

belong

ISSUE 9 July 2017



Hatching a future

New school opens in Gladstone

Social good

Recognising Carinity's volunteers

Bringing hope

Help us train more chaplains





CEO'S Message

Hope is an amazing thing. It comforts and inspires people. In the caring sector, hope is often overlooked as a value or something to aspire to. Giving hope to people is a powerful thing that can be done in many different ways.

Our chaplains give hope, comfort and joy to people in hospitals, prisons and aged care communities across Queensland. We aim to expand this ministry to every major regional hospital across the State by 2025. But we cannot do this alone, and we need your assistance to help us train more chaplains (p. 6).

Our special assistance schools provide support and opportunities to students who have given up on traditional education. We provide hope to parents, guardians and families who are seeking a future for young people in our communities. As we expand to Gladstone, we are spreading this hope to even more people (p. 3).

Volunteers give so much of themselves to enhance the lives of people entrusted in our care. We acknowledge them formally with the Carinity Volunteer of the Year Awards (p. 10).

And of course, our staff spread hope by helping others when they are vulnerable - whether it is counselling people in need (p. 4), providing accommodation to the frail unable to live independently (p. 8) or helping those get the most out of their lives (p. 12).

In God words: "... always be ready to give an account ... of the hope that is in you." 1 Peter 3:15.

Jon Campbell

Cover: Carinity student Yasmine Osborne tends the chicken coop at Carinity Education - Rockhampton.



Michael Harding and new Gladstone school principal Jane Greenland.

New school creates opportunities for Gladstone students

Carinity Education is opening a new special assistance school in Gladstone to create greater opportunities for young people.

Opening in July, up to 84 students will be enrolled at the site when fully operational by the end of next year. The school will be operating at the former St Stephen's Lutheran College.

Carinity Executive Manager for Education Services Michael Harding says the school accommodates students from Years 7 to 10 and will expand to Years 11 and 12 in the next two years.

"We're looking for students who'd benefit from the Carinity approach to education. The Gladstone campus will initially operate as part of our Rockhampton School until full accreditation is gained in next year," he says.

This is Carinity's fourth Special Assistance School site and provides alternative approaches to secondary education for young people at risk of disengaging or currently disengaged from mainstream schooling.

"Our process includes referrals from the community including school guidance officers, counsellors and chaplains."

"The nearly 300 students enrolled across our three campuses enjoy higher levels of staff support than regular schools. No fees are charged to access our education program."

"Many young people are disenfranchised from mainstream approaches and are untrusting of the system. We rebuild trust and relationships by having a high teacher-to-student ratio as well as on-site youth workers. Our staff can dig into the barriers affecting a student's education and work on ways to overcome them."

We are seeking referrals for enrollment in Gladstone. Please contact Principal Jane Greenland at jane.greenland@carinity.org.au.



“There are so many reasons to be excited about technology, but often the benefits come at a cost to relationships and personal health.”

- Teresa Jackson

Smartphones disrupt relationships

The average smartphone boasts more power than the entire moon landing. But there is a dark side to technology, one which Carinity Youth and Families Program Manager Teresa Jackson sees every day.

“There are so many reasons to be excited about technology, but often the benefits come at a cost to relationships and personal health. Technology is like a car, which can be an amazing asset allowing people to travel long distances to spend time with friends and family,” she says.

“However, in the hands of a person on drugs, intoxicated or driving at high speed, this asset suddenly becomes a deadly weapon that sadly has the potential to harm or ultimately kill anyone that intersects with their vehicle.”

“In the last 10 years, I’ve seen how people have become more electronically connected but less relationally connected. While we can connect with others like never before, it has come at the cost of building and strengthening interpersonal relationships. There is less investment in growing and building intimacy and consequently an increase in building pseudo relationships in the digital world.”

“One of the strongest themes I have seen come through my counselling room over the past six years is an increase in isolation and loneliness, and greater challenges to making friends and building healthy relationships. This impacts young and old and has been intensified by the strong and misleading messages on social media.”

She says addiction to technology, like addiction to drugs and alcohol, is damaging relationships and physical and mental health.

“I am seeing a lot of people who are showing classic behaviours of drug and alcohol addiction when it comes to smartphones, social media and gaming. This type of addiction isn’t seen as serious as drug or alcohol abuse, but it’s just as damaging.”

“There needs to be more education across all age groups on how to enjoy and manage technology in a safe and responsive way while also equipping people with tools and strategies when the unforeseen happens. I’d also like to see more community resources available to better equip users on how to recognise and seek help for technology addiction.”

Carinity Youth and Families in Narangba provides early intervention to support vulnerable families by offering support in difficult times. Call Teresa on 07 3886 8100.

Chaplains bring hope and celebrate joy

Hospital Chaplaincy is usually associated with the worst circumstance, but chaplains are also there for times of joy such as a birth of a child or getting the all clear after a long illness.

Carinity operates in hospitals in South-East Queensland and is aiming to expand chaplaincy to every major regional centre across the State by 2025.

Carinity Manger for Chaplaincy and Mission Services Reverend Don McPherson says providing this ministry across Queensland is crucial as over 1.4 million people live and work regionally.

“People often travel from smaller rural towns to receive treatment at hospitals, often isolated from their families, friends and communities. Chaplains provide hope, comfort and holistic spiritual care to people experiencing difficulties, loneliness, fear or joy whether alone or with others,” he says.

“Hospital is rarely a good experience for people even if it is for routine reasons and our chaplains bring comfort through a listening ear, spiritual guidance and prayer.”

