



## NEXT MARKET DAYS

24TH SEPTEMBER  
22ND OCTOBER  
26TH NOVEMBER  
10TH DECEMBER



### Date Claimer!

**Outreach Cocktail Evening**

29th October 2010

**Volunteer Graduation**

29th October 2010

**Outreach Volunteer Liturgy**

6th December 2010

### Winners of the Raffle

**1st Prize— Mike Perrot**

**Hand Made Quilt**

**2nd Prize— Antoinette Maddon**

**15 lt Hot & Cold Fridge**

**3rd Prize—Joanne Key**

**Chanel Cosmetics**

**Thank you to everyone for  
your continued support of  
Outreach.**



Drawing of  
the Raffle



Drawing of  
the Raffle



Thank you once again for your wonderful assistance during our latest raffle. Without your generous help we could achieve so little. I share with you these words of inspiration received some time ago.

God bless each of you.



*Sr Marie Stanley  
Co-ordinator*

*May you always be inspired....*

*to stand tall in the sunlight.*

*To seek out the bright face of beauty.*

*To reach for the dream, the star.*

*To see the world through the eyes of  
tenderness and humility.*

*To love with open heartedness.*

*To speak the quiet word of comforting.*

*To look up the mountain and not be  
afraid to climb....*

*To be aware of the needs of others.*

*To believe in the wonder of life, the  
miracle of creation, the rapture of love,  
the beauty of the universe, the dignity  
of every human being.*

*Anon*



SISTERS OF CHARITY OUTREACH



ISSUE 3 SEPTEMBER 2010

As this edition of *LINKS* is being finalised we are also heavily into the final stages of planning for our Cocktail Evening. Invitations are due to go out. This year we are also including an innovative Graduation Ceremony. We look forward to seeing you on the 29th October as we celebrate 20 years since Outreach opened its doors.

### Australia Tops List of Charitable Countries

In a recent newspaper article it was stated that "Australia is a nation of givers, tying equal first with New Zealand and as the countries whose citizens are most willing to donate their time and money to charity". A report by the British based Charities Aid Foundation found 70% of Australians have given money to a charity and 38% had donated their time.

Our generous supporters and wonderful volunteers are certainly testament to these words. So 'save the date' and come along on the 29th October so we can express our gratitude to you.

On the 22nd & 23rd July Committee Members, Executive and Sisters in Outreach attended the Inaugural Mary Aikenhead Ministries Conference. 'The Conference was Co-sponsored by the Sisters of Charity of Australia and Mary Aikenhead Ministries. As stated on the Mary Aikenhead Ministries Conference website—It was a celebration of the story of Mary Aikenhead and all who share that story through the ministries serviced through the Sisters of Charity Foundation/Community Care or through health, aged care, research institute, education and welfare organisations under the auspices of Mary Aikenhead Ministries! It was a wonderful opportunity to come together.



The Outreach Committee went through the process to nominate new members to the Committee. We're delighted to announce that Ms Lucy Riggall and Mr Simon Calleia were approved by the Board as the new members. They were inducted on 19th July into Sisters of Charity Outreach Team and were Missioned at their first committee meeting in August. We welcome Lucy & Simon.



In the March edition of this newsletter I announced that we'd introduce a new position—Operations Manager. In the advertising of this new role it stated that it was a 12 months trial position, but we were hopeful that it would fit into our structure. By June, both Cathi and I had realised that the role wasn't working. We did work hard to try and make it successful. After much discerning and discussion it was decided in early August that this position was not the right structure resulting in the role becoming redundant. We thank Cathi for her efforts and the contribution she made over the 6 months period.

### Bethlehem College

Once again we were delighted to be invited to attend the Bethlehem Day Mass and celebrations on 1st July. We sincerely thanks Mrs Anna Dickinson, Sr Aileen and staff & students for their generous donation of \$1,000 to support our Mission.



Very recently Inn Wei Mok, our Business & Finance Manager flew to Melbourne to be by the side of her dying father and to support her elderly mother. Sadly her father died a few days later. Our love, thoughts and prayers are with Inn Wei and her family in their sorrow.

