

The Complex Needs Network Kicks Off

The housing crisis continues unabated and we continue to successfully assist many clients into suitable and affordable housing.

As a result of this continued need and lack of funding we are now in the process of setting up a new Housing Support Programme in conjunction with Ultimo TAFE. Hopefully, the successful implementation of this programme will mean that not only can we pass on our

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hard earned knowledge in this field to students who need this valuable experience to take with them into their new careers in community welfare but our clients will benefit by us being able to continue to provide this much needed service.

Part of the success of our assistance to people in housing crisis has been attributable to forming good working

relationships with other local community services and we have all identified a need for better networking to assist the many complex needs clients accessing our services.

The Complex Needs Network kicked off in February and more services are becoming involved. The network is open to any organisations providing services to clients with complex needs with an area focus of Randwick LGA and it's surrounding suburbs.

The Network provides an opportunity for organisations to

- identify and link with other services that could further assist their complex needs clients.
- identify and take action on known 'gaps' in service provision.
- initiate case coordination where serious needs and issues arise which involve multiple services and a crisis response and
- provide a united force in pushing for better communication and response from organisations which present barriers to the resolution of client's issues.

For any enquiries relating to Housing Support or the Complex Needs Network please contact **Kim Meddows** on **9349 8200** or **info@jnc.org.au**.

This Year's Theme for Open Day - *The Benefits of Volunteering on Mental Health*

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My role at JNC has changed yet again! While Barb was away last year, I was the locum manager for 4 months. Now that she is back I am the new Assistant Centre Coordinator.

Barb and I work closely together in all the areas that make the Centre run smoothly; such areas as staff recruitment and support, financial management, service management policy and procedures and community development.

12th May is Open Day!

The JNC Open Day is on 12th May from 10am – 1pm. The theme this year is the benefits of volunteering on mental health.

There are many psychological and physical health benefits of volunteering and neighbourhood centres play a vital role in local communities by providing emotional, material and practical support to people with mental health issues.

They provide a place for people to meet and socialise, and rediscover a sense of self worth by providing volunteering opportunities.

Everyone is welcome to join us for morning tea and to enjoy a host of nurturing, fun, free activities. We look forward to seeing you there.

Joy Steele-Wood
Assistant Centre Coordinator

Research shows that volunteering can have a significant impact on your physical and mental health.

Volunteering can:

- Improve the well being of individual volunteers by enhancing support networks. It is well known that people with strong social support networks have lower premature death rates, less heart disease and fewer health risk factors;
- Increase opportunities for close interpersonal relationships and strengthen a sense of belonging;
- Improve self esteem;
- Heighten a sense of well being, improve insomnia, strengthen the immune system and hasten surgery recovery time;
- Offer people the opportunity to participate in fulfilling activities;
- Make a difference in the lives of others;

- Older adult volunteers live longer than non-volunteers. Studies report that engaging in regular volunteer work increases life expectancy because social interaction improves 'quality of life'.

The JNC NEWS

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Email: info@jnc.org.au