

Celebrating YEARS 75

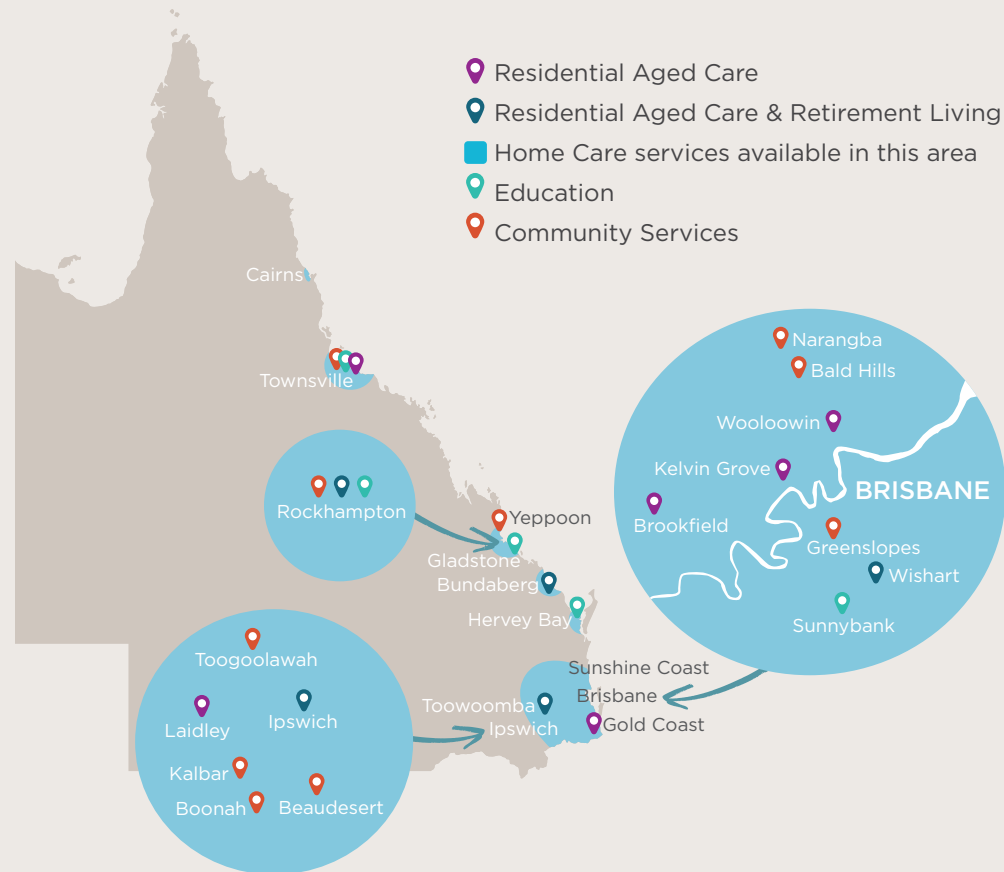


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If you'd like to help Carinity continue making a real difference to the lives of vulnerable Queenslanders, you can make a donation at carinity.org.au/donate

CEO message



Celebrating a 75th anniversary is a special time for an organisation. It is a time to reflect on the past, celebrate current achievements, and to work hard so that our legacy continues well into the future.

While we will do all these things during our diamond anniversary year, we do not wish to lose sight of the impact that Carinity has been able to have on individual lives. So as part of our celebrations, we have sought to hear directly from those we serve about the positive impact Carinity has had on their lives.

These stories are important because they are a vital tool in reminding us that, while much has changed, there remains a strong link between why Carinity began 75 years ago and what we do today.

Our purpose is strong and enduring.

In 1949, a group of committed Christians were motivated to raise 3,500 pounds to establish our first aged care home because they had genuine concerns about the wellbeing of elderly people within their community. They were called to act because they wanted to make a real difference.

Some 75 years later, this Christian commitment to serving vulnerable people remains at the centre of everything Carinity does. We exist to walk with people in their time of need, providing them love, support, kindness and understanding.

While each story in this book is the account of a single person, collectively they tell a powerful story about the real difference that Carinity continues making to people's lives.

I thank you for the role you have played in making Carinity the organisation it is today. We have accomplished so much over the past 75 years, and there is plenty more work still to do. I look forward to sharing more stories about Carinity's impact well into the future.

