

Wellbeing

We help people live life to the full



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We are rolling out cultural training for managers and staff. The Children, Youth and Families service has formed an Aboriginal and Torres Strait Islander Advisory Group, Gili Burra, helping us build our cultural strength to support children and young people







networking
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networking contains a variety of news and stories from across Churches of Christ in Queensland. Articles and photos can be submitted to communications@cofcqld.com.au. The submission deadline for the next edition of networking is 31 October 2019.

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Welcome to the latest edition of Networking





he concept of wellbeing has become somewhat of a buzzword, but for Churches of Christ in Queensland we have recently affirmed it as one of the most important themes of the new Churches of Christ Way. In simple terms, we want people to feel 'well'. 'We strive to help people live as well as they can, for as long as they can'.

Research shows wellbeing can be directly correlated to five essential needs which forms the bases of our unique Positive Wellbeing Model of Care: Comfort, Identity, Occupation, Inclusion and Attachment.

At Churches of Christ, we have married this thought with the words of Jesus in John 10:10, he says "I have come that you might have life and life to the full", and developed models of care that seek to support people's essential wellbeing.

In this edition of Networking we are celebrating our commitment to the wellbeing of the people we work with every day. The pages to come are filled with vibrant stories of people right across Queensland, Victoria and Vanuatu who are embedded in real neighbourhoods and who are finding creative ways to help people feel 'well'.

I pray that you will be encouraged and inspired by these stories. ■

Steve Drinkall
General Manager – Leadership
and Culture, Public Relation and
Communications

continue to be inspired by the full extent of the work our organisation does.

I have been humbled time and time again by the perseverance and quality of care shown by church community, staff and volunteers.

On 20 May to 1 June, members of the Board and Council visited churches and services in the Wide Bay and Fraser Coast region. It was valuable to experience firsthand the work being undertaken by people in our churches and services. The community connections that are being established and strengthened that enable people to feel genuinely welcomed into the Churches of Christ community is encouraging.

Strategic Plan 2019 - 2024

After an extensive process, I'm pleased to announce that we have now finalised the Churches of Christ in Queensland Strategic Plan 2019-2024. There has been an enormous amount of work undertaken by the Board and members of the leadership team to develop a plan that will shape and guide our organisation, churches and movement for our next season.

We will work together with our service streams and church communities and have set seven strategic priorities to give us focus. These are: Build the Kingdom of God, Lead in serving the community, Innovate and improve, Build our culture, Develop our people, Provide the right support and Manage well. I thank everyone for their dedication and efforts in this process. The Strategic Plan is available at www.cofc.com.au.

The Canvass 2019 – staff & volunteer engagement survey

During May, we conducted an all-staff engagement survey to give us a data-driven assessment of our culture. 75 per cent of our staff and volunteers provided feedback and I am encouraged by the time and effort people made, and how much they care about the organisation in which they work. We are currently working through the results of the survey.

Regional information sessions for church leaders

From August to September, we will conduct our next round of regional events to connect directly with our church leaders,

elders, and other regional volunteers.

We have listened to the stories of local churches in action and discovered how Kenmore Campus can assist in supporting their local mission.

In the past, these sessions have attracted a large number of our leaders with a majority of local churches being represented. I look forward to meeting with you again.

I am honoured to be so warmly welcomed as I travel to churches and care services. It encourages me as we forge ahead as a movement and in our mission of Bringing the light of Christ into communities.

Gary Edwards, CEO





Since the last edition of Networking, our local churches have achieved several milestones. We are thrilled to announce the official opening of Kenmore Church of Christ (pictured), and a new congregation underway at our Little Mountain Campus.



Our Kingaroy Church of Christ also celebrated 110 years of ministry in the community (1940 congregation pictured). Mt Mee Church of Christ opened a new community centre and Sanctuary Park Church of Christ opened an op shop. Congratulations to everyone involved, past and present.

40 years of Family Day Care

or four decades educators at Churches of Christ
Care Family Day Care in
Maryborough and Hervey
Bay have been helping build
community by supporting families and nurturing children across the Fraser Coast.

More than 100 people joined in the 40th birthday celebrations held at the Maryborough Family Day Care office. Attendees enjoyed live entertainment and a timeline image gallery, speeches from the service's first coordinator, Jeanette Oldfield, and a performance by the Unndennoo community in their traditional language of Butchulla.

Retiring 25 years ago, Jeanette said she was honoured to be a part of the event and had made the journey from Brisbane for the occasion.

"In our first 12 months we had so much help from the community, hosting playgroups at the Hervey Bay and Maryborough Church of Christ churches, and receiving donations from church members and local businesses. This is a celebration for the community," Jeanette said.

The family day care's current Service Manager Rebecca Westendorp said it was a wonderful



■ Service Manager Rebecca Westendorp, Jeanette Oldfield, General Manager Leanne Rutherford.

turnout and a joy to see past, present and future families join the festivities.

"It was wonderful for staff to see the families they have supported over the years," Rebecca said.

Churches of Christ Care was the first family day care scheme in the Wide Bay region, established in January 1979 in Hervey Bay. The service commenced with one coordinator and a small number of educators.

