



WINTER 2015

## Celebrating the first graduate from the Sisters of Charity Foundation Scholarship Program

“Whilst there has been hard times throughout the year and times where I have second guessed myself and my abilities, knowing that I have the support from the Sisters of Charity Foundation has helped me stay on track and work hard through any situation.” *Amber Boatman*

Amber Boatman is the first student to graduate from the Sisters of Charity Foundation Tertiary Scholarship Program for young people who have lived in out-of-home care. She attained a Bachelor of Laws from The University of Notre Dame, Sydney in December 2014, and completed her Practical Legal Training over the summer. She was recently offered a highly coveted graduate placement with the NSW Office of Director of Public Prosecutions.

Amber is an inspiration and a leader. Growing up with her two brothers in a single parent family with a mother who battled drug and alcohol addiction meant her early life was challenging and unstable. She went to seven different primary schools, moved house several times and when her mother died of an overdose, she was placed in foster care. Tragically, she was separated from her brothers who went to separate foster homes – a sad reality for many siblings entering the foster care system.



*Congratulations to Amber Boatman who graduated from the University of Notre Dame, Sydney with a Bachelor of Laws in December 2014.*

Such a traumatic start in life can often lead to compromised educational outcomes. In fact, less than 3% of young people who have been in out-of-home care will go on to any form of higher education compared to around 40% of the general population. But intelligence, hard work and financial support from the Sisters of Charity Foundation has enabled Amber to beat the odds.

The Sisters of Charity Foundation Tertiary Scholarship Program commenced in 2012, and is the only scholarship program that particularly targets this growing group of young people, now estimated to be more than 40,000 nationally. We currently have scholarship program students studying at The University of Melbourne, The University of Sydney, The University of Queensland, The Australian Catholic University and The University of Notre Dame, Sydney and we recently celebrated the commencement of a new scholarship at The University of Western Sydney.



## His Excellency General The Honourable David Hurley AC DSC Governor of NSW

We are pleased to announce that His Excellency General The Honourable David Hurley AC DSC (Ret'd), Governor of NSW has accepted our invitation to become Patron of the Sisters of Charity Foundation upon the retirement of The Honourable Professor Dame Marie Bashir AD CVO.

His Excellency has shown a keen interest in and support for the Sisters of Charity Foundation since recently becoming our Patron. We were delighted to welcome him to the signing of the Sisters of Charity Tertiary Scholarship at the University of Western Sydney where he told the audience “I just want to make a difference - and one of the many reasons I am very proud to be associated with the Sisters of Charity Foundation is they want to do exactly the same – make a difference”.



*LtoR His Excellency General The Honourable David Hurley AC DSC (Ret'd), Governor of NSW, Kimberley Marsh, Rhonda Matheson (Kimberley's Foster Mum) and Mrs Hurley at The University of Western Sydney*

## Celebrating the commencement of a new Sisters of Charity Tertiary Scholarship at The University of Western Sydney

“When I was a baby, my mum and dad couldn't really take care of me. They had a lot of problems with drugs and alcohol and my brother actually got put into hospital which is how doctors came to find out we were not being taken care of properly. I would just like to say thank you because it is quite hard coming from a life like that and being able to achieve higher education. I hope that it continues for a lot of other people as well.” *Kimberley Marsh*

The Sisters of Charity Tertiary Scholarship Program continues to grow and we recently celebrated the establishment of a new scholarship at The University of Western Sydney with the support of our Patron, His Excellency General The Honourable David Hurley AC DSC (Ret'd) Governor of NSW.

The scholarship was awarded to Kimberley Marsh a very bright and resilient young woman who is undertaking a Bachelor of Social Science Degree. Kimberley aspires to become a social worker so she can provide help and support to other young people who have come from out-of-home care environments, and are striving to overcome the sorts of challenges she has also experienced.

