



# THRIVE

Thrive Winter 2019

*Pictured: Shelly and Mark at their home in NSW*

## Shelly & Mark's Story

Sitting on the back veranda of their rural NSW property, Shelly and her husband Mark can't help but smile as they talk about their journey as respite carers with Anglicare. Already parents of a teenage son, they wanted to do more! **Story continues on page 2.**

# Message from the CEO



Each year National Reconciliation Week culminates on 3 June with Mabo Day marking the date of the landmark 1992 high court decision that overturned the legal fiction that Australia was terra nullius (nobody's land) prior to British settlement.

The theme for 2019 was **'Grounded in Truth, Walk Together with Courage'**. This year I attended a reconciliation day event in Sydney where journalist Stan Grant – a Wiradjuri and Kamilaroi man with Irish convict ancestry – spoke about his new book 'Australia Day'.

He encouraged people to move together towards an inclusive national narrative. His words resonated with me, *"I am neither black nor white, I am its synthesis: I am Australian... A nation is a narrative, it is a story, it is what we imagine, it is what we choose."*

For Anglicare, this message is important. My hope is that what we do across our region is inclusive, humble, open to learning and change, respectful of the individual and their past and journey, champions common human dignity and contributes to a more positive narrative for all.



**Jeremy Halcrow | ANGLICARE, CEO**



## Shelly & Mark's Story - Cont

*"[Respite care] is something we wanted to do for a while," says Shelly. "We knew there were a lot of children who were in situations where they weren't receiving the care and attention that they needed... We felt this was something we could do together with passion and commitment, and we felt like respite care was going to be our best option."*

Respite care fits in with Shelly and Mark's lives, allowing them to plan and give focused time and attention to the teenage boy they care for one weekend a month.

*"We like to go for bike rides," says Mark. "The physical [activity] really helps to settle him and is really good for [helping him] cope with anxiety..."*

Despite not being fulltime carers, the couple are delighted to see that their decision is making a difference in a young person's life, and recommend the option to others interested in becoming carers.

Looking for precious moments of connection and healing is what motivates Mark and Shelly, with Mark recalling a recent incident when the young person thanked him during a challenging bike ride. *"I asked him why he was thanking me," says Mark. "He said he was thanking me for encouraging him."*

**To find out more about becoming a respite carer with Anglicare, visit [anglicare.com.au](http://anglicare.com.au)**

*Pictured above left: Shelly and Mark with their son.*





# Yiri Healing Garden

In March 2019, the team at Orange Aboriginal Medical Services (OAMS) in partnership with Anglicare's Yiriyirambang (Yiri) service began to brainstorm what to do with some vacant land they owned. OAMS team decided to create a community garden and cultural walk accessible to the community to help generate greater connection.

For Anglicare and Yiri, the garden is a place where children and young people in care, along with their families and carers, can meet and connect in a peaceful environment.

Funding was received from the NSW Department of Family and Community Services through the Social



Housing Community Improvement Fund and a design was developed by Sarah Hoskins from Caledonian Landscapes.

Plants were specially chosen to reflect Wiradjiri traditional plant use, with support and expertise from community elder, Aunty Alice.

The garden includes a yarning circle, vegetable and herb garden, garden shed, greenhouse and chicken coop.

The garden is already being enjoyed by local school students.



# Sally's Story



HOUSING +  
CRISIS SUPPORT



Sally Keay never expected to face homelessness, but last year she received a 90-day termination notice just nine months in to her rental agreement on her home. Sally, who suffers with arthritis and osteoarthritis, relies on Newstart and other government supports totalling about \$650 a fortnight.

*"Without Anglicare's help, I wouldn't know what to do,"* said Sally. Her health problems also made it difficult for her to look for housing.

The team from Anglicare's Homelessness and Housing service in Goulburn assisted Sally, advocating on her behalf and eventually finding a unit for her through Argyle Housing, a not-for-profit provider of low-cost, subsidised housing.

Anglicare's Rental Affordability Snapshot research released in April 2019 showed that growing numbers of Australians are experiencing housing stress, where households are spending more than 30 per cent of their income on accommodation.

Sally is not surprised by the results of the research. *"Anglicare found my unit just a couple of days before I would have been homeless,"* said Sally. *"Now I feel like I have so much more freedom and I'm not behind in my bills all the time... I don't have to plead to get extra food and I have so much more independence."*

Sally is one of hundreds of people who received housing assistance through Anglicare last year.

*Pictured above: Sally at the front of her home in Goulburn.*



YOUTH +  
FAMILY

## CWA Goulburn Cooking Classes

Clients of Anglicare's Housing and Homelessness Service in Goulburn have been receiving free cooking classes thanks to the Mulwaree branch of Country Women's Association (CWA).

Every Monday, Anglicare clients attend the classes hosted by the CWA which takes them through recipes step-by-step and also educates them on safe food handling, storage, healthy eating and tips on how to use the same ingredients for other recipes to eliminate food waste.

Regional Manager for housing and social services, Toni Reay, says the classes have been invaluable to clients. *"I really love seeing our clients who come from different backgrounds and circumstances, engage with each other"*.

*"It's not just the cooking skills that make the classes worthwhile, but the opportunity for clients, who are often isolated at home, come together in a supportive and social environment"* says Toni.





## Youth Space Opening

On Wednesday 8 May the Canberra YMCA, in partnership with Anglicare, officially launched Youth Space. The initiative, based at Anglicare's building at Scotts Crossing in Canberra, provides afternoon support for young people with activities like games, cooking and a safe place to meet with the YMCA team and receive additional support.

