

Flourish

CELEBRATING THE PEOPLE AND PROGRAMS OF UNITINGCARE WESLEY PORT ADELAIDE



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“There is no better time to throw the spotlight on the important role of our Community Mental Health programs.”

CEO LIBBY CRAFT, 2016



Welcome

Welcome to the spring edition of *Flourish*, our quarterly publication featuring the people and programs that make our organisation such an incredible place to work.

In this edition we are delighted to share with you an amazing musical event held recently at one of our country sites.

People attending our Day Options programs in Kingston and Bordertown spent a day writing and recording an original song with Australia's first girl band with disabilities, The Sisters of Invention.

The event, which was 12 months in the making, shows how much impact community collaboration can have, especially when combined with the passion of our staff to improve people's lives.

We offer a huge congratulations to everyone involved on creating what truly was a once-in-a-lifetime opportunity.

We also want to extend our congratulations to everyone who has been involved in our winter campaign, Hang it up for Poverty.

Not only have we collected a record number of clothes this year, but the campaign has raised much-needed funds and been pivotal in increasing community awareness around homelessness.

Our supported employees at Wesley Social Enterprises have again been instrumental in the campaign's success, having sorted and washed more than 17,000 items of clothing.

They even built new clothing racks to allow people in need across South Australia to visit us for a free shopping experience, extending our community impact.

This edition also features several articles on mental health, including interviews with people we have supported.

With World Suicide Prevention Day, R U OK? Day, Mental Health Week and World Mental Health Day in September and October, there is no better time to throw the spotlight on the important role of our Community Mental Health programs.

These are just a few of the stories in our second edition of *Flourish*. Thank you all for your continued passion and dedication to making a positive difference in our community.

MS LIBBY CRAFT
Chief Executive Officer

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Kathy Miller talks about the wonderful classes at Taperoo Community Centre

UPCOMING DATES

SEPTEMBER

5-9 Women's Health Week

8 R U OK Day?

10 World Suicide Prevention Day

OCTOBER

9-15 Mental Health Week

14 Festival of Now

16-22 Anti-Poverty Week

NOVEMBER

11 Remembrance Day

19-27 Social Inclusion Week

29 Free BBQ at Family Centre

UCWPA PROFILE



20,299

LIVES TOUCHED



822

EMPLOYEES



151

VOLUNTEERS



2,149

PEOPLE CARED FOR ACROSS AGED CARE



5,021

OCCASIONS OF EMERGENCY ASSISTANCE



Steve's grateful to be back on top

Steve Dante didn't expect such a reaction when he handed over \$400 at our Family Centre, citing "karma".

The life-long truck driver says it's just what everyone should do if they find life starts to go their way.

Steve had visited the centre at 58 Dale St one year earlier after losing his licence and with it, his job driving semi-trailers.

Unemployed and "embarrassed to ask friends for help", he came to us seeking \$400 to enable him to apply to get his licence back.

"I didn't want a hand out – I wanted a hand up," Steve, now 53, says.

"If it wasn't for you, I don't know how it would have ended."

After meeting with one of our financial counsellors, Steve secured the money and promptly booked in to re-sit his truck licence test.

He was successful and within three months had been re-employed at his former workplace.

Fast-forward to June and he was back at our centre, cash in hand.

"My morals are, if anyone helps me out when I'm down and I get on top, I will absolutely repay the favour," he says.

"I've always been like that, no matter who it is."

News of Steve's actions quickly spread through our organisation, helping brighten many people's day.

But Steve insists he "didn't expect it to go viral" and he is simply surprised more people don't give back once their circumstances improve.

"If you do the right thing, it will come back to you," he says.

"I believe in karma in a big way."

"My morals are, if anyone helps me out when I'm down and I get on top, I will absolutely repay the favour. I've always been like that, no matter who it is."

STEVE DANTE





Keeping our wetlands beautiful

No piece of rubbish goes unnoticed when our Wesley Social Enterprises crew works to clean up wetlands in Adelaide's north.

The team visits four wetlands each month to ensure the waterways are not polluted, as part of a contract with Playford Council.

WSE Gardening Supervisor Monique Alberton says the council is increasingly using our services because of the quality of work.

