



# Sisters of Charity Foundation

*Under the Patronage of Her Excellency, Professor Marie Bashir,  
AC Governor of New South Wales*

*The love of Christ impels us... Mary Aikenhead*

April 2011



**K**ids living in foster and alternative care have had a pretty traumatic start in life. As a result, their learning opportunities have been disrupted and their educational outcomes are compromised.

The Pyjama Foundation aims to turn that around by fostering a love of reading in vulnerable children. The Foundation was started in Queensland six years ago and has recruited over 1400 screened volunteers to read with kids and build their literacy skills and self confidence.

The Pyjama Foundation recently opened its doors in NSW and Browyn Sheehan, the organisation's founder, said the response had been overwhelmingly positive with plenty of people wanting to volunteer and help some of the State's 12000 young people in out of home care.

The Sisters of Charity Foundation would like to honour all of the Pyjama Angels who give their time and help vulnerable kids break the cycle of poverty through improved educational outcomes.

If you would like to volunteer please contact the Pyjama Foundation at [www.thepyjamafoundation.com](http://www.thepyjamafoundation.com)



## The healthy eating program



**A** nutritious balanced diet is key to a healthy happy life for most of us. It is also the important first step in an innovative program being run in Mount Druitt to help young people and their families develop a positive outlook on life.

The Chain Reaction Foundation is promoting healthy eating as part of a self-esteem program for chronically disadvantaged young people aged 8 to 18. Funding provided by the Sisters of Charity Foundation is being used to provide the program with good quality food for 50 families and the early results are very encouraging.

Margaret Bell, the CEO of the Chain Reaction Foundation, said "The healthy eating program has only commenced this year and to date more than half of the participants are enjoying extending what we do to how they think about preparing food at home."

# The spirit of Christmas

**A** little bit of help from the Sisters of Charity Foundation meant a group of disadvantaged young people were able to celebrate the spirit of Christmas and share gifts with their families.

The Sisters of Charity Foundation funded the Learning for Life Education Christmas Gift Box Project. 40 gift boxes were given at a ceremony for young people and their families. The boxes contained a \$50 food card, \$25 gift card, 2 cinema tickets, toiletries and contact numbers for welfare support available over the summer.

Some of the young people attending the ceremony had already discussed with staff that they weren't celebrating Christmas at home this year due to poverty or family problems.

Some of the feedback is very moving and reminds us all of the importance of giving:



"Thanks for the Coles card. I'll get some treats for Christmas now" (Mother of a 14yo student whose father is unable to find work).

"He has been asking to see Harry Potter and we couldn't afford to go. Now he is taking me!" (Mother of a 13yo student who is welfare dependant).

"I've bought my mum some perfume for Christmas" (A 15yo student who used his gift card to purchase a gift for someone else).

The Gift Box Project was a success. It lifted the self esteem of the young people and their families because it showed they were valued. It reduced social isolation by helping families get to the cinema and perhaps most importantly it allowed young people to be generous to the ones they love. ●



## New tools for living a good life

**P**roviding support to people living with disability is a priority of the Sisters of Charity Foundation. Easing the workload of domestic chores for residents and their carers is vital to a decent quality of life. That's why we provided the funding to buy 2 new energy efficient clothes dryers and a lawnmower for group homes in Merrylands and Campsie run by L'Arche Sydney.

The new clothes dryers are helpful on rainy days and to better deal with continual changes of bed linen in both homes where there are 7 residents living with disability, their live in assistants and part-time carers.

The lawn mower has been a great success at the Merrylands house and means the yards are now suitable for entertaining and BBQs expanding the range of outdoor activities and enriching the social lives of residents and their visitors. ●

## Helping women and children escape violence

**T**he Sisters of Charity Foundation is committed to working with our community partners to prevent people falling through the cracks. Often it only requires a small amount of assistance to have an enormous impact on someone's quality of life. That's why we are proudly supporting the Household Disaster Relief Fund in Victoria.

