



Southern
Community
Welfare Inc.

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ANNUAL REPORT

Jan - Dec 2016

Empower
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CHAIRMAN'S REPORT 2016

It has been often said to me, what a fabulous team of people there are at Southern Community Welfare. There is a great sense of team spirit which is so evident in the comradery amongst the staff, which is important, as happy and fulfilled staff will consequently lead to satisfied and fulfilled clients.

The Board's sincere thanks go to Vicki Sherry, our C.E.O., and to all our hard working staff and volunteers for the wonderful work they are doing and the results they are achieving for our community.

In this report you will read about the various services provided and the level of impact our small organisation is having. It is exciting to see what has been achieved and we are so thankful to our dedicated supporters for helping us keep our doors open and our services available to all those who need our help.

Everyone who is involved at Southern Community Welfare, from the Board down, shares the same vision and values upon which our organisation is built. To offer hope to people by *caring* for them, *equipping* and *empowering* them.

Thank you so much for your support,

Russell Foxe
Chairman



96%

of SCW clients experiencing the effects of homelessness or family violence were re-housed into supportive and appropriate accommodation.

BOARD OF DIRECTORS



Russell Foxe - Chair

Russell has over 25 years of business management experience gained from running his own company in the manufacturing / importing / wholesale distribution sector. Also, he is actively involved with the governance of other organisations as Chairman of The Kogarah Storehouse, which is a public benevolent institution reaching the needy in the St George area. He is Deputy Chair of the National board of Youth for Christ Australia (YFCA), and he has recently retired from the position of Chairman of MLC School Council at Burwood. Russell's passion is to see the God given potential of people unleashed within them, so they become the extraordinary people God planned for them to be.



Helen Dwyer - Vice Chair

Helen has over 30 years of business experience. She has worked for HopeStreet, a faith based not for profit organisation, since February 2010. Prior to her role at HopeStreet, Helen had an extensive career at St.George Bank and managed the St.George Foundation from 2005-2009.

Helen is a keen supporter and advocate for social justice and seeks to make a real and tangible difference for those who are marginalised in our society. She is passionate about building and deepening relationships and is a firm believer in collaboration; working together provides more opportunities to educate; raise awareness and instigate change across all sectors of our community.



Nicole Jones - Treasurer

Nicole is a Chartered Accountant, who has over 20 years' experience in audit and business advisory services. She has worked in a Big Four firm, small business and the not-for-profit sector. Her other passions are education, the village in which a child is raised, and support - either individually or through groups - for those in need.



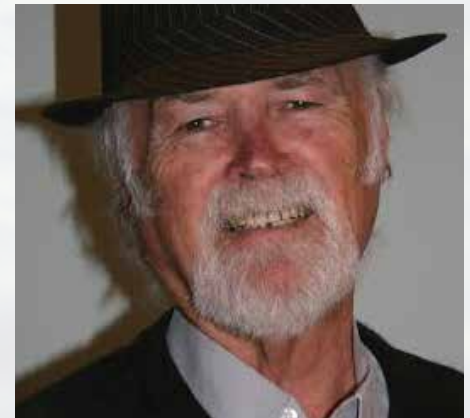
Jason Ezzy - Secretary

Jason has worked as a primary school Principal in public education for over 15 years. Jason has a passion for student welfare, ensuring that students are provided a safe and happy environment to reach their full potential. Jason has worked closely with welfare agencies, both in government and private sector, to negotiate support for students in need.



Marc Rader - Member

Marc is the Senior Pastor at Gynea Baptist Church and has been on staff at Gynea since 1997. He is also a faculty member at Morling College, the Baptist theological college of NSW & ACT where he teaches in Biblical Studies and Preaching. Originally from Canada, Marc is married to Nicole (an Aussie) and they have three daughters, Amaris, Amelia and Lucy.



Dr. Graham Barker - Member

Rev. Dr. Graham Barker is a Clinical Psychologist with additional qualifications in Education, Theology and Counselling. During his lifetime he has been a teacher, a pastor, a youth worker, an academic and the Director of The Shiloh Centre. Today he focuses on the supervision of clinicians, the delivery of supervision seminars and directs the Member Care programme for Youth For Christ International.

He completed his doctoral studies in Clinical Psychology at George Fox University in the USA and his psychological internship and residency at the Minirth-Meier Clinic in Texas prior to returning to Australia in 1990. He has co-authored several books with Dr Cliff Powell and a children's book with his daughter Rebecca.