The team also cleans up the council's works depot monthly, and undertakes gardening in elderly residents' homes as part of the Home Assist program.

"We got the work because we do other work for the council and they were so impressed with what our guys do," Monique says.

"We are reliable, we are on time, and we always work to a high standard.

"Our guys take a sense of pride in their work."

Monique says the rubbish ranges from small pieces such as wrappers, straws and bottles, through to larger dumped items.

"We've even had a working lawnmower and shopping trolleys and chairs, believe it or not."

Watching the team at work, diligently combing the wetlands for rubbish, their sense of pride and achievement is evident.

Michael says he "loves being in nature" and for Andrew, "it's great being able to work outside".

Christopher joined the crew in February and says he loves being able to help in a meaningful way.

"It's a good job doing the wetlands and giving back to the environment."

"It's a good job doing the wetlands and giving back to the environment."

CHRISTOPHER

Aged Care upgrades on track

There are some exciting transformations taking place at our aged care sites, led by the \$40 million Wesley House redevelopment in Semaphore Park.

The three-stage project is nearing completion and includes 168 private bedrooms with ensuites, large activity spaces, and a café.

In the coming weeks, residents of nearby Morpeth Aged Care will move to Wesley House to enjoy the modern accommodation.

UCWPA Senior Manager Aged Care Deborah Burton says it is an exciting time for residents at both sites.

"It's marvellous that we are finally there after a number of years planning and building," Ms Burton says.

"It will be so lovely for our residents and staff to no longer be on a building site.

"It is exciting that Wesley House will also be opening a café for residents to enjoy with their families."

In Salisbury North, our Hawksbury Gardens Aged Care site is the next in line for an upgrade, with work on an extra 26 private rooms soon to commence.

Celebrating Croatia's independence

Residents and staff at Seaton Aged Care marked Croatian Independence Day in June with a day of celebrations.

A cake cutting ceremony kicked off the festivities, followed by a special blessing by Sister Angela and Father Josip, and an address by Reverend Les Underwood.

The celebrations continued through to the late afternoon, featuring good food, entertainment by Croatian entertainer Damir, and even some dancing!

A documentary on the Independence of Croatia, filmed by one of our residents, was also shown.

The day was a great success and continues to be a highlight at Seaton each year.



Stuart's journey an inspiration to others

Stuart Rutter wants to show people with a mental illness there is hope.

Hope for recovery, hope for independence, hope for a positive future.

He knows because he has been there.

While the 49-year-old is now employed as a support worker in our Community Mental Health programs, he did not first come to us seeking work.

He came seeking support from our GP Access program to help him manage his debilitating depression and Obsessive Compulsive Disorder (OCD).

It was 10 years ago and Stuart had already been experiencing mental illness for a decade.

"I was diagnosed with major depression when I was 27 and for 10 years, because I didn't want to stay on medication because of side effects, I was unwell," he recalls.

"I was hospitalised four times and the depression made the OCD worse.

"My last stay in hospital lasted three months."

Stuart's depression was triggered by a failed attempt to complete his Bachelor of Theology in Melbourne, after which he returned to Adelaide with "a lack of purpose and meaning".

His depression soon spiralled and brought out his OCD and associated anxiety.

After struggling for a decade, Stuart's last hospital stay was the catalyst for change.

He agreed to go on medication and started seeing a psychiatrist.

He spent time with support workers from GP Access, who helped him manage his health and wellbeing.

He also started seeing a psychologist who used Cognitive Behaviour Therapy (CBT) to reduce his anxiety and OCD.

"OCD is very difficult to understand – it's a very complex disorder," Stuart says.

"With the CBT I am learning to drop the rituals and to face the anxiety."

Stuart will tell you his battle with mental illness is not over, but he is learning to live a productive, independent life.

Last year he returned to our organisation after completing a Bachelor of Social Work to take up a paid position as a support worker with our IPRSS program.

Stuart gained great satisfaction from his work until he decided to take a step back to focus on his own mental health for a while.

He has since volunteered with our team at the Personal Helpers and Mentors program and this year took up another paid position – as a casual relief worker with our Avalon and Community Living programs.

Stuart says his journey has not been easy but it has given him a goal.

He will continue his studies and visualises one day working in private practice, using the same CBT and mindfulness techniques that have helped him so much along the way.

