

Believe.

Barnardos Australia Newsletter
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Barnardos
Australia



Breakfast Club educates young people about the importance of breakfast and healthy eating choices.

Did you know that 1 in 7 children in Australia are going without breakfast? With the help of your donations, Barnardos has been working with other agencies since 2014 to get young people active and supply them with a healthy breakfast to support their learning.

The Marrickville Souths Fitness and Breakfast Club is a partnership program between Weave, Barnardos, Inner West Council, Marrickville PCYC, Sydney Airport and Marrickville

Youth Resource Centre.

The Breakfast Club is aimed at vulnerable young people aged between 12–24 who are not connected with local services, need assistance with access to school; or just love sport. Young people participating in the program can be collected from home and driven to the Marrickville PCYC where they engage in a range of sports and training exercises with players from the Rabbitohs U20s for one hour. Afterwards, they have the opportunity to shower and

freshen up before breakfast and lunch is provided.

After breakfast, participants are driven to their local school or workplace. Since the program has been running, absenteeism rates among school students has decreased dramatically, and the social aspect of the club means that students are happy to wake up early for breakfast and exercise.

Thank you for helping us provide young people with a healthy start to their day!



Who will be 2018 Mother of the Year?

Barnardos Mother of the Year is a very special annual award that showcases the work of everyday mums and the positive difference that they make in the lives of many Australian children. Anyone can celebrate a mum with a nomination, and she could be your own mum – birth, foster, step or adoptive – your wife, partner, sister, daughter, aunty, friend, or someone in your local community.

Great mums deserve to be recognised and celebrated, and on 10 May – just in time for Mother’s Day – one inspirational Mum will find out just how much she’s appreciated when she is named Barnardos Mother of the Year 2018.

Past Mother of the Year recipients

Carol Edmunds from Burnie, Tasmania, was Barnardos Mother of the Year 2017. She was nominated by her step daughter, Kelly Haywood, whom Carol took into her home 30 years ago when Kelly was eight years old and her mum committed suicide.

Kelly is also her husband’s sister, but Carol treated her young

sister-in-law as her own daughter. “Although Carol has two sons of her own, she has never made me feel any different to them. She has loved me unconditionally and, because of her, I haven’t missed out on having a Mum,” said Kelly.



Barnardos Mother of the Year 2016 was Keelen Mailman from Queensland. Fay Anderson nominated her foster mother and aunt, and credits her for saving her from a life of abuse, neglect and despair.

Keelen, who is the first Aboriginal woman to manage a cattle station and the author of *The Power of Bones*, heeded a cry for help

from five nieces and nephews living in intolerable conditions. She represented herself in court to successfully obtain full guardianship of the siblings. “Aunty Kay became the mother I dreamed of”, says Fay. “She taught me to never accept less than I deserve; I wish I could give her the world.”



Let’s celebrate our Mums

This year ALDI is sponsoring the Barnardos Mother of the Year awards, helping us celebrate the role great mums play in shaping Australian kids. The winner of this year’s Mother of the Year will be announced nationally on 10 May 2018.

Meet Michelle, Barnardos Temporary Foster Carer

Michelle is one of our amazing foster carers who has provided care for six babies. We couldn't protect vulnerable children and young people without the work of people like Michelle – and of course the incredible support of people like you!

“As a single parent with four children at high school, coming home to an empty house after being at work all day was a bit of a scary thought.

So I sat down and asked my kids what would they think if I became

a foster carer and we had babies in the house? I can still take them to football, dancing, whatever, the baby is happy to come along and do what I do.

I've been a foster carer for three years now. We have very busy lives but it works out great, it's such a great thing to be doing. I think anyone should jump at the chance, because the case workers are always there, the carers are always on hand, there's always people around to help you, and ... just do it.”



Kelly's Story

Many of our young people struggle to cope with difficult family situations and the pressures of being a teenager. Thanks to your support, Barnardos counselling and supported accommodation programs help them overcome drug use and continue their education.

Fifteen-year-old Kelly was referred to us by her high school counsellor. One of our case workers contacted Kelly's mother, Mary-Anne, who told us that she was very concerned about Kelly's irregular attendance at school and her drug and alcohol consumption. At the time, Kelly would also go missing for days at a time and stay with people that her parents didn't know.

Mary-Anne explained that their home was very crowded with Kelly and her four younger siblings. We approached ACT Housing with Mary-Anne to have a caravan moved into the backyard for Kelly. Kelly liked the idea of having her own

space but still being close to her family home.

Kelly was referred to the Ted Noffs live-in program to address her drug use. She attended for a couple of weeks before leaving to stay with friends. At that point Mary-Anne told us that she contacted Care and Protection who referred Kelly to Youth Emergency Accommodation Network services. However she was not accepted as she was only fifteen-years-old, receiving no income and reportedly using ice regularly.

Working with Mary-Anne, our case worker arranged for Kelly to receive grocery vouchers to help pay for food and clothes. She took Kelly shopping, gave her lifts to appointments, and encouraged her to stay in contact with her family.