As the community needs grew our services became sought after by many across the Wide Bay region. To meet these needs two offices in Maryborough and Hervey Bay were established.

The family day care service continues to play an integral role in the community, providing care to young families from the Sunshine Coast to regional Gayndah and Mundubbera.

It has active partnerships and collaborations with various community groups, including Aboriginal and Torres Strait Islander communities. Once a week the service holds a playgroup at Tiaro State School offering an opportunity for parents, grandparents, carers and children to come together to learn, play and interact, while the Unndennoo community kindergarten meets weekly in the Maryborough office.



Repairing home & health

By Global Mission Partners

hen dengue fever took the life of her son, it seemed that things could not possibly become more difficult for Yên, living in Binh Phuoc, Vietnam. Then a horrific accident changed everything, leaving her with a significant head injury and without a safe place to call home.

After the accident, Yên was hospitalized for some time before being allowed to return home. She had been living with her mother and brother.

While she received advice from a traditional medicine specialist to assist with her rehabilitation, Yên also required ongoing medical attention, including an operation to her injured hand. The cost of the procedures amounted to VND 6,000,000 (\$A360), a large amount of money for a person in her situation.

When she returned to live at her mother's house, it soon became apparent that it would not be a safe place to recover. Her brother, who was convinced she should move out, became repeatedly violent towards her and left her no choice but to leave the family home with nowhere to go.

Because of generous donations, the Binh Phuoc Association for the Disabled, The Poor and Orphaned (BPADPO) were able to help people such as Yên. When Mr Mon, a BPADPO District Representative, heard about Yên's situation, he found out that her sister owned a vacant house in the village.

With the help of generous supporters, and through BPADPO's Community Support in Health and Self Care project, Mr Mon gained permission from Yên's sister to repair the floor and install a new roof, as well as an inside toilet and a wall to create rooms.

A toilet and secure shelter may seem simple, but they improve dignity, health, sanitation and societal inclusion for people like Yên. Without access to a toilet, people have no choice but to defecate in the open. This makes the environment unclean, with faeces contaminating water and food. Without proper hygiene, diarrhoeal disease can spread quickly.

It also puts people at risk of being attacked. For people living with disabilities, particularly those that affect mobility, defecating outside can be difficult and unsafe. As a group already facing social exclusion, this puts them at particular risk. Women and girls face a high risk of being attacked in these situations. So for Yên, to have an indoor toilet means so much.



BPADPO covered the costs to complete Yên's new house, while her family contributed labour. Yên moved in just before Tet (Vietnamese New Year), giving her a sense of independence and, importantly, a safe place to live with her children.

Now, as she sits inside her home in Binh Phuoc, Yên's hair is pulled to one side and evidence of her head injury remains – however things have changed significantly in her life

"I am very happy. When I got this house, I cried for three days and three nights. My son is also very happy," she said.

While life looks hopeful for Yên, there is still much work to be done in rural Vietnam. Only one third of the rural population has access to adequate sanitation facilities, and the outlook for those living with a disability in the Binh Phuoc Province can be particularly poor.

With your financial support, BPADPO can continue to provide practical help to people like Yên, giving them a new outlook on life and hope for a better future.

The name of this woman has been changed to protect her identity.



Medical Santo inspires hope and change in Vanuatu

n the communities of Northern
Vanuatu, barriers for people living
with a disability are being broken
down through the Churches of
Christ Medical Santo Community Based
Rehabilitation (CBR) program.

Based at the Churches of Christ
Medical Santo clinic, the grass roots
program is supported by Churches
of Christ in Queensland through the
Australian Aid: Friendship Grant. The
\$60,000 investment continues to provide
a sustainable and innovative solution to
enhance the wellbeing of people living
with disabilities and their families.

The CBR program addresses the difficulties of people living with disabilities and facilitates improved access to public health services, schools and employment opportunities.

Spearheaded by Churches of Christ Medical Santo with the assistance of two Queensland volunteer physiotherapists, Ben and Ros Aspinall, the program trains and supports four local workers in disability care to provide ongoing advice, and facilitate relationships with local service providers and government departments to help them achieve their goals

"The program works with local schools, health providers and vocational programs to ensure they are accessible and supportive to the person living with a disability and their family," Ben said.

"We want people living with a disability to become members of the community and have the confidence and support to pursue goals of access, faith and rehabilitation." Ros said.

"To achieve a sustainable model, we trained local people to increase their capacity and play a lead role in continuing



■ Ros and Ben Aspinall





the facilitation of this program within the community of Vanuatu.

"The purpose of employing locals for this role is to build their skills and become familiar with the context of what service is needed, and be the communicator, facilitator and advocates for those living with a disability," Ben said.

"Our aim is to make this program sustainable by providing ongoing training and support to our four CBR workers until it can continue without our guidance," Ros said.

As the program continues, community acceptance is driven by fostering hope and a support network for the person living with a disability and their carer.

Robert* and his mother are some of many whose lives have been enriched with the aid of the CBR program. Robert is a young boy born with Down syndrome, and due to the nature of his disability, was unable to walk and communicate.

