



**Aboriginal  
Sobriety  
Group INC.**



# Living Alcohol And Drug Free

**February 2016**



**Core stabilisation  
& back stretching  
sessions at LTW**



LTW would like to welcome Julie Toyama who will be conducting group fitness sessions on a fortnightly basis for our clients. As part of her program the clients will participate in and learn a number of muscle strengthening, flexibility and relaxation exercises, as well as the opportunity to be involved in counselling sessions or a general yarn afterwards. Julie has held one session to date and already she has had great support and feedback from clients who are looking forward to the next session. This group session focuses on strengthening and stretching the muscles of the abdominals and back. These muscles work extra hard to support the spine, especially when placed under load. Each exercise progresses slowly and can be modified to suit individual needs. Included in the session is good breathing techniques which coordinate with each exercise and awareness of ideal posture and body alignment. Deep breathing encourages relaxation. This group session concludes with relaxation. A session handout is provided to support on-going practice. Yoga mats are provided and sessions are conducted in the gym. **Julie Toyama** is a case worker in the Substance Misuse Team. Julie is also a qualified and experienced Group Fitness Instructor who specialises in Mind Body Fitness.





ASG worker Jason Warrior was involved in a camp with a Men's Group along with Brett Lambadgee the Aboriginal Suicide Worker at Baptist Care. The camp took place at Roonka Scout Camp near Blanchetown where they had three days to get away from the city and participate in activities such as fishing, canoeing and be in a comfortable setting and allow them to discuss any issues affecting them.



# Wood Work Program at LTW



One of the programs run at LTW is the Wood Work Program. Our clients are involved in this program every Tuesday with our qualified woodwork instructor Mark. We have high participation numbers in this program which enables the clients to learn new skills that will be beneficial as they complete their rehabilitation and enter back into their communities. One of our projects over the last few months has been to construct wood fly screens for the House of Hope - a project the clients are all very proud to have recently completed. I would like to give a big thank you to Mark and the clients for all their hard work and efforts and I look forward to the next project—Matthew Cooper, Program Manager LTW.







# XPRESS-O

## On Flinders Cafe

[www.xpress-o.com.au](http://www.xpress-o.com.au)



Xpress—O on Flinders Café now do suspended coffee. What is suspended coffee? Basically, anyone can come in and purchase a suspended coffee (the price of a Large Coffee - \$4.20) and we place a number on our Suspended Coffee Board, so that folks know how many are available at any given time.

Then, when someone less fortunate (whether they're homeless, jobless, or just don't have the spare cash to afford a coffee) comes in, they can ask to redeem a suspended coffee.

They can order what ever they want (coffee, hot chocolate, tea, chai, flavoured coffee etc) and it's served to them as soon as it's made.

It's a really simple way of paying it forward.

We even have a local business that is now donating Suspended Coffee's & Suspended Food on a weekly basis.

A BIG thanks to the following companies for their support to our Suspended Coffee programme and the local community:

Aboriginal Sobriety Group, Emali Early Learning Centre, The Salvation Army (Pirie Street), the Hutt Street Centre & Shelter SA.

**This is a new structure which has just been built at the backyard of Cyril Lindsay House and is for the use of Men's Groups. It has a large metal fire pit and a smoke ventilation shoot at the top of the building. This is a wonderful addition to CLH and we can't wait to use it for our Men's group.**

Cyril Lindsay House (CLH) provides crisis accommodation for Aboriginal men over the age of 18 years. People requesting the service must meet the criteria of 'primary' homelessness or 'at risk'

In some instances people can request emergency assistance if they are homeless as a result of leaving hospital and unable to return home on the day of discharge. We are unable to provide crisis accommodation for families (mum, dad, and children) who wish to reside together.

Clients housed in crisis accommodation will be required to pay board and lodgings.

Clients housed in crisis accommodation and required to abide by the rules of tenancy.

Clients who do not meet the criteria will be assisted to access alternative accommodation.

Ian Sansbury—Manager Homelessness.



## Homelessness Services

## Chief Executive officer

**Joe Silvestri**

8223 4204

## Program Director

**Michelle Merrick**

8223 4204

## Program Manager Homelessness

**Ian Sansbury**

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## Program Manager LTW

**Matthew Cooper**

8534 4028

## Program Manager Riverland

**Don Scordo**

8580 8700

## Supervisor MAP

**Janine Rankine**

8224 5988



[www.asg.org.au](http://www.asg.org.au)

**The Aboriginal Sobriety Group provide care and support for Aboriginal people who wish to live an alcohol and drug free lifestyle.**

We are a non for profit organisation providing care and support to individuals, families and communities who wish to lead a drug and alcohol free lifestyle. We provide culturally safe pathways away from grief, loss, trauma and abusive lives.

ASG values Aboriginal culture, customs, tradition and spirituality. We respect our clients, colleagues, partners and community.

We operate with integrity, honesty and accountability and implement quality service provision to ensure positive outcomes for our clients.

### **Vision**

Sobriety and healing for Aboriginal people.

### **Purpose**

To provide healing pathways away from grief, loss, trauma and abusive lives.

### **Values**

Practising Aboriginal culture, custom, tradition and spirituality.

A sober lifestyle.

Respect for our clients colleagues, partners and community.

Acting with integrity, honesty and accountability.

Quality service provision to ensure positive outcomes for our clients.

**If you believe the Aboriginal Sobriety Group may be of assistance to you, your family or your community please contact us now!**

**Living Alcohol  
And Drug Free**