

# Flourish

CELEBRATING THE PEOPLE AND PROGRAMS OF UNITINGCARE WESLEY PORT ADELAIDE



8-9 NEW YOUTH PROGRAMS CREATING A BRIGHTER FUTURE

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“We are privileged to support people to overcome life challenges.”

CEO LIBBY CRAFT, 2016



## Welcome

Welcome to *Flourish*, our new quarterly publication showcasing the amazing work of our staff and volunteers – and the successes of those we work alongside.

Our work makes an enormous difference to people in our community. We join together as a team, take our roles seriously and provide quality services to make a positive difference to people's lives. We are proud of our organisation and what it represents.

We assist people to have a home, find employment, attend education, and improve their health and wellbeing. We are privileged to support people to overcome life challenges and work with them to improve their quality of life.

In this edition we celebrate our community collaborations bringing people from diverse backgrounds together. There's a soccer program helping new arrivals forge friendships, a project improving literacy among young children and a partnership delivering beds from our aged care homes to communities in need world-wide.

We launch our annual winter campaign, Hang it up for Poverty, to help SA's homeless and speak with our Anti Poverty Team Leader about our emergency assistance program providing food and warmth to thousands of people in need each year.

In our aged care homes, we have had Chinese New Year festivities bringing colour and laughter to our sites, and two of our residents celebrating their 100th birthdays.

We also meet a family who is the essence of why we do what we do. They arrived in Australia almost 20 years ago with nothing more than a suitcase and our organisation provided them with food and clothing. Now, they are giving back to help others in need.

These are just a few of the stories in our first edition. We look forward to bringing you many more, as we continue to work to create a compassionate, respectful and just community in which all people can participate and *Flourish*.

**MS LIBBY CRAFT**  
Chief Executive Officer

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### JUNE

5 World Environment Day

13-19 Men's Health Week

19-25 Refugee Week

### JULY

3-10 NAIDOC Week

9-24 School holidays

26 Free BBQ at Family Centre

### AUGUST

1-7 Homeless Persons Week

12 International Youth Day

26 HIUFP Quiz Night

## UCWPA PROFILE



20,299

LIVES TOUCHED



822

EMPLOYEES



151

VOLUNTEERS



2,149

PEOPLE CARED FOR ACROSS AGED CARE



5,021

OCCASIONS OF EMERGENCY ASSISTANCE





## The cycle of giving: one family's story

**W**hen Jasminka, her son and grandson turned up at our Family Centre with a trailer brimming with goods to donate, it was the culmination of a very long journey.

A journey that started with Jasminka's upbringing in Croatia, her fleeing to Serbia with three young children to live in a refugee camp post-war, and her move to Australia to start a new life.

It was 1999 when Jasminka arrived in Adelaide with her husband and children, then aged 5, 15 and 18.

"When we arrived we had nothing," Jasminka recalls.

"Just one suitcase and three boys."

Our organisation helped the new arrivals by providing them with clothes and vouchers to buy food.

The family slowly carved out a life here, gaining work, education and a house in Salisbury, where Jasminka now lives with two of her sons, her daughter-in-law and three grandchildren.

All three of her boys have gone on to develop successful careers as an electrician, a small business owner and a chef.

"I have worked very hard to raise my children and give them everything," Jasminka says.

"None of it would have been possible without that help when we first arrived.

"Now we are able to give back."

And that is just what the family is doing.

The trailer of goods they donated included a multitude of clothes, shoes, toys and other household items.

Jasminka says being able to donate was a defining moment for her.

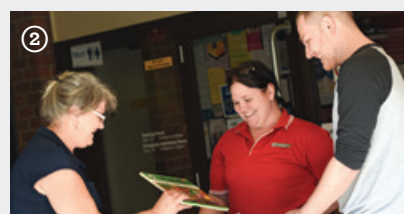
"I know someone will be able to use these things," she says.

"I feel happy and satisfied that I can do good things and now help others."