As a result of the CBR program and further assistance from Medical Santo volunteer physiotherapists, Robert now receives ongoing rehabilitative therapy. This provides uplift to him and his mother, giving them both hope, connection and awareness to expect more.

The CBR program continues to inspire change every day, and provides motivation for the local people of Vanuatu to help themselves and others to make changes in their lives and the lives of those living with a disability.

*The name of the child has been changed to protect his identity



How you can help?

Donate today to support the work of Churches of Christ Medical Santo Call 1800 600 900 visit www.cofc.com.au/give or email give@medicalsanto.com



here are many reasons why people become foster carers. Commonly it is the belief that every child and young person deserves a nurturing and supportive environment to thrive.

This was the case for Tanya when she embarked on her foster care journey with Churches of Christ Care.

She was first introduced to her future foster children while they were in the care of her best friend Leanne and her partner, who were at the time foster parents to three sets of siblings.

Leanne and Tanya's lives have always aligned with each other and they had been inseparable since meeting in the Navy.

Managing a busy household started to become difficult for Leanne. Tanya saw the need to help her friend and understood the importance of keeping siblings together, made the decision that took her life in a new direction.

Leanne was providing foster care for a brother and sister, aged seven years and nine months old, and soon a newborn brother also requiring care.

"Because of how close we were, all of these children were as much of our lives as our own children. We didn't want them to be separated," Tanya said.

"I never considered it before, but decided to become a foster carer for these three kids."

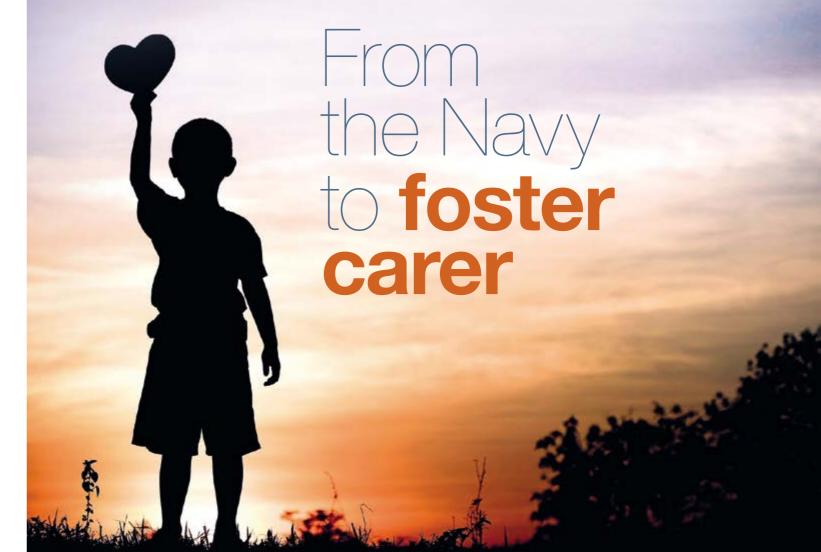
Tanya had a large network of support, and with the assistance of Leanne, they have been able to maintain their connection with the children.

"We made an event of becoming the children's foster carer. We all went on a camping trip with Leanne and did an unofficial handover," Tanya said.

Tanya is now in the process of receiving guardianship for all three children.

It takes all kinds of people, for all sorts of reasons, to become a foster carer. It's a decision they never seem to look back on. ■

Find out how you could become a foster carer with Churches of Christ Care – attend an info session or visit www.fosterwithus.com.au for more information.





Three of our housing success stories were in the spotlight at the 2019 Australian Housing Institute's Professional Excellence in Housing Awards in Queensland.

Leading Community Engagement Practice Award – DigiAsk

From a mobile office, DigiAsk connects people in social housing and those who are homeless or at risk of homelessness with essential services. The project builds digital skills while providing access to technology, enabling people to become or remain connected to their community, family and friends and support services.

Churches of Christ Housing Services General Manager Frances Paterson-Fleider said: "We are proud of what DigiAsk has achieved in little over a year, supporting almost 500 patrons. We have given away reconditioned smart phones, charged phones, provided internet access, printed documents and helped patrons participate in the online world."

Leading Housing Development Project Award – Kurrajong

The \$10.6 million development at Kallangur, on Brisbane's northside, opened in 2017. It provides a range of 50 townhouses for individuals, couples and families.

Built on land donated by lan and Neva Handy, the project received strong market acceptance from those in need of safe and quality accommodation at an affordable price. "Affordable housing is increasingly beyond the reach of many. While we continue to grow our core social housing portfolio, we are also moving to address this gap," Frances said.

"As the first affordable 'build to rent' development of its kind in Australia, Kurrajong demonstrates how philanthropists and the not-for-profit sector can partner to create affordable living solutions and achieve financial and social returns."

Tenant Led Initiative Award – Bribie Island Social Club

Led by a committee of five residents, this self-funded, self-organised group at our Bribie Island Campus offers activities for all. At its heart is fun and inclusion, breaking down the social isolation seniors can experience.

Committee Chair Janette Lynch said, "My involvement has given me a new lease on life. We have a great time".

Echoing Janette's words, Frances said, "Bribie Island Social Club demonstrates how people can work together successfully and productively and in doing so support each other through the good and bad.

