

PROVINCE OF ROSALIE RENDU



NEWSLETTER



Incorporated
works



The Daughters of Charity
of St Vincent de Paul Services

GREETINGS

Sister Ellen Flynn

Greetings to you all from a sunny London!

It is exactly one year this month since the launch of this now very popular Newsletter! Congratulations to all our contributors and thank you to all our readers and supporters.

As I look back across the four editions of the Newsletter I continue to marvel at the creative ways in which our works and projects have navigated their way through the maze of difficulties presented to us by the Global impact of Covid 19. St Vincent and St Louise will be rejoicing at your adherence to our values and your commitment to those you serve - at all costs.

At the time of writing, whilst restrictions are generally lifting across the three Nations of Great Britain, the various States of Australia are moving more deeply into Lockdown. The hardship created by lockdown and the risks of loosening restrictions are held in tension across the world. We continue to hold each other in prayer and support as we fight against the crisis in which we all share.

This time last year I wrote "Let our awareness and empathy flourish across the world and within our worlds. At this time of hardship and in our concern to keep everyone safe, let us commit first of all to thinking of one another." Who would have dreamt that message would be as true today as it was then?

We welcome to this edition the FamVin Homeless Alliance. What a wonderful collaborative initiative this is! The achievements of the three years described in their article are indeed outstanding. I pay tribute to Mark McGreevy and the FamVin team together with all the leaders and



branches of the Vincentian Family who have worked together to bring this campaign to fruition. In partnership with the Institute of Global Homelessness its impact on homelessness has already been immense.

It is wonderful for all of us to realise anew and marvel at our Internationality. With our focus on our own work and project it is easy to forget that we belong to an immense international movement of millions of Vincentians, in all its various branches, working in a myriad of ways in almost every country on earth! What an inspiration! Thank you for that reminder FamVin Alliance and may God bless your continuing inventiveness. Our encouragement and appreciation reach out to you.

My final thought is this - big initiatives arise from an accumulation of small acts delivered with love. Wherever you are and whoever you are with at this time, one single act of love and kindness means the world to them and to each of us who work together to build the Kingdom of God.

"Don't think that it is a small thing to be devoted to the relief of those in distress."
(St Vincent CCD X1: 17)



the marillac
neurological
care centre

THE MARILLAC NEUROLOGICAL CARE CENTRE

At The Marillac, fostering good mental health is just as important as physical health. Emotional and mental wellbeing has been even more of a focus throughout the pandemic. The centre employs a Psychologist who has been available to support residents, staff and relatives during this time. Staff have also gone above and beyond their duties by:

- offering support to a resident who was anxious to return home by providing him with weekly telephone calls for two weeks post-discharge until he was settled;
- providing support to residents who were anxious about going into shops by helping them understand the guidelines and restrictions through effective communication and providing them with coping strategies.
- supporting a resident who was not confident about returning to live alone during the pandemic and was worried her daughter could not visit regularly to help her prepare meals and other tasks. She was given the opportunity to trial independent living in one of the centre's bungalows for a few weeks. In the bungalow, she was able to prepare meals for herself and expressed she was more confident on discharge.



Additionally, as part of The Marillac's holistic approach to care, they have provided a schedule of daily activities for residents that would like to join in to support their sense of choice, wellbeing and fulfilment. Activities have included bingo, arts and crafts and reading groups. Residents also enjoyed a 'Love to Move' exercise class via Zoom supported by Physiotherapy and Occupational Therapy, which helps them to find enjoyment in movement and most importantly have fun!

On a more personal level, staff have spent quality time with individual residents chatting and getting to know them and learning about their past life. They read newspapers and magazines together, some have enjoyed nail care, hand massages, haircuts and doing make-up to help make them feel special and giving a sense of wellbeing.

The Marillac is now busy preparing celebrations for its centenary, which takes place on the 8th of September. Stay tuned!

OUT THERE

It is often a worrying time for families when a loved one goes to prison, and sometimes it can be difficult to know where to get the right information. Out There has continued to offer industry news, guidance and a listening ear to families affected by imprisonment in Greater Manchester. Their services ensure families are aware of any legal and logistical updates ahead of visiting a family member in prison, as well as offering physical and emotional support before and after visits.

