

SUPPORTER

ANGLICARESA

Autumn 2017 Vol 27 #1



**GREAT
RESPONSE
TO APPEAL**

**UNVEILING
OUR NDIS
STARS**

**ART WITH A
SOCIAL
CONSCIENCE**



MESSAGE FROM THE CEO

**“I WAS AMAZED
BY THE HUGE
AMOUNT OF
SUPPORT FROM
OUR GENEROUS
DONORS AND
SUPPORTERS FOR
OUR ANNUAL
CHRISTMAS
APPEAL.”**

It has been a busy start to the new calendar year, with our minds quickly shifting from festive celebrations at the end of 2016 to preparing children for school, returning to daily routines or tackling new challenges in our busy lives.

I was amazed by the huge amount of support from our generous donors and supporters for our annual Christmas Appeal. We were able to provide 950 Christmas hampers and gifts to families, which was 100 more than last year. The sheer volume of donations was breathtaking and this has made a big difference to the lives of those who received support.

I'd like to thank all of the parishes, schools, donors, private businesses and our amazing volunteers who helped make Christmas special.

Our AnglicareSA angels are continuing to go above and beyond with their fundraising efforts and you only need to read the story of Pedare Christian College student, Shea Stringer, to see the passion.

Each year we select an Anglican school whose students become our angels to help us with our fundraising efforts. As part of her 'personal project' for school, Shea used her passion for photography and painting to hold a one-off exhibition to help raise funds for two AnglicareSA programs; Emergency Assistance and Loss and Grief. By all reports the exhibition was very successful thanks to Shea's amazing talent.

Some of the residents at our All Hallows aged care facility recently experienced 15 minutes of fame after appearing on the Channel 9 television show In The Garden.

The residents, who are part of an All Hallows program called Green Fingers, got to showcase their gardening skills for the small screen camera with the episode broadcasted on 20 February.

The Picket Fence Community Garden in St Mary's is a fantastic partnership we have St Mary's Anglican Church. It's a hidden gem in metropolitan Adelaide where the public can buy freshly grown produce for a gold coin donation, access services and also participate in a range of activities.

It's staffed by wonderful workers and volunteers who are passionate about their local community and well worth the visit.

Our Flexible Learning Options (FLO) program has once again delivered positive results for participants wanting to complete their SACE.

FLO provides support to disengaged and struggling young people and we work closely with them to address barriers and help deliver educational success. This support has ensured program participant Caleb can continue his study at TAFE, which is a great outcome for all involved.

I hope you enjoy reading about just some of the many stories about our services and supporters, all of which continue to make a real difference within the communities we serve.

*Peter Sandeman
Chief Executive Officer,
AnglicareSA*

UNVEILING OUR NDIS STARS



Keesha is photographed as part of AnglicareSA's upcoming NDIS campaign.

It was lights, camera, action for three AnglicareSA customers who recently participated in a professional photoshoot, and will soon become the faces of a marketing campaign to promote AnglicareSA's disability and mental health services.

The National Disability Insurance Scheme (NDIS) has brought changes to the way disability services in Australia are funded, giving customers greater choice around how they receive care and support.

The NDIS started rolling out for children's services in South Australia in 2013, and in July this year adults aged between 18 and 64 years will begin to enter the scheme based on where they live.

The campaign will focus on the goals and needs of the customers, and how AnglicareSA can help them reach these goals through our range of disability and mental health services.

George accesses AnglicareSA's Bridge View Connected Housing service, and he loves to read and learn. When we asked George if he would like to participate in the campaign, he was very excited and said, "AnglicareSA has helped me a lot so I thought I'd do a good turn for them."

Caroline, 10, became involved with AnglicareSA when her mother Katherine contacted AnglicareSA's NDIS

Customer Advocate to find out what it meant for Caroline and how she could make the most of Caroline's package. Caroline loves the colour purple and playing with her dolls.

