



David and Thomas find hope in the face of hardship

David's Incredible Journey

Three years ago, Anglicare Victoria financial counsellor Elaine* received an emotional phone call from a young father whose partner had suddenly passed away from an asthma attack. "He said to me that he was lying on her grave in the middle of the night and was not coping with her death," said Elaine.

David* unexpectedly found himself a single father with three young children and was struggling financially as well as emotionally. He had to give up his full-time job to care for his kids and did not have enough money to pay for his partner's funeral.

After Elaine spoke to David, she arranged a loan for him to help pay for part of the funeral costs. She then referred him to Anglicare Victoria's Emergency Relief centre and assisted the family with vouchers, food and essentials. "The quarterly utility bills were causing distress, but I contacted the retailers and got David on payment plans to help him budget," Elaine said.

Anglicare Victoria also supported David's kids through the *Children with Hope* program, which helps disadvantaged children enjoy every day experiences. David's eldest son Thomas was really struggling after losing his mother. Thomas would often jump out of his bedroom window in the middle of the night or punch holes in the walls when it all became too much for him to handle. Thanks to the *Children with Hope* funding, Thomas was able to start martial arts training after school and channel his energy in a more positive way.

Elaine now visits David and his family occasionally, and is happy to see them healthy and well. "When I visit them to drop off hampers that have been donated, they are always so grateful. I know there is a lot of focus on single mum families, but I want people to know that there are many single dads out there that need our help too," said Elaine.

* Names and images have been changed to protect client privacy

DONOR SURVEY: YOUR WORDS

A very big thank you to everyone that participated in our Donor Survey. We were so happy to hear the responses that you sent in, which really showed us how much you believe in the work that we do.

"I think Anglicare Victoria has been a wonderful organisation for many years and I trust it will continue to do great work for people in unhappy circumstances"

"I think Anglicare Victoria performs well in assisting the troubled and does well in our community."

"Despite the enormous demand for your help and services, I think Anglicare does a wonderful service to the disadvantaged and abused."

A MESSAGE FROM THE CEO



When I think of Christmas, the first thing that comes to mind is family. Being home with family and sitting around the tree opening presents with the kids. However, for many of the families we work with at Anglicare Victoria, Christmas can be a hard

time of the year. There are often more incidents of family violence due to alcohol abuse and financial stresses. Additional costs of presents and a Christmas meal leave many parents wondering if they will have enough money for school uniforms in January.

Thanks to your support, we are able to assist these families. We provide them with long-term solutions to their problems, in addition to the urgent help

they need. We are addressing immediate, pressing needs such as finding a safe place for those afflicted by family violence or helping a family pay their utility bill.

None of our work would be possible without the support of our generous donors, parishes, schools and organisations. So on behalf of these vulnerable Victorian families everywhere, thank you for your support of Anglicare Victoria's Christmas Appeal. I wish you all a joyful festive season with your loved ones.

Paul McDonald
CEO Anglicare Victoria



Zeus joins Anglicare Victoria

Meet Zeus!

The team at Kookaburra therapeutic residential care unit are excited to introduce their newest 'worker,' Zeus.

There are many beneficial effects of therapeutic animals for traumatised kids, and the Kookaburra residential care unit specialises in children with special needs. A huge thank you to the team at Fit Gym Mt Evelyn who sponsored this amazing addition to the unit.

Zeus has now become part of the kid's daily routines; helping to tuck them into bed at night, walking to classes with them and going for walks in the community.

If you would like to make a donation to support the Kookaburra unit, please call 9412 6125.



Sita feels closer to her son after participating in the program.

Parentzone: Preventing Harm

Sita* came to Anglicare Victoria because she wanted to "stop showing her anger with the kids" and she confided that she had been shouting and smacking her children when they would not follow instructions. Through the *Parentzone* group program, Sita learnt new skills and strategies to deal with her own feelings, which led to a more calm and consistent approach when dealing with her children.

She began using family meetings, rules, consequences and praise as positive parenting tactics, while also making time to care for herself and her own needs. Sita's evaluation of the program left her "really impressed" and she stopped resorting to the "shouting, anger and smacking," which in turn made her relationship with her children closer.

** Names and images have been changed to protect client privacy*

Behind The Scenes: Staff Profile



Introducing Leigh Rankcom

Leigh Rankcom has been working for Anglicare Victoria for 15 years and is the Team Leader for Integrated Family Services.

Can you tell us a little about your role at Anglicare Victoria?

My staff and I work with families in their homes to help them make positive changes that improve the well-being of the parents and their children. We work with parents and help them explore how these changes can occur, what the

barriers to change are, and we discuss how to overcome them.

Did you have a moment when you suddenly realised how much of a difference Anglicare Victoria was making?

I had been with Anglicare Victoria for about a year, and was working with a client who was completely overwhelmed by the stress in her life and past trauma. She found it hard to see a positive future for her family, and her struggles were preventing her from having a good relationship with her children.