Our partnership with the University of Western Sydney is an important one. In 1815 the first Sisters of Charity left Ireland to minister to the convicts at the Female Factory at Parramatta where their service extended to ministering to the children of the convicts, who could not live with their mothers at the Female Orphanage – located on what is now part of the Parramatta campus of UWS.

So, it truly is befitting the history and mission of the Sisters of Charity Congregation that 176yrs later the Sisters of Charity Foundation has returned to where it began, to provide scholarship support to a brave young woman who could not safely live with her birth family.

UWS Vice Chancellor, Professor Barney Glover, recently endorsed the Sisters of Charity Tertiary Scholarship Program when he said, “The announcement between UWS and the SoCF recognises the longstanding, mutual commitment of both organisations towards making a difference to the lives of the people and the communities of Greater Western Sydney, through the power of education. One of the most effective ways we can help young people on the road to success is to support and encourage the pursuit of tertiary learning.”

## Bequest Program

The Sisters of Charity Foundation invites you to consider making a gift that will be dedicated to enabling those plagued by disadvantage to build a brighter future for themselves and those they love.

If you would like more information about the Sisters of Charity Foundation Bequest Program please contact Reba Meagher or Judy Christie on 02 9367 1211.



# Sisters of Charity Foundation Community Grants Program



## Therapeutic Garden Project (VIC)

St Joseph's Outreach Services provides transitional housing and support services to the mentally ill, homeless and disadvantaged in the South Yarra community. Their key services include transitional housing, a food bank and 24/7 bread bank and life skills workshops. The SJOS's doors are always open and they support more than 1200 families per year and countless patrons through their food bank.

With financial support from the Sisters of Charity Foundation, SJOS plan to develop a therapeutic garden so it becomes a productive and conducive space for residents of the transitional housing complex, to grow their own healthy fruit, vegetables and herbs. It is also intended that excess supply will be distributed through the food bank.

SoCF funding will also be used to appoint a gardening team to assist residents to create an attractive and inviting natural space, which is also important for developing friendships between residents and volunteers.

Evidence has shown that garden therapy can alleviate social anxiety and promote a sense of well-being, which leads to psychological and physiological and behavioural benefits.

## One Disease (NT)

Scabies is endemic in remote Indigenous communities of Top End, Northern Territory, with prevalence ranging from 10-70% among children under 5 years at any one time. If left untreated, scabies and infected skin sores can lead to a number of serious downstream health problems such as chronic kidney disease and rheumatic fever.

The aim of this project is to upscale and employ an Indigenous Community Based Worker trained in the early detection and treatment of scabies and skin sores, in order to reduce infections in communities at risk.

The funding provided by the Sisters of Charity Foundation to One Disease will assist with the early identification and treatment of scabies and skin sores to prevent associated complications and reduce the disease burden experienced by Indigenous people living in remote communities.



Photo: International Alliance for the Control of Scabies



## Sun City Food Distribution Centre (WA)

Since 2007, Sun City Care has been working hard in the community of Geraldton, Western Australia providing food, accommodation, furniture referrals and support to those disadvantaged by unemployment and poverty.

With financial support from the Sisters of Charity Foundation, Sun City Care has opened a newly constructed purpose built facility which will provide access for individuals and families in need, to a low cost food centre, soup kitchen, clothing thrift shop and community gardens, as well as a 20 bed crisis accommodation centre.

Geraldton experiences higher than state average numbers of low income households, public housing, unemployment and Indigenous households. However the Food Distribution Centre will enable Sun City Care to deliver a holistic approach to emergency relief with the provision of food, clothing, accommodation support and a sense of belonging.

## Steady Steps Falls Prevention and Healthy Lifestyle Program (QLD)

Every year, one in three Australians aged over 65 falls over. Approximately 40% of them survive the fall. Many die. Others are permanently incapacitated and experience diminished lifestyle, loss of confidence and mobility, social disconnection, loneliness and depression. The annual cost to the health system for accidental falls for people over 65 exceeds \$500m. It is predicted that these costs will increase significantly because of an ageing population.