Keesha, 24, was also excited to take part in the shoot. "My favourite parts of the day were having my hair done, and the drawing. It was very hot and sweaty under the lights, but it was fun and the people made me laugh," Keesha said. Keesha loves to draw, in particular anime characters.

Kate Rush, AnglicareSA Senior Manager of Community Inclusion, said that the NDIS will give customers more choice about how they can access the services they need. "At AnglicareSA all of our services are now custom-made," Kate said.

"We listen to what it is that a customer is looking for, we understand their situation and the ambitions that they have, and we use all of our resources, staff and services to work with them to essentially design the service that they're after."

Look out for the campaign later this year!

If you or someone you know has a question about the NDIS, call our dedicated NDIS information and enquiry line on 1800 953 001 or email ndis@anglicaresa.com.au.

THE POWER TO DRIVE

Photo: Pictured right promoting the Gawler car wash is Alison, Jade, Eleanor, Shaye, Jordan, Linikka and Peter.



AnglicareSA's partnership program with the Port Adelaide Football club, Power Generation, recently held a \$10 car wash fundraiser at Gawler.

All funds raised via The Power To Drive Car Wash fundraiser supported the Power Generation program which is a joint football and academic initiative that helps Aboriginal Power Cup participants to transition into further education, training and employment. It provides crucial, ongoing support to give them every opportunity for success in their chosen career path.

AnglicareSA's wrap-around services support these young people to obtain work, traineeships and apprenticeships by assisting with non-work related challenges such as their home situation, and financial counselling.

The car wash, which was staffed by program participants, volunteers and AnglicareSA staff was a big success, raising over \$300. It also improved awareness of the Power Generation program.

If you would like to support the Power Generation program you can visit our website www.anglicaresa.com.au/donate and select Power Generation from the dropdown menu.

For more information about Power Generation, please contact Ali Brougham: abrougham@anglicaresa.com.au or 0448 329 419.

RAISING WHITE RIBBON AWARENESS



Late last year AnglicareSA staff joined hundreds of other South Australians for a march through Adelaide's CBD to show that violence against women is never acceptable.

The Adelaide White Ribbon March was organised by the South Australian Family and Domestic Violence Advocacy Network and featured a large cross-section of the community including emergency service personnel, teachers, students, business people and politicians.

Statistics from White Ribbon Australia show that over 12 months, on average, one woman is killed every week by a current or former partner and that domestic and family violence is the principal cause of homelessness for women and their children.

If you are experiencing domestic violence or know of someone who requires help please call 1800 RESPECT.

Photo: Pictured above are AnglicareSA's Ian and Peter at the White Ribbon March.

TURNING POINT



Recently, AnglicareSA announced a new trial initiative which aims to provide safety, dignity and stability for single parent families experiencing homelessness in Northern Adelaide.

Called Turning Point, it is a pilot project designed by AnglicareSA to provide short-term accommodation for single parent homeless families for up to three months.

In this time, we support them to address the issues that led to their homelessness, help the children address trauma and stay engaged in school, and plan a transition into more stable and permanent housing.

Every year, over 2,500 families seek support from AnglicareSA's homelessness services, many are experiencing domestic and family violence. South Australia's severe property shortage means homeless families are often housed in hotels creating dislocation from schools, support networks and communities.

With a secure home base, families can stabilise other areas of their lives, rebuild their networks and access the needed supports to help get their lives back on track and make informed decisions about 'what's next' in their journey back to independence. It is hoped the pilot will be a success and more properties will be available in future.

Photo: Pictured above is the kitchen of an AnglicareSA Turning Point home.

MORE THAN A WORKING RELATIONSHIP



Because of the nature of Home Care services and the impact carers have on customers' lives, strong connections are often forged between customer and carer.

One such connection was that between AnglicareSA Home Carer, Karen, and her customer, Judy. Their bond was built on a solid foundation of mutual affection and respect.

Karen and Judy were paired at a time when they were both learning. Judy, who lives with Parkinson's, was learning to accept that she needed some support at home. Karen was learning the role of Personal Care Worker after completing the required course.