The team were delighted to get back into schools in April, enabling them to provide 1:1 support to children and young people and help them explore and manage their feelings. They also continued to offer a range of support groups for families designed to reduce isolation and encourage social interaction. These sessions have been a great opportunity to teach young people transferable life skills, such as cooking and planting. The project also held free mindfulness and gentle yoga sessions to help families be present in the moment and connect with the environment during stressful periods.



As true Vincentians do, Out There has always partnered with, and worked alongside, other organisations to ensure families of prisoners have access to the support they need. The project is now pleased to be sharing its family centre in Trafford with two other organisations that work with individuals in the criminal justice system. The organisations, a probation service and the charity WomenMATTa, will be working from the centre initially one day a week on a trial basis until September. Additionally, other local charities are also using the centre to support families within the local boroughs, including Home Start Trafford, Salford and Wigan.

Out There are now busy finalising their summer activities and resource packs for the children and families they support.



ST MARY'S HOUSE OF WELCOME

60th Anniversary Celebrations

St Mary's House of Welcome's 60th anniversary celebrations were finally able to be held on Friday 14 May, after having been postponed last year due to COVID-19 lockdown restrictions.

We proudly celebrated our 60 years of mission and service to people in need by hosting a simple afternoon tea for some of the people who have shared our journey. The

afternoon was attended by Sr Debra, Sr Margaret (DC Fitzroy), service users, volunteers, supporters and politicians. It was a lovely day to reflect on our achievements, and celebrate our founders - the Daughters of Charity - and everyone who has supported us in our work in providing essential services for people sleeping rough, experiencing homelessness and disadvantaged. A video, created to mark the Anniversary, was shown at the afternoon tea which you can view at www.bit.ly/3hmQMg2

We look forward to many more years of supporting our vulnerable community members.



Sr Debra and Sr Margaret cutting the celebration cake with some of our service users



Robina Bradley with Victorian Minister for Housing, Richard Wynne MP at our anniversary celebrations

ST MARY'S HOUSE OF WELCOME CONTINUED ...

COVID-19 lockdown update

On Friday 28 May, Victoria entered into a COVID-19 14-day circuit breaker lockdown which meant that St Mary's House of Welcome had to once again temporarily adapt our service model to remain COVID-safe and compliant. As a designated Essential Service whose mission it is to ensure those in need are kept nourished and safe, we have continued to provide vital meal support and practical aid (showers, emergency relief, crisis support) to rough sleepers and other highly vulnerable community members.

Welcome Steps towards "COVID-Normal"

As we head into the colder months and as ever-changing COVID-19 restrictions allow - St Mary's House of Welcome has been taking a stepwise approach to easing back to our mission work as an onsite engagement hub.

Our initial step has been to offer a "Welcome Start" Winter Breakfast Club for our rough-sleeping community. Up until the recent COVID-19 snap lockdown, people sleeping rough on the streets have once again been able come into our dining room and have a full, two course hot breakfast, tea/coffee, shower, clean clothes as well as support and referrals from our Community Support Workers. It is wonderful that, as we move into the cold, wet weather, we can once again begin to open our doors to offer warmth, a nutritious meal, and big smiles from staff and volunteers. Of course, we continue to take measures to be as COVID-19 safe as possible and will offer a take-away meal pack to all other service users who we are unable to accommodate onsite at this stage due to restrictions.

Masterchef Visit!

On Monday 12 May, we were very lucky to welcome contestants Linda and Aaron from MasterChef Australia into our kitchen and dining room as they helped prepare and serve a delicious lunch to our service users. The show aired in Channel 9 national news and we were also captured in a Heard Sun newspaper article. This opportunity came from our relationship with Second Bite and our connection to sourcing rescued food for our program. Second Bite work with a range of food suppliers to rescue surplus fresh food from across the network, and redistribute it to local charities and non-profits around Australia. These groups run food programs to support people in need in their communities.

With latest figures revealing that more than 5 million people in Australia experience food insecurity at least once in the course of a year, SecondBite exists to make sure that good food is getting to people who need it most, rather than to landfill.





ST VINCENT'S FAMILY PROJECT

Over the past year, St Vincent's Family Project (SVFP) has successfully run four 'Positive Parenting Programmes' for parents with young children in Westminster. The programme is designed to give parents simple and practical strategies to help them build strong, healthy relationships and enjoy parenting. Attendees said the sessions were helpful with managing the extra stress they had when stuck at home with young children throughout lockdown and with the Government's ongoing restrictions. SVFP plans on squeezing in one more course before the end of the summer.

