



Southern  
Community  
Welfare Inc.

# ANNUAL REPORT 2013



Caring, Equipping, Empowering...Hope

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# CHAIRMAN'S REPORT - 2013



When asked about success Albert Einstein once answered, “strive not for success but rather strive to be of value”.

In many ways this notion sums up Southern Community Welfare's view of success. Our whole reason for existing is to be of value to people in our community who are wrestling with issues in their lives and are seeking professional help.

2013 has been a significant year for Southern Community Welfare (SCW) with over one thousand three hundred people receiving help and support in some way from our service. This may have been through individual counselling sessions, psychology services, case management, group support program involvement, community education seminars or via our SCW anxiety & deliberate self injury resources.

This statistic, however, gives such a limited insight into the **value** which SCW has invested into so many people's lives. We will never fully know the extent or true impact of our efforts, however, we do know that our service is making a significant difference in our community.

You will read later in this report more about what has been achieved in the various areas of our work. All of it is aimed to fulfill our vision of: Caring ; Equipping ; Empowering and bringing Hope .....which all adds up to adding value to our clients.

Once again, the Board is very aware of the ongoing financial contribution we have received from our loyal supporters, without whom none of this work would be possible. To all of you, please know how much you are valued and accept our very sincere thanks.

There is much to give thanks for in 2013 and we look forward with much anticipation to the year ahead as we continue to strive to be of value to our community.

With very best wishes

Russell Foxe  
Chairman

## SCW VISION STATEMENT

Our vision is to be an organisation that models itself on the example of Jesus Christ. We aim to work with compassion and acceptance, and to provide creative education and professional assistance to strengthen relationships and offer hope within our community.

# GENERAL MANAGER'S REPORT - 2013



2013 proved to be another hectic but rewarding year at SCW. The transition of the new programs, Seasons for Growth and Case Management, proved a valuable addition to the services we offer to the Sutherland Shire.

Karlyn Johns heads up Case Management and she has been a passionate advocate for those in our local community who struggle with day to day life. Her clients range from the long term homeless, to women and children escaping domestic violence, to those who are so overcome by grief that they desperately need short term help to cope. We can see the great need for Case Management in the community from the 73 clients that used the service in 2013. None of these were in a financial position to pay any fee. Case Management has proved to be a major expense for SCW, even with the generous grants from the Sutherland Shire Council and The Big Sister Foundation. However, this service is essential and we are dedicated to seek ongoing funding to make this a permanent program for SCW.

The change in children's grief and loss programs from Rainbows to Seasons for Growth (SFG) was a positive one. We are delighted with the

new program, the beautiful resources, and the fantastic training and support provided by the sisters and staff at Good Grief. Natalie Walker has done a great job introducing the program to the local community and organising the volunteers required for the program. We were able to assist 43 children through SFG in 2013.

In considering the overall loss for SCW in 2013 of \$35k, my focus for 2014 will be to research and apply for new grants and donations. The needs in the community do not cease yet the funding is becoming an increasingly competitive arena - one in which we must strive to be creative with our applications and innovative with our programs to attract the funding we require. It is imperative that SCW finds some new sources of income to continue our vital work in the community.

All of SCW's achievement are a result of a group of hard working people behind the scenes. Thank you to the SCW staff and volunteers for your dedication to SCW's vision. Thank you Gymea Baptist Church, for providing the building space to do what we do and being supportive of our work. Thank you to the SCW board for voluntarily providing your expertise and a range of skills. Special thanks to Russell Foxe for your loyal support of SCW for the last 18 years, your encouragement, and your zeal! I'm looking forward to another year working with the great team at SCW as we foster hope and healing throughout the Shire.

Susan Foyle,  
General Manager

## CORE VALUE: CARING

*SCW is an organisation that grew out of the Christian church and aligns with Christian values. As such we engage staff that have made a Christian commitment to follow Jesus, however, we do not expect that any personal agenda will be forced upon any person who seeks our services.*

*We strive to serve our greater community through non-judgmental and holistic approaches. This includes the belief that positive health and well being involve the physical, mental, emotional, relational and spiritual dimensions of an individual.*

*No one is turned away due to financial hardship, and we welcome all people without discrimination. If we are unable to serve you, we will work to connect you with other community organisations.*

*We are committed to maintaining a service of ethical and professional standards that ensures all our practices fall within the law and remain transparent. This includes a dedication to best practice guidelines and continued professional development for all of the SCW team.*