One of the defining moments in their relationship occurred soon after they met.

"Judy had lost a lot of weight," Karen said. "As she was walking through the shopping centre on this particular day, with the support of a walker, her pants kept falling down over her hips."

"All I could do was walk alongside Judy and hold the waistband of her pants. We got a lot of funny looks and giggled all the way home."

"After that, we just clicked," Judy said.

Karen said that Judy's attitude to people and life is amazing. "Judy is still Judy, her illness doesn't change that," Karen said. "Judy has taught me so much. She has taught me about her illness and how to care for her."

"We teach each other," Judy added.

Since their initial pairing Karen and Judy have developed a routine that involves Karen supporting Judy in a variety of daily activities, from Personal Care to Transport Services.

AnglicareSA's Home Care team supports older people to be as independent as possible in their own homes. More than 170 staff provide flexible, personalised services that give customers choice and control.

Photo: Pictured above are AnglicareSA Home Carer Karen and customer Judy sharing a laugh. Sadly, Judy passed away after this story was written, however her family wanted her story shared in recognition of how fulfilling and enabling Judy's relationship with Karen was.

GREEN FINGERS ON THE SMALL SCREEN

Lifestyle Assistant at All Hallows, Steve Morley, runs an engaging gardening program for residents known as Green Fingers. Each week, Green Fingers participants come together to raise plants from seed, propagate plants and grow fruit and vegetables.

Many All Hallows residents had beautiful gardens in their previous homes which played a big part in their lives. Green Fingers enables them to continue to experience the joy of gardening.

Steve said the group gets a real sense of satisfaction and achievement from their gardening exploits. The seedlings grown are planted in the garden or sold in the

café, with any money raised used to purchase materials for the Green Fingers program including tools and seeds. The group has made lovely potpourri bags, also available at the All Hallows café.

There was a touch of celebrity at a recent Green Fingers session with a camera crew from Channel 9 attending to film an episode of *In The Garden* which hit the small screen in January and can be viewed at inthegarden.net.au/watch-summer-special-02 (starts at 15:20).

Photo: Pictured above are In The Garden host Kim Syrus and All Hallows Lifestyle Assistant Steve Morley with residents.





ART WITH A SOCIAL CONSCIENCE

Pedare Christian College angel, Shea.

Each year we grant a group of South Aussie students the special opportunity of being our lead 'angels'.

The role of the AnglicareSA angels is to help us with our extensive fundraising endeavours. This year our angels hail from Pedare Christian College in Golden Grove, a school with a long history of partnering with us to help the community.

As part of the school's year 10 curriculum, students are asked to conduct a community based 'personal project'. Designed to get students out of the classroom, the personal project is a great way of encouraging students to get out of their comfort zone and interacting with the community.

Being an angel school is a big responsibility, and one that all of our Anglican schools take very seriously. But few students have embraced the idea with such vigour and verve as Shea Stringer.

A talented photographer and painter, Shea decided to use her personal project to host a special, one-off exhibition to help raise funds for some of our most vital services.

"I personally enjoy photography the most, but I really love art as well because it feels more expressive," Shea said.

Shea specialises in landscape photography and recently took a special trip down to Victor Harbor to snap a few sunsets especially for the exhibition.

"I've taken a lot of photos of landscapes and sunsets recently, all of which were available for sale at the exhibition."

A down to earth and socially conscious young lady, Shea is passionate about the work that we do here at AnglicareSA.

"I really like the way that AnglicareSA offers such a broad range of services," Shea said. "Like help for homeless people, an issue that we studied a lot at school last year, and counselling services for those who have experienced loss and grief, which I think is really important."

Held at Pedare Christian College Senior School on February 18, the eclectic exhibition was a massive hit with the community and helped raise more than \$1,031.

Due to Shea's keen interest in helping the homeless, as well as those who have recently experienced the loss of a significant person, all proceeds raised have gone towards helping to fund our emergency services and loss and grief programs.