I worked with her on some skills and strategies to help her relationship with her kids and she was very dubious at the start, but she gave it a go for a few weeks. One day at a session, she cried and told me she finally has hope for the future, and she was connecting with her children like she always wanted to. Things were far from resolved but hope was restored, a family became a family again. I knew I was really making a difference then.

What do you wish other people knew about your work with families?

The families that we work with come to us at a time of despair,

in need of understanding and a sense of hope. For whatever reason, they are struggling to access the strength in them, but want to improve their family and to have a home where everyone is better. All they need is someone with patience, knowledge and compassion to help them.

What would you tell someone about why they should support Anglicare Victoria?

The people that work here are all driven by one goal: to see transformational changes in the lives of our clients. You know that regardless of what capacity you are employed in, you are in part helping people make changes and giving them hope for the future.

Without the help of our amazing donors and supporters, we would not be able to achieve this.

What do you do when you aren't working?

I have a busy home life with three children, as a family we love being involved in our church activities. I also really enjoy four-wheel driving and camping outdoors, it is always good to get away from technology!

A Gift in your Will to Anglicare Victoria can make a real difference



Graham Baker, Friend of Anglicare Victoria

"I come from a family who, going back to my grandfather's days, has supported and been concerned about the disadvantaged and vulnerable children and adults less fortunate than ourselves - people who are often 'hidden' from view.

Ever since I began buying their Christmas cards, I've been impressed with what Anglicare Victoria does for these folk - on very limited resources.

Not only is Anglicare Victoria inextricably connected to my parish, St Mark's, it's also one of the most compassionate, effective organisations assisting the marginalised.

"I've been fortunate in my life, in terms of health, education and employment. So I've made a deeply personal decision, reflecting three generations of lifetime values, to donate every month and pledge a percentage of my estate to Anglicare Victoria, through a gift in my Will. This ensures my loved ones are cared for, as well as the less advantaged in our community, in the years ahead."

Graham Baker, 80
– Friend of Anglicare Victoria

Naming Anglicare Victoria in your Will is a far-sighted and generous gift reflecting the values you hold dear and allowing them to continue for years to come. Friends of Anglicare Victoria is a special group of individuals, like Graham, who've notified us that they've named Anglicare Victoria as one of the beneficiaries of their Will. Friends are honoured for their thoughtfulness in a variety of ways. But, most importantly, you'll be helping disadvantaged children and young families for generations to come.

This is truly God's love in action.

For further information: Anglicare Victoria's Relationship Manager
– Requests, on 9412 6197 or email bequests@anglicarevic.org.au

Yes, I want to help keep families safe this Christmas

Donation Option

Please accept my gift of:

- \$50 can enable a child who has witnessed family violence to attend counselling
- \$100 can pay for an in-home visit from a family services worker
- My choice of \$ _____

Please accept my monthly gift of:

- \$18 can provide parents with timely advice through our Parentzone phone line
- \$80 can enable a couple to join a parenting course
- My choice of \$ _____

Payment Details

- Cheque/Money Order enclosed**
(made payable to: ANGLICARE VICTORIA)

Please debit my credit card

- VISA
- MASTERCARD
- AMEX
- DINERS

Card Number - - - - / - - - - / - - - - / - - - -

Expiry - - / - -

Card Holder's Name

Card Holder's Signature

My details for receipting are

Name

Address

Phone

Email

- Please send me information about becoming a regular monthly giver
- Please send me information about leaving a legacy to Anglicare Victoria through a gift in my Will
- I have already left a gift in my Will to Anglicare Victoria

Please post to:

Paul McDonald, CEO of Anglicare Victoria
PO Box 45 Abbotsford VIC 3067

Alternatively you can:

Donate online at www.anglicarevic.org.au
Phone 1800 809 722 to donate

THANK YOU

Anglicare values your privacy. Please contact our Database Officer, on 9412 6136, to find out how we manage your personal information.



Gina's Story

Christmas is a wonderful time of the year for most of us. However, for thousands of women and children affected by family violence, Christmas can be terrifying.



Anglicare Victoria work in many instances where family violence has affected the lives of the women and children that we help. Women like Gina*, who can still recall the moment when she realised what her options were:

"I knew I could either stay and end up being killed by him, or leave with my son and try and keep us safe,"
Gina says.

When Gina first got involved with Anglicare Victoria's Choices Program, her caseworker Wendy* was not sure if Gina would fully participate in the program.

"I initially believed that Gina would not engage with the program. However, ten months on from first meeting Gina, she is one of the most engaged clients that I have worked with," Wendy says.

Gina is now a young mother with two children, a seven-year-old boy and an 18-month-old baby daughter. She resides in stable, private rental accommodation that she sourced herself.

Gina finally feels safe:

"Anglicare Victoria really helped us get back on track. I know that I can call my worker whenever I need to and she will be there for me. Anglicare has helped me and my family feel secure again."

* All names and images have been altered

Please donate today and help keep families safe this Christmas