# STAFF & CONTRACTORS

## STAFF LEADING INTO 2014



**Susan Foyle**  
General  
Manager



**Grace Versace**  
Clinical  
Manager



**Janet Hayes**  
Intakes and  
Administration



**Karlyn Johns**  
Case Manager



**Linda Salem**  
Child and Family  
Therapist



**Natalie Walker**  
Grief and Loss  
Coordinator

**Elisabet Ong** - Bookkeeper

## CONTRACTED COUNSELLORS



**Mary Carter**  
Counsellor



**Kay Djoeandy**  
Counsellor



**Stephanie Penny**  
Psychologist



**Keiran Shanahan**  
Counsellor



**David Sherry**  
Counsellor

## PRIVATE PSYCHOLOGY SERVICES ON PREMISES



**Dr Steven Dawson**  
Clinical  
Psychologist



**Alison Mackay**  
Intern  
Psychologist

### Thanks and goodbye to Jenny Beckmann

Our bookkeeper of many years, Jenny Beckmann, will be leaving us early in 2014 to move interstate. Jenny has been a hardworking, efficient and loyal employee. Her attention to detail, efficiency and skill with numbers have been of considerable assistance to SCW. She will be deeply missed by all the team at SCW. We thank Jenny for all her hard work and commitment to SCW over the years and wish her every success for the future.



**Jenny Beckmann**  
Bookkeeper

# BOARD OF DIRECTORS

## **Chairman of the Board: Russell Foxe**

Russell is a retired business owner who brings a wealth of management and marketing experience to SCW. He is involved with several NGO's in the roles of Chairperson and board member.

## **Vice Chairman: Robert Sherry**

Rob is a sales executive for a global IT company bringing over 15 years of sales and marketing experience to SCW. Rob is a director for Sylvania Waterways Ltd and has lived in the shire for over 13 years.

## **Treasurer: Nicole Jones**

Nicole is a chartered accountant with over 20 years experience in audit and business advisory services. She is passionate about education and supporting families in need.

## **Secretary: Jason Ezzy**

Jason is a Principal of a local primary school within the public system bringing educational and leadership experience, and sensitivity to the needs of children and families.

## **Member: Karl Faase**

Karl is the Senior Pastor of Gynea Baptist Church and the Director of Olive Tree Media. He sits on the boards for Samaritans Purse, BGEA Australia, and Sydney Prayer Breakfast. Karl brings leadership and management experience to SCW.

## **Member: Helen Dwyer**

Helen has over 30 years of business experience. She works for HopeStreet, and prior to that she had an extensive career at St.George Bank and managed the St.George Foundation from 2005-2009. Helen is a keen advocate for social justice and is a firm believer in collaboration across the community.

## **Patron: Police Commissioner Andrew Scipione**

In addition to being a highly decorated and experienced police officer, the NSW police Commissioner, Andrew Scipione and his wife, Joy, were named joint Hurstville Citizens of the year in January 2012 for their work in the local community.

# STAFF PERSPECTIVE



It is now 12 months since I accepted the position of Child and Family Counsellor with Southern Community Welfare, (SCW). It has been one of the best decisions I have made as a Christian working in the field of Clinical Psychology for many years. From the outset, when I first explored the area where SCW was located, I loved the fact that it was in a humble setting. Upon meeting Susan and Grace in the first interview, I was enriched by their professionalism and compassion for the work of SCW in the community. Working alongside the gifted staff in their various capacities to provide assistance to those struggling with life regardless of economic

status, age, ethnicity or religious beliefs, has been an outstanding experience and so refreshing. My family were amazed at the joy I experienced in going to work on Mondays and Thursdays. I am very thankful to God that He has given me the opportunity to provide psychological help to families presenting to SCW. I have been overjoyed to hear from many families, as well as other agencies I have contacted, of the good reputation SCW has in the local community. I consider it such a privilege to be able to contribute to the services provided by SCW. I hope and pray the next year will bring God's blessings to all the work by SCW: hope to the hopeless, peace to those suffering in conflict and growth to those where growth has been stunted for a time.

