

ANGLICARESA

SUPPORTER

SUMMER 2019



**MAG CENTRE
ON THE MOVE**

**BIG BBQ TO PUSH
ANTI-POVERTY
MESSAGE**

**SPOTLIGHT ON
BROMPTON**

**INSPIRING
CARERS**

Message from the CEO



With another busy year at AnglicareSA drawing to a close, we take time in this edition to reflect on the good works achieved throughout the year.

The Magdalene Centre has a new home on Gilbert Street in the city. This support hub houses many vital services for people in need. Services include emergency assistance supports to help those in crisis as well as the Bargain Centre and The Store for affordable clothing and groceries.

We recently celebrated three successful years of community building with our tenants in Elizabeth Grove and Elizabeth Vale as part of the Better Places, Stronger Communities program. Our contract to manage these properties has been extended for 20 years, ensuring we can continue to build on our terrific partnerships with the local community.

More than 330 AnglicareSA supporters joined us last month for the Bonython Banquet, raising more than \$200,000 for our emergency assistance and Star Bears programs. Thanks also to everyone who donated to our Spring Appeal. Your generosity helped us to raise more than \$30,000 for Star Bear camps.

Our partnership with The Malpa Project trains Aboriginal and non-Aboriginal students to be health ambassadors in their communities.

Foster Carers do an amazing job of giving hope and opportunity to children and young people. Our profile of Donna Marie and Andrew shows the rich rewards they have received in providing a loving home to foster children.

Another inspirational person we have come to know and admire at AnglicareSA is Jude Murphy. Three years ago, Jude lost her husband and the father of her two children to suicide. Jude is sharing her story to shine a light on suicide and to encourage those affected by suicide to seek support.

In the lead up to Christmas, our minds turn to those who are alone, those who are doing it tough and those needing extra support. We have been overwhelmed once again by those who donated to our hamper appeal. What we urgently need now is funding for our emergency assistance services, which will be under increasing demand in the coming weeks.

Thank you for your ongoing support of AnglicareSA throughout 2018. Together we have achieved so much in our mission to provide care and support with a voice for disadvantaged and vulnerable people in our communities. We look forward to continuing our efforts with your support in 2019.

I wish you and your loved ones a safe, peaceful and enjoyable Christmas and New Year.

Peter Sandeman
Chief Executive Officer
AnglicareSA

COVER PHOTO:

Meet Thelma, a long-time volunteer at The Mag Centre. At 96, she has decided to hang up her apron and "make way for some new volunteers" after 18 years of wonderful service. Thank you Thelma.



Connecting families through footy

AnglicareSA recently teamed up with the Adelaide Crows to provide 50 new footballs to children of different cultures who have recently arrived in South Australia.

The footballs were handed to junior school students at St Columba College in a special presentation in November.

The football handover formed part of AnglicareSA's Family Connect program, which aims to help new students and their mothers from a refugee background feel more included within their local Australian community.

"Many refugee women have overcome significant trauma and are determined to make a better future for themselves and their children," said Mary Awata, AnglicareSA Principal Multicultural Services.

"Sports such as football are a great way to bring people together, particularly in introducing newly arrived migrants to the Australian way of life. This aligns with the enduring principle of multiculturalism."

The Family Connect program focuses on women from a refugee background with a lack of support networks and limited English language skills, and who face other vulnerabilities such as family violence, unemployment and discrimination.

The Family Connect team assists with access to English lessons, social activities, and familiarisation with schools and local services like sporting clubs and emergency assistance.

Earlier this year, AnglicareSA and the Adelaide Crows provided another 50 footballs to newly-arrived families through our Settlement Services program, which provides on-arrival welcome and accommodation services to people who have recently arrived in South Australia.

An introduction to our national sport is a wonderful way to say welcome to Australia.

Big BBQ to push anti-poverty message



Support Chaplain Prue (left) with volunteers Cameron and Gail

Anti-Poverty Week seeks to strengthen public understanding of the causes and consequences of poverty and hardship around the world and in Australia, and to encourage research, discussion and action to address these problems.

So much of what we do every day at AnglicareSA supports people experiencing poverty.

AnglicareSA helped raise awareness of the causes and consequences of poverty by hosting a range of activities during Anti-Poverty Week in October. Peter Sandeman is the Co-Chair of Anti-Poverty Week 2018 and 2019.

