



richmond
fellowship
tasmania



Richmond
Futures

Richmond Connections

Newsletter | March 2023

What's inside

2. Message from the CEO
Reconciliation Action Plan
3. Program Highlight
MHHOP
4. TasRec
What's Happening & Term
2 start dates
6. Independent Living
Southern Tasmania, Murray
Arthur House
7. Construction Underway
Purpose Built Independent
Living Facility
8. Employee Spotlight
Clarissa Adriel



5.

TasRec – 2023 Term 2 & 3 Dates

Message from the CEO

Richmond Fellowship Tasmania and Richmond Futures are committed to strengthening our relationship with Aboriginal and Torres Strait Islander peoples and are taking steps to demonstrate this commitment through the establishment of the organisations Reconciliation Action Plan.

Since commencing our journey, we have developed our reconciliation framework, taken steps to better recognise and education ourselves on Aboriginal and Torres Strait Islander history and experience, and made adjustments in our systems and processes to be better capture data and respond to participant need.

We have also recognised the growing movement to change the date of Australia Day, noting that for many Australians, January 26th symbolises the invasion of Aboriginal and Torres Strait Islander lands. Richmond Fellowship Tasmania and Richmond Futures demonstrated its commitment to recognising and taking steps to reconcile this injustice and where possible offered employees the opportunity to change the date and celebrate Australia Day on Friday 27 January 2023 (rather than the gazetted Public Holiday of Thursday 26 January 2023).

Moving forward Richmond Fellowship Tasmania and Richmond Futures will continue to take

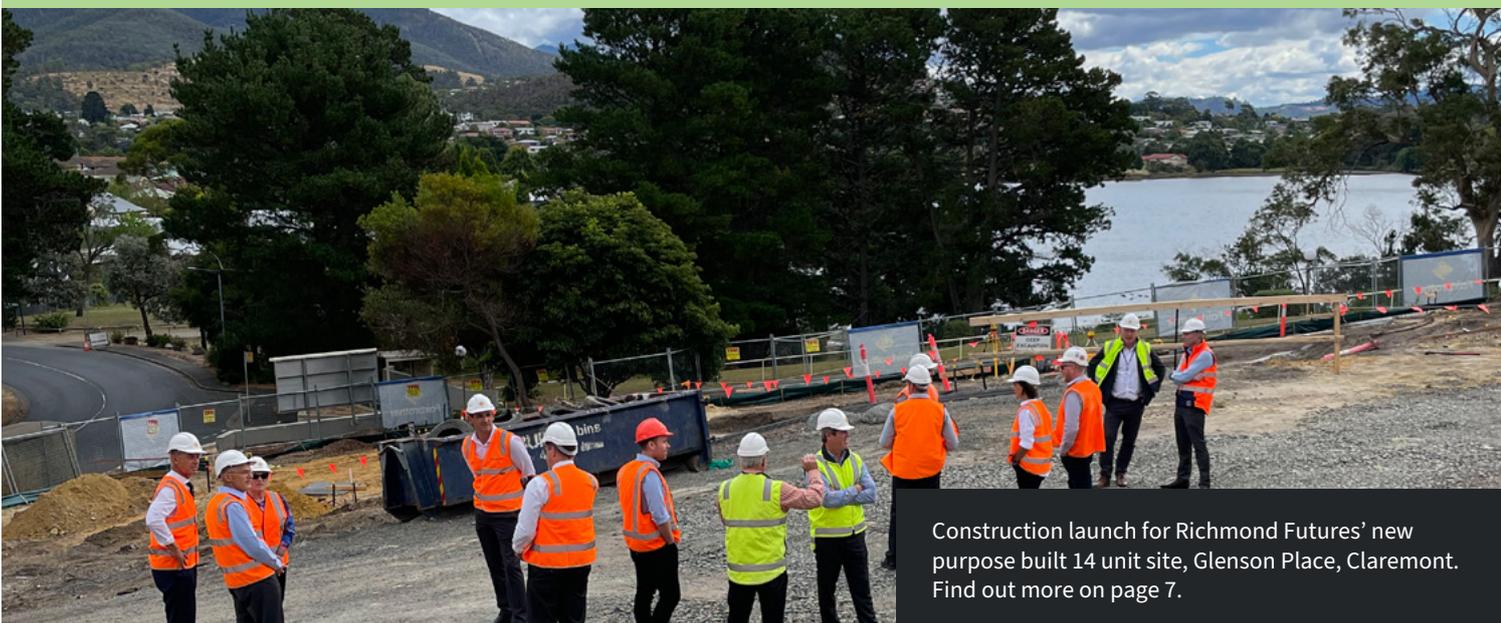
steps towards reconciliation. Building stronger relationships with Tasmanian Aboriginal Organisations is a priority to ensure our organisation and its services are culturally safe and accessible by first nations peoples.

