



## HOW YOU HELPED MIA FIND HER FAMILY

When we first met thirteen-year-old Mia\*, she had been in out-of-home care since she was three and lived in a few different foster and residential care homes. Mia had no contact with her extended family and was not attending school.

Thanks to donations from amazing supporters like you, we were able to place Mia into one of Anglicare's specialised therapeutic programs that aims to work with children and get them back to a stable family life.

Throughout the program, Mia flourished. The one-on-one tutoring she received as well as the home care given to her helped her turn her life around. In just six months, Mia's school performance increased significantly thanks to speech therapy and daily homework.

While she was in Anglicare's care, one of the program staff looked up Mia's extended family and managed to identify an aunt and uncle as

possible long-term carers for Mia. Through weekly sessions, Anglicare helped to connect Mia with her family, first in the community, then in their home, and eventually Mia had some overnight stays.

Anglicare worked closely with Mia's aunt and uncle to ensure they were confident and ready to care for her. In December last year, Mia moved into her aunt and uncle's home, in time to spend Christmas with her family.

Mia has been able to remain at her current school and now catches the bus to school by herself. Mia had previously been unable to cross the road without assistance, and her aunt and uncle are so proud of how far she's come!

It is only because of loyal donors and supporters like you that we were able to transform Mia's life, reconnect her with her family, and give her the opportunity for a bright future.

### TOM'S BETTER TOMORROW STARTED WITH YOU

Two-year-old Tom\* was assessed as having developmental delays after undergoing a huge amount of change in his young life including family violence, moving house twice and his parent's relationship ending.

His Early Childhood Intervention Worker recommended Gymparoo, a learning centre to help Tom develop his motor skills and speech. The worker also suggested Tom participate in a music education program called Mini Maestros to help build Tom's confidence and social development.

Thankfully, Anglicare was able to access our Better Tomorrow's fund, which is completely supported by your kind donations, to help Tom attend both programs.

After six months, Tom's development has started to improve, especially his speech and confidence. None of this would have been possible if not for amazing Anglicare supporters like you.



**BETTER TOMORROWS**

## LETTER FROM THE CEO



As we start to prepare for the colder months by priming our heaters and getting our warm clothes out, it is easy to forget that for many families, the impact of financial hardship hits hardest at winter. High utility bills and unexpected medical costs can be a struggle for many of the clients that we help here at Anglicare Victoria. This is why the emergency relief and financial counselling services that you support are even more important at this time of the year.

Our recent rental affordability research shows that those on low incomes have been completely shut out of the rental market. We are also seeing an increasing number of children coming into care, and are working closely with families at risk of breakdown through our counselling services and family violence programs. Words cannot express how grateful I am to you for your amazing support. Without you, none of this would be possible. Wishing you all a warm and safe winter.

**Paul McDonald**  
CEO Anglicare Victoria



## YOU AND ANGLICARE VICTORIA: HELPING YOUNG PEOPLE TO DREAM BIG

Anglicare Victoria's new program, The Baldau Yiooghen Youth Leadership Academy brings together community, cultural and sporting groups to support young Aboriginal and Torres Strait Islander people. The academy helps participants as they strive towards their educational, employment and leadership goals. Its name, Baldau Yiooghen, means "Big Dreams" in Wurundjeri language.

The program is facilitated by The Long Walk, Anglicare Victoria and a range of community partners. It links young people with community Elders and provides them with industry and cultural experiences in partner organisations.

Anglicare Victoria Community Development Manager David Law said the program signifies the collaboration of organisations to offer the next generation of Aboriginal and Torres Strait Islander leaders' guidance and encouragement to achieve their future goals.

"Following the program, the young people return to local communities and those over the age of 15 form a youth advisory committee to advise the board at their local Aboriginal Co-operative, as well as paid work experience with one of the academy partners."

**To find out more about the program, please call 1800 809 722.**

## VOLUNTEER PROFILE



Laura and her husband Jake have been Anglicare Victoria foster carers for four years.

### Can you tell us a little about how you decided to become a foster carer?

I started out as a single carer and did all the training on my own. It just so happened that I met my future husband in the week that I got my first placement! Jake eventually did the training and became a foster parent as well.