"I want to use my lived experience of mental illness to give others a sense of hope on the journey to recovery."

"I want to use my lived experience of mental illness to give others a sense of hope on the journey to recovery."

STUART RUTTER



Hang it up for Poverty makes history

Our winter campaign to support SA's homeless, Hang it up for Poverty, has been a resounding success. A record 17,000 items of clothing had already been donated at the end of August and more than \$33,800 had been raised.

Highlights of the 2016 campaign include:

- We partnered with the Central Market Kitchen, EcoCaddy, Spring Gully Foods and UC Invest to run the inaugural Adelaide Tea Break during Homelessness Week. We delivered morning tea to more than 300 city workers, raising \$6338 to support the important work of our Homelessness Services.
- The Wesley Social Enterprises team again played a huge part – washing and sorting all the clothes, plus building clothing racks for our first dedicated distribution centre. The centre in Alberton has allowed charities from across SA to bring people in need to us for a free shopping experience, further expanding our impact.
- Our annual quiz night was attended by a record 210 people and raised \$6170 for our Homelessness Services. The event at the Arkaba Hotel was hosted by Sean Craig Murphy, who this year became our first official HIUFP Ambassador!
- We ran a cooking class at the Central Market Kitchen for a group of young people experiencing homelessness. The class included a market tour, tips on shopping for nutritious food on a \$7-a-day budget and a lesson with a dietitian. It was so successful plans are now underway to incorporate the market kitchen experience into an ongoing life skills program for homeless youth.
- We opened our first Soup Kitchen at the Family Centre using money raised through Hang it up for Poverty, allowing people in need to enjoy a free hot lunch.
- We've established some incredible new partnerships including: with Fancy Burgers and Grill'd, which each raised funds for HIUFP through the sale of burgers and in-store customer donations; Adelaide fashion designer Liza Emanuele, who donated some of her amazing outfits; and the Young Lawyers Committee, which saw law firms across Adelaide donate business attire to HIUFP to help people in need find work. A massive thank you to all involved!

Campaign Manager Alice MacFarlane says the community's generosity and passion to get behind the cause has been overwhelming.

"Every year Hang it up for Poverty grows and I am in awe of the way the community has got behind us again this year," Ms MacFarlane says.

"Our first Adelaide Tea Break has seen us forge new relationships with city businesses, our quiz night was a huge success, our mobile wardrobe collected a record number of donations and our new clothing distribution centre means our community impact is greater than ever.

"To be honest, it is overwhelming but in a fantastic way."

For more information about the campaign and ways to get involved visit www.hangitupforpoverty.org.au

"Every year Hang it up for Poverty grows and I am in awe of the way the community has got behind us again this year"

ALICE MACFARLANE



"My ultimate goal is to try to make a change with people and how they see things, especially Aboriginal people. I want them to see that you can do anything if you put your mind to it."

CASSIUS STUART

He says being chosen for the traineeship is the next step in his journey to inspire other Aboriginal people to succeed.

"I want to be a good role model for the community, which has inspired me to get into this and really push for this job," he says.

"My ultimate goal is to try to make a change with people and how they see things, especially Aboriginal people.

"I want them to see that you can do anything if you put your mind to it."

Cassius will work in our programs four days a week and spend each Friday at Tauondi College, where he is working towards his Certificate 3 in Community Services.

He is joined at the classes by Emma, who began work this year in our Employment Related Accommodation program.

The 33-year-old had only just begun to study at Tauondi when she learned about the opportunity at an information day on Aboriginal traineeships, which was hosted by a consortium including UCWPA.

She is now providing support for Aboriginal people who are moving from remote communities to Adelaide to pursue educational and employment pathways.

"When I started study my main aim was to work with Indigenous people and give back to my community, so for me to get a position where all our clients are Aboriginal ... I could not have asked for a better opportunity," Emma says.

"I'm learning so much and having the best time – I don't want this year to end."

Duo brings fresh outlook to community services

Two new faces in our organisation are proving the value of collaboration.

Emma Flanagan and Cassius Stuart have joined the team this year, on the back of partnerships we have developed in the community.

Cassius, 19, has started a 12-month traineeship including four-month rotations through our Building Family Opportunities program, Community Mental Health programs and Homelessness Services.

