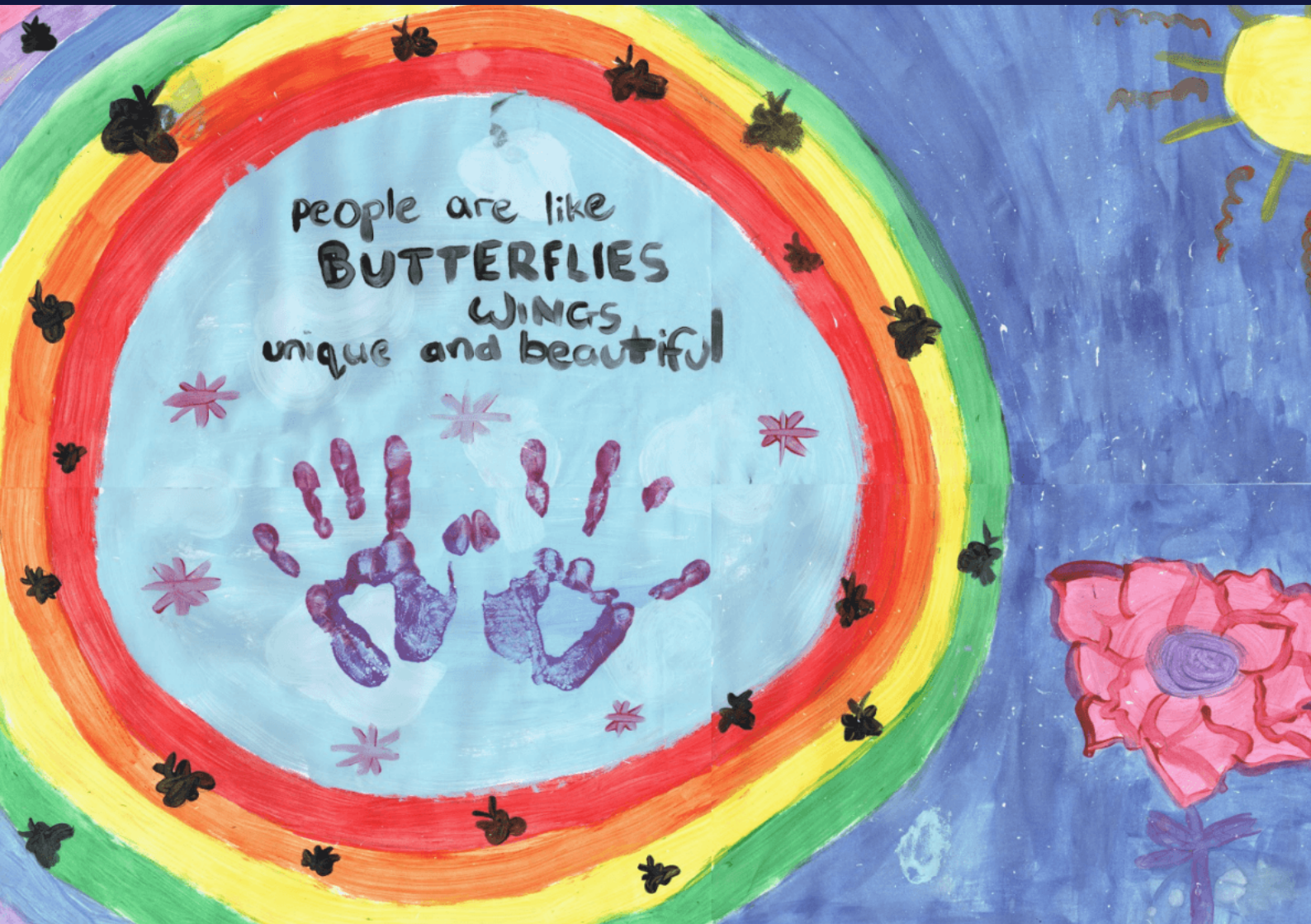


Connections

Stories of how your gift changes lives.

Winter 2021



"My painting is about how we are all a big, loving community and we are all strong and belong. I chose the rainbow because it's happy and the rainbow circle is to symbolise we are all one. The butterflies can't see their wings but us humans know how beautiful they are and that's what it's like with ourselves"

-Tiarnah, aged 15

Because of you, we are able to provide spaces for young people to feel valued, listened to and respected. Tiarnah and her family have been supported through Samaritans youth and families programs and she regularly produces beautiful artworks in her spare time.

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Celebrating our volunteers

Thank you to our volunteers for your time, dedication and care. Without your important work, Samaritans wouldn't be able to provide support to the many people in our community who rely on us.

Pictured: Samaritans staff wave their appreciation for our wonderful volunteers during National Volunteer Week in May.



Running for Recovery

A huge well done to Gary, who recently ran the Ultra Trail Marathon in Katoomba and raised more than \$4000 for Samaritans services to help people get their lives on track after prison. Gary finished 188 out of 1600+ runners! Thank you for your fighting spirit Gary and your very generous support of Samaritans.