On 21st April, SVFP resumed some of its outdoor face-to-face sessions for families, as per government guidelines. Young families have enjoyed meeting in 'bubbles' at the park, attending outdoor fitness classes and playing at a nature crèche.

The project was delighted to appoint a new Therapy Programme Manager, Noelle Adames, after recognising the need for extra mental health support as we ease into a 'new normal'. Noelle is a drama therapist and actress and will be helping the project to develop its burgeoning therapy offer. This is the project's first salaried therapy position thanks to generous funding from St. Giles



and St. George's Trust. Additionally, SVFP welcomed two new Trustees to its board: local lawyer Joanna Wormell and Daughter of Charity Sister Liz Ferrie.

Thanks to recent funds from Sports England through the 'This Girl Can Community Fund' - which aims to support women and girls in sport by overcoming barriers - and the support from Change4Life, SVFP plans to focus on exercise and health over the next year with plenty of physical activity sessions for mums and children. Fittingly with a summer of sport upon us, SVFP is holding an 'Olympic Week' at the end of July. Families will have the opportunity to take part in a range of fun events at the local park, including Olympic-themed games.



HUTT ST CENTRE

Hutt St Centre unveils Honour Roll commemorating the work of the Daughters of Charity

From Vincent Cormac to Carole Jones, thirty-four Sisters of the Daughters of Charity have faithfully served at Hutt St Centre, formerly known as St Louise’s House, since its founding in 1954.

On 8 June 2021, on the Golden Jubilee of Sister Carole’s service with the Daughters of Charity, Hutt St Centre unveiled an Honour Roll commemorating the work of all Sisters who have supported people at risk of or experiencing homelessness in Adelaide.

On display in the St Louise de Marillac Room of Reflection, the Honour Roll was kindly donated by The Southern Cross Charitable Trust Fund in memory of Phil Burns, State Chairman of the Knights of the Southern Cross in South Australia from 2015 until 2016. Mr Burns was an active member of The Order of the Knights of the Southern Cross, a national organisation for lay Catholic men, until his passing in 2019.

His son, Chris Burns, is the Chief Executive Officer of Hutt St Centre, who said:

“This Honour Roll is an important reminder of the many Sisters of the Daughters of Charity who have devoted their lives to helping people at risk of or experiencing homelessness here in Adelaide.



“Hutt St Centre has always responded to the challenges and needs of our community with the courage, perseverance and resourcefulness of our founding Sisters. Today we maintain a strong commitment to providing support to those who need us in a way that is both practical and empowering.

“We thank The Southern Cross Charitable Trust Fund and the Knights of the Southern Cross in South Australia for their support in creating this lasting reminder of our connection with The Daughters of Charity and their values.”

ST HUTT'S CENTRE CONTINUED ...

Sister Carole Jones is the most recent Provincial Delegate for the Daughters of Charity to be missioned to Hutt St Centre. Celebrating her Golden Jubilee on 8 June 2021, she has devoted the past five years as a Board Director and leader of the Centre's pastoral care program. Throughout this time, she has endeared herself to clients, volunteers and staff through her warm and compassionate nature, her gentle wisdom, and her willingness to lend a hand. Sister Carole retires in June 2021 and Hutt St Centre thanks her for her devoted service.

Hutt St Centre was established by the Daughters of Charity and the Catholic Archdiocese of Adelaide in 1954 to care for people at risk of or experiencing homelessness. Three Sisters - Vincent Cormac, Agatha Ellrott, and Maria Maguire - opened St Louise's House at 258 Hutt Street, Adelaide, where Hutt St Centre is still located.

Working in the local community, they found many people were suffering in isolation, sleeping in the surrounding Park Lands, or living in temporary boarding houses. In the alley behind the Centre, now known as Vincent Place, the Sisters provided sandwiches and jars of tea to people in need.



Over the years, St Louise's House evolved to support additional services for people experiencing homelessness. In 1986, a Day Centre was opened to provide showers, lockers, and other amenities to fulfil people's basic needs. Three years later, St Louise's House officially became Hutt St Centre and employed their first qualified social worker in the homelessness sector.