I would like to take a minute to acknowledge that this will be my final CEO message. After six years, I will be finishing up as CEO on Friday 12 May. Whilst I am saddened that my journey has come to an end, I am beyond proud of everything that Richmond Fellowship Tasmania and Richmond Futures has achieved over the last six years and feel privileged to have worked alongside everyone who made our achievements possible.



Miriam Moreton
CEO

“ ... I am beyond proud of everything that Richmond Fellowship Tasmania and Richmond Futures has achieved over the last six years and feel privileged to have worked alongside everyone who made our achievements possible. ”



Construction launch for Richmond Futures' new purpose built 14 unit site, Glenson Place, Claremont. Find out more on page 7.



Program Highlight – Mental Health Homelessness Outreach Program (MHHOP)

Mental illness is a significant contributor to homelessness. For some people, homelessness is an isolated event, happening once and for a short time. For a small minority though, homelessness is an ongoing part of their life. This can mean they cycle in and out of homelessness and when they do find housing, it is usually short term.

Contributing factors to homelessness include; limited support services, poor support provided for families and carers, inadequate national and state policies, lack of appropriate stable housing, as well as an individual's complex personal reasons.

According to the Australian Bureau of Statistics, there are three types of homelessness:

- **Dwelling inadequate** – Is in a dwelling that is inadequate, particularly due to poor building maintenance.
- **Very limited tenure** – Has no tenure or their initial tenure is short and not extendible, this includes emergency housing.
- **Uncontrolled personal space** – Is not allowed to; have control of and access to space for social relations; provide a sense of security, stability, privacy or safety; or provide the ability to control living space. This includes, rough sleeping; boarding houses; staying with family or friends; severely overcrowded dwellings.

Indigenous understandings and definitions of homelessness can be much broader than those previously described. In particular 'spiritual homelessness', the state of being disconnected from homeland, separation from family or kinship networks or not being familiar with their heritage.

Early intervention and prevention are important in reducing the risk of housing instability and

homelessness for people living with mental illness. Our Mental Health, Homelessness Outreach Program (MHHOP) is a mental health recovery focused service providing support to adult Tasmanian's who are experiencing, or at risk of homelessness.

The program focuses on identifying recovery goals, developing action plans to achieve these goals through uncovering resourcefulness and resilience. It supports people as the experts in their own lives and reconnects participants with their own capabilities and strengths.

Some of the psychosocial intervention support the MHHOP provides are:

- Skills to manage daily tasks
- Assistance to engage in work or study
- Supports people to consider housing options
- Alcohol and drug support
- Managing money
- Making connections with family and friends.

The program is offered statewide and focuses on inclusion, building connections and increasing confidence and self-esteem.

Referral in can be self-referral, from medical practitioners, family members or support workers through completion of the program referral form available on our website.

To access this service head to <https://rft.org.au/services/mental-health-homelessness-outreach-program-mhhop/>

Or contact us:

Email: referrals@richmondtas.com.au

Phone: (03) 6228 3344

Online: [MHHOP Referral Form](#)

TasRec – Update

Social Group / Day Trip Program

In January, TasRec participants enjoyed some spectacular summer weather and an exciting BBL cricket game in Hobart. Supporters of the Hobart Hurricanes weren't disappointed, as they watched their team chase down their target of 136 runs to defeat Sydney Thunder.

The beautiful summer weather continued into February providing plenty of outdoor options for Social Group participants to enjoy. In the south, participants chose to get out in the sunshine and head to Margate for fish and chips by the water, followed by ice-cream for dessert at the market.