"We want our residents to enjoy an abundant life of meaning and purpose as they age, and social interaction is a key component of this."



Women of Toowoomba shining bright

hurches of Christ in
Queensland ShineWomen
program continues to
empower and offer hope to

Churches of Christ in Queensland program facilitator Modupe Akib said the richness of the program can be attributed to the diverse background of the women who participate.

"Women enrolled in this program are incredibly enriched by their journey; they

form bonds of friendship, sisterhood and trust," Modupe said.

"The ShineWomen program is a solutionfocused development program designed to empower women and guide them on a journey to discover their personal value, resilience and potential.

"Divided into three elements of worth, strength and purpose we celebrate the unique individual and their strengths, qualities and skills by addressing issues of low self-esteem and lack of confidence," Modupe said.

Women who completed the program said they felt empowered and have become more confident and aware of their own self-worth.

One participant said, "as a single parent, I was constantly trying to please others but was regularly put down and lost confidence in myself. The ShineWomen program has helped me to be myself again and know that I am valuable and priceless,".

In the final week of the nine-week program, participants are treated to a high tea and received a certificate of completion, a photo album and a framed inspiring message to always let their light shine through.

This program was made possible through funding by the Department of Public Works and Housing. ■

Churches of Christ in Queensland will facilitate a nine-week ShineWomen program in Ipswich at the Whitehill Church of Christ, with support from the Ipswich City Council. The program will also be facilitated in Bribie Island, with support from the Moreton Bay Regional Council. To register interest visit shinewomen.com.au.



Saying no to domestic and family violence

o mark Domestic and Family Violence Prevention Month, Churches of Christ in Queensland entered a corporate team (pictured) in the annual Darkness to Daylight Challenge, an initiative of Australia's CEO Challenge that raises funds for programs to prevent domestic and family violence. The challenge took place on 29 and 30 May at Southbank Parklands, Brisbane.

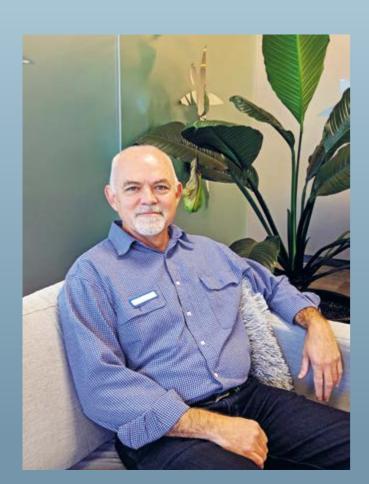
Each May, Queensland highlights the issue of domestic and family violence in communities. Domestic and Family Violence Prevention Month is an opportunity to speak out and be clear that violence will not be tolerated.

Churches of Christ in Queensland is committed to achieving a future where all people are safe, respected and able to live free from violence, exploitation and abuse. We recognise that family and domestic violence is not just a private or personal issue. The effects of violence has a significant impact on individuals, families and on the broader community.

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asked Chaplaincy Manager Kevin Hamer what life as a chaplain involves.



Chaplains work in our Seniors and Supported Living and Housing Services. Within our senior's space, we offer pastoral and spiritual care to residents, their families and staff and form for themselves and others.

What is pastoral care?
Pastoral care is simply, yet profoundly, a ministry of care and compassion where a pastoral carer walks alongside someone experiencing difficulty in life for whatever reason, and supports them to a healthier place. Holistic pastoral care that is physical, emotional, relational or spiritual.

Why does someone decide to become a Chaplain?

role that is often exposed to death, trauma and grief which can take a great toll. But it is this sense of calling that helps chaplains through. It also affords an opportunity to express our faith through our work. As one of our chaplains said recently, "Chaplaincy enables me to build healthy community and to walk alongside people as they seek to ask, understand and find answers to the deeper questions of life".

What impact do they have on people's lives? This is quite hard to quantify because often 'impact' is only realised when hearing stories from those who have been cared

for, their families or friends. Sometimes

What is the most rewarding part of being a Chaplain?

hope to people in times when they may feel lost or a little hopeless. They commented on the beauty of sitting with knowing their parent is being well cared for. Or to see a housing resident take a positive step forward in their lives, no matter what that looks like.

What is the most challenging part of the role?

regularity of death and grief that we are confronted with. When you get to know someone by name, learn their story, celebrate their life and then they pass, Housing, it is seeing people make poor choices and struggle to take forward steps. This is tough, but it reinforces our important work to support them.

How do people access a Chaplain?

available to people in need of urgent care outside those hours. If you need a for a referral.

How can we better support Chaplains?

local chaplain. If you are a person of faith, pray for them. If you have time and inclination, why not join their team as a

The common theme was about offering hope to people in times when they hopeless

What can someone expect if they seek support from a

Christians, and are happy to talk with anyone about Jesus, but this is not what we lead with. Our faith forms the basis of why them, to bring them uplift and a step toward well-being. It's another form of person-

What would you say to someone who is considering becoming a chaplain, or a volunteer who may like to work with a chaplain?