He was identified for the position through our new partnership with Port Adelaide Football Club, which runs the Aboriginal AFL Academy.

The academy helped Cassius, originally from Port Augusta, complete his SACE in Adelaide while further enhancing his football.

Cassius says the academy developed his leadership skills and motivated him to become the best version of himself possible.



"It was so heartening to see the children interact and engage in a fun and creative way."

CRAIG BRADBROOK



Day of fun, laughter and creativity

It was smiles galore at Jelly Bean Play Land in the July school holidays when we hosted the inaugural Child and Family Convention.

About 120 children flocked to the Communities for Children event to enjoy the giant indoor playground, lunch and a movement and art session with art therapist Kerstin, of Creative Gems.

Connected Families manager Craig Bradbrook said the event was a wonderful way to engage families from diverse backgrounds across the western suburbs.

"It was so heartening to see the children interact and engage in a fun and creative way," Mr Bradbrook said.

"The inaugural event certainly was a success and we'll look to create future events to continue to connect families in the community."

Emergency relief services unite

A new collaboration between church-based agencies is improving the way emergency relief services are delivered across Adelaide.

We are working with Lutheran Community Care, UnitingCare Wesley Bowden and CareWorks SA to provide consistent emergency relief to people in need.

Co-ordinators from each of our agencies meet monthly to share knowledge and resources.

The partnership aims to ensure people across Adelaide have access to the same level of support, no matter which centre they attend.

UCWPA Anti-Poverty Team Leader Cindy Adey says the collaboration is a huge benefit to people in the community, who are now able to be referred between agencies to ensure they can access extra support when required.

"Being able to share knowledge and share resources with each other, and provide back-up support for people in need, has been so beneficial," Ms Adey says.

"It is already having such a huge impact and it will continue to deliver benefits the longer we work together."

Her views are echoed by Helen Lockwood, the director of lead agency Lutheran Community Care.

Ms Lockwood says the initiative is "an encouraging step forward in the work of emergency relief".

"We look forward to continuing to build these relationships between agencies and know it will ultimately bring positive outcomes for those who come to our organisations for support."

Lutheran Community Care Blair Athol Manager Leigh Goodenough adds:

"In what used to be a sector where organisations may have offered very different ER programs, we now have the ability to discuss openly where the real needs are, where the gaps are and work together to ensure people are experiencing a consistent level of support no matter where they live."

Pop band brings musical magic to Bordertown



Our country clients have joined forces with Australia's first girl band with disabilities to transform the usually quiet Bordertown into a hive of musical creativity.

Clients from our Kingston and Bordertown sites spent a day with The Sisters of Invention in May, writing and recording an original song.

They then visited Tatiara Civic Centre in the evening to watch the five-member pop band perform.

UCWPA Employment Access Coordinator Kelly Wigney says it was one of the most exciting days the group has ever experienced.

"In the country we don't have much exposure to music and dance and the arts," she says.

"It took a lot of behind the scenes work to make it happen – it was 12 months in the making.

"For us this is about as massive as it gets."

The day was made possible thanks to a Country Arts SA grant and collaboration with Tatiara Council and Tutti Arts, an organisation that supports the development of artists with a disability.

Ms Wigney says the participants, from our Day Options programs, relished the opportunity to work together to create music.

"Some of those involved had very significant needs but were still able to participate and flourish to their absolute max," she says.

"The clients enjoyed the experience immensely but the main thing is clients who we thought might be a bit resistant to join in were out the front in the action.

"There was a real sense of pride that they were able to achieve something to a high level."

The next step is to try to get the song played on local radio and potentially even sell a CD to raise money for the group to have more new experiences.

"These are opportunities that just aren't here in Bordertown and people in the city take them for granted," Ms Wigney says.

"All I can say is it has been absolutely amazing.

"Our clients are still talking about it."

Some of those involved had very significant needs but were still able to participate and flourish to their absolute max."

KELLY WIGNEY



Computer donation to help in education

We were delighted to donate two computers to support an adult education program being run by the South Sudanese Employment Pathways Reference Group.

The laptops will be used to teach computer skills at Playford International College, to help people on the path to employment.

Group chairperson Buol Juuk wrote to our Employment Services team to thank them for the donation.

