

Together

APRIL 2025



Students at Burgmann Anglican School Pantry Appeal

God grant us the compassion to care deeply for others; the wisdom to discern how best to help; the energy to transform emotion into action, and the joy of wholehearted service. Amen.

- Anglicare Prayer for Anglicare NSW South, NSW West & ACT

From our CEO



Together, we are making a difference that will be felt for generations to come.

Serving as CEO of Anglicare is a true privilege. It is incredibly uplifting to lead an organisation that aligns so closely with my faith and values, and I am continually inspired by the dedication of our staff. One of the most profound ways we make a difference in our communities is through education, which plays a vital role in breaking the cycle of poverty and provides opportunities for future generations.

Our Diocese is blessed to have eight Anglican schools serving over 10,000 students and more than 1,200 staff across the South Coast, Googong, the ACT, and Wagga regions. These schools not only equip students with knowledge and skills but also foster a culture of service and compassion. Each year, students actively support Anglicare's mission through food drives, fundraising sleepouts, clothing donations, and Christmas appeals. Their generosity is truly remarkable, and I am immensely grateful for their contributions.

Beyond traditional schooling, we are exploring opportunities to enhance early childhood education by transforming our Early Childhood Education and Care (ECEC) services into innovative community hubs. These hubs could integrate various essential services such as cafés, resource centres, community computer rooms, and allied health offices. By doing so, we aim

to create a holistic environment that not only educates young children but supports families in meaningful ways.

As we navigate the future, we are strengthening our partnerships with schools, churches, and community organisations. These collaborations allow us to learn from the past while preparing for what lies ahead. Education is more than just academic achievement - it is about nurturing resilience, fostering hope, and equipping individuals with the tools to thrive.

I am filled with optimism as we continue this journey. By investing in education, we are not only empowering individuals but also building stronger communities, ensuring that Anglicare's mission of hope, healing, and support endures for generations to come.

Kind regards,

Trevor Ament
Anglicare CEO

IN THIS ISSUE

From our CEO	2	Building brighter futures	8
Easter message	3	Nerida's story	9
Building strength and hope	4	The power of self-care	10
A partnership in caring	5	Meet Max Oldfield	11
Caring, connection and culture	6		

We acknowledge the traditional custodians of the lands on which we meet throughout our journey together.

Anglicare NSW South, NSW West & ACT
Level 8, 221 London Circuit, Canberra ACT 2601
GPO Box 360, Canberra ACT 2601. ABN: 69 198 255 076

Easter message



**THE RIGHT REVEREND
DR MARK SHORT**

Diocesan Bishop of Canberra & Goulburn

Between Easter and Pentecost this year Anglican Dioceses across Australia will be sharing in a season of outreach called Hope25, during which we will be sharing with our communities the hope that Jesus offers in an uncertain world (see www.hope25.com.au for further details).

In preparation I've been reading *The Spirit of Hope*, a new book by the South Korean Roman Catholic Philosopher Byung-Chul Han.

According to Han, hope has three essential characteristics

Hope is passionate. "Hope also has intensity. It represents a deep prayer of the soul, a passion that awakens in the face of despair's negativity."

Hope is communal and relational. "Anxiety radically narrows the field of possibilities and this makes it harder to gain access to the new, to the not-yet-existing. For this reason, it is opposed to hope, which sharpens the sense of possibility and kindles the passion for the new, for the wholly other."

Hope is active. "The conventional criticism of hope ignores its complexity and inner tensions. Hope goes far beyond passive expectations and wishes.....Inherent in it is a determination to act." p23

The longing and need for hope is a universal human experience. It is at least one of the reasons why we expect our political leaders to be agents of hope and not mere preservers of the status quo.

But there is a particular Christian understanding of hope, which grounded in the transformational events of the first Easter. On Good Friday this world's true King is revealed to be the One who gave His life for its salvation. On Sunday Jesus' sacrifice is vindicated by God as He is raised to new life, never to die again.