KEVIN GRIFFITHS CARINITY CEO

Finding a second family at Southside



Triggered by the death of her mother when she was only 8, Tereapii experienced significant difficulties during her teenage years.

Enrolling at Carinity Education Southside was a turning point that helped change her life.

"I struggled a lot with depression, anxiety, and missing the attention from my mum that I never got after she passed."

Tereapii lived with her father and older siblings, who supported her as best they could. However, she felt she couldn't share her grief with them because they were hurting too.

"My family would struggle as well with how to cope with a teenager that they had never coped with before," she said.

After her mother's passing, Tereapii felt lost and began making poor choices such as making the wrong friends and running away from home.

"I had pretty bad drug usage at the same time. I chose that life over my family. It was probably the worst decision I've ever made."

Her struggles with anger and homelessness compounded the situation.

"I struggled with my anger as well, I was so angry," she explains. "No one would think I ever was these days, but I struggled with my temper a lot."

Tereapii enrolled at Carinity Education Southside in 2018, after previous attempts at mainstream high school proved unsuccessful. Before Southside, her personal, family, and social-emotional difficulties made it hard for her to form healthy and positive peer connections. However, that all changed when the supportive environment at Southside made her feel something she hadn't felt in a long time.

"When I came to Carinity Education Southside, they had a lot of patience with me, but they definitely brought the best version out of me. I felt seen, I felt loved, I felt like someone cared for me.

Opposite page: Tereapii and her son with Southside Education staff Julie and Auntie Adelaide.



“When I came to Carinity Education Southside, they had a lot of patience with me, but they definitely brought the best version out of me. I felt seen, I felt loved, I felt like someone cared for me.”

Someone was giving me a second chance. I never thought I would ever get that,” Tereapii said.

At Southside, Tereapii found a second family.

“They were the most loving people I ever met in high school. You never expect that from teachers or principals or any of that.

“I saw them as my second family because they showed me love and they showed that they care. They gave me a second chance,” she adds.

Julie, a Southside Youth Worker, recalls Tereapii’s transformation.

“Over the years, Tereapii learned new habits and slowly developed a sense of

self-worth and self-confidence. She took on all academic and life skills lessons with an open mind and heart,” Julie said.

“We were able to see her sadness and fear but also her kind and caring nature and her academic potential. She came to believe in herself and her ability to make a positive change in this world, help others, and show respect,” Julie adds.

One vivid memory of Southside staff showing their care and support stands out as a turning point for Tereapii.

“In Year 9, the first year I started at Carinity Education Southside, I completely disappeared for three months straight,” she said.

“Julie and Auntie Adelaide were like, ‘Where is she? Where is this girl?’



They tried contacting my Dad, they tried contacting me, no response. So they actually turned up at my house one morning.

“That was when I was like, ‘They really do care.’ They physically got in the car and drove to my house and were like, ‘Are you okay?’”

When she first started at Southside, Tereapii didn’t contemplate that reaching graduation day was a milestone she’d experience. So, when the day arrived, her sense of pride was immense.

“I have never felt prouder of myself,” she said.

“If it wasn’t for the support network here, I wouldn’t have graduated at all. I would have still been back how it was back then. But I felt very proud. I felt grateful. I felt overwhelmed.”



