



Sisters of Charity  
Foundation

# Heart of the Foundation

Bringing you closer to the lives you help change

Newsletter Spring 2022

## “Thank you for helping me reach my potential”

**Ambitious and intelligent, midwifery student Lillian is the perfect Honours candidate. But something was standing in her way.**

“I love supporting, advocating and empowering women during their childbearing journey as it is a time full of hormones, emotions and vulnerability,” says our scholarship student Lillian. “I would love to contribute to a positive change in the world, such as decreasing the intervention rates during birth and the rate of birth trauma.”

Lillian is in her last year of a Bachelor of Midwifery at the University of Technology Sydney, and has consistently achieved high results in her courses. Her goal was to complete the three-year degree then do her Honours.

### Scrambling to survive

But how is a young person who can't rely on family for financial support supposed to pay rent in Sydney while studying full time?

“I had three jobs,” says Lillian. “In total I was working around 42+ hours a

week plus studying. I was working as an all-rounder at a sushi restaurant, as an Assistant Midwife at RPA Hospital, and selling second hand clothes at markets on weekends.”

The Honours course is an extra year of full-time study. Lillian knew she couldn't keep up her demanding schedule for much longer and might have to miss out on her dream.

### Scholarship stress relief

“I was over the moon when I found out I won the scholarship,” says Lillian. “Midwifery has definitely been challenging with the never-ending placement, classes, COVID

restrictions, dodging catching COVID, being on call, working three jobs...”

Lillian was able to quit her sushi job and make a solid plan. After finishing her classes she'll find a graduate midwifery job at a hospital, and rent a one-bedroom apartment within commuting distance. She'll work for at least a year while saving as much as she can, then commence her Bachelor of Midwifery (Honours). The scholarship will help with living costs. ❖

**“I would love to say a massive thank you to the Foundation's donors. You lovely people have definitely made a huge change in my life and helped me find my passion in midwifery again.”**



“The scholarship has helped me be less stressed.” Lillian with Sister Anthea Groves.

## BECAUSE OF YOU...

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Lillian is one step closer to her dream

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Kaylah is looking forward to the future

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Rural Australia can count on support

# “Thank you for giving me a future”

A tragic childhood left Kaylah destitute. Here's how your compassion helped turn her life around.

“Turning 18 is supposed to be a happy milestone,” says Kaylah. “I had to leave foster care just days after my 18th birthday because my foster carer had to make room for another young girl needing a place to stay. I had no idea how to get a job and didn't think I could anyway as I didn't finish school. After exhausting all options I ended up in a crisis refuge, homeless and desperate and suffering from depression and anxiety due to trauma from my childhood.”

Kaylah had no adult in her life she could trust or rely on for support, and little hope for her future. But then she heard about the Young Warrior Woman Program.

## Finding her warrior spirit

The Warrior Woman Foundation received a Community Grant to launch a 6-month program for young women leaving care who are at high risk of becoming homeless. It provides connection, life-skills education, and mental health support via educational workshops, group therapy sessions and one-on-one mentoring.

Kaylah was matched with a mentor who helped her get a part-time job and work out what she wanted to do for a career – and it wasn't long before she enrolled in a TAFE course to become an early childhood teacher. She also completed a 6-week money management course which taught her how to budget and do taxes; and learnt about positive self-talk, nutrition, good sleep habits, healthy relationships and lots more.

“I've learnt so many skills to be independent and I'm finally proud of myself,” says Kaylah.

## The future looks bright

Kaylah also managed to secure a more permanent address in community assisted accommodation.

Through the program she met other young women in similar situations and has made a group of good friends.

**“It was exactly what I needed to build the confidence to believe in myself and set goals for the future.”**

“Even though the program is now finished my mentor still calls me so I don't feel alone anymore,” says Kaylah. “I have suggested this

program to other young women who are in my position. I want them to know that there is help out there and people who care.” ❖



The life-skills education and mentoring Kaylah received were invaluable. Photo: Getty Images



## Learn, share, heal and grow

“Often youth in the out-of-home care system have lived through multiple traumas, such as abuse or neglect, multiple foster home placements, lack of continuity in education, and an array of losses – friends, family, siblings,” explains Founder and CEO of The Warrior Woman Foundation Jessica Brown.

