



THRIVE
.....
WINTER 2016



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Psychologist Wendy Ulrich argues that everyone's well-being depends on having something to believe in:

*"We need a sense of meaning, of purpose, of connection with something bigger than ourselves... Daniel Siegel's work on neurobiology and attachment... underscores the necessity of creating a coherent story of our own lives in helping us **heal, thrive**, and build the next generation. [This is] an imperative for anyone who wants the legacy of their life to be **hope**, not despair."*

Hope. Heal. Thrive – these three words captures the higher calling of all of us who both work for and support Anglicare in many different ways. Our aim is to see lives transformed by hope.

Anglicare is the social justice arm of the Anglican Church. Our core purpose is to help the most disadvantaged children and families break free from poverty. Today, 1.2 million Australians are struggling with poverty which means uncertain food supplies, unstable housing, poor health care, and disrupted education. These factors frequently result in distressed family relationships which can lead to children being removed into the Care system. To break the cycle of poverty; to reduce the number of children entering the Care and Protection system; to reduce the number of young people exiting the Protection system at 18 into homelessness – Anglicare needs to be committing more resources to child-focused support in the early years and through mentoring, housing and other supports during adolescence.

Our charitable purpose is the beating heart of Anglicare, and without this life blood the spirit of work will wither and die. Anglicare was established by faithful Anglicans motivated by a calling to express their faith in Jesus by caring for those who were most desperately in need in their local community. Their faith was alive with a passion to pursue justice for the poor and oppressed. They took to heart the teachings of Jesus' brother James who said:

Religion that is pure is this: to care for orphans and widows in their distress ... If a brother or sister is naked and lacks daily food, and one of you says to them, "Go in peace; keep warm and eat your fill," and yet you do not supply their bodily needs, what is the good of that? So faith by itself, if it has no works, is dead.

At the heart of Anglicare's DNA is our focus on caring for children who would otherwise be condemned to a lifetime of deprivation and hardship. We need your support to break the cycle of poverty by providing families with specialist support to strengthen the parental relationship, and to provide the children with the mentoring and other supports they need to thrive into adulthood.

Jeremy Halcrow

CEO, Anglicare NSW South, NSW West + ACT



Children in Googong doing their part to help people in need.

YOUNGSTERS SUPPORT THE PANTRY APPEAL

Children as young as 3 and 4 years of age from Googong Early Learning Centre gave a helping hand to launch the 2016 Anglicare Pantry Appeal on Wednesday 11 May. The appeal runs every May and June to meet a growing demand for emergency food relief.

Children and parents from the centre stepped up on behalf of those in need by giving generously at the launch and throughout the appeal, and by encouraging others to donate too.

“Being involved with the Pantry Appeal is a great chance for children in our centre to learn about giving to others,” said Googong Early Learning Centre Director, Rose Young. “Giving may seem like a small gesture but we know it can make a very real difference for those doing it tough.”

Local parishes and businesses, including First National O’Connor and Curves Weston, have followed the children’s lead by also generously supporting the appeal.

HUGE THANKS TO WINTER APPEAL GIVERS!

Around 1 in 6 women in Australia have experienced domestic violence. For South Coast mother of four, Nicole, this is not just a horrifying statistic; for many years it was her life.

“My partner was extremely violent with me. When I finally got up the courage to leave him, I didn’t have time to take much with me. I just gathered my four children and got in the car. I wasn’t sure where to go or what to do,” said Nicole.

This year Anglicare’s Winter Appeal raised money to help people like Nicole – victims of domestic violence with no-where else to go. The response was phenomenal! Over \$100,000 was raised to ensure that more women and children leaving violent homes receive the care and support they need.

For Nicole, Anglicare helped by providing food and assistance with finding permanent accommodation appropriate for her family. “Anglicare helped me in every way they could. They were so kind and treated me like I mattered,” said Nicole.

On behalf of the hundreds of people helped through Anglicare each year, as well as those who will be assisted in the coming months because of your generosity, we’d like to say a HUGE thank you to everyone who contributed to the Winter Appeal and the Pantry Appeal. We love how big your heart is!



Young people give the garden at Holt Disability Services a makeover

2 DAYS/6 LOCATIONS: HOW 200 YOUNG PEOPLE GAVE ANGLICARE A MAKEOVER

Throughout the April school holidays, over 200 young people attended the Soul Survivor 'More than a Song' camp-conference in Canberra.

Anglicare was a partner of the event, which saw young people express their faith in action by supporting Anglicare's services through gardening, painting and cleaning projects over two afternoons.

"We were so excited to partner with Soul Survivor and see the enthusiasm of the young people to express God's love in action," said The Revd Dr Ian Coutts, General Manager, Mission & Community Development.