Central to the revolutionary impact of Christian hope is its view of the present and coming kingdom of God. This is a vision which both affirms the goodness of the created order and looks forward to its transformation and liberation from the effects of human wrong-doing. It's a vision that looks forward to the mighty being pulled down from their positions of power and the humble being lifted up in their place, a season where in the lyrics of Bob Dylan "the loser now will be later to win."

It's this disruptive hope, sometimes unrecognised and unacknowledged, which has inspired many movements for justice, from the US civil rights movement, the struggle for post-colonial independence and the campaign for First Nations recognition and justice in Australia.

Of course hope can be disappointed. It is tragic when this occurs, especially when the reason for this lies with the failure of Christians and churches to express and embody this hope. The year 2025 is as good as time as any to recommit to embedding this value and virtue at the heart of our common life. There is no aspect of our mission better placed to do this than Anglicare, with its commitment to serving the vulnerable so they might discover their God-given value and potential.

God bless you and those close to you, with faith, love and especially with hope in this special season.

Bishop Mark Short

**HOPE.
HEAL.
THRIVE.**

Building strength and hope

How boxing is empowering young people in the Eurobodalla and Bega Shires

Anglicare’s Targeted Early Intervention (TEI) program in the Eurobodalla and Bega Shires, works with families who are struggling financially, with the impact of drug and alcohol use, or as a result of domestic violence.

The program has made strides in connecting to families, helping them to build capacity, develop healthy relationships, learn parenting skills, and engage positively with the wider community. However, until now there has been a gap in support for young people in these families.

“Young people, aged 12-25, are less likely to engage with family-focused programs”, said TEI Case Manager Britt McBride, “and as a result we are seeing them slip through the cracks, demonstrate high-risk behaviour and often get into trouble.”

To help fill that gap, Anglicare has teamed up with Dark South Academy, in Batemans Bay. The pilot program involves providing a group of young men from the local area with elite boxing training, access to healthy role modelling, and an opportunity to create healthy relationships and connection to their community.

During the program, participants will be encouraged and guided to set personal health and wellbeing goals, work towards those goals and assess their own outcomes.

“For young people who don’t have the support they need from their families, learning about self-worth, and being exposed to a different, healthier way of interacting can really change their lives”, said Britt.

Dark South Academy has a proven track record of improving local lives through boxing. Professional boxer Skye Falzon and her partner Ameir established Dark South as a way of showcasing local talent and allowing athletes to continue their passion for boxing.

We are deeply grateful to Dark South Academy for their valuable partnership and are hopeful that, following a successful pilot program, we can secure continued funding to ensure the long-term sustainability of this initiative. We are currently seeking funds to operate a similar female-focused youth initiative.



Pictured: Students at Burgmann Anglican School Pantry Appeal

A partnership in caring

Burgmann Anglican School

At Burgmann Anglican School, students are offered a holistic educational experience that extends far beyond academic excellence. Rooted in the core pillars of Anglican education, the school fosters not only intellectual growth but also the development of character, faith, and service. A key aspect of this is the emphasis on service as a vehicle for building character. Anglican education encourages students to transition from an egocentric mindset to an outward-focused one, promoting empathy and selflessness. This shift is nurtured through hands-on service opportunities, which are central to the school’s mission.

One of the most impactful partnerships is with Anglicare, where students actively engage in fundraising and service projects. Each year, the school supports the Anglicare Pantry Appeal, with students bringing donations of food and hygiene products to help those in need. This initiative is personalised across year levels to ensure age-appropriate engagement: younger students are motivated by the spirit of Christmas giving, while older students focus on the more practical needs, such as hygiene products for those experiencing homelessness.

A standout event is the Winter Sleepout for Anglicare, where senior students spend the night outside to simulate the harsh realities faced by those without shelter. The experience is designed to foster empathy, as students forgo comfort for one night to gain a deeper understanding of the struggles of homelessness. Guest speakers from Anglicare share real stories that help students connect with the cause and reflect on their role in creating change.