To guote one of our chaplains "Be yourself, look after yourself, and seek God in all circumstances." I think this sums it up as chaplaincy flows out of 'who' you are more important due to working with those who may be undergoing stress, grief or trauma and know that you are partnering with God in this role. So stay close to God. ■

If you have any questions about becoming a chaplain or a volunteer with us, contact Kevin Hamer. Email kevin.hamer@cofcqld. com.au or phone 0427 291 684.

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National Reconciliation Week & NAIDOC Week

ince starting to implement our second Reconciliation Action Plan in October 2017, we have continued to make inroads to deliver on our commitment to Aboriginal and Torres Strait Islander individuals, families and communities.

Service delivery teams in our aged care, Children, youth and family, and housing services have focussed increasingly on developing culturally supportive services for our clients.

As an organisation, we are rolling out cultural training for managers and staff. The Children, Youth and Families service has formed an Aboriginal and Torres Strait Islander Advisory Group, Gili Burra, help us build our cultural strength to support children and young people.

We acknowledge the ongoing challenges and possibilities present in all of our communities. The future for all of us lies in strengthening relationships through trust, appreciation and love – working together to build family resilience and community strength that appreciates the richness and contribution that can come from different histories and culture.



s part of NAIDOC Week, Isaiah Daw presented at the Kenmore Campus on 10 July. Isaiah is a Butchulla and Gawara Salt Water Murri Aboriginal man. He grew up in the foster care system from the age of two months until he was 18 years. Having no contact with his biological family, he went through 17 different placements.

His personal struggles prompted Isaiah to create the ID. Know Yourself company, focusing on Aboriginal young people going through the out of home care system. By reconnecting these young people to their culture and preparing them with essential life skills for life after care, the program aims to support them to become strong and resilient Aboriginal men and women who are the 'deadliest' versions of themselves.

There was also a special guest performance by singer/songwriter Georgia Corowa. Her style resembles a gospel crossed with folk flavour, allowing her voice to tell stories both past and present.









Beryl Wiltshire Scholarship

Continuing to inspire Queenslanders to pursue careers in Care

ith the financial assistance of the Beryl Wiltshire Scholarship, Nick Coriat is now a step closer to furthering his career in a caring profession in aged care.

Beryl Wiltshire's son Ken continues the tradition established by Beryl, designed to meet the tuition and associated costs for a person wishing to embark on a career of service within the social, welfare, human services and caring sectors.

Nick was last year's recipient of the scholarship and said he felt inspired by Ken when accepting the scholarship.

"Receiving the scholarship and meeting Ken was so significant and profound, it provided affirmation for me to continue on this journey," Nick said.

"I am now able to pursue studies to further my role in Community Care and be of service to those who are at a stage in their lives where they require support and companionship."

Nick began his career with Community Care as a Care Worker in 2017, motivated by his personal journey and the memory of his mother who was a nurse, midwife and community health visitor.

"My experience has helped me empathise and connect with clients, and aspire to bring significant meaning to those I help.

"The role I am now in has given me





meaning, and a sense of purpose and belonging. Receiving the scholarship has accentuated this and will provide me with the skills to continue to work in my role.

"The scholarship ignited a great deal of self-belief and empowered me to continue doing what I love most.

"The more we can form a sense of community and help others, the happier we are," Nick said. Enrolled to study a Certificate IV in Ageing Support, Nick is on track to complete his tertiary education by early-2020. ■



roving that age and physical ability is no barrier to living and enjoying an active lifestyle, Moonah Park Aged Care Service resident gym enthusiasts Alex Suto and Margaret Taylor recently celebrated their 500th gym visit.

Service staff, volunteers and residents awarded the pair with members only 'Moonah-500 Club' t-shirts and a trophy to treasure.

For many residents the gym is a meaningful place to socialise and exercise, and improves their physical and social wellbeing.

Margaret has been an active member of the gym since it opened two years ago. Her physical mobility and quality of life has significantly improved, and she no longer depends on staff to move to and from meals and social activities.

"I want to get to a stage where I can get myself in and out of the car to spend a day at home with my husband," Margaret said.

Implemented by Allied Health Team
Leader Craig Wilson, the Helsinki
University Research (HUR) exercise
equipment can be tailored to the needs
of each resident, in consultation with
physiotherapists, to help increase their
functional ability and balance, to prevent
falls, improve pain and enhance their

emotional and physical wellbeing.

"The equipment operates with air resistance to allow smooth movement and increase weight resistance in small increments for people of all strengths and abilities to effectively exercise.

"I have seen the difference the HUR program makes and the huge difference in the ability of people and started seeing them walk independently again," Craig said.

Many residents start their day by going to the gym after breakfast, often queuing outside the gym patiently waiting for the doors to open.

Moonah Park Aged Care Service Physiotherapist Felicity Lewis said staff and volunteers have seen a big difference in the mental and physical health of residents.

"They are socialising, increasing their strength and regaining their independence," Felicity said.

The program aligns with Churches of Christ Care's Positive Wellbeing Model of Care which promotes meaningful ageing and living life to the full so every resident can feel comfortable, safe, valued, that they belong and have meaningful things to do and have opportunities to socialise and connect to the community.