A number of Anglicare's services underwent transformation, including Disability Services in Holt, Calwell and Gordon Early Childhood Centres, Brindabella Court and St David's Close Retirement Villages, and the St Benedict's Community Day Centre in Queanbeyan.

The campers assisted the residents at St David's Close with gardening, car-washing, and a mammoth landscaping project. "The students are to be congratulated for a magnificent job that is greatly appreciated by Anglicare, St David's congregation and village residents," said Retirement Villages Manager John Vilskersts. "Their motivation, attitude and willingness brought a lot of cheer to the villages."

Meanwhile Disability Services in Holt received a complete sensory garden makeover.

"We are so thankful for the work of Soul Survivor. Our outdoor area previously didn't meet the individual needs of the people we support and wasn't reaching its full potential" said Margaret Hennessey, Coordinator in the Community Holt Disability Services.

"Now the outdoor area looks great! Our clients loved working alongside the campers and they now have ownership of their space" said Margaret.



Cooking class attendees

COOKING CLASSES PROVIDE A FRESH TASTE FOR FAMILIES IN MORUYA

Families in the Moruya area facing financial stress and housing difficulties experienced the taste of something new. Anglicare and community group SAGE partnered to launch 'Cook, Laugh, Learn' cooking classes, teaching people how to cost-effectively feed themselves and their families.

The initial classes ran from May to July and were fun, interactive and connected people with others in the local community while giving them practical skills to create quick and easy meals.

Facilitator, Sandra Makdessi is excited about the initiative. "The 'Cook, Laugh, Learn' classes meet a real need in this community. Many families could save money with just a little extra know-

how around cooking – particularly cooking in bulk. The classes help them budget, and also allows them to build friendships and support."

The response from participants has been extremely positive.

"We are seeing people become more confident with both their cooking ability and budgeting skills. It's really encouraging to see! It also means that the money saved can be directed to other essential things, like rent. Struggling financially can be an isolating experience so it's great to see people relaxing and connecting with others during the classes," says Sandra.

NEW BARGAIN HUNTER'S BUMPER OPENING!



Laura, store manager

Anglicare has been delighted by the response to the May 4 opening of a new Bargain Hunter store in Phillip, ACT. The new store is an extension of the existing Bargain Hunter store in Queanbeyan, and the heart behind both businesses is to sell quality pre-loved clothing at an affordable price with all proceeds supporting the work of Anglicare and the Anglican Church.

The results of trading so far are very encouraging and confirm the increasing popularity of recycled clothing stores as savvy shoppers seek affordable prices and the enjoyment of the vintage shopping experience. Store Manager, Laura Dawes, said the store already has a large number of regular customers who frequent the store as often as 2 or 3 times a week. With new stock on the racks daily, Laura has introduced a 'recently added' section to cater for the customers who frequently come in to check for new items.

Call for volunteers!

The flourishing store is volunteer-driven and there are great opportunities for more volunteers to join the team. Store Manager, Laura, said volunteers are welcome to help in any capacity, whether for full days or flexible hours across the week. To find out more about volunteer opportunities at Bargain Hunter Phillip and the Bargain Hunter store in Queanbeyan, phone Kaye on 0419 241 282.

LETTING VULNERABLE YOUNG PEOPLE SHINE

Over 40 young people living in foster care and residential care across the Liverpool area received red carpet treatment to celebrate the third annual Star Awards night at the Liverpool Catholic Club on Saturday 28 May.

The Star Awards Night is an initiative of the staff at St Saviours in Liverpool, and is designed to give vulnerable young people, many of whom have had interrupted education experiences and may not have completed Year 10 or Year 12, the opportunity to experience a formal evening to highlight and celebrate achievements throughout the year. Initially created by the Residential Care Services team for young people under 18 who are in foster care or residential care, the event expanded this year to include 10 young people over 18 who have transitioned out of statutory care but still have support through a pilot program called 'Transition to Leaving Care' (TLC).

Each young person received an award and a trophy highlighting their specific accomplishments throughout the year as they overcame the challenges of living in care. Many of the awards related to significant educational milestones being met.

The Outstanding Achievement Award was won by 17 year old David (not real name) who showed drive and tenacity in seeking work and an apprenticeship. The



Independent Star Award winner, Rosie, with TLC coordinator, Cassandra

Independent Star Award is a new category introduced this year, acknowledging achievements attained through living and working in the community and the winner on the night was 19 year old, Rosie, who spent time in around a dozen foster homes as a child before moving in to St Saviours residential care at the age of 14.