Burgmann Anglican School’s commitment to action based service programs ensures that students not only learn the value of giving but also experience the transformative power of service. Through these initiatives, students grow in faith, character, and a genuine sense of responsibility, equipped to make a meaningful difference in the world.

Leonie Harwood
Principal, Burgmann Anglican School



Stock image

Caring, connection and culture

Lessons from respite carer, Tessa

Choosing to become a foster carer can be a complicated, even apprehensive, decision. For Tessa, who had previously been a carer while in a long-term relationship, there was a degree of uncertainty about signing on as a single person. But now, after almost two years as a respite carer with Anglicare, it is clear she made the right choice.

“I think it is important to give kids a safe space and I’ve got the capacity, the space in my home and also in my heart”, said Tessa.

Tessa’s commitment to understanding the children she engages with, and understanding where they are coming from, has helped her build strong, trusting relationships with the young people in her care.

Recently, Tessa was recognised by My Forever Family, receiving their ‘Deadly Ally of the Year’ award for her dedication and cultural sensitivity as a respite carer. Many of the children Tessa looks after come from an Aboriginal background, and she takes intentional steps to connect them with their culture and sense of self—participating in community events, providing access to relevant books and language materials, organising art

activities, and collaborating with Elders and cultural mentors.

Tessa’s efforts help these young people develop a strong sense of belonging and pride in their Aboriginal identity. “They see their cousins and their aunties and their uncles at the events, and all of it helps them get to know who they are”, she said.

As a respite carer, Tessa provides a break for full-time carers and an alternative environment for children and young people in care—a role that has taught her a lot about herself. “I feel very challenged at times by foster caring, but I feel I’ve grown in myself”, she said. “I’ve grown in to someone who understands the manifestation of trauma, which you don’t really think about until you come face to face with it. I feel a lot of empathy and compassion for these kids and what they go through, what they’ve been through and what they are going through in their lives.”

Naturally, Tessa says she still sometimes doubts her ability to always respond with love and kindness when a child may present with challenging behaviour, but that she has felt supported by the Anglicare team to reflect and consider her responses. “I really love the Anglicare

team”, she said. “I got feedback straight away that I was on the right track and that was very lovely. If I’ve had a few wobbly moments, I feel I can say that to them, and I’ll be met with a great deal of care.”

While fostering certainly presents numerous challenges, for Tessa, the successes make it worth it. A recent highlight was seeing one of the girls she looks after win a drawing competition for an Anglicare Cultural Safety Plan Booklet. “She was really persistent in drawing that black tailed cockatoo”, explained Tessa. “She entered the competition, and it was just awesome for her to win. It was a real boost.” The booklet will be used by Aboriginal and Torres Strait Islander children in care as part of their integrated case plans, helping them to maintain ties to family, country and cultural supports.

To anyone considering becoming a carer, Tessa says: “The main thing is that you must open your heart. We’re not going to get a better world if we don’t do that—but you also need to have a certain level of resilience. You need to know within yourself that you can sustain your energy, because it is a really energetic experience.”

Indeed, Tessa has recruited an energetic helper, her dog Striker, who is a big part of the scene when the children come to stay. “Striker loves the

children coming and they really love her”, said Tessa, who explained that feeding the dog and taking her for walks to the park provides structure to the visits. “It is a bit like how we care for Striker is how we want to be cared for” explained Tessa. “It is like learning to love, learning to care”.

Through her thoughtful, holistic and considered approach, Tessa helps the children and young people she looks after to develop an ability to care for others and to care for themselves. Which is exactly what she hopes for when she considers their future “I hope that they learn to know that they’re loved and cared for, because they are”, said Tessa.

When she is not acting as a foster carer, Tessa spends her time volunteering as a pastoral carer at the local hospital, doing in-home palliative care and as part of the Rural Fire Service.