Our Anti-Poverty Team Leader, Cindy Adey, says stories such as Jasminka's inspire her work every day.

"Seeing a family come full circle, from being the recipient to becoming the donor, is what gets me out of bed in the morning," Ms Adey says.

"That's what our role in the community is all about – helping people to help themselves and then, in an ideal world, being in a position to help others."



*"Seeing a family come full circle, from being the recipient to becoming the donor, is what gets me out of bed in the morning."*

**CINDY ADEY**

① Jasminka with her sons Danilo and Jasmin. ② The family donates goods to UCWPA volunteer Amanda.



## Old beds put to good use

**H**undreds of beds from our aged care sites are being sent to developing countries worldwide to help communities in need.

We have donated the beds to Rotary as part of their Donations in Kind program, which helps communities in South-West Pacific, South-East Asian and African countries.

Our most recent donation included 80 beds from Regency Green Multicultural Aged Care, which are destined for Sierra Leone, Congo, Liberia, Tonga, Tanzania and Zambia.

About 50 of them will go to help set up a new hospital in Congo.

The chairman of Rotary's Donations in Kind program for the Central Region, Dave Cockshell, sent us a Certificate of Recognition for our ongoing support.

"UnitingCare Wesley Port Adelaide have been very generous to us over quite some time," Mr Cockshell said.

"I am sure that all those needy people in those countries would like me to pass on their appreciation for the beds and the basic health care and dignity that these goods provide."

In the past 18 months we have also donated about 100 beds from Wesley House, 46 beds from St Teresa Aged Care, 52 from Seaton Aged Care and 32 from Hawksbury Gardens.

The donations were made possible thanks to Significant Refurbishment funding, through the Department of Social Services, which allowed us to replace beds across several of our sites.

UCWPA Senior Manager Aged Care Deborah Burton said it was wonderful to be able to put the beds we no longer needed to good use.

"To know that these beds have gone on to help other communities in need, and in one case even set up a new hospital, is so heartening," Ms Burton said.

"We are delighted to work with Rotary to support communities of developing countries."

Dave Cockshell, of Rotary's Donations in Kind program and Tracey Zimmerman, Administration Officer at Regency Green.



## Graffiti program gives back

Our Wesley Social Enterprises team is helping clean up the western suburbs with a new graffiti removal program.

The team is working with local councils and Transport SA to remove tags as part of a 12-month pilot project, which WSE Manager Tony Heinrich hopes will become a permanent program.

He says the initiative is reducing the incidence of graffiti in the district, while also providing extra work for people with a disability who are part of Wesley Social Enterprises.

The program also includes a partnership with Western Youth Space to engage at-risk youths to create artworks around the Port.

"We are so excited our team has a new opportunity to help the community by cleaning up our streets and buildings," Tony says.

"It will create extra hours of paid employment for our supported workforce, workers will learn new skills and we will continue to build the range of services offered by WSE.

"Plus, the partnership with Western Youth Space means we can help disengaged youths.

"It really is a win-win for everyone involved."

The project has been made possible thanks to a \$50,000 State Government grant.





## Ruth's home is where her heart is

**Y**our home is your castle, as the saying goes, and it could not be truer for Ruth Johansen.

The spritely 88 year old's home in Semaphore is testament to her colourful character and rich life.

Her shelves are full of books and photographs of the family she has lovingly raised.

When asked for a tour, she leaps to her feet and proudly leads the way through the rooms she knows like the back of her hands.

There are dozens of porcelain dolls she has made over the years, flower arrangements adorn each room and trinkets of all shapes and sizes line the walls.

She has even kept her wedding dress from 1950 and brings it out to show the way the pink satin pillows on her bed match the dress's fabric.

When asked what the house means to her, her reply is quick.

"Everything," she says.

"I don't want to leave it – ever."

Mrs Johansen is among the growing number of older people being helped to live in their own homes for longer through our Home Care Program.

