



Date Claimer!

Outreach Cocktail Evening

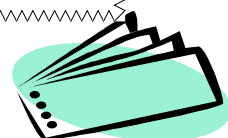
30th October 2009, 6pm

Volunteer Graduation

16th November 2009, 2pm

Outreach Christmas Closure

21st December 2009



NEXT MARKET DAYS

23RD OCTOBER

27TH NOVEMBER

Winners of the Raffle

Drawn 18th September 09

1st Prize— R Field

15lt Hot/Cold Fridge

2nd Prize— Diana Chan

Children's Handmade Quilt

3rd Prize— Mrs Mittigia

Napoleon Perdis Gift Basket

Thank you to everyone for your continued support of Outreach.

Thank you to the Raffle ticket sellers who have done a great job this term.

Our next raffle will start on the 6th October running through to 11th December.

We welcome three new volunteers & look forward to seeing you at the desk in the coming months.

Sr Marie Stanley
Co-ordinator



On Friday 18th September as we were about to draw the Outreach Raffle, we became aware of Mr Paul Robinson, Chairman Elect of SV&MHS Board nearby.

We asked if he would do us the honour of drawing the raffle with our Volunteer, Ida.

The results are recorded here.

Thank you, Paul for assisting us with our Draw.



Sisters of Charity Outreach

Links

ISSUE 3 SEPTEMBER 2009

During the past few months many significant activities have occurred. Firstly, the momentous occasion on the 1st July of the signing over of the Sisters of Charity Incorporated Works within Health, Education and Welfare to a new Public Juridic Person, Mary Aikenhead Ministries. This was then ritualized at special ceremonies in Brisbane, Sydney and Melbourne. The Congregational Leader and Council, after much discernment and consultation decided that Outreach would come under the governance of this new PJP, Mary Aikenhead Ministries. As our Congregational Leader noted in the Information Staff Release, 14th July *"This is an exciting time for all of us. While there will be little change to the daily management of our facilities, this change in governance will enable us to ensure that the work begun by the Sisters will continue, grow and flourish in the future through gifted and dedicated lay leadership."*

Come along to our Cocktail Evening on 30th October where you will have the opportunity to hear more about this important step. Our Media Committee has been meeting to prepare for the evening. We look forward to seeing you there.

Once again, Sr Margaret Guy, Michelle Wilson and I were delighted to join Anna Dickinson, Prinicpal, Sr Aileen, Staff and Students at their annual Bethlehem Day Celebration on the 9th July. It's an honour for us to be invited as part of their journey. We are always made to feel so welcome. The Sisters' long history and tradition was beautifully reflected as part of the meaningful Mass. At the conclusion of the liturgy Year 12 student, Elizabeth Mora, (see photo), presented Outreach with a cheque for \$1500, which was from the prize she received from the Ashfield West Leagues 2008 Community Citizenship Award given to her. Thankyou Elizabeth for your amazing generosity.



One very important part of ensuring that our Services continue to make a difference in the lives of those we serve is the ongoing professional development of our Coordinators. This year, we were privileged to have Michael Thornber facilitate two of his Leadership Development Programs, Program 1 - *'Managing Self'* and program 3- *'Leading Teams and Understanding Systems.'* Then in August, Maria McNuff, as an accredited presenter, facilitated the Myers Briggs Type Indicator Workshop. As well as being informative and developmental, they have also been an invaluable opportunity for team building.

More recently Outreach was chosen to be part of St Vincent's College, Potts Points, *St Vincent's Day* celebrations. Twelve Girls from Years 7-12, with their teacher, Mr Lowndes, spent two hours at Outreach learning about our Mission and Services and then joined some of our Volunteers to participate in practical activities. It was a joy to be part of their special day and we thank them for inviting us to be involved.

As we go to print St Vincent de Paul Feastday is being celebrated around us. As part of that St Vincent's Private Hospital will be conducting its Foundation Day Service Awards on 25th September. We're delighted that three of our Staff will be receiving awards as Outreach Staff are employed through SVPH. They are Inn Wei Mok, our Business and Finance Coordinator - 20 years and Christine Davis, Personal Assistant and Lynn Sarcia, Safe Haven, 10 yr badge. Congratulations to each for their commitment and dedication in this special centenary year.