Graham is married to Alexis. They have three married children and six grandchildren and attend Narrabeen Baptist Church.

CEO REPORT



What an incredible year we had at Southern Community Welfare over 2016! From the provision of new staff and skills, to the expansion of services and funding sources - opportunities emerged that we could not have foreseen.

The year started with the amazing opportunity to expand our services by employing a specific child and family case worker. This was a natural extension of the many child and family programs that were already being offered through this service (such as our clinical programs, group programs and parenting programs). It also aligned strongly to our vision of **empowering individuals**. SCW was able to expand the case management service and impact over 80 families, women and children in its first year of running the child and family case management role. We are truly grateful to The Big Sister Foundation for their desire to partner with us over three years in this program to bring hope and healing to many. To get a glimpse of some of the real life stories impacted through this program, read John and Jenny's story on page 10.

Organisational capacity and (therefore community impact) also grew as Robert Boardman joined the team as the new Clinical Director. Bringing with him a passion for **empowering individuals and equipping families**, Robert brought a new level of energy and enthusiasm to the team. Focusing on working with couples and family dynamics along with a particular capacity to engage and connect with teens, further rounding out the SCW suite of child and family services. This, coupled with Linda Salem's exceptional capabilities with parents and younger children along with her skills in supervision, brought additional psychologists into the team. Meet more of the team on page 6.

An example of one of the many community programs delivered by SCW, was the opportunity to train and equip two of our team members to deliver the Cool Kids Anxiety program. With a successful grant from the Commonwealth Bank, SCW was able to **impact our local community** by delivering the Cool Kids anxiety program (at no charge) into a number of schools. Children participated in a structured 10-week program that **equipped** them with skills and strategies for coping with anxious moments, allowing them to build resilience into their adult life.

Kirkman Family Law (KFL) a specialist family law firm, also began operating from the premises of SCW in 2016,

and entered into a collaborative arrangement to deliver complimentary family law information and referral services to eligible SCW clients. Motivated by compassion to provide holistic and flexible family law solutions this has become a valuable addition to the child & family suite of services.

Of course, none of these accomplishments would have been possible without the generous support from Gymea Baptist Church, the many volunteers and donors who give generously and prayerfully to the work of SCW. From Seasons for Growth facilitators to assistance with the Monster Garage Sale, or faithfully praying, it is largely through this group of dedicated and committed people that SCW continues to be enabled in delivering on-going services. I am always humbled at your generosity and pray that we will always be faithful stewards of all that we are entrusted with.

Finally, I would like to acknowledge and sincerely thank the SCW Board of Directors, for their commitment in serving the organisation. This small group of dedicated individuals, often receives little or no recognition for the service they provide steering the organization through a changing landscape. I am thankful for their support, guidance and advice over the year.

What a privilege it has been to serve at Southern Community Welfare and to hear of transformational stories of hope and healing. I am continually amazed at how with just a little guidance, support or insight, people are able to turn around from difficult circumstances.

I hope some of the next few pages inspire you as much as they have inspired me.

Blessings

Vicki

CLINICAL SERVICES

Clinical Services is the **foundation and heritage** of SCW and has traditionally been the primary area of service - 2016, was no exception.

With new staff joining the team, SCW was able to grow the number of sessions provided to people in need by 35% year to year and delivered over 500 sessions, accounting for approximately 70% of total client interactions across the service. Motivated by **Isaiah 61:1- 3** and a desire to see people believe they have a hope and a future, SCW continues to offer **subsidised** (low fee or nil fee services to those in need) so that access to quality and competent therapeutic care is available to all.

In 2016 there were approximately 180 clients that presented to SCW for counselling or psychological support. Of these over 40% were directly related to "harm prevention activities" – such as emotional, physical and substance abuse, or self harm & suicide, whilst over one third of the sessions were related to poverty, destitution, sickness, suffering and misfortune.

Change is always possible and the team at SCW have seen this in practice. From small shifts such as a partner recognising the positive in a difficult relationship, to monumental change such as overcoming the desire to suicide, the clinical services team has **facilitated growth and fostered hope** in many difficult circumstances.

A traditional focus at SCW has been assisting children and parents, and once again the changes seen were inspiring. Anxiety, depression, communication challenges or behavioural concerns are just some of the daily issues the superb staff address, and feedback indicates they do so with such amazing efficacy, balanced with compassion, bringing about healing, restoration and freedom.