We supported more than 80 people with Home Care Packages in 2014-15, and a further 97 with Transitional Care Packages.

Assistance provided includes personal care such as showering and dressing, as well as helping with jobs around the house and transport to appointments and shopping.

Our Support Workers visit Mrs Johansen six days a week to help with her personal care and domestic duties, as well as transporting her to our exercise class each Tuesday.

Mrs Johansen speaks fondly of the support she receives and the "gorgeous people" the program has brought into her life.

"Courtney does the ironing and when she gets a spare minute, she paints my nails," she says, proudly displaying the latest bright red coat of polish.

"Then there's Andrew who runs the exercises and he is wonderful. You ought to meet him.

"And Craig drives the bus and he's gorgeous too."

Life today is very different for Mrs Johansen than when she and her late husband Allan first moved from Broken Hill to Semaphore in 1959.

The four young sons they had in tow are now grown men with families of their own.

Mrs Johansen can no longer zip around on the back of Allan's motorbike – which first carried her home from a dance when she met her husband-to-be in 1950.

And instead of a house full of boys she now has just one housemate, a 23-year-old cat named Ziggy.

But some things will forever remain unchanged – her love of her independence and her castle.



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## Helping more people access loans

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**T**wice as many people on low incomes will be able to access our No Interest Loan Scheme (NILS) to buy essential goods and services.

Good Shepherd Microfinance, through the assistance of the new GSM State Office, has increased our funding over the next two years, allowing us to help about 200 people access loans.

We have also introduced online inquiries for the first time, allowing us to assist people from across the state. Previously we were only able to offer loans to people living in the western suburbs of Adelaide.

Taperoo resident Ellen Evans says the scheme has helped her provide a comfortable home for her family.

She first learned about the loans when visiting our Family Centre in Port Adelaide for emergency assistance 10 years ago.

"At the time I desperately needed a fridge, so I thought I'd give it a try," Ellen says.

"It's very difficult to save on a pension and the No Interest Loan Scheme has helped me buy things I really need."

Over the years Ellen has also used the scheme to buy an air conditioner, lounge and computer.

Each time, she has repaid the loan by having fortnightly payments automatically deducted from her disability support pension.

"I wouldn't have been able to afford to have those things without the scheme," Ellen says.

"It's one of the best schemes I've been involved in.

"It has helped me out a lot and I think it could really help other people who are unable to save."

Loans are available to people who are on a genuinely low income or have current concessions such as Centrelink, a Health Care or Pension Card.

**For more information about the scheme and eligibility visit [www.ucwpa.org.au](http://www.ucwpa.org.au)**

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## New parenting program

The Australian Government has selected our organisation to deliver a new program to help parents with young children prepare for future employment.

ParentsNext will help people prepare to join or re-enter the workforce by the time their youngest child starts school.

To be eligible, parents must have a child aged under six, have had no paid employment for six months and live in the City of Playford.

UCWPA Community Services Senior Manager Meredith Perry said ParentsNext would complement our existing employment services being offered in Adelaide's northern suburbs.

"We are excited to be able to deliver a new program focussed on parents and to help them develop pathways to achieve their education and employment goals," Ms Perry said.

"The program has great flexibility and will allow us to tailor our support to meet a parent's individual needs."

The program will be run in a further nine Local Government Areas across Australia, assisting about 24,000 parents each year.

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## Time to talk cents

We have launched a new money advice program to provide clients tips on how to manage finances.

Talking Cents is on the last Tuesday of the month in the garden at Youth and Family Services, 58 Dale St, Port Adelaide, from 11am to 12.30pm.

The sessions coincide with a free community barbecue lunch in the garden, provided by not-for-profit organisation, the Rapid Relief Team.

We are so grateful to RRT for providing the monthly barbecues as a way of bringing the community together.



# YOUNG PEOPLE ARE OUR FUTURE



## Friendships forged on the field

**T**he World Game is providing more than just a healthy lifestyle for these young people.

It is creating a sense of belonging and friendship, which can be difficult to come by for many people starting new lives in Australia.

