

The **Supporter** **ANGLICARE**

HOPE IS HERE. SA.

Winter 2011 • Vol 19 no 2

Winter appeal: it's cold!
Check out this year's soup
What babies do

Hoping – for a fair fight

Anglicare's annual great debate will open our winter appeal. It's all about hope, and this year, the topic: 'Will hope do?' will be slugged out by Business SA's chief Peter Vaughan v. Channel 10's Rebecca Morse (pictured).

Peter will be joined by the Adelaide Crows chief executive Steven Trigg and, on the side of the angels, Anglicare's Lynn Arnold.

The ringmaster will be Peter Goers, who kept us in stitches at the past two rounds.

It all happens at breakfast at the Adelaide Oval on 8 June. Sponsors of the breakfast are Hindmarsh Plumbing, Hyundai, International Linen and Statewide Superannuation.

For more information, call Emma Yeend on 8305 9230 – and join us!



Changing lives, one by one



• from Dr Lynn Arnold AO, Chief Executive Officer of Anglicare SA

Every person who comes to Anglicare has their own story. They may be struggling through a family breakdown, or desperately trying to make ends meet, or battling mental health problems.

Anglicare staff and volunteers work with patience, empathy, and most importantly, respect, to help people get find their strengths and their potential again.

It's never a short story. It takes time and patience, but it is always worth bringing people back to their community.

However dark and difficult the times, we believe there is always hope.

However bad the past has been, the future can be written differently.

There is hope for friends, for connections, for happy times, for days where people can simply enjoy being alive. Like rare sunshine on a cold winter day, those times are precious.

We can tell you the statistics, and sometimes the sheer volume of people on the doorstep feels overwhelming, but in truth, our work is all about individuals.

One by one, we matter to the people around us, and to God. Jesus pointed it out, again and again, that our loving God cares about each of us: "the very hairs on your head are numbered: (Luke 12:7).

One by one, we matter.

One by one, our clients matter.

One by one, they rediscover their hope for better days, as our staff are walking alongside them.

We'd like to bring you their stories, one by one, if only we had the time and space! Having Bill or Lily in your lounge rooms is the best way we can make the connections. It's their words which remind us that people don't ask for the troubles which beset them.

There, but for the Grace of God, we think...that could be me...

And the connections matter, because it's your help that makes our work possible. No one person can fix all of the problems, but your donation means Anglicare can keep doing that work for individuals and ultimately, for the good of our whole community.

And as we seek your continued support, at winter and throughout the year, your connection makes you a partner in bringing hope to people.

Most importantly, it is your support that shows our clients that there are people who still care. And we care for people as individuals, one by one.

Join us.

God bless,

the **Supporter**

news and views about
the work of
ANGLICARE
HOPE IS HERE. SA.

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'Yes...
Anglicare
SA is a QIC
accredited
organisation'

Cold brings a run on blankets

Thanks to the Adelaide Arcade, Anglicare will again be in the centre of the city to collect donations for our winter appeal.

Cash (or card) donations are always welcome, but you can also drop in non-perishable foods and clean blankets.

As the cold descends, Anglicare's four metropolitan centres say the demand for blankets, warm clothing and foods that can make a meal are most helpful.

Most wanted food items include:

- tins of soup or stew
- pasta and pasta sauces
- tinned meat – ham, tuna, or sardines; and
- long life milk.

At The Magdalene Centre, crisis support service manager Matt Carter said "ring pull cans are particularly helpful. If you are living on the streets, you won't always have a can opener.

"And we are always seeking clean blankets, single bed size or larger."

"Warm, clean clothes are always in demand, too."

At Elizabeth, Sandy Fairweather said woollen beanies, warm gloves and socks are always welcome: they are a good way to help people keep out the cold and make people just that bit more comfortable.

In the south, manager Gail Brown said people are particularly suffering from the cost of housing, mortgage stress and unemployment. Making ends meet is a weekly, indeed daily, challenge.