Many residents start their day by going to the gym after breakfast, often queuing outside the gym patiently waiting for the doors to open

New Fassifern Aged Care service is forging ahead



hief Executive Officer Gary
Edwards welcomed Cr Greg
Christensen and Jon Krause
MP to Fassifern Aged Care
service development site on 21 May, to
view the progress of work.

The \$23.3 million project is the largest development currently underway in the Scenic Rim.

When complete it will boost the number of high-quality residential aged care services available for seniors and their families.

Churches of Christ in Queensland Executive Director of Services Bryan Mason said the development will include a 64-bed residential aged care facility, landscaped gardens, a central courtyard and a man-made lake.

"The site footprint currently encompasses 8.6 hectares. To prepare the site for construction, project builder NCM has excavated 70,000m3 of soil and relocated it onsite to fill in the existing 30,000 kilolitre dam and establish a new 80,000 kilolitre lake." Bryan said.

From the outset, the project has carefully considered the local environment in its design and the impact of construction on fauna onsite.



"Landscaping and gardens will draw on what best suits the local area. By the time the project is complete we will have planted 100 native trees," Bryan said.

"In April, when work commenced, a licensed flora and fauna spotter was onsite and safely relocated 116 animals including turtles, carp, eels, common bearded dragons and two red-bellied black snakes."

Completion of construction of the building is planned for late July 2020 and with first residents to be welcomed early September 2020.

"Integral to the new aged care facility is our cottage model of care design that supports positive wellbeing for residents and staff to deliver their care," Bryan said.

Adopted across Churches of Christ Care new residential aged care developments, the cottage model of care creates a warm, home-like feel with separate areas, while providing as much care and support as needed.

Each cottage will have 16 private rooms, each with an ensuite, a variety of lounge, living and dining areas and access to outside spaces. The service will be equipped with the latest technologies to support clinical and personal care in a modern environment, yet its unique cottage design will maintain its homelike feel.

Supporting seniors to stay in their hometowns as they age where they can be close to and part of their community, loved ones and friends while accessing high-quality, personal aged care is incredibly important.

Building community

Lady Small Haven redevelopment, Gold Coast

onstruction of the Lady Small Haven Retirement Village development is full steam ahead at Benowa. The village is now taking expressions of interest from people interested in the new retirement living apartments. There are a range of one, two and three bedroom apartments available. The onsite sales office is open from Monday to Friday, 10am to 4pm}, to view building plans, apartments plans and design layout and have any questions answered.

When complete in mid-2020, there will be a new building with 65 retirement living units and a clubhouse. The long term vision is to enhance retirement and aged care facilities for the Gold Coast region.

Find out more about this exciting project and register your interest at info@ladysmallhaven.com.au



New contemporary Seniors Living, Hillcrest

onstruction is underway of the Hillcrest Apartments development, a new contemporary seniors living accommodation complex for seniors in Hillcrest, Logan City. Completion is expected in 12 months. Churches of Christ in Queensland Housing Services is excited to partner with the Department of Housing and Public Works to deliver Hillcrest Apartments. The \$9.3 million development will comprise 32 one-and-a-half and two-bedroom apartments that offer affordable, easy to maintain, generous modern living for people over 55 years.

The new innovative integrated community model enables residents to age-in-place with freedom, independence, privacy and security. Residents will be able to access a range of local care service depending on their circumstances and as their needs change over time.

It is being developed on land owned by Churches of Christ in Queensland and adjacent to the existing Clive Burdeu Residential Aged Care Service.



Friendships forged through group exercise



Dubbed by clients as 'Staying Alive', the pilot program is aimed at improving the health and wellbeing of older people in a fun and social way. In addition to its physical element, participants are improving their social wellbeing by enjoying a light morning tea following the class.

Sunshine Coast Service Coordinator, Danny Oliver said the program aims to encourage movement, coordination and improve mobility through a fun and vibrant exercise program.

"We are able to provide clients with access to state-of-the-art equipment and design a comprehensive program to support education about falls prevention, physical care, nutrition and health, and provide podiatry support," Danny said.

The program embodies the Positive Wellbeing Model of Care which focuses on improving quality of life to support physical health, social relationships, including psychological and spiritual wellbeing.



"Some older people face unique challenges including the management of chronic pain, staying active and socially connected. We are offering an opportunity for our clients to connect with us and one another," Danny said.

The weekly exercise program runs from four to eight weeks and commences as a 30-minute education session, followed by a 30-minute group exercise class facilitated by a registered physiotherapist.

Throughout their fitness journey, participants have recognised an increase in energy and self-confidence and have achieved a sense of purpose.

"It's become a community here," Danny said, "This is something they look forward to every week, and provides them with a place to socialise and engage with others from all over the Sunshine Coast."



Aquatic Centre makes a splash

he Little Mountain Aquatic Centre has partnered with Healthy Sunshine Coast to offer seniors a low cost aqua fitness class and morning tea program, providing attendees with the opportunity to socialise while exercising. The classes are held every Monday from 10.30am in the centre's heated pool, followed by cake and coffee from the One Table Café.

Campus Mission Coordinator Ryan Salzke said the classes at the Aquatic Centre have been instrumental in breaking down social isolation not just for Sunshine Coast seniors, but all members of the family, including parents and children.