"The computer class students are very delighted for their dream to learn computer skills is becoming real," Mr Juuk wrote.

"Once again thank you very much and I look forward to working closely with your organisation."

More housing on Portway's horizon

Portway Housing Association has started work to create a further 14 affordable properties in the western suburbs.

Eight derelict townhouses on Torrens Rd, Pennington, are being completely refurbished and a new six-townhouse development is underway in Kidman Park.

Portway Housing helps low income families, young people, refugees and people living with mental health related disabilities secure long-term, affordable and appropriate housing.

The latest developments will bring the number of properties managed by Portway to more than 380.



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 Kathy Miller

In her role as Coordinator of Taperoo Community Centre, Kathy Miller is pivotal in improving people's skills, confidence and community connection. We sat down for a coffee at Red Lime Shack in Port Adelaide to chat about the people and programs that make the centre such a success.

Q. Can you tell me about Taperoo Community Centre and what it offers?

A. The centre is a vibrant community centre offering a diverse range of programs that respond to community needs. We have educational programs such as computing, literacy, self-development and learning support. We also have health and wellbeing programs, art and craft classes, sewing, teddy bear making and even a camera club. In total we facilitate about 17 programs each week.

Q. When is it open?

A. We are open Monday to Wednesday, from 9am to 5pm, and on Thursdays, from 9am until 2pm. Our camera club also runs on Friday mornings. The rest of the time the centre is available to be hired by other organisations.

Q. What are some of the most popular classes?

A. The majority of our classes are very well attended so it's a bit difficult to say. In terms of size, the centre has a very large Over 50s group, with more than 20 people attending. Computing for Absolute Beginners is also a popular one as it attracts a lot of older people who realise how important it is in today's age to learn how to use a computer.

Q. Can you tell me about the new classes which commenced in Term 3?

A. We have four new classes this term. There's Flex Me – an exercise program run by a local physiotherapist; Learn to Meditate – a program to help people calm their minds and let go of the stresses of daily life; Laughter for Wellbeing – which is really fun and teaches people how to use laughter and humour to improve their wellbeing; and Expressing your Creativity through Art – which teaches a variety of art techniques.

Q. How do people attending the centre describe it?

A. I have recently asked some of our participants and they said they find the centre friendly and welcoming. Some people described it as inclusive and others spoke about how it has helped build their confidence and given them the opportunity to learn new things.

Q. What is the best thing about your work?

A. The joy of making a positive difference in the lives of others. Also, the satisfaction of being a part of building positive relationships with community partners and other UCWPA services to work towards building community spirit and providing great programs that meet community needs.

Q. What role do volunteers play at the centre?

A. We have 15 volunteers and they are absolutely integral to the centre's success. They help with gardening, cleaning, group support and group facilitation. I'd be lost without them.

Q. Why is a community centre so important?

A. I've spoken to some of our participants about this and they overwhelmingly spoke about the centre's role reducing social isolation. They said it provides them with a place to do meaningful things and meet new people. One person even said it gives them a reason to get up in the morning.

Q. What's your vision for the centre's future?

A. I want to keep making sure that the centre's programs are fresh, vibrant and alive and they are meeting the needs of the community.

Fun facts

Favourite colour? Blue & purple

Favourite animal? Dogs & cats

Favourite food? Thai cuisine

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

I would love to sit down and have a chat with my mum, dad and sister, who have all passed away, and have a bowl of mum's hearty homemade soup. I really miss them all.

What three items would you want if you were stranded on a desert island? Shelter, a good book and my husband

The issue we should all be talking about this September

By Kasia Miceli

Saturday the 10th of September is World Suicide Prevention Day. It is the day that we're all encouraged to check in with our friends, family members and colleagues, and see how they're doing.

According to the Australian Bureau of Statistics, the suicide rate increased by 13.5% between 2013 and 2014. It is currently the leading cause of premature death in Australia. We're facing 2,864 suicides per year, almost 8 a day. That's 1 suicide every 3 hours.

Here are some tips about what to do if someone you know tells you that they're struggling:



1

Take them seriously

It is important you let the person know you are taking their situation seriously. Tell them you care and you want to help.



2

Remind them that they're not alone

Almost half of all Australians will experience a mental health condition in their lifetime, and help is available.