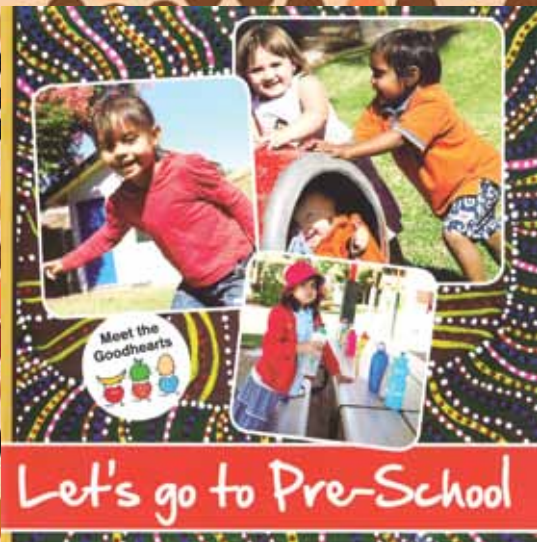
The HDRF is a relatively new organisation doing some great work with women and children escaping domestic violence. Funding provided by the Sisters of Charity Foundation went towards paying for the registration of the car of a woman and her daughter living in crisis accommodation. The relatively minor expense of \$312.05 has enabled a greater degree of independence to attend financial counselling, doctors visits, job interviews and ultimately living independently and free from the threat of violence. ●





# Gunawirra

**G**unawirra is an NGO dedicated to Aboriginal children aged 0-5 and their families. The Sisters of Charity Foundation is proud to be able to support the education of parents about the importance of pre-school and healthy eating to ensure children get the best possible start in life. ●



**E**nsuring a safer summer around pools and beaches was a priority for the Australian Afghan Hassanian Youth Association and made possible with the support of the Sisters of Charity Foundation. Forty two kids aged 7-16yrs participated in the swimming program and all agree it was a huge success. One boy said, "This program gave me more safety for the rest of my life". Another happy participant said, "This is a very happy time for us to gather together and learn to swim". ●

## Safer swimming for kids



## New Sisters on the team

**T**here have been some big changes in personnel at the Foundation. After many dedicated years of service to the Board of the Foundation Sr M St Jude Doyle stood down in February and has been replaced by Sr Rose Holman RSC BHA. Sister Rose has held a number of clinical and administrative roles within St Vincent's Health Australia and is currently a member of the pastoral care team at St Vincent's Private Hospital.

The Hon. Reba Meagher was appointed CEO of the Foundation in December. Reba was a member of the NSW Parliament for more than 14 years and during

that time she held a number of Ministerial Portfolios including Fair Trading, Community Services, Aboriginal Affairs and Health.

The Foundation also welcomes Ms Judy Christie as our permanent Project Officer. Judy is now a permanent member of the Foundation team after having done an outstanding job in a temporary capacity during significant changes at the Foundation.

The Foundation Office has moved. We are now located on Level 7, 35 Grafton Street, Bondi Junction. Please feel free to stop by and say hello. ●

# BECOME A HERO



**A**re you feeling fit and healthy? Why not help us fundraise for our mission by participating in some of our Nation's iconic community fitness events? The Sisters of Charity Foundation has now registered with the online fundraising site Every Day Heroes. The Every Day Heroes site gives you the opportunity to raise money for your chosen charity when you participate in events like Run Melbourne (17 July), the Canberra Times Canberra Marathon (9-10 April) and the Sydney



Morning Herald Half Marathon (15 May) to name a few that are being this year. Alternatively, you could host your own event and encourage people to support you through online sponsorship. You can raise money as an individual or build a team fundraising page. And if you're not feeling up to the challenge be sure to encourage someone you know who is!

You can register to raise money for the Sisters of Charity Foundation by logging onto Every Day Heroes at [www.everydayhero.com](http://www.everydayhero.com). If you need a hand with this feel free to contact the Foundation office. ●

## The Sisters of Charity Foundation go Social



**T**he Sisters of Charity Foundation now has a Facebook page. It is still in its early stages but it is hoped this will provide up to date news on the activities of the Foundation and give our friends and followers a better opportunity to keep in contact with us. Online technology provides exciting opportunities to raise awareness and increase the reach of our Foundation's goodworks. However,

rest assured that whilst the method of delivery of our message is slowly changing the love of Christ that impels us to help the poor and underserved remains constant.

Please visit [www.facebook.com/SistersOfCharityFoundation](http://www.facebook.com/SistersOfCharityFoundation). We hope you "Like" us and choose to refer us to your friends. We would also welcome your comments and feedback. ●



## I would like to support the Sisters of Charity Foundation

Please send me details on:

- how to include the Sisters of Charity Foundation in my Will
- Organising a representative from the Sisters of Charity Foundation to visit me and discuss how my gift will help in the current and future mission of the Sisters of Charity of Australia

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Information you give will be treated as confidential

OR

I would like to make a tax-deductible donation now to the Sisters of Charity Foundation

\$ \_\_\_\_\_

Please debit my  Mastercard  Visa

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Expiry Date: \_\_\_\_\_

Card Holder: \_\_\_\_\_

Signature: \_\_\_\_\_

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