



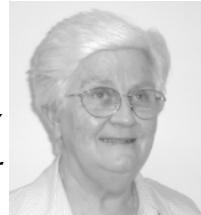
Raffle Volunteers



It is with great sadness that we accepted the resignation of Joy Gander who was a volunteer at Outreach for twelve years. Joy generously gave of her time and energy to fund raise for Outreach through selling raffle tickets. We all looked forward to visits from Joy because, by name and nature, she enriched our lives so much. Her gentle presence and humour brought many a smile and much laughter to all who loved her. God bless, Joy. Take care and go gently. We will really miss you. Thank you for being and for all you have done for Outreach and the many people you attended.

Thank you also to all the wonderful volunteers who continue to raise funds for Outreach though selling raffle tickets.

*Sr Marie Stanley
Co-ordinator*

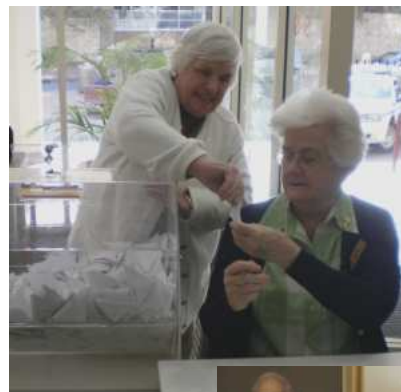


Raffle Winners Raffle Drawn **18 June**

1st Prize - Handmade Quilt
Mr Powell

**2nd Prize - Carbotti Leather Handbag
and Silk Pashmina**
K Macklin

3rd Prize Pandora Necklace
Lucy Li Destri



**Drawing of
Raffle**



Up & Coming Events

30th July
Market Day SVC Function Room

20th August
Market Day SVH Foyer

30th August
Retreat/Renewal day

Date Claimer

29th October
Cocktail Evening 6-8pm

**Sisters of Charity Outreach
Celebrating 20 Years of
"Compassion in Action"**

Dear All,

When the Co-ordinators met earlier in the year, each one was asked to write a paragraph about the 'dream' they had for their Service this year. We took Susan Boyle's hit song "I Dreamed a Dream" as an inspiration for what we might focus on this year. We particularly focussed on making a difference in the lives of those we 'reach out' to through our Services. This has become like a personal mission statement for each Co-ordinator, a guiding light as they, with their, volunteers and staff strive to live out 'Compassion in Action'.

An important part of Gina Pizanis' wish, as Co-ordinator of the shop and fundraising was to organise a successful Race Day. She, with the support of the Fundraising Committee, certainly achieved her goal. We congratulate and thank Gina for all her hard work in planning and executing such a successful, social day—which also provided some extra funds. We also thank everyone who came along and supported our cause.

Daily we hear of people searching for their dream—full of hope! Something they strive to achieve in their lives—whether its owning their 'dream' home; good health; happy family; sailing solo around the world or bringing home the World Cup, to name a few! Sometimes dreams can be dashed by a tragedy of one kind or another. There can be many reactions and responses to such devastations—each individual and unique. We live in a society that is so outcome, results orientated.

Through being compassionate we can offer opportunities of hope for people to 'get up' and 'move forward'. At the National Volunteers Celebration in May we took the theme of being 'bridges of hope' The Volunteers present shared their experiences of being that for those they encountered, through their volunteering.

This year we've had 2 Volunteer Training Programs—an evening one back in March and day one in May, so currently we have approximately 30 new Volunteers eager to give back what they've been given and to make a difference in the lives of those less fortunate. We're delighted to have such enthusiastic, caring people join us. It's such an inspiration to share with them as they go through the Training. We are so blessed to have such quality, caring people willing to give their time and expertise and a positive message to those they meet.

Our imagination is the only limit to what we can hope to have in the future.

Charles Franklin Kettering



The Outreach Committee is doing its bit to look to the future growth as well as consolidate our Services through their work in developing the new Strategic Plan for 2010-2014. We are very blessed to have such a generous committed group of people. Once such person is Frances McDonnell who has been a member of the Committee for the past 7 years.