*Sr Margaret Fitzgerald  
Executive Director*

## VOLUNTEERING

Earlier in the year Outreach was approached by Lesley Jordan, the mother of Laura who attends Meridan College for girls at Strathfield. There were seeking an opportunity for the girls to be exposed to some of the volunteer works undertaken by Outreach. The aim of the experience was to further the girls' understanding of the needs of specific groups in the community, as part of their HSC curriculum, 'Community and Family Studies.'

Outreach was delighted to assist, which was also an opportunity to spread the news about us. On the 19<sup>th</sup> August fourteen Year 12 Girls from Meridan, along with two of their teachers, travelled from Strathfield to Loreto Place at Liverpool for a half-day session, to hear about the Mission and to experience the work of the Sisters of Charity Outreach.

Sr Margaret Fitzgerald presented the story of the Sisters of Charity, along with the History, Mission, Values and Services of Outreach.

Two Outreach Volunteers, Frances Haller, the

Coordinator of Liverpool Court Service, and Michael Foster, a Country Care Link driver, generously shared their time and selves, by addressing the girls speaking of their experiences as Volunteers in Outreach.

The girls visited the Liverpool Courts where they met our Court Support Volunteers in action – who offer comfort and support to those involved in court proceedings; provide information and directions; supply refreshments as well as contributing to the smooth running of the courts.

A big thank you to Frances Haller, Michael Foster and the Liverpool Court Support Volunteers for making the day a success. We wish the Girls well in their future endeavours.



A big thank you also to all Outreach Volunteers. Without you we could not serve people in need as we do.

*Volunteer Co-ordinator  
Maria McNuff*



FrancesHaller-Co-ordinator



MichaelFoster—V olunteer Driv er



## PARENT SUPPORT PROGRAM

### KEEP THEM SAFE— A shared approach to child wellbeing

In 2001/2002 159,643 reports of risk of harm to children and young people, were received by Community Services. In 2007/2008 this number had almost doubled to 303,121 reported cases.

These numbers include multiple reports of concern being made to Community Services for some children and young people. The 303,121 received by the Department related to 130,869 children and young people.

In the 2007/2008 period: 37% of children reported were of primary school age; 23% involved children who were aged between 1 and 5 years of age and 10% involved children under the age of 12 months.

The report from the Wood Special Commission of inquiry into Child Protection in NSW, handed down in November 2008, highlighted that responsibility for addressing the safety, welfare and wellbeing of the state's children required a shared approach between government agencies, non-government organisations and the community. The Wood Report, released November 2008, made a range of findings and **111 recommendations**.

"**Keep Them Safe**" is the response to the Wood Report, by the NSW Government, with 106 of the recommendations being accepted and implemented as part of a 5 year action plan. This new way forward is to ensure that child protection is **'everyone's business'** and for responsibility to be shared across the government and non-government sectors to better support families, and especially children and young people.

**Key Changes** implemented as part of Keep Them Safe included the following **Legislative changes** :

1. Threshold for reporting increased to **risk of significant harm**
2. Additional **grounds for reporting** including education needs and cumulative harm
3. **Information exchange facilities** to assist government and non government organisations to further support families and make decisions in the best interests of the children and young people
4. Implementation of the **Mandatory Reporting Guide (MRG)** to assist mandatory reporters to establish matters that meet the threshold for significant risk of harm and require a statutory response
5. Establishment of **Child Wellbeing Units (CWU)** across key government organisations and the **KTS (Keep Them Safe) Support Line** to assist non government agencies.

The establishment of **Family Referral Services** is currently being trialled on 3 locations across the state .



**Our Family Support Program**, provides group and individual support to families in an **Early Intervention Model**, focussing on the strengths of the parents and take into consideration their isolation; newness to our country; the backgrounds of the parents; how they were parented themselves and their individuality. This makes us a very important part of the **'Keep Them Safe'** shared approach to the children's wellbeing. The staff, volunteers of our service have already participated in some of the mandatory training required.

