

Heart of the Foundation

Bringing you closer to the lives you help change.

Newsletter Autumn 2020



CELEBRATING
20 YEARS

*Because
of you...*

Faraz is excited about
her future

Page 1

Young men are becoming
top blokes

Page 2

Nula finds a home and
starts a new life

Page 3

Siblings get a break
from challenging
family situations

Page 4

Faraz finds her voice

Our scholarship student Faraz has fought hard for her right to an education, something many of us take for granted. Like most of our scholarship recipients, she had a traumatic childhood and was unable to count on her family for support. Now, through her studies, Faraz is finding a voice for storytelling.

We caught up with Faraz recently and she is clearly excited about the opportunities her course is giving her. “Completing the first year of my screen production degree at the Australian Film Television and Radio School has taught me so much,” she says. “I met some amazing people, learnt how to plan, organise, shoot, edit and sound design for films and was able to delve into the crazy and amazing world of filmmaking. It’s helped me gain a new lens in the way I see films and appreciate the efforts that filmmakers put into their work.”

Our scholarship program helps take the financial pressure off our students by

assisting them with study expenses such as course fees and textbooks as well as the cost of living on their own without parental support. It means they can focus on study and start to discover their passions, as Faraz has done.

Stories that will make a difference

“I am currently learning how to create non-fiction projects, and how to tell compelling stories about real life people,” Faraz says. “I am currently working on a five-minute documentary on second generation immigrations from other cultures, and their struggles with assimilating into Australian culture. I’ll be exploring how these conflicts affect sense of identity for these individuals. I’m also learning how to market this idea to the right audience, and how to work towards an SBS brief.”

We know that an articulate, impressive young woman like Faraz will one day have a powerful voice to share stories about issues that she cares about. We’re glad that, with your support, we can help her find it. Faraz says she is looking forward to the year ahead and says “I’m ready to take it on. Thanks to the Sisters of Charity Foundation, I feel like I can reach my full potential.”

Faraz (on right), pictured here with her friend Tanzia, is using her scholarship to study screen production at the Australian Film Television and Radio School in Sydney.

“Thanks to the Sisters of Charity Foundation scholarship I feel like I can reach my full potential.”



Teaching young men how to be top blokes

Like many young men, Tom struggled to manage his emotions when faced with challenges like unemployment. Through the Building Blokes program, he discovered how to make better choices.

With your support we were able to provide just over \$10K for the program, which is run by the Top Blokes Foundation, a young male health organisation that runs group mentoring programs for boys and young men aged 10-24 years. Qualified and experienced mentors help young males discuss and develop skills around issues such as mental health, peer pressure, risk-taking, anger management, masculinity, healthy relationships, drugs, alcohol and online behaviours.

Tom, who was 20 when he started the program, says “I was someone who was constantly in money woes and struggled to gain and hold employment. I had my own landscaping business, but I hated the work and found it very repetitive. When I lost my licence, I lost my motivation and my means of getting an income. With unemployment, I turned to drinking. I wasn’t really connecting with anyone either – I didn’t really have

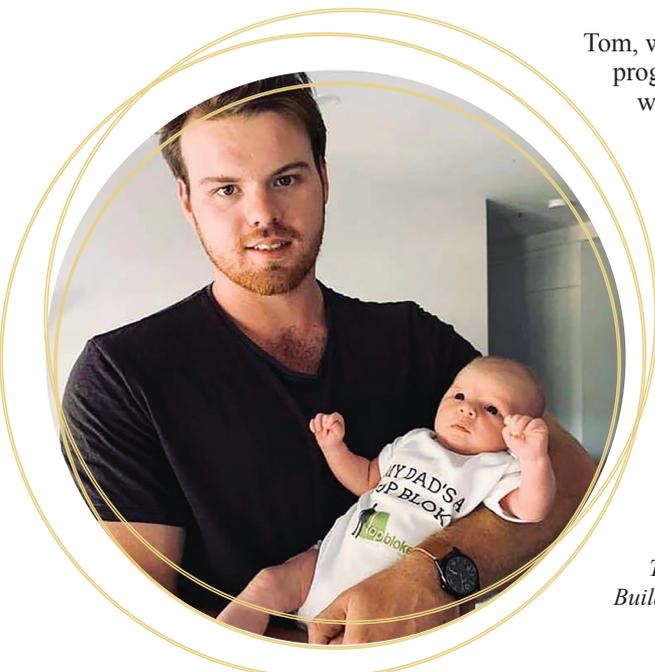
Tom, now a father, graduated from the Building Blokes program and has learned how to create healthier relationships.

“I’m really proud of how level-headed I’ve become.”

many good friends since I’d moved from home to find work. I talked to mum, but we often fought.”

Tom says the mentors shared their personal stories and he started to see there were other ways to deal with difficult situations. “The group felt like a place you could say anything and you wouldn’t be judged. I was able to open up about all the things I had been through and realised some hard truths about myself, like my drinking and anger. The more sessions I attended, the more positive changes I started seeing. I started replacing my boredom and urge to drink with more productive things.”

Tom stopped drinking and started working again. He has a new partner and is now a father. “During the program, we talked about what it means to be a top bloke – how it’s about taking responsibility and helping others when I can,” he explains. “I’m really proud of how level-headed I’ve become.”



How will you be remembered?

Leaving a gift in your will to the Sisters of Charity Foundation is a once in a lifetime chance to make sure those living in poverty or isolation have somewhere to turn to for help, even after you’re gone.

To learn how easy it is to leave a bequest, including assistance with the preparation of your will free of charge, please phone the Foundation office on (02) 9367 1211.

What help and hope can do

Nula escaped a violent past. With your help she is making a new life here.