Isaiah 61

"bind up the broken hearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord's favour....."

CASE MANAGEMENT

How amazing is the SCW Case Management program! For over 3 years now SCW has been providing structured help and support through a collaborative process including assessment, goal setting, counselling and emotional support, evaluation, and advocacy.

The SCW case management team has had wonderful outcomes and has really seen lives changed. People that may be desperate or lonely, suffer from poor health and have limited aspirations, have seen their lives changed through the provision of caring, knowledgeable, insightful and determined support.

Over the 3 years since the program began at SCW, it has delivered over 1,000 sessions to approximately 285 clients. In 2016 nearly 90 clients were part of the case management service, with an even gender split. Addressing diverse issues such as mums and children escaping family violence, to chronic homeless men, the SCW case management team were able to help these clients find social connections with meaning and purpose. By the grace of God the SCW team were also able to meet a range of other physical and emotional needs such as safe housing. Evaluations show that nearly 95% of clients reported a significant improvement in their circumstances.

However the case management program didn't just operate in isolation. Drawing on a range of other services within SCW, the case management team was able to connect clients into individual therapeutic work (such as counselling or speech programs) as well as a range of child and family group programs including:

- 26 children participating in Seasons for Growth grief and loss program
- 24 children participating the Cool Kids anxiety program
- 8 families participating in the Circle of Security parenting program

Of course the case management program would not have been possible without the incredible support from key funders including The Big Sister Foundation - for which we are truly grateful.



Over

86%

of clients that enter the case management service, report not having supportive social structures (ie family and/or friends), however more than 75% of these clients were able to re-establish positive social networks by the time they exited the program.

COMMUNITY PROGRAMS

In 2016 there were over 30 small groups and community education programs that ran throughout the year. This included:

- 6 suicide bereavement support groups
- 5 Seasons for Growth grief and loss groups for children
- 3 Cool Kids Anxiety groups for children

Child and family groups were introduced as a response to looking at the family holistically. Groups (on a range of issues such as grief & loss, anxiety and parenting) provided support and psycho-education to both parents and children as well as building greater connections amongst isolated clients. It was noticed that families who had participated in groups appeared to have broader capacity for generating options and managing circumstances ie. increasing resilience.

As a result of a successful small community grant from Commonwealth Bank, SCW was able to expand its child and family group programs to include a much needed anxiety support group for children. The grant enabled the training and delivery of the Cool Kids Anxiety group program into a number of local schools including Woollooware Public School and Engadine West Public School. The program was very well received and is expected to continue to gain momentum in 2017.

Child & Family small group programs were complemented by a range of new parenting talks including, Parenting in the Digital Age, Appropriate Communications for your Pre-Schooler, Managing Anxiety and Building Resilience

in Children. We are also grateful to Toyota who funded the training and development that enabled SCW to continue to deliver the Circle of Security parenting program.

Other new programs included understanding and managing grief and loss in children and a new small group developed by our speech pathologist, designed to build confidence in children's communication skills.

Whilst SCW is a ministry of Gynea Baptist Church, it also acknowledges its broader responsibility in equipping and supporting the wider church. In 2016 this included providing various programs to Caringbah Baptist Church, Menai Anglican Church & Church at the Peak in Peakhurst. We are excited at how God is leading this and the opportunity to continue to develop these partnerships over 2017.



CLIENT STORIES

Jenny's story

Jenny was referred to a counsellor at Southern Community Welfare from a local TAFE. The counsellor assessed Jenny and referred her to the case management program as she was unable to cope with day to day tasks. Jenny had a background of trauma and abuse and she was now living in a domestic violence situation with her young daughter. Jenny had come from another country so she was not used to the Australian culture and did not know about Government or local services. She was isolated because of her lack of English as well as her partner isolating her and using her as a slave. Jenny started to attend meetings with SCW in her TAFE hours as it was unsafe for her to contact external support

The case manager was able to support Jenny integrating her into local services and educating her on the cycle of domestic violence. Together they also developed a safety plan in the event that Jenny needed to leave the home situation quickly. Jenny was connected into services such as a GP, psychologist, Centrelink and Housing NSW. Jenny was educated on her rights and empowered to make safe decisions for herself and her daughter.

Two years after coming to SCW Jenny moved out safely into short-term accommodation, and within three months she was moved into her own affordable accommodation. A month after moving, Jenny was asked how she was going. Jenny replied with great joy that she loved her new home and this was the first home that she had ever lived in where she felt safe.