Today, Hutt St Centre is a place of connection and support, where people facing homelessness are empowered to rebuild their lives, rediscover their identities and reconnect with those who love them.

The Centre provides meals, bathrooms, laundry and locker amenities, as well as long-term case management, assistance with finding housing, access to visiting medical and professional services, and opportunities for education, employment and community engagement.





Vincentian Care Plus
We make your HOME CARE difference

VINCENTIAN CARE PLUS

Vincentian Care Plus has continued to serve those we support across Westminster. In recent months, a particular focus has been on ensuring that all of our team are fully up to speed with the training and development. Despite the challenging time for recruitment in the homecare sector, we have been delighted to welcome several new additions to the team, who have been settling in well.

The telephone befriending service run by the Daughters of Charity continues to provide a source of comfort and support, and we were delighted to discover that one of the people we support shares a rich and lengthy history with the Daughter who calls her on a weekly basis.



More recently, one of our service users enjoyed a 'girls day out', enjoying being pampered at the hairdressers followed by an iced coffee to cool off in the baking heat. It was a day of smiles all round.

Looking ahead, Vincentian Care Plus is eager for all staff, those who have been with us for some years as well as our newest recruits, to participate in the Vincentian Values Training.

ST CATHERINE'S AGED CARE SERVICES

A True Act of Charity, A True Labour of Love

Words by Rhonda:

I started our group of eight quilters, knitters and crafters about 25 years ago when the bushfires decimated our beautiful Blue Mountains. We saw a need to make quilts and blankets to aid in the recovery of all those families who lost homes in that area and we were able to help by sewing, knitting and making for those less fortunate - something home/handmade.

Since then we have supported a women's refuge when there were floods in Northern New South Wales (NSW) and Queensland,

homeless people sleeping rough in the city in need of blankets and rugs to keep warm, made premature beanies for newborn babies, wildlife pouches and mittens for the animals burned in the last bushfires in NSW, donated to an aboriginal community that started their own remote op shop, made trauma teddies for children and so much more.

If it's something we can get involved in that doesn't cost us a lot of money, then we will "have a go". Others who heard about us have donated fabric and yarn for our cause which keeps the costs low. We have bonded strongly as a group; we've had trauma and tragedies as well as some incredible experiences being in this group together. We have all learned from each other and been incredibly supportive which I think makes us very close.



These wonderful people continue to donate handmade blankets, beanies, scarves and quilts to residents at St Catherine's

ST CATHERINE'S AGED CARE SERVICES CONTINUED ...

Last year I discovered there were residents in nursing care who had no one to visit or receive the occasional gift of a warm quilt or rug, so I asked the girls if we could make this possible. Smaller sized quilts and rugs are what they like to make so everyone was eager to get started. So far we have completed approximately 200 and since 2019 we have gifted many of them to two nursing homes in Temora NSW, ensuring every resident received one of our special blankets.

St Catherine's has now benefitted from our work and is donating a sum of money to the group for woollen and textile supplies to thank the girls for their generosity and to promote community spirit between both parties. We love what we do and we love the inspiration it brings to our work.





THE LOUISE PROJECT

Over the past year, The Louise Project has developed a number of new services and initiatives for women and families in Govanhill in response to emerging needs. Initiatives include a Digital Inclusion Initiative, supported employment opportunities for members of the Roma community, a new Welfare Benefit Service and a Wellbeing Programme with the NHS as one of their partners.

The project has provided digital devices and internet access to over 40 families since the start of its Digital Inclusion Initiative, and 23 women have re-engaged with their learning by attending online literacy sessions on Zoom. Each week the staff marvel in amazement as the women's faces appeared on screen - these were ladies with no digital know-how prior to last year!

There has also been a big focus on mental wellbeing at the project after staff saw more and more people presenting with mental health issues and facing extra challenges. With the introduction of the project's Wellbeing Programme, they have held multiple sessions on Zoom that focus on talking about feelings, learning diaphragmatic breathing and guided meditation to combat and manage anxiety.

Staff were delighted that The Louise Project was shortlisted for two awards at the Catholic Charity Conference ceremony in June - the 'Digital Transformation' award and 'Best Community Outreach Activity' award. They received recognition for their ability to adapt the project's services throughout the pandemic to continue to support the local community.

THE LOUISE PROJECT CONTINUED ...

