

THRIVE

Thrive Autumn 2019

Brooke's Story

"Finding money to pay the rent was difficult... and for the first time in my life, I wasn't able to pay a bill," says Brooke. "I didn't know what to do." **Story continues on page 2.**

Message from the CEO



"Is this not the kind of fasting I have chosen: to loose the chains of Injustice... to set the oppressed free..." Is 58:6.

During the Easter period, we are reminded of the importance of Christ's sacrifice for us. It was a selfless act that demonstrated both His deep and unmatched love for humanity.

The work of Anglicare seeks to demonstrate this love of Christ by journeying with vulnerable people and families to see them restored materially and spiritually, to have a greater sense of their self-worth and their belonging in the wider community

As you prepare to celebrate the hope of Easter, please be reminded that your support of the ministry of Anglicare is bringing this same hope to others. Thank you.

Jeremy Halcrow | ANGLICARE, CEO



GET INVOLVED

Having made the brave decision to leave a difficult relationship – with little more than the clothes on their backs – Brooke and her children faced the challenge of building a new life.

As things became desperate, Brooke heard about the work of St John's Care, a partner with Anglicare through St John's Anglican Church in Canberra. *"When I came into St John's Care, the ladies sat me down, gave me a cup of tea, a food hamper...they made me feel really welcomed,"* said Brooke.

As well as food assistance, she received help with bills and support in navigating other community services. A few



Brooke's Story - Cont

months later, Brooke needed some further help. The team were again on hand to encourage her and support her practically.

"I feel more in control now," says Brooke. "I don't know what I would have done without the help from everyone at St John's."

Donations from supporters help to finance the work of Anglicare's Emergency Relief programs, like St John's Care. For more information about supporting Anglicare, visit www.anglicare.com.au

**not actual name*



Helping Children Return to School

Federal MP for Canberra, Gai Brodtmann visited the Gordon Community Centre (GCC) on 29 January to present the team with a \$6000 certificate from our successful Stronger Communities Grant application.

Ms Brodtmann, who attended the centre's opening two years ago, was able to see the growth that's occurred at the Centre. She was keen to know how she could further support the work and the next day kicked off 'Operation School Supplies' on social media to collect much needed back to school supplies for GCC and Mura Lanyon Youth & Community Centre.

The following week we received another visit with Ms Brodtmann dropping off six wonderfully comprehensive back to school packs that she and her team had put together. Within a week we had given away a huge number of public donations, as well as other

supplies donated by Motivate Football Academy Australia. Debbi Fluke, GCC Coordinator, was moved by stories from beneficiaries:

"In particular we were able to help a mother of a large family, including a child in hospital. She was struggling with the expense of getting back and forth from the hospital and hadn't got anything for the children for school yet."

"We were also able to help a single dad who has just got housing for himself and his three children – he's sleeping on the couch so that each of his children have their own room and their faces lit up when I let them know we had a supply of brand new, back to school items," said Debbi.

Pictured above: Gai Brodtmann with Volunteers and Employees from Gordon Community Centre.

Prayer Point

Please pray that families who are struggling this Easter season would seek the help they need early, before their situations become desperate. We especially remember families who are affected by unemployment, illness, disability and relationship breakdown that they would find the practical and emotional support they need.

Prayer Point

We pray that young people in care who are facing the prospect of a bleak future once they exit care would receive the support they need.

(See Home Stretch article for details.)

Carers Garden Makeover



Upon hearing that an Anglicare foster carer in Albury had been diagnosed with cancer, Anglicare staff from the Albury office spent two days in the scorching heat to give her backyard a makeover just in time for Christmas.