Our major event was the Big BBQ at the Elizabeth Mission. There was a fantastic turnout for the event, with around 200 people enjoying a BBQ lunch, stalls, giveaways, activities and live music.

The event had the support of many organisations including FoodBank SA, Playford Council, SA Police, Metropolitan Fire Service, Cancer Council, RSPCA and Headspace.

Thanks to all the volunteers and staff who were involved.

Thread Together at Hair Aid



Thread Together clients Julie and her children Zoe and Zac

Our Thread Together team joined the annual Hair Aid event in October held to provide free haircuts to those in our community who need a hand.

Held at the Junction Community Centre in Ottoway, the event saw a wonderful group of hairdressers volunteer their time to complete a national record of 231 free haircuts throughout the day.

Thanks to their generosity, some of the most vulnerable in our community were able to leave the event with renewed self-confidence and a bounce in their step. And our Thread Together van provided 91 people with new clothing on the day.

It was a fantastic event, with a positive and inclusive atmosphere created by the diversity of the attendees throughout the day.

Operated by volunteers, AnglicareSA's Thread Together service delivers brand new clothing and shoes to people in need. Since the service commenced in March this year we have assisted more than 1,200 people.



A record 231 free haircuts in one day

Young Doctors for Life

AnglicareSA's Communities for Children (CfC) Playford, CfC Onkaparinga and Aboriginal Services, have partnered with The Malpa Project, to co-fund the Young Doctors project.

The 15-week Young Doctors project trains Aboriginal and non-Aboriginal school students, aged nine to 11, to be health ambassadors and positive role models within their communities.

When The Malpa Project is invited to a community, there is a gathering of Elders, respected community leaders, parents and educators at which the question, 'What do your kids need to know to lead strong, healthy and long lives?' is discussed.

Selected school community leaders then develop the program to meet the needs of the local children, and Aboriginal traditional knowledge and ways of healing are brought together with Western medicine.

Sixteen new Young Doctors projects will roll out through this partnership across South Australia over the next 12 months which will train 240 new Young Doctors. Programs have already begun in schools in Aldinga, Christies Beach, Blakeview, Munno Para and Salisbury Downs.

Program activities are aligned with the Australian School Curriculum and equip children with knowledge in nutrition, hygiene, environmental health, wellbeing and



identity, health literacy and leadership. The Young Doctors then spread their learnings to friends, family and the wider community.

Students from Munno Para Primary School are soon to graduate as Young Doctors and have loved every week of their training.

"I liked dressing up as a nurse because I've never been a nurse before. I know how to help someone when they don't wake up" Jacob, 9

"My favourite part is the food! I liked the first aid training we did because I liked practising CPR on the dummies" Stacey, 10

Malpa is a Warlpiri word which means 'friends on the journey' and the idea of children being 'doctors' is deeply embedded in Aboriginal culture.

20 more years of better stronger communities



AnglicareSA is delighted to have received a 20-year extension of the 'Better Places Stronger Communities' (BPSC) contract, which sees AnglicareSA manage properties and support community housing tenants in 479 homes transferred to us from the State Government in Adelaide's north.

We recently celebrated three years of working with the Elizabeth Vale and Elizabeth Grove communities.

When the homes were initially transferred, there was apprehension among the local community about the change. However, any concerns were soon forgotten. With the AnglicareSA office located right in the heart of the community, we were able to quickly connect and build relationships with both our tenants and the wider community.

The AnglicareSA team works closely with tenants to build a vibrant, sustainable community where tenants drive opportunities to get involved in their community and improve their lifestyles.

Mag Centre on the move

A new home for AnglicareSA's CBD emergency assistance hub, The Magdalene Centre, was recently opened on Gilbert Street consolidating the many support services we provide across the city.

Since 1905, when St John's Mission Church on Moore Street became known as St Mary Magdalene's Church, the name 'Magdalene' has been at the heart of life in Adelaide.

In the late 1980s, the 'second Mag', the Collective of St Mary Magdalene, grew from a small group providing sandwiches in Hurtle Square to a Saturday Night Drop in Centre serving free meals to people experiencing homelessness and marginalisation.

A few years later, St Mary Magdalene's invited neighbouring Anglican Parishes of St John's Halifax Street and St Peter's Cathedral to unite with Anglican Community Services (now AnglicareSA) to offer a weekday support program for people experiencing homelessness and marginalisation.