Sr Margaret Fitzgerald - Executive Director

VOLUNTEERING

During the months of May and June I attended the Volunteer Training Program which was delivered by Sr Margaret Guy. It was an excellent learning experience. Sr Margaret led the group with passion and commitment, generously sharing her skills, knowledge and experience, creating an environment of support and challenge. Guest speakers also generously shared their expertise with the new Volunteers.

The Volunteer Training Program is a wonderful preparation for new Volunteers to carry out the Mission of Outreach. My attendance at the Program provided me with the opportunity to begin to build relationships with the new Volunteers who are now well into their probation period in the Service of their choice. Welcome to all the new Volunteers!

Personal and professional development has been on the agenda lately with Outreach Co-ordinators attending a Myers-Briggs Type Indicator Workshop during August. The Myers-Briggs Type Indicator is primarily concerned with the differences in people that result from where they like to focus their attention, the way they like to take in information, the way they like to decide, and the kind of lifestyle they adopt. There is no right or wrong to these preferences, they simply produce different kinds of people who are interested in different things, are drawn to different fields, and often find it difficult to understand each other.

The workshop has helped us appreciate differences, improve communication and enhance relationships with others. It also highlighted what we all already know, but occasionally need to remind ourselves of – each person is unique and brings very special gifts to the world. What a wonderful thing to contemplate!



*Volunteer Co-ordinator
Maria McNuff*



Gwen Mansour
26/6/1913—10/9/09

Gwen Mansour volunteered at St Vincent's Private Hospital, especially in the Wintergarden Coffee Shop, for 17 years before joining our dedicated band of Outreach Volunteer Raffle Ticket Sellers 4 years ago. In the past few years Gwen was supported in this ministry by her daughter, Sr Carmel, a Brigidine Sister. Gwen and Carmel were on duty as recently as 21st August. She loved interacting with people and especially seeing all her friends from St Vincent's Clinic and Private Hospital. Sadly, Gwen died on the 10th September. We were privileged to attend a beautiful Mass of Christian Burial for her on the 14th.

WE REMEMBER

We offer our deep sympathy and assurance of prayers to the Families of two of our Volunteers who died in the past couple of weeks.

Juletta Davis (nee McGrath)
13/09/09

Juletta Davis, who died on the 13th September, was a Volunteer with Outreach since 1998. Juletta started her volunteering at Lewisham Learning & Living Skills and then in the Outreach Shop. After leaving Outreach to be closer to her family in Coffs Harbour Juletta continued to be a supporter of Outreach.



May Gwen and Juletta rest in peace.

PARENT SUPPORT PROGRAM

Health and Nutrition

This term at the Parent Support Program, the parents and children have been very fortunate in having Leticia De Nardi Campos, a Nutrition Professional working in the Miller Pathways Program of Mission Australia, join us in presenting some wonderful new ways to look at food! Leticia's program focuses alternate weeks on parents and children. Safe Handling and Storage of food was the first topic for the parents. Looking at a Food Rainbow and how food of different colours was necessary to make up healthy eating habits. This was followed by a colouring activity and enjoyed by the children the next week. Healthy eating and reading food labels followed. Each session was highlighted by preparing some delicious food items for all to share, with the recipes available for parents to try at home. A fun activity of a "Tasting Passport" is planned for the children, and "Tempting Fussy Eaters" for the parents.

We will of course finish the term with a celebration of cultures, with each of our families bringing some food from their culture to share.

Coincidentally the team (volunteers and staff) at the Parent Support Program have been developing a Health and Nutrition Policy for use in the centre. Many of the topics discussed during the parenting groups have been appropriate and useful when looking at the policy development.

One of our forward plans is also to do with food, "Developing a sustainable veggie and herb garden". This project will be one that will encourage all parents and children to be involved and hopefully try something similar at home. We will only try it on a small scale at first and if successful apply for funding to increase its size.

While we are talking about gardens, we have been donated a very good lawn mower and we are now looking for a keen lawn person to help us offset our lawn mowing costs, by volunteering to assist with the cutting of the grass. So if you feel that you would like to cut grass, please contact us. We offer a very supportive team arrangement and we have fun at Christmas time!!!!