### Can you tell us a little about some of the young people you have fostered?

We have had ten emergency placements and four longer-term kids. They have all been amazing in different ways.

Two of the kids returned to their families, which is always the aim of foster care. Even so, you miss them dearly! And our current kid is staying for as long as he needs. He is 16 now and has been with us nearly a year. He plans to finish VCE and then on to TAFE or university.

We had just had our first baby when he came to stay. We were nervous about how we would cope and what he would think about a baby. But it was the best decision for our family. He is the best big brother to our other little one. You can see that he still hurts sometimes, but he is learning how to manage that much better and we are so proud of him.

### What do you wish other people knew about foster caring and foster kids?

Although the kids do have rough moments, the majority of the time it is just amazing, watching the

growth and change in these kids. Seeing them experience things they wouldn't have otherwise, and learning something new for the first time.

Watching them make progress in a challenging area is the most rewarding thing! To see them work through that and come out the other side with an acceptance of who they are and where they are in life is amazing.

### What would you tell someone about why they should get involved with Anglicare Victoria?

Anglicare have been an amazing support to us through our whole fostering journey. People forget that foster care can be what you make it. If you have only one weekend spare a month, then sign up for respite or emergency care. Or if you have a few hours a week, volunteer as a Friend, to be another support to a young person in care. There are so many different ways to get involved and support kids or other foster carers. It's the best thing we ever did.

To find out more about becoming a foster carer, call 1800 809 722.

# A Gift in your Will can make a real difference

If you have already been generous and included Anglicare Victoria within your Will, please do let us know so that we can personally acknowledge your Gift.

If you are considering including a Gift in your Will to Anglicare Victoria and would like more information or a copy of our booklet "Your Bequest- the gift that will make a real difference to a child's life", please contact our Relationship Manager - Bequests: **Phone:** (03) 9412 6197 **Email:** peter.burt@anglicarevic.org.au



## ALTITUDE SHIFT 2018

Anglicare Victoria's flagship fundraiser, Altitude Shift recently returned to Melbourne to raise much needed funds for our foster care program. In our biggest year to date, over 170 abseilers faced their fears by abseiling from the 27th floor back to street level in support of Victorian foster children. This year, we had all sorts of people from the community get involved, including foster carers and members from foster families, corporate groups, Anglican school teams and Anglicare Victoria supporters. One of the highlights from the event saw two former foster children take the plunge, thanks to a sponsorship from a few generous donors! Overall, the event raised more than \$155,000 for children and young people living in foster care.

**To find out more, please call 1800 809 722.**

**99%** of Melbourne rentals are unaffordable for people on welfare.

Anglicare Rental Affordability Snapshot 2018  
#rentalsnapshot2018

## ALMOST ZERO RENTAL AFFORDABILITY FOR VULNERABLE VICTORIANS

Anglicare's 2018 Rental Affordability Snapshot has revealed there are almost no rental properties that are affordable for those on low incomes. The snapshot reveals a bleak outlook for people on low incomes trying to find an appropriate, affordable rental. "Everyone deserves a safe, affordable place to call home. Paying for the roof over your head should not leave you so out of pocket that you can't put food in the fridge or pay your power bill," said Paul McDonald.

You can read more about the Rental Affordability Snapshot at [anglicarevic.org.au](http://anglicarevic.org.au)

## PRAYER POINTS

### For Anglicare's Emergency Relief Centres

God of Love, we pray for the emergency relief centres run by Anglicare volunteers across Victoria. May our volunteers treat each person with respect. May our parishes and people who donate money and food be generous, so that others may eat. We pray for those that are provided food and pastoral care each year. Help us to always remember to share what we have been given with others.

### For Parish Partnerships

Loving God, thank you for those that support the work of Anglicare through prayer and practical support. Thank you for the partnerships that exist with Anglican churches across Victoria. Thank you for the privilege we have to care for over 62,000 people through these partnerships. Help Anglicare Victoria and all Anglican churches to continue to share the responsibility of caring for those in need, knowing that from those who have been given much, much will be expected.