The launch event was attended by young people, staff, government ministers and other community representatives and included musical performances by young people. ACT Minister for Children, Youth and Families, Rachel

Stephen-Smith MLA was the key speaker, with additional presentations from YMCA CEO, Torrien Lau and Anglicare CEO, Jeremy Halcrow.

*"We're delighted to see an effective partnership like this giving much needed support to young people in this community," says Mr Halcrow.*

*Pictured top left: A young person playing didgeridoo at Youth Space opening. Pictured above: YMCA CEO Torrien Lau, ACT Minister for Children, Youth & Families, Rachel Stephen-Smith MLA; and Anglicare CEO, Jeremy Halcrow.*

## 'Lent a Hand' Clothing Donations



Parishioners from the Anglican Parish of Arawang generously donated 107 bags of clothing and other items over lent to support Anglicare's "Lent a Hand" Easter appeal. Locum Rector, Rev'd Ann Burt, said that parishioners embraced the opportunity to demonstrate love in action by giving to those in need.

To mark the 40 days of lent, parish members were encouraged to donate 40 items each. Anglicare would like to thank Arawang church for their incredible support of this appeal!



Anglicare would also like to thank the Order of Malta, a philanthropic organisation based in Sydney, whose members donated over 100 heavy duty winter coats. The coats have been specially designed to assist those who are sleeping rough and are made with durable material, a longer length and with pockets inside and out.

These coats are being distributed through Anglicare's emergency relief points in Canberra, Wagga Wagga, Parkes, Orange and Moruya to meet growing need in those regions.

# GCC Fundraising Dinner



Gordon Community Centre (GCC), an Anglicare partner organisation delivering emergency relief and other community services in south Canberra, was chosen as the benefitting charity at a recent Karma Kitchen @Daana fundraising dinner.

Sanjay and Sunita from Karma Kitchen regularly run fundraising dinners to support local charities, and were incredibly generous and supportive with their hosting of this event for GCC. A fantastic team of volunteers helped to make the night a success.

Guests were treated to traditional Indian dishes, and enjoyed a competitive silent auction.

The Gordon Community Centre team are excited about putting the funds raised - **in excess of \$2000!** - to good use for those in the community.

Gordon Community Centre is a partnership between Anglicare and Lanyon Valley Anglican Church.

*Pictured above: Anglicare community members at the Karma Kitchen fundraising dinner.*



Anglicare Riverina's IGNITE Youth Mentoring program was extremely honoured to have been chosen to be one of this year's charities for the Thomas Bros Wagga Wagga Takes Two charity event.

Wagga Wagga Takes 2 is annual event which pairs local celebrities with accomplished singers for duets to raise money for local charities. Wagga Takes 2 has now been around for over 10 years and has raised over \$1.5 Million for local charities and organisations. It has become the 'Go To' charity event in the Riverina.

IGNITE Mentoring is a community based mentoring service which provides guidance, support and



## Wagga Takes 2

encouragement to young people within the region. Our mentors are local people, business people, Elders, retirees and university students, who volunteer their time to become role models for young people in our Community.

John Paton, a local businessman and a supporter of numerous community activities in Wagga, volunteered his time to be our 'Celebrity' singer. John was paired with professional singer Shelly McCormack who guided and supported him through this journey.

John and Shelly performed an amazing and entertaining duet to the song 'Eye of the Tiger' and helped raise funds and the profile of IGNITE.





## Volunteer Morning Tea



In celebration of National Volunteers Week, St Johns Hall was transformed to host a special morning tea to honour and celebrate Anglicare's volunteers. The event was attended by more than 100 volunteers from a range of Anglicare services in Canberra including St John's Care, Anglicare Retail and Disaster Recovery.

Guest speaker Virginia Haussegger, a renowned Australian journalist and academic advocate for gender equality, passionately spoke to Anglicare volunteers to encourage them and thank them for all they do to support essential services in the Canberra community. She emphasised how

volunteers embody compassion and generosity and how the kindness of strangers is what brings strength to our community.

*"What an absolute honour it has been to address Anglicare volunteers and staff. The love, care and dignity you give to every soul who walks through the door of your crisis centres day after day makes my heart sing! This is humanity at its best," says Virginia.*

*Pictured above: Anglicare Chair, Lynette Glendinning, Journalist & guest speaker, Virginia Haussegger, St John's Care Director, Sarah Murdoch, and Anglicare CEO, Jeremy Halcrow*

## Wollondilly Opening



Residents and staff celebrated the launch of a new development at Wollondilly Gardens Retirement Village in Goulburn with an official 'Turning of the sod'. 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**.

*Pictured above: David Dahl, Jeanette Dahl, Brian Wyndham, William Carorin, Roberta Forsythe, Jarrod Mallam, Jeremy Halcrow, Rod Sutton, John Vilskersts, Paul Brand, Tracey Walsh and Stacey Rhall.*

MAKE A DIFFERENCE IN YOUR LOCAL COMMUNITY

# ANGLICARE

## Sunday

BE INFORMED  
& INSPIRED

Sunday 20 October marks the end of Anti-Poverty Week – the perfect time to find out about what is being done to help vulnerable individuals & families and discover how you can partner with Anglicare to make a difference.

To find out more about how your church can be involved, email:  
[missionpartners@anglicare.com.au](mailto:missionpartners@anglicare.com.au)



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](http://www.anglicare.com.au)

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

**Thrive Winter 2019**

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