**Should you wish to know more about this new approach to the care and wellbeing of our future, please do not hesitate to contact us.**

*Rikki McIntosh  
Co-ordinator*

### SOUTH WEST VISIT PROGRAM

A Year 10 student from Monte Sant' Angelo, North Sydney, Jessica Elliott approached Outreach very early in the year re a school project she was doing. After negotiation with us, she chose to support the socially isolated clients in our South West Visit Program.

In her own words, Jessica wrote:

*Consequently the goal of my project became – "To compile comprehensive home packages for a dozen frail, aged, socially isolated and disabled people using the Sisters of Charity Outreach program in Liverpool". This goal enables me to clearly address my chosen Area of Interaction- Community and Service as I am both contributing and assisting disadvantaged members of my wider community. I intended to achieve this goal through compiling packages of basic groceries and toiletries from company donations. However as I delved further into the project, my method of gaining these goods changed significantly and I then planned on purchasing the goods from my fundraising efforts.*

Late August, Jessica and her dad delivered the \$1000 + worth of packages to SWVP at Miller. So now Sr Jean, Pat, Nanette, Nina, Katina and Ruth will have the happy task of delivering these packages that offer assistance and comfort to these disadvantaged people.

Sr Margaret Guy



Jessica Elliott (right)

### RETREAT/RENEWAL DAY



Understanding our humanity-the humanity of Jesus was the theme of the day, facilitated by Sr Eleanor Dawson RSJ.

Beginning with the question, "Who am I?" then a story, we were challenged and encouraged to look more deeply at the way God sees us---beloved, accepted, affirmed and worthy of deep and passionate love. We are not defined by what we do, how others see us or by what we own.

Jesus had to claim his own identity in the face of the evil one and vehemently proclaim "I am the Beloved Son of God"

So we too have to claim our core identity.

Jesus being human had needs and emotions just like us. This was explored much more deeply by Sr Eleanor through Matthew 14:22-33 when during the storm, Jesus came to his friends saying "Courage! It's me! Do not be afraid!" and to Peter who was drowning, Jesus put out his hand and said "Come". This was after Jesus took the night to pray trying to come to terms with the murder of his cousin, John the Baptist.

Throughout the day, there were short times of quiet, handouts and pictures to contemplate, invitations to share with another as well as the larger group of 37 Volunteers and Staff.

Morning tea and lunch times were also times for sharing and enjoying the company of friends, "old" and new.

I could sense the 'Spirit' in the room before participants expressed in words, joy, affirmation, 'resonating with' and absolute delight in the day.

#### WHO AM I?

Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.

We ask ourselves, who am I not to be brilliant, gorgeous, talented and fabulous?

Actually who are you not to be?

You are a child of God, your playing small does not serve the world.

There is nothing enlightening about shrinking so that others will not feel insecure around you.

We were born to make manifest the glory of God that is within us,

It is not just in some of us,

It is in everyone.

And as we let our light shine,



We unconsciously give other people permission to do the same.

As we are liberated from our own fears our presence automatically liberates others.

*1994 Inaugural Speech: Nelson Mandela*

Sr Margaret Guy - Volunteer Educator



## COUNTRY CARE LINK

**Drivers:** Drivers provide the life blood of Country Care Link, so it is wonderful to add another two from the second training program. We welcome Ron Costello and Pam Fitzpatrick to the service, while at the same time we give thanks to Jim Hahn who has driven many of our clients but who, because of other volunteer commitments, has decided to retire. Thank you to all our drivers, and to our office staff, for your ongoing generosity and reliability.

### Networking

Networking is an important aspect of Country Care Link. Frances Doherty, one of our volunteer office workers, accompanied me to the ICPA (Isolated Children's Parent Association) Conference at Balranald earlier this year. For me, this was a reminder of just how vast the State of NSW is, and what distances country people have to travel. As we went by train, it was not only the distance, but the length of time spent travelling, that filled me with some appreciation of just how isolated many of our country people are, how remote is their life and what sacrifices they make for their children's education. Anything we can do to support them is well worth while.

