

PROVINCE OF ROSALIE RENDU



NEWSLETTER



Incorporated
works



The Daughters of Charity
of St Vincent de Paul Services

GREETINGS

Sister Ellen Flynn

Time is flying by and we have arrived at the next edition of our quarterly Newsletter. As I read the contributions this time it struck me how much we hold in common. Almost every organisation speaks warmly and appreciatively of either its exemplary volunteers or a treasured member of staff. Several have mentioned visits from celebrities of various kinds, some from the International Vincentian family, others who are local dignitaries, some who are gaining experience and even the memory of a visit from the Pope! As always there is an air of enthusiastic celebration of events, outings and activities. The pages are rich with outreach beyond ourselves and attentive service to our people and each other.

To read this snapshot of ten Vincentian organisations is to realise the combined impact, the diversity and the shared values we hold. It's a joy! Thank you. Perhaps it is particularly striking when we are so conscious of the needs of the world at the moment. I am very appreciative of the efforts we have all made to support the Vincentian Family in Ukraine. Thank you again!

The emergence from Covid-19, Climate Change, Human Rights issues and the impending Global Recession continues to create more and more hardship and poverty.

In the last few issues of this Newsletter I have mentioned the General Assembly of the Daughters of Charity which took place last



October/November in Paris. The topics we studied for beforehand at local and national level and then explored and discussed at International level were:

1. Human Rights
2. Care of our Common Home
3. The 'Mystique' of Community
4. Passing on Faith to the young

The first and second of these we are very aware of as I have just mentioned. The third partly refers to the outreach beyond ourselves and the building of community around us as brothers and sisters of humanity. Encountering the young in a particular way and reaching out to build community and serve those experiencing poverty are now at the heart of the thinking and contemplation of every Daughter of Charity in the world!

There are 12,855 Sisters in 96 countries divided into 50 Provinces and 1,573 local communities! Can you imagine discussing these four topics with Sisters from all over the world for three weeks and coming to some consensus and resolution?

GREETINGS CONTINUED ...

The result is a booklet we have now received which has captured a global view of our deliberations. You might call it a set of strategic objectives! Each Province is now tasked with crafting its own and applying these global principles to its local culture and needs. I am sharing this with you because it is my dream that the Province of Rosalie Rendu might find a way to invite our projects, works and services to join in this initiative.

You are so much part of us and we of you and in so many ways you are already living this with us! So keep these themes in mind as you read this Newsletter and you will see it, feel it and breathe it.

With, in and through the Grace of God, let us all continue in an ever more threatening environment to look after each other, to work hard for justice and to bring hope to a darkened world.



ST JOSEPH'S

Support for Ukraine

Having seen the impact the war in Ukraine was having on Ukrainian people in the news, several of the people St Joseph's support and staff members asked if there was anything that St Joseph's could do to help. So it was decided that the charity would hold a raffle to raise funds. £824 was raised from the raffle and has been given to the people of Ukraine via the Daughters of Charity, who have ensured the money has been used to provide relief services. St Joseph's would like to thank everyone who donated prizes and bought tickets for the raffle. The people at St Joseph's hearts go out to those in Ukraine whose lives have been changed forever.

Events

There have been lots more events happening at St Joseph's over the past few months. The people at St Joseph's had a great time celebrating Her Majesty The Queen's Platinum Jubilee with a range of activities taking place across the houses. St Joseph's held a 'Design your own crown' competition which produced some impressive designs.

The people at St Joseph's also enjoyed planting seeds in their gardens, taking part in a cookie baking and decorating competition and a fabulous summer Hawaiian beach party!

ST JOSEPH'S CONTINUED ...

Special visits to St Joseph's

The 1st June this year marked 40 years since Pope John Paul II arrived in Rosewell and visited St Joseph's. Four decades later the people at St Joseph's continue to remember and reflect upon the significance and privilege of receiving this visit and the fond memories that are still shared by many today.

In June, the President General of the St Vincent de Paul Society (SSVP), Renato Lima de Oliveira, flew from Brazil to Scotland to learn more about SSVP's work in the country. During his stay he visited St Joseph's where he met with CEO Rob Jahoda. It was a wonderful opportunity for Renato to learn more about the charity and how they serve people in a truly Vincentian way.



In July, some of the team at Daughters of Charity Services also travelled to Scotland to visit St Joseph's. They were delighted to meet some of the people supported by the charity, hear stories from staff members and witness some of the crucial work taking place.