Frances will be retiring from the Committee but will stay connected with Outreach in other ways. We sincerely thank Frances for her valuable contribution, dedication and commitment. Thank you, Frances. We will miss you. We are currently recruiting for a replacement.

*Sr Margaret Fitzgerald
Executive Director*





Parent Support Program

"You are Special"! How often is that remark made to you? How often do you say it to yourself?

"You are Special " is the theme of several modules we are doing this term with our Parents. Its focus is on the important role of a Parent. Of course, each individual is special, but the focus of these modules is on people in their role as "Parent".

Most Parents want to do the very best for their children. They love their children and are concerned for their well-being. They are aware that what they do and how they act will affect their children. Very often, however, they do not feel valued or valuable as they work at the very important task of raising children.

There are several reasons that Parents do not feel valued or valuable:

- Society does not place a high status on the job of parenting.
- There is no pay or training for this work.
- It is a job largely carried out in private without organised support groups to notice and affirm the effort that is put into being a Parent.
- There is a strong culture that is critical and blaming of parental defects. This particularly true for Parents who are in vulnerable circumstances.

The focus is often on what Parents do that is "wrong", not on what they struggle to get right.

The focus on helping each individual Parent feel valuable and valued is an important part of working with Parents who are not part of the mainstream culture of our society. In Australia, Parents have learnt their parenting skills in the context of many different cultural and personal belief systems.

Iraqi born Parents will do things differently to a gay couple or an Aboriginal family or a conservative Christian family.

Parents who feel appreciated are more likely to be involved in activities directed towards improving parenting skills. Such Parents are more able to learn. Principles of adult learning highlight that most effective learning takes place when people feel secure and motivated. Parents feel secure and motivated when they value themselves and their job of parenting, and know that others also value them.

As a Parent say to yourself often "I am Special" and to any other Parents young and old, "You are special", whenever the opportunity arises.

"You are Special"

Rikki McIntosh—Co-ordinator



South West Visit Program

Our Visit Program has been providing social support and outings to our clients, the majority of whom are living in public housing in the Liverpool area. A recent household survey in the 2168 area has discovered there are many residents who rarely leave their homes. I have been meeting with Housing NSW in Miller to inform consultants of the services Outreach provide in the local area and I am sure they will be identifying any tenants we can assist in the not too distant future.

During Seniors Week, our clients attended a morning tea hosted by our Parent Support Program which they enjoyed immensely. In early April, some of our clients, volunteers and workers attended an outing at Casula Power House, which exhibited artworks and photography celebrating the Bicentenary of Liverpool. Our clients were happy to see how the history of the area had been depicted and recognised quite a few faces in the photographic portrait exhibition.

Sister Jean Montgomery and our stalwart volunteer Nanette have been regularly visiting our clients and for those who are mobile, taking them on short excursions. For many of these clients, these visits are the only social contact our clients have.

I have been attending regular Interagency and local community meetings, to promote all our programs in the area and learn of other programs that may benefit our clients. This way, we can refer our clients to services that can benefit their quality of life and fill some gaps we may not be able to assist with.

As the Volunteer Training Program is being held at Liverpool, we are hoping some of the students will be working with us shortly. Sister Jean and I have also been attending the training and appreciate the diversity and dedication of our volunteers.

Finally, I would like to say a big thank you to our volunteers and the staff at Centre Services who provide us with the support to keep the South West Visit Program up and running.

Cathi Duff - Acting Co-ordinator



Vale Liz Hayes
27/2/2010



Liz was called home by her God on February 27th, 2010. Outreach was well represented by staff and volunteers at her funeral service held at Rookwood cemetery a few days later when we farewelled her gentle soul.

Always a caring, listening and creative person and having completed the Volunteer Training Program in 2001, Liz volunteered her gifts in a number of our Services, Telepal, Centre Services in the Outreach shop and reception and Eastern Area Visit Program in which she served as a staff member.