"There is a language barrier but when they get onto the field, soccer is a universal language," coach and referee Igor Negrao says.

"The reason we are here is to connect the cultures and get to know and respect each other."

Football Life, for 13 to 25-year-olds, began in February as part of URBAN Youth Services – a UnitingCare Wesley collaborative program providing support to young people at risk.

Each Wednesday evening dozens of people from diverse cultural backgrounds head to the parklands to participate in the 2-hour session.

Players are provided fruit and water, as well as free bus tickets for their return travel.

Adelaide City Council is funding the program and the University of South Australia is providing volunteers to help run the sessions.

Adelaide United has also got behind the initiative, providing 15 free tickets for players to attend an A League match at the end of each term.

Organiser Josh Smith, a Youth Project Officer with UCWPA, says Football Life eclipsed its target of 20 players by the end of Term 1 within its first week.

"It has blown up quicker than we ever expected it to but it's a good problem to have," Josh says.

"We have a lot of guys from Afghanistan, Iran and from across Africa ... a lot of culturally diverse young people are coming from all over Adelaide to be involved."

Despite the early success of Football Life, Josh is determined not to be complacent.

His vision for the program stretches even further than health and friendship.

"For these guys arriving in Australia, they need to learn English and then find work so they can support their families," he says. "If we can build that into a football program, that should be the plan."

"I want to be able to create employment and training for kids who show an interest."

*"It makes me feel free to be friends with people from different backgrounds."*

**MAHDI – AGE 23**  
Moved from Iran in 2013

*"I come here after work – even though I'm very tired, I am still keen to come here and have fun with friends from different cultures."*

**BASET – AGE 21**  
Moved from Afghanistan in 2012

*"I am also learning new skills about how to play soccer and how to play fairly."*

**MOHAMMAD – AGE 24**  
Moved from Iran in 2012



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## *A range of new youth programs are connecting cultures and communities*

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### Community unites to boost literacy

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When Komal Jaitly first saw a group of children reading to an egg, she thought it was a little bit odd.

Now, the mother-of-two is among hundreds of parents singing the praises of the new Paint the Parks & Gardens REaD project.

Our organisation is involved in delivering the community collaboration, which aims to boost the literacy levels of children in Angle Park, Ferryden Park, Mansfield Park, Athol Park and Woodville Gardens.

The project includes regular "pop-up libraries" and story-telling events, free kids' book swaps at shops and community centres, and an annual family night where children aged 0-5 read, sing, rhyme and dance.

"The program helps the children to develop reading skills from a very young age and they get into the habit," Ms Jaitly says.

"Although electronic media is becoming a big part of our lives, books are also important so we should never stop encouraging our children to read books."

Paint the Parks & Gardens REaD is partnered with a national group called Paint the Town REaD, which began over the border 16 years ago.

It has since spread to more than 40 locations across the country but this is the first time it has been in SA.

The program launched at the end of last year at an event which introduced the community to a small egg.

Over the next five months, the egg travelled around preschools, schools and childcare centres, where children spent time talking and reading to it to help it grow.

On April 7, about 500 people attended a free family event at the Parks Sports and Recreation Centre, Angle Park, where the egg hatched to reveal a reading mascot, Parker the Pelican.

Parker will now appear at community events to encourage parents to read to children from birth.

Parks Children's Centre Director Dianne Krieg says the program aims to increase the community's understanding of the importance of developing children's literacy skills from birth.

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### Youth Week

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Our URBAN Youth team was out and about meeting young people at Youth Week events across Adelaide in April.

Among the events was Youth Expo West, which saw hundreds of high school students converge at Titanium Security Arena to learn more about community organisations from across SA.

UCWPA Case Manager/Youth Worker Jess Collins-Roe spoke to students about URBAN Youth's role providing early intervention and prevention services to young people aged 10-25 years.

