

NOVEMBER / DECEMBER 2014

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marymead
children • families • community



FROM THE CEO

DEAR MARYMEAD SUPPORTERS

Once again Christmas is all but upon us – how this year seems to have flown! The last few months have been hectic at Marymead with a number of new initiatives being initiated.

We have commenced the service delivery in Kese House, the respite service for children with disability aged 5–12 at Kaleen. The handover from the government was very smooth and has gone without a hitch. We have refurbished much of the building and bought lots of new toys to create a light, happy place, with plenty for the children to do, and have just had some really exciting outings during the school holiday period. We are also delighted to be working with the Ricky Stuart Foundation on the design and development of a new, purpose-built respite centre. It will be a wonderful benefit to the children once completed, hopefully sometime next year.

The National Disability Insurance Scheme (NDIS) commenced in the ACT at the beginning of July this year. Over time this should provide an excellent opportunity for people with disability to effectively have their needs met through a wider range of choices and more control in meeting their needs.

In the short term people have been meeting with staff of the National Disability Insurance Agency (NDIA) to develop their individual plans and determine their funding allocation and then approaching agencies about the provision of supports. In Marymead's case we have developed a new suite of services named PoDS – Positive Disability Solutions – and are able to provide a wide range of services under this banner. If you know of people with disability looking for assistance or support, please do encourage them to contact PoDS at Marymead. This is truly a time of significant positive change for all concerned.



mulch, Marymead's urban farm for people with disability, is literally 'growing' in all respects. The plants are growing, the business is growing and so are the people. Participants are learning new and varied skills, gaining confidence in taking on new jobs and meeting new people and are excited at the thought of coming to work each day. We were recently delighted that *mulch* was awarded the Chief Minister's Award for 'Choice and



mulch
marymead's urban
land community harvest

Control' for the participants in an ACT program – a real acknowledgement of the wonderful work being done by the team of participants and staff.

Long-time supporters of Marymead may recall that three years ago we embarked on the implementation of CARE, an evidenced-based change framework that assisted us to ensure that our work was truly client-focused and that we respected and understood our work colleagues as well as our clients. We have worked through the three years of CARE with the valuable support of Martha Holden of Cornell University, the author of the book, and Diana Boswell, formerly of the Thomas Wright Institute. Our three year arrangement has now ended but not our commitment to CARE – we have strategies in place to ensure that this wonderful operating framework will guide us for many years to come. I feel that we are quite indebted to

Goyder Street NARRABUNDAH

Monster Garage Sale

THIS Saturday



FROM THE editor



Martha for her insights and inspiration in the development of this concept and for the very positive benefits it has brought to Marymead.

You may have read or heard about the new initiative of our fabulous Auxiliary. They have started to hold regular garage sales from their new shed directly adjacent to the re-located nursery area near the front of the Marymead block of land. Two have been held so far and have proven to be outstandingly successful. They have had a wonderful range of goods and plants for sale, together with a sausage sizzle thanks to the generous support of Richard O'Dell and the Griffith Butchery, so watch out for the next one which will be held on Saturday 14th February 2015. A garage sale not to be missed!!

We are very privileged to have the ongoing support of the Auxiliary and NEXGEN, our team of younger fundraisers, and really value the contributions they make to our clients and our work. We were thrilled that recently Dr Jessica Kennedy, one of the NEXGEN team, was named the top young lawyer for the year in the ACT, an acknowledgement not only of her expertise in law, but also her enormous contribution to her local community. Congratulations Jessica!

On a very sad note, we recently saw the passing of Ivan Thompson, husband of Carole, one of our Auxiliary members, after a very long illness. Our thoughts and prayers are with Carole, her family and friends, and to the Marymead Auxiliary.

Please enjoy what is left of this lovely spring weather and, even though it is a fraction early, I hope you have a wonderful, safe Christmas and New Year. Once again, many thanks for all your support, which assists us so much in all facets of our work.

Sincerely,

Heary Marki

Well, here we are again. Almost at the end of another busy year.

Firstly, I would like to take this opportunity to acknowledge the support of all our sponsors and supporters, including of course our major sponsor Cord Civil, our vehicle sponsor National Capital Motors, our major media partner WIN Television, our Marymedia sponsor Paragon Printers, our doughraising partner Domino's, our amazing Auxiliary, NEXGEN and all the donors, other sponsors and supporters who help make the work we do possible.

As December will soon be upon us we would appreciate any help and support for our Christmas Appeal. Further information regarding the Appeal is featured within the back page of this newsletter and donation forms have also been sent out with this edition of Marymedia. Alternatively you can donate via our website at marymead.org.au. Your help during this enjoyable but challenging time, is as always, very much appreciated. This year donations can be

delivered to either our Narrabundah or new northside location at Flynn, located within the old Flynn Primary school in Bingle Street.

