



**CROSS
WAY** LIFECARE

Flourish

Newsletter March 2020

"I wanted to let you know that I eventually listened to your urging to contact Crossway Lifecare and started getting help from them and my entire life has changed. My counsellor and the people at LifeCare literally picked me up off the floor and have given me my life back. I am feeling back on my feet (I still see a counsellor weekly) and am able to get back to work and all things healthy life. So, THANK YOU! It was you who directed me to LifeCare, and I cannot thank you enough. Through that experience and meeting yourself, I started re-exploring my faith and I now regularly "attend" Crossway online."



A word from our Director

I look back over the last year at LifeCare and I am encouraged. I am encouraged by the calibre of people we have had join our already amazing team in both paid and voluntary positions. I am encouraged by the support we have received from all our supporters, whether they are financial supporters, advocates and referrers or prayers. I am encouraged by the amount of help we have been able to give to those in tough places.

But most of all I am encouraged by the stories of healing, hope, transformation and flourishing from our participants.

I hope that you too will be encouraged as you read this newsletter, knowing that you have been a major part of every story, event and statistic through your generous support.



Fiona Hall
LifeCare Director



Welcome Beth Taylor, Women's Centre Team Leader

Tell us a bit about yourself

I was born and bred in Melbourne, with three rowdy brothers and my amazing parents. I didn't always know what I wanted to be when I grew up but stumbled across social work a few years ago and haven't looked back. I now live with three wonderful housemates, with whom I share a passion for competitive board games, Nutella, herbal tea and Brooklyn 99 (a great tv show!).

What did you do before this role?

I worked as a case manager with a homelessness organisation in Melbourne. The main focus of the program I was a part of was to prevent homelessness. We supported people who were living in public or community housing and either had a history of homelessness or their tenancy was at risk. I loved the case management work as it meant I was able to meet with a diverse range of people out in the community and my job looked different every day.

Why did you join the team?

As I found out more about LifeCare, I learned their vision to help people in tough places flourish and this resonated with my own heart. I have worked with a lot of people who have experienced family violence and am passionate about this issue which is impacting so many people in our society. I loved the sound of the work LifeCare was already doing in

this space, especially their focus on empowering women in their journey of healing and recovery post family violence.

What are your dreams for the Women's Centre in 2020?

I am so excited for all that God has in store for the Women's Centre in 2020! I am really looking forward to seeing the impact of our current programs on our participants and getting to know each of their stories and hopes for the future. I dream of the Women's Centre expanding its programs and services so that we can support more people in the community than ever before. We've already started the process of brainstorming and researching ways to expand the Centre and I look forward to updating you throughout the year on how that develops!

Favourite quote and why?

"Oy with the poodles already!" – any Gilmore Girls fans out there? A catchphrase coined by Lorelai that I enjoy sporadically inserting into conversation.



Community Christmas Dinner

A big thank you to Baptist Union of Victoria who provided a grant to make two Community Christmas Dinners possible for 174 LifeCare participants last December. These are people experiencing significant life challenges in our local area who have been referred to LifeCare's services which include domestic violence recovery, counselling, financial mentoring and community mentoring.

Activities at the events included performances from a live band, air guitar contest, face painting, nativity photo shoot (dress up in a nativity scene), craft table, bouncy castle and balloon artist. Box Hill Community Choir also performed at the event.

Seventy-one presents were given out to parents for them to wrap for their children. Each family or individual also received a \$50 gift voucher to help get them through the Christmas season. Thanks to the Crossway congregation for their generosity in donating the vouchers to LifeCare.

"I didn't think me, and my children were going to make it to the dinner on the day. We pushed ourselves to finally get there and we've just had such a wonderful time. This is my best Christmas ever! Thank you so much."

Single parent from LifeCare's Women's Centre

"I want to say how good these LifeCare Christmas Dinners have been for the participants. It was very well organised with great attention to detail. The young woman who gave the Gospel talk was exceptional I felt. The meal was beautiful, the live band good and the service so willingly given by so many people."