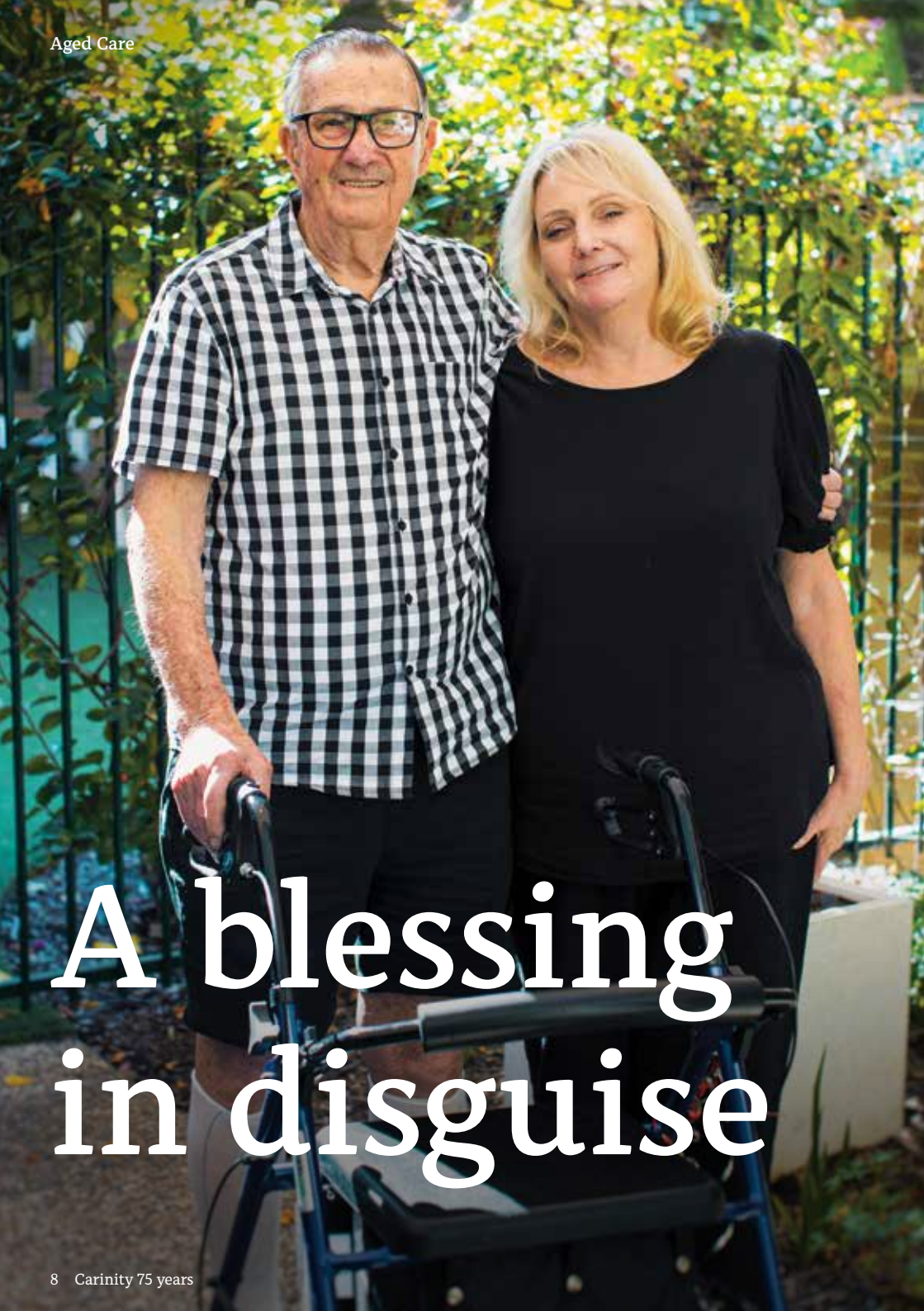
Today, Tereapii’s life is vastly different. She is a mum to a nearly two-year-old, is completing a TAFE diploma in Criminal Justice, and runs a small business. She credits Carinity with helping her achieve these milestones.

“I don’t know where I would be if it weren’t for Southside. I think I just needed that little push and yeah, they gave me that little extra push for me to do what I needed to do.”

Scan the QR code for more of Tereapii’s story.



Opposite page: Tereapii reconnects with Southside staff Bill and Auntie Adelaide. **Above:** (left to right) Tereapii and her father celebrate graduation day; and Tereapii and her son chat with youth worker Sharon.



A blessing in disguise

Alec was adamant that he was never going into care. Then his health started to deteriorate.

Almost two years after moving to Carinity Clifford House, he considers living in the aged care community “a privilege”.

Having spent 20 years living across the street from each other, the intention had long been that Alec would move into Anne’s home should he need extra care.

After coping alone for 16 years after the death of “the best wife you’ve ever seen”, an unexpected decline in health sent Alec’s best-laid plans awry. After a series of hospitalisations, doctors advised Alec’s family that it was no longer safe for him to live alone. Anne quickly realised that it wasn’t sustainable to care for him at her home.

“Medically, I couldn’t take care of Dad,” she

explained. “I felt so much guilt. I spoke to my doctor because I was struggling - my father has taken such great care of my children, and it was my turn now to take care of Dad. I felt like I wasn’t being a good daughter.

“It was a huge task to find somewhere that Dad would be comfortable with. His requirement was it had to be near me. I had to find somewhere that was going to be better than what I could do for Dad. And we found that here the very first moment we walked through the door.”

What came as an unwelcome change of

plans has turned out to be full of silver linings.