I would like to take this opportunity to thank the Liverpool Catholic Club and acknowledge their support for our program. Their contribution of \$20,145 under the 2009 Liverpool CDSE Scheme will go a long way in helping the families in the Liverpool area to assimilate into our multicultural society.



PSP Co-ordinator



SAFE HAVEN

I would like to thank Liverpool City Council and Liverpool Catholic Club. We have been allocated \$43,190 from the CDSE Grant to help run Safe Haven. This funding is much appreciated and needed.

The R.O.S.E. Club and Holy Trinity Craft/friendship group have continually donated clothes and toiletries every week. This is vital for our service as most times the families come with only the clothes on their backs, so its good to have a variety of different size clothing for the mums and the children.

I would like to welcome 2 new volunteers to our service Mega and Sharon. These 2 young girls are bringing a breath of fresh air and are fitting in well at Safe Haven.

It's a sad reflection that we have a full

house all the time so we have been really busy. It is always a challenge to find suitable accommodation for when the clients need to move on to longer term and more permanent arrangements.

The good news is the staff and volunteers are doing a great job of helping these families to feel safe and to know they are going to be able to start a new life away from the violence.



Co-ordinator

COUNTRY CARE LINK

Hello from CCL! It is Spring time. Already the new leaves on the trees in Victoria Street are starting to unfurl. It is a time of renewal and new beginnings.

We welcome two new Drivers to our team Malcolm Saunders and Steve Corry and a new Office Worker Carolyn Delohery. You are all most welcome.

We have been busy these past few months averaging 150 trips each month. An increasing number of these trips are to and from the Royal Far West Home in Manly. Our Drivers pick up from Central Station, Mascot and Bankstown Airports and transport country people and their children, who come to the City for medical treatment that is unavailable in the rural areas. This can be problematic as sometimes there is only one parent accompanying three and sometimes four children, and as you are aware, most family cars only carry two adults and three children, so we then need to send two cars plus another accompanying adult. However we nearly always are able to attend to these transports.



Sr Adele Cottrell-Dormer
Co-ordinator

VOLUNTEER TRAINING

We have 13 new volunteers in probation time with 2 more to begin same, later this year. These volunteers are contributing to our Mission at Safe Haven, Country Care Link, Eastern Area Visit Program, South West Visit Program, Darlinghurst Court Support and our Outreach shop and Market days.

In evaluating our Volunteer Training Program re improvements for 2010, we see as one priority, to involve more of our current volunteers in some sessions of the training units. So maybe you would like to be one of these volunteers!!

National Volunteering Conference 2008

One of the workshops at this conference last year outlined some of the challenges for the next 10 years;

- The baby bombers will be 10 years older.
- Gen Y (those born in the 1980s and early 1990s) is the biggest group of volunteers currently.
- The cost of living will get higher.
- In 2011 the number of workers needed, will outstrip the number who will be available, so the Government will want people to stay in paid work.

So what about the availability of volunteers!!! This was before the world wide economic downturn.

Acknowledgement of Woollahra Council Grant

We were very happy to receive a grant of \$800 from Woollahra Council under the Community and Cultural Grants towards our Volunteer Training Program which recruits volunteers for services located in the Woollahra Council LGA, namely Eastern Area Visit Program (many of our clients live in this area) and Country Care Link. (Many drivers live in and/or provide services to clients eg transporting country patients to Jean Colvin hospital and Ecclesbourne accommodation).



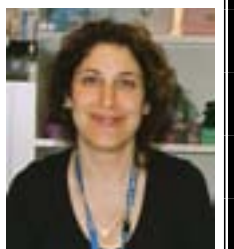
Margaret Guy rsc
Volunteer Educator

OUTREACH SHOP

Spring has come and with it the new stock into the Outreach shop. Both the shop and work room volunteers all have been working double shifts unpacking and pricing the beautiful items from the Melbourne Gift Fair and some favorites have been re-ordered due to popular demand. The Gifts are all available now so please do pop in and have a look. Our shop volunteers are most helpful.

Just a reminder, the perfect Christmas gift "Fr Mac Puddings" at a cost of \$16.50 including GST, as an added bonus are gift wrapped. We are starting to take orders. Please ask the Shop volunteers to take your name and phone number and the quantity of puddings required.

