provide a linen laundry service. Weekly, we launder the linen with eco products, love and care. We successfully applied for a grant from NRCF (Northern Rivers Community Foundation) and these funds will be used to purchase professional machines to speed the process up!

We have just begun the job of washing recycled cups for a local business, in order to keep the Shire heading towards its 'green' targets.

**SHIFT Stitches** have made their first batch of recycled calico bags for the Liberation Larder.

**SHIFT Kitchen** supported the catering of a number of small community events.

The minimal earnings we get for these jobs allow us to run each initiative cost neutral (apart from establishing costs and volunteer support) building our sustainable future. It also provides the women an avenue to work within the community and build their skills and confidence whilst earning a small percentage of the income to build towards financial independence.

We shift our programs around depending on the women we have in residence to ensure we meet the individual needs and goals for each woman.



Thank you to Cunning Stunts for their support to purchase and erect a new storage shed on the property. This will allow us to store our resources and personal belongings.

## What's Continuing?

Our core program for residents and outreach participants is progressing well.

This includes:

- weekly community service at the Liberation Larder preparing meals for those in need
- partnering with Liberation Larder, and volunteering at the Farm maintaining the gardens which produce the food for the kitchen and learning horticultural skills.
- every Wednesday sees the women up at 4am, gathering around the kitchen table to fold and prepare for the local Echo paper run delivery
- Thursday is dedicated to creative activities, where the women make crafts to be distributed for sale in local business.
- weekly wellbeing groups where we explore psycho- education, and understanding our mindsets and behaviours that support change and growth.
- weekly yoga, stretching and focusing groups

As well as our core program, the women have their own schedules for individual case work, external counselling, studies and casual jobs.

**Promotional:**

We have recently added an 8 min DVD of SHIFT to our promotional materials. Shot, produced and edited by Kylee Ingram it will soon be on our web page for all to see.

We are so grateful to Kylee for volunteering her professional service and time to spotlight our project. We were recently 'charity of choice' at an end of year event for a large Corporate in Sydney and the DVD's message inspired over \$3,500 of donations. BIG thanks to ALL for this!

Over the last 2 years, all project funding has been spent on the women and their activities. This year, the level of funding has enabled SHIFT to offer a small level of compensation to the Managing Director and 10 hours per week for 2 support workers. These professionals are only partly funded and continue to volunteer a considerable amount of time to the Project. SHIFT Project is overseen by 7 hardworking board members. The daily operation includes 6 volunteer activity coordinators, 1 volunteer support worker, 1 volunteer administrator, 1 volunteer for web support and a volunteer team for marketing support. Our vision for future funding includes fair compensation for those who are working directly with the women to ensure the sustainability of the Project.

**Events:**

In November we held a fundraiser at Byron Golf Club. Aptly organised by our Irish Vice Chair, Patrick Twomey, we saw musicians Mark Butler, Mary McEvilly-Butler, Willie McElroy and Poet, Joe Lynch entertain a great crowd on a beautiful Sunday afternoon. We raised almost \$4,500 from door sales and raffles. BIG thanks to all who came and those who donated. We are planning to do it again next year, so keep an eye out for the dates.

**What's in the pipeline for 2018**

International Womens Day on March 8<sup>th</sup>, 2018 is focused around "Press for Progress". We are again hosting a lunch at Beach. We have the pleasure of having the wonderful Mandy Nolan as our MC and are putting together a stimulating 'progressive' event. Please save the date as we would love for you to join us in celebration.

Finally, we would like to take this opportunity to say a BIG thanks to all those who have supported us this year.

The generosity of all of these combined contributions has allowed us to expand the program and we are proud to report a growing list of community contributors:

- Bangalow Country Women's Association.
- Northern Rivers Community Foundation – Grant Funds.
- Byron Bay Rotary Club
- Mullumbimby Rotary Club
- Facilitations Pty. Ltd.
- Bell & Ford clothing.
- Zaney Productions.
- My Own Gym.
- Somatic Practice.
- Roden Family Foundation.
- Knappick Family Foundation
- Flannery Foundation.
- Cunning Stunts.
- Liberation Larder.
- The Farm.
- The Three Blue Ducks.
- The Echo.
- Red Ginger.
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And..... all those individual people who have so generously donated.



### **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 Julie Wells.

[julie@shiftproject.org.au](mailto:julie@shiftproject.org.au)

Donations can be made via PayPal. Go to: [www.shiftproject.org.au](http://www.shiftproject.org.au) or direct deposit transfers, contact Mary Ann, [info@shiftproject.org.au](mailto:info@shiftproject.org.au)