

What's inside:

Star Bear update

ERC goes totally wild!



A new home for positive ageing

Anglicare's newly redeveloped All Hallows Court seniors living residence was officially opened on 20 February by the Hon. Mark Butler MP. Long-term resident, 102-year-old Evelyn Siddell (pictured) had the honour of cutting the ribbon to declare the building officially opened. For more details see page 4.



Message from the CEO

“Sometimes the work is dangerous and often difficult but it is made so much easier knowing that you share it with us.”

One of my wardrobe secrets awaiting a suitable occasion to be relaxed and colourful at work is a Pulgi Band t-shirt.

It's a remarkable experience to be at a Pulgi Band concert, clearly band members have had colourful lives, there is lots of lived experience behind the music and it shows in the intensity and raw authenticity of their performance. Music is a great way of letting go. Get along to a concert and boogie if you can. The article in this issue is a small taste of Pulgi and we are proud supporters and fans.

Another group on the edge are the Elizabeth Riders Committee who are enjoying much deserved recognition for the positive impact the group is having. The Riders are featured in this issue as well. It's great that Anglicare is able to enable people to build on their strengths and interests in so many different ways.

Another unusual way in which Anglicare supports South Australians are the Star Bear camps, which you may remember I highlighted in my first piece for *The Supporter* last year. This issue updates you on Star Bear and I do want to keep this terrific work in front of supporters because of its positive impact on young lives experiencing profound loss and grief. Helping children and families through these difficult times

may seem a small thing but it is just one way we seek to fulfil Anglicare's vision of fullness of life for all.

In this rather strange election year when all sorts of issues will come to the fore in the space of the 24-hour news cycle, our ongoing work to enable inclusion of everyone in our community, to be the very best that they can be, will go largely un-noticed.

It's not particularly glamorous work, it's often (thankfully) not dramatic nor newsworthy, but it is very important in the lives of individuals, families and communities.

Sometimes the work is dangerous and often difficult but it is made so much easier knowing that you share it with us.

I'd like to thank you for your ongoing support of this un-noticed and sometimes unusual work and for joining with Anglicare in walking alongside so many people every day.

Peter Sandeman
Chief Executive Officer,
Anglicare SA

theSupporter

news and views about the work of Anglicare SA

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Printed on recycled paper
by The Bowden Group



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Generosity is the spirit of Christmas

Adelaideans pulled together to support Anglicare in the lead-up to Christmas last year, digging deep with donations of cash, foodstuffs and toys for our community centres.

The donations, many of them at the last minute, meant families who registered for hampers were all able to receive them and there were extra donations which could be passed on to other Anglicare programs.

Magdalene Centre manager Karen Stott says the response was phenomenal.

"We were able to provide assistance

to more than the 1000 families who registered and, for many, this has caused considerable emotion. We had a father come in who had just been given custody of his four children – he had little organised for Christmas but he left with food for the family for a week and received toys enough for Santa's stockings. He left in tears," Karen says.

"There were many tears from recipients, all of them grateful. We had enough to provide food and toys to the families of the Homelessness Program at Holden Hill and the Family Support Programs at Kent Town.

"I would like to thank everyone very much."

At St Hilary's in Morphett Vale, Emergency Assistance and No Interest Loans acting coordinator Louise Smith says the donations had a big impact.

"Our Christmas hampers were a huge success! More than 200 families were able to receive food, toys, personal items and Christmas trimmings to make their Christmas a much more enjoyable time," Louise says.

"The clients were once again overwhelmed by the generosity of donors as were the volunteers and staff. This year the donations were more than sufficient and very well thought out. We could not have a hampers week without these wonderful community members, who have such giving hearts."

Students from St Andrew's School donate toys and food, collected by Peter Burke, Anglicare's Manager, Pastoral Care and Parish Development Bureau.

Thank you!

Anglicare SA thanks everyone who donated, especially Aussie Home Loans, BankSA, Fox Tucker Lawyers, Air Apartments, Mellor Olsson, St Peter's Woodlands School, Finsbury Green, Fairfax Media, Leonie Bowden, St Andrew's School, Playford Libraries, Securatrak and Rite Price Supermarket.