Sr Margaret Fitzgerald and I attended both the Rural Women's Annual Dinner and the weekend gathering at Galong for religious and their colleagues who work in rural areas. In this way, we are able to remind people of the service we offer and take advantage of the opportunity to distribute our cards. On each occasion we heard how grateful so many of the country people are for the readiness of our drivers to assist them and make the journey to Sydney just that much less of an ordeal.

Recently we had a visit from Libby Forsyth from the Cancer Council Helpline. Like Outreach, the Cancer Council is a non-government organisation and relies on the support of volunteers, of which they have some 3,000 spread across the State. The Helpline (13 11 20) is a pilot program working out of Port Macquarie. It provides information regarding transport to, and accommodation in, Sydney, for cancer patients travelling here for treatment. It also provides financial advice, and guidelines as to how to emotionally support people who have been diagnosed with cancer. As many cancer patients are referred to us for transport, it was useful to meet Libby and to exchange information.



*Jan O'Grady rsc  
Co-ordinator*

## THE SHOP

With the cold days over and Spring arriving, the days are getting warmer. I just like to thank all the Volunteers and our Supporters who took the time to knit, crochet and donate all the bed socks, shawls, cardigans, baby booties and scarves. All proceeds from the sale of these items help boost our much needed funds for our Services.

Also, in the coming weeks all our new and exciting gifts will be arriving into the Outreach shop. A shop Volunteer & I have just come back from the biggest Gift Fair in Melbourne. So make sure you come into the Outreach shop. Our Volunteers are most helpful whether you want to purchase a special gift or just want a listening ear. The shop is open Monday to Friday 9am till 4pm. Located in the St Vincent's Clinic foyer.

*Gina Pizanis  
Co-ordinator*



## EASTERN AREA VISIT PROGRAM

The team at EAVP has been very busy over the past few months!

Sr. Margaret Fitzgerald and I attended a function on August 18 at the Randwick Labour Club to receive funding through the Randwick Community Development Support Expenditure (CDSE) Scheme. We extend our warm and heartfelt thanks to the South Sydney Juniors Rugby Leagues Club and Randwick City Council for supporting the Visit program. The funds received will be used to provide visits to people in the Eastern Area who are socially isolated as well as respite to full time carers.

Social Club was held on Sept 8 at the Mill Hill Centre. We played Bingo and enjoyed a lunch together. The event was attended by 18 clients, 2 carers, 8 volunteers and 5 staff members. The feedback received was very positive, with several clients remarking on the warm and friendly interaction between the attendees. The volunteers, as usual, were extremely supportive and contributed largely to the success of the event.

Other activities that kept us busy were the Annual Goal Planning day, where our team of Staff and Volunteers identified new goals for the year, and ongoing Dementia Case Conferences with Dr. Shahrzad Jahromi, Geriatrician, and Mandy Barnes, Dementia Nurse Consultant. Visits to our clients continue, delivered with the enthusiasm and dedication of our wonderful staff and volunteers. Referrals are on the increase, indicating an increase in the people living in social isolation.



*Rajika Gilhotra  
Co-ordinator*

Our best wishes for a wonderful Spring.



## SAFE HAVEN

The Liverpool Catholic Club through the 2010 Liverpool CDSE Scheme allocated \$45,500 of funding for Safe Haven.

Sr Margaret Guy and I were presented with the cheque on the 9<sup>th</sup> August at Kemps Creek Sporting and Bowling Club. We're grateful to the Liverpool Catholic Club for their ongoing support of our Service.

I would like to thank again the R.O.S.E. Club for their continuing support of donations for our women and children.

Thank you also to the Dorcas Committee for their donated items.

It is important that women and children have a safe place to come and receive the information and support for their needs.

It has been a constant battle for our clients to find alternative accommodation after leaving the Safe Haven. All refuges are in the same boat, as there is a drastic lack of available affordable private rental properties. This is just one hurdle our clients face but the most important thing to remember is that they are safe, away from the violence.

*Sharon Sutherland  
Co-ordinator*