Kelly continued to use amphetamines but was consciously making efforts to stop. After witnessing a number of drug-related incidents involving

friends and being charged with a minor criminal offence, Kelly decided to move back home.

In an effort to resolve Kelly's cycle of only staying home for a couple of weeks before leaving again, we came up with an alternate solution. Kelly agreed to move in with her Aunty Doreen and grandfather, Kevin. We were able to offer them financial assistance to help look after Kelly, and after completing safety checks, Doreen and Kevin are now kin carers in our program.

With your generous support, Kelly has settled accommodation, is financially secure, and has re-engaged with her family. She is also attending a Year 10 course at Canberra Institute of Technology (CIT). Finally, Doreen reports that Kelly is actively participating in household chores and has stopped using drugs and alcohol.



A magical Christmas for our children!

Thanks to your support, our children have had a magical and memorable Christmas. A total of 6,157 presents were donated to Barnardos by individuals, local businesses, schools and community groups. Over \$20,000 in cash donations was also raised to bring joy to NSW and ACT families.

Christmas for a child should be one of the happiest days of the year. A day surrounded by family, filled with love and the excitement of a gift from Santa. Unfortunately for tens of thousands of Australian children living in disadvantaged households, Christmas can be a day filled with disappointment and confusion when they awake to find that Santa hasn't been, there are no presents to open and no special food on the table.

The Barnardos Gifts for Kids Christmas Appeal believes every child deserves to feel joy and happiness during the festive season and that no child should have to go without. Collecting both cash and physical gifts, Barnardos Gifts for Kids supplies thousands of vulnerable Australian children with gifts so they too experience the joy of Christmas.

Every Christmas, we send these gifts out to our centres, making sure that everyone involved in our 172 programs receives something special. When we have an oversupply of presents, we also provide gifts for other small charities and disadvantaged schools across Australia.





HIPPY is helping prepare children and parents for school and learning.

Our Home Interaction Program for Parents and Youngsters (HIPPY) program is a free, home-based early childhood enrichment program that runs during school terms. It is open to children in the year before they start school and continues in their first year of school.

HIPPY helps children by preparing them for school, building self-esteem and confidence in learning, and gives them opportunities to enjoy time with their parents.

The program also helps parents understand child development, and gives them the skills to become more involved in their child's learning as their child's first teacher.

Home visits and group meetings

Home tutors visit parents and caregivers in their home every second week to show them how to do the HIPPY activities. Parents and children then spend 10 to 15 minutes each day, five days a week, doing the activities together.

Parents also meet in a group every second week to practice new activities, discuss topics with guest speakers and participate in fun games that they can then try at home with their children. They also get the chance to meet other parents in the program.

HIPPY on the South Coast

Our South Coast centre opened

in 1990 and has become an integral community service in the Illawarra area, especially in its home suburb of Warrawong.

By 2013 we had 14 programs operating from the centre and its outreach sites, ranging from HIPPY through to early intervention services, community development programs, intensive services for families and children with complex needs, and out of home care for children who have been removed from their family home to keep them safe from abuse or neglect.

The centre is also committed to delivering quality family support services to the Aboriginal community, staffed by Aboriginal people.

Without your generosity, ongoing programs like HIPPY would not be possible. Thank you again for your incredible support.

Staff Profile – Youth Worker, Leonard Perelini

There are so many ways your generosity helps Barnardos make a difference. Our Streetwork team in Sydney's South-West has been meeting young people 'on their terms on their turf' for almost 30 years. It is a life passion for Youth Worker Leonard Perelini, who gave up a promising career in music to pursue youth work.

"It's personal for me," says Leonard. "A tragedy happened to the family some years ago, the loss of my cousin due to alcohol abuse. He was only 14. He was out at a party with his older brothers. He went for a spin in a hot-wired car with a drunk driver. The driver lost control of the vehicle. Everyone ran from the crash site but my cousin lay injured on the back seat. By the

time the ambulance came it was too late. He was gone.

Words can't explain what my family went through. It was a life lesson for all of us. Especially for me. It just changed my perspective. I wanted to do something with my life that had purpose. I understood the repercussions of what young people can do when they make the wrong choice. Some choices have long term effects. They need support around them."

Leonard brings his determination every day to his work. "I'm here to be real with the young people. Often drugs and alcohol is their way of dealing with other problems they are going through. I am a big believer that if you show young people that you are there for them then they will trust you and let you in. Gaining their trust is important. It's a long journey but it's worth it and it could prevent young people from making the wrong decision."

Leonard and his colleagues aren't just centre-based youth workers. The Streetwork team brings our services to young people and helps them identify who is in need of support.

"I have a family of my own. I want to set an example for my kids and my community. This is not just a job. It's a purpose."

Young people experiencing challenges such as a family breakdown or difficulties at school are at the greatest risk of disengaging from their education and becoming homeless. Your wonderful support gives our youth work teams the resources to operate in disadvantaged communities and ensure young people can stay safely at home.

