



Echoes of the past

Because of you, Jim has learned he doesn't have to face life's challenges alone.

Jim*, a 61-year-old returned serviceman, escaped the physical difficulties of war 20 years ago, but the mental trauma stays with him. He struggles to understand the world around him, lacks impulse control due to post-traumatic stress disorder (PTSD) and has a brain injury he suffered during his service. He has always had a naturally upbeat personality but turned to drugs and alcohol to numb his pain.

Due to Jim's mental state he can be difficult to be around and everyone close to him – including his children – were slowly worn down, leaving Jim to fend for himself. He lives alone and until recently he had no back door on his house. This let the weather inside his home and led to multiple break-ins, triggering his PTSD.

"People would just appear in my house. I was so scared" **Jim**

Sometimes the people were real and other times imagined – a result of his PTSD.

Many difficult years passed before Jim connected with Cameron, a support worker at Mission Australia. Once Cameron gained his trust, he helped Jim open up and confront his challenges. Cameron also repaired his back door, cleaned his house and removed items that caused him to fall. These small changes were critical for Jim's peace of mind.

After being taken advantage of financially by people he trusted, Jim was left with little to no money. Cameron helped Jim change his banking details and formulate a plan to pay his overdue bills.

Thanks to the help of generous supporters like you and a dedicated support worker, Jim is taking strides forward and remains resilient. He loves to share interesting stories, facts and laughs with Cameron and is on track to achieving his goal of "living his days in peace and just relaxing".

Caring for an ageing population

A long-time advocate for a better homelessness system, Nada Nasser recently joined Mission Australia as NSW/Vic/ACT State Director.

While it may not be at the forefront of our minds today, most of us will reach an age where we need a helping hand with things that used to seem routine.

For some of the people we work with, this time comes a lot sooner because of a history of mental health issues, trauma or other life challenges. The services we provide recognise that not everyone has the same means to enjoy the quality of life they deserve in their senior years.

As our population ages, the number of older people experiencing homelessness is growing. According to Census data, the amount of people aged over 55 experiencing homelessness has increased almost 50 per cent in just 10 years.

Thankfully, Mission Australia's programs intervene early to keep people in their homes and offer support to get others back into housing. We also offer aged care facilities where those unable to live alone can have a decent quality of life.

In this newsletter, you'll read about the many lives you have changed, including the story of a veteran who spent years being overlooked and taken advantage of, all while dealing with complex needs.

While the realities concerning our ageing population are difficult, generous supporters like you make our jobs so much easier.

Together, we can help people of all ages stay off the streets and have the dignity they deserve.



Nada Nasser
State Director
NSW/Vic/ACT



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[facebook.com/MissionAust](https://www.facebook.com/MissionAust)

Easter reflection

"The very first Easter taught us this: Life never ends and love never dies."

- Kate McGahan, author

It was Easter six years ago, while going through a tough time, that a simple gesture of love reminded me that the sacrificial love of Jesus is real every day.

- The sharing of possessions to offer hospitality and welcome
- The giving of self and finances to bless those with little
- The smile for a stranger to offer a message of worth
- The offering of hope that life can be better

These are all small acts of kindness we can so easily offer to the many who are in need.

Jesus gave his all so the message of love and forgiveness could be shouted out to the whole world. May the many still in need hear that same message again and again through our small acts of kindness and generosity.

Thank you for all you are already doing to care for those in need throughout Australia.

Robyn Richardson (Rev)
Chaplain



Purpose Inspired by Jesus Christ, Mission Australia exists to meet human need and to spread the knowledge of the love of God.

Values Compassion • Integrity • Respect • Perseverance • Celebration

How are your donations helping?

Our mission is to reduce homelessness and strengthen communities. The services we offer address many areas that have potential to lead to homelessness or leave people in vulnerable situations.

See if you can find some of the areas your donations help in the word search below!

R E S S E C O N D C H A N C E
R E A O Q D I S A B I L I T Y
V H C R C I S H I L Q U B Q H
A M O O L I G V V C O J O A L
B E L M N Y A D M X Q Y J D L
P N M P E C L L I U J B T D O
C T Y P H L I E H G X U B I V
H A P X L G E L A O D D I C E
A L P H G O Y S I R U L W T A
N H S P H M Y M S A N S O I K
G E G R O B Q M T N T I I O W
E A K F P T L Z E L E I N N W
P L W H E B G Q B N A S O G G
V T I N Y L V C I C T V S N X
C H B P T Y S Z S W A I P T M

reconciliation
social housing
early learning
mental health
disability
homelessness
employment
change
second chance
addiction
love
hope



Leave a lasting gift to Australians in need

Leaving a gift in your Will is an enormously kind and generous act and one of the most personal ways that you can support our work to reduce homelessness and strengthen communities across Australia.