Through this the 'third Mag', The Magdalene Centre, was born.

Over time, The Magdalene Centre's service scope grew across various locations. The 82 Gilbert Street venue has enabled us to unify the Mag Centre under one roof, to better support those it serves.

The services from all three of our Mag sites have now moved to the new site, along with other AnglicareSA programs and services.

The Magdalene Centre on Gilbert Street now houses emergency assistance services including assessment, information, referrals, financial counselling and material assistance such as food, clothing and prescription medications to those in financial crisis.



Inspiring carers

AnglicareSA held its fifth annual Carer's Inspirational Dinner in October, recognising 100 full-time carers of adults living with mental illness.

Guest speaker, best-selling author Andrew Matthews, sketched and spoke about the meaning of 'being happy' in a powerful presentation.

Azz from Azzurro Arts painted two beautiful murals live at the event. The completed murals incorporate words that carers use to describe what it means to care for someone living with a complex disability.

Attending the event were married couple David and Sophie, who both live with mental illness. For the last six years, they have cared for each other with the support of AnglicareSA.

"We love coming to AnglicareSA's social events – they help us connect with the community, develop friendships with other carers, and give us a sense of personal growth and self-worth," Sophie said.

At the end of the night, all of Andrew Matthews' sketches and a collection of his books were raffled off.

The evening was a small gesture to thank our wonderful carers who play such an important and challenging role in our community.



Carmel and support worker Robert

Living beyond suicide



Photography by occhio

Three years after her husband’s suicide, Jude Murphy and her two children are continuing to bravely move forward with life.

Jude has made it her intent to be open and optimistic following her husband Tony’s tragic death.

“The way Tony died will be with us forever,” she said.

“But life goes on – my children and I owe it to ourselves to live the best life possible.”

Describing Tony as a ‘brilliant, smart and talented man’, Jude openly admits she had no idea what was to come.

“Tony hid it very well and we had no idea,” she said.

“The big question unfolding for my children is why, which can’t be answered.”

Jude chose to pursue an open conversation with her children with the support of AnglicareSA’s Living Beyond Suicide program.

Living Beyond Suicide is a free program providing practical and emotional support to families and individuals bereaved through suicide. Staff and specially trained volunteers offer home visits and telephone support. The service is available 10am to 10pm, seven days a week.

Living Beyond Suicide also runs training and provides information for community groups and workplaces.

This vital service is funded by the Adelaide Primary Health Network, an Australian Government initiative.

Each year, the program hosts Walk Through the Darkness – an event giving hundreds of South Australians the opportunity to connect with each other, grieve and celebrate the lives of loved ones they have lost.

Coinciding with International Survivors of Suicide Loss Day on November 17, around 100 people walked in pre-dawn darkness from West Beach and Tennyson to Henley Square for a memorial service.

For support following the loss of a loved one to suicide, please call Living Beyond Suicide on 1300 76 11 93.

Spotlight on Brompton

Established in 2004, AnglicareSA Brompton is a residential aged care facility for disadvantaged frail aged residents who are homeless or at risk of homelessness.

Aged 50-80 years old, and typically younger than those in traditional aged care, the residents are often prematurely aged and are referred via the SA Department of Health’s Exceptional Needs Unit.

AnglicareSA Brompton provides an opportunity for residents to experience home, sometimes for the very first time. Often there are no alternatives available to them.

The 40-bed facility has almost 50 staff and one volunteer who tailor care to each individual. It is the only facility of its kind in South Australia.

Care Manager, Shirley Essex said that coming to AnglicareSA Brompton is a big change for people.

“For some of our clients it may be the first time they’ve had their own bed, let alone a room. Their personal possessions are often small and they may only have the clothes on their back,” Shirley said.



AnglicareSA Brompton Care Manager Shirley with resident Alan

Assistant care manager Corinne Shawcross said: “Our residents have complex needs – they’re a marginalised group who are really vulnerable and quite often have not had the safety or security of a front door for a long time.”

Many of our residents do not have family contact and so they look to our staff for sharing special memories and occasions.

“It’s all about the person, listening to their stories and trying to help improve their life quality,” Shirley said.

AnglicareSA Brompton is currently undergoing an upgrade for the first time since it was opened. All rooms will be upgraded and the kitchen and lifestyle areas will also be renovated.