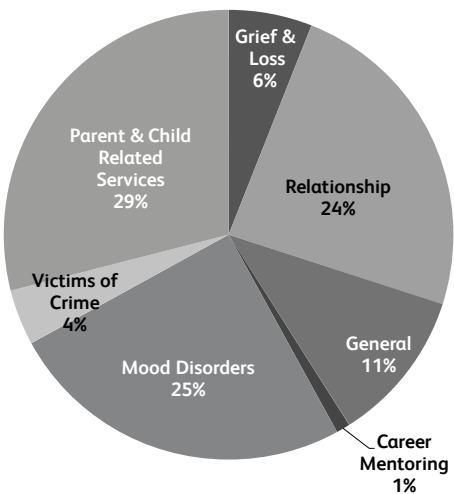
Linda Salem - Clinical Psychologist,  
SCW Child & Family Therapist

# PROGRAMS & SERVICES REPORTS

## COUNSELLING AND PSYCHOLOGY

2013 saw over 240 new intakes to Southern Community Welfare counselling and psychology services. The primary reasons people sought counselling were parent and child related services; relationship counselling; and mood disorders. 32 % of clients in counselling required subsidised rates due to their very low incomes and financial hardship.

### Reasons for Counselling in 2013



### Explanatory Table on Categories:

| Reason                            | Category Inclusions   |
|-----------------------------------|---|
| Parent and child related services | Parenting, parent child relationship, child depression, child behavioural, child anxiety, child/youth deliberate self-injury. |
| Victims of crime                  | Abuse, bullying victim, sexual assault, victim of crime   |
| Mood Disorders                    | Adult anxiety, bi-polar, chronic fatigue, depression  |
| Career / Mentoring                | Career counselling, mentoring   |
| General                           | Addiction, anger, general   |
| Relationship                      | Marriage counselling, relationship difficulties   |
| Grief & Loss                      | Grief & loss, support after suicide, major change, adjustment   |

*"When you look at a person, any person, remember that everyone has a story. Everyone has gone through something that has changed them." - Mark Twain*



# PROGRAMS & SERVICES REPORTS

## CASE MANAGEMENT

What an amazing time of learning and growing both personally and professionally this year has been. There have been definite highs and lows to the case management program but I believe case management has filled a need within the community, and in SCW, making us a more holistic service.

I have come into contact with many unique people, working with 73 clients. This work can be with high, med or low needs and ranges from an easy referral to a suicide intervention. I have regularly had 8-10 clients and at times a wait list.

Low need – Employed, needs little intervention, able to action case worker interventions independently.

Medium need – Layered needs, multiple intervention required with some assistance to action interventions.

High need – Complex needs, individual has little motivation to make change. Living on the street, homeless, unmanaged or undiagnosed mental illness, active addiction, unable to sustain employment.

Out of the 73 clients we worked with in 2013, 33 of these clients were in the high need category, 16 in the medium needs, and 24 in the low need category.

We have have worked with 43 females and 30 men. Their ages range from 16 - 60+. We worked face to face in over 214 sessions. About half of the female clients were single parents. 65 clients were Australian, one was Aboriginal and 6 were other ethnicities.

In the high needs category 14 individuals were referred from services such as the Hub, Shire Services Inc, The Guest House, Wellbeing Clinic, Disability Services and Benevolent Society. Gymea Baptist Church (GBC) referred 6 clients and 12 were referred internally from SCW therapists.

As part of this project we have been collecting homelessness information for the Sutherland Shire Council and the Hub. There is a public housing shortage and a wait period of 10 years in the Shire. This is a significant issue for the majority of clients but particularly for males aged 40-55 and up. In 2013 I have come into contact with 16 chronically homeless people, 4 of those I was able to place into case management, the others were either not wanting to change their circumstances or were too crisis in nature and were referred to other services such as the crisis mental health team at Sutherland Hospital. For all of these clients I was able to offer food from the “manna pantry” which has been utilised greatly across all case management clients. The manna pantry is a collection of food donations that have been generously provided by GBC members.

Building relationships has been a major part of case management. About 95 % of clients were linked in to other services as part of their case plan. A highlight of case management is going to Shire Services Inc and helping with the breakfast. Shire Services Inc. are a great organisation and I appreciate the work they do and support they give SCW. I have also been able to build strong connections with services such as Centrelink, LETS, the Hub, The Guest House, Wellbeing clinic, Disability services, SDN Brighter Futures,

## CORE VALUE: EQUIPPING

*SCW endeavors to equip its clients with the skills and tools necessary for improved communication, resiliency, emotion management, and relationships. We maintain a strengths based approach to assist clients in overcoming life's obstacles and maintaining self-acceptance.*

*We are privileged to be well connected within the community, and we commit to linking our clients and families with additional resources and services.*



# PROGRAMS & SERVICES REPORTS

Sutherland Shire Family Services and Benevolent Society. These relationships have allowed two way referral processes to be built. These relationships are vital to case management as clients generally have multiple issues. Case conferencing between services has been needed where there are two or three services involved to provide the best care for the client.