"Days like today are important because it gives the information directly to the young people who may need the service in the future and also lets the school staff know about it as well," Jess says.

URBAN Youth Services is led by UCWPA and delivered to young people in partnership with Aboriginal Family Support Services and Re-Engage Youth Services. It is funded by the Department for Communities and Social Inclusion.



## Fun, food and laughter to celebrate Chinese New Year

Chinese New Year was a cause for celebration at our aged care sites, with residents coming together to sing, get creative and, of course, eat!

Chinese Welfare Services of SA brought people from across the community to our Regency Green Multicultural Aged Care home on February 10 to join with our residents in a morning of celebrations.

The event culminated in a feast of Chinese dumplings, lovingly made by volunteers.

Steven Vines, from the office of Federal Member for Port Adelaide Mark Butler, also attended to share a special welcome with our residents and sample the Chinese cuisine.

Our oldest Chinese resident Wai Lao, 96, was joined by her son Hong Lam on the day.

Mr Lam said Chinese New Year was a highlight on the calendar for his mother.

"She is seeing a lot of our friends coming together and some of her friends she hasn't seen for a few years," he said. "She is very happy today."

Our residents at Wesley House, in Semaphore Park, also got a taste of Lunar New Year celebrations, with a documentary about China followed by a special afternoon tea on February 12.

Residents enjoyed pork and prawn dumplings, Chinese mango pudding and lychee jelly.

Activities officer Thuy Pham also gave a presentation to the residents, which included showcasing Vietnamese clothing traditionally worn on formal occasions.

The afternoon was a great success and residents really enjoyed learning about, and celebrating, different cultures.





Red Lime Shack at 158 St Vincent St, Port Adelaide, is an official partner of our Hang it up for Poverty campaign. When we go there for a cuppa, we make sure we buy a Suspended Coffee for someone in need to redeem at a later date. If you're ever in the area, it's a wonderfully simple way to pay it forward.

## A cuppa with Cindy Adey

In her role as Anti Poverty Team Leader at our Family Centre, Cindy Adey is on the frontline helping people in need. We sat down for a coffee at Red Lime Shack in Port Adelaide to chat about her work, life, and everything in between.

### Q. What are some of the services provided at Youth and Family Services?

A. We provide emergency assistance to clients walking in. We are one of the very few walk-in services left in the area where you can get emergency assistance. We provide emergency food assistance, Telstra vouchers, chemist vouchers, second-hand clothing. We have financial counsellors here and we do the No Interest Loan program. We also have an educator/facilitator who assists with money management.

### Q. What does an average day at Youth and Family Services look like for you?

A. Crazy. I start off my day with a plan of what I'm going to do and it totally changes. One day never looks like you expect it's going to look. You just never know who's going to walk through the door and what their needs are going to be.

### Q. How did you get into this line of work?

A. It came about just over 11 years ago now. I was working as a nurse for many years and injured myself and was sick of sitting home on Work Cover. I realised I needed to get out and do something, so I started volunteering here on the front counter.

### Q. What is the best thing about your work?

A. Just helping people. Being able to change lives. That's what we do. We meet those basic needs of food, shelter and clothing.

### Q. What is the toughest aspect of the job?

A. Saying 'no' because we don't have enough funding to help everybody. You don't know who it's going to be but it is people who have exhausted all their entitlements and we have to re-direct them to other services as we just can't afford to keep giving. It might be a mother with babe in arms or an elderly couple ... it gives you goose-bumps.

### Q. What would you say to people considering work in the community services sector?

A. It's fabulous work. It's a world of its own. A lot of people don't realise what it involves and I don't think they realise that there is so much need out there and what the needs are. People just get on with their lives and go to work and do what they need to do and don't realise that there are people sleeping under bridges and families sleeping in cars.