The project is pleased to widen its support to more ethnic groups in the community after seeing an opportunity to bring people together from a variety of cultural backgrounds and reach people of different nationalities. Approximately 40% of the families supported by the project are from the Slovakian Roma community, and a smaller percentage are from other ethnic minorities, such as Pakistani, Syrian and Chinese. The project is also looking to widen its skills development programme to include younger people from the Roma community and other ethnic groups.

In June, staff were extremely busy supporting women in Govanhill with their EU Settlement Scheme applications to meet the strict deadline. But the team took time out of their busy schedules to hold an afternoon tea for their volunteers, giving them the chance to thank their volunteers personally for their support and dedication to the people they serve.



This past year has brought many challenges and this reflection at the height of the pandemic illustrates the importance of the project:

There was no furlough, for furlough was only for those with legal contracts.

There was no understanding of what was happening, for they could not read.

There was no support, for they could not communicate. No doctors, no schools, no housing associations, no benefit officers, no work and no money. No one.

When others closed their doors, we remained open. During a time of grave uncertainty, intense anxiety, and global health concerns we remained a presence. They were already poor; we know them well; we know their poverty and we knew what had to be done. With great courage we set aside our plans and everything we were working towards, and we evolved, and we adapted, and we responded to a new world.





SETON VILLA

Following the successful ‘ribbon-cutting’ ceremonies for Jenny’s Place and Rosalie’s Place reported in the April Incorporated Works Newsletter, we have made good progress on our third new house to be known as Leia’s Place.

We have also received Development Consent from Ryde City Council to proceed with a knock-down and rebuild of an existing house at 3 Tulip Street Ryde which we are hoping to commence later this month, providing us with

another two new Specialist Disability Accommodation (SDA) homes by Christmas 2021.

We have been very encouraged by a recent Post-Occupancy Evaluation of Jenny’s Place and Rosalie’s Place, with the reviewer noting:

“The positive quality of life outcomes for residents, observed in both homes, overwhelmingly demonstrate the benefits of investing in high-quality accessible design, supporting independence and inclusion. Overall satisfaction with the new homes was demonstrated by all stakeholders engaged, being residents, families and staff members.”



Artist impression of the new Tulip Street house

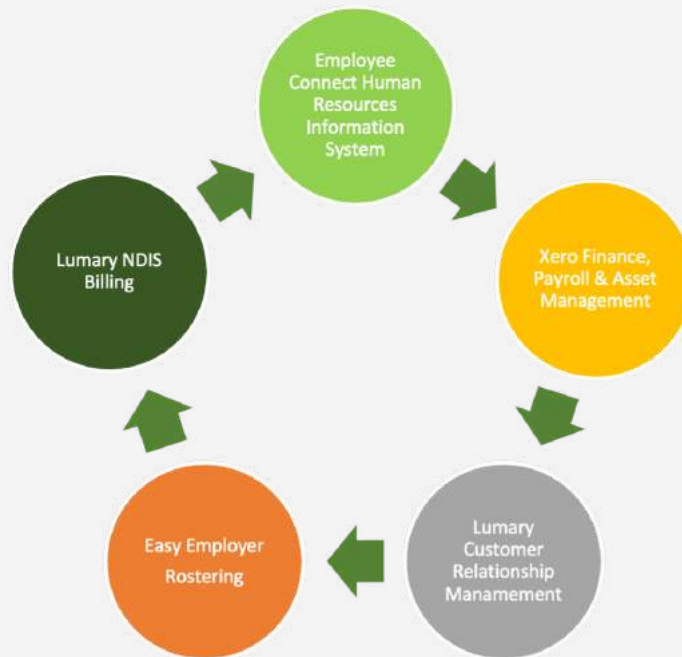
SETON VILLA CONTINUED ...

To help fund equipment and furnishings for our new houses, Seton Villa has embarked on a Digital Crowdfunding Campaign with the assistance of fundraising consultant Parachute Digital. You can view our landing page at www.homes.setonvilla.org.au and on Facebook: facebook.com/setonvillamarsfield where we will be tracking the construction of Leia's Place and pointing viewers to our website where they can donate to the cause. We also hope to build a donor database that will provide us with an ongoing source of funds outside of government NDIS revenue.

In addition to our Asset Redevelopment Program, we are excited to have just pressed 'Go Live' on our new Digital Technology Ecosystem to replace our paper-based files.