"It's probably the worst conditions I've ever run in. It was windy and raining and freezing. I just kept pushing on and fighting on. There were so many stairs and hills. I finished in under 14 hours and I got a silver medal. It was a big effort, but I was never going to give up," Gary said.

Gary first came to Samaritans when he was released from prison in 2010. From then to now, he has channelled his focus into becoming a self-trained marathon runner, and despite a relapse in 2018, is now clean and back fighting fit.

"I describe Samaritans like the family I didn't have. They've given me help for over 10 years. I got the love that I missed from an actual family. Without them I wouldn't be where I am today. They gave me direction that changed my life. Now I give back so they can support more people who are in a position like I was," Gary said.



To learn more about Samaritans After-Prison Support services, visit our website:

www.samaritans.org.au/services/community-support/after-prison-support

Behind the scenes: life as a youth worker in the homelessness sector

Meeting for a casual counselling chat at Maccas. Giving a lift to a doctor's appointment to set up a mental health plan. Finding crisis housing for someone kicked out of home. All in a day's work for a frontline youth worker.

There is no stock standard schedule for a youth worker, particularly when your work is to support young people facing homelessness, plus those who may already be homeless.

Thanks to generous supporters like you, Samaritans has been able to help young people in crisis for decades. We believe in providing spaces for young people to feel valued, listened to and respected.

The young people we see are often facing challenges with their mental health and relationships; home life is unstable or unsafe and keeping up with school attendance is almost impossible.

Our frontline youth workers, case managers and practitioners work tirelessly and with such passion and enthusiasm. It's a privilege to share some of their words here.

Words from the frontline

"Every day is really different. Sometimes I may have a young person who is quite settled so it's about checking in with them to make sure what we've put in place for school and home is working smoothly. Other times I might have a young person kicked out of home and needing to go to a refuge, so we have a very short window to find them somewhere safe."

- Kelsey



"For many of the young people we see they really want stability first and foremost. They are surviving day to day trying to juggle a lot of things at one time. They have issues at home with family conflict, trauma and often substance abuse. The housing situation is often very hard, they could be living in overcrowded housing or already be homeless."

-Carol

"We see 13-year-olds who have nowhere to go. If home isn't safe, where do they go? These are young people who might find themselves struggling with mental health because of past abuse or trauma, and who self-medicate with drugs to mask their pain, and if they end up in hospital they're often released back to the place that was making them unwell. If they're not sick enough for hospital they end up in a refuge on suicide watch, and while Child Services may get involved, it can be very hard to find a place for a 13-year-old in foster care who has complex mental health needs. So they'll couch surf at a friend's place until they wear out their welcome, then they'll move to another friend's place.



We've seen kids who sleep in supermarket carparks. We had one person call us who had a young person sleeping on their veranda. These are very resilient young people who often try to continue schooling but have trouble concentrating in the classroom, and with teachers not trained to pick up the signs the young person is often sat out, punished and eventually expelled from school. With no education, what are their prospects for finding a job? And add to that the lack of stable housing, they're facing a future of homelessness into adulthood. It's very sad."

-Kat

"When you meet these kids you can't help but feel proud of their resilience. We have a lot of them say how they feel the government doesn't care about them because they're not old enough to vote. They have opinions, they have things to say and they're extremely articulate and well spoken, but they're not heard because they're not members of the voting public. We were all once little children, and that child is still inside an adolescent teen. We need to have compassion and honour who they are and the strength they have. If we nurture the adolescents the way we nurture young children, youth homelessness and youth mental health would look a lot different."

- Kat, staff member of our Reconnect youth program



Your gift can support young people at risk of homelessness this winter



Three ways to donate

1

Mail this form back to us

2

samaritans.org.au/donate

3

1300 656 336

I would like to donate

- ☐ \$50
- ☐ \$100
- ☐ \$150
- ☐ My choice of \$

Donations of \$2 or more are tax deductible, your receipt will be mailed to you.

My details

Name:

Address:

Phone:

Email:

My payment details

- ☐ Paying by credit card - or -
- ☐ Paying by cheque/money order (payable to Samaritans Foundation)

Card type: ☐ Visa ☐ Mastercard

Name on card:

Card number:

Card expiry: / (MM/YY)

I/we hereby authorise Samaritans to debit the selected credit card with the amount specified.

Your signature:

Extra ways to help

- ☐ I would like to become a monthly supporter and give to people in need regularly throughout the year. Please charge the listed credit card \$ each month.

I would like information on:

- ☐ Leaving a gift in my will
- ☐ Volunteering
- ☐ Donating food and goods



Mail this form to

36 Warabrook Boulevard,
Warabrook
NSW 2304

SAMARITANS FOUNDATION ABN 38 574 464 524

Samaritans is one of the largest regional welfare organisations in Australia but is truly local to your region. As the welfare arm of the Anglican Church, we deliver over 100 programs and community services to thousands of individuals and families each year.

Samaritans would like to acknowledge the traditional custodians of this land and pay our respects to the Elders past, present and future for they hold the memories, the traditions, the culture and hopes of Aboriginal Australia.

1300 656 336

For information visit
samaritans.org.au

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