Liz had a gift for relating with many different people. Even over the last years when she struggled with many health problems, Liz visited us at Outreach, showing interest and receiving some support.



Mary Aikenhead Ministries Inaugural Conference

Theme: 'THE HEART OF OUR JOURNEY'

Mary Aikenhead Ministries celebrates the first anniversary of establishment on 1st July 2010. Recognising this significant milestone the inaugural conference will begin on the afternoon of 22nd July with a special Mass & Dinner, the Feast Day of Mary Aikenhead, and continue all day Friday 23rd in Brighton Le Sands, Sydney. The Conference is being Co-sponsored by the Congregation of the Sisters of Charity of Australia and the Trustees of Mary Aikenhead Ministries. This event will bring together all the Leaders and Sisters working across health & aged care; education and welfare facilities to explore the powerful notion of stewardship and the call to serve the poor and marginalised.

<http://www.maryaikenheadconferences.com.au>



Safe Haven

Safe Haven has been busy as always helping our clients with a safe place to stay and options for their future. We have helped with support at courts around Sydney for Apprehended Violence Orders. This can be very traumatic for our clients as it is the first time they have seen their partners since coming to Safe Haven. Most have never been inside a court room so are frightened of what will happen. We help them prepare for this and then support them on the day as well.

We have helped clients with income needs, material items, longer term accommodation but most of all a happy place to think about their future.

Helping us with this are 3 new Volunteers Helena comes Friday evenings and Cecilia and Gabrielle come Saturday evenings to help with the nightly routine. This is very

much appreciated by the staff and the clients. Alana our longest serving volunteer is currently off due to recovering from an operation. We wish Alana a speedy recovery and hope that she will be back soon. Mega is helping out on Fridays when her study commitments allow her.

A big thank you to our volunteers. You all do a wonderful job.

Sharon Sutherland

Co-ordinator



Volunteering

Thank you to everyone who made this year's National Volunteer Week such a great celebration. National Volunteer Week was celebrated throughout the country between May 10th and 16th. It is the largest celebration of Volunteers in Australia.

Outreach held a Liturgy and Morning Tea for all our Volunteers in the Function Room of the Clinic on Friday May 14th. The Outreach theme for the celebration, along with the National theme of 'Now more than ever' was around Volunteers being called to be bridges for those in need.

As Sr Margaret Guy said at the liturgy 'Outreach is rich with 'human' bridges. Each one is different – there is no single mould. All are great connectors. A simple footbridge can help change the lives of so many people'.

Sr Margaret Fitzgerald invited all Outreach staff to pray the following blessing for and to our volunteers:

God today we celebrate the gift of Volunteers

You call them to be bridges – not great monuments spanning distances or carrying loads of heavy traffic but bridges that help people from here to there over difficulties such as grief, fear, loneliness, bridges which open the way to move forward on the journey of life.

You are the creators of bridges for all those you come in contact with where ever volunteering takes you.

So this is our prayer of blessing for each of you today.

As you create bridges for others may someone be a bridge for you when you need it.

We revere the spaciousness inside you. May every living thing be at home with you.

We esteem the love energy inside you and we honour the place in you of love, of light, of truth, of peace.

Mary Aikenhead had a dream and a vision for the service of the poor and needy.

You are now the carriers of this dream and vision. We celebrate this with you today.

Thank you again to all our wonderful Volunteers. Outreach has always been a Volunteer-based organisation. Outreach could not do what it does without you. Thank you also to our donors, supporters and friends of Outreach. Together we continue the Mission.

Maria McNuff

Volunteer Co-ordinator



Volunteer Training Program

Volunteer Training Program (Evening) (VTP1)

We have 15 new volunteers doing their 3 months probation time in our services: Shop and Market Days(1), Darlinghurst Court Support (3), Country Care Link (4), Eastern Area Visit Program (4), Safe Haven (3) and Parent Support Program (1).