"We currently have 140 lap swimming

members, 130 learn-to-swim students and a strong connection with the Dicky Beach Nippers Club and Meridan State College.

"Little Mountain Campus is becoming a part of the local community's routine. It is a place where visitors feel welcomed and are known by name." Ryan said.

With the addition of the new facility to the West of Caloundra, Little Mountain Campus offers the community the convenience of location and access to hire the state-of-the-art auditorium and functional spaces.

Currently enjoyed as a hub for gatherings, Little Mountain Campus supports local businesses and community groups including dance classes, kettlebell and jujitsu classes, pilates and community singing groups.

Making a difference

The feedback received from families about our service makeson the lives of loved ones and their families is precious. Their stories demonstrate how staff and volunteers make people feel welcome and foster wellbeing. Below is one family's letter of appreciation.

Dear Adriana

We want to let you know our heartfelt gratitude to you and each and every one of your staff.

During the past five weeks for Tony here with you all, we have greatly appreciated the wonderful help, love and kindness. Every stage of Tony's "coming into care' process has provided for our needs in beautiful, outstanding ways.

From thoughtful preadmission guidance, through welcoming understanding admission, settling in, and constant, loving,

attentive ongoing care – there have been Blessings we have seen – day after day.

The meals are greatly enjoyed, nutritious, varied and ideal portions served with such kindly staff.

The meals are greatly enjoyed, nutritious, varied and ideal portions served with such kindly staff. What joy they gave with special touches to celebrate his birthday.

The constant, cheerful, watchful provision day and night is profoundly comforting.

We are so glad of Dr T, the lovely nurses, and Danny the physiotherapist's excellent and dedicated care.

Tony delights in his pleasant, sunny room, with all of its comforts and dear ones who come to keep it so clean and nice.

It's so lovely the feeling of 'being at home and belonging' for him and also for me and family as we come to visit.

We see and experience God'd amazing grace working in and through you all, and we thank him so much for each of you.

Much love, Tony and Beulah Gilligan 22 June 2019





Standing ovation for our dedicated volunteers

olunteers were the guests of honour at various Churches of Christ in Queensland services and facilities this May, when we said 'thank you' for dedicating their time and making a world of difference in our local communities.

National Volunteer Week, held 20 to 26 May, celebrated with the theme 'Making a world of difference', acknowledging the contributions of Australia's 6 million volunteers and the incredible impact they make in our society.

We hosted a number of events to acknowledge the substantial contribution of time, energy and devotion made by volunteers. As a leading not-for-profit organisation, we engage 1,104 registered volunteers who contribute to a range of missional activities.

Chief Executive Officer Gary Edwards acknowledged the ongoing support received from volunteers across all services in Queensland

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Volunteers play a vital role, and we are always looking for more people who are able to give a few hours of their time a week or a month

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and Victoria is amazing.

"We wanted to make it a point during National Volunteer Week to express our gratitude to our volunteers who have contributed a lot of their time, care and commitment to making a difference in their local community," Gary said.

Churches of Christ's diverse volunteer program employs a contemporary framework for volunteers to identify and meet their goals, develop their skills and provide opportunities to motivate and inspire all while on their volunteer journey.

"The real value that volunteers bring to our services is the social connection they create by engaging with clients and residents bringing aspects of wellbeing, faith and welcome in every visit.

"Volunteers play a vital role, and we are always looking for more people who are able to give a few hours of their time a week or a month," Gary said.

Reflections retracing a pioneering & inspiring walk

By Steve Drinkall

n a hot day in 1882, Stephen
Cheek, one of the founding
characters of Churches of
Christ in Queensland, set off
from Killarney to Warwick. His purpose
was clear: to visit the church in Warwick
to encourage its people and share the
Way of Jesus with their friends.

His walk began well, however a storm rolled over the range and Stephen was drenched. Despite the temperature dropping, he pressed on with his sandals caked with black soil.

Aged just 30, this trip would be his last. Stephen contracted typhoid fever and passed away after arriving in Warwick. After three years preaching about Jesus and planting churches through the Lockyer Valley, Stephen's life and ministry ended too soon, leaving us with only the churches and the lives that were changed.

We don't know much about Stephen except his determination to follow the path he believed God was calling him on. That's why in May this year, a few friends and I recreated his great walk...

Setting out from Killarney, we headed up a dirt track. With only cows to cheer us on, we got into our groove and enjoyed the banter of mates on an adventure. Arriving at the top of the hills, the valley opened up in front of us, giving us a feel for what lay ahead. Thankfully the next 16kms were downhill! However the final climb of the day tested our endurance - a trudge uphill to the local Junabee hall. By now our feet were hurting, and we welcomed the chance to stop for dinner and roll out the swags.

We awoke to freezing temperatures and a beautiful sunrise. The quiet roads gave us time to contemplate on what this walk would have been like for Stephen, wearing just leather shoes and a dark suit. As we arrived in Warwick, the end of the track dumped us on a busy road with trucks roaring past, a stark contrast to the previous peaceful roads.

