

The S.H.I.F.T. Project Byron, Inc. is an educational transition program for women who are homeless or at risk of homelessness.

The aim of the project is to support women in the Northern Rivers experiencing these challenges, reintegrate into the community, moving away from vulnerability and towards wellbeing, self-worth and self-sufficiency.

We provide a holistic and focused education program that delivers the tools required to enable them to actively choose and maintain a healthy, empowered and self-sustaining lifestyle.

September Newsletter

A Note from Anne Goslett, Founder and Managing Director



Hello,
With Spring in the air, there is such a feeling of 'possibilities' swirling around our Home. One resident has completed study in Child Care. Another resident is spending time with her children and another has just re-settled herself in private accommodation...and the possibilities continue

In this edition, we introduce you to some of the community who partner with us and provide 'in kind' support to the participants. This generous support allows the women to focus on a sense of physical health and maintain wellbeing from a holistic perspective.

We are so grateful to be a part of such a generous and inclusive community.

Enjoy the read.

Warm wishes..... Anne.

Fundraising Results

In June this year, we conducted a Double your Dollar campaign to raise funds towards the establishment of a SHIFT Project Hub. The results were, in a word: **AMAZING!**

Here is a little history in case you have missed the story. We applied for a grant from the Fortitude Foundation to support The SHIFT Project to expand by establishing a social enterprise - The SHIFT Project Hub. The Fortitude Foundation's intention is to build self-esteem and self-worth amongst the underprivileged so they can take back control of their lives and become leaders in their own communities.

Our request from the Foundation was to obtain funding to engage a Project Operations Manager/Fundraiser Consultant who will assist to raise extra funds and implement the SHIFT Project Hub over the next twelve months. They offered to match dollar for dollar up to the value of the grant - \$36,480.

With your assistance and two large donations totalling \$45,000, we blew this target out of the water and are delighted to announce that we raised (inclusive of the grant money) a total of \$95,095.

We are so grateful to you all and thank you from the bottom of our hearts.

The next steps...

After three successful years of operation, The SHIFT Project is ready to move to the next stage. The service we provide for women in the community is currently limited due to the programs being run in-house. For this reason we are unable to meet the increasing demand from women in need wanting to participate in our program, as highlighted by our expanding waitlist.

We are currently undertaking the planning stages of establishing an external social enterprise called The SHIFT Project Hub which would create employment pathways and education opportunities for local women. Part of the Hub would be the expansion of the current laundry service SHIFT provides for local 5 star accommodation. We are in the process of developing a feasibility study and a business plan for the Hub and will subsequently be looking for the right premises so we can launch this exciting new social enterprise.

If you would like more information please feel free to contact us at info@shiftproject.org.au and watch this space as we continue our development.

Community Connection

A community which supports its most vulnerable is an empowered community. At The SHIFT Project we are blessed to have the support of a number of generous local businesses. Some support with produce, some with fundraising events, some with time and money. Visit our website for more details.

We would like to take this opportunity to introduce [Kaime Hood](#) from Wild Flower Chinese Medicine and [Pete Morgan](#) from My Own Gym to the SHIFT community. Their wonderful contributions to our program directly support our participants health and wellbeing.



[Kaime Hood](#) has been supporting SHIFT participants with acupuncture and consultations for over eight months. She offers us her time every Friday afternoon making an important contribution to our practise of wellbeing in the program. Kaime practises as an Acupuncturist and Chinese Herbalist at Wildflower Chinese Medicine.

She is also undertaking graduate study in addictive behaviours and Youth Mental Health and dreams of setting up an NGO one day.

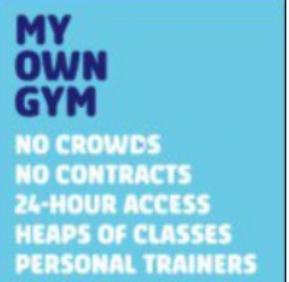
Thank you Kaime for your dedication and wonderful energy.

“ I have loved working with the ladies from The Shift Project, seeing their progress and spending time with them is one of my favourite parts of the week. Watching how acupuncture, herbs and supplements have assisted them along the way is exceptionally rewarding while being able to share my knowledge with these women about how Chinese medicine works and the wonderful effects it can have in people’s lives is precisely why I became an acupuncturist and herbalist. “

[Pete Morgan](#) is passionate about fitness and mental health. As the owner and general manager of My Own Gym Byron Bay he offers all SHIFT participants free gym memberships. This includes all cardio and yoga classes as well as use of the women’s only gym.