### Q. If you had a magic wand and could grant one wish for Youth and Family Services, what would it be and why?

A. It would be for people to donate to our appeals so it gives us more money to help more people. I could sit here and say 'for there to be no more poverty' and that would be fantastic. But until that happens I'm going to keep asking for more donations so we can buy those sleeping bags and buy those swags and tins of tuna. Whatever we need to keep us going through the day and to send those kids to school with something in their belly.

## Fun facts

### Favourite colour?

Green

### Favourite animal?

Horse

### Favourite food?

My husband's cooking

### Which three people, living or dead, would you invite to a dinner party?

I can't pick three, sorry, I need to pick four: Kristin Davis (Charlotte); Sarah Jessica Parker (Carrie); Kim Cattrall (Samantha) and Cynthia Nixon (Miranda).

### What three items would you want if you were stranded on a desert island?

My sunglasses, phone and my amazing husband.

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## Congratulations to our newest Centenarians

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**Teresa Micallef**

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For 100 years, Teresa Micallef has been bringing a smile to the faces of everyone around her.

From a young child in her native Malta, through to her time in England during World War II and her move to Australia in the 1950s, her passion for life has been contagious.

Mrs Micallef celebrated her 100th birthday on January 10 with family, friends and staff at Regency Green Aged Care, where she has lived for a decade.

Josephine Borg, a volunteer at the Maltese Aged Care Association, has been visiting residents at Regency Green since 2003 and recalls when Mrs Micallef arrived in 2006.

"When she came in here she made everyone else happy," Ms Borg says.

"She is such a happy person, she loves music, loves a joke and used to join in all the activities."

Regency Green Activities Officer Trevor Heywood has spent many hours with Mrs Micallef, who he describes as "very loving and motherly" and a great story teller.

He recalls her stories of being a volunteer in Plymouth in the UK during World War II, where she would blow the whistle to warn people to take shelter during air raids.

"Because of her happy nature she made everyone else calm, despite the war," Mr Heywood says.

"She developed a lifelong interest in volunteering and the community since then."

Mrs Micallef spent much of her life in the western suburbs of Adelaide, where she could be seen riding her scooter around with her little white dog in the basket.

She has two children, four grandchildren and five great-grandchildren, whose photos adorn her room.

Mr Heywood says Mrs Micallef is a genuinely caring person who has added to the rich culture at Regency Green.

"She always wants to know how other people are and she has made some very good friends living here."



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**Reginald Colegate**

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You could feel the love in the room when family and friends gathered to celebrate the 100th birthday of Reginald Colegate.

Four generations of his family attended the March 18 morning tea, joining with dozens of his friends from Wesley House, church representatives and former neighbours.

Even 10-month-old Chloe looked on – the youngest of Reg's family, which includes four children, five grandchildren and 14 great-grandchildren.

"To reach 100 is very, very good," Reg said, adding his faith and family were his secret to longevity. "It's very nice to celebrate with all the people who have been part of your life."

Reg was born in Adelaide in 1916 and said the Uniting Church had been fundamental throughout his years.

It's even the place he met Edith, with whom he is about to celebrate 75 years of marriage.

Reg and Edith married in Semaphore in 1941 and raised their family in Royal Park, where they lived for 50 years.

One of their daughters, Heather, spoke on behalf of the close-knit family at the birthday gathering.

"Dad has been a marvellous father and we are just very fortunate to have him," she said. "He's had his health struggles but his faith and mum's good cooking have kept him going."

Dennis Woods, Reg's former neighbour at Aveo Retirement Village, Queenstown, also had some words to say.

"I represent everyone from the Village and they all send their congratulations and are so pleased you have made it to 100," he said. "The words that I heard all week from people was that Reg is a true gentleman."

After his giant cake was devoured and the speeches were through, Reg retired for a rest and to prepare for the next day.

A cocktail party at the Lakes Resort Hotel with his entire family – including people flying from WA and Queensland – was on the agenda.

As Edith put it: "It's all been lovely. We've had good lives."