"Residential care was really different to foster care. I had to become responsible for my actions. I rebelled at first, but the workers really cared for me," Rosie explains. "I finished Year 10 and got a job. Today I've bought my own car and I'm a youth worker because I want to help other young people like me. It's very different being on the other side, but even on hard days I have to keep going because the St Saviours staff did that for me. They didn't give up on us."



St Saviours staff celebrate at the Star Awards Night.



Special guests (L to R) Jeremy Halcrow (Anglicare CEO), Prue Goward (State MP for Goulburn), David Guthrey (Illawarra TAFE), Simon Bennett (Anglicare executive manager) and Geoff Kettle (Goulburn mayor), received hand painted gifts from the children.

LAUNCH OF NEW GOULBURN EARLY LEARNING CENTRE

Smiles, dancing and fairy bread marked the official opening of the new Goulburn Early Centre based at Illawarra TAFE on 16 May. Guided by the confident projections of four year old host, Logan, children treated special guests to a taste of a day in the life of the centre.

The playful official opening was the culmination of months of involved planning and negotiations, described by guest and State MP, Prue Goward as a win-win for Anglicare and the community.

In September 2015 TAFE Illawarra announced their intention to close their 27 place children's centre at Christmas, but later agreed to continue operating their centre into early 2016 until Anglicare had licensing approvals to ensure continuity of service for families.

TAFE Illawarra district operations manager, David Guthrey, said the new centre was a great example of a government department working with a non-government organisation for a successful outcome.

Simon Bennett, Anglicare's executive manager, was also pleased with the way the new centre was already progressing. "We are so pleased to be able to offer the Goulburn community a comprehensive early childhood service for children aged 0 to 5 years."

For Goulburn Mulwaree Mayor, Geoff Kettle, childcare centres such this new early learning facility was an example of services in the community which continue to be a big selling point for families looking to move to the area.

Anglicare has been providing Early Childhood and Education to the local community since 1976 with the new service complementing the current Anglicare early learning services in Goulburn, Orana and Marulan.



Bailey and his mother are thrilled to be part of the HIPPY program at Ashmont.

CONGRATULATIONS TO HIPPY ASHMONT!

The team at Home Interaction for Parents and Youngsters (HIPPY) in Ashmont are celebrating a \$5000 performance payment they recently received from the Australian Government through the Department of Social Services which recognised the successful engagement by coordinators and tutors with local families, and their ability to support children to succeed at school. The payment acknowledges exceptional performance, with over 93 per cent of families who enrolled in in 2014 completing the two-year program.

HIPPY Ashmont is one of 70 HIPPY services across the country providing a home-based early learning and parenting program to help children transition into school.

Somer Herald-Bock, the program coordinator, is delighted with the results. "To have nearly all our families complete the full 2-year program is fantastic, and means more children starting school well. Our service is designed to foster a love of learning in the home as parents and carers become their child's first teacher in preparation for 'big school'. It's a wonderful boost for the tutors in our program who do such a great job building rapport with the families."

The performance payment will allow HIPPY Ashmont to further up-skill their team of committed and passionate staff as they continue to assist parents and children like Bailey (pictured above).



Katie is one of the many volunteers who supported this year's Pantry Appeal.

GENEROUS SUPPORTERS AND VOLUNTEERS MAKE PANTRY APPEAL A SUCCESS

The results of the 2016 Pantry Appeal are amazing! Thousands of items were generously donated to Anglicare's annual food drive, giving hope to hundreds of local families needing extra help over winter.

We'd like to extend a huge thank you to the outstanding team of volunteers who helped make this year's Pantry Appeal such a record-breaking success with over 40,000 items donated!

One of these incredible volunteers is Katie from Canberra.

She helped at the Pantry Appeal collection stall at Gungahlin Village Shopping Centre where over 2000 items were donated. Katie's heart is to serve others, especially through community projects like the Pantry Appeal where the donations benefit those in the deepest need.

Katie is passionate about encouraging others to also consider volunteering.

"Just go for it! Organisations like Anglicare aren't looking for some massive commitment; they're just looking for some help, and they love whatever time and assistance you can give. In the end, you feel good because you've contributed to something that could help change someone's life."

We love how big your heart is, Katie!

LEAVING A BEQUEST TO ANGLICARE

Will you help Anglicare to continue giving a helping hand to vulnerable people in our communities? By leaving a bequest to Anglicare, you can help make a significant and lasting difference in so many lives. Simply tick the Bequest box on the donation form for more information.

Thank you again to our generous donors for making these wonderful projects happen. If you haven't donated, or would like to make a further contribution, your donation would be appreciated.

Donate here or on www.anglicare.com.au



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