“Carinity Clifford House has been such a blessing to our family. The staff are caring, kind, considerate. There’s 24/7 medical care, the food is beautiful and fresh with lots of variety. That’s all he talks about is how beautiful the food is - and my dad’s a foodie,” Anne said.

For Alec, it marked a transition into a new and fulfilling phase of life - one he could sense the moment he arrived for a tour.

“I could feel that beautiful presence of love. Everyone was so kind. They were so gentle



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to me. When you read the Bible, it tells you about heaven. To me, Clifford House is heaven because there’s so much love, so much affection, so much kindness. The staff here and the nurses, they’re all walking angels. My life changed within seconds because it just hit me: this is your home,” he said.

“It’s a privilege, actually, to live here. They made my life so beautiful. I can’t be any happier than what I am.

“When I came here, I was not the Alec I used to be. I was always a jovial bloke, always smiling, always happy, but I was sick. They looked after me and within about three or four months, I started to come better. I ate the good food and received the beautiful care that the nurses gave me. They put me on the road to recovery.”

For Anne, the quality of Alec’s care and his sense of belonging is particularly comforting.

“It’s heart wrenching to put your parent in aged care. Dad is better taken care of here than he would have been with me at home from a medical perspective, from a dietary perspective and from a social perspective. Dad has all his needs taken care of, I don’t have to worry about anything. I have peace of mind.”

Since moving in and regaining his health, Alec has taken over management of Clifford House’s movie screenings

and the ‘jovial bloke’ is back. Regular social interaction and a renewed sense of community has given Alec a new lease on life that has delighted his family – even if he’s a little harder to get hold of these days.

“My dad led a quiet life at home and he would no sooner have gone to bingo or played bocce than fly to the moon. Now he lives for the bingo and bocce,” Anne laughed.

“I was worried that he was going to spend his days in his room... my goodness, you can’t even get him on the phone! He’s out and about

“It’s heart wrenching to put your parent in aged care. Dad is better taken care of here than he would have been with me at home from a medical perspective, from a dietary perspective and from a social perspective. Dad has all his needs taken care of, I don’t have to worry about anything. I have peace of mind.”

all day. And he’s just busy. He’s fulfilled. He has a sense of happiness. Every day he has a sense of purpose.

“We are so blessed that we discovered Clifford House.”

Scan the QR code for more of Alec’s story.



Opposite: Alec and Anne are both grateful to the team at Clifford House. **Above:** (left to right) Alec shows off the collection of old movies that he plays for fellow residents; and Alec and his wife Adrienne on their wedding day.

Chaplains changing lives in prisons

Jasmine never had a stable life before she went to prison.

Childhood abuse and trauma, including the death of her mother, had led Jasmine down a path to drug addiction and crime.

Homeless by 14 and pregnant at 16, Jasmine had constantly been in trouble with the police.

A few years later she was homeless again, using harder drugs. She regularly found herself in the watchhouse, and rarely saw her daughter. When she was arrested, Jasmine was using and selling methamphetamine.

“When I was first going to the prison I was thinking of ways to kill myself, because I thought that would be less embarrassing for my daughter than having a mother in prison.”

Former prisoner Jasmine’s life took a new direction after meeting Carinity chaplain Debbie.

“For me it was natural to live that life; my parents were both addicts. I don’t think there was a time when I wasn’t in trouble with the law. I thought I could always live this life without any consequence,” Jasmine said.

“One day I was in the police car and the policeman said, ‘You’re not getting out this time, Jasmine.’ It was a week before Christmas and I was just shattered.

“Right before prison I was homeless, couch surfing, disconnected with my daughter, disconnected with my family.

“When I was first going to the prison I was thinking of ways to kill myself, because I thought that would be less embarrassing for my daughter than having a mother in prison.

“You don’t hear from anyone, all your friends that you had you don’t hear from. No letters. They don’t answer the phone. You are just left with your poor decisions.”

Jasmine hated God and blamed Him for everything that had happened to her: her mother’s death, the abuse, neglect, even her prison sentence.

A turning point in Jasmine’s life was when she met Debbie, a volunteer

prison chaplain with Inside Out Prison Chaplaincy, a Carinity ministry.

“I started to approach chaplains and Debbie was always there. A lot of the girls were drawn to her,” Jasmine said.

“I was drawn to her myself and, one day in the unit, I went and asked her about forgiveness.

“I genuinely believed everything she said was true; I respected her. I had never felt loved before. I’d never known anyone who would give and not expect anything in return.”