Kiersten Quak had spinal surgery at 14 and found herself in and out of hospital, often for long periods.

“Getting physical, emotional and spiritual support when you are in such a vulnerable place is so important. I am a pastor’s kid, so I was used to being the person who helped other people,” she says.

“It has been a long journey, but I’ve come a long way thanks to the people around me.”

You can help Carinity support people in regional and rural Queensland by donating to the Carinity Chaplains’ Appeal 2017. Your gift can be made online at www.carinity.org.au/donations, via mail at Reply Paid 85096 Mitchelton QLD 4053 or by calling 07 3550 3737.

Kiersten Quak’s journey to recovery included the spiritual support of her church, family and chaplains.

“Help Carinity support people in regional and rural Queensland by donating to the Carinity Chaplains’ Appeal 2017.”



Cedarbrook opens on the Gold Coast

Nestled in the foothills of the Gold Coast Hinterland, Carinity Cedarbrook is a \$25-million aged-care community opening this month.

Residential Manager Suzanne Norambuena is excited to welcome residents to the brand new community in sought-after Mudgeerabah, opposite the Show Grounds.

"The building is state-of-the-art with modern finishes and a hotel-style interior, and the location offers the tranquility of semi-rural living with all suites enjoying expansive views across the adjoining Cedarbrook Farm and its grazing horses and cattle," she says.

"We've already been welcomed into the community with partnerships with the adjacent Mosaic Baptist Church and the d'Arcy Doyle Art Awards. Building these community links is vital, as residents may be in aged care accommodation but they are still active in the wider community."

"There is a big focus on outdoor living as we have a lot of space. Our memory-assisted activities zone is dedicated to stimulating sight, sound and touch. With a central water feature, the sensory trail takes people on a journey through native gardens and activity stations to experience aspects of farming, fishing, the beach and sport."

"Residents themselves will ultimately decide on the sorts of activities we provide. From interacting with animals, to live music and fresh meals prepared daily by our on-site chef, there is so much to enjoy. I am excited to see how the residents shape the culture here in the coming months."

Carinity Cedarbrook will be accepting residents shortly. To find out more information phone 07 3550 3783, email acs.enquiries@carinity.org.au or go to cedarbrook.org.au.

Carinity Cedarbrook Residential Manager Suzanne Norambuena is excited about the uniqueness of Cedarbrook.





Volunteer Chantel Stubbs is getting crafty at Carinity Hilltop.

“I love doing the singalong as I can sing as loudly and badly as I can and no one minds.”

Volunteer finds passion and purpose

Chantel Stubbs is not the greatest singer but she loves to belt out a tune at Carinity Hilltop's singalongs.

Chantel is one of Carinity's many volunteers who take time out of their day to support seniors living in aged care communities.

She volunteers two to four days a week, helping the Diversional Therapy Team with organising and getting residents to activities as well as editing the Hilltop newsletter.

“Everyone here is so nice and accepting, it feels like one big family. I love coming in and helping out with activities like craft and morning teas,” Chantel says.

“I love doing the singalong as I can sing as loudly and badly as I can and no one minds.”

She is now considering studying diversional therapy and aged care as a result of her positive experience volunteering with Carinity.

“It has given me a sense of purpose. If I can make one resident's day it makes it all worthwhile for me.”

Nominations for Carinity's Volunteer of the Year Awards 2017 are now open. Winners will be announced at our biennial Thank You High Tea in October 2017.



Volunteer of the Year Awards 2017

Do you know a Carinity volunteer who has made a real difference to your life or the life of a family member or friend? Share your experience and nominate them for the **Carinity Volunteer of the Year Awards**.



Nomination

Your name: Contact details:

Volunteer's name:

Volunteer's site:

Please give a short explanation as to why you believe this person deserves to be Volunteer of the Year (150 words max):

All entries must be received by Friday 1 September 2017. The winner will be announced at the 2017 Carinity Thank You High Tea in October. Post your entry to Carinity Volunteer of the Year Awards PO Box 6164 Mitchelton QLD 4053 or email your entry to marketing@carinity.org.au.

Picking the right carer

It takes a special type of person to go into people's homes and care for them. Carinity Home Care is always on the lookout for passionate, caring and knowledgeable people.

Ashlea is one of our Lifestyle Carers who embodies all these qualities. She started a career in aged care after her father was diagnosed with multiple myeloma, a rare form of leukaemia.

"I was studying at university on the Sunshine Coast when my dad fell ill. I moved back home to Brisbane to help my mum out. It was then I realised I wasn't doing anything truly meaningful with my life," she says.

"My favourite part is working with wonderful clients and hearing stories of lifetimes long ago that I will never get to experience."

Colin and Mary are Home Care clients who Ashlea works with. She helps them with domestic chores as well taking them out in their local community.

"I assist them with cleaning and washing and we go out twice a week for social activities like visiting cafes and shopping."



"On my first outing with Mary and Colin, they mentioned they wanted to see the water at Sandgate, something they used to do but hadn't been able to do in years. I had the pleasure of taking them out for lunch and watching the windsurfers on the water."

Carinity Home Care takes the time to match clients to carers, ensuring a familiar face and someone you can trust. Our Lifestyle Carers assist with personal grooming, household chores, shopping, activities and more. For more information call 1300 109 109 or go to CarinityHomeCare.org.au to watch the video of Ashlea's story.



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An outreach of  Queensland Baptists

100%
ACCREDITED

All Carinity Residential Care and Home Care services are fully compliant with the Australian Government's Quality Standards