A new website

St Joseph's was delighted to launch a shiny new website. The fresh, modern design matches the charity's updated logo, which was revealed back in December 2020. On the website you can access ReachDeck, which provides text-to-speech, reading and translation support to make it more accessible for everyone. www.stjosephsservices.co.uk



Hutt St Centre

end homelessness



HUTT ST CENTRE

Everything's better when we're together

Our work at Hutt St Centre depends on the compassion and commitment of nearly 300 volunteers who give their time, skills and knowledge to help us support people at risk of or experiencing homelessness. In honour of these remarkable volunteers, we hosted a celebration at South Australia's Government House during National Volunteer Week (16-22 May). Guests were welcomed by Her Excellency the Honourable Frances Adamson AC, Governor of South Australia and Hutt St Centre's Patron.

Her Excellency reflected on the immeasurable value of volunteering and shared personal highlights from her time spent helping in Hutt St Centre's kitchen last year. She also presented awards to many of our longest-serving volunteers for their outstanding service to the South Australian community.

One long-standing volunteer, Annie, has been a fixture of Hutt St Centre's kitchen since she retired from her nursing career nearly five years ago. Annie kindly shared what the experience means to her:

"Nobody is immune from becoming homeless. My own brother used to sleep rough. My family did our best to help him by welcoming him into our home. He was grateful for the company, food and a warm bed... Sadly he passed away, but looking after him led me here to Hutt St Centre."

Annie's role includes everything from helping our Kitchen Manager, Peter, prepare meals to setting up the dining room, and folding aprons at the end of her shift.

But most importantly, she helps provide table service to people visiting the Centre. Annie says this is what sets Hutt St Centre apart and offers people a much-needed sense of dignity and respect.

HUTT STREET CENTRE CONTINUED ...

When someone walks into the dining room, they know they can sit down, relax and enjoy a delicious meal. They don't have to talk but if they want to, we're always happy to listen. Often it might be the only conversation they have all day," said Annie.

Annie knows the volunteers play a vital role at the Centre, but feels she gets much more out of the experience than she gives:
"Volunteering has fulfilled a huge part of my life. Everyone here is really respectful and cares for one another. Helping each other through difficult times - it's a very special place to be.

"It's good to be doing things for other people, especially those who have the toughest and hardest lives you could ever imagine. Volunteering is good for your brain, heart and soul."



We rely on the generous support of the community to help people rebuild their lives – and there are few supporters more passionate than our volunteers. From helping in our kitchen, laundry and locker facilities to supporting our employment and education programs, volunteers are integral to the amazing outcomes we see every day.

Thank you everyone who generously supports our work, and a special thank you to Her Excellency and Mr Bunten for graciously hosting us and supporting our vision to end homelessness.

Chris Burns CSC
CEO, Hutt St Centre





VINCENTIAN CARE PLUS

Support Worker appreciation

Jay is a Support Worker at Vincentian Care Plus (VCP)'s hostel, a place for services users with complex needs. Jay began working at VCP two years ago after he sadly lost his wife. While he was taking care of his children at home, the tragedy of losing his wife stimulated a desire to help more people in the community.

Despite having never worked as a Support Worker before, Jay has made an incredibly meaningful impact to the lives of the people he supports. He supports all his clients' daily

with compassion and care, and successfully helped one service user quit smoking and drinking. His kind and attentive nature makes him very popular amongst the people in the hostel, and now services users are even requesting him.

The team at VCP says:

"Jay is a committed gentlemen who is an excellent support worker. He gives full dedication to his job and has made such a difference to service users' lives."



ST CATHERINE'S AGED CARE SERVICES

St Catherine's Donation to the War Victims of the Ukraine

In July 2022, the Management Team at St Catherine's liaised with the President of Svoboda Alliance NSW Inc, Miss Ilya Fomin, in a bid to donate necessary medical equipment to help the victims of the Ukraine War. St Catherine's collected a large container full of foldable wheelchairs, walking frames, shower chairs, exercise equipment, to name but a few, to assist the elderly and mobility impaired people of Ukraine.

St Catherine's also donated medical equipment, ranging from bandages, dressings, slings, continence aids, sanitary products, blood glucose monitors and many other vital supplies that are necessary when people within a war-torn country experience such devastation. The container was then shipped over to the Ukraine by the Australia/New Zealand Svoboda Team.

Although our donations may be humble, we feel enriched to be able to help others under the philosophy of St Vincent de Paul. We continue to remember the people of Ukraine within our prayers.



Volunteer appreciation

Pat Cooper is one of our valued volunteers at St Catherine's Aged Care Services. Her Australian heritage goes back at least five generations. Pat had always lived and worked in Sydney, but when she retired from the education sector, she and her mother, Nina, moved into the Marsfield district.