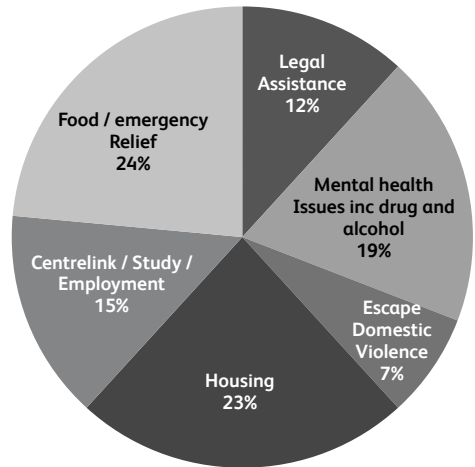
In 2014 we aim to build stronger relationships with services such as the crisis mental health team at Sutherland Hospital. There are significant service gaps when trying to refer a suicidal client or a client with mental health issues needing hospitalisation or an assessment. We will also aim to address the homelessness issue which has a significant impact on many individuals and families in the Sutherland Shire. As you can see from the pie chart these issues are significant concerns for clients in case management.

I would like to thank Sutherland Shire Council for their initial grant funding and the Big Sister Foundation for the continued funding into 2014. Thanks to Susan Foyle and Grace Versace for supervision and SCW staff for getting behind this program and supporting it and me. Thanks also to David Enderby and Natalie Walker who have helped out with clients.

**Karlyn Johns**  
SCW Case Manager



## REASONS FOR CASE MANAGEMENT



*Note: client may have been in one or more of these categories.*

*"What does love look like? It has the hands to help others. It has the feet to hasten to the poor and needy. It has eyes to see misery and want. It has the ears to hear the sighs and sorrows of men. That is what love looks like." - Saint Augustine.*

# PROGRAMS & SERVICES REPORTS

## SEASONS FOR GROWTH PROGRAM



Seasons for Growth (SFG) is a program for children and young people aged 6 to 15 yrs who have experienced significant change or loss. SFG is based on the belief that change, loss and grief are a normal and valuable part of life. SFG examines the impact of changes such as death, separation or divorce, upon our lives, and explores how we can learn to live with and grow from these experiences.

The core intentions of this program are the development of resilience and emotional literacy to promote social and emotional wellbeing. The program is educational in nature and does not provide therapy.

SFG uses the imagery of the four seasons to illustrate that grief is cyclical, not a linear journey with a clear end. Trained "Companions" facilitate small groups consisting of 4-7 people of the same age, where participants share their experiences, and support and learn from one another. Peer support is a key element of the program, and confidentiality is strongly emphasised.

SCW has 9 trained SFG Companions, 8 of these ran groups in 2013.

In 2013, we ran Seasons for Growth in Term 2 and Term 3 assisting 43 children.

4 of the children had lost a parent; the remaining children/young people had come from either separated or divorced families.

In 2013 a total of 75 schools were contacted to promote the Seasons program. Sutherland Shire Family Services, Family and Community Services, The Pole Depot and Youth Zone were some of the organisations who referred participants to the program this year.

We have a wait list of 24 children for the 2014 SFG groups. We will run SFG in terms 1, 2 & 3 in 2014.



### 2013 Participant and Parent feedback:

*"It was so fun and I wanted to go! The Companion was really nice, kind and caring."* Participant aged 7 years.

*"It helps you to talk about your feelings."* Participant aged 6 years.

*"Change happens to everyone."* Participant aged 11 years.

*"You're not alone; there are other people with similar issues."* Participant aged 14 years.

*"Thank you for providing a safe area where my child felt happy and excited to attend each week."* Parent of a child in SFG



# PROGRAMS & SERVICES REPORTS

## REACH - DEPRESSION & BI-POLAR SUPPORT

In July 2013 Grace Versace and Natalie Walker facilitated a REACH support group that ran for 9 weeks.

The REACH group is run in partnership with **BLACK DOG INSTITUTE** The Black Dog Institute. The REACH program is for individuals who are suffering Depression or Bi-Polar Disorder, have a diagnosis, and are motivated to learn, share and experience strategies that will assist them in managing their mental illness.



