

Imagine

FOSTERING A FUTURE

When Jennifer first met Eddie* in 2013, he had multiple, severe development problems as a result of having spent most of the first 18 months of his life in a cot. He also had untreated congenital hearing loss.

This neglect deprived Eddie of the opportunity to develop speech and the social or emotional skills that come with normal bonding and attachment to a parental figure.

Having had little freedom from his cot, even walking was difficult for Eddie who would constantly walk into walls and fall over objects. Eddie also had extreme behavioural issues, having had no routine for even basic needs such as eating and sleeping for all of his young life.

The past two years have seen Jennifer dedicate herself to helping Eddie, now four, overcome his many challenges. She took classes in Auslan, established a routine, and showed him what it's like to have a loving parent.

His incredible progress has surprised health professionals associated with his care team and culminated with Eddie being able to attend mainstream kindergarten – something that would just not have seemed possible a few years ago.

"He has his special kinder top now and it is so heart-warming to see how excited he is when he puts it on," Jennifer said.

At the same time, Jennifer has been a foster mum to baby Jane*, juggled part-time work and studied. Today, Eddie is doing very well and, thanks to Jennifer's dedication, he has a bright future.

Jennifer became a foster carer three years ago, and has welcomed into her Gippsland home around 70 children on respite or emergency placements and looked after more than 30 different foster children.

When it's not safe for children like Eddie to stay at home, foster carers like Jennifer mean it's still possible for them to have a happy life.

If you'd like to find out more about becoming an Anglicare Victoria foster carer, please call us on 03 9412 6133.

*Names have been changed



A QUARTERLY NEWSLETTER
FOR SUPPORTERS OF
ANGLICARE VICTORIA
DECEMBER 2015

"I JUST WANT TO
HELP HIM ACHIEVE
AND HAVE WHAT
CHILDREN SHOULD
HAVE" - JENNIFER,
FOSTER CARER.



To help carers like Jennifer
give children in foster care a
brighter future, please donate
now on 1800 809 722

anglicarevic.org.au

A MESSAGE FROM THE CHIEF EXECUTIVE OFFICER

Christmas is just around the corner and while most of us are busy preparing for the festive season, it can be a stressful time of the year for many of the people that we work with at Anglicare Victoria.

For struggling parents who are under financial stress, there can be a lot of pressure to give their children happy memories at Christmas. Children in foster care long to be part of a loving family, and others may not have a roof over their heads or a warm meal on Christmas day.

With your support, we at Anglicare Victoria are aiming to help vulnerable children, young people and families get through this difficult season. Donations to our Christmas Appeal will help us support those who need it most.

In addition to working with children who have been removed from their birth families, we are constantly seeking new ways to engage with families at risk of breakdown. I believe if we can give birth parents the skills and support they need to care appropriately for their kids at home, everyone will benefit.

Every week, my colleagues at Anglicare Victoria work with hundreds of Victorian families. Our programs address issues from drug dependence to family violence, while parenting courses and case workers can provide advice and support to parents who might not have had a model upbringing themselves. I hope that with the help of Anglicare Victoria's staff, volunteers, and supporters, we can change the life trajectory of children who have missed out in the past, and give them a chance at a better future.



Paul McDonald
CHIEF EXECUTIVE OFFICER

BEING A DAD PROGRAM

Anglicare Victoria Community Development Officer Sarah's first visit to Fulham Prison was in 2011. She remembers sitting in a large hall, hearing the prisoner's stories. She was confronted by the hope of their voices, hope that they had done their time and that they would be given a second chance.

On one of her visits, Sarah noticed a wish list on one of the manager's white boards. The top item was for a parenting program for inmates. Sarah took that as a challenge and brought the idea back to Anglicare for discussion and development. Anglicare's Parentzone program designed a six week parenting program called 'Being A Dad'. Sarah, Parentzone and the prison chaplain trialled the program in 2012 and since then they have delivered 13 programs and had over 130 'graduates'.

The broad aim of the program is to help fathers who are committed to changing negative cycles of parenting and interactions, and improve communication between each man and their family. It helps to rebuild the relationship between fathers and their children using positive parenting approaches, parenting competence and confidence.

During discussion in group sessions or in formal program evaluations the fathers have commonly made comments that as a result of attending 'Being a Dad', they now recognise the factors and behaviours that have impacted on their relationships with family members, and behaviours that have resulted in them coming to prison. After undertaking the 'Being a Dad' parenting program, they value their families even more, and have made changes to their attitudes and are approaching their family members in a more cooperative manner.

PAUL'S LEGACY

Paul Sheahan first became involved with Anglicare Victoria when he was headmaster of Melbourne Grammar and along with some of the students, he forged an active relationship with some of the people Anglicare assisted. He is now an active supporter and has recently decided to leave a gift in his Will so that he can continue to support our work well into the future.

"I have been associated with Anglicare Victoria for many years as their Bequest Ambassador and I can tell you that leaving a gift in your Will is a wonderful way to support their great work with disadvantaged Victorian children, young people and young families. They really do make a difference to people's lives."

If you would like to discuss leaving a gift to Anglicare Victoria in your Will, please call Peter Burt on 9412 6197.



NEWS & EVENTS

Lilydale Op Shop - One in a Million



When it comes to raising money, the volunteers at Lilydale op-shop are second to none. In the ten years since Anglicare Victoria took over the op shop, it's grossed over \$1 million. Last year alone, the shop made just over \$180,000. A dynamic retail space, it is run entirely by 27 volunteers, some of them working up to five days per week.

Lesley Conway has been working at Anglicare for 16 years and has been involved in the op shop from the very beginning.