Anglicare's booth in the Adelaide Arcade is open weekdays from 14 June to 1 July, from 10.30am–2.30pm.

If you are coming past, drop in and buy an Anglicare mug for just \$5: and you can have it filled with coffee, tea or the soup of the day for free at (name to be supplied)

There will also be red hot specials on the sales table: our band of volunteers will be happy to serve you.

And keep warm this winter.

Thank you.

In a crisis, where do you turn?

Anglicare has four centres which offer emergency food, clothing or vouchers to people in need of help in an emergency. Sometimes this can be limited help with an electricity or gas bill, medication at a chemist, or bus tickets.

In the past 12 months, Anglicare has helped an average of 345 households in greater Adelaide every week.

Week in, week out, our staff and volunteers meet hundreds of people who come to Anglicare seeking hope for the future, for themselves and their families.



Purchase an **Anglicare mug** and have it filled **FREE** with coffee, tea or soup at Coffee Spot, Shop 48 Adelaide Arcade.



ADELAIDE ARCADE

Open 7 days
Opposite the fountain in Rundle Mall
www.adelaidearcade.com.au

Lifestyle choices for older people

Anglicare's Seniors Living communities are getting bigger and better with the addition of independent living units (ILUs).

Independent living units provide accommodation to elderly people with the added bonus of being co-located at an Anglicare aged care facility.

While residents are fully independent (as the name suggests) and do not receive nursing care, community care can bring them in-home help if they need it.

Residents in the ILUs are strongly linked with Anglicare's aged care community, with access to our extensive services including physiotherapy, hairdressing and podiatry.

Karen Haylock, client liaison manager for Anglicare's Seniors Living, said older people choosing to 'downsize' like the community atmosphere of an ILU and not having to be worried about things like home maintenance.

For example, one gentleman is choosing to move in to an ILU because his wife is a resident at the aged care centre next door. While he is no longer able to take care of her himself, he wants to remain as close to her as he can.

Dutton Court at Elizabeth East will house nine new ILUs, adding to its current 31. Twenty-four will be built at Grandview Heights in Trott Park.

By the end of this year Anglicare will have 64 ILUs at two different locations. During the next financial year, 16 more units will be built at All Hallows Court as part of the complete rebuilding of the Westbourne Park centre.



Nearing completion:
Independent Living Units at
Grandview Heights in Trott Park

A brush with a cause



PricewaterhouseCoopers staff got into the paint on 15 April, turning up in force to paint the Archway buildings in Port Adelaide.

More than 20 staff members worked right through two buildings, painting bedrooms and lounge rooms and only taking a break for lunch, when the West Lakes Rotary turned up with a barbecue and all the trimmings.

Spokesperson Jessica Tan, who organised the day, said the company allows staff a 'Foundation day': one day every year for a community cause. Anglicare's Archway was chosen because it was "a good cause — and great way to help out and see results."

Sincere thanks to PricewaterhouseCoopers and all your staff: pictured are Katherine Wakefield and Sasha Kitto wielding their brushes.

Getting the relationships right

Most of us do life quite well, most of the time.

But we could all use a little help when it comes to making relationships work better: with our families, life partners and workmates.

Anglicare has a number of workshops for people in the community facing life challenges. The courses are run through the Families in Focus program.

There are courses for individuals, and they are particularly good for community groups. If you have a group, educator Paull Wood can bring the courses to you.

There is a wide range to choose from, and the courses are very reasonably priced: from around \$20 per session. Families in Focus is also able to offer a number of courses in the community at no cost.

"People can get stuck in a rut because they are too frightened to change. Low self-esteem may make them frightened of failing," Paull said.

Learning is fun

"I like to make our sessions comfortable, trusting and most of all, fun. When you are relaxed, you can begin to appreciate new knowledge and wisdom," Paull said.

With a background in education, Paull has worked extensively with Aboriginal groups, and people who are battling long term unemployment. He is keen to take his experience with adult education and community groups to a wider audience.