There were 18 original expressions of interest and all 18 were interviewed over the phone to ascertain their eligibility for the group. 10 individuals were selected with 9 individuals completing the 9 week program.

Many topics were discussed over the 9 weeks. These included identifying stressors and triggers, and devising a stay well plan. The group became cohesive very quickly which enabled members to share experiences and strategies easily. Many of the group members still meet each week to provide a social support network to each other.

### Participant feedback included :

*"It has been my first group and I have learnt a lot about myself"*

*"Most beneficial was talking & listening to other people, hearing and being helped with ideas, experiences "*

*"I have learnt to look at depression differently"*

*"Meeting/making new friends that I could talk to. Also how diet may affect moods"*

We have started a wait list for the 2014 REACH groups. SCW will run 2 groups in 2014 with the assistance of funding from Toyota and Sutherland Shire Council .



## BREAKTHROUGH - DIVORCE & SEPARATION SUPPORT GROUP

A seven week program was run in 2013 for adults experiencing loss, grief and other issues associated with divorce and separation. Participants reported feeling validated and also that their situation was not only unique to them. Some comments included :

*" all of the information/interaction was useful for me"*

*"I was really ready for the support this group gave me"*

*"I have learnt to normalize my feelings and not feel so alone"*

*"I have learnt to identify feelings, thoughts, and ideas which will be helpful to me in my recovery"*

As the group was run over seven weeks, in the evening, we asked participants if they would prefer a different format. Most participants that we spoke to report that it is difficult to attend evening groups due to work and family commitments. To this end, SCW has decided to reformat this group.

The group will now be named Separation Recovery Workshop. It will be offered twice in 2014 and run on a Saturday to allow participants the flexibility to attend. Topics covered in these workshops include loss & grief, adjustment to change, reducing conflict when parenting with an ex-partner, children and their reactions to separation, and family law issues. Special guest speakers will attend to provide specific information to assist those who have been newly separated or divorced.

# PROGRAMS & SERVICES REPORTS

## SUTHERLAND SHIRE SUPPORT AFTER SUICIDE GROUP

This program was one which we believed needed to expand to fit the needs of the community. Our traditional format of individuals meeting each month of an evening was proving difficult to maintain. Most of our attendees were at differing stages in their grief and as a result needed varied therapeutic interventions.

To this end, we liaised extensively with Jesuit Social Services who are leading the way in suicide related therapies and support programs. We soon learnt that our program needed to be broken up into 3 arms. Firstly a psycho-educational program that would assist individuals who are newly bereaved by the suicide of a loved one. Secondly, a peer support group whereby individuals could meet on a regular basis to provide each other with emotional support. Thirdly, a one on one counselling option whereby individuals can access confidential therapy.

*"We have all known the long loneliness and we have learned that the only solution is love and that love comes with community."*

- Dorothy Day



Unfortunately due to the increasing difficulty in gaining funding we have had to put the psycho-educational and peer support programs on hold. We do however offer 1:1 counselling to individuals bereaved by suicide on a free of charge basis. In addition to this, we have linked the bereaved with 'mentors'. The mentors are individuals who have experienced the death of loved one by suicide however they have reached a place in their grief process whereby they can assist others. This helps those newly bereaved to see that there is hope in moving forward.

We attempt to reach out to our community in other ways such as hosting the annual "Out of the Shadows" suicide walk, which aims to remember those who have suicided and bring awareness to the community that those who are bereaved by suicide are at high risk of suicide themselves. We partner with Gynea Community Aid and Information Service and Lifeline to organise this event. This year a tribute quilt was brought to the walk. This generated interest from the public who were passing by and who stopped to talk about various issues around suicide, depression and mens mental health. You can read more about this event on page 13.

We will continue to seek funding for a peer support group. We do not intend to give up on this as we have identified the urgent need in our community and cannot ignore it.