Well done Shea!

GOING WITH THE FLO



AnglicareSA's Flexible Learning Options (FLO) program supports young people who are disengaged and struggling to attend mainstream school.

These young people are provided a case manager with whom they work collaboratively to explore alternative learning opportunities.

At the end of 2016, three students from Paralowie R-12 were successful in completing their SACE.

One of these students, Caleb (pictured above), was part of the FLO program with AnglicareSA from May 2015 and in that time has completed his Certificate II in Information and Digital Technology, Certificate III in Information Technology, Stage 1 English credits and his Stage 2 Research Project.

He has completed his SACE and applied to study IT at Regency Park TAFE. Well done, Caleb!

FRIENDSHIPS BLOOM AT COMMUNITY GARDEN

There's no shortage of green thumbs at the Picket Fence Community Garden! The Picket Fence at St Mary's is a joint partnership between AnglicareSA and the St Mary's Anglican Church.

Open Mondays, Thursdays and Fridays, the centre offers a range of programs and services such as a project centre for wood and metal work, sewing classes, cooking groups, lunch for a gold coin donation, art groups, emergency assistance and financial counselling.

The Community Garden is run by Robin Collett, Community Gardener and St Mary's Parish member, and about 12 enthusiastic volunteers.

Robin has been working at the Picket Fence for about six years and says there are a number of reasons for volunteers to get involved in the Community Garden.

"It gives people something to do and somewhere to socialise," Robin said.

"I've seen a number of volunteers come with depression and anxiety, and within a few weeks of working in the garden it seems to ease."

FIRST JOB PREPARATION



Being interviewed for your first job is a daunting experience and useful tips and advice can be helpful.

Late last year, a group of young refugees participated in mock job interviews to help prepare them for future employment.

The event was coordinated by AnglicareSA staff and volunteers from Trinity City Church through City Light Ministry. Participants were given information about what to expect and how to prepare for an interview and underwent 1:1 mock interviews and feedback sessions.

The feedback from the event was very positive. We are thrilled to hear that one of the young people who participated has gained part-time employment.

Photo: Pictured are participants and volunteers who took part in the mock interviews.



Volunteers participate in a range of activities, such as planting, propagating, composting, weeding, pruning, and the manufacturing of garden boxes.

"I enjoy coming here for the bond and the friendship," said Harry, who has been volunteering in the garden for over four years.

"It's also a chance for me to put something back into the community."

The Community Garden holds a Garden Market Day on the second Thursday of each month, at which members of the public can come along and buy fresh produce, plants and seedlings, and place orders for handmade garden boxes.

To find out more call 8374 2522.

Photo: Pictured above are Harry and Robin at The Picket Fence.

AUSTRALIA UNDER THE STARS



On the eve of Australia Day, St Laurence's residential aged care facility at Grange, held a wonderful evening of song and dance with a sausage sizzle... their Australia Under The Stars celebration.

Residents and their families celebrated with staff and their families and all were entertained by visiting performers as well as performances by residents and staff.

Staff member, Lilybeth Holmes, sang the national anthem and the Lifestyle Team performed a fabulous rendition of the chicken dance!

The resident dance troupe entertained while the Good Sisters from Sister Act (members of the site management team) surprised us with a couple of delightful songs.

A group of staff sang Happy Little Vegemites and won the best dressed item competition, and Simon O'Loughlin sang God Bless Australia and Waltzing Matilda.

Photo: Pictured above are St Laurence's residents, families and staff enjoying the Australia Day festivities.

A MERRY IAN GEORGE CHRISTMAS



The festive spirit was alive and well in December at all of AnglicareSA's residential aged care facilities.

Ian George Court (IGC), our exceptional needs aged care facility in Brompton, was no exception. With AnglicareSA's Director Mission and Anglican Community Engagement, Peter Burke, doing a magnificent job in the big red suit, IGC staff put on a wonderful show for residents.