"It sounds like a cliché, but I have a strong sense of vocation. I really want to help people improve their lives."

Paul also has some well designed training for men, who are often not as intuitive as women about their relationships and effective communication.

A full range of the Families in Focus workshops is on the website, but you can also ring Paull on 8392 3100 or 8392 3108 to discuss your needs.

...and get on with life, as Paull says, "you are never too old to learn."



Relationships are worth working on!

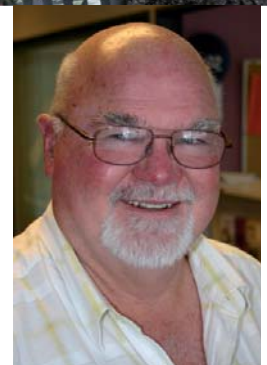
Try these Families in Focus courses:

Group facilitation skills: a three day course on how to run an effective group

How to say 'no' and mean it: getting your message across clearly and effectively

Kids and Feelings: improving parents' confidence

Let's make it work! How to maintain healthy relationships



Relationship educator
Paull Wood

Let's talk about what babies do



'Use me!'

Noted expert Dr Anne Sved Williams recently reviewed the Baby Strength cards and praised them highly:

Rarely do I come across something which immediately shouts at me: "Use me and I will enhance the work you do with grace and ease!"

While the words on the card are a straightforward statement of normal infant development, the delightful drawing often portrays behaviour which may NOT delight the parent.

A good example is the card entitled 'I can be curious': the curiosity is portrayed by one infant pulling the hair ribbon of another small and rather unhappy child. Thus the card ensures that the infant behaviour which may upset the parent is very quickly reframed not just as 'normal' but also in terms which imply that good may come of curiosity – perhaps directed somewhat differently! The 'I can learn' – noisy – and 'I can be clever' – dissecting a packet of flour – are more examples of the reframe which Jan uses with such a light touch.

Dr Anne Sved Williams

There's some new help for mums who are battling postnatal depression: it's bright and colourful and comes with strong messages of support.

Baby Strength cards were designed and made by Jan Player (pictured, left) a very talented worker with Anglicare's Family Support Program. Jan works with the 'Staying Attached' program, for new mums at risk of postnatal depression.

Manager Konrad Gawlik said the cards were an example of "the program's use of creative and cutting edge approaches to supporting mothers experiencing postnatal depression, and are a credit to the whole Staying Attached team."

The *Baby Strengths* card set is a delightful set of cards for

- recognising baby strength
- understanding baby cues
- nurturing connections with baby, and
- building solid foundations for baby development.

Konrad Gawlik, manager of the Family Support Program, said *Baby Strengths* can be with mothers, fathers and grandparents, childcare and family workers, parenting educators, health professionals...



anyone who cares for babies and parents.

The cards are conversation starters on what's normal for babies: "they help adults reframe behaviour in a positive light," Konrad said.

For example, crying is what babies do, it's not bad behaviour on the baby's part—or bad parenting on yours.

The cards were recognised as so valuable that St Luke's Anglicare Resources decided to print and market them.

Late last year, the *Baby Strengths* cards were given a test run at a national conference, with widespread acclaim – now they are headed overseas.

Konrad said the cards were not just appreciated, but "raved over" by other professionals in the field.

The *Baby Strength* cards were launched at Relationships Australia in April, by psychiatrist and early child care specialist, Dr Anne Sved Williams, from the University of Adelaide.



Winter soup a hot favourite



Jarred Styles does quite a bit of catering in his role as director of Turnstyles Events. He is also organising this year's Great Chefs of Adelaide Luncheon – so his recipes are not only well sourced, they are well tested!

Jarred has been experimenting this soup for some time: he reckons it is perfect and we had to agree, easy and very tasty.

Try it to keep you warm this winter, or enjoy a cup with friends for a gold coin donation to Anglicare.