However, Positive Ageing Cairns Inc., with financial support from the Sisters of Charity Foundation, has developed the innovative Steady Steps Falls Prevention and Healthy Living Lifestyle Program. It is a 12 week program which involves over 400 senior participants in 19 community hub locations. The program has shown to improve the physical ability of older adults by using low impact, low intensity and age appropriate exercise to stimulate strength, balance and stability. In addition to physical outcomes, the program has also proven to increase feelings of social and community connectedness in participants through their engagement in a group activity facilitated and led by their peers. The focus is on prevention rather than rehabilitation or cure.





## Providence House

The four two bedroom unit residential building purchased by the Sisters of Charity Foundation to provide transitional and emergency accommodation for asylum seekers who are homeless or at risk of becoming homeless is now up and running. Providence House is being managed by the Asylum Seekers Centre who will also provide intensive casework and support services to help people rebuild their lives. The Sisters of Charity Foundation have dedicated over \$2.5m to the Asylum Seeker Housing Project to ensure some of the most disadvantaged people living amongst us have access to safe, good quality housing which is essential to those overcoming mental health problems associated with displacement and, in many cases, torture.

Every year thousands of asylum seekers seek refuge in Australia. Most arrive with nothing, know no-one and are deeply traumatised. Homelessness and hunger are the most immediate issues they face. Most are not able to access any form of government support and around half are not entitled to seek employment. They rely on compassionate well organised charities and non-government organisations to assist with their most basic needs. The Sisters of Charity Foundation welcomes the opportunity to partner with the Asylum Seekers Centre to offer genuine asylum seekers a new start in life.

### Donation

Your donation to the Sisters of Charity Foundation means the world of difference to people who, through no fault of their own, live with the harsh effects of poverty on a daily basis. All donations over \$2 are tax deductible. Please visit our WEB site at [www.sistersofcharityfoundation.com.au](http://www.sistersofcharityfoundation.com.au) to donate online or complete this form and send to **Sisters of Charity Foundation**, Level 7, 35 Grafton Street, Bondi Junction NSW 2022

### My Details

|                |                      |            |                      |         |                      |       |                      |
|----------------|----------------------|------------|----------------------|---------|----------------------|-------|----------------------|
| Title          | <input type="text"/> | First Name | <input type="text"/> | Surname | <input type="text"/> |       |                      |
| Street Address | <input type="text"/> |            |                      | Suburb  | <input type="text"/> | State | <input type="text"/> |
| Post Code      | <input type="text"/> | Country    | <input type="text"/> |         |                      |       |                      |
| Phone number   | <input type="text"/> |            |                      | E-mail  | <input type="text"/> |       |                      |

### Payment Details

Please accept my  Single  Monthly  Quarterly  tax deductible donation of: \$

My cheque/money order is enclosed payable to Sisters of Charity Foundation or please debit the amount I've indicated from my:

|                               |                                     |                      |                      |          |                      |                 |                      |
|-------------------------------|-------------------------------------|----------------------|----------------------|----------|----------------------|-----------------|----------------------|
| <input type="checkbox"/> VISA | <input type="checkbox"/> MasterCard | Expiry Date          | <input type="text"/> | /        | <input type="text"/> | Cardholder Name | <input type="text"/> |
| Signature                     |                                     | <input type="text"/> |                      | Card No. | <input type="text"/> |                 |                      |

I authorise the Sisters of Charity Foundation to deduct this amount from my credit card on receipt of this form. If monthly or quarterly pledge has been ticked please deduct this amount from my credit card accordingly. This authority will remain valid until revoked in writing by me or the Sisters of Charity Foundation.

- Send me information about leaving a bequest to the Sisters of Charity Foundation.
- Send me information to set up a regular donation by direct debit.
- Send me information on how I can give regularly through workplace giving.

**All donations over \$2 are tax deductible. Thank you.**

The following information is optional but would be helpful to us in planning for the future.

#### My gift will be:

The residue of my estate  % share of my estate  The sum of

An item, or items of value (please state)

