Winter Relief Campaign

‘Share Your Warmth’ is our theme again for this year’s Winter Appeal, proudly supported by the Bushby Property Group. The campaign aims to raise funds to help provide food, shelter, clothing and financial assistance to Northern Tasmanians this winter.

“Winter is a particularly tough time for many in our local community who are already struggling financially, and we are pleased to be able to offer financial support to City Mission”, said Phillip Bushby, of the Bushby Property Group.

Can you help someone in need this winter by making a donation?

- $50 gives someone a warm meal for a week
- $100 will help feed a family for a week
- $200 will keep a family warm this winter

Donate at any Mission Shop or online at citymission.org.au

To find out more about our Winter Relief calendar of events, visit our website and follow us on social media.
Message from the CEO

So quickly, it seems, we are facing another Tasmanian winter at City Mission along with the people in Northern and North West Tasmania.

We recognise that the numbers of Tasmanians facing vulnerability, poverty and disadvantage are both increasing, and their needs are becoming more complex. The social and economic trends for Tasmania include but are not limited to:

- In 2018 there were a 120,000 Tasmanians living in poverty
- It is estimated more than 60,000 adult Tasmanians experience mental health illnesses each year. A significant number of these case involve alcohol and drug dependency
- There has been a steady increase in homelessness in Tasmania. The 2016 Census revealed that 1,600 people identified themselves as being homeless. Break down of family relationships, economic means and alcohol and/or drug dependency are considered the key factors that result in homelessness
- 3,249 applications for housing in Tasmania were registered as of 30 September 2018
- Rental affordability has worsened with Tasmania having the highest metropolitan occupancy rates in the country
- Tasmania Police data reported a 15% increase in family violence arguments and incidents from 4,486 in 2014–15 to 5,154 in 2016–17
- 1,280 Tasmanian children had been placed in Out of Home Care at September 2018.

City Mission, your local charity, comprises both paid and unpaid community workers, from every background, who are drawn together by our mission to “meet the physical, emotional, social and spiritual needs of the people of our community; to demonstrate God’s love in action”.

We see ourselves continuing to work with all members of the community, partnering together to collectively assist and transform the lives of others.

EMERGENCY RELIEF FUNDING

Last month the Federal Minister for Families & Social Services, Paul Fletcher MP, announced that City Mission was successful in its submission to secure emergency relief funding for a further 3 years.

This vital funding allows us to continue to provide monetary support to individuals and families suffering financial hardship, helping them to meet basic needs such as food, electricity, fuel and medications. For every dollar of government funding received, City Mission contributes $2.50, comprising of money and goods.

ALCOHOL & OTHER DRUG FACILITY EXPANSION.

There are exciting times ahead following the Liberal National Government’s recent announcement to invest an additional $6.3 million for new residential Alcohol and Other Drug (AOD) rehabilitation treatment facilities and services on the North-West Coast.

The funding allows City Mission to assist more people with AOD rehabilitation through a new purpose-built Serenity House in the Burnie area with two additional beds, and a new residential service in the Smithton/Circular Head area providing eight beds.

Your support for City Mission either through sharing your finance, donation of food or recyclable items, or assisting as a volunteer enables us to work together to help others

- City Mission CEO, Stephen Brown

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The Mish Makers program is up and running and you can find it above Hunta Gatha in St John Street, Launceston.

The program offers young people the opportunity to explore their creative side in art, craft and design and to pursue entrepreneurship and opportunities for volunteering, work experience and traineeships.

The space hosted a corporate philanthropy breakfast recently for local business people. A generous donation of $61,748 by the Cape Hope Foundation for the Mish Makers program was announced at the breakfast.

“This funding has been delivered through an innovative corporate philanthropy program between Cape Hope Foundation, Sarto Advisory and the ASX-listed Future Generation companies,” said Hugh McKenzie, Chairman of the Cape Hope Foundation.

“It highlights how corporate Australia can make a significant difference for our young people through innovative philanthropy and how Cape Hope Foundation works to leverage its donation dollars to turn a dollar into three.”

| Missiondale Art Therapy |

The importance of art therapy in the drug and alcohol recovery process was highlighted recently by Missiondale residents.

When exploring new ideas for Art Therapy, the clients at Missiondale jumped at the opportunity to create a tie-dyed t-shirt. They were keen to experiment by creating swirls, circles, hearts and stripes - breaking numerous rubber bands in their haste to make the perfect design.

