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## NEWSLETTER Winter 2016

*If Nothing Changes, Nothing Changes*

We certainly hit the ground running this year with so many community groups and individuals joining the vision of Turning Point which is to support people in their community living with life changing challenges. Their acts of kindness never fail to overwhelm the team and the people they are supporting.

To date 309 people have passed through our doors, and this year so far 192 have received support of 486 bags of pantry crisis food, 173 food vouchers of meat, fruit, veg and laundry, 24 chaplaincy/counselling sessions, 13 computer training students and 212 meals have been served.

The donations keep flooding in of pantry food, clothing, toiletry packs, blankets, beanies, towels, comfort teddies, tea & coffee & milk and offers of a guest speaker spot for our women's program.



Evie, 7 years old from 1<sup>st</sup> Camden South Scouts achieved her Joey Scout Promise Challenge Badge by collecting food for the Turning Point Pantry to help people who had no food. She approached her school principal to ask if



she could speak at assembly, which she did, and as a result collected several boxes of food.

Thank you Evie for your kind heart and congratulations on that badge!



We have focused on supporting people in our community experiencing homelessness (rough sleeping) these past few months. Volunteers from Camden Baptist Church and individuals have

supplied items for our Rough Sleeper Care Packs that are distributed from the centre and from the Macarthur Homeless Hub (May and again in October). They distributed 30 back packs, blankets, comfort teddies and information about our services to people experiencing or at risk of homelessness in Macarthur. A number of people who benefited on this day have since visited the centre for ongoing support.

The craft group is a huge success, beading and card craft alternately on a Wednesday. It's a wonderful time of connecting, skills are developing, friendships forming and self-confidence growing. Thank you to the generosity of the volunteers who provide some of the materials. We will now start to make



Christmas cards that will be available in local businesses.



Computer Training continues to bring great results. 25 students have participated this year and have developed the skills to set up their own email accounts, create a spread sheet, search the internet independently and apply for work, confidently duplicate documents and increase typing speeds. Congratulations to Michael, Rosemary and Danielle who successfully completed stages.



The Women's Support Network has enjoyed a number of guest speakers, Val from Mother Hubbard's Cupboard, Macarthur Disability Services Hoarding and Squalor, Salvation Army's Money Care, Macarthur Legal Centre, Housing NSW, Breast Screen Education and of course we have enjoyed Jenny's massage, Janelle's Relaxation, Rebecca's cooking demonstrations, Art Therapy, morning teas and delicious lunches.



**Mmmmm!** Hot breakfast has been enjoyed by community on Friday mornings thanks to the generosity of *Narellan Wholesale Meats* who supply the sausages.

Congratulation to Natalie on her graduation. She successfully completed her Certificate 111 in Community Services.



Nat has been volunteering at the centre as part of her placement hour requirement for her Diploma. She is a huge asset to the team and to the wider community particularly our Aboriginal consumers with whom she has built great rapport. She will host a Naidoc event in July where we will create an artwork, make Johnny Cakes and hear Dream Time Stories.



Our annual Biggest Morning Tea raised \$185.00 towards Cancer research. A representative from Breast Screen Australia educated the group in breast care and about the

work this organisation is doing in our community to raise awareness of the importance of regular screening.



The Turning Point Facebook page has proven a huge success with the growing number of followers. Through this

platform, we have made connections with people seeking assistance, promoted our current supporters and their businesses and asked for pantry food donations to which the call has been answered in abundance.



Thanks again to McDonalds who continue to support our community by providing meal vouchers to be used at any of the 14 stores across Macarthur. These vouchers provide meals for people experiencing food shortage.

Our volunteers have been having loads of fun at outreach events in the community. The Camden Show, Bunnings Mother's Day Family Night, Women's Pampering outreach at Camden Life House Church and our community's Day of Thanks Giving Event. They love to get the word out about the centre and what it means to them as well as letting the community know what support we can offer.



Hoarding has become quite a challenge for some of our community. We have had the blessing of education for this particular challenge here at the centre. Through the development of trust and strength based focusing, one premises has undergone a dramatic transformation due to a new motivation and sheer hard work.



Chaplain Pastor Mike has been very busy meeting with people and supporting them with prayer and mentoring while they are looking to make significant changes in their

lives. We are seeing the fruits of this vital ministry which brings a sense of hope and confidence to the individuals he supports for however long it takes.



### Thanks Giving

- Constant deliveries of pantry food
- Ongoing support of community groups
- Tireless work of the volunteers
- The encouragement we receive from everyone who visits the centre

### Upcoming community events

- Relay For Life – September 2016
- Waratah Day – 7<sup>th</sup> October, visit Inspirations On Argyle and Sarita's A Collective Emporium to purchase your \$5 Waratah to support Mental Health in Macarthur
- Bunnings Cake Stall – 8<sup>th</sup> October, come along and purchase a cake to support the work of Turning Point in the community
- Bunnings BBQ – TBA
- Homeless Hub – 28<sup>th</sup> October, if you know anyone experiencing homelessness direct them to Campbelltown Civic Hall 10am-2pm

### See website for further details