At age 101, Nina needed full-time care so she moved into St. Catherine's, which was close to their home. Staff cared for Nina efficiently and, Nina says, affectionately for four years. Pat was always made welcome to visit her mother at St Catherine's and invited to all our special events and occasions.

After Nina passed away, Pat became a volunteer, presenting a two-hour program of quizzes and singing each month in the Nursing Home. Her diversity of experiences and skills has added so much value to St Catherine's. Pat says:

"I have enjoyed the whole experience and have continued to do so for seven years and it is always nice to meet new residents and maintain friendships with the staff."



THE LOUISE PROJECT

"Poverty is endemic in Govanhill."

That's what the CEO of The Louise Project, Margo Uprichard, told the Sunday Mail when asked to comment on the impact of the current economic crisis on families in Govanhill. The Louise Project is doing everything it can to support people in the community who are struggling financially, practically and emotionally. The project's community centre, The Space, offers a drop-in service every Monday and Wednesday from 10.00am -12.30pm where staff and volunteers are ready to support the community with crisis issues and welcome all to enjoy a tea and chat.

The Louise Project was delighted to welcome the International General President of the St Vincent Depaul Society (SSVP), Renato Lima del Oliveira, and the International Territorial Vice President, László Könczöl, during their recent visit to Scotland. They discussed how the Vincentian way is the very foundation and heartbeat of the project, and also what it means to be Vincentian in our time. It was a special opportunity to share the project's approach to enabling families living with hardships to overcome poverty, and to be reminded of the importance of collaboration and partnerships across Vincentian organisations, of the Vincentian voice and its potential to bring lasting change to a suffering world.

THE LOUISE PROJECT CONTINUED ...

16 women supported by The Louise Project have been attending a college programme 'Working with Others' in partnership with City of Glasgow College. This is a short certificated course with a strong ESOL (English for Speakers of Other Languages) element that develops employability skills, team working, and working across groups. The course is run at The Space and is delivered by the project's Literacy Coordinator and one of the college's lecturers.

The Louise Project also recently hosted an event with a group of first-year students from the college who gave an inspiring presentation on college life, covering everything from the gym, cafe, reception area and student cards. The students' enthusiasm and energy inspired all who attended, and motivated many of the project's beneficiaries to take an interest in applying for college courses in the next academic year.



Students at the project are currently working together to create a recipe book called "Flavours of The World", which will be sold as a fundraising initiative for The Space. Margo says it has been wonderful to watch the women of different cultures and backgrounds share and enjoy each other's food stories. The team were also treated to a wonderful array of delicious foods at a food tasting event, where they tried traditional delights from Slovakia, Syria, Scotland and Romania, all cooked by the students.

The Louise Project recently celebrated its annual Literacy Awards with a special award given in memory of Fiona Boyd, a loved and dearly missed member of staff who founded the class. The award for Student of the Year was presented by Fiona's husband, Kenny, to student Margita for her outstanding commitment to learning. Well done Margita!





ST MARY'S HOUSE OF WELCOME

With COVID still being a constant and ever-present reality, the team at St Mary's House of Welcome (SMHOW) have been designing programs that support reintegration back into the community after living through COVID and ways to feel safe. The team celebrated the 6-week program with a lunch and ten-pin bowls.

Research activity – Participatory action to overcome the barriers to psychosocial care and capacity building

SMHOW has partnered with Australian Catholic University to undertake an action research project. The team are working with a focus group of service users to understand the barriers and drivers impacting engagement with our programs for adults who are living with a psychosocial disability, and to understand how to best engage service users to participate in support programs. The project has completed a comprehensive literature review of the barriers faced in Australian context, which showed that a lot of information is required to access support, and the process is overwhelming for people trying to enter programs. The study also showed:



- People may not identify, or want to identify, as having a (permanent lifelong) disability and that NDIS will help with recovery;
- A heightened wariness and distrust of the program, including intersectional factors conspiring against engaging with the National Disability Insurance Scheme (NDIS);
- Access to culturally appropriate support can be an issue.

The final paper will identify what kind of framework could be developed to optimise the likelihood of engagement with the SMHOW/NDIS psychosocial program by adults who are living with a psychosocial disability.

We are very proud to support this project and look forward to sharing the results through publication and across the network.

SMHOW CONTINUED ...

Staff changes

Jodie, our Homelessness Manager (ex-Hutt Street team leader), and Huanhuan, NDIS Support Coordinator, are both about to take 12 months off to welcome their first babies. We hosted a wonderful baby shower and afternoon tea to share this happy time.