For more information please feel free to contact our Bequest team:



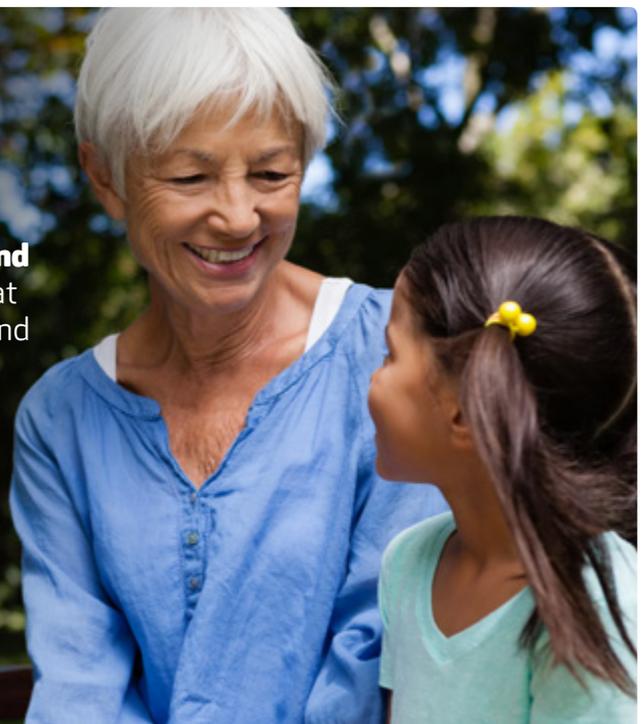
bequests@missionaustralia.com.au



Christine Thomas and Sarah Lendich
02 9219 2000



missionaustralia.com.au/mywill



The power of your generosity

Your kindness at Christmas gave vulnerable families the gift of secure housing and hope for the year ahead.

You may remember Kelvin*, Emma and Olive from our Christmas Appeal. Their young family faced being evicted and becoming homeless just days before Christmas.

Thankfully, your support came just in time. Because of your help, our support worker Cathy was able to connect them with a local church that housed them over Christmas.

We've since helped them move into a permanent home and access the financial support they're entitled to. They now have a stable base for Kelvin to rest between hospital visits, and a secure home where the whole family can experience the safety and dignity they deserve.



Thank you for your generosity and compassion.

"I saw the family recently. They'd just done a big grocery shop – something they never used to have the money for. It's so good to see them happy again."

Cathy, Mission Australia support worker

Your messages of support

Kelvin and his family loved your encouraging words
Thank you

We wish you hope and joy and send every good wish for a safe and peaceful new year. Here's a hug for each of you.
Brian, SA

You are not alone. You matter. Someone does care.
Dean and Lorette, WA

At Christmas and through the year, may it help to know that I care! With love and prayers.
Clare, NSW

I hope you are healing and that 2019 will be better! Thinking of you.
Gwenda, QLD

With love and best wishes to you and your family. Praying 2019 is a better year.
M, Vic

Stories of hope

THANKS TO YOU

Every single day, the lives of vulnerable children, adults and families right around the country are being changed thanks to the generosity of incredible people like you.

To show their appreciation, Izach, Channon and Omar want to share their stories with you.



Izach is a member of the Chillax group that aims to equip boys and young men with the skills to manage their anger, increase their social and emotional skills, and improve their behaviour at school. It's part of Mission Australia's Circles of Care program in Queensland, which receives no government funding and is made possible thanks to the generosity of people like you.

When Izach was first referred to the program, he was involved in a number of behavioural incidents at his school. Halfway through the program, his mum Jaqueline came to see our staff. She told us: 'He's a completely different kid!', emphasising the change in his behaviour, manners and treatment of other people.

Having now graduated the program, Izach says he knows how to calm himself down, and is doing much better in class.

This is Channon. She's a HIPPY mum. Not the regular kind, though. She's part of our Home Interaction Program for Parents and Youngsters (HIPPY), a two-year school readiness program focusing on parents' involvement in their children's education during the crucial early years.

When Channon joined the program with her 4-year-old son, she would meet with a home tutor to discuss the week's learning activities and complete these activities with her son.

Channon found HIPPY so impactful for herself and her son that she applied to become a home tutor herself. She went on to help 15 other families and has since completed her Certificate IV in Education Support. Channon now runs a Mission Australia playgroup in Ipswich.



Omar became homeless after separating from his long-term partner. Thankfully, he found help at Mission Australia's Cooma and Region Homelessness Service. We helped Omar access crisis accommodation, and provided ongoing support to assist with his applications for housing and private rentals.

When we first met Omar, he was reserved and quiet and missed his two children. But as we spent more time with him, his personality began to shine brightly. He opened up about his life, culture, family and his love of cooking. As his children meant so much to him, we helped to provide a safe place for Omar to spend time with his children on a part-time basis.

With the right support, Omar was able to regain his independence and focus on his university studies. Today, Omar is excited for the future and has his confidence, his sense of humour and his smile back.



Q&A

with Timmi, our Larapinta trekking guide extraordinaire

When our team embarked on the 2018 Larapinta Trek, Timmi - who works as a guide for Inspired Adventures - made sure everyone was well taken care of.

Q: How would you describe yourself in three words?

A: I would describe myself as a sunriser, a life-lover and barefoot-when-ever-possible!

Q: Why do you enjoy working in the Northern Territory for a company that raises money for charities?

A: I love seeing people put themselves through something beyond their comfort zone to raise funds and awareness for people in need. I also love the Northern Territory's landscapes, wide open spaces and the amazing people!

I was struggling with a drug addiction before moving to the Territory, and my move saved me from a lifestyle in which I felt trapped and almost lost my life to.

Q: You are now a Regular Giver to Mission Australia. What prompted you to start giving?

A: In my life I've had the chance to meet many people, but the passion for Mission Australia that I heard around the campfire from the CEO James and other group members was unlike anything I've ever encountered. It was true, soulful and selfless. My previous addiction to drugs was also a factor and I felt confident that my regular donation to Mission Australia would help people in all sorts of difficult situations across Australia.

**Together
we Trek
LARAPINTA 2019**

INTERESTED IN HEARING MORE?

Visit missionaustralia.com.au/timmi to read more of Timmi's Q&A and to make a donation to our 2019 Larapinta trek team

