

# THRIVE

Thrive Winter 2019



*Mary Moore and her family in Moruya, NSW*

## A Mother's Voice

Mary Moore is a proud Yuin woman, mother and artist. She, along with members of her family, recently accepted an invitation from Anglicare's Homelessness Support Service in Moruya to discuss challenges facing Aboriginal women in the Eurobodalla region. **Story continues on page 2.**

# Message from the CEO



*"Glory to God in the highest, and peace on earth to those on whom his favour rests." Luke 2:14 (NIV)*

Peace is Christ's desire for all people. This Christmas season, and throughout the year, our Anglicare teams across our region and services work to see peace brought into the lives of families and individuals, especially those who are most vulnerable.

We know that Christmas can be the most stressful time of year – financially, emotionally and relationally – and more than ever, our teams are focused

on giving help and hope to growing numbers of families who are struggling.

As we complete this newsletter edition, bushfires are engulfing many parts of region and affected families are already approaching our services for help. We value your prayers and support as we continue to work to see 'peace on earth' brought to families this Christmas and New Year.

**Jeremy Halcrow**  
ANGLICARE, CEO



## A Mother's Voice - Cont

Domestic violence puts women and children from all backgrounds at housing risk, and over 40 per cent of people approaching Anglicare for housing help are fleeing violent homes. Domestic violence is not a part of traditional culture, and Aboriginal women often face particular challenges in reporting abuse. Violence often goes unreported as mothers fear about losing their children or becoming homeless.

*"If you have a teenage son, you can't get into a shelter," says Mary. "The child then has to remain in the domestic violence situation which deters women from leaving the abuse."*

Mary suggested a healing group focused on social and emotional

connection combined with art therapy would be of enormous value for women, especially those most at risk between the ages of 35-45 years. Such a safe and supportive environment would help women develop coping strategies and find solutions.

Teams across Anglicare are working to further develop cultural awareness with staff members and support culturally safe services, and Mary's feedback on the Eurobodalla Homelessness and Housing service is encouraging. *"Personally I have found Anglicare to be extremely helpful. I can't thank Anglicare enough," says Mary. "They have helped me and my family and we feel that we can discuss issues and receive culturally appropriate support."*



Photographs are by Clinton Bell and were taken against the magnificent backdrop of the Gulaga Mountain which is significant to the Yuin people. The word 'Gulaga' means 'Mother'.



*"They have helped me and my family and we feel that we can discuss issues and receive culturally appropriate support."*

- Mary



# Goulburn Children's Christmas Party

Over 500 people attended Anglicare's annual Children's Christmas Party at the Goulburn Aquatic Centre on Thursday 5 December.

The event allows children, young people and families from services across Goulburn including early learning, disability, homelessness and housing, and emergency relief services the opportunity to celebrate with a free sausage sizzle

provided by the Rotary Club, show bags, swimming, face painting and even a visit from Santa.

Goulburn MP, Wendy Tuckerman, and Deputy Mayor, Peter Walker, also assisted on the day to help bring Christmas cheer to families across the community. A big thank you to Anglicare staff members, community members, and local businesses who worked so hard to support this event.



## 'Preschool Drought Relief'

NSW Member for Goulburn, Wendy Tuckerman, visited Anglicare's Orana Preschool in Goulburn in October to mark the state government's funding boost for preschools and long day care services in region as part of a Preschool Drought Relief program.

Services in Goulburn, Yass, and Crookwell will be eligible to receive funding to ensure children continue to have access to early learning through reduced fees, transport initiatives, additional staff training, and environmental adjustments.

Local mother, Kate, has two children participating in Anglicare's early learning programs. Her youngest son attends Anglicare's Family Day Care, and her oldest son attends Orana Preschool.

**"Our family lives at Kingsdale and we're on rainwater but because of the drought we now have to pay for town water. It's stretching the family budget in ways we didn't expect. Knowing that services like Anglicare's will be resourced to help families if they need it is a real relief,"** says Kate.

*Pictured left: Wendy Tuckerman with Orana Preschool in Goulburn*







# Anglicare Sunday Wrap Up

Thank you to all churches and congregation who participated in Anglicare Sunday! A record 45 churches took part in 2019. The event has been running for three years and is held annually as part of national Anti-Poverty Week and is an opportunity for Anglicare to inform and inspire churches across the region about the work and impact of the our services.

Feedback from churches has been very positive. St John's Care Director, Sarah Murdoch, represented Anglicare at St Simon's Anglican Church, Kaleen, with Rev'd Paul Cohen saying: *"Sarah's presentation was excellent – great info and stories, great eye contact with people – she held everyone's attention. And the video was excellent too – very professional."*

*We invited Sarah specifically because of our parish's close connection to and support for St John's Care in particular. We used the prayers from your website, and the blessing too – great resources!"*



## OOHC Training

Two of Anglicare's Senior Carer Practitioners, Felicity (Wagga Wagga) and Cindy (Nowra), travelled to Sydney to hear the latest on foster care recruitment strategies in New South Wales.

The Research Forum hosted by My Forever Family, unpacked insightful new research about recruiting carers for children over 9 years old. The research findings were led by Amy Conlan-Wright and highlighted the complexities of foster care recruitment and the need to standardised training, assessment and case management.