“We want all our Young Warriors to have clear goals for their future trajectory in education, training, and employment, and to have a safe, stable place to call home with the ability to meet their own basic needs. We also want them to feel a sense of belonging, and have the tools to start the trauma healing process so that they can become resilient, independent young women capable of taking their place in the world.”

# How you'll bring relief to **rural Australia**

Previously managed by the Sisters of Charity Congregation, Community Care has now joined the Foundation.

Community Care provides support to people in remote, rural and regional communities who have been badly affected by droughts, bushfires, floods and general economic downturn. Sister Anne Mayberry manages the program in New South Wales, while Sister Christine Henry is responsible for Downs & West Community Support in southern Queensland.

## Combining forces for good

The Sisters visit struggling families and communities in person, racking up hundreds of kilometres on their solitary drives through the outback. They are uniquely placed to listen to and observe what these communities need, and their expertise will influence our future support.

## Expanding our perspective

"Many people don't know about farmers and a lot of them may not



"We might not be able to get the stuff we need at the supermarket – but what about the farming communities?" Photo: Getty Images

**"We're inspired by Sister Anne and Sister Christine. They've had an enormous impact so far."**

care unfortunately," says Sister Anne Mayberry. "They realise our veggies have gone up in price – but think about the farmers. All their lettuce crops totally destroyed because of the floodwater and the mud sitting in the middle of the lettuce leaves.

"What expense is it going to cost them, how long is it going to be before they get back on their feet?

Who's going to help them, who's going to worry about their family and if they can put food on the table?

"You go out there and see how grateful these people are and they just hug you to death, because someone cares about them... If that doesn't spur you on I don't know what does." ❖



## The power of one-on-one support

Sister Christine remembers one very special boy she helped: "Nine-year-old Patrick was out baling hay with his dad. As he walked beside the hay baler he fell and his long hair got caught by the blades and he was instantly partially de-scalped. Before getting into the Care-Flight helicopter, he told his dad he wanted Prince Harry to be at the hospital.

"His distressed mother called us, we responded without hesitation and were at the hospital where we spent time with a very frightened and sick Patrick before he went to theatre. We stayed on with the parents until he was in recovery and the parents were able to be with him. Patrick has recovered from surgery and is having counselling. Two things for sure, he wants short hair from now on and a dog just like Harry."

◀ Sister Christine Henry with Prince Harry.

# A word from Louise

We'd like to invite you to join us at a special concert to raise money for our scholarship students.

This December, world-renowned Australian pianist Roger Woodward will take to the stage with the Kuring-gai Philharmonic Orchestra to help celebrate its 50th birthday – and I'm excited to announce they will be donating the proceeds to our Tertiary Scholarship Program for young people from out-of-home care.

Helping children from foster care is very close to Roger Woodward's heart – so much so that he is donating his performance and covering his travel expenses from the UK to support the program.

This concert is an opportunity to spread awareness about the challenges faced by children from out-of-

home care, and I ask you to pass on the details to your friends and family. I would love to see you there and say hello – if you do buy a ticket please let me know at [info@sistersofcharityfoundation.org.au](mailto:info@sistersofcharityfoundation.org.au). Your continued support is so appreciated.



Louise M Burton, CEO



## Roger Woodward Celebrates KPO's 50th Birthday

3pm  
Sunday 11 December

The Concourse,  
409 Victoria Avenue  
Chatswood NSW 2067

Tickets range from  
\$20 – \$55.

Further details and  
tickets:

[bit.ly/rogerwoodward](https://bit.ly/rogerwoodward)

## Become a Changemaker

Join our community of regular givers who are helping make Australia a fairer, more equitable place.

When you pledge to give a monthly or regular donation, you allow us to respond quickly when desperate families and communities need help. Your commitment lets us engage in more impactful philanthropy, invest in longer-term solutions and run essential programs with more certainty.

Your regular gifts can be directed to the program that matters to you most. If you are keen to join our Changemakers Regular Giving Program, or have any questions, please contact Beverley Brock on (02) 9367 1279 or [beverley.brock@sistersofcharityfoundation.org.au](mailto:beverley.brock@sistersofcharityfoundation.org.au).