2015 is shaping up as another big year for events with activities already planned including the Marymead / NEXGEN Annual Charity Race Day in March and the Auxiliary's Fundraising Dinner on the 29th of May. Marymead is also delighted to have been chosen as the ActewAGL Royal Canberra Show's charity partner again in 2015

Finally, I'd like to wish all our friends and supporters a happy and safe Christmas. See you all again in 2015!

Jeff Griffiths

Senior Manager – Marketing, Community Relations and Administration



Marymead Christmas Raffle 2014

If you would like to purchase a ticket (or even a book of tickets) in our Christmas raffle call Robyn today on 6162 5825.

The total value of prizes is over \$5,000 with the first prize being a \$2,500 travel voucher thanks to Capital Travel Manuka.



Join us on **facebook**  and **twitter** 

Show your support for Marymead and keep up to date with the latest news and events by joining our Facebook and Twitter feeds and promoting it to your friends. This social media provides a medium for us to connect with our community, reach clients, and promote the interests of young people and their families in Canberra and beyond.





Power Kart Raceway

Marymead is delighted to announce a new partnership with one of Canberra's newest local businesses, Power Kart Raceway, after choosing Marymead to partner with them for their Grand Opening Day in September.

'Power Kart Raceway is proud to announce a charity partnership with Marymead, as we come on board as official community supporters', stated Anthony Curry, Power Kart Raceway's Marketing and Media Manager.

'The directors and staff at Power Kart Raceway feel strongly about supporting local charities and schools since opening our doors just a few months ago. Power Kart Raceway offers a family friendly environment. Therefore we wanted to support a family based charity, thus Marymead felt like the perfect fit.

We have selected Marymead as our major charity, which is local and has been doing such wonderful work within the Canberra community since 1967. Their worthy cause and their work with children and families in the

ACT have helped many people over the years. In addition to traditional fundraising, Power Kart Raceway looks forward to getting involved with many of Marymead's key annual events and allowing Marymead access to our corporate facilities within which they can hold functions and meetings' Anthony added.

The first of its kind in the Canberra region, Power Kart Raceway is a fully indoor electric Go Kart Centre offering Canberrans of all skill levels a chance to experience motorsport first hand. The F1 styled track at the new centre, coupled with the high performance and torque of the latest generation of electric go karts offers an exhilarating experience for the whole family.

Marymead, as always, encourages the community to support those who support us. Power Kart Raceway is located near the Fyshwick markets at the roundabout, 125 Canberra Avenue, Griffith.

Photos courtesy of **Power Kart Raceway**





NEWS FROM THE programs



Marymead's Contact Cottage

The Marymead Contact Program is excited to announce the opening of the 'Contact Cottage', located at the Narrabundah Business Park. The Contact team have worked hard over the last three months to transform this space into an exciting and child-friendly visit area. The transformation has seen the construction of a sandpit, lawn area and flower gardens, giving it an inviting and friendly environment. The team feel very pleased and proud to receive ongoing positive feedback from the children and families accessing the service and would like to thank everyone for their generous support and donations along the way!

The Contact Cottage Program has designed and implemented a collaborative transition

plan, in partnership with the team and individual families. This new model aims to encourage communication and negotiation between parents as a step towards successful self-management in the near future as well as reducing waiting times for new families in the community who are in high conflict. We are pleased to announce that this new model of practice has successfully supported several families' transitions to self-management in the community.

We are excited to see what the future holds for the Contact Cottage and all of the families who benefit from the program. We will continue to strive to improve our service and best support families experiencing difficulties.

Mental Health & Wellbeing Expo



The Family Relationship Program and ELM attended the Mental Health & Wellbeing Expo in October at the Southern Cross Club in Woden. The Expo was well attended by the general public and other community organisations and government entities.

Jo Vickers and Mary Ford were busy talking to people about the services Marymead offers and in particular providing pertinent information regarding Marymead's Post Separation programs, Parenting Group programs and the Circle of Security. The day was most enjoyable with other community organisations together with the general public showing interest in the services Marymead offers the local community.

Family Relationship 'traffic light' stress balls which are used to represent the stop, think and act metaphor utilised in the Talking with Kids Group were very popular to the point that we had to send out for more supplies!

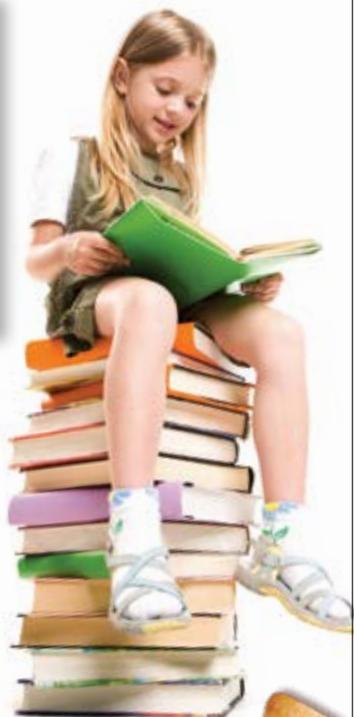
It was an excellent opportunity for Marymead to be promoted in the wider community and an equally excellent chance for us to learn more about other services offered within the region.