We are blessed to work alongside incredible carers like Tessa.



Interested in becoming a foster carer?
Scan the QR code.

Pictured: Tessa, her dog Striker and Anglicare Case Worker, Felicity



Building brighter futures

Embracing diversity at Anglicare's Franklin Early Learning Service

Diversity is everywhere at Anglicare at Franklin School Early Learning Service (ELS). In the art on the walls, in the foreign language picture books and on the smiling faces of students and educators. Between the staff, children and their families, there are currently 14 different nationalities represented!

Recognising diversity as the strength it is, the Franklin ELS works to intentionally incorporate it across their program from day one of a child's journey. "As part of our normal orientation process, we spend time learning about children and their families, noting their cultural background and languages spoken at home. This forms the initial planning of the child's learning, and we incorporate key words from their language to support them with building trusting relationships with educators", explained Riccardo, Anglicare at Franklin School, Educational Leader and Early Childhood Teacher.

The service regularly celebrates significant cultural events, inviting community members to share their music, dance and food with the children.

This has included special guests from the Chinese and Indonesian Embassies; as well as Hon Dr Andrew Leigh MP, who visited the service on Australia Day and said: "I love the way your centre celebrates those differences and those strengths that make up modern Australia".

Part of what led to a wholehearted embrace of diversity at Anglicare at Franklin School, is Anglicare's commitment to the Sanctuary model, which is an evidenced-based method of providing trauma-informed care to participants and creating safe and supportive workplace cultures for staff.

Two of Sanctuary's commitments, Cultural Safety and Emotional Intelligence, are key to the service's daily operation, informing how differences and feelings can be positively presented.

"Celebrating a child's culture allows them to build their sense of identity, their self-confidence, and feeling of belonging within our classrooms"

said Riccardo. "All of which is a building block for growing emotional competence, healthy relationships and, ultimately, resilience."

Pictured: Riccardo, Lead Educator



Pictured: Nerida, with Taylor, The Junction Youth Team Leader

Nerida's story

The Junction Youth Health Service offers opportunities for growth and change

It is hard to believe how much Nerida's perspective and prospects have changed from when she first came to The Junction. "I was extremely lost when first I came here", said Nerida. "I did not finish my education. I had a lot of mental health issues and physical health issues, and I was basically stuck at home."

"She was very fragile and pessimistic about engaging with support", recalled Taylor, Nerida's Case Manager and The Junction's Youth Team Leader. "She didn't believe it would improve her situation. She'd previously experienced difficulties with doctors, which left her feeling intimidated and insecure."

The Junction's unique ability to provide vulnerable young people with wrap-around care means that while Nerida visits a GP for medical help, she can also access mental health and social support, youth workers and case management.

"It's a very judgement-free space where you can just sort of chill and try and get the things you might need help with, in order", explained Nerida.

Along with Taylor and the youth team, Dr. Joo-Inn has been a fundamental part of Nerida's journey, acting as a strong advocate and securing the necessary support for her ongoing health concerns. "Developing a trusting relationship with Dr. Joo-Inn has allowed Nerida to comfortably discuss her health issues and gain access to the support she truly needs", said Taylor.

Describing her situation before accessing The Junction, Nerida said, "Post school you're in that weird place where you don't really have a lot of places where you can go to just hang out with people. I was pretty lost on what my resources were. It's good being here because it is a good medium for how to find that sort of thing. It's nice to come in and de-stress."

Nerida has a full schedule these days. She regularly attends the service's social groups and is a member of Anglicare's Youth Reference Group. She has enrolled in external art and dance classes and, with Taylor's help, has been working toward attending CIT to finish her education.

"I just wouldn't be able to do most of the stuff that I am currently doing without assistance, and I don't really get a lot of support at home for it. Coming here has been very helpful to me", she said.

"I am incredibly proud of Nerida and the progress she has made since she first started coming here three years ago", said Taylor. "Her confidence has skyrocketed and she is now highly motivated to be the change in her own life, demonstrating a proactive approach and always working towards her goals."