The North West Social Group / Day Trip participants took full advantage of the glorious summer weather too. The group has been busy on Mondays enjoying a wide variety of activities, including visiting many local places for walks, enjoying lunch out with the opportunity to try different types of food, learning about and, where appropriate, interacting with a variety of animals at sanctuary or wildlife park visits. Most recently the group visited Ashgrove Cheese Dairy Cafe, Christmas Hills Raspberry Farm and Wings Wildlife Park.

Social Group is about creating connections and maintaining friendships, participants choose what activity they'd like to do during the session. This is a chance to play pool, bingo, music, sing karaoke, have a catch up or head out for a lovely lunch together.



Carpet Python enclosure at Wings Wildlife Park



North West Social Group / Day Trip participants at Ashgrove Cheese Dairy Cafe



Social Group participants at Margate enjoying fish and chips for lunch



One of the Forester Kangaroos at Wings Wildlife Park

TasRec 2023 Term 2 & 3 Dates

- Term 2: 17 April – 30 June.
- Term 3: 10 July – 22 September.

Both terms run for 11 weeks with the first week being a 'Taster' week so participants can try an activity before committing to the following ten week term.

For timetables & bookings visit:
<https://rft.org.au/services/tasrec-online-booking/>

For further information about TasRec activities or to book, contact us:

Phone: (03) 6228 3344

Email: admin@richmond tas.com.au



Gardening Club is back!

Gardening Club happens fortnightly on a Wednesday at Kuntana Liprinin in Glenorchy, 10am – 12pm.

Our gardening expert Yolanda is ready to share her knowledge and help bring into being the latest participant directed garden projects. This is a great opportunity to grow your own herbs and veggies as well as help create a beautiful, peaceful garden space to share with other participants.

New: Pottery & Sewing Classes

We are excited to be offering participants in the north the opportunity to learn pottery. The course runs on Mondays for three weeks, starting on 6 March 2023, from 2pm – 4pm. Classes are held at Paint the Town Red, 34 Cameron Street, Launceston.

Participants in the north who love to sew or want to learn how to, can now join sewing classes. The first class starts 21 February 2023, running between 2pm – 4pm. Classes are run by Frangipani Fabrics in Launceston. The first class focussed on how to use a sewing machine and participants were able to take home a finished item at the end of the class.

Interactive Yoga Workshop

TasRec is offering participants in the south the opportunity to learn to practice Yoga at home. The interactive workshop focusses on how to use yogic breathing for improved physical and mental health. During the workshop the instructor will be asking for participants' feedback and questions as they go through practices. The interaction is to ensure participants are getting the most out of their practice, to better understand what feels right or not good, this way the instructor can suggest modifications to each person's practice.



Shaun learning to throw a pot

Pottery at Patrick Street

You may have seen our exciting news announcement on Facebook in February about TasRec's Open Arts running pottery classes for four weeks, starting 14 February 2023. Participants have been busy learning how to throw a pot on the recently loaned Pottery Wheel at our Patrick Street venue in Hobart. We can't wait to see everyone's finished glazed and fired pieces.

Marjorie Lenehan, of Black Squirrel Feastware, is teaching the Tuesday classes.

Independent Living – Living in Southern Tasmania



Richmond Futures currently has vacancy in one of its beautifully situated southern properties, Murray Arthur House in Berridale.

Murray Arthur House is a spacious, comfortable and welcoming environment, ideal for long term accommodation. This shared house features spectacular views of the Derwent Estuary and offers lovely outdoor spaces to socialise, garden or have some time and space to yourself. The house is fully-furnished, two-storey, all bedrooms have built-in wardrobes and the property has two bathrooms and two living areas.

The property is staffed 24 hours a day, 7 days a week (sleepover from 8pm to 9am). A vehicle is available to support participant's plans.

This house would be well suited to residents with a standard level of Supported Independent Living needs. Smoking is not permitted indoors. Pets are not permitted. The house is alcohol-free and visitors must adhere to the guidelines in the Residents Handbook.

We are accepting expression of interest for Murray Arthur House. If you are interested in exploring this opportunity, please contact our Regional Recovery & Independent Living Leader on (03) 6228 3344.