Starting a family through foster care



Foster carers Donna Marie and Andrew

Donna Marie and Andrew desperately wanted to start a family but health issues prevented them from having children. The couple endured tiring years pursuing overseas adoption, before realising many children in South Australia were in need of love and care.

"We wanted a family and we'd been on a Chinese adoption waiting list for ages," Donna Marie said.

"A friend pointed out an AnglicareSA Foster Care newspaper ad – and it just snowballed from there."

Donna Marie and Andrew's eldest foster child, now aged nine, came to live with them at four months old.

"Our first was so vulnerable and just seeing her in the cot – we knew we were faced with a huge responsibility to love her, keep her safe and give her the best start in life," Donna Marie said.

They now have a beautiful family of four and like any other parents are kept busy with their "very active" girls.

"They go to dance classes, yoga, swimming, roller skating – everything that children should be doing to have a happy memory-filled childhood," she said.

They encourage those considering becoming foster carers to "go for it" and be prepared to adapt and commit to the challenges.

"When you gain an understanding about these children – what they're going through, what they need – it's a privilege to know you can make a real difference in their lives," Andrew said.

If you are considering becoming a foster carer, we would love to hear from you.

For more information, call (08) 8131 3456.

Amazing Anglicarers



Recently, we celebrated the achievements of some wonderful AnglicareSA employees, volunteers and foster carers at our annual Amazing Anglicarers Awards.

The event was an opportunity to recognise the achievements and extraordinary contributions of some exceptional individuals and teams. It was also a great way to showcase the

diverse range of programs and services we provide to the community.

Congratulations once again to all our winners and finalists.



99 not out - Viv Samuel

AnglicareSA Home Care Services customer, Viv Samuel will celebrate his 100th birthday in January next year.

Viv served for the British Army during World War II as a member of the tank regiment across Europe and North West Africa.

"I wanted to join the air force as a pilot but my parents wouldn't agree with that," he said. "So I joined the territorial army and then the war came along and we were told there's no getting out of that."

Viv met his late wife Lorna on the Nile River, where she was working with a group of code and cypher operators communicating with agents behind enemy lines.

His advice to others:
"Never give up and never give in."

After the war, Viv and Lorna shifted to South Australia where they made their life together. They were married 68 years before she passed away in 2013.

A self-proclaimed "fitness freak", Viv has always been healthy and active, playing sports such as rugby, tennis



Viv with Senior Care Worker Clive

and golf, and was a keen runner, only giving up his daily five kilometre run at age 86.

With the support of AnglicareSA staff who assist with everyday maintenance and activities, Viv still lives independently in his own home.

"I walk every Saturday morning to the library, I do crossword puzzles to keep my mind active, I do most of my own cooking and eat a lot of vegetables," he said. "I just make myself go and do things.

"The AnglicareSA people are all very nice, friendly and efficient – all the people that drive me around, do the cleaning here and coordinate my medical appointments. They're great helpers."

Service showcase

AnglicareSA offers a broad range of services to people across the community. To spread the word about what we do, AnglicareSA participates in many community events. Here's a snapshot of what we have been up to lately:



The AnglicareSA team at the KYD-X Expo

- AnglicareSA Disability Support Services participated in the Ageing and Disability Expo held at the Adelaide Showgrounds in September. The Expo provided the perfect opportunity to network with other organisations, gain ideas and showcase the excellent work of the staff and customers of Disability Support and Autism Services.
- In October, we were part of the third annual KYD-X Expo, which focusses on children and young people living with a disability and their carers.
- We proudly sponsored the Market Bazaar at Sounds & Vibes, the first fully accessible music festival to be held in SA. Hosted by KYD-X, Sounds & Vibes is an all ages, outdoor music festival for people living with disabilities.
- AnglicareSA's Mental Health Services supported the 2018 MHS Conference, which attracted 750 delegates from around the world. The variety and number of services provided by AnglicareSA, including carer support services, was of particular interest to delegates. Our Mental Health Services team will also be part of the 2019 Summer Forum : Community Mental Health Systems – Human Rights and Services.

Action-packed fundraising by the track

Join us at Australia’s largest ticketed action-packed motorsport spectacular, the Superloop Adelaide 500. You’ll enjoy pole position in a premium trackside seat while supporting AnglicareSA to empower young vulnerable people at the same time.

Thanks to our friends at the Rymill House Foundation, AnglicareSA has unprecedented access to the finest corporate hospitality at one of the world’s best touring car races from the prestigious Rymill House.