Leah Granil has joined us for a 12 month maternity leave fill as Homeless Team Manager. Leah comes for the Salvation Army team and brings a strong understanding of the sector and connection to our mission. Andrew Tran has been promoted to Support Coordinator role to fill Huanhuan's position for 12-months.

Fiona Dickinson has been promoted to Manager Fundraising Team and Jasmin Wright has joined as Communications and Event Officer.

Schools volunteering

Our schools are back volunteering in a great way. As part of their social justice programs, they seek out weekly experiences with us helping to serve meals, prep food and support tea and coffee for our service users. This is such a great way to promote understanding of our community and the social issues behind homelessness. We have a wonderful partnership across our catholic social services and schools who support our work.



St. Kevin's College student volunteer serving breakfast

Stories from our community

"Good day, House of Welcome team. I arrived on your doorstep as a rough sleeping female in May 2022. Firstly, I offer many thanks for breakfast and shower as well as the many snacks that kept me from going hungry on my long journey home. Although I grew up in Melbourne, I found myself in a predicament never imagined. The food you provided saved me a lot of money for petrol, and I was able to make coffee -- the caramel is delicious -- in the disposable cups (lucky for the cups) and mac 'n' cheese snacks in the truckie lounges and at the camping spots.

Also the towel, facecloth and toiletries were most welcome during the five day trip across the Nullarbor too. The overall petrol cost for the trip was \$868. I made it safely to my parents on Tuesday afternoon.

Your generosity, kindness, comfort and genuine on the spot help for me as a rough sleeper in my car in Melbourne is appreciated and remembered. When I get back on my feet it would satisfy my soul to give thanks through whatever means I can.

Your organisation does a wonderful job, and forever in my heart. Thank you so very much for your help.

Take care, and love to all at House of Welcome.

Kind regards, Liezil ♥"





the marillac
neurological
care centre



THE MARILLAC NEUROLOGICAL CARE CENTRE

It has been a busy few months at The Marillac Neurological Care Centre. Everyone was delighted to welcome back volunteers who were able to return after the pandemic. The volunteers have been generously supporting the centre with some of its busier activities such as cookery sessions, craft groups and boccia - a ball sport that was developed for wheelchair users.

The Marillac celebrated International Nurses Day on 12th May by presenting their dedicated staff with care packages and specially made cupcakes. They also recognised Mental Health

Awareness Week, which ran from 9th - 15th May, where staff set up a table with information and tips on mental wellbeing for people to take away.

On Friday 27th May, the Marillac's new Centenary Glass feature was blessed in a beautiful reveal ceremony. The feature was donated by the Daughters of Charity to mark the Marillac's 100 year anniversary on 8th September 2021, and to recognise the centre becoming an independent charity in April that same year. Many guests attended the afternoon ceremony where the assistant Mother General of the Daughters of Charity, Sr Julie Kubasak, who is based in Paris, unveiled the artwork.

THE MARILLAC CONTINUED ...

In preparation for the Queen's Platinum Jubilee celebrations, residents at The Marillac decorated a whopping 270 Jubilee flags which were put up around the centre for everyone to admire. The flags made the perfect decorations for the centre's platinum jubilee street party on 2nd June where residents, their families and staff were treated to an entertainer and afternoon tea.

National Carers Week took place from 6th-12th June. The annual campaign aims to raise awareness of caring roles, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps those who may not think of themselves as having caring responsibilities to identify as carers and access much-needed support. Whilst The Marillac supported the awareness of unpaid carers, they also took the week as an opportunity to recognise and celebrate their wonderful care staff for the love, dedication and care they show to residents.





OUT THERE

Out There reached a big milestone in May 2022, marking 15 years of service to families of prisoners. Since the launch of the project, staff have supported thousands of families across Greater Manchester who are impacted by the imprisonment of a loved one. The project has continued to develop to meet the needs of its clients, everything from emotional to practical assistance through 1-1 support and group sessions for the whole family.

Supporting good mental health and wellbeing continues to be a large focus at Out There. Over the last couple of months, staff have delivered 50 wellbeing packs to some of the women they support. The packs are designed to offer comfort in times of stress, help manage anxiety and encourage mindfulness. The women received a variety of items in their boxes, including a wellbeing

journal, creative activities, candles, self-care products and more. One recipient said: *"It's just cheered my morning up, and that wellbeing journal is absolutely amazing. Thank you so much!"*

The project also held a wellbeing day during Mental Health Awareness Week in May, which provided an opportunity to bring the people they support together to say "I've been there too" and let them know they are not alone. Attendees were treated to a massage, reflexology and a hand manicure, which they all appreciated and enjoyed.