This new integrated technology ecosystem will generate operational efficiencies through direct NDIS billing and be a great enabler for us to pursue the Board's growth strategy over the next three years.

Peter Gardiner
CEO





ST JOSEPH'S

St Joseph's Facebook page has been everyone's ray of sunshine throughout the pandemic. The timeline holds an endless stream of smiling faces from the people they support as they enjoyed a range of fun activities over the last quarter. Activities included design competitions, beach parties in the houses and celebrations for Scottish Learning Disability Week.

For the first time in 16 months, St Joseph's board of advisors were able to physically meet around the table at a local hall, following safe distance guidance. It was lovely for them all to be back together again. All the people the project supports are also incredibly happy to be able to meet up again, go out on day trips together and arrange staycations.

Back in May, the Daughters of Charity were on the frontline of India's COVID-19 crisis treating people in a temporary hospital. After hearing the Sister's desperate appeal for essential supplies, Stephen Martin, Trustee of St Joseph's, challenged himself to cycle from John O'Groats to Lands End - the entire length of the UK - to help raise vital funds. A huge well done to Stephen who raised thousands of pounds for the cause.

In June, St Joseph's celebrated two very dedicated long service support workers, Moira Naples and Gay Keenan, who have been with St Joseph's for 30 and 35 years. A massive congratulations to both Moria and Gay on these amazing milestones and thank you for your commitment to supporting the people at St Joseph's.



FAMVIN HOMELESS ALLIANCE

Three years of the Famvin Homeless Alliance

Vincetians all over the world are changing hundreds of homeless people's lives, working together to serve the poorest of the poor. The Daughters of Charity have been a cornerstone of that effort for centuries, but fortunately, they are not alone. To foster collaboration between branches, the Famvin Homeless Alliance (FHA) was created in 2017 to mark the 400th anniversary of the Vincentian Charism. The main goals are to help branches work together, increase efficacy to better serve the poor, build capacity in the Family and learn from each other.

The best example has been the "13 Houses" Campaign. Since its launch in 2018 with a house for only one person, (incidentally, also called Vincent) the Campaign has grown to over 70 projects in more than 40 countries, and we hope to reach the milestone of 10,000 homeless people housed in the next months. The "13 Houses", inspired by the work of Vincent de Paul in Paris in the 17th century, is an example not only of Vincentian collaboration, but also of creativity and innovation. The Daughters have been a key branch in the Campaign: from providing better housing to families in the Gaza strip, opportunities for children in slums in Kenya, better care for leprosy sufferers in Paraguay, and supporting women victims of human trafficking in Spain. Sisters in Great Britain have also provided financial assistance to projects in other countries.

Over the last four years the FHA has also supported Vincentians responding to new and emerging challenges. The FHA raised money for Vincentians dealing with the Covid-19 emergency in almost 20 countries; in places such as Guatemala and Ethiopia, the Daughters of Charity provided crucial relief efforts. The Daughters were also involved in the FHA efforts to raise money for Vincentians in Lebanon after the blast in Beirut and in our Christmas Appeal, both of which greatly surpassed our initial goal.

In a truly Vincentian way, the branches have not only reacted to problems, but sought to create systemic change. Thanks to Vincentian advocacy, the United Nations adopted the first resolution defining homelessness in 2020, after the first debate on the issue in a generation. The resolution incorporates all the key categories of homelessness from the framework of our partner, the Institute of Global Homelessness (IGH). Vincentians, including the Daughters of Charity, have been working together in the NGO Working Group to End Homelessness to put homelessness at the centre of the international agenda.

After almost four years working to end homelessness, we are now setting our goals for the future. We will keep improving homeless people's lives, but focusing more now on slum dwellers and displaced people



as well. We will also consider issues that affect these groups disproportionately such as climate change, gender inequality and human trafficking, and explore how they intersect with homelessness.

We will also continue to build global capacity in the Vincentian Family by organising international conferences and webinars to support knowledge exchange. The next one, focused on internally displaced people (IDPs), refugees and victims of human trafficking will take place between the 25th and 27th of October online and in Seville, Spain. The Daughters of Charity will host the Conference and Vincentians from all over the world are invited to attend.

We are looking forward to the next three years and hope to see more Daughters of Charity join our common effort, in more countries, to end homelessness, one house at a time!