

Newsletter Update

LINDARA FAMILY PROGRAM



Welcome to the Winter Edition of the LINDARA Newsletter!

Among the myriad of social problems faced by families, LINDARA continues to be positive force in helping address homelessness in our area.

By providing funding for a family support worker who links 'at-risk' families to the experienced network of experts in CatholicCare, welfare & government agencies, we *are* making a difference.

Every year, the family support worker assists approx 20-30 families including 40-50 children. Support can take many forms but it is tailored to the individual families and is ongoing until they can transition back to a stable life. We have shared some of their stories in this new look newsletter.

We hope you like the new format and appreciate your feedback. This format will make it easier for us to spread the word about LINDARA and encourage a range of contributions.

The stories typify the many challenges and circumstances met with heart and grace every day. Family and individual identities are kept anonymous within CatholicCare.

Passing the baton

LINDARA is managed by the Lindara Executive Committee (LEC) and the baton was passed to a new committee in December 2025.

As incoming Chairperson, Malcolm Allarding from Lindfield Uniting Church, I recently took the opportunity to thank outgoing Committee members, including Philip Crawford and Rod Henriks, for their astute guardianship, and welcomed the enthusiastic, incoming members.

The incoming Treasurer, Rev Chris Goringe, described his decision to join the Executive as "an opportunity to share the love and welcome of Jesus in a practical way". This is a sentiment we all share. Committee members also include Shaun Lennon, from Killara Uniting Church and Catherine Willis, from the Catholic Parish of Lindfield-Killara (also a vital contributor to the Lindara Market team). They bring their time, talent and commitment to make a difference.

Malcolm Allarding,
Chairperson, Lindara Family Program

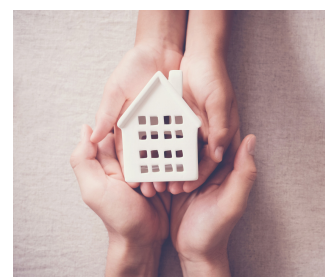
In this newsletter:

Message from the Board

Lindara Family Worker priorities

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ADDRESSING HOMELESSNESS LOCALLY

How our Lindara Family Worker provides safety, stability & hope

- First priority is crisis support: food, emergency beds, clothes, nappies, toiletries
- Links families to other helpful services
- Secures longer term accommodation
- Supports kids back to school
- Facilitates employment
- Legal, Government agency & police advocacy
- Drug /alcohol or other relevant counselling
- Complex case Management

Crisis needs are increasing

The escalating cost-of-living pressures are placing enormous strain on young families, particularly when unemployment, relationship or financial crisis arises. When homelessness occurs, people usually need a lot of help to get back on their feet. Our Lindara Family Worker is able to provide this help, thanks to donors like yourself. We are seeking your continuing support to maintain this important community service in the local Hornsby-KuringGai area, for people like a recent client **"Christina" and her two young children, who were homeless, 'couch surfing', not attending school and unable to afford groceries.** With your help, the family has been stabilised, initially with emergency supplies, then multiple interventions and ongoing case management.

See case studies of families that, together, we have helped, on the next page...



Case Study: Claire*

Claire* was referred by a local community housing provider as she was homeless and hoping to get support for accommodation so that her child would be able to stay with her. While the child was in the father's care, he was preventing Claire from having any contact with them. Claire was struggling with mental health and had turned to substance abuse as a means to cope.

The Lindara Case Worker moved Claire into transitional accommodation, and, once it was clear that Claire was able to safely care for her child, arranged for her first overnight contact with the child for many months. Claire spoke with the Case Worker about how special it was for her to be reunited with her child, even briefly, saying that it had given her the strength and purpose to work towards her goals.

As Claire began to trust the Case Worker, she described a history of domestic violence that she had suffered, and continued to suffer, at the hands of her child's father. The Case Worker was then able to help her to work with child protection and access legal support, and support her through a plan to get greater access to the child and minimise harm from the perpetrator.

Claire has now begun to work with a counsellor to process her experiences, and is getting the mental health support she needs to deal with her substance abuse. She is determined to work through her own challenges in order to be able to be a good parent for her child, and provide them with the safety they deserve. The Case Worker has assisted her in applying for victim support payments to help her when the time comes to transition into her own home, and continues to support her as she rebuilds her life.



Case Study: Jennifer*

Jennifer* and her children were fleeing extensive family and domestic violence. Staying in the area where the violence had taken place was no longer safe, and the struggle to find a place was starting to have a significant impact on the children's mental health. They were referred to the Lindara Case Worker for support.

The Case Worker secured them a place where they can stay for 12-18 months with affordable rent, assisted them in the transition, and provided ongoing support. At first this focussed mostly on providing emotional support to Jennifer, and helping her access counselling for herself and the children through Victim Services.

As the children became more settled, the Case Worker was able to support them moving into school and daycare, making new friends, and joining after school activities. They now talk positively and enthusiastically about all they are learning and doing. Jennifer and her preschool child have also connected with a local playgroup to build relationships within their new community.

As one of the children is still struggling with mental health following the impact of their experiences, the Case Worker continues to work closely with Jennifer and the child to link them in with mental health supports and a local domestic violence health service to provide care and counselling.

Over the coming months, the Case Worker will continue to support Jennifer as she explores training opportunities to re-enter the workforce. Her goal is to provide a stable home for her family before her time in the transitional property comes to an end, and the Lindara Case Worker will support her each step of the way.

**Names and some biographical details have been changed for the safety of those we help & support. Photos: free stock images.*

Lindara Market

Next Lindara Market dates in 2026: **Saturdays July 18 & November 21 from 8am-1pm** at Lindfield Uniting Church, 454 Pacific Highway. Drop clean, sellable items to the LUC carport at least a week prior to each market, for pricing & sorting.

We thank **Jill Henriks** for her many years and countless hours managing the jewellery stand at the Lindara Market. We are always looking for **new volunteers** to step up and join the team. Many hands are needed for all kinds of roles, before, during or after the market, from erecting bunting, to putting up posters around the community, to baking slices or cupcakes, or helping set-up tables a few days prior to the market. We will put all skills to good use - send us your family, friends & neighbours. Teens can be very helpful with the after-market pack-away or other tasks! For market enquiries, or to talk about running your own Lindara fundraising event at home, work, or church (eg a garage sale, a cake stall, a movie night, a morning tea) contact Jane at lindfielduca@gmail.com

How to send support for the Lindara Family Program

EVERY gift, no matter the size or frequency, makes a big difference. Some people make a once-off, monthly or regular donation: ALL support is welcome. Donations \$2 & over are tax deductible. *Ask us about correct wording for a "gift in will".*

BY BANK EFT

(Electronic Funds Transfer)

Preferred method if convenient

Transfer your donation to:

BSB: 634 634 ACCOUNT: 100081175

A/C NAME: Lindara Family Program

REFERENCE: <Your Name>

BY CHEQUE

Make the cheque out to:

Lindara Family Program

Post to: Lindara Family Program

C/- Lindfield Uniting Church

PO BOX 200

Lindfield NSW 2070

BY DEBIT/ CREDIT CARD

To pay by card, enter your details on the return slip on the letter you receive with this newsletter, or email **Rev Chris Goringe:**

chris.goringe@gmail.com with subject line

LINDARA DONATION so we can get in touch

with you to take your card donation securely.