



UnitingCare N E W S

A U T U M N 2 0 0 8

SORRY

On February 13 2008, as the nation and the world watched and listened, Prime Minister Kevin Rudd began his apologies to Australia's Stolen Generations on behalf of us all with these words:

I move that today

We honour the indigenous peoples of this land, the oldest continuing cultures in human history.

We reflect on their past mistreatment.

We reflect in particular on the mistreatment of those who were stolen generations - this blemished chapter in our nation's history.

The time has now come for the nation to turn a new page in Australia's history by righting the wrongs of the past and so moving forward with confidence to the future.

We apologise for the laws and policies of successive parliaments and governments that have inflicted profound grief, suffering and loss on these our fellow Australians.

We apologise especially for the removal of Aboriginal and Torres Strait Islander children from their families, their communities and their country.

For the pain, suffering and hurt of these stolen generations, their descendants and for their families left behind, we say sorry.....



Aboriginal leader Lowitja O'Donoghue is greeted by Prime Minister Kevin Rudd after the "Sorry" statement

Photo courtesy of Getty Images

With the majority of Australians, UnitingCare Wesley welcomed the Federal Government's apology to the Stolen Generations and called for the recommendations of the 'Bringing Them Home' report to be promptly implemented.

"Saying 'sorry' won't wipe out all of that pain but it can breathe new life and hope into damaged relationships and strengthen the healing process" said Rev Peter McDonald of UnitingCare Wesley Adelaide.

"The Government's apology is a momentous occasion for this nation but it should not be simply thought of as a one-day event. We look forward to the Federal Government acting on its commitments to Aboriginal people," said Rev McDonald.

To that end, UnitingCare Wesley reaffirms its commitment to the Aboriginal community through various programs and projects, like the Anangu Lands Paper Tracker (www.papertracker.com.au).



Crowds gather in Adelaide to hear the "Sorry" statement

Photographer Chris Mangan - Photo courtesy of The Advertiser

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Smiling Faces

AND FEELINGS OF HOPE AND JOY

The generosity of many businesses, community groups, Foundations and individuals across South Australia made Christmas a time of joy after a challenging year for many people. Sincere thanks from the recipients of about 2500 festive food hampers and about 5000 gifts for children.

The Governor of South Australia - His Excellency Rear Admiral Kevin Scarce (pictured with Abbie Apple) and Mrs Scarce headed a group of special guests who greeted a number of the families receiving hampers at the Entertainment Centre.

UnitingCare Wesley Adelaide is very appreciative of the support from many donors including AMP Foundation, Portfolio Partners, ING Investment, Pickard Foundation, Macquarie Bank Foundation, ETSA Utilities, Bank SA Staff Charitable Fund, Morialta Trust, Yellow Corporation, CMI Toyota, CMV Foundation, Target, CBA, friends and staff of UnitingCare Wesley Adelaide.

UCW Bowden thanks the Adelaide Entertainment Centre, Adelaide Bank Charitable Foundation, Morialta Trust Incorporated, Telstra Corporation, Australian Executor Trustees, Woolworths Rundle Mall, Manna Confectionary Pty Ltd and Visy Board.

Annesley College, Prince Alfred College, Urrbrae High School and Mitcham Rotary Club also helped with cash, goods and volunteers. ■



SA Governor His Excellency Rear Admiral Kevin Scarce with Abbie Apple

Art Exhibition about Problem Gambling



On 6th March, there was an official opening of three exhibitions that were brought together in the Port Pirie Regional Art Gallery.

The exhibitions were, "Picture This", paintings from local Port Pirie artists, a set of works from students of the Port Pirie High School and "Three Sides of the Coin," an exhibition loaned from the Migration Museum in Adelaide.

The exhibition raises awareness about the impacts of gambling on individuals, families and communities. Last year almost \$10 million was put through poker machines in the Port Pirie district. A staggering \$302 million was generated from all gambling products



Andrew Cockington, UCW Port Pirie, Jana Pana and Deb Nelson.

in the southern Flinders and Yorke Peninsula districts.

The exhibition was organised by Deb Nelson, Gambling Counsellor and Jan Pana, Arts Project Officer with great support from local artists. ■

Denim for Goodwill

Iconic Adelaide clothing outlet, Trims, invited people to trade-in their old jeans during February and receive a great discount on any pair of new jeans. All traded jeans were donated to Goodwill to help keep SA's disadvantaged people warm this winter.

Goodwill Manager, Kylie Simmons, says she was delighted with the public's response. ■



St Andrews Redevelopment



The rebuilding of St Andrews Men's Accommodation in Port Pirie (pictured) is nearing completion. The two storey facility, built on the old shelter site, will house up to 10 residents on a short term basis. Several structural problems and the Christmas shutdown caused lengthy delays pushing back the handover date to the end of April 2008.