Murray Arthur House, Berridale



Resident Profile:

- Age 40+.
- Male or Female.
- Has a psychosocial or intellectual disability, or an acquired brain injury.
- Has a NDIS plan with SIL funding.
- Is medication compliant.
- Is ambulant and able to navigate stairs.
- Interacts well with others in a shared house environment.
- Is willing to participate and be part of the household community.

Community Profile:

- Berridale store is a 10 – 15 minute walk from the house and the Claremont Shopping Centre is just five minutes' drive away.
- Kilander Crescent Reserve is a five minute walk from the house.
- The nearest Metro bus stop is less than 200 metres from the house, with buses to Hobart roughly every 30 minutes during business hours.



Construction Starts – Purpose Built Independent Living for NDIS Participants with Psychosocial Disability



Richmond Futures, along with its parent organisation Richmond Fellowship Tasmania have been leaders in the provision of community mental health and psychosocial disability services for over 37 years. We currently support over 700 people per month with their mental health and psychosocial disability needs, across our 17 programs and services statewide, ranging from clinical programs, specialist recovery programs, social inclusion and capacity building programs, support coordination and 24/7 independent living programs.

On 2 March 2023, Richmond Futures' General Manager Operations, Bradley van de Kamp, joined the Minister for Housing Guy Barnett, and Royce and Thea Fairbrother of the Fairbrother Foundation, at Cadbury Road, Claremont to launch the construction of our new 14 unit supported independent living site.

Our new development, Glenson Place at 59 Cadbury Road, will be the first purpose built independent living facility to support NDIS participants with psychosocial disability in the Tasmanian community, in many years and will be Richmond Futures' eighth independent living site, providing 24/7 supports to Tasmanian NDIS participants living with psychosocial disability.

This development would not have been possible without the continued advocacy of Royce and Thea Fairbrother and the financial support of Fairbrother Foundation, as well as the commitment of the Tasmanian Government, to improving the life of people living with mental illness and psychosocial disability.

The site will provide safe, fit for purpose accommodation for 14 Tasmanians experiencing psychosocial disability with Richmond Futures providing 24/7 care and support.

Richmond Futures looks forward to operating this facility from early 2024 and will soon be opening expressions of interest for people interested in living at this facility.

You can contact us via:

- **Email:** referrals@richmondtdas.com.au
- **Phone:** (03) 6169 1188
- **Online:** [Expression of Interest Form](#)



Thea Fairbrother, Bradley van de Kamp and Royce Fairbrother



Media present for the launch at the Cadbury Road building site



Employee Spotlight – Clarissa Adriel

What is your role?

I'm Clinical Lead for the AgeWise and Mental Health Nurse programs.

Where are you based?

At our Head Office in Hobart, 76 Goulburn Street.

How long have you worked for Richmond Group?

I have been with the organisation for four months.

What do you like most about your role?

I get a warm fuzzy feeling from seeing the team make a positive impact, and to see them develop in their career.

Want to work with us?

We have a number of exciting opportunities available such as:

- Recovery Coach
- Project Officer

If you want to make a difference in the lives of those living with psychosocial disability but don't see your role currently advertised, let us know about you and what you can bring to Richmond Group through our Employment Expression of Interest Form on our websites' Careers page.

[RFT Form](#) • [Richmond Futures Form](#)

Want to know more?

Visit us at:

rft.org.au | richmondfutures.com.au

To receive our news direct to your inbox go to:

- rft.org.au/subscribe or
- richmondfutures.com.au/subscribe

Send Us Feedback:
Scan the QR code



To make a referral email us:

referrals@richmondtas.com.au



Interested in donating? To make a one-time or recurring donation, become a volunteer or leave a bequest visit:

rft.org.au/make-a-donation/

richmondfutures.com.au/make-a-donation/

Your donation helps to make a significant difference in the lives of Tasmanians facing mental health challenges and social disadvantage.

Accreditation

Richmond Fellowship Tasmania is fully accredited against ISO 9001-2016 and the National Standards for Mental Health Services.

Richmond Futures is certified by the NDIS Quality and Safeguards Commission as a registered NDIS provider and meets the NDIS Practice Standards.

Both Richmond Fellowship Tasmania and Richmond Futures are registered charities with ACNC.

Address: 76 Goulburn Street, Hobart 7000

Post: PO Box 3108, West Hobart 7000

Phone: (03) 6228 3344

Email: admin@richmondtas.com.au