A special thank you also to the Adelaide Arcade for their support with the gift wrapping booth, Mitsubishi for their donation of the Hope Mobile, 5AA for media support and Walkerville Post Office and Highgate IGA for once again being collection points.

Also to our many generous individual donors who helped us raise over \$120,000 over Christmas – we say thank you. Your support is greatly appreciated!



All Hallows Court celebrates

All Hallows Court in Westbourne Park is undergoing a major renovation, with the seniors living residence completed last June. Federal Minister for Mental Health and Ageing Mark Butler officially opened the facility on 20 February. Joining Mr Butler were Anglicare CEO Peter Sandeman and Anglican Archbishop Dr Jeffrey Driver, who blessed the residents, staff and volunteers and the building itself.

Seniors Living General Manager Jackie Howard says that All Hallows Court – along with all of Anglicare’s aged care residences – focuses on enriching the lives of residents.

“All Hallows Court is a continuing loving community with first class care, in an environment which encourages and enables positive living,” Jackie says.

“The new facility is a flagship aged care residence which embodies the four pillars of positive ageing – choice, engagement, wellbeing and fulfilment.”

Jackie says that treasuring our older citizens and encouraging active ageing is central to Anglicare SA’s vision of ‘justice, respect and fullness of life for all’.

“We are inclusive, we promote healthy active living for optimal wellbeing, we encourage our residents to actively participate and contribute to the world around them and we value their memories and stories as living history.” Jackie says.

Making the state-of-the-art building feel even more like home was fundraising by the All Hallows Court Auxiliary members. The members, who ran a café at the former home, raised money to buy the residents a

wonderful baby grand piano and pot plants. Another recent bequest was spent on outdoor tables and chairs for the residents.

Work has now started on the adjacent independent living units and when the units are complete, residents there will be able to take advantage of the shared common areas and services such as allied health services, café and hairdresser at All Hallows Court.

Surf’s up for All Hallows

The beach came to the residents of All Hallows Court on 15 February, as the first of many cultural days planned for residents.

The beach day was all about celebrating Australian culture, All Hallows Court site manager Lorraine Griffiths says.

“We brought in sand, there were foot-spas with salt water, sandcastle building, shell displays and surfboards, bathers and fishing rods about the place,” Lorraine says.

“Some of the residents haven’t been to the beach since they were children.”

Lorraine says German and Scottish cultural days are also on the calendar this year, featuring national foods, music and costumes.

“It gives everyone an understanding of how others were brought up as children in different cultures and it’s helping everyone be more tolerant,” she says.

Far left: All Hallows residents May Hammond and Noel Hinks cut the cake with Anglicare CEO Peter Sandeman at the All Hallows Court opening.

Left: The All Hallows choir entertain guests at the opening.



Resident Mick Vatuli, with Personal Care Worker Anita Mark, enjoy the sand brought in for the All Hallows 'beach'.



Resident Gwen Bertram enjoying the beach day.



Lifestyle Enhancer Lisa Deering with residents Edgar Simpson and Tanya Hardwick.

Award success for Pulgi Band

What began as a small music group learning basic guitar chords has turned into an award-winning band – and a local community sensation.

The Pulgi Music Group started as part of Anglicare's Pulgi Program (previously Church Pulgi), and soon evolved into what is now known as the Pulgi Band. In December 2012 the band was recognised for its contribution to the arts, receiving an Outstanding Achievement Award as part of the City of Playford's Celebration of Ability 2012 Awards.

The Pulgi Program – whose name comes from the Narrangerri word for 'home' – offers meaningful activities for people with complex needs who struggle to fit into mainstream society. Senior Key Worker for the Pulgi Program, Matt Cannon, says the band were thrilled with their win.

"This community award gives recognition to the hard work and dedication the band members have put in to overcome many personal barriers to be able to perform", Matt says.