From a Community Mentoring mentor who attended with the person she is mentoring

"We weren't just setting out to put on a couple of well-run events here. Our aim was to really engage with people, to meet them where they are at and to hopefully give them a real experience of peace, joy, hope and love this Christmas. We had 30 to 40 volunteers at each event, many who simply sat with and intentionally connected with people over the meal. It has been really encouraging to see and hear their overwhelmingly positive responses."

Matt Jones, LifeCare Community Team Leader

Community Pantry

The food pantry continues to be in high demand. Throughout 2019, you have helped to distribute 385 emergency food hampers to 133 separate households - well in excess of our target of 265 hampers to 110 households. While food hampers only provide short-term relief from food insecurity, accessing the Community Pantry provides a first point of contact with LifeCare and often leads to participants accessing other LifeCare programs that provide long-term support.

We are currently trying to find businesses to partner with us by providing fresh fruit and vegetables so we can expand the range of food offered and assist even more families in 2020. If you are able to help with regular fresh produce, please call Matt Farmilo on 0400 004 143 or email matt.farmilo@crosswaylifecare.org.au



Melbourne Marathon 2020

In 2019 we had an amazing 59 participants supporting LifeCare in the Melbourne Marathon. There were 31 fundraising teams who together raised \$38,844. A special shout out to Toby Hall for leading our fundraisers and raising over \$12K!

This year why don't you get a group of family or friends together and walk, jog or run and raise funds for Crossway LifeCare?

When: Sunday 4th October

Events: 3km, 5km, 10km, half marathon, full marathon.

- 1 Register:
www.melbournemarathon.com.au
(nominate "Team Crossway LifeCare")
- 2 Fundraise:
www.crossway.org.au/marathon
(Join team' or 'Add page to team')
- 3 Let us know you are in!
Email: justin.tye@crossway.org.au



The Living Room

A place to connect over friends and food

For a number of years LifeCare has been running community dinners in order to help isolated and lonely participants connect with each other, form positive support networks and take steps towards faith. This year, while continuing our monthly dinners, we're excited to also start 'The Living Room'. This is an opportunity for LifeCare participants to gather weekly in a casual, family-friendly setting, with activities and homework help for kids. Each week we prepare and share dinner together. After dinner people attending are welcome to stay on for a seeker-friendly Life Group where we pray for each other, read from the Bible and share our thoughts.

The Living Room started in February and has been well received by those keen to find deeper connection. Please keep praying for this new ministry.



Upcoming Opportunities



The Living Room

Wednesdays during school terms from 4:30pm, including dinner at 6pm and Life Group from 6:45pm-7:30pm. Contact Matt Jones (03) 9886 3899

Financial COACH Training

April 18 at 9am-5pm. To find out more contact Matt Farmilo on (03) 9886 3899 or matt.farmilo@crosswaylifecare.org.au

COACH Mentoring Training

May 16--17. For more information contact the team on (03) 9886 3899 or coach@crosswaylifecare.org.au

Kids COACH

Kids COACH provides a constant positive in difficult times.

A teacher asked a child who was going through very difficult times, with her living arrangements changing between family members, was there an adult at the school she was comfortable to talk to? She said, the only person I can talk to is my Kids COACH mentor.

This child has found her mentor to be a safe adult she can speak to about her worries and a constant positive amid the multiple changes happening around her.



How you can support LifeCare

Pray

Your prayers are powerful and important to sustain LifeCare. Please pray for: our team, our community we serve, the lives we touch and the good news we share.

Volunteer

We value each LifeCare volunteer for their selfless service in helping people in tough places flourish. They are integral to the mission of LifeCare. For more information, please call 9886 3899.

Give

As a not-for-profit community organisation, we rely on donations from our generous supporters. Every donation makes a difference and LifeCare takes great care to use every dollar responsibly. Our services are provided free to the community, except for counselling fees, which are often subsidised or waived to accommodate our clients' needs. Your donation impacts the lives of people in our local community and beyond.

- **Direct Debit**

Account name: Crossway LifeCare Ltd.

BSB: 083 004

Account number: 19 226 3226

- **Online Giving**

www.crosswaylifecare.org.au/donate



Crossway LifeCare is a not-for-profit community organisation funded by donations from our generous supporters. Donations over \$2 are tax deductible in Australia.



Sponsors