The IGC Lifestyle Assistants arranged tailored individual gifts for each and every resident. The band played, the music group sang, people danced and delicious food was enjoyed by one and all.

Photo: Pictured above is Resident Lynlee with Santa.

SUCCESSFUL HAMPER APPEAL



We wish to thank all the schools, parish communities, and corporate and individual donors who responded to AnglicareSA's 2016 Christmas Appeal. Beyond the monetary donations, we were inundated with donations (pictured above) of products to help South Australians who had nowhere else to turn over the Christmas season.

Your generosity helped us to:

- Collect 80 van-loads of food and gifts in our Hope Mobile. The Hope Mobile was generously loaned to us by CMI Toyota
- Give 500 Kyton's Bakery Christmas Puddings to those in need
- Provide 950 Christmas hampers and gifts to families
- Feed a delicious Christmas lunch to 280 people at the Elizabeth Mission,
- Respond to countless calls and messages from people in desperate need for emergency assistance.

Some of the support we gave included gifts for a five-year-old whose father had just taken his own life. The act of generosity, compassion and kindness displayed by the community made a real difference with one recipient saying "no-one has ever gone out of their way to care for me before". Thank you all.

SHOWCASING OUR SUCCESSFUL ACORN PROGRAM

Late last year AnglicareSA was successful in obtaining a \$10,000 grant from Community and Philanthropy Partnerships Week in order to produce a DVD about the benefits of philanthropy, showcasing our Acorn program.

Acorn provides an opportunity for parents with diagnosed mental health difficulties who have attachment issues and their infants to come together and be supported in their relationship with their child. The program is delivered with the generous support of the Hopscotch Foundation.

We invited mums and infants who attended our nine Acorn groups in 2016 to attend a session that was filmed and used to produce two DVDs.

An amazing 18 mums agreed to appear on camera with their babies; singing, dancing, journaling, and telling their personal stories about the impact Acorn has had on them.



Students from the Adelaide University film school filmed the mums as they shared their stories about the difference Acorn has made to their lives.

The staff that have been on the journey with the mums since they came into the program were blown away by the difference in the mums today and their confidence and willingness to share their stories in the hope of helping others facing similar situations.

It was also fantastic that Professor John and Barbara Hopwood (benefactors of the Hopscotch Foundation) were part of the filming, speaking highly of the program and of the tangible benefits of philanthropy.

The finished DVDs will be released in the coming months via our website and Facebook page.

Photo: Pictured above, Acorn program participants enjoying activities while being filmed for the upcoming DVD.

SCHOOL HOLIDAY FUN

Children in the Playford area had no excuse for boredom during recent school holidays!

Communities for Children (C4C) Playford, funded by the Australian Government Department of Social Services, offered a large range of school holiday activities for children aged 0-12 years, focused around encouraging children to have fun while also learning new skills.

All activities were offered free of charge to residents in the City of Playford.

Activities included claymation workshops, nature play adventures, come 'n' try sports, garden arts and crafts, giant games, bugs n slugs show, daytime dress up disco and Aboriginal story-telling and activities. With such a wide range on offer, there really was something for everyone!

Bugs n slugs was particularly popular, with one mother stating, "I can't believe my child is touching stick insects!"



One grandmother, who brought her grandchildren along, told workers it was wonderful that Communities for Children was running the programs free of charge, as many families can't afford to take their children to school holiday activities.

The C4C Playford team is planning more activities for the April, July and September school holidays.

Details of these events will be in the C4C Playford newsletter at www.anglicaresa.com.au.

Photo: Pictured above is AnglicareSA's John on hand to provide information about C4C Playford's services.



SUPPORT WHEN IT'S NEEDED MOST

Five months ago, Nathan*, a 13-year-old teenage boy, was brought to AnglicareSA by his mother who was concerned about changes in his behaviour. She knew her son was suffering from a vision problem, but said he was becoming more withdrawn, running away from home for hours and unable to concentrate at school.