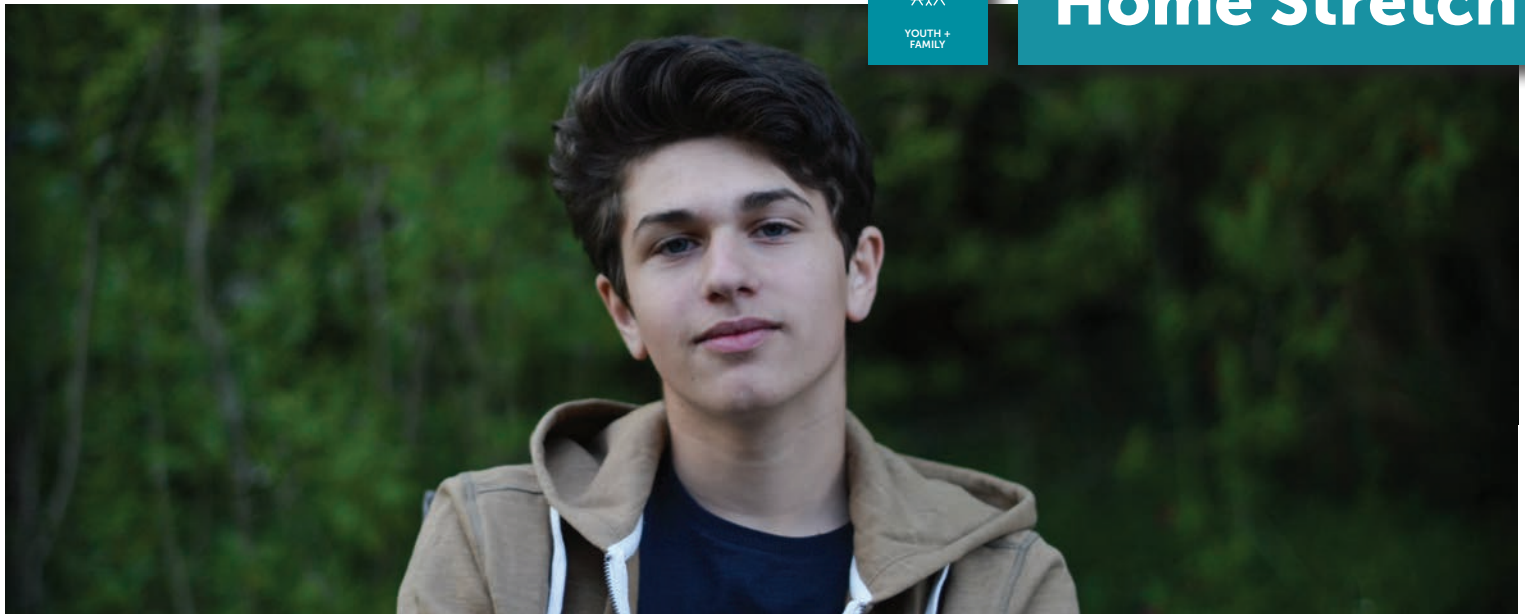
The carer had originally planned to redo her backyard and install a new playground as a surprise to her foster children for Christmas, but her health diagnosis meant she was no longer able to.

The carer sent this message of thanks to our team -
"Thank you so much for sending the crew down to do my yard. I can't express how grateful we are for all the help and how much everyone has done. Please pass on our thanks to everyone."

Pictured above: Anglicare staff from the Albury office and Foster carers



Home Stretch



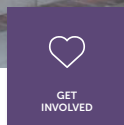
Anglicare, along with other Out of Home Care (foster care) providers, are calling for greater support from the NSW and ACT governments to assist young people exiting care up until the age of 21 through The Home Stretch project.

Currently, young people lose support by the time they reach 18 years of age. Other states including Tasmania, Victoria and South Australia have already committed to investigating a change in legislation and, with the NSW state election, The Home Stretch team are hoping for a similar commitment in NSW. To support The Home Stretch, visit www.thehomestretch.org.au

Quote from a care leaver:

"I often went hungry and I'd mismanaged my money and I wish there had been someone to advise me. I struggled through those first years and I did learn how to do 'the grown up things'."

What we have to do is more than what most young people are expected to do and in my experience, people often don't cut you any slack for that. As a care leaver and survivor, I wish others the best and hope they stay strong, take all the help that's going and one day, achieve 'normal'."



Opening of Erindale Store

Anglicare celebrated the opening of its newest retail recycling store on Saturday 2 March. The new store was full with lines out the door as locals from Wanniasa and surrounds visited the Erindale Shopping Centre to check out the new store, enjoy a sausage sizzle and face painting, and collect some bargains.