Eventually, Jasmine was able to forgive her abusers and release herself from the prison of bitterness and anger. It took a while for her to trust God, but eventually she felt God’s favour.

“If I wasn’t in prison for those two years, I wouldn’t be where I am today. I would still be in a lot of guilt and shame,” Jasmine said.

Opposite: Jasmine (right) and her former Carinity Chaplain Debbie (left) formed a strong bond during Jasmine’s time in prison.



“My life outside prison now is very full, very busy, with lots of love. Today I am so content. I don’t live in guilt and shame anymore. I am so thankful for Debbie and the Carinity chaplains that come into the prisons.”

Debbie, who was a prison chaplain for almost 20 years, says Jasmine’s faith journey has continued following her release from a Queensland correctional centre.

“Like I was taking God’s love into the prison, now she takes God’s love everywhere. People can’t not see it and they will be drawn to Christ in her,” Debbie said.

“She might have looked at me as a chaplain inside, but I am learning off her now.”

Today, Jasmine runs her own cleaning business and has reconnected with her now teenage daughter.

She is great friends with Debbie, who now mentors former prisoners and helps them reintegrate into the community following their release.

“I am a law abiding, upstanding citizen of the community. Years ago, that was so far from anything that I wanted to be; I had no goals, no ambitions,” Jasmine said.

“I have achieved a lot that I never would’ve thought I would achieve. It really does blow my mind, when I think of who I was over a decade ago, to be sitting here today, talking about my love for God and what he has done in my life.

“My life outside prison now is very full, very busy, with lots of love. Today I am so content. I don’t live in guilt and shame anymore.

“I am so thankful for Debbie and the Carinity chaplains that come into the prisons.”

Scan the QR code for more of Jasmine’s story.



Above: Debbie and Jasmine remain in regular contact with each other. Debbie performed Jasmine’s baptism after she was released from prison.

From troubled teen to inspiring the next generation

When Corey arrived at Carinity Orana in a police car as a young teen in the 1980s, he had no idea it would be the turning point he so desperately needed.

Leading up to this moment, Corey described his home life as dysfunctional, being shipped back and forth between his parents and different schools.

“My dad wasn’t what I call the most loving father, so his response to me looking for attention would be quite violent and physical,” Corey said.



“It all culminated when I wagged school for two weeks straight until my dad found out.

“I got home and dad had packed up the Commodore with all my gear and he took me to the local police station and said ‘You’re either going to take him off my hands now, or I’m going to drive until my tank of fuel is halfway and that’s where I’m leaving him.’

“Thankfully, Orana was well known in the area for helping young people, so that’s where the police brought me and where

I stayed for the next year and a half.”

Located in Brisbane’s northside, Orana has been a haven for young people in crisis for over four decades. It provides a safe home environment and a helping hand for people like Corey, who would otherwise be on the streets.

“Arriving at Orana, what I first noticed was that it’s just a normal house in the middle of suburbia. I would not have picked it for a place that helps homeless kids out,” Corey said.



“There were a lot of different support people here back in the 80s. We had a fully qualified counsellor on site, Kelvin. He’d meet with me once a week to help me work through what I needed to grow as a person.

“We also had house parents, Linda and Filippo, who really gave their heart and soul to us. They provided a stable environment and tried their very hardest to treat us just like a big family.”

Corey said the biggest change for him living at Orana was feeling the love.

“My time at Orana led me to a decision for Jesus. I became a Christian when I was 15 and I’ve been actively involved in church and with young people ever since.”

“It really goes to show how much an adult can have an impact on an unloving teenager who looks like they don’t want to be loved.

“I was not a nice teenager. I was very, very angry. But this house was run by people who had a heart for giving and there’s no doubt there was something unique about that love.

“My time at Orana led me to a decision for Jesus. I became a Christian when I was 15 and I’ve been actively involved in church and with young people ever since.

“These days I’m deputy principal at a high school where I work with young people all the time who are disengaged like I was. I’m often talking with people from out of home

care who look after kids just like me, so it makes for very interesting conversations with people.”

When reflecting on the impact that Orana had on his life, Corey said it’s something he’s thought about a lot.

“What could have happened to me if I didn’t come here? I think I would have ended up in prison. I know that I would have ended up on the streets and probably would have been the victim of people who target youths in not so nice ways.

“I’ve got no doubt that Orana totally transformed my life.”