"It was always my dream to study at university one day", said Nerida. "Eventually I would like to get employment but it is difficult without qualifications. We've been working on trying to get me into CIT so I can finish my education. Which I probably wouldn't have been able to do without the help from here."

The power of self-care

Supporting Young Carers and ourselves



Pictured: Kiara, Acting Team Leader of CYCLOPS

Kiara, Acting Team Leader of CYCLOPS, Anglicare’s program to support young carers in the ACT, shares how self-care factors into her personal and professional routine:

Why is self-care important?

Self-care is absolutely essential. We work in an environment where we confront stress, burnout and vicarious trauma, so it is vital that we take steps to look after ourselves. It allows us to better support those we work with and helps us to function best in our own personal lives.

For me, that means ensuring I put boundaries in place to protect myself, it also means prioritising things that can help me to fill up my own ‘cup’. Something important that I like to remind our young carers is that self-care isn’t just about spa days and massages, it is about maintaining our ability to function well.

How does self-care impact young carers?

I have seen firsthand that young carers benefit enormously from self-care. As young people with the heavy responsibility of caring for others, young carers are likely to experience stress and burn out if they don’t look after themselves. Quite often we see our young people struggle with

their own physical health, mental health or school performance due to their caring role. We try to help our young people see that their needs are important too. If they aren’t well, they won’t be able to help the family members they look after.

How do you promote self-care to young people?

It is a regular topic of discussion during our check-ins with young carers. We ask what self-care practices they’re using and which have helped, if they have tried anything new, and suggest revisiting old interests or hobbies that they may have put to the side due to their caring responsibilities. Self-care is also used as a theme for some of our social group events.

How do you engage in self-care?

In my own life I like to prioritise exercise, rest, and social time with family and friends. I enjoy eating out, but also enjoy cooking nourishing food for those I care about. I enjoy travel, exploring new places and trying out new things. I also benefit from getting out in nature, going for a walk or adventure.



Learn more about self-care and the Sanctuary Model. Scan the QR code.



Meet Max Oldfield

Executive Director of Child, Youth & Family Services, and Disability Services

We are excited to introduce Max Oldfield as Anglicare’s new Executive Director for Child, Youth and Family Services, and Disability Services. As a seasoned professional, Max brings with him a wealth of experience, proven leadership skills and a deep commitment to serving others.

Guided by the principle, “The standard you walk past, is the standard you accept,” Max is driven to create positive change within our teams and services, which he has already demonstrated in previous Anglicare roles—as Senior Manager of Intensive Therapeutic Care (ITC) programs and as Acting Director of Anglicare’s Permanency Support Program.

Max plans to build a solid foundation for Anglicare’s Child, Youth and Family Services and Disability Services by assessing current needs and capabilities and aligning those with the organisation’s long-term priorities. Max envisions significant growth in the disability portfolio, which

will provide sustainability for Child, Youth, and Family services, and he aims for Anglicare to be a sector leader in Disability Services, providing the best service possible and becoming the provider of choice.

Max’s leadership style is rooted in a deep moral responsibility to serve those with fewer opportunities. He believes that if given the opportunity to do good, we should always seize it. Max is committed to pushing his teams to grow and succeed while maintaining a focus on safety and well-being. Treating everyone as a human being first and an employee second is central to his ethos. Max’s aim is to inspire his teams to be their best, grow together, and make a lasting impact on the lives of those we serve.

We are excited to welcome Max to his new role and are confident that his leadership will help strengthen Anglicare’s services and better support the communities we serve.

Together

'For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others.'

1 Corinthians 3:9 (NIV)



STAY IN TOUCH

@ supporters@anglicare.com.au

🌐 www.anglicare.com.au

📞 1800 18 77 86

📍 Level 8, 221 London Circuit, Canberra, ACT, 2601

Follow us on   