Retail Manager, Kaye Pritchard was delighted with the community response. *"Seeing so many people take an interest in this store already is fantastic. Not only does the store provide cheaper shopping alternatives for people on a budget, but proceeds go to support Anglicare services. Basically, shopping here makes people's money go so much further."*

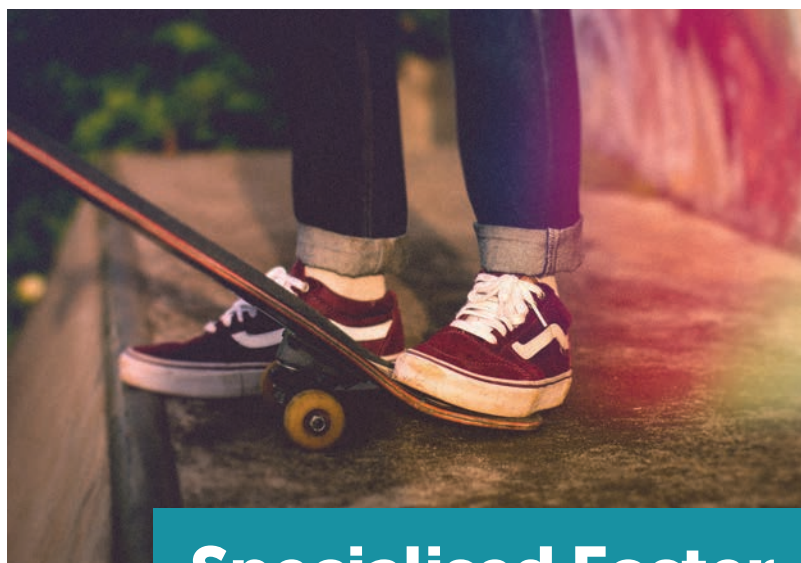


Congratulations to Orana Preschool

Children from Anglicare's Orana Preschool demonstrated their artistic skills by taking out First Place at the Goulburn Show with their pumpkin design.

The preschool was also named Overall Champions receiving a certificate and ribbon for their win.

Congratulations to all the children, parents and staff at Orana for embracing such an enthusiastic approach to creative learning!



Specialised Foster Carers Needed!

Do you have a heart to help children and young people as well as experience in assisting them to heal when they have experienced prior harm and trauma? Anglicare, in partnership with MacKillop Family Services, are looking to recruit therapeutic home based carers in the Queanbeyan/South Coast region of NSW. This new program has a strong focus on helping young people to recover and to work together to find a safe and permanent home for them. The program provides generous carer allowances and intensive therapeutic supports in recognition of this vital caring role.

For more information about these roles, check out www.anglicare.com.au/fostercare



CYCLOPS Grant Winners



YOUTH +
FAMILY

Three young people from Anglicare's CYCLOPS ACT program were recently honoured with grants from the CWA Canberra Branch for all they do as young carers. The winners, Duyen, Indie* and Tiffany have excelled as part of the program. The CYCLOPS service, which stands for Connecting Young Carers to Life Opportunities and Personalised Support, assists young carers aged between 10 and 25 who care for a family member experiencing chronic illness, a disability or addiction.

"I really appreciate this, it helps out a lot. I will put it towards saving to go to uni, and you just never know when you'll need the money. It's good to get support

that you wouldn't ordinarily get." - Duyen

"I'm appreciative of CWA for providing an opportunity for young people. [Young carers] don't get a lot of recognition for the work they do, so it's nice... to be recognised." - Tiana, CYCLOPS employee

Congratulations to Duyen, Indie and Tiffany, and huge thanks to the women of the CWA for their generosity in acknowledging the hard work of these young people.