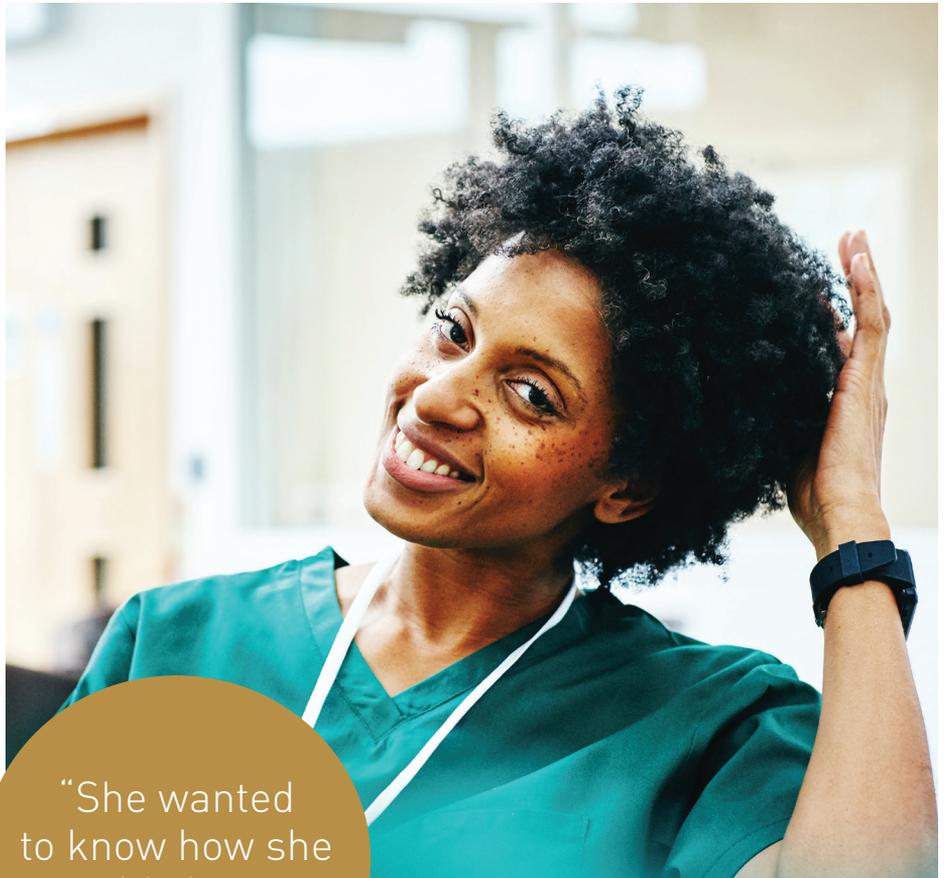
Nula is a young woman from an African country. In her homeland she was the victim of physical and sexual violence. She was not allowed to have access to her children and left fearing for her life.

When she came to Australia, Nula wanted to work. She wanted to know how she could change her life. She had already started studying at TAFE while sleeping on the floor of a community member's home and reached out to the Asylum Seekers Centre (ASC) for help.

The road to independence

The ASC assessed Nula and she was transitioned into Providence House – an apartment building provided by the Sisters of Charity Foundation for emergency housing. At Providence House Nula met other women who showed her how to travel to the shops, how to attend information sessions about safety, tenancy rights and responsibilities, and she learned the basics of shared living. She also attended the female GP and nurse clinic and was referred to counselling.

Nula is now safe and independent. She moved into a private rental unit and is happily employed as an aged care worker. She is very grateful for the accommodation that she received at Providence House – without it, Nula says she would have found it difficult to gain the independence that she needed to be her true self and part of the Australian community.



“She wanted to know how she could change her life.”

*With your help Nula regained control of her life.
Photo credit: iStock*

Did you know?

Our Foundation has been helping disadvantaged and socially isolated people for 20 years? Our work continues the mission of the Sisters of Charity of Australia, who landed here in 1838.

In our anniversary year, we are more grateful than ever for your support, which has allowed us to help so many people across many areas of need.

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A place where kids just get to be kids

A \$15,000 community grant helped reinstate a much-needed social club for brothers and sisters of children with special needs.

Social Sibs is a social group run by Sunshine Butterflies, a not-for-profit organisation that provides disability support services for people on the Sunshine Coast. The group allows the children to make new friendships, talk about their feelings with others who know what it's like to have a sibling with special needs, and learn some coping strategies for difficult situations, like teasing or embarrassment.

Community Development Coordinator Lucy Mills says "Siblings of a child with a disability can often miss out on fun activities, and internalise emotions

and not want to cause any more stress to their already overburdened parents. They can feel overly responsible, independent and even neglected." The Social Sibs program allows siblings to come together and share experiences and emotions in a supportive and fun environment.

Through your kind donations, Sunshine Butterflies is able to give the siblings fun monthly activities including trips to Sea Life Mooloolaba and the Big Boing, as well as park and nature explorations and cooking classes.

What the parents had to say...

"My son just loves coming to the Social Sibs program because he gets to play and be a kid again without having to worry about his brother."

"My daughter is making new friends and doing something she likes."

"Sunshine Butterflies is amazing and giving the siblings a great opportunity."



The siblings enjoy a range of fun social activities, including excursions to places like Sea Life Mooloolaba.

Thank you from Richard

At difficult times like these we are grateful for your support, which allow us to empower frontline community organisations in different sectors across the country. In the challenging weeks and months ahead, we will continue to do this, as well as finding new ways to help the poorest and most marginalised people in our society.

Without you, much vital and important work would go undone. Through your support we are helping to create a more compassionate and aware society. Thank you.

A handwritten signature in black ink that reads "Richard Haddock".

Richard Haddock AO, Chairman

Without you, so much vital and important work in our community would go undone.