



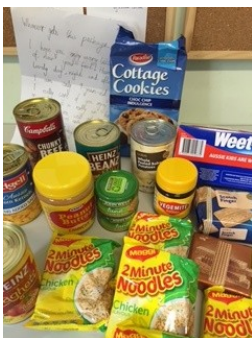
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## NEWSLETTER December 2015

*If Nothing Changes, Nothing Changes*

So much has happened in the last six months! Since our May newsletter 50 more consumers have received assistance in relation to food, counselling, advocacy, information, Chaplaincy and have joined our programs. A combined total of 60 fruit, vegetable and meat vouchers have been issued and 62 fuel vouchers. 70 Consumers have benefited from Counselling / Chaplaincy services, 57 Consumers have accessed our pantry for food support equating to 114 bags of food and 209 meals have been enjoyed on our drop in days. Not to forget the tea, coffee and morning teas with which we spoil our visitors.

Our local community continue to be extremely generous with the donations of workwear, hand-made quilts, knitted blankets, pantry food, laundry vouchers, men's and women's toiletry packs, soaps and shampoos, meals, gifts for this year's Christmas hampers, rough sleeper care packs and financial contributions. They have also supported *Waratah Day* (the sales of Waratahs raise money to support mental health in Macarthur), Pink Ribbon Day and the purchase of hand make Christmas Cards created by the consumers and volunteers.



We welcome new supporters *Icon Marketing, Camden Fruit Barn, Hip Pocket Workwear, Camden Laundromat and One Agency Real Estate* and thank faithful supporters *Inspirations on Argyle and Camden Family Practice. Cross Fit Narellan, Currans Hill OOSH, Camden Baptist Church, Camden Uniting Church,*

*Brand New Day, Macarthur Anglican School, Facebook friends, family and individuals* have all donated food, gifts and clothing. Thank you to *Matthew Palazzolo Lawyers* for their generosity of time given to consumers in need of legal assistance.

Our Facebook page has proven a huge success with a growing number of



followers. Through this platform, we have made connections with those seeking assistance, promoted our current supporters and their businesses and asked for pantry food donations - the call has been answered in abundance.

Pink Ribbon Day was celebrated with facials for all the women by local *Nutrimetics* Consultant Kirsty Hilton and lots of lovely food. A percentage of the sales of *Nutrimetics* items on the day being donated plus donations collected on the day. Contact Kirsty on 0418 241 647 to book a party



The card making group have made over 100 Christmas Cards that can be purchased for various prices at *Camden*



*Family Practice (25 Broughton St Camden), Inspirations on Argyle (100 Argyle St Camden), Sarita's A Collective Emporium (154 Argyle St Camden)* and at *Turning Point*. Funds raised go directly back into the centre to support the community.

Thanks to *Inspirations on Argyle* for selling Waratahs in the support of those struggling with Mental Illness in Macarthur.



75 flowers were sold raising \$375 for the cause.

We attended the *Campbelltown Homeless Hub* where we joined with a number of other Service Providers supporting those in the community sleeping rough. We issued 20 of our Rough Sleeper Care Packs, 30 hand knitted Trauma Teddies and 45 blankets. Connections were made with 25 consumers that we will hopefully see at the centre for ongoing support.



A number of students have completed Stage One of the Basic Computer Training course sponsored by *Camden Council*. Congratulations to Cheryl and also to another student who completed Stage Two. Well done!



The Women's Support Network have enjoyed being both pampered and educated. Thanks to Janelle, Jenny, Tiff and Carmel for their acts of kindness and for those who have informed the women about issues such as Gambling, Mental



Health, Finance, Boundaries, Stress and general health issues. We have enjoyed



creating Mandalas and story boards and enjoyed some amazing sweets and lunches provided by a women's Connect group

The centre is hoping to support up to 30 local families this Christmas with hampers. Local church and school groups will be supplying food and toys to bless these families facing complex challenges. Contact the centre if you would like to donate.



Thanks to McDonalds who have come on board with the provision of meal vouchers to be used at any of the 14 stores across Macarthur.

Coles Camden and Second Bite continue to support our community through donations of Coles bread, fruit and vegetables three days per week. Hundreds of loaves of bread and kilo's of fruit and vegetables are distributed at present to a number of families fostering children in the Camden area. This program is very much needed to support those supporting others. A huge thankyou to the Coles Camden staff for the preparation of these food items on top of their already busy schedules.



A huge thankyou to all the volunteers who clean, cook, connect, drive, promote, care for, encourage, shop, fix, teach, sponsor and show kindness to everyone who comes to Turning Point for support. The doors could not open without you.



The Healthy Living series co-ordinated by Gemma Smith, an Accredited Exercise Physiologist, remains popular even through the colder weather. The group continue to be educated in all aspects of good health whilst they walk. A story was published in the Macarthur Advertiser earlier this year.



The centre's Senior Chaplain Ps. Mike has been busy on Fridays where he meets with those seeking a turning point in their lives. He works with them on a weekly basis supporting them as they make significant life changes, leaving old lifestyles behind. This is achieved through mentoring where relationships and trust are developed and opportunities for change arise.

The "Get it Sorted" program has begun to assist those in our community experiencing Hoarding. An experienced worker in hoarding is working with the consumers via a process of counselling, visual aids and discussion once a week with a homework element. The women have been very encouraged and have indicated they are ready to make changes to their current circumstances. Camden Council have been very pro-active in their offer of support.

Congratulations to Josh and Caitlyn on the celebration of their marriage. These two wonderful young people have been volunteering at the centre since its opening. Josh has been working on a new

flyer and database for us in a volunteer capacity and we give him thanks for his time. Please support Josh in his own business on the details below.



### Thanks giving:

- The abundance of food donated
- The blessings of the heart of the local community
- The ongoing hard work of the volunteers
- The protection of the premises
- The gift of compassion given to us

On a sad note, we farewelled one our first volunteers Bob Fisher-Sharpe who sadly passed away in August. We will miss his stories and sing-along's and he will be missed immensely.



**Luke 2:11** For unto you is born this day in the city of David a Saviour, who is Christ the Lord.



Ps. Mike and I would like to wish you all a very Merry Christmas and safe and Happy New Year.