Scan the QR code for more of Corey’s story.



Opposite and above: Corey with Orana staff and residents enjoying outdoor adventures in the 1980s.

A place to belong



Felicity is an aspiring artist, cat lover, chocolate aficionado, shopping enthusiast and devotee of the *Deadpool* movie franchise. She also has Williams syndrome.

While her disability can sometimes make life a little harder to manage, 23-year-old Felicity is grateful to have the team from Carinity Bunderra by her side.

"I'm so happy with the support I receive as the workers really know who I am and are friendly and caring; they're like family to me," Felicity said.

For the past five years, Bunderra has been a home away from home for Felicity and a lifeline for achieving a sense of independence.

"I was bullied a lot in school for being different, but at Bunderra I am accepted for who I am. Everyone here is so sweet and protective - I love them."

Located in Boonah in the Scenic Rim, Bunderra offers a range of disability supports including social and life skills groups, community access, in-home assistance and respite.

Felicity said she enjoys participating in cooking and art and crafts at her weekly group activities, but she likes one-on-one supports the best.

"My favourite worker here is Marnie, because she's my biggest supporter and she helps me through the hard times.



"I can get anxious around new people, but Marnie shows me that everything will be okay. We have a special connection."

"I was bullied a lot in school for being different, but at Bunderra I am accepted for who I am. Everyone here is so sweet and protective - I love them."

When Bunderra recently expanded its respite offering with the construction of a purpose-built house in the neighbouring town of Kalbar, Felicity was one of the first people to experience the new short-term accommodation.

"I'm so excited when I have the chance to stay overnight at Sunflower House because it gives my parents a break and allows me time to have my own space."

"I get my own comfortable room and it's so peaceful. I love when the workers say goodnight to me, as it makes me feel safe and happy."

When asked what her life would be like if she didn't have the support of Carinity, Felicity said she would be sad and lonely.

"I think I would just stay in bed all the time, feeling like a burden, but instead I have a purpose. This really is the best place you could ever go."

Previous page: (left to right) Felicity chats with Carinity Lifestyle Support Worker Tammy on a visit to Sunflower House; and smiling in the sunshine as Felicity visits the Kalbar Sunflower Festival. **Above:** Felicity and her Bunderra friends on a recent group outing.

The comfort of community



Jean was only 61 when she and her husband Reg moved into Carinity's newly opened retirement village, Wishart Gardens. Now, almost 30 years later, Jean is proud to be one of the original residents who still call the village home.

"My husband and I wanted to have a sense of safety and community as we grew older so that our family would know we were okay," Jean said.



"We looked at it as a decision that we wanted to make for ourselves before we grew old. Our children are scattered across the place and there are no grandkids, so moving here seemed like the sensible and logical thing to do.

"Of course, it didn't hurt that the village offered a low maintenance lifestyle, so we no longer had to worry about the upkeep on our old high set timber house!"

Jean said that while she and her husband enjoyed many happy and independent years in retirement, it was the support they received towards the end of Reg's life that really made them appreciate their decision to move to Wishart Gardens.

"What's unique about our village is that we have residential aged care located on the same property," Jean said.



"When my husband needed full-time care, it was a smooth transition. He was familiar with the place, he was familiar with the staff, they knew him.

"It was perfect really, because it can be very difficult and frightening for couples in this situation where one person needs to be taken into care somewhere else.

"However, we were very fortunate. There are roughly 500 steps from where I live to where he was. We went to the Friday morning church services here together and I could visit him every day. I would just walk over and be part of the furniture really.

"The care Reg received was exceptional and this gave me tremendous peace of mind."

These days, Jean continues to lead an active and fulfilling life in the retirement village.

"There's a lovely sense of community here, it's never boring. I've got neighbours and friends and activities and things that we can do so I don't have any sense of isolation or loneliness."

"There's a lovely sense of community here, it's never boring. I've got neighbours and friends and activities and things that we can do so I don't have any sense of isolation or loneliness," she said.

"It's been very reassuring for my children to know that I'm safe and part of this wonderful community.

"Music has always been a major part of my life. I've sung in choirs and was part of a gospel trio for many years, and I continue to share my music by playing piano at the weekly church service.

"It's mainly for the residents in care, but some of the independent folk come too. It's a very meaningful time for people to come together, especially those who aren't physically able to get to church.

"I also host a support group in my home once a month, which we call the Friendship Circle. They call me the matriarch because I'm the oldest, and we just get together and have a really great time."