We hope to set up another stall next year!



At Home With Books

At Home With Books (AHWB) is a unique Marymead initiative that aims to provide each child connected to Marymead through out of home care with a brand new quality book as a gift each month. The program is designed to encourage listening, speaking, reading and writing and encourages parents, foster carers, kinship carers and carers in our Residential Care Program, to read to and with children. As this Program is unfunded Marymead relies entirely on donations of new books and/or money or book vouchers from the community. If you would like to donate to this program or obtain additional information, please contact Jo Dean-Ritchie, Marymead's AHWB's Co-Ordinator on 6162 5800 or email athomewithbooks@marymead.org.au.





Marymead's
NEXGEN
Canberra's next generation of fundraisers

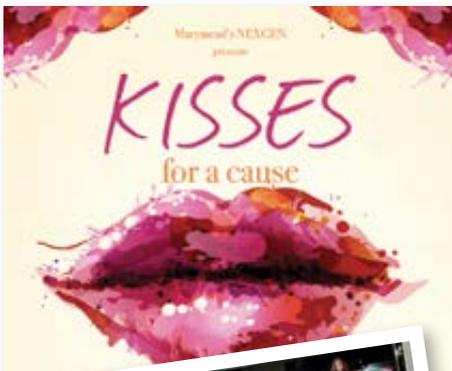
NEXGEN

Marymead's NEXGEN, Canberra's 'Next Generation of Fundraisers', formed in July 2012.

NEXGEN is a dynamic team of individuals who are committed to making a significant contribution within our community by way of fundraising and lifting the interest and awareness of Marymead's broad and diverse range of programs and services to our younger generation. They are also committed to complementing the fabulous work performed by the existing Marymead Auxiliary.

NEXGEN has enjoyed another successful year with events including 'Kisses for a Cause', the 'Capital Air Charity Race Day' and a trivia night.

NEXGEN is always looking for new members. If anyone would like to join NEXGEN or obtain additional information they can contact Jo Dean-Ritchie at Marymead on 6162 5800 or email marketing@marymead.org.au



Bride & Groom Ball

During May, we again held the Bride & Groom Ball at Hotel Realm to raise awareness for our Foster Care program. Guests came along dressed as a bride, groom or a member of a bridal party. It was a spectacular night with Spectrum Big Band as entertainment together with the Canberra Swing Katz dancers performing. We would like to thank Chauntell McNamara and Leilah Ayton who both teach at St Francis Xavier College, for assisting us in the organisation of the ball together with our NEXGEN volunteers. Chauntell is one of our valued foster carers. \$19,000.00 was raised on the night, which is a fantastic effort. Guests who came along also brought 'wedding' gifts which were donated to our foster carers and their families. We would also like to thank Shakespeare's Cakesphere, The Cake Lady, Sammy Sprinkle Cakes and Rapture Cakes. These four cake makers donated four of the most magnificent wedding cakes for our 'Cake Off' competition. Congratulations to Lauren from Shakespeare's Cakephere for winning the 'Cake Off', the cake was an absolutely amazing five tier cake. All guests enjoyed the cakes as dessert on the night!





NEWS FROM THE programs



Foster Care Week

Over 700 children in Canberra and over 20,000 children in NSW* are currently in out-of-home care and many more need a home. These are statistics that really emphasise the importance of foster care within our community. To highlight the continuing need for foster carers, Marymead was actively involved in Foster Care Week held in September.

Information seminars were held in Canberra and Bega with both seminars attracting significant interest from potential foster carers.

In addition to the two seminars a number of our staff from Marymead's Goulburn-based foster care team attended and participated in a local Foster Care Week activity, coordinated by the Kids In Care Support Group (KICS). KICS is a local foster carer support group that has been running for a number of years in the Goulburn region.

On the day, Marymead set up a stall where children of all ages could come along and learn how to make, and then take home, stress balls. The activity was designed to be multi-purpose where the kids could come and have fun, learn a new skill that focused on developing their fine motor skills and to also take home a toy that could act as a self-soothing strategy when they experience stress or are upset. The activity was extremely

Mick Gentleman MLA, Minister for Children and Young People at Marymead's foster care information seminar in Canberra

popular, with a number of children stating they wanted to recreate the activity at home on their upcoming birthdays! In addition, Marymead ran a second activity where children could come and decorate a paper cup that they then filled with potting mix and selected a petunia to take home and grow in their personalised 'pot'. Again, this activity was a huge success, and encouraged the kids to draw on their creative skills, get a little bit dirty, and even make presents for their family and/or friends.