The building includes a range of environmentally sustainable features like rainwater tanks which are plumbed to

the ground floor dual flush toilets and laundry areas. Other water efficiencies include the tapware, shower heads and drought resistant plants in the garden. In an endeavour to reduce energy costs a solar hot water system has been installed and energy efficient gas heating will warm the main areas. The building itself is constructed of concrete blockwork which reduces embedded energy and features overhanging eaves and awnings to shade the "Low E" glazed windows. ■

The expansion of the programs offered by UnitingCare Wesley Port Pirie has almost caused the office to 'burst at the seams'! To relieve the pressure, the fast growing Employment Training and Participation (ETP) team has taken up a lease on premises across the road in Flinders Arcade which will allow for the redevelopment of the first floor area of Ward House to house the Alternative Care team.

The ETP team has employed 5 new staff members; Colin Lambert to work with Disability Employment Network and Personal Support Program clients, Ally Patterson and Laura Nelson will work with high school students in the ICAN Be Me program, Leonie Lock in the SA Works funded Administration Reconnections Program and Tracy Holden has been recruited as a Team Leader to support the Program Manager, Louise Bearman in her management role. ■



Some of the Employment, Training and Participation Team members - Colin Lambert, Jason Roberts, Ally Patterson, Kathy Scarce and Louise Bearman.

Trip of a Lifetime

The new ICAN Be Me funded program offered by the Employment, Training and Participation team focuses on offering Flexible Learning Options (FLO) to engage young people at risk of leaving school early in Port Pirie and Port Augusta, and work towards enrolment in pre-vocational courses, employment and training in life skills. Earlier this year, six students from the FLO program at John Pirie Secondary School were given a 'trip of a lifetime' on the One and All in a sail training voyage.

The students set sail from Port Adelaide and headed out to sea. The team had to learn how to climb masts, hoist and secure sails, tend the wheel at the helm,

coil ropes, clean up, work on rosters all through the day and night and learn to navigate. It was a very big week, with the participants having to work around the clock.

The friendships that were built and the trust they developed in each other was a wonderful thing to see. Facing and overcoming their fears was a huge achievement for each participant.

The six participants developed self esteem and discovered that they can achieve anything they want to.

Only good memories remain of their Voyage of Discovery! ■



Ally Patterson (centre) course co-ordinator flanked by four students

CARING MATTERS

UCW BOWDEN

Disability Expo 2007

UnitingCare Wesley Bowden was very pleased to be asked to participate in the Disability Expo 2007 held on 28th September 2007 at Allan Scott Park (Morphettville Race Course).



Supported Tenancies

Supported Tenancies is a program where Housing SA tenants are referred for specific assistance to remain in their rental accommodation.

Mrs W is a single mother with two children still at home. In all, she has had ten children and leads a very busy and chaotic life.

Housing SA referred the family to the Supported Tenancy Program due to neighbour disagreement about perceived disruptive behaviour.

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The Disability Expo has grown in size and importance over 3 years to become the largest expo of its kind in Australia. It provides a valuable source of information to all persons and organisations involved with disability issues.

Many people living with a disability and their families and carers access a range of respite and service coordination services from UnitingCare Wesley Bowden, including financial counselling and emergency assistance to home care support and respite care programs. UCW Bowden services are provided to people (and their carers) on low income who are aged and living with a disability to ensure that their accommodation and support needs are met in a timely manner.

The Expo was an opportunity to showcase the range of services and support available, and for our trained staff to interact with families and carers that may not be aware that help is available and who may be eligible for assistance.

The Expo continues to grow each year and in 2008 will be held at the Adelaide Showground (Jubilee Pavilion) on Friday 24th October 2008, and again staff of UnitingCare Wesley Bowden will be present to assist families and carers with information on a range of programs and support available. ■

New Site Managers

UnitingCare Wesley Bowden has recently recruited two Site Managers to manage the day to day operations at its Ashman Grove Ageing in Place residential facility and the Churchill Court Residential Aged Care facility. The appointments are a key component in a strategic decision taken by UnitingCare Wesley Bowden to occupy a key niche area in the residential aged care sector and to develop a best practice aged care service.



Dagmar with team

Dagmar Vaselli, the Site Manager at Ashman Grove, is a Registered Nurse with over twenty years experience in professional nursing. Having carried out her training at The Queen Elizabeth Hospital, she has a passion for care of the aged and sees her appointment to Ashman Grove as a fitting step in her quest for improved care for older Australians. She is currently undertaking further study in Aged Care Management,

Dagmar firmly believes that "what you are will show in what you do" and has a strong belief in the commitment and dedication of all the staff at Ashman Grove.



