

HIPPY Program - Bridging the Gap

The Home Interaction Program for Parents and Youngsters (HIPPY) is a two-year, home-based early learning and parenting program for families with young children. The Gippsland based program aims to bridge the gap to make a successful transition into school and beyond for Aboriginal and Torres Strait Islander children in the region.

The program contributes to successful school participation and offers parents pathways to employment and local level community leadership. The parents are trained as tutors, and then train other parents in the community to teach their children. The program has been successful in getting children ready for school and improving the confidence of both the parents and children.

HIPPY recently held a graduation ceremony for the 25 children and 34 parents who have spent the past two years working to support their children's learning. Program coordinator Susan Simpson said that graduating was a massive step for the participants and their parents. "It's an acknowledgement of the huge amount of hard work everyone has put in. The program helps empower the community by increasing education and knowledge," Ms Simpson said.

The HIPPY parents employed as tutors undergo

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Cradle to Kinder

No one knows better than Brianna how hard it is to be a good parent. Growing up in out-of-home care, Brianna was short on parenting role models. By 17, she was pregnant with her first child, homeless, and had no money to buy even the essentials for her baby.

But Brianna was determined to do better for her son. Before her baby was born, she was referred to Anglicare Victoria's Cradle to Kinder (C2K) program, where she received the advice and support she needed to look after him properly.

Her C2K case manager helped her with the emotional and practical

preparation necessary for the arrival of her son. She has found secure housing, she now has her driver's license, and she's returned to education.

Her son was recently diagnosed with autism. That news has brought fresh challenges, but day by day, and with the guidance of her C2K worker and her own grit, she remains positive and is giving her toddler the best start in life that she can.

The C2K program is an ante and postnatal support service that provides intensive family and early parenting assistance for

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traineeships and are supported to develop their various skills. They have gained their driver's licences, successfully applied for work and developed increased job readiness skills. The tutors have been able to assist their own children and broaden their horizons, but they have also become community leaders.

Gippsland Regional Director Jane Anderson said HIPPY was a great way of supporting fun education for children. "The success of the program has really come down to the dedication of the skilled tutors and parents, along with their connections to the community," Ms Anderson said.

Anglicare Victoria is committed to increasing employment opportunities for Aboriginal and Torres Strait Islanders. Recruitment within the HIPPY program has resulted in the total number of Aboriginal and Torres Strait Islander employees within Gippsland growing to 6.5%. ■

Toy and Food Appeal

Our 2015 Toy and Food Appeal supplied over 4,000 toys to children in need and 886 food hampers to families over Christmas. We couldn't have done it without the generous donations of local parishes, schools and businesses or without the help of our fantastic volunteers. Thank you to everyone that helped!

2016 Entertainment Book

Anglicare Victoria is pleased to be selling the 2016 Entertainment Book – now available to pre order! For any enquiries please contact Kristine Pillai on 9412 6125.

A MESSAGE FROM THE CEO



It's been a busy few months for us here at Anglicare Victoria, with increasing demand for our services over

the holidays and the back to school period. Over the course of 2015 we placed almost 3,000 children with foster and kinship carers; provided counselling services to 2,173 people; and supported over 6,000 vulnerable families- all thanks to the help of people like you.

Your support is crucial in our mission to transform the futures of disadvantaged Victorian children, young people and families. Everything we do is to prevent, protect and empower these people. People like Rebecca and Jeremy, who you can read about in this edition of the newsletter and in our March appeal. Rebecca and Jeremy were victims of family violence, but thanks to your help they have been able to move on and forge a more positive future.

Family violence is a pervasive problem in Australia of late. It is the leading preventable

contributor to death, disability and illness in young Victorian women. New research has revealed that domestic and family violence is directly responsible for one-third of all Australians who use specialist homelessness services (see adjacent). Family violence is present in more than half of the notifications made to Child Protection, which is the first step to many of our children coming into care. And we know that witnessing violence can damage a child's mental health for life and have long lasting consequences.

At times like this I am particularly grateful for your generous donations to Anglicare Victoria and, through us, to the families that need our help to overcome violence before it has a lasting impact on the next generation. On behalf of them I want to thank you for your support, and your role in breaking the cycle of violence.

Paul McDonald
CEO Anglicare Victoria

Cradle to Kinder

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vulnerable mothers and their children. The program is unique as it's the only service to support the family from when their children are born, until they turn five.

The process is pretty simple; we get in early with intensive, preventative assistance for vulnerable families. Mothers identified as 'at risk' are assigned a C2K worker to provide wrap-around support. Together with a multidisciplinary team, the worker provides on-going, practical help. This ranges from support with

maintaining a healthy pregnancy, to targeted education around child development and parenting techniques, including sleeping, feeding and routines.

Most importantly, C2K workers develop a relationship with the family, building confidence and inspiring young parents to make positive decisions that benefit them and their children. Over the past year, Anglicare Victoria's C2K workers have spent over 8,000 hours supporting 65 young families across Victoria in their efforts to break the cycle of disadvantage. Because when parents are doing a great job, everyone thrives. ■

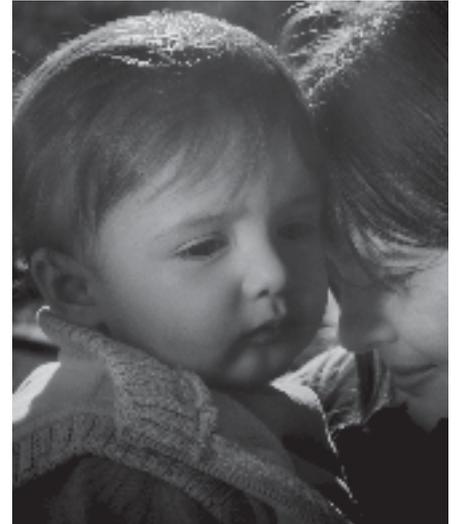
Domestic Violence Driving Homelessness

The Australian Institute of Health and Welfare (AIHW) recently released a report showing that domestic and family violence is directly responsible for one-third of all Australians who used specialist homelessness services over the last two years.