The day was a great success, where carers received certificates of recognition for all their work and support with children in out of home care and the kids had loads of fun with the Marymead activities and other events and activities run by the other participating NGOs. This is the second time Marymead has participated in this KICS event and we are very much looking forward to our participation next year!

Bricks Lego Club

Marymead's 'BRICK Lego Club' is an initiative of some of our foster carers who have started a Lego group for the children within Marymead's Foster Care Program.

**Building
Resilient
Imaginative
Creative
Kids**

The first meeting of the Club was on the 16th of August with extraordinary imaginations building creative structures. The children who have attended the Club so far have enjoyed making new friends and just love the challenge of competing against their own time to build structures. They also undertake free play and are encouraged to give and receive assistance from one another and the carers present. Their work is then proudly displayed at the 'Creation Station' made during free play.

The group is also a wonderful opportunity for carers to network and support each other. The Club is facilitated by one of our Carers with a special education background and is totally supported by volunteer Carers.

The group will continue to meet monthly and donations of new Lego is always welcomed.

This wonderful initiative was made possible by the generous support of Big W Tuggeranong, Department of Health, Department of Prime Minister and Cabinet and the generosity of the Canberra community for donating Lego and storage bins. A special big thank you to Nicola Stansfield for sourcing Lego to get the program up and running.

Thinking about becoming a foster carer?

Call Marymead Foster Care today on 6162 5800 or email fcinfo@marymead.org.au

marymead
children • families • community
Caring for Children • Supporting Families • Strengthening Community

Foster Care Sessions

at Marymead

255 Goyder Street Narrabundah ACT

JANUARY

Tuesday 13 12.00–1.00pm

Wednesday 21 6.00–7.00pm

FEBRUARY

Thursday 19 6.00–7.00pm

MARCH

Friday 13 12.00–1.00pm

Wednesday 18 6.00–7.00pm





PICS FROM THE
auxiliary



THE AUXILIARY



Card & Games Day



Card & Games Day



Government House Morning Tea



Government House Morning Tea



Government House Morning Tea

If you would like to enquire about upcoming Auxiliary events or are interested in joining our wonderful Auxiliary, please contact Jo Dean-Ritchie on 6162 5828.



SPECIAL THANKS TO...



Marymead would like thank Rebel Sports for their ongoing support in supplying educational supplies for our young people in residential care.



Marymead wishes to thank the Canberra Southern Cross Club for their ongoing support, and in particular for including Marymead within this year's Canberra Southern Cross Club Community Support Grants program.



SPRINGBANK RISE & FORDE

A big thanks needs to go to the team from Lend Lease Springbank Rise & Forde who spent a morning at Marymead totally transforming the front gardens of two of our residential homes. An absolutely sterling effort, and one very much appreciated by the children who reside in the homes.



TUGGERANONG

Thank you to the team at K-Mart Tuggeranong for once again supporting Marymead. This time they kindly donated a hooded 4 burner BBQ for use at one of our residences. Their on-going support is very much appreciated.

support Support those who support us..

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children • families • community

Make a Difference Christmas Appeal

3 WAYS YOU CAN MAKE A DIFFERENCE THIS CHRISTMAS...

- 1 MAKE A DONATION**
VIA OUR WEBSITE – marymead.org.au
DONATIONS OF \$2.00 OR MORE ARE TAX DEDUCTIBLE
- 2 DONATE A GIFT FOR A CHILD OR YOUNG PERSON**
(PREFERABLY UNWRAPPED PLEASE).
These can be delivered during office hours to one of our Marymead A.C.T. locations
NARRABUNDAH 255 Goyder Street
OR FLYNN BINGLE STREET
WITHIN THE OLD FLYNN PRIMARY SCHOOL
- 3 PURCHASE A GIFT CARD/VOUCHER FOR THE CHILDREN AND FAMILIES WITH WHOM WE WORK**
Some suggestions are:
Grocery Gift Cards / Vouchers
Store Gift Cards / Vouchers, Movie Tickets,
School Holiday Activity Tickets

GRIFFITH BUTCHERY
PRISTINE PRODUCE
SINCE 1989
Pristine; Pure, unspoiled, unmodified.

Have you ordered your Christmas ham and turkeys yet? Or tried Richard's amazing smoked ocean trout? Now's the time!

Griffith shops Barker Street Griffith
Phone 6295 9781 or visit griffithbutchery.com.au

PROUDLY SUPPORTING MARYMEAD

And be sure to tell them you're a supporter of Marymead!



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