He didn't want to come to counselling, but his mum was worried that Nathan was at risk of self-harm or depression. Nathan was slowly losing vision in both eyes due to a rare degenerative disorder. What started as temporary bouts of blindness which he described as, "the bottom half of my eyes goes dark and then I get a complete black out for a few seconds", turned out to be an irreversible medical condition that will lead to total blindness in both eyes. He was terrified of this situation and becoming more and more anxious.

The counselling sessions with Nathan were slow at first, but our counsellor worked with him to voice his fears and concerns. Nathan's counsellor told him it

was ok to be scared and they talked about acceptance of a different future without his eyesight. That's hard for kids to understand, but Nathan now seems to be more positive about it.

We were able to arrange for Nathan to meet other teenagers who had lost their vision, which he found really helpful. It's made him more comfortable with his friends and confident to go back to school.

With a few more sessions left, Nathan is a lot more relaxed and better prepared for life at school and beyond. We've connected him with rehabilitation services to teach him adaptive independent skills to help him once he loses his eyesight. We have also had two sessions with Nathan's family members to provide them with the necessary resources to support Nathan and keep them up to date with his development.

To enable us to appoint more counsellors and have better resources to help people like Nathan through loss and grief, please go to anglicaresa.com.au.

Thank you.

* Not his actual name

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weekend experience*

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Tickets \$5 or 3 for \$10*

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TICKETS
ONLINE**

www.anglicaresa.com.au

HAVING SOMEONE TO TURN TO



Grief is our natural response to the loss of someone or something we care deeply about.

AnglicareSA provides Loss and Grief counselling support to individuals and families to manage this often challenging life event. We work closely with those seeking our help by listening to their thoughts and concerns and providing valuable expert advice.

Our loss and grief services support people of all ages, including 13-year-old Nathan* who was coming to terms with losing his vision (see story on page 10).

We were able to book Nathan into counselling sessions to talk through his concerns, set short and long-term goals, and meet other teenagers in his situation. Fortunately, Nathan is more accepting and positive about his future.

AnglicareSA's counselling support is provided at low or no cost to individuals. We rely solely on donations to provide this expertise and support, but unfortunately, due to high demand, we can't always provide immediate help to those in need.

Donations to our Autumn Appeal will help us:

- Grow our team by 2 Loss and grief Counsellors
- Reduce the booking and waiting time between sessions

- Extend our services further to reach 14 more families each week struggling with loss
- Continue to provide counselling support at low or no cost
- Purchase resources required to support clients during sessions

By making a donation today, you will change the lives of those dealing with grief and help them find renewed hope and optimism.

Thank you for your support.

* Not his actual name

IN 2016, ANGLICARESA
HELD 1,055
LOSS AND GRIEF
COUNSELLING SESSIONS,
WITH DEMAND
INCREASING
EACH YEAR

TAKE A COFFEE BREAK TO HELP THE HOMELESS



ANGLICARESA



A young boy in a school uniform and a woman in an AnglicareSA polo shirt are smiling and holding various food and toy items outdoors. The boy is holding a blue spiky ball and a basket of toys. The woman is holding a jar of Dolmio sauce, a bag of Zafarelli pasta, and a basket of toys. The background shows a school building and other students.

THANK YOU

We would like to send our heartfelt thanks to all our donors for their generous response to our Christmas Appeal.

With your help, through donations and the purchase of Christmas cards and merchandise, we raised over \$160,000 for Emergency Assistance programs that support more than 35,000 South Australians in crisis each year.

Your simple act of giving allowed AnglicareSA to bring hope to families over the festive season.

We acknowledge and thank the Parish community who continue a proud tradition of supporting AnglicareSA through their tireless efforts to sell Christmas cards every year.

We genuinely appreciate your support and the funds you raise to further our vital work in the community.

Trinity College Blakeview's Zuriel and AnglicareSA's Diane with some generously donated food and toys.