### CORE VALUE: EMPOWERING

*SCW strives to empower our clients in discovering and utilising their strengths and resources. We support clients in taking responsibility and ownership in developing their life purposes and meanings. This includes creativity and innovation when problem solving.*

# STAFF TRAINING & PRESENTATIONS

## STAFF TRAINING

All staff and volunteers were invited to the following trainings held in 2013:

- March – Meng Thai from STARTTS (The NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors) presented on Working with Refugee & Asylum Seekers
- March – 2 staff members (Susan Foyle and Natalie Walker) and 9 volunteers were trained in the Seasons for Growth children and young peoples program. Since the initial training, 8 of these people have been fully accredited as SFG companions.
- April – Brad Foyle from NSW Police presented a Self Defence Training workshop
- May – David Newman presented an Introduction to narrative therapy
- September - Susan and Grace attended Understanding change, loss and grief seminar at Good Grief, North Sydney.
- October - Susan Foyle and Natalie Walker attended the Good Grief conference “Growing through change and loss” held over 2 days with a range of brilliant speakers such as Hugh McKay and Andrew Fuller.



## SCW COMMUNITY EDUCATION PRESENTATIONS:

Over 120 people benefited from SCW presentations in 2013.

April - Parenting in a digital age was held at Gympie Baptist Church, presented by Linda Salem, and attended by 31 people.

July - Parenting in a digital age was held at Canley Vale via Fairfield City Council, Families Together, presented by Linda Salem with 30 people in attendance.

August - Anxiety Information night was held at

Children's Services, Kogarah Council with 35 people in attendance.

Samples of Feedback from these talks:

“Linda's presentation was great and very informative.”

“the presentation was excellent including “youtube” tables with statistics/research - very interesting”

“The night was very good... Linda was great.. we have had some very positive feedback.”

In May Jeanette Foxe from Good Grief attended SCW to run a pilot parenting program for the parents of the children and young people in the Seasons for Growth program called “Supporting your child following separation or divorce”. There were 9 parents in attendance.

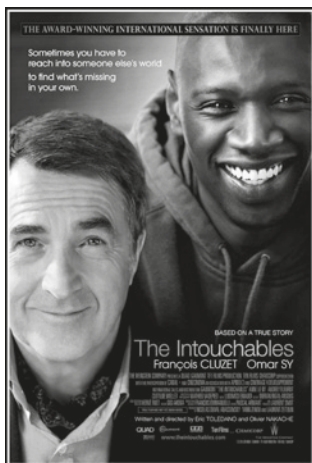
During the Seasons for Growth program we ran educational sessions for parents called “Picking up the Pieces”. These talks are held whilst children are in the Seasons Program. In 2013 we ran this twice with 16 parents/carers in attendance.





# FUNDRAISING EVENTS & AWARENESS

## MOVIE NIGHT



In August 2013 we held our 2nd annual movie night fundraiser with the aim being – have fun, generate funds, and create community awareness of SCW. We succeeded in all our aims.

We watched an uplifting comedy movie called The Intouchables. We were fortunate to have some great items donated to us to give away and everyone received a lolly bag and a drink. The night raised over \$4000 that went directly towards our programs and services. It was great to see such a big turn out - 127 people!

Mark your diary for our next SCW movie night 28th August 2014.

Thanks to the staff and board members who helped out on the night and our wonderful MC Brad Foyle.

Big thankyou also to all of our generous sponsors for the prize giveaways on the night:

- Office Works - Taren Point
- Elizabeth Bay Cellars
- Bunnings - Kirrawee
- Woolworths - Caringbah
- Aldi - Wandella Rd, Miranda
- Baked Patisserie - Kirrawee
- Lucy's Espresso Bar - Sylvania Waters
- Sharks Leagues Club

## BBQ's

In June and December of 2013 we held BBQ fundraising events at Gymea Baptist Church in conjunction with the release of our quarterly newsletters.

We raised over \$1300 with the 2 BBQ's. These Sundays were also a great opportunity for staff to share the work of Southern Community Welfare with the congregation of Gymea Baptist Church, with the hope that they will support us prayerfully and financially in our provision to the local community.

Thanks to our helpful volunteers at these events.



Brad, Robert and Janet help out at the GBC BBQ's.

## FACEBOOK



Visit our Facebook page at [www.facebook.com.au/SouthernCommunityWelfare](http://www.facebook.com.au/SouthernCommunityWelfare) to friend us and stay up to date with all our latest events and programs.

# FUNDRAISING EVENTS & AWARENESS

## OUT OF THE SHADOWS WALK

Coinciding with World Suicide Prevention Day on the 9 September 2013, a group of Sutherland Shire residents met at Monro Park, Cronulla to walk along Cronulla Esplanade to participate in Lifeline's "Out of the Shadows" suicide awareness walk.