*Pictured above left to right: Duyen, Tiffany and Tiana accepting for Indie (*not real name)*



MISSION +
COMMUNITY
ENGAGEMENT

Disaster Recovery Training

On Monday 4 March, volunteers from Anglicare's Canberra and Queanbeyan Disaster Recovery teams joined with other Disaster Recovery organisations for a mock Evacuation Centre Exercise. The joint initiative saw teams respond to a simulated bushfire disaster, ensuring everyone felt equipped and confident should an emergency activation occur. Anglicare was very well represented on the day and as one participant

commented "It was great fun. I learnt a lot and it was wonderful to meet like-minded colleagues from other organisations and see how it all fits together".

For more information about becoming an Anglicare Disaster Recovery volunteer, visit www.anglicare.com.au

Pictured above: Disaster Recovery volunteers



Brindabella Court Celebration

Residents and staff from Brindabella Court Retirement Village in Canberra were treated to a High Tea to celebrate the 30th anniversary of the establishment of the Village. This special event coincided with the completion of a major refurbishment of the residents' community centre as part of a major facelift to the entire village.

Lynette Glendinning, Presiding Member of the Anglicare Board, and Retirement Villages General Manager John Vilskersts addressed the gathering along with special guest, June Cashman. June and her husband the late Reverend Bill Cashman were Wardens at Brindabella Court until they

relocated as residents to our Goulburn Retirement Village, Wollondilly Gardens in 2004.

Anglicare commenced providing affordable housing to seniors some 50 years ago, with the first village and hostel – Bimbimbie Village at Merimbula on the far south coast of NSW. Canberra Anglican Parishes were strongly in favour of expanding these services into the ACT which saw the construction and opening of Brindabella Gardens aged care facilities in Canberra followed by construction of Brindabella Court in 1989.



Wollondilly Gardens



Residents and staff, are preparing to celebrate the launch of a new development at Wollondilly Gardens Retirement Village in Goulburn. The Village, established in 1995 on an idyllic 18 acres of semi-rural land by the Wollondilly River, currently includes 69 villas.

The new development sees an additional 6 self-contained units built with further plans underway for a stage 4

redevelopment to update existing facilities and construct 20-30 serviced apartments.

For further information on development and to be included on the waiting list for vacancies, please contact Tracey Walsh on **0439 938 481**.



LENT A HAND

Help Anglicare help others this Easter

You can help Anglicare help others this Easter season... it's easy!

Anglicare's new 'Lent-a-Hand' Easter Appeal gives you great opportunities to support those in need over the lent period - 6 March to 18 April. Your prayers and donations can make a difference.

You can:



Anglicare relies on the generosity of supporters to support services which receive limited or no government funding.



Anglicare Retail collection bins are located across Canberra and proceeds from the stores are put back in to Anglicare services.



Food will assist families at various locations across the region who need emergency assistance.



Anglicare can provide you with a copy of a Lent devotion to help you pray during the Easter period.

For more details on how you can be involved, email missionpartners@anglicare.com.au or visit anglicare.com.au

"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter..."
Isaiah 58: 6-7



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

1. Please complete this form
2. Enclose this form / cheque in an envelope and post to us at
GPO Box 360, Canberra ACT 2600

Name:

Address:

Phone:

Email:

Please accept my donation of:

☐ \$20 ☐ \$50 ☐ \$100 ☐ \$200 ☐ \$.....

Please debit my: ☐ Mastercard ☐ Visa ☐ Amex

□□□□ □□□□ □□□□ □□□□

Signature.....Expires...../.....

Name on Card.....CCV:

☐ My cheque/money order is enclosed (made payable to Anglicare Canberra & Goulburn)

Thrive Autumn 2019

PHONE

1800 18 77 68

EMAIL

Donations@anglicare.com.au

MAIL

GPO BOX 360
Canberra ACT 2600

WEBSITE

www.anglicare.com.au

Thank you for your generosity. A receipt will be sent to you shortly. Donations over \$2.00 are tax-deductable

Privacy Policy: Anglicare respects and honours our supporters and clients and their right to have their privacy protected. Anglicare is committed to complying with the National Privacy Principles contained in the Privacy Act of 1988. Full policy available online at www.anglicare.com.au.

I would like to sign-up to
receive THRIVE Newsletters

☐ via email - address as per above
☐ via post - address as per above

☐ Please send me information about
leaving a gift in my will to Anglicare.