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## Six tips to beat the winter blues

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Winter can be great, with delicious warm meals and fun winter sports. However, sometimes winter can leave people feeling down, irritable and lonely. Here are 6 tips to help you overcome the winter blues and get the most out of this season.



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1

### Spend time with family and friends

When it's gloomy and cold out there, it's easy to fall into the trap of staying home and becoming isolated. However, research shows that social interaction helps build self-esteem and alleviate feelings of depression. Reach out and spend time with family or friends.



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2

### Get out and do something new

There is a strong link between hours spent on social media and increased levels of depression. This can be due to online bullying, the negativity shared in stories and images, as well as the fear of missing out. Instead of getting engrossed in the online world, why not head out and do something fun? Find something that you enjoy, and just do it.



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3

### Exercise

It can be hard to get motivated when it's cold, but regular exercise has been shown to reduce feelings of depression. It releases chemicals like serotonin and endorphins, and has been shown to have similar effects to antidepressant medication. Just 30 minutes of light cardiovascular exercise each day can make all the difference.



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4

### Eat well and drink less

You may feel tempted to eat hot, deep fried foods, or loads of chocolate, but diet is crucial to maintaining your wellbeing. Foods rich in omega 3 and fish oils are particularly good at improving your mood. It is also recommended to reduce your alcohol consumption.



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5

### Get some sun

We're lucky, in Australia, that we get sun all year round – even in winter. Take a short walk, have a meal or a coffee alfresco, or open the windows and let the sun in! Vitamin D, which we get from sun exposure, has been shown to reduce feelings of depression.



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6

### Seek support

Some people need a little more help dealing with those low feelings. In fact, 45 per cent of Australians experience issues relating to mental health in their lifetime. Support is available, like the NewAccess program. It's a free coaching service that has helped over 1,000 people in SA take action and improve the way they feel. So if you need a little extra support, call NewAccess on 1800 010 630 and make a change today.



**STORY BY:**  
**KASIA MICELI**  
Service Integration  
Officer with NewAccess

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**If you or someone you know needs immediate support, please call lifeline on 13 11 14.**

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### Pancake Day

Our volunteers helped serve hundreds of pancakes earlier this year to celebrate Shrove Tuesday. Clients, staff and members of the community gathered in our Family Centre garden at 58 Dale St, Port Adelaide, to enjoy the free pancake feast. A big thank you to everyone involved!



## Hang it up for Poverty

Our winter campaign to raise awareness about homelessness and provide practical ways for the community to help is in full swing.

The Hang it up for Poverty mobile wardrobe is travelling to shopping centres across Adelaide throughout June, collecting donations of new and pre-loved clothing to distribute to people in need.

We are also raising money to provide food parcels, emergency accommodation and ongoing support for people who are homeless or at risk of becoming homeless.

People can support the campaign by hosting a casual day at work, spending one night sleeping rough at our Kids Sleep Out on August 5, or registering a table at our Quiz Night, hosted by Sean Craig Murphy (above), on August 26.

Last year's campaign raised \$31,300 and collected 10,153 items of clothing and with the community's support we hope we can go one step further this year.

**Read all about it at**  
[hangitupforpoverty.org.au](http://hangitupforpoverty.org.au)



### Where you can donate

**Hang your clothing donations in our mobile wardrobe as it travels across the state.**

**Brickworks Market Place**  
2nd and 23rd June, 9am - 9pm

**Seaford Central**  
3rd June, 9am - 5pm

**Westfield Marion**  
9th and 16th June, 9am - 9pm

**Adelaide Arcade**  
10th June, 9am - 5pm

**Westfield West Lakes**  
14th June, 9am - 5pm

**Greenacres Shopping Centre**  
17th June, 9am - 5pm

**Victor Harbor Central**  
24th June, 9am - 5pm

**Mt Barker Central**  
30th June, 9am - 9pm

## Powerful partnership gives youth a pathway

We have formed a new partnership with Port Adelaide Football Club to provide employment opportunities for young school graduates.