"Our band members now boast when asked what they do; they are proud to say they are a musician that plays in the Pulgi Band."

The band originally began playing classic rock 'n' roll songs at small performances at Anglicare events, with requests soon coming in to play at other community events and even private functions. The band now plays over 10 gigs a year, and even includes some original songs in their set list.

"As their success grows, so too does their confidence," Matt says.

"The Pulgi Band is not just a hobby for the people involved – being part of the band has given its members a greater direction in life."



The Outstanding Achievement Award was presented to the band by Anglicare's CEO Peter Sandeman (back right). Matt Cannon (third from left), surprised the group with their award as they performed at a Christmas function in December.



Totally wild for ERC

Elizabeth Riders Committee (ERC) member Bradley Crewes (pictured) went “totally wild” at The Platform in Elizabeth recently, when the Channel 10 show by the same name filmed him and the rest of the ERC for an upcoming segment on the program.

Totally Wild reporter Kayla Banfield and her crew spent three hours filming and talking to our inspirational young guys who

move around the city and country areas trying to get kids interested in skating, helmet safety and living an active healthy life.

The Elizabeth Riders Committee is made up of young people from the northern suburbs supported by Anglicare and the City of Playford since their formation in 2008.

Anglicare youth worker Amy Gascoigne says the ERC continues to be an example of a program that supports Anglicare’s vision of positivity for young people in the northern suburbs.

“Basically it’s about empowering young people to be the creators of change in their community,” Amy says.

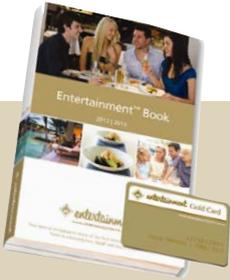
“It’s peers teaching peers, meaning more positive messages are able to be portrayed. And it’s really cool.”

Headed by a volunteer committee of 12 to 16 young people, aged from 12 to 22, the ERC organises skate, BMX and scooter competitions, especially for Youth Week in April and also encourages healthy eating and an active lifestyle.

The ERC also provides advice to the council and the local community on skate parks and runs workshops on their sports.

The ERC members see the exposure as a great opportunity to further share their positive messages.

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Shining a light in the darkness

Anglicare donors have secured the short-term future of the Star Bear and Star Bound camps for grieving children.

Anglicare donors were “stars” this Christmas, ensuring the future of Star Bear and Star Bound camps and Star Burst counselling for grieving children into 2013.

The weekend camps – based on positive memories and a healthy dose of fun – and the in-demand Star Burst counselling support children who are grieving.

Anglicare Children’s Services Coordinator Louanne Johns says the donations “certainly take the pressure off”.

“We want to keep the counsellor and the camps going forever if we can – it’s such a vital service for children who have lost a parent, a sibling or a carer and there really is nothing else like it,” Louanne says.

“There is very little counselling for grieving kids and many children’s counsellors have a waiting list as long as your arm.

“There is a real gap for children who are grieving.”

Star Bear camps, for children aged five to 12, and Star Bound camps for teenagers

aged 13 to 17, are a weekend away where fun and positive memories are the priority.

It’s also a chance to take the pressure off children, Louanne says.

“Sometimes it’s the first time they’ve felt comfortable enough to shed tears because they are trying to be strong. The camps and the counselling give them meanings for grief, they learn it’s OK to be upset, you’re not the man or the mum of the house, that anger is normal – it’s all a natural part of the process,” she says.

“The fact is they don’t have to feel so alone.”

The lessons learned at Star Bear and Star Bound, and the connections with other families, are another benefit, Louanne adds.

“It’s a snowball effect, it helps parents with their grieving too. It’s an outlet to grief and to feeling open to talk because usually the other parents are grieving as well.

“We are so grateful to the people who donated. They have helped in such a practical way and they should feel proud knowing their donation has made a real difference to the lives of grieving children.”



For more information on Star Bear, Star Bound and Star Burst, or to get involved as a volunteer mentor, email starbear@anglicare-sa.org.au or phone 8301 4208.



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