Zucchini, basil & parmesan soup

2 tbs olive oil
1kg green zucchini diced into small cubes
4 cloves of garlic, finely chopped
1/3 cup packed basil leaves, torn
3 cups of chicken stock
2 tbs flat leaf parsley, finely chopped
1/3 cup pouring cream
60g finely grated parmesan
Finely sliced basil leaves and shaved parmesan for garnish

Heat oil in a large saucepan, add zucchini, garlic and basil and cook

on low heat for 10 minutes or until the zucchini is slightly brown and soft. Be careful not to burn the garlic. Add chicken stock and simmer for 10 minutes. Remove from heat and process until smooth. When ready to serve return pan to medium heat and stir in parsley, cream and parmesan until heated through but not boiling. Season with salt and pepper then ladle soup into warm bowls and scatter with sliced basil and shaved parmesan.

Serves 4 (recipe can be doubled for larger crowd)

The Great Chefs of Adelaide Luncheon



Renowned chef **Simon Bryant** will once again head up the Great Chefs of Adelaide for the premier food and wine event in the state. This year will highlight South Australia's brilliant regional produce.

Sunday 16 October at the Adelaide Town Hall; tickets \$185 each

For enquiries, or to book tables of ten or individual tickets, call Emma on 8305 9230. Last year's event was a sellout: to avoid disappointment, book now!

All proceeds from the Great Chefs Luncheon to the Archbishop's Appeal for Anglicare's Generate program



Proudly brought to you by Seeley International, and supported by



Adelaide Town Hall

YouTube campaign seeks foster families

A simple 'claymation' videoclip promoting Foster Care is currently working to raise awareness of the need for new Foster Families.

The family-friendly message is being spread through email and online networks as way of reaching a different audience through the use of new media.

When Tim Hayward-Brown of Anglicare's Alternative Care program put the clip together, his son Dion (pictured) wanted to get involved. That's Dion's voiceover you hear at the start of the clip.

If you think you know a group or individual who may be interested in fostering, please forward the link to them. You can see the clip at:

- <http://www.anglicare-sa.org.au/foster-care>, or
- <http://www.youtube.com/user/AnglicareSA>

Anglicare Foster Carers are part of a skilled team of families and social workers, who provide safe and nurturing care for children in the community.

Foster Carers can be at home, studying or working part or full-time. They come from all family types, singles and couples. Free training and 24/7 support is provided for all our Foster Carers. If you are interested in finding out more about Foster Care, contact us today on (08) 8131 3456 or email fostercareenquiries@anglicare-sa.org.au



Dion and the clay figures that are putting the foster care story on YouTube

Federal budget woes

Anglicare welcomed initiatives in the Federal Budget which provided more opportunities for people on welfare.

"The shift towards individual plans and support for the most vulnerable members of our community offers real hope" Anglicare Australia's Kasy Chambers said.

"The challenge will be in implementation. We all know it is not as simple as giving everyone a work test. Work experience must be linked to individual capacities and aspirations, as well as providing a line of sight to open employment. It is not just about pointing them at a job.

Anglicare SA chief executive officer Lynn Arnold said our own Generate program

had demonstrated that it's not simply about ordering people to become connected with the workforce. Generate staff work with young people and their families, sometimes over months, to prepare them for full participation in the community.

Dr Arnold also pointed out that life is increasingly difficult for people on low incomes. Allowances such as Newstart are effectively shrinking; while cost of living increases are, as a proportion, larger than for the rest of Australia.

He said agencies such as Anglicare need to work closely with the government to ensure that people are not simply penalised, but supported effectively.

Housing so hard if you're on a low income

Low income earners face a real challenge finding affordable housing, according to a survey done by Anglicare.

Less than 1 per cent of private rental housing across Adelaide is both affordable and appropriate for most low income households on government pensions and allowances.

The annual *Anglicare Australia Rental Affordability Snapshot* surveyed available private rental properties in Australia on 11 April 2011.