As part of the club's Powerful Futures program, we have offered a school leaver a 12-month paid traineeship this year.

The trainee is working within our Building Family Opportunities program, providing support to long-term jobless families to break the cycle of unemployment.

They will also spend time working in our Western Adelaide Homelessness Service and Community Mental Health programs.

The position will lead to a Certificate 3 in Community Services at the end of the year.

UCWPA Employment Services Manager Cherie Jolly, who sits on the Powerful Futures Steering Committee, said the program was an opportunity to provide meaningful employment to deserving young people.

"Powerful Futures is the springboard a lot of young people need to help them make that transition from school into the working world," Ms Jolly said.

"We are privileged to be involved and to be able to provide meaningful employment and career pathways in our community services programs."

Powerful Futures is run by the football club's community development arm, Power Community Ltd, as an extension of the Aboriginal Power Cup, which helps footballers from indigenous communities complete their SACE.

It is also an extension of the club's Empowering Youth program, which provides career pathways to disengaged youths from the northern suburbs.

Powerful Futures was launched at Government House in February.





## Event to say thanks

The invaluable contribution of our 151 volunteers was recognised at a special event in May.

A luncheon was held at The Lakes Resort Hotel, where each volunteer received a certificate of appreciation.

UCWPA Volunteer Co-ordinator Jane Parker said the event, during National Volunteer Week, was a chance to say thank you to the team of hardworking volunteers.

"Without them, we would not be able to continue to provide such a high level of support to people in our aged care homes, community welfare programs and outreach services," Ms Parker said.

"Their dedication is invaluable and it was wonderful to be able to celebrate and show appreciation for their ongoing contribution."

## Collaborative vision to increase our impact

**H**undreds of community service workers from UnitingCare Wesley Port Adelaide and UnitingCare Wesley Bowden came together for a biennial conference in April.

The theme of the day – Working in the New World: From Competition to Collaboration – encouraged staff to explore ways the organisations can work together to increase their impact in the community.

The day was led by Tracey Ezard, who has many years' experience helping organisations engage, collaborate and act.

Ms Ezard said effective organisations must focus on:

- partnerships not hierarchy
- addressing real need, not perceived need
- collaboration not competition
- collective impact not isolated achievement

"There are great collaborations already going on between your organisations," Ms Ezard told the gathering at Morphettville Racecourse.

"This is about how we advance these workings, not that we don't recognise what is already happening."

Chris Arbon, from UCWB, and Craig Bradbrook, from UCWPA, took part in a panel discussion with Ms Ezard about the Inner West Collective Impact Initiative.

The project involves government and community representatives working together to improve the health, wellbeing and educational outcomes for children aged 0 to 18.

It started just over a year ago and is already strengthening networks between organisations in Adelaide's inner western suburbs and benefiting children living in the region.

Mr Arbon and Mr Bradbrook answered questions about the initiative, the challenges of collaboration and how they have overcome them.

Throughout the conference, staff from both organisations participated in group discussions to generate further ideas on ways to collaborate.

Among the suggestions were the development of a joint expo, a shared events calendar, a worker exchange program and co-location of services.

A joint committee will now review the ideas generated, with the view to implementing action to ensure collaboration moving forward.

## Bushfire victim support

Our staff visited the state's Mid-North earlier this year to encourage people affected by the Pinery bushfires to get support from NewAccess – a free, confidential coaching service.

We are delivering the *beyondblue* program, which supports people who are feeling stressed and overwhelmed, and who have symptoms of mild to moderate depression and anxiety.

NewAccess Service Integration Officer Kasia Miceli spent two days speaking with affected communities about the service, which offers coaching either over the phone or face-to-face.

UCWPA Community Services Senior Manager Meredith Perry said it was often several months after trauma that people needed help the most.

"Depression and anxiety often come quite a while after the event and we want people to know we are here to help," she said.

**People can access the program by calling 1800 010 630.**



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