"The shop has really become an integral part of the community here in Lilydale. All our volunteers are residents in the immediate area, and they are thrilled to be raising money to help the locals," she said.

As a typical op shop, the volunteers work sorting and selling the clothes, furniture and other items that are donated. An entrepreneurial group, they've recently started selling specialty items on Gumtree with the aim of getting a better price for some of the high quality, quirky items.

If you have some items you would like to donate, or if you would like to volunteer at the op shop, please call Lesley on 9735 6165.

Warrnambool Parish Partnership

The Anglican Parish of Warrnambool take their responsibility as the regional centre for the South West region of Victoria very seriously. The parish have been working closely with Anglicare Victoria to run various emergency relief programs and a drop in centre; as well as assisting

with donating Christmas hampers. The parish holds an annual Commissioning of Volunteers and an Anglicare Art Auction to raise funds towards Anglicare programs in the Diocese. To learn more about the programs run from Warrnambool please call Louise Serra on 045875035.

Caroline Chisholm Award



Jenifer McKenzie was recently awarded the Caroline Chisholm Community Award for her work with a sewing group 'Dream Stitches'. The group was formed in 2005 in Box Hill and consists of a dedicated group of volunteers who teach and mentor female refugees and asylum seekers in the art of embroidery and sewing.

With support from Anglicare Victoria, Jennifer has been organising this program for over 10 years. Coordinating 'Dream Stitches' has involved communicating with volunteer sewing teachers and students from many cultures, organising rosters, and sourcing fabric and equipment.

The women who have attended the group have learnt more than sewing skills. They have gained confidence, pride and dignity, all traits to support citizenship and integration in the Australian community. The volunteers, too, have benefited from Jenifer's devoted service, creativity and inspiring leadership.

Ballarat Breakfast Program

Every Wednesday for the past two years, Anglicare Victoria runs a breakfast program for Year 11 and 12 students at the Barkly Campus of Ballarat Secondary College. A BBQ is set up on the street to talk to students as they walk past, and many students choose to stop and come into the Anglicare centre. The program is run in partnership with St Pauls Anglican Parish. The students help set up, clean up, and even help with packing the shelves in the Emergency Relief Centre next door.

Drumming Program Aims to Empower Local Youth

Anglicare Victoria Gippsland are running a 10-week 'Drumbeat' program aimed at empowering young Aboriginal people in Latrobe Valley and diverting them away from anti-social or criminal behaviour. The program encourages participants to self-regulate their behaviour by using rhythm games, improvisation and performance to learn life skills.

Anglicare Community Services Manager Nancy Oosterhof said participants were expected to build respectful relationships and develop self-confidence. "Our focus will be around empowering individuals, hopefully seeing an increase in confidence and an ability to be able to express themselves," Ms Oosterhof said.

"Young people can express themselves and use non-verbal ways to communicate how they're feeling or what their responses are to issues or anything they are experiencing. It's a way for them to be able to use musicality to communicate," Ms Oosterhof said.

Drumbeat is an acronym for Discovering Relationships Using Music, Beliefs, Emotions, Attitudes and Thoughts. The program was first developed in 2003, and is now offered in more than 500 locations across Australia, with accredited facilitators training participants in communication, teamwork and social responsibility.

To find out more about the program please call Nancy Oosterhof on 5135 9502.

THANKS TO YOUR SUPPORT IN 2015

2,091 babies, children and young people were placed with foster and kinship carers



Financial Counselling provided services to 2,173 people



61,000 meals served to the homeless



6,320 vulnerable families supported



Yes, I want to help give a child a chance at a better new year.

Donation Option

Please accept my **SINGLE** gift of:

- \$75 can pay for a counselling session to help a child recover from abuse
- \$150 can cover a day's residential care for a child without a birth or foster family
- My choice of \$ _____

Please accept my **MONTHLY** gift of:

- \$15 can help a foster child join a community sports club
- \$80 can provide tutoring for a foster child
- My choice of \$ _____

Payment Details

Cheque/Money Order enclosed
(made payable to: ANGLICARE VICTORIA)

Please debit my credit card

- VISA MASTERCARD
- AMEX DINERS

Card Number _____ / _____ / _____ / _____

Expiry ____ / ____

Card Holder's Name

Card Holders Signature

My details for receipting are

Name

Address

Phone

Email

- Please send me information about leaving a legacy to Anglicare Victoria through a gift in my Will
- I have already left a gift in my Will to Anglicare Victoria

Please post to:
Paul McDonald, CEO of Anglicare Victoria
PO Box 45 Abbotsford VIC 3067

Alternatively you can:
Donate online at www.anglicarevic.org.au
Phone 1800 809 722 to donate

Anglicare values your privacy. Please contact our Donor Records Officer, Julie Witte on 9412 6136, to find out how we manage your personal information.



Billy's story

When Billy came into Carol's care, she knew she could give him the opportunity for a better future. There was no one suitable in Billy's family to take care of him, his mother had left and his father had violent anger issues. Carol could see from an early age that Billy needed stability, he had experienced trauma as a child and was acting out.

Billy was only four years old when he was diagnosed with various mental health and anger issues. "Not many people would be able to cope with his behaviour. I knew if I didn't take him into permanent care, he would end up in and out of foster care, and may quite well go down the wrong path," she said.

When Billy was in Year 5, his teachers discovered that he had advanced mathematical skills and was able to do maths at a Year 9 level. If Carol had not taken him into permanent care, these skills might have quite easily gone unnoticed.

Carol says that Billy has mellowed out over the years and she has seen a lot of changes in him. "He recently told me that without us he wouldn't be where he is and who he is today. I am so proud of what he has achieved and I know how much we have helped him."



Please donate today
to give children like
Billy a chance at a
better new year.