The Sutherland Shire Walk was organised by Southern Community Welfare and Gymea Community Aid and Information Service (GCAIS) with presentations by Janelle Drake, SCW Clinical Manager Grace Versace and GCAIS Community Development Service Manager, Rosanna Commisso.

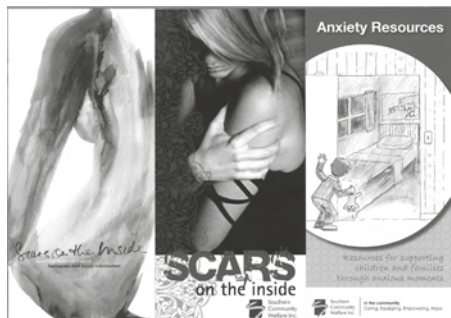


It was the second time the walk was held in the Shire. 41 participants registered to attend the walk. The objective of the walk is to raise awareness around the issue of suicide and provide much needed information and resources on local support services. Until now, suicide has been something that individuals are hesitant to speak about, but it's now time for the community to help spread the word that suicide is mostly preventable and that help is available.

ABS Statistics show that in Australia in 2011 there were 2273 deaths from suicide; 76 % of these were males, making suicide the 10th leading cause of death for men. Death by suicide rates at number 15 in the leading causes of death in Australia in 2011. Suicide deaths rate higher than deaths by skin cancer, and, deaths by car and motorbike accidents combined.

The Out of the Shadows walk provides participants of all ages the opportunity to openly discuss and reflect on suicide, focusing in particular on – hope, recovery, reflection and prevention. The walk organisers encourage everyone in the local community to start talking about suicide, learning about suicide prevention and connecting with each other to save lives.

The Sutherland Shire Walk saw the Salvation Army Hope for Life bring along a Lifekeeper Memory Quilt. The memory quilt was created as a memorial to people who have died by suicide. The quilt enables people bereaved by suicide to share their personal stories, tributes and photos. While the Quilt provides a medium to express personal grief, it is also a continuing visual reminder to everyone of the many who are lost by suicide. By putting a 'face' to suicide, the quilt helps carry the message that preventing suicide is not just about lowering statistics; it is also about mothers, fathers, sons and daughters across our nation.



## SCW RESOURCES

- 192 children's anxiety books and 37 stress balls were sold in 2013. Our anxiety resources provide a small income whilst assisting children who are experiencing anxiety and their families, to help manage anxious moments.
- Over 500 Deliberate Self-Injury flyers were distributed to schools in NSW. The flyers were developed by SCW to enhance public access to information about self-injury and to support those that self-injure and those that care for them. We provide the flyers free of charge to anyone requiring help. We also provide fact sheets and information to assist on our website that is free to download.

*"Don't judge each day by the harvest you reap but by the seeds that you plant." - Robert Louis Stevenson*



# BUILDING WORKS

In 2012 we applied for and were successful in a grant of \$18,000 from the NSW Government Community Building Partnership scheme. All funds were designated for building works. We used this money in 2013 for the following renovations:

Renovation of one of our counselling rooms into a reception office with sliding window. The new office has internet connection and phone.

Replacement of 6 doors with new doors with glass panels.

Conversion a toilet/bathroom into a storage cupboard.

Dismantling of a hot water switch in a counselling room.

Frosting a panel on the front glass door and installing new signage on the front door and on the outer wall.

Replacement of an aging kitchen bench, sink taps, and cupboard handles.

Installation of a new security system with video cameras and monitors.



As a result of the building works our office and rooms are safer for staff working after hours as the front entrance can be locked and access will only be given via video screens to clients who have an appointment.

The glass panels in the counselling room doors allow privacy and transparency in client contact and allow staff to quickly see if the counsellor is with a client or free.

The storage area has allowed us space to safely lock up our resources and files.

The reception area is a much more pleasant environment with easier access to assistance.

With the signage we are easier to locate from the highway.

We have had a lot of positive feedback on the works to SCW including how much brighter it is, how much easier it is to find, and on the increased ease of access to reception.