In South Australia, single people on Newstart, Youth Allowance, or Austudy, could not afford any advertised housing, including shared accommodation.

The survey was designed to highlight what a South Australian living on a low income would confront if they were looking for somewhere to live.

It showed that there is simply not enough affordable housing stock for those who need it. In both metropolitan and state-wide terms, a number of household types had no affordable and appropriate houses available to them.

How they did it

For the purposes of the survey, an affordable property was one which cost less than 30 per cent of the household's income (including their basic Centrelink payment, rent assistance and Family Tax Benefit as applicable).

If the household would pay more than 30 per cent of its income in rent, then it would be considered to be in 'housing stress', rendering the property unaffordable.

Some of the survey results

- In the whole state there were 254 properties (7%) affordable and appropriate for a couple on an aged pension with no children. Again this was greatly reduced in the metropolitan area to 27 properties (1% of state wide listing).
- In South Australia, there were 143 properties (4%) affordable but only 96 (3%) were appropriate for that household type.
- A single person on the Age Pension or the Disability Support Pension had the choice of 48 properties (1%) in the state. Narrowing this down to the metropolitan area left just 5 properties that were both affordable and appropriate.
- Single people on Newstart, Youth allowances, or Austudy could not afford any advertised private housing, including shared accommodation.

Anglicare's General Manager of Housing and Homelessness Services, Andrew Davis, said there are many reasons people to find themselves seeking housing assistance.

"The market for affordable housing is very tight. Most of our clients rely solely on Centrelink benefits and just can't afford to pay market rent," Mr Davis said.

Almost one third of households in South Australia rely on government benefits as their sole source of income, and almost 30,000 households are in housing stress (spending more than 30 per cent of household income on housing).

He said there is no "typical" Anglicare housing client and there are many factors that can lead to homelessness. These factors can affect anyone, such as loss of employment, sickness, mental illness or family breakdown. For example, domestic violence often results in women fleeing their home and seeking a house for themselves and their children.

"But a single mother with three children could not afford more than \$250 a week in rent, and is unlikely to find suitable accommodation," he said.

The level of vacancies in the private rental market in Adelaide has been below 2 per cent for the past five years, one of the lowest in Australia, and as a result the waiting list for social housing continues to grow. There has also been a steady decline in the provision of public housing stock in SA. Housing SA has 22 per cent fewer houses now than they did in the early 1990s. And the situation is not going to improve without major policy shifts by government.

"If we can get our clients into transitional housing for 12 months it gives them a chance to get back on their feet and they are more likely to move into a permanent home," Mr Davis said.



Wanslea's buzzing

Staff member Olivia Muscat with one of her charges at Wanslea, little Emma. They were both having a great day at the fete!

In the company of hope

Anglicare extends its sincere thanks and welcomes our new corporate hope partner

- Aussie, Adelaide

hope

Parents, friends and neighbours flocked to the Autumn fete at the Wanslea child care centre at Kingswood on 14 May.

The event was a fundraiser for equipment for the centre, and lots of fun as well. Sincere thanks to the staff who gave up their Saturday to make it such a success!

Wanslea was recently nominated for an award in the Australian Family Child Care awards.

While Wanslea missed out on the top state prize, manager Susan Richards said she was "honoured that parents and the community would take the time to nominate us as a childcare centre; it's lovely to be recognised."

Anglicare Annual Service

Celebrating 151 years of Anglican care in South Australia

**Thursday 30 June at 12 noon
St Peter's Cathedral**

Guest preacher – the Rev'd Dr Matthew Anstey Principal, St Barnabas' Theological College

A light lunch to follow in the Cynthia Poulton Hall

RSVP for catering appreciated – contact Emma Yeend on 8305 9230 or eyeend@anglicare-sa.org.au

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To order, call Tim on 8305 9234 or visit www.hopesa.com.au/entertainmentbook

Remembering a much-loved volunteer

Anglicare volunteers are highly valued members of our teams, who do many and varied tasks in Anglicare's 30 sites.