3

Encourage them to seek help

If they're feeling stressed, anxious, low, or struggling to cope with life pressures, there are also many fantastic resources that can help. They could speak to their GP or call one of the support services available (see list right).



4

Reassure them

For anyone experiencing real difficulties, tell them they can call Lifeline for support and advice on 13 11 14. If the danger to life is immediate, call 000.

24 hour help

If you or someone you know needs support, it's never too late to ask for help. Take action and change things today.

Lifeline 13 11 14

Suicide Call Back Service
1300 65 94 67

MensLine Australia
1300 78 99 78

Mental Health Triage 13 14 65
beyondblue 1300 22 46 36

Reconciliation in the West



We were privileged to take part in this year's Reconciliation in the West event at Tauondi College – a fusion of colour, music, learning and community collaboration.

We partnered with Reconciliation SA, Tauondi College, Life Without Barriers and Anglicare SA to stage the event on June 2, as part of National Reconciliation Week.



This year's theme, 'Our History, Our Story, Our Future,' brought the community together to celebrate and recognise the ongoing journey of reconciliation.

Our Chief Executive Officer Libby Craft was among the speakers and our staff and volunteers set up interactive stalls to engage the community and share information about our services.



The journey from homeless to home

Leah is one of the first people you will meet if you contact our Western Adelaide Homelessness Service.

She works as part of the Duty Intake Team, which is the first port of call for people who are at crisis point.

The team assesses each person's needs and works out how to overcome the barriers preventing them from having a roof over their heads.

With a lack of affordable housing, Leah says matching clients with accommodation is often a long and difficult task.

"The stories that people come through and tell us are awful, absolutely horrible," she says.

"And you want nothing more than to help them find that home, that roof over their head, that stability, that predictability, that safety ... but there's no quick fix.

"There's no click your fingers, make a house appear. And there's just not enough housing options.

"I see people every single day that I would do anything to give a house to if I could, but I can't."

Instead, the team often has to find the next best thing to a house for their clients to ensure they are not left sleeping rough.

Leah explains some of the options:

"If it's a single female we will be looking to get them into a shelter because the shelters can then provide some other case management on top of that.

"If it's a family with nowhere to go that night then it's emergency accommodation.

"If it's a single male it's normally a boarding house.

"If it's youth, there are quite a few supported facilities around the place."

With a psychology degree, counselling degree and background as a school teacher, Leah could have her pick of jobs but the homelessness sector has her heart.

"You are seeing people at their worst and their most vulnerable and I think that's a real privilege," she says.

"I use my brain, I get to be compassionate.

"I think there's a heck of a lot of people that couldn't hack this type of work so the fact that I can, is all the more reason that I should."

Plus, she says, there's nothing like the feeling of seeing a client complete the journey from homeless to home.

"When you get people into supportive housing or transitional housing or community housing or a private rental, you really celebrate those wins because they give people a chance.

"A chance to get their life in order and once they can do that, once you get the ball rolling in the right direction, it's a lot easier to keep moving in the right direction.

"The small victories of actually getting people housed is the best bit."

"You are seeing people at their worst and their most vulnerable and I think that's a real privilege."

LEAH

Congratulations to our newest Centenarians



Fay Ellis

Fay Ellis has tried not to waste a moment of her 100 years. In her 90s she took a helicopter ride to a glacier in New Zealand. She also plunged into the depths of the ocean in a submarine off Lord Howe Island.

"I joined in everything that I could and I still do," she says.

"If you don't join in you are missing out on so much."

Even at 100, Fay is always in the thick of things at Wesley House – from bowling to bingo, quizzes to knitting, and church on Sundays.

Not bad for someone who was considered sickly as a child. She even missed out on a special maypole dance when the Duke and Duchess of York visited because her teachers deemed her "not strong enough".

Fay was born in Wallaroo Mines on June 13, 1916, in a house on Lipson Rd – a point she is reminded of daily by the sign down the hall that reads 'Lipson Wing'.

Part way through primary school the mines closed and her family moved to Adelaide, before returning to Kadina for Fay's final two years of schooling.

She later returned to Adelaide to live and work in the home of a school teacher and during this time met husband-to-be, Lionel, at Alberton Uniting Church.