## CORE VALUE: HOPE

*SCW believes each individual has been created with potential and purpose. We believe each person has the power to create positive change, gain freedom from barriers, and find lifelong healing. We are committed to offering hope in difficult situations when solutions may not seem obvious.*

# TREASURER'S REPORT

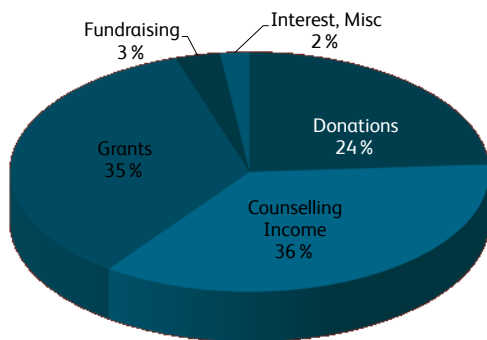
## RESULTS SUMMARY

Southern Community Welfare ended its financial year on 31st December 2013. Total income equated to \$263,213 and a net deficit of \$34,567 was recorded.

|                              | 2013       | 2012      | 2011      |
|------------------------------|------------|-----------|-----------|
| <b>Total Income</b>          | \$263,213  | \$260,150 | \$269,683 |
| <b>Net Surplus / Deficit</b> | (\$34,567) | \$3,869   | \$5,847   |

## INCOME

The graph below highlights the fact that an organisation like ours simply cannot provide the breadth and depth of service that it does without the generous support of our donors and major funding partners. Donations and grants make up over 50 % of our total income with the remainder coming from counselling, program income, interest and fundraising.



## BALANCE SHEET

With our continued reliance on donations and grants, which can be lumpy in terms of the timing of funds received, we believe it prudent to carry a "funding buffer" in our balance sheet at all times. At year end current assets exceeded current liabilities by \$59,104 with total assets exceeding total liabilities by \$61,459.

The financial and prayerful support this organisation receives is much appreciated, and essential to our ability to reach the community and provide support and offer hope in the coming year.

Nicole Jones *SCW Treasurer*

## EXPENSES

83 % of our cost base is made up of our staff and consultant employment costs and we continue to benefit from a fantastic team of volunteers who provide their time and skills free of charge. We also acknowledge Gynea Baptist Church who continue to house our operations rent-free.

Some staffing changes during the year and employment of new staff to allow programs to run resulted in staffing costs increasing sharply and contributing to the year-end deficit. Many programs run at a significant loss but are important community projects, such as Case Management and Seasons for Growth.

## 2014 BUDGET

The 2014 budget estimates income at \$269,150 and runs at a nominal surplus close to break-even. To achieve this result we hope to continue fundraising efforts and look for additional grant opportunities as well as implement a number of other structural efficiencies.

|                   | 2013      |
|-------------------|-----------|
| Total Assets      | \$129,444 |
| Total Liabilities | \$67,984  |
| Net Assets        | \$61,459  |

# THANKS TO OUR SUPPORTERS

Our supporters are an integral part of what we do and how we continue to run SCW.

Thank you all for your continued support of our work in the community – both financial and personal, and for your dedication to the people we support.

## Partners

- Gymea Baptist Church
- The Black Dog Institute
- Good Grief

## Corporate Sponsors

- Baptist Community Services
- Big Sister Foundation
- Gymea Baptist Church
- Sutherland Shire Council
- St George Foundation
- The Kingsley Foundation
- Toyota Australia
- Tradies
- Willfish Investments
- Various Individual private donors
- Gymea Baptist Church individual donors
- Dollar a day club members

## Seasons For Growth

### Volunteer Companions

- Lorraine Corley
- David Enderby
- Kate Ford
- Christine Foxe
- Sue McCubben
- David McCubben
- Beryl Rasmussen
- Diane Romberg
- Larissa Rossen

## Community Sponsors

- The GBC Friday Boys
- Janelle Drake – Out of the Shadows walk
- Dietmar Falk – Window decals
- Lawrie Green – Shedden and Green
- Jane Faase – Photography
- Michelle Stegbauer – Limelight Creative
- Liz Butler – Nutrimerics pack donation
- Brad Foyle – Movie night and fundraising BBQ's
- Rosanna Commissio – Gymea Community Aid and Info Service
- Dietmar Falk – SCW decals
- Jesuit Social Services – Support after suicide resources
- Bunnings – Kirrawee – Movie night
- Officeworks Taren Point - Movie night
- Sharkies Leagues Club – Movie night
- Elizabeth Bay Cellars – Movie night
- Aldi Wandella Rd Miranda – Movie night lollies
- Woolworths Sylvania – Movie night
- Woolworths Caringbah – BBQ
- Lucy's Café – Movienight
- Baked Patisserie – Movienight

*"The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others." - DeAnn Hollis*





## Southern Community Welfare Inc.

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