Thanks to Pete’s ongoing support, fitness has become an integrated part of our wellbeing program.

Thanks for the inspiration Pete!





New to the SHIFT team: [Celeste Harris](#)

We are very excited to introduce our latest consultant Celeste Harris who joined us in July.

In her previous role as Community Services Co-ordinator at the Byron Community Centre, Celeste developed a great understanding around the issues of homelessness in the Northern Rivers area.

On top of her experience in community support and case management, Celeste is also a talented grant writer and policy writer.

Among many other achievements, Celeste is in the process of completing a Master of Social Work, has had an exciting career in environmental science and is also the mother to beautiful one-year old girl Obelia.

Celeste has already brought a great new energy to The SHIFT Project and we are delighted to have her on the team.

“I feel truly grateful to be able to be a part of the SHIFT team. I wholeheartedly believe in the underlying ethos of our organisation and continue to be inspired by stories from the SHIFT community of women. I’m so excited to be able contribute to an organisation that is making a real difference in addressing the ever increasing and urgent issue of homelessness.”

Board News

We wish to extend a very large thanks to [Annie Crowley](#) as she steps down from our Board. Annie has been on board since our inception and her tireless support with Fundraising and community networking has helped shape SHIFT as it is today.



Annie has stepped down from the Board to continue with her passion - working with WIRES and taking care of injured animals.

We welcome onto the board [Helen Hamilton](#) and [Prue Mitchell](#).

Two local women who have made a difference in the community and with the Board already. Yeah team.

Participant Achievement

During her time with The SHIFT Project Catherine has undertaken a Certificate III in Early Childhood Education and Care. She is finishing off her practice hours and has already been offered some casual work in the field. Catherine has also learnt to drive, recently acquired her p-plates and bought herself a car. She is kicking goals and we couldn't be prouder. Here are some words from Catherine about her recent achievements.

“SHIFT gave me the initial encouragement and confidence that I could do this course. They also gave me the initial push to give it a go.

I felt very supported. The whole house came out to Mullum to explore my school prior to the course starting and Anne drove me to school on the first day.

Working in child care has been on my mind for quite a few years. I've always had a natural rapport with kids and now I'm actually connecting with it. Going into practice and working with these fascinating little creatures has given me meaning and purpose.

The classroom provided a space where I could be a new person. They don't know my past. I became a positive part of the team. The SHIFT has made me recognise the new me and now being in the class I get external validation of that.

I'm just surprised that I can do these things that I dreamt about so long but never had the support to do it. SHIFT has opened up a whole new world.”

Promotion and fundraising events

Second Annual Irish Gig.

An Irish Music 'Session' of traditional Irish music and dance.

There is a wee band of Irish folk who play around the Shire – and nationally – tantalising all with the Traditional Irish Music. This event will feature Mark Butler, Mary McEvilly-Butler, Willie McElroy and others. Keep 25th November, 2018 free – and come join us at Byron Golf Club for a wonderful afternoon of music and good friend.

Watchout for the flyer coming your way soon.

International Women's Day 2019 – Fundraising Lunch

Each year we celebrate International women's Day with an event. Keep your eyes out for more details.

Ongoing support for The SHIFT Project community

Membership renewals for 2018/2019 were due **1 July**.

As a Incorporated Association, we are required to have a membership base AND having members keeps us linked to our community.

Annual membership of \$10 ensures you will be kept up to date with our progress.

To renew, go to our website

<https://shiftproject.org.au/get-involved/>

Become a Member

If you would like to join the SHIFT community, annual membership is \$10pa. (renewed every July).

For information on how to join, go to our website

<https://shiftproject.org.au/get-involved/>

Donate to The SHIFT Project

Become an annual or regular donor. Donations can be made via PayPal or direct deposit. Go to www.shiftproject.org.au and follow the prompts.

A HUGE THANK YOU

to all those who have (and continue to) support us over the years. We cannot do this without you.....without the program participants and without the great support of the community.

For more information visit www.shiftproject.org.au

This newsletter has been written, crafted, loved and edited by Isabel Studer our amazing specialist consultant and Mary Ann Wright, our administration backbone. (great job ladies)

The SHIFT Project Bryon, 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.