The late Jean Bateman was a tireless volunteer for Anglicare. In over 15 years, she packed up hundreds of thousands of Christmas cards for Anglicare — along with many other tasks.

Sadly, Jean died at Grandview Court in 2010 — but she is not forgotten.

Jean worked mostly from a storeroom, which last year was renovated to become a small meeting room next to the chapel in Anglicare's St Barnabas building in North



At the dedication of the Jean Bateman room, from left, Anglicare chaplain Peter Burke, Jean's son Keith Bateman, Bishop David McCall and Jean's daughter Linda Beauchamp

Adelaide. A staff member suggested the room be named in honour of Jean, after all the work she had done there.

So the **Jean Bateman room** was dedicated by Bishop McCall in March, and Jean's family and friends attended.

What keeps us warm in winter...

Every now and then it becomes necessary to state the obvious. Winter is one such time. It isn't rocket science to answer the simple question, 'What keeps us warm in winter?' There are some very obvious answers as well as some more subtle ones, so here is a list to which you might add your own:

- **Hot food** — especially porridge, soups, casseroles and naughty steamed puddings
- **Warm clothes** — at least three layers when going outside
- A **glass** of something hot (or not)

- A **decent hat**, or an indecent one, as long as it's woolly
- **Blankets** — and, let's be honest now, flannelette sheets
- A place to live to **shelter** from the cold especially at night or when it's raining or blowing a gale
- **Companionship** — people we can trust to share the events of the day, its joys and troubles, great or small
- A sense of **meaning and purpose** in our lives, that we are doing something worthwhile for others and ourselves
- **Recreational** pursuits and the sense of excitement they bring
- The **memory** of good times in the past, of good people who loved us and showed us there is something beyond the cold and dark of today
- The **knowledge** that we are not alone, that God cares because people care or that even if people fail to care, God still cares

There may be other things on your list. The point is, we all need such things and most of the time we are blessed with them but not always and

sadly, not everybody. It's up to us as a community to make sure everyone in it has a decent chance to get some, if not all, of the things which help to bring warmth in winter and any time of the year.

Anglicare is one significant way the community of South Australia responds to this simple and obvious list of what keeps us warm in winter.

We already know what we can do to help share some of this warmth around.

Peter Burke
Manager, Pastoral Care and
Parish Development Bureau
Anglicare SA



Hope's no load to carry

Scores of little girls have been made very happy by a kind gift to Anglicare.

Jen Watts, founder of the *Fairies* (Australian TV series) had some slightly less than perfect backpacks made: they were just too good to sell cheaply or throw away.

She gave them to Anglicare to give to some of our family clients, and they have been very much appreciated.

Jen said "I think Anglicare does a fabulous job: it was just a small thing we could do to help."

• Pictured, l-r, Rubina, Gloria, Esther and Zilpah have been in Australia just six months, and have been settling in with the help of our refugee resettlement program. The big girls were happy to help the little girls give the Fairies backpacks a trial run!

Become a hope partner with us

Name _____

Address _____

Postcode _____

Your email _____ daytime phone no _____

I would like to make a one-off donation (please enclose cheque or fill out credit card details below)

\$ _____ or

I will become a Hope Partner with Anglicare with monthly support of

\$30 My choice \$ _____

I would like my monthly pledge to be by Direct Debit Credit Card

Month of first payment _____

I/We request that Anglicare SA arranges for funds to be debited from my/our account identified below for two years, and understand that my/our account will be debited on the first Wednesday of each month for the amount shown above.

• Direct debit details

Financial institution name and branch _____

Account name _____

BSB _____ Account no _____

Authorised signature _____ date ___ / ___ / ___

• Credit Card details

Visa Mastercard Diners Club Amex

Credit card no _____ Expiry date _____ / _____

Authorised signature _____

Send to Anglicare SA 18 King William Rd, Nth Adelaide, SA 5006

SA charity licence no CCP422

Thank you!

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