The AIHW identified 520,000 Australians who accessed specialist homelessness services

(SHS). Of these, over one-third (or 187,000) were adults and children seeking assistance for reasons of domestic and family violence.

A breakdown of the figures released by the AIHW showed that the majority of people accessing SHS because of domestic or family violence were women with children (45,404) and young women presenting alone (23,805).



Schools Christmas Card Competition

Anglicare Victoria is launching a creative opportunity for student artists in Year's 10, 11 and 12 at our affiliated Anglican schools.

The 2016 Schools Christmas Card Competition will see one gifted student selected to have their original religious or Australian design sold as a part of our annual fundraising card catalogue and featured in the September edition of *Imagine*.

The competition will close on Friday 6 May 2016 for shortlisting before a final winner is selected.

For more information or to request a copy of the competition materials, please call Meleea on 9412 6148.

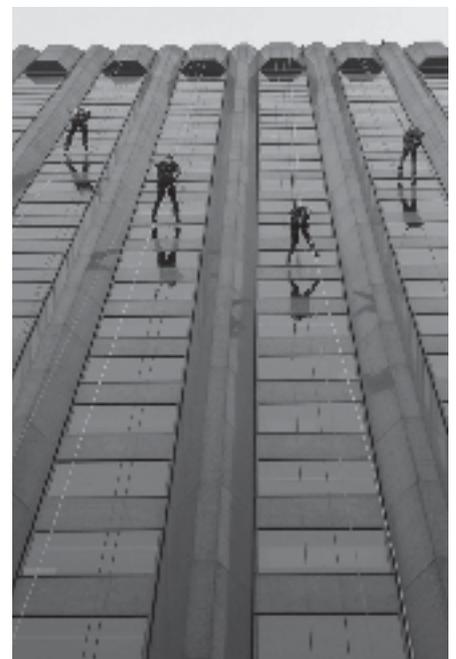
Altitude Shift

Anglicare Victoria's thrilling fundraiser **Altitude Shift** is back in 2016 and is NOW open for registrations!

Can you live on the edge? Do you have what it takes to step out of your comfort zone in support of Victorian children living in foster care?

If the answer is yes, join our affiliated schools and parishes, corporate partners, staff members and others on Friday 27 or Saturday 28 May 2016 at 535 Bourke Street for the exhilarating experience of abseiling down a Melbourne skyscraper.

Sign up as an individual or as part of a team and commit to raising funds for Anglicare Victoria's foster care programs.



For more information visit www.altitudeshift.org.au or call Meleea on 9412 6148.



David Whiting

Learn more about planning your estate

A free 'estate planning and wills' information session on Wednesday 4th May will help answer your questions around wills and trusts and powers of attorney and will better prepare you for your future transitions and estate planning.

The session is hosted by Anglicare Victoria and features guest speaker, David Whiting of Donaldson, Whiting and Grindal lawyers. David will discuss the language of estate and inheritance planning, gifting,

calculating retirement costs and many other areas vital to creating a good estate plan. Long experienced in this area of law, David, who is a regular guest on radio station 774 ABC Melbourne, will be on hand to answer your questions, and explain areas of what can sometimes be a complex topic. Register for this free event in Melbourne's CBD on Wednesday May 4. Call Jen Van Ewyk on 9412 6173 or email eps@anglicarevic.org.au. Morning tea will be provided. There are limited numbers, so please book early.

**BETTER
TOMORROWS**

Yes, I want to help break the cycle of violence

Donation Option

Please accept my single gift of:

- \$30 can pay for a father and child to attend a playgroup
- \$120 can pay for an in-home visit from a family services worker
- My choice of \$ _____

Please accept my monthly gift of:

- \$18 can provide parents with timely advice through our Parentzone phone line
- \$65 can enable a couple to join a parenting course
- 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.



Empowering Families

Rebecca had recently separated from her abusive husband when she came to Anglicare Victoria looking for help managing her son Jeremy's behaviour. Jeremy had become very disengaged and withdrawn since the separation; he seemed afraid and refused to talk about his feelings. Rebecca was afraid the violence he had witnessed at home would have a lasting impact on his behaviour.

Rebecca and Jeremy were referred to the Dolphin program, a program that works with children and their mothers to provide therapeutic support and counselling after family violence. During the first few counselling sessions, Jeremy would often shut down when any difficult topics were raised, such as his father's yelling or his parents fighting. He would suck his thumb, cling to his mother, and express feeling sick. When asked to pick out animals to represent different people in his family, he picked out a Tyrannosaurus Rex for his father.

To help Jeremy open up, his counsellor brought in a book called 'My Huge Bag of Worries', a picture book for young children to help them talk about their fears in a simple language. Jeremy took to this method and starting talking about his worries in this new way. With the help of his counsellor, he used clay to make 'worries' and then decorated a 'worry box' to put them away. This helped Jeremy, Rebecca and the counsellor to talk about his fears in a safe and age appropriate language.

Rebecca realised that Jeremy was scared that she would be hurt by his father again, and he felt responsible for taking care of her. With the counsellor's help, Rebecca was able to respond to this and explain to Jeremy that his dad could not hurt her anymore, and they were both safe.

Jeremy's behaviour changed over time. At the end of the counselling sessions he was able to open up to his mother and communicate his feelings. At one of the final sessions Jeremy again picked out animals to represent his family. This time for his father he picked a Brontosaurus.

Please donate now to help us break the cycle of violence. Phone 1800 809 722 or use the coupon provided.