John's story

John was injured in a workplace accident about 5 years ago where he received significant injuries to his legs and his hearing. He was given strong pain relief to assist with his recovery however in that process, he became addicted to the medication.

His addiction spiraled and he quickly became homeless and began living on the streets in the Sutherland Shire.

He spoke to a Southern Community Welfare case manager at a weekly welfare community breakfast and asked for support. At that point in time John had been on the streets for four years.

Living on the streets was taking a toll on John's health and he could barely move when it was cold due to his former injuries. John and the case manager worked together to find permanent housing as well as advocating for him to be assessed for the Disability Pension. He was also referred to and engaged with specialists for his injuries and to manage his pain.

About 9 months ago, John was housed and is now re-settled and doing well. He has started doing a couple of hours a week in volunteer work and has integrated into local services and making social connections. He is managing his pain and will be having an operation in the near future to try to address his injuries.

John and Jenny are just two examples of lives changed by the generosity of our supporters, volunteers and donors over the last 12 months.

Both clients were also recipients of the magnificent Christmas hampers from Gymea Baptist Church and both **now** believe that they have a **hope and future**.

Your on-going partnership goes directly to equipping and empowering people like John and Jenny.

Thank You.



TREASURERS REPORT



	2016	2015	2014
Total Income	\$319,822	\$270,518	\$269,504
Net Surplus/(Deficit)	\$(9,749)	\$6,051	\$7,235

Result Summary

Southern Community Welfare ended its financial year on 31st December 2016. A net deficit of \$9,749 was recorded.

Donations and grants made up 71% of our total income this year, and increased fundraising efforts allowed us to earn an extra \$10k compared to last year.

Counselling income is also significantly higher as a result of employing more staff and conducting more sessions.

Community education and support groups are also run during the year.

87% of our cost base (87% in 2015) is again 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 Gymea Baptist Church who continue to house our operations rent-free.

2016 was another year in which we were dependent on the generous support of our donors and major funding partners to be able to provide the services and support we offer, to an even larger degree than previously.

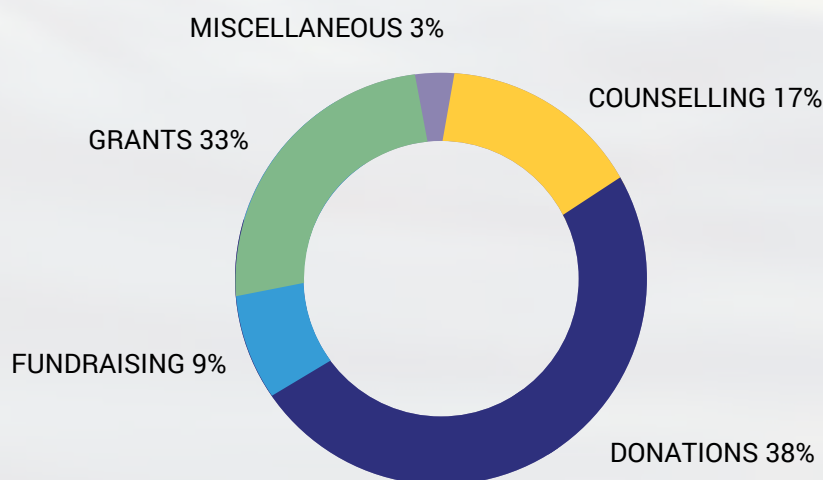
Expenses

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 \$63,140 (\$72,952 in the prior year); with total assets exceeding total liabilities by \$64,700 (\$74,449 in the prior year).

We head into 2017 operating under a break-even budget. Southern has a wish list for the coming year: we would love to expand programs, offer more case management, provide counselling sessions whenever required, employ more staff, case workers and counsellors.....all of this requires funding.

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.

SOURCE OF INCOME



THANK YOU



CommonwealthBank



Donors & Volunteers

- GBC Christmas Hampers - Pete Gillies & Sheena Hind
- Monster Garage Sale Leaders & Volunteers
- Bruce Neilson & the Wednesday Boys
- All things IT – Stan Kirkman
- Seasons for Growth Companions
- Lynn Green - Seasons for Growth afternoon tea & baby-sitting
- Javed Sterritt & Steph VandenHengel
- Martin Johnson
- Lawrie Green
- GBC Leadership and Staff
- Prayer Support Team

