

The Advocate

Newsletters for supporters and clients of UnitingCare Harrison



Summer 2015

UnitingCare Harrison assists people to take charge of their own lives.

We have been doing this in Melbourne's Eastern region for more than four decades.

In this current economic climate and rental market, more people than ever are coming to us.

Many of these people are already homeless and in crisis when they walk through our doors.

The generous support of individuals, organisations and corporate supporters enables us to offer both crisis and longer-term assistance to those in need.

Please support our mission with a donation.



Christmas is a time when everyone in the community should feel joy regardless of their circumstance. However for various reasons, many families are unable to experience this or give their children the joy of a gift at Christmas.

This year Christmas will be especially tough for many families with one in six children living in poverty. But you can make a difference.

The UnitingCare and Target Christmas Appeal is your opportunity to help bring a smile to the face of a disadvantaged child this Christmas.

We have so many generous locals, and we are relying on you to dig deep, show compassion and support our appeal at Target Knox and Target Eastland stores.

Your gesture of goodwill ensures a disadvantaged child can experience the joy of opening a gift at Christmas. Every present that is donated, means a new smile on another face.

Last year we had the joy of seeing over 300 smiles on children's faces across our community. This year we hope to reach 500. Every gift you donate does make a difference.



Early Intervention Youth & Family Services

Making a difference in the lives of families



Since the early 2000's Harrison has been offering mediation and diversionary services (MADS) to young people and their families after identifying the need for early intervention in the family home. Harrison holds the belief that if we can resolve the issues that encourage young people to leave the family home, we can prevent them from entering the cycle of homelessness.

MADS has evolved many times since its successful inception and is today known as **Stronger Families**. It paved the way, and enabled us to further extend our early intervention supports to incorporate the **Finding Solutions** and **Adolescent Support** programs.

Our early intervention programs work with young people who are aged 12-17 years and their families who may access our services for a variety of reasons. There could be conflict at school, substance abuse, conflict within the family unit or other challenging behaviours.

We work toward resolving these issues by engaging with parents to build positive family relationships and communicate effectively within the family unit. As further issues are identified we look at options to provide stronger supports and strategies to keep the family connected. We are flexible and engage in a way that works best for the family. This may be through one on one, or family meetings, mediation, outreach or referral to other services for extra support. Harrison are proud to be able to support 49 families at any one time.

Professional development is instrumental in equipping workers with fresh insight and practical tools to use when working with families. Harrison ensures workers have access to regular professional development, such as Philosophy of Parenting framework to ensure we are providing parents with the best possible supports and advice.

If you would like information about support for your family please contact Janine, the Team Leader Early Intervention

Tuning in to Teens

Emotionally Intelligent Parenting

A six-session parenting program for parents of adolescents aged 12 - 17 yrs

The program aims to teach parents to:

- be more emotionally self-aware in their parenting
- identify and understand their own emotions
- become aware of the young person's emotional state
- listen and respond with empathy and without judgment
- help their young person to describe and name their emotions
- view their young person's emotions as opportunities for connecting and teaching
- use emotional awareness to guide the young person through problem solving

The Tuning into Teens program will be running throughout school terms 1, 2 and 3 in 2016.

If you are a parent interested in the Tuning into Teens Program, please contact Janine, the Team Leader Early Intervention Youth and Family Services on (03) 9871 8700 for more information.

"What I found most useful was getting in touch on an emotional level with my teen"

"I have learnt so much and would recommend the program to other parents"

The 15 Can Challenge

Help those in need... One can at a time
You CAN make a difference



Last year many individuals made a BIG difference to the lives of those in need at Christmas. Staff at Harrison were thankful to see the additional food donations we received through the ingenious idea of the 15 Can Challenge. With your help, we were able to help those who would have otherwise gone without.

The Challenge:

Collect 1 can a week for 15 weeks.

Deliver them to a service that helps those in need

And invite as many friends as you can to the national event at [fb.com/15canchallenge](https://www.facebook.com/15canchallenge)

The challenge is currently in the later stages, but it is not too late to get involved. We will be able to accept and distribute food to those in need right up until Christmas Eve. Join the event and know you CAN make a difference.

To those who participated last year, thank you and we hope to see you again soon!



Local business digs deep

Ferntree Gully Motor Group has teamed up with Chicks for Charity to promote the gift of giving throughout the festive season. Staff from the local car dealership and charity will not only be donating gifts for children, they will coordinate a Kris Kringle with the aim of providing 500 gifts to clients we are supporting over the Christmas period.

Customers who visit the showroom will hear of the difference they can make to someone's life through the generosity of a gift. It is a great opportunity to give back to the local community and assist those in real need.

If you would like to be part of this amazing community spirited initiative please visit Ferntree Gully Motor Group at 980 Burwood Highway Ferntree Gully.

Thank you to staff at Ferntree Gully Motor Group, those wonderful Chicks and everyone who chooses to participate this Christmas!



Australia's Most Awarded Dealer Group...EVER!



Thank you

We would like to acknowledge and thank our supporters over the last few months.

- Bakers Delight - Studfield
- Chicks for Charity
- Croydon North Uniting Church
- Dومتex Australia
- Ferntree Gully Uniting Church
- GS1 Australia
- Second Bite
- Montrose Uniting Church

Haiku "Magnolias"

By Denise Anderson - Kirkside Retirement Village



Magnolia Tree at Kirkside

White, so bright like snow
Or moonlight bursting through leaves
Rich glossy green, proud

Majestic of form
Pristine, pure, immaculate
Open to the world

Opulent, sensual
Velvet leaved petals scenting
Lazy air wafting

Making bees drowsy
Their pollen feast a banquet
So still your beauty
Do you search the sky
Can you hear the birds sing
See butterfly's kiss

Your beauty delights
Can you feel my touch, I must
Like velvet calming

Volunteer With Us

Our amazing team of volunteers are an integral part of UnitingCare Harrison.

They are involved in a diverse range of activities. Nobody can do everything but everybody can do something to aid us in our mission.

Please consider offering your time or skills to help us to assist people to take charge of their own lives.

If you are interested in volunteering opportunities, please call Jane Davoren on (03) 9871 8700.



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