Gina Pizanis
Shop Co-ordinator



RETREAT/RENEWAL DAY

Our Renewal Retreat Day, facilitated by Sr Denise Hannebery, followed the theme "Does your God reward and punish you each day—and on the Last Day? Or Do you walk in a loving partnership each day with a faithful and forgiving God?"

Building on the story of Abraham, Sr Denise led us to see his story as our story. God formed a partnership (covenant) with Abraham and he invites us into the same partnership.

We looked at the big question of suffering—as the human condition—and Jesus' teaching in Mark's gospel. Jesus who suffered, promises to always be with us in our suffering.

The third biblical story used was that of Paul, who was a Pharisee, therefore one who kept the letter of the law and thought that persecuting followers of Jesus, was God's will. Yet it was God who chose Paul through his conversion experience, to bring the Good news of Jesus to all people.

About 20 volunteers and staff expressed great appreciation of Sr Denise's passion and bringing the Scripture to our every day life experiences.

Sr Margaret Guy



SRS DENISE, ADELE, MARGARET



STAFF & VOLUNTEERS

DON'T FORGET 6PM FRIDAY 30TH OCTOBER

OUTREACH COCKTAIL EVENING

We look forward to seeing you at this special annual function where we will launch our Annual Review and celebrate our Volunteers who have been 'reaching out to those in need' for the past 10 years. It's a great opportunity for all of us to gather and enjoy each others company. It's our way of saying 'thankyou' for your support over the past 12 months.

EASTERN AREA VISIT PROGRAM

I can't believe how time has flown! Spring is upon us and I have been with Sisters of Charity Outreach for 5 months. Much has happened in this period- we have a new fieldworker, Kathleen, who took over from Marguerite. Kathleen has been busy meeting clients, volunteers and staff and has been welcomed by all.

I attended a presentation for CDSE Funding with Sr. Margaret Fitzgerald at Maroubra Seals Club. We would like to extend a warm thank you for the funding we received from CDSE- City of Randwick. This funding supports us in delivering social support to socially isolated people in Eastern Sydney.

Changes have been made to our Social Club program, cutting back events from monthly to quarterly. The outings will now occur in December for Christmas, March for Easter, June and September. Our social club theme for September was 'Picnic at the Beach' at Maroubra. We had a gathering of 18 clients, 2 carers and 8 staff and volunteers. We welcomed two new clients into our group as well as a new volunteer, Clare. Mr Tom Simmons, Director of

Maroubra Seals Club talked to the group about the history of Maroubra and the changes that have occurred over the past century. The talk was very informative and appreciated by all. While we waited for our barbeque lunch to be cooked, Sr Edith and Beverley engaged the clients with games of trivia and general knowledge. We look forward to seeing all our clients for the Christmas lunch in December.

In other news, we have been interacting with other agencies to provide effective advocacy for our clients. I am pleased to say that in the last quarter we have been successful in linking 7 clients to other services. Currently, we have 87 active clients and we are focusing on providing a meaningful service to them. As always, a warm thank you from EAVP to all management, donors, external agencies and volunteers who support our work in so many ways.



*Rajika Gilhotra
Coordinator*

SOUTH WEST VISIT PROGRAM

The volunteers, Nanette Nilon and Nina Daniali are very enthusiastic and fast becoming involved in their work as Field Workers.

The isolation experienced by the majority of our clients has had a marked impact on Nanette and Nina. The clients' isolation is compounded by a multitude of other issues.

Nina highlighted the fact, after visiting two of our clients who had migrated from Europe in the early 1950's, that the people we visit, who were born overseas, experience further isolation as their decision to migrate to Australia severed the connection with their extended family and friends.

On the 1st September Sr Kate Fitzpatrick eagerly boarded her flight to begin her much awaited sabbatical overseas. We all wish her an enjoyable and safe journey.

Today, 15th September 2009, my first candle is lit to celebrate my first anniversary with Outreach. I wish to thank the volunteers and staff for their support and guidance.



*Nives Vuchich
SWVP Co-ordinator*

I would like to express our sincere gratitude to the Liverpool Catholic Club for their Community Development Support Expenditure (CDSE) Grant of \$4,900 towards supporting our Service. Thankyou!