Tess with team

Tess Thompson is the new Site Manager at the Churchill Court Residential facility. Tess is also a Registered Nurse with over twenty years professional nursing experience, the last twelve years of which have been devoted to care of aged people. With significant site management experience in small to large aged care facilities, Tess is well qualified to assist in the strategic re-positioning of UnitingCare Wesley Bowden's aged care services. With a consultative but achievement oriented management style, she believes that success in managing a residential facility necessitates a team effort, respect for all and acknowledging the value of both residents and staff. ■

CARING MATTERS

UCW BOWDEN

UnitingCare Wesley Bowden (UCW Bowden) operates a number of programs and the story below demonstrates how three independent programs can work together, to enhance and enrich the lives of individuals and their families:

Young Carers program

This program is available for young people who are currently studying and at risk of dropping out of school due to commitments associated with their family caring role.

Community Visitors Scheme (CVS)

Also referred to as "Friends for older People" - this program is where selected volunteers befriend a resident of an Aged Care Facility referred by that facility to the CVS coordinator as being lonely and who would benefit from greater social interaction, or who is in danger of becoming socially isolated.

A Multicultural program

UCW Bowden has a number of multi cultural family support and orientation programs and one is the English as a 2nd language service, teaching English to migrants and refugees.

Our story begins with Janet, a vivacious woman who was diagnosed with Multiple Sclerosis when in her early 20's. Janet, who is married with children, is now in her mid 40's, and until recently has been in the workforce working part time.

The Young Carers program came in contact with the family via a request for assistance to fund respite. Upon further discussion, it became clear that the children were providing significant help within the family. Regular assistance with household tasks (which Janet was naturally keen to see "undertaken effectively" and the children, just as naturally, keen to perform as "speedily" as possible) was arranged. A support worker now attends to these household tasks at hours and days suitable to Janet, and now the family has less stress and everyone is happier.

Some months ago Janet's employer relocated further away from her home and she found that driving to work, then working 4 hours and then driving home again was becoming far too tiring and possibly dangerous, so she decided to stop working.

The Young Carers program Coordinator was made aware of Janet's changed circumstance and approached the Community Visitors Scheme (CVS) Coordinator. An aged care facility, very close to Janet's home, was seeking Community Visitors for some of their elderly residents. Janet and the CVS coordinator met and the CVS program was explained to Janet along with the fact that the teacher of English classes was also seeking someone to assist her with her classes for multi cultural clients. Suddenly Janet had two options of voluntary work.

Janet then said that she had some more time to spare and that she would like to visit the English class if this was physically possible. Janet now helps with the classes on Tuesdays. A wonderful outcome for all!

Fortunately, it was around Christmas time and the family was eligible to receive a Christmas Hamper. With UCW Bowden Christmas Hamper assistance (a service only possible with the generous support of donors throughout South Australia), Mrs W understood that staff were there to help and a positive relationship developed.

After numerous discussions, it became clear that part of the problem was the close proximity of the neighbours' houses and fences that did not allow much privacy. Mrs W and her family did have a good relationship with some of the neighbours and they were settled in the house and the area.

The Supported Tenancy Program was able to assist in purchasing screening plants for Mrs W. to plant and care for. This has led to a new shared interest for Mrs. W and her daughter and both now spend time in the garden working and talking together. Even some of the neighbours are taking an interest in the developing garden!

This may only seem like a small intervention, but the positive outcomes are significant:

- Neighbours can see that action has been taken in relation to their issues.
- Housing SA is satisfied that work is being undertaken to resolve the problem and have the added bonus of a tenant who is keen to maintain their garden.
- UCW Bowden staff work together to assist a client.
- Mother and daughter have a new shared interest.
- The family has support to maintain peaceful and harmonious relationships with their neighbours.

It doesn't always happen, but this is the classic win/win outcome and UCW Bowden thanks Mrs. W for allowing us to share her story. ■



CVS staff

CARING MATTERS

UCWP PORT ADELAIDE

Man Alive!



Glenn Rouliier (Men & Family Relationships Program) and volunteers from Family and Support Services “manned” UCWPort Adelaide’s stand at this year’s “Man Alive” festival held on the Semaphore beach foreshore on Sunday 16th March 2008.

The event attracted many families despite the sweltering conditions.

Family Centre volunteers were kept busy answering questions and giving information about services offered.

Dads were given kite kits to assemble and fly with their children.

The event has been running since 2004 to promote the health and well-being of men and celebrate their contribution in the community. ■

Easter Kindness

UnitingCare Wesley Port Adelaide would like to thank the management, staff and customers of Priceline Pharmacy of Golden Grove Rd, Surrey Downs for their generous donation of Easter eggs and soft toys. This unexpected kindness ensured that hundreds of UCWPA clients and their children received an Easter surprise.



Military Manoeuvres Restoring Australia's Defence Heritage



More than 100 local jobseekers were given the opportunity to restore and reconstruct extremely rare horse drawn military vehicles for the National Military Vehicle Museum SA Inc. as part of the Work for the Dole program.