When asked what advice she had for people considering moving into a retirement village, Jean was emphatic in her response.

"Do it sooner rather than later. Move while you're still active and well so you



can establish and settle into your lifestyle before facing any potentially difficult decisions later on," she said.

"I would absolutely recommend Wishart Gardens and have never for one moment regretted making this village my home. I'm blessed to have been here so long as it's a great place to be."

Previous page: Original Wishart Gardens residents Jean, Glynn and Daphne celebrate Carinity's 75th anniversary. **Opposite:** (left to right) Jean and Reg on their wedding day in 1953; and Jean with her three young children Ken, Barbara and Chris at home in 1963. **Above:** Jean at the front door of her home in Wishart Gardens.

There is no place like home



Home is where the heart is, but for Glenese Gray her home also provides familiarity, freedom, comfort and security.

“If it’s a lovely day I can go outside and have a pick in the garden. I can choose what I want to watch on the television, and when I want to watch it; I can listen to music, whatever I like!” Glenese says.

However, being at home is not something she takes for granted.

The past six years have been quite the roller

coaster for Glenese as she navigated both the declining health of her husband, Rod, and her own growing health challenges.

Alongside many medical professionals, Carinity Home Care has been a pillar, providing Glenese care, support and confidence as life takes its twists and turns.

The importance of caring for Rod at home, and allowing Glenese to continue to be Rod’s primary carer, was key in their decision to commence receiving in-

home support services through Carinity.

Five years later, in 2018, when Glenese was scheduled for open heart surgery, Carinity Home Care took over as Rod’s primary carer, providing a full range of support and coordination of Rod’s care under a Government-subsidised home care package.

“After talking with a number of providers, we chose Carinity Home Care to support Rod with personal care and getting him to doctors’ appointments, as well





Previous page: Glenese enjoys the independence of living at home. **Above:** Glenese enjoys her shopping trips with her carer, Onica.

as gardening and house cleaning,” Glenese said. “While Carinity had been providing us cleaning for five years, we chose them because they really understood the Government-funded process, and how to ensure Rod could receive all the care he needed.”

Unfortunately, just two months after Rod’s support from Carinity Home Care was put in place, he passed away. Recognising Glenese

would still need some of the support Rod had previously been receiving, Carinity stepped in and guided Glenese through her own home care assessment process.

This ensured continuity of her house cleaning and gardening through a Government-funded home care package.

“After my surgery and rehabilitation I just wanted to get home to my own place. The doctors only let me

return home knowing that I had home support services organised.”

Since Glenese’s heart surgery Carinity have evolved her support as her situation changed, ensuring she remains living independently and safely at home. With the recent decision to stop driving, Carinity have also added support with shopping, script collection and attending medical appointments with Glenese.

“Without Carinity I would feel very guilty. It would put a lot of demand on my daughter and interrupt her family’s busy life. Carinity have filled in many times when family can’t be there.”

“Without Carinity I would feel very guilty. It would put a lot of demand on my daughter and interrupt her family’s busy life. Carinity have filled in many times when family can’t be there – like appointments and events that fall in the middle of the day.”

One of Glenese’s carers, Onica, visits her every Wednesday. They enjoy each other’s company and always start their time together with a chat and catch up before heading across to the local supermarket.

“Onica is easy to talk to and having her with me at the shops gives me enormous confidence to be out. At times I can feel giddy, and it’s good to know I can just stop and



know Onica is there to take over when I need her.

“The company is also really good. When my carers come, they’ve always got so much to share, whether it’s about their studies, family, sports, cars, or whatever is going on at that time. It leaves with me feeling like I am living and staying connected with the outside world.

“They’re quick to pick up if I’m not feeling well. They know how important it is for me to get out. If I’m not up for walking around the supermarket they’ll get me out for a drive to the shops in the

sunshine, and they’ll pop in and get the groceries,” Glenese said.

“Carinity have allowed me to stop in my home. Carinity check that I am right, that I have everything that I need. Without Carinity’s help I would be lost. I like to be in my own home, and I hope to stop here for many a day yet.”

Above: Glenese and Onica on a shopping expedition.



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75 YEARS

At Carinity we believe in building communities
where you feel at home, a place where you
are included, heard and valued. For 75 years
we have been making a real difference
to the lives of people in need.

Visit **carinity.org.au**

AN OUTREACH OF  **QUEENSLAND BAPTISTS**