Two years later the pair married and moved to Pennington, where they lovingly raised two children, David and Judith.

Over the years two grandchildren and a great-grandchild completed the clan.

Fay says "life is good" but it has its tough times.

The deaths of Lionel, and later David – both to cancer – were particular hard, but she has learned to find happiness through the struggle.

"You have to accept what comes and make the best of things. It's not always going to be a bed of roses but you must enjoy life."

Fay celebrated her birthday with a special lunch at the Bartley Tavern with family and friends.



Natalia Tarasenko

"Spasibo, spasibo, spasibo," Natalia Tarasenko says, as she looks around the room filled with family, friends and birthday balloons.

Her grandson, Peter, translates: "She is saying, 'Thank you, thank you, thank you'."

He continues to translate his grandmother's native Russian for the crowd gathered to celebrate her 100th birthday:

"Thank you everyone for coming. I didn't think I was going to have such a birthday as this. My sincere wish for all of you is to be healthy and to have the years that God has given me."

And with that the room breaks into applause and the birthday cake is cut, marking an incredible milestone.

Natalia's celebration at Wesley House is a long way from Russia, where she was born a century ago, on 10 August 1916.

Peter says his grandmother lived a relatively wealthy life as a young child until 1921 when all that changed.

"The Revolution came along so they all had to leave everything behind," he explains.

"They said to her family, 'We are going to come and arrest you,' so they had to move slowly across Russia into China.

"They lived there until 1960 when again there was a Revolution and again they had to leave."

It was 19 January 1961 when Natalia arrived in Sydney with her husband Peter and four of her children.

The family soon settled in Adelaide and Natalia spent her years in Queenstown and Royal Park, where she raised her five children. The family has since grown to include 20 grandchildren, 40 great-grandchildren and even 2 great-great-grandchildren.

Peter says his grandmother is thankful every day for the way her life has turned out.

"She didn't have this when she was born – no electricity, no running water – and now she gets looked after. She says if she had been back there she wouldn't have lived to 100. She is just happy that at her age she can be looked after so well, like she is now."



Todd's future is looking bright

Todd Jones is almost unrecognisable from the man he was four years ago.

It is not just the fact he has almost halved his body weight.

It is the changes within that have truly transformed the 43-year-old.

Todd turned to us for help late last year after a series of major life changes compounded his anxiety.

Ironically, he will tell you, they were positive changes but they altered his life so radically he had trouble coping.

After being single for 20 years, he met the woman of his dreams and with that, became a father figure to her 8-year-old daughter.

The couple quickly became engaged and Todd moved in with them.

It came on the back of his massive weight loss, which brought with it a feeling of lost identity.

"Everything was turned upside down in one go and I was having trouble processing it and dealing with it," Todd says.

"Because I am very much a pessimist, I expect the worst to happen and that started to become the norm and then I started to panic about it.

"I'd find myself thinking that if I married her and I was successful then an orphanage would collapse or something along those lines.

"It was a fear of being punished for something so good."

Todd heard about NewAccess, a *beyondblue* coaching program our organisation has been delivering in Adelaide, and decided to give it a try.

The free program provides support for people with mild to moderate depression and anxiety by offering six sessions with our specifically trained coaches, either over the phone or face-to-face.

The program has helped more than 1500 people since early 2014 and in July had a 76.86% recovery rate in South Australia, leading to plans to replicate it across the country.

Todd was paired with Coach Stephanie Buckley, who helped him manage his anxiety by learning to differentiate between his practical worries and hypothetical ones.

"It was very much like talking to somebody you know, who was removed from your situation at the same time, which I found easy," Todd says.

"It was very much like talking to somebody you know, who was removed from your situation at the same time, which I found easy."

TODD

It taught me to look at things objectively rather than emotionally.

"Now I'm less likely to start to panic and get anxiety, as to assess the situation and find the solution."

Todd says the program has had significant flow-on benefits, from his work life through to family relationships.

And the pinnacle was the moment in May when he married the woman of his dreams, knowing with confidence he faced a bright future.

"I think if I hadn't done the program I almost have doubts whether I could have got married because I started to panic.

"Now I'm mentally ready to have another baby. I never thought those words would come out of my mouth."



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