Taking place on a shortened version of the former Formula One grand prix circuit, it features some of Australia’s favourite corners, including the Senna Chicane, the deep-braking hairpin at Turn 9 and the now infamous Turn 8 sweeper.

Tickets start from just \$300pp (excl GST) with all-day, lunch-only and four-day packages available.

For more information please contact us immediately so you don’t miss out:

Erica Myers-Tattersall on 0452 425 536 or emyerstattersall@anglicaresa.com.au

Kathryn Eaton on 08 8305 9296 or Kathryn.eaton@anglicaresa.com.au.

anglicaresa.com.au/500-rymill-house

Ticket may include:

- Trackside access via the Rymill House Estate including post-race concerts
- Unobstructed three corner track views
- State-of-the-art air-conditioned pavilion with alfresco balcony viewing
- Live-circuit telecast
- Trackside chauffeur services and endless networking opportunities



Christmas hamper collection



Thank you to the Rotary Club of Charles Sturt’s Toy Boys Group who have been donating their beautifully handmade wooden toys to AnglicareSA for 26 years.

A big thank you also to the many generous women who attended the recent Royal Adelaide Golf Club’s Women’s Golf Christmas event. They each brought along items to donate to AnglicareSA’s Christmas Hamper collection. Grateful AnglicareSA staff collected the goods in the Hope Mobile kindly donated by CMI Toyota.

Thank you to everyone who donated to the 2018 Christmas Hamper drive, including parishes, schools, corporates and individuals. Your generosity will bring joy to many South Australians this Christmas.

Dig deep at Christmas

The Christmas and New Year period is an extremely busy time in our Emergency Assistance centres. We urgently need to raise \$160,000 to enable us to continue to be there for those in need.

AnglicareSA Emergency Assistance centres are welcoming places that offer a range of services with the aim of supporting people as they regain control of their lives. The centres provide assessment, information, referrals and emergency relief to those in financial crisis such as:

- Food assistance
- Vouchers for clothing and shoes and assistance with school uniforms
- Hygiene products, nappies and baby formula
- Payment for prescription medications
- Swags, sleeping bags and blankets
- Bus tickets, Telstra vouchers and phone cards

Part of AnglicareSA's service at the Elizabeth Mission is the Food Barn, which offers a free and nutritious lunch for people in need. The lunch is cooked and served by volunteers on weekdays at 11:30am.

Christmas Day lunch is most popular at the Food Barn with up to four 'sittings' so that we can feed as many people as possible. It is a joyous time, with volunteers preparing and serving meals to the families and individuals who attend. The event provides companionship and a

sense of community to many who would otherwise spend Christmas alone and all guests take home Christmas hampers consisting of food, clothing, toiletries and Christmas treats.

AnglicareSA's Food Barn service is only possible through the generosity of our volunteers and donors.

Last Christmas Robert* arrived at the Food Barn with his friend Jessie*. Although Robert often comes to the Food Barn for lunch, we had never seen Jessie before. As she and Robert left holding their Christmas hampers, Jessie thanked our volunteers, telling them she had thoroughly enjoyed her lunch and the company of the other people there. She asked if she could come again.

Jessie told us that after the death of her husband she had not bothered with festivities and had spent the last 10 days alone in her home. It was her neighbour, Robert who persuaded her to come to lunch.

Since then, Jessie has become a regular at the Food Barn, joining us for lunch at least once a week. She has become more outgoing and sociable, providing a listening ear to younger people at the centre as she no longer feels alone or isolated.

Please donate to our Christmas Appeal today and help us put a smile on someone's face as we not only provide essentials but also provide joy and companionship for those who need it most.

**Names have been changed*



★ PLEASE DONATE TODAY ★

GIVE SOMEONE A REASON
TO SMILE THIS CHRISTMAS

Bonython Banquet

The majestic Bonython Hall was the setting for our annual flagship fundraiser, the Bonython Banquet, in November, which saw 330 guests come together to help raise funds for AnglicareSA.

Our aim was to raise \$175,000 and thanks to the generosity of our sponsors and guests we well exceeded this, raising a total of \$205,000 for our Emergency Assistance and Star Bear programs.

A big thank you to everyone who was involved in making the Bonython Banquet such an amazing success.

The Banquet will be back at the newly renovated St Peter's Cathedral in 2019.



Thank you to our Bonython Banquet sponsors:

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