In a recent one-to-one session at Out There, a young person completed a therapeutic mask project. This project encourages self-reflection, expression and allows space to have difficult conversations. The child said the activity was good fun, too.

OUT THERE CONTINUED ...

Out There actively encourages family bonding by bringing loved ones together to make special memories through trips and activities. In June, families were invited to celebrate the Queen's Platinum Jubilee with a fun day that included trampolining, delicious food and plenty of jubilee decorations.

The people supported by Out There have also enjoyed a range of summer activities, including a coach trip to Chester Zoo with 14 families. The children were very excited to see the animals and everyone was treated to a "yummy" packed lunch, thanks to catering by Open Kitchen.

The project were delighted to receive another donation of wonderful books from Borderline Books for children and young people to enjoy throughout the summer. Out There thanks them for their generosity.



SETON VILLA

Words from Peter Gardiner, CEO.

I am delighted to share that we have awarded the construction contracts for our next two new Specialist Disability Accommodation (SDA) houses to Academy Construction & Development. The property at 4 Koorong Street Marsfield, purchased recently from the Daughters of Charity, is now demolition ready! It will be replaced with our 5th new SDA house as per the artist impression and floor plan below. It is wonderful that this property, in its new form, will provide comfortable and fit-for-purpose accommodation for the Seton women from Menzies Road.



Koorong Street property in its current state



Artist's impression of the re-developed SDA home

SETON VILLA CONTINUED ...

On 26 May 2022, the women of Leia's Place opened their new home for an afternoon tea event for our major donor, Anne. Scones were baked especially for the occasion, and Anne was delighted to spend time chatting and eating with Michelle, Liana, Julie and Alex.



As part of our commitment to providing person-centred active support for our residents, we have engaged Rhondda Vassallo (interior designer extraordinaire) to undertake a 'side-by-side' project at our Lavender Cottage house. This involves developing and documenting the series of interim 'steps' required to support the women achieve their desired new skill. Here Vanessa is learning the steps to making herself a cup of tea. Collectively, these new skills are an evidence-based demonstration of positive social impact at Seton Villa.



As we move into the second half of 2022, we are preparing for our next three-year Strategic Plan 2023-25. This will be an exciting opportunity for the Board and management to explore 'What's Next' for Seton Villa. I look forward to sharing some of our thinking before the end of the year!

Peter Gardiner
CEO, Seton Villa



ST VINCENT'S FAMILY PROJECT

Outdoor activities have been a large focus at St Vincent's Family Project (SVFP) this summer. Families supported by the project have enjoyed a packed schedule of events, including a coach trip to Ruislip Lido beach, a day at Mudchute Farm, a summer sports day in the park, attending Underbelly Festival and an outing to Archbishop's Park. Each event has provided an opportunity for the children to socialise, play, learn and gain new skills and experiences. It is also a chance for parents to

get to know one another better and speak to staff about any issues they are facing in a safe and non-judgemental environment.

SVFP has been providing wholesome meals for the children during events and activities in efforts to ensure those from low income families continue to eat regular healthy food over the holidays. With schools closed over the summer, and consequently the absence of free schools meals, many parents struggle to afford regular nutritious meals for their families. This has been particularly difficult for even more families this year due to the rising costs of living.

ST VINCENTS FAMILY PROJECT CONTINUED ...

In addition to summer activities, all the usual support programmes and services at SVFP are still running. Families can make use of the project's crèche three times a week, where children's development are fostered through a variety of activities including arts and crafts, story time, singing, dancing and games. The project is also running its Positive Parenting Programme (PPP) on Wednesday mornings, an eight-week course that teaches parents different techniques to strengthen the bond with their children.

In keeping with the project's aim to encourage healthy living and wellbeing, staff have continued to hold fitness classes for parents on Thursdays and Fridays to encourage them to stay active, as well as healthy living classes on Friday mornings to help parents learn about balanced, healthy lifestyles and try new recipes.



SVFP is also providing therapeutic programmes, which allows for a broader range of support and resources for children and families dealing with traumatic events, such as bereavement. This year the project introduced 1-1 creative arts sessions for parents, as well as group sessions in collaboration with the Bessborough Family Hub. 112 people received therapeutic support between October 2021 - May 2022, including children from 22 different schools.

Staff at SVFP were delighted to receive complimentary tickets to attend London Zoo's adult-only Twilight evening, as a way of the Zoo saying thank you for being community partners. London Zoo partners with organisations who work with people from low-income households, local older people and people with additional needs or disabilities to provide an affordable opportunity to enjoy a day at the Zoo.