Each design was as unique as the individual who created it.

And once the coloured dye was carefully applied and the shirts were dried cheers of delight could be heard in every direction.

Clients and staff can’t help but smile as these “happy” shirts are paraded daily through the buildings at Missiondale, proving Art Therapy really can make a difference to our lives.

| New-look Burnie Kitchen |

We celebrated a new look for Burnie City Kitchen late last year, thanks to funding from the Stronger Communities Partnership grant program, City Mission and the Burnie Baptist Church.

The upgrade included the installation of a new kitchen and equipment, oven ventilation and improved flooring and benches to meet safety and relevant standards.

City Kitchen offers a safe space and social support to people who are marginalised by poverty, homelessness, mental health issues and social isolation. Last year, City Kitchen provided more than 3000 meals to the vulnerable and isolated in the Burnie community.

Due to demand, the service now operates Wednesday and Thursday each week between 9am – 2pm.

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Stories of the Mission

**Last winter City Mission was able to help hundreds of people in a time of need, thanks to the generous support of people like you. Here are some of their stories:**

**Greg** - Last winter Greg, who had been employed full-time and enjoyed playing sport, presented to our Family Services team for the first time. Greg had been in an accident in which he suffered three breaks to his collar bone. With no sick leave to rely on he was struggling to pay his fortnightly rent and support his three children whom he cared for each alternate weekend. Although he had applied for Centrelink sickness benefits the processing time meant Greg had no means of support in the interim. With no savings in the bank, Greg came to City Mission seeking food assistance.

After meeting with our team leader, we were able to assist Greg with food vouchers to help him buy food for his children.

**Judy** - Judy was in her mid-fifties and came to us feeling overwhelmed at being unable to change her financial situation. Despite efforts to find employment Judy received knock back after knock back. She believed her age was a contributing factor and she had multiple health issues.

Judy shared her story with our case worker.

“Newstart is not sufficient to live on yet you’re expected to do this and find work,” she said.

“I sold some of my belongings to Cash Converters as I had no other way of paying those larger expenses. You start with one loan and then there’s two and three and before you know it most of your Newstart has been taken just to meet the repayments.”

“Now I am having to come here and ask for food help at my age.”

Trying hard to compose herself as tears flowed, Judy went on to say: “I feel so demoralised needing to ask for help.

“**I have been involved in fund-raising in the past for the City Mission and now look where I am - seeking help for myself. It is so wrong.”**

Our case workers helped Judy understand the dangers associated with high interest loans and was able to offer some assistance with budgeting.

**Charlie’s Story** -
(As told by an Inside Out 4 Kids program facilitator)

A team member received a call from a grandmother. Her daughter had died in a car accident and her young grandson, Charlie, was in the car when it occurred. He had run to get help for his mother. Charlie became depressed, angry and sad at the circumstances and changes that had occurred in his life. After 5 weekly sessions with Charlie, it was apparent he was suffering from PTSD. A referral was made for him to see a psychologist for further support. Several months later, we received another call from his grandmother, explaining Charlie still wasn’t coping and his behaviour was continuing to deteriorate.

His life was in chaos, nothing was helping him. On Charlie’s request, his grandmother brought him back to IO4K. He was so excited to be back and did not stop talking and sharing. Once comfortable, he was also able to recount the horrific events surrounding the trauma of the car accident. It was so pleasing to see that Charlie felt safe to ask questions and share his worries.

Over the following weeks he spent time in with IO4K program helping to make things for children in the program. It was evident Charlie was becoming more settled and positive about his life. To help children move through trauma and discover hope for the future all it sometimes takes is a listening ear, laughter and a safe place to build a trusting relationship.

**Mission Health**

In partnership with the UTAS School of Nursing and Tasprac, we have launched Mission Health. Located at 46 Frederick Street in Launceston, Mission Health operates each Thursday morning between 9am – 12.30pm. The service is free to anyone in need of health care and treatment and advice is available on a range of health issues. Appointments are not required.

“We know there are many people in the community who can’t afford health care,” said Stephen Brown, Chief Executive Officer of City Mission Launceston.

“Some already access our City Mission services, but we have seen some new faces too. Our aim is to provide an accessible, free service so everyone can access treatment.”