Their achievements were celebrated in a ceremony to mark the end of twelve months of activity on Wednesday 20th February 2008 where certificates of appreciation were awarded to 33 participants who successfully completed the program. Work for the Dole Marketing Manager, Nunzio Giurastante also acknowledged the significant contributions made by Hugh Davis, President of the National Military Vehicle Museum and Work for the Dole Supervisors, Peter Sabey and Peter Foster.

Participants used woodworking skills to restore two World War 1 Machine Gun Limbers (pictured), two wheeled carts designed to support the trail of

an artillery piece and store ammunition. These vehicles will be utilised in future Anzac Day Commemoration ceremonies.

They also constructed museum displays and presentation booths, whilst recording all the processes used in the conservation of the gun carriages.

Besides playing an important part in preserving Australia's military history, 24 participants found employment and one person committed to undertake further education.

Work for the Dole is an Australian Government initiative funded through the Department of Education, Employment and Workplace Relations.

The National Military Vehicle Museum is housed in the old Messenger Press building at 252 Commercial Rd, Port Adelaide and is open to the public. It contains extensive military memorabilia and displays. ■



Aldersgate Artists

CARING MATTERS UCW ADELAIDE

Murray Mudge upgrade complete

Aldersgate's Diversional Therapist, Katherine Tumes, has always had a strong interest in art and music. She won a scholarship to Adelaide Central School of Art where she studied Fine Arts and majored in therapy and psychology.

"I ran my own business painting and supplying my work to over 20 businesses over Adelaide. I worked in a gallery for many years running art classes and setting up for exhibitions. I ventured into art therapy in 2006 and worked freelance until organisations like UnitingCare Wesley realised the importance of having an art therapist working with their residents", said Katherine.

Katherine strongly encourages organisations to promote a non verbal expression of feelings and emotions - such as art therapy!

In May Katherine will attend the Creative Expression, Communication and Dementia and Mindscapes conference in Canada. ■

In keeping with a commitment to providing highest quality services, UnitingCare Wesley Adelaide has completed a major refurbishment of the Murray Mudge aged Care facility to ensure that it is 'best practice'. The final stage of the upgrade was officially opened on 19th of October 2007.



"Residents were actively involved in planning the refurbishment, and continue to be involved, and they talked about the importance of "Human-ness" - the things that make us unique and valued as individuals," said Sue Park, Chief Executive Officer.

Aspects of the refurbishment that enhance human-ness include:

- Keeping in touch with family - a suite is available for family visitors to stay in.
- Having freedom and independence
- Having choice - meals for example are provided in dining rooms set up to be restaurant-like, with each dining room offering different times and menus and residents able to go to whichever dining area suits at the time.
- Hobbies are encouraged and there is a shed, particularly for male residents, tending the vegetable / herb garden is very popular as is Monopoly.

Other significant aspects of the refurbishment include best practice dementia care and individualised support and care. ■



Julie Redman, Chairperson of the Board of UCW Adelaide, former Minister for the Ageing, Christopher Pyne and UCW Adelaide CEO Sue Park.

Project SPIN

Project Spin is a new initiative of our Care Services for Older People. The aim of the project is to connect younger community members with older isolated people living in their community who share a passion interest or need (SPIN).

The first Project for 2008 has seen a strong relationship developing between year 10

Norwood Morialta High School Garden Magic

students from Norwood Morialta High School and the residents of Sir Keith Wilson Court, Magill (an A.C.H. retirement village.)

The students are all participants in the school's Active 8 Program, which aims to facilitate the full involvement of young people working with adults in the community on issues that contribute to youth and environmental development. As

part of their studies students volunteer time each term to assist with a community service project. They are also working with Conservation Volunteers Australia who are teaching them about various environmental and conservation issues.

The students successfully completed their first full day Back Yard Blitz recently.

One of the most poignant stories of the day was that of a lady who is very ill and no longer able to care for her beloved garden. In fact she kept her back door closed because the sight of her over grown yard was just too depressing. She can now open her back door and once again enjoy her garden. One of the students is now attempting to raise enough money at school to purchase a chair so that this very frail lady can sit in her garden on a nice day. More Magic!!



CONTACT DETAILS

If you want your name added to or removed from the 'UnitingCare Wesley News' mailing list, contact Helen Campbell, telephone 8202 5112, or email helen.campbell@ucwesleyadelaide.org.au

For more information about stories or to provide feedback, contact Mark Henley, telephone 8202 5135, email mark.henley@ucwesleyadelaide.org.au or mail to 10 Pitt St, Adelaide.

P.S. In an exciting new development Project Spin has assisted A.C.H. Staff to apply for funding through their Foundation for Older Australians, which has been approved. We can now continue with phase two of the Project, which aims to provide "water-wise" back gardens to the Residents of the Village. ■