Volunteer Training Program (Day) (VTP2)

Presently we have 18 prospective volunteers participating in the Volunteer Training Program- 6 at Liverpool and 14 at Darlinghurst.

Staff members, Cathi Duff and Sr Jean Montgomery are also doing the program.

In July they will begin their probation time in our Services: PSP (1) Liverpool Court Support (1), SWVP (3), Downing Centre (1), CCL (2), Shop & Market Days (2), Safe Haven (1), EAVP (5), Darlinghurst Court Support (3).

Sr Margaret Guy -Volunteer Educator

Outreach Shop

The Sisters of Charity Outreach had its annual Race Day on Saturday 29th May. This is Outreach's big fundraiser. It was a sold out event attended by 382 people who came out to support Outreach. It is excellent so many Sisters, Supporters, Volunteers, Friends and Campus Colleagues came along to enjoy themselves as they support the mission of Outreach. Our MC on the day was Mike Bailey who did a great job.

There were 11 Silent Auction prizes and 10 Raffle prizes to be won. All these prizes were kindly donated by various companies and individual people. There were also prizes for best dressed.

Despite the rain everyone commented on how much fun they had and we already have bookings for 2011 Outreach Race Day. We raised over \$15,300. So thank you to all for making the day such a success. I would like to thank the Outreach Fundraising committee for all their hard work, especially on the day.

Sisters of Charity Outreach Race Day

Gina Pizanis
Shop Co-ordinator



29th May

Country Care Link



Following the first Volunteer Training Program for the year, we welcome Michelle Loizou and Lena Craig to the office and Gary Blewitt to the list of drivers. This has been very timely as we have farewelled Graham Gilmore from the office and five of the office workers are enjoying overseas travel during May and/or June. As well, we have received resignations from two of our long serving drivers – Boyd Higgins and Adrian Moore. We are very grateful for the generosity of Boyd, Adrian and Graham who have each contributed to the smooth operation of the service in a warm, friendly way and wish them well in the future.

In Country Care Link we are often reminded of how fortunate we are to live in a capital city. Recently we received a telephone call from an elderly gentleman for whom we had arranged transport from Central to a hospital where he was to have an operation. As he had no relations in Sydney his married daughter had taken time off work to fly from Brisbane to his home town to accompany him on the train and to be with him while he was in hospital. The morning he was to arrive in Sydney he was rung by the hospital (fortunately, not St Vincent's) to be told his operation had been postponed and they could not tell him when it would be rescheduled. His main concern was for his daughter who could not cancel her flight at such short notice.

Another reminder of how blessed we are comes in the weekly trips some people make for chemotherapy. We've had one woman travelling each Monday from Parkes, returning home each Friday – for six weeks.



Others stay down for the length of their treatment. Although they have good accommodation at Jean Colvin at Darling Point (a facility run by Can Assist, an organisation which helps cancer patients) still, that is not the same as being able to go home after each treatment.

The service continues to be valued by our clients. As one woman who was bringing a sick child to the Royal Far West for medical treatment expressed in a letter of thanks: "Knowing someone would be there to take us to Manly was one less thing I had to worry about."

Sr Jan O'Grady
Co-ordinator

Eastern Area Visit Program

Greetings from the Eastern Area Visit program!

Our Social Club event was held on June 9, 2010 at the Mill Hill Centre in Bondi Junction. The theme was "Step Steady", where we were taken through a range of gentle armchair exercises to aid mobility and prevent falls. The event was attended by 18 clients, 6 volunteers and 2 carers. We introduced 2 new volunteers at the event- Br. Steven Tran and Kristianto Lijanto. Thank you to both of them for their participation and support.

We also welcomed a new staff member, Miranda Walker. Miranda has a range of experience in the Community Services sector and we look forward to her contribution to our Program.

I am glad to report that the Carers Bill has been passed in Parliament, bringing the rights of those in NSW in line with the other States.

We hope you keep warm and well through these winter days.

Rajika Gilhotra
Co-ordinator