The Research Forum was a fantastic opportunity for Anglicare staff to engage in the latest research and find new ways to provide best-possible outcomes for carers, children and young people in care.

My Forever Family is a government-funded program in New South Wales to bring collaboration in the sector and greater support for carers, agencies and children in care.





# Ashmont Community Centre

Ashmont Community Resource Centre celebrated the grand re-opening of the service after significant renovations. The garden and playground renovations were made possible by grants from the NSW Government Social Housing Community Improvement Fund.

Anglicare staff, clients and local community members enjoyed stories from the Dreamtime, Indigenous Australian art and music activities, planted fruit trees and vegetable gardens beds, a barbeque lunch, face painting and a toasty fire pit!

The Ashmont Community Resource Centre provides emergency food relief, community meals, community activity groups (eg. sewing group), a supported playgroup, as well as critical outreach and referral services.



# Georgie's Pantry in Parkes



Rev'd Natalie Quince and her team of volunteers at Georgie's Pantry in Parkes have been in partnership with Anglicare and supporting their community for over six years.

Their key activities include an Op-Shop, food pantry, emergency relief, budgeting and advocacy assistance,

coordination of community Christmas hampers, and participation in other groups relating to issues such as housing, early literacy and food rescue.

As parts of NSW struggle with droughts and bushfires, Natalie and her team are available to help. The Parkes Drought Coordinator often visits the pantry,

offering advice to people in need. Regular volunteers, Derrick and Sandra Milling, are quick to point out the importance of genuinely connecting with people in need. "It's not just food; it's care, it's love, it's understanding, and it's being able to communicate," says Derrick.





## Lifetime Achievement Award



Congratulations to the Junction Youth Health Centre staff member, Anet Marinov, for her recent Lifetime Achievement 'Yogie' Award from the Youth Coalition of the ACT.

Anet has worked in the youth sector for 26 years with organisations like Bernardo's, Canteen, Northside, Our Place, and The Junction, supporting young people in need through case work, homelessness support, and health education.

Anet's experience at The Junction is greatly valued as she connects with young people and staff offering a range of services and wrap-around supports.

Anet approaches each day and each new young person with an incredible attitude and energy. Thank you, Anet, and congratulations!



## The Junction Community Garden



Junction Youth Health Consultant, Olivia says "Clients are able to come and spend some time at the garden and be a part of the community that works together to care for it. As our plants grow, our clients will be able to help themselves to herbs and veggies that they can take home to use in their cooking."

*"As a Health Service, Junction staff are excited to encourage healthy eating and the fun benefits of gardening. Everyone is looking forward to our first harvest of edible plants and produce, and we are already getting suggestions of what to grow next."*

Bunnings' Canberra Airport very generously donated over \$300 worth of supplies to the Junction Youth Health Medical Service to create a community garden for clients and staff to enjoy. The generous donation from the Bunnings Community Involvement Team included soil, pots, vegetable plants, herbs and flowers.

The garden has been created beside the Junction waiting room, where can clients can enjoy looking at and tending to the garden providing an opportunity to boost mental health and wellbeing.



Liv tending to the plant babies





*Models for Anglicare's fashion parade*



## Fashion Parade

Anglicare's inaugural fashion parade and high tea took place on Saturday 28 September at St John's Care hall in Canberra. Attendees were treated to delicious food and amazing fashions from Anglicare Retail stores.

Models included Anglicare staff and disability services clients

who strutted their stuff down the runway showcasing the ethically recycled fashion pieces.

The event ran in conjunction with National Op-Shop Week and raised over \$5000 for St John's Care and Gordon Community Centre.



## Congratulations Flo



Mrs Flo Young of the Sapphire Coast Parish was recently awarded the Anglicare Australia Volunteer Achievement Award at this year's Anglicare Australia awards held in Perth. She outdid ten other short-listed nominees and received the Anglicare Australia Volunteer Achievement Award from The Primate whilst in Perth on Monday 9 September 2019.

This award acknowledges Flo's commitment of 25 years volunteering and running the Anglicare Sapphire Surprises Op Shop and Emergency Relief in Eden, NSW.

Flo's role involves management of the thriving community shopfront but she also provides emergency relief to vulnerable members of the community as well as pastoral care to volunteers and shoppers. Congratulations Flo, and thank you for all you do!

*Pictured left: Flo with her gold Anglicare Australia Volunteer Achievement Award, along with other winners*





# PENS *Against* POVERTY



## Pens Against Poverty

Nearly 300 students from 33 schools in the ACT and parts of NSW put pen to paper in support of Anti-Poverty Week (APW) as part of Anglicare's 'Pens Against Poverty' schools writing competition, expressing their heart for issues ranging from family to refugees.

An awards ceremony was held at Government House as part of APW celebrations with Governor General David Hurley presenting the prizes.

The inspirational competition, which began in 2015, gives school students the opportunity during national Anti-Poverty Week (13-19 October) to write for a cause, use

their imagination, and express their thoughts about social issues. The competition theme for 2019 was "Courage in Kindness" and poem and short story creative submissions were received from school students from grades 3 to 10.

Competition judge and renowned Australian author, Jackie French, was also inspired by the calibre of entries. *"You can't write about kindness or compassion without thinking about other people, and without trying to work out ways that these problems can be solved. [These entries] have given us an extraordinary gift,"* says Jackie.



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.

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