One of my roles at Churches of Christ in Queensland is to tell and re-tell the story of our movement, to inspire people around our core principles, highlight the WHY behind our mission and invite people to bring their best contribution to our work in communities. I often refer to Stephen's story. If speaking to young people, I remind them Stephen was a young man and they are never too young to partner with God in making a difference. To our business leaders, I challenge them with his pioneering spirit and commitment to risk all for the sake of others. And to our pastors and churches. I speak of the heart of Stephen's message, 'that every person might hear that the love and grace of God are available to anyone who would come'

Completing the trek, I reflected on the differences between the Churches of Christ in 1880 and today. Our presence in Warwick today would shock Stephen. Our new integrated Campus, across 10 acres, has a 128-bed Residential Aged Care facility, Retirement Living village, church, café and community centre. Every day it welcomes more than 250 residents and visitors, and is truly bringing the light of Christ into the community.

After retracing Stephen's walk, it was inspiring to think of his enthusiasm for the message of Jesus and all the good things God has brought out of his simple desire to share his faith with others.

Would you like to join us next year on this reflective walk? We have 20 spaces available. Email steve.drinkall@cofcqld.com.au to register your interest.





{ People&Events }

in our communities



St James Retirement Village celebrates National Volunteers Week

St James Retirement Village treated volunteers and residents to a special morning tea to thank and acknowledge the 400 hours per month of volunteering support and services they have provided.



Acacia Ridge residents graduates iPad class

Congratulations to Acacia Ridge graduates who have just completed a 'Beginners iPad Class' run by DigiAsk. Residents from the aged care service, retirement village and housing service were thrilled to receive the hands-on experience on preloved staff iPads donated by Telstra.

Red Bench a reminder of domestic violence and support

In Family and Domestic Violence Prevention month, we unveiled the 'Red Bench' at our Children, Youth and Families service in Bundaberg to shine the light on domestic violence. The bench was hand painted by staff, the community and the Queensland Police Service and serves as a permanent reminder of domestic violence while symbolising a place for support for those in need.



Gold Coast housing residents tour the hinterland

Gold Coast Housing Services residents embarked on a day trip to the Gold Coast Hinterlands, where they enjoyed the morning tea at the Historic Rivermill, lunch at the Knoll and a scenic stroll through Cedar Creek Falls. The group who started off as strangers are now all friends.



Boonah Mothers in May

When women support each other, incredible things happen. The Boonah community took the opportunity to thank women for all they do at a Mother's Day high tea. Residents of the Fassifern Residential Aged Care facility and Retirement Village, along with women from the Boonah community, enjoyed a event at the Fassifern Sports Club.





Faithful servants retire

Jim Litteral (pictured left) retired from active pastoral ministry after nearly 10 years with the Westside Church of Christ. Jim has pastored churches around the world including the USA and Canada, and pastored Dunedin Church of Christ and Gisborn Church of Christ in New Zealand. Jim and his wife Cheryl have now retired after making a significant contribution to the life of the church at Westside.





Little Mountain Easter fun day

Little Mountain Campus welcomed 20 children and their teachers from neighbouring Bambini Child Care Centre to share a fun day with our community care clients and residential aged care residents. The campus was filled with excitement and laughter as residents and clients completed colouring activities with the children, followed by an Easter egg hunt through the gardens. Residents and staff were also treated to two concerts by the children, who performed a rendition of 'Here comes Peter Rabbit'.



More than 100 people celebrated and gave thanks to the work and ministry of Lyall and Jill Muller. Lyall and Jill arrived in Gladstone in 2000, after ministry in Vanuatu, Sunnybank and Townsville, and developed the ministry of Shed 19, Gladstone Church of Christ and Hopelink.





Golden Age Aged Care Service enjoys Essential Services Day

Golden Age Aged Care Service held an Essential Services
Day hosting representatives from the Queensland Police
Service, Queensland Fire and Emergency Services and
Queensland Ambulance Service. Residents enjoyed hearing
about their services and experiences, including changes
over the years.



Cruise Week at Clive Burdeu

Residents and staff at Clive Burdeu
Aged Care Service celebrated Cruise
Week, enjoying seafood, mocktails, and happy hour with the Captain.
The week-long event involved staff participating in ship safety drills and jumping into the resident-crafted life





Centenary community knitting day

Westside Church of Christ held a community knitting day attended by over 80 people. Attendees crocheted and knitted items for Churches of Christ Care Children, Youth and Families, Giving Grannies, Homeless Helpers, Life without Barriers, and City Hope.



Gary visits Gatton

CEO Gary Edwards was welcomed to the bi-monthly meeting of retired senior ministers and spouses, held at Gatton Church of Christ Hall. An initiative lead by Bruce Armstrong, the group meets in various churches around the Toowoomba and Lockyer regions.

Generous donation from Redland Church of Christ

Bob and Lorraine Taylor from Redland Church of Christ knitted and donated 93 colourful to our Housing Services residents and to young people in Children, Youth and Families Youth CONNECT and CYCLE program.





Children, Youth and Families celebrates Pyjama Day

Our Children, Youth and Family services across Queensland took part in Pyjama Day to show their support for the Pyjama Foundation's 'Love of Learning Program'. The team raised over \$1,000 for the program to provide children in foster care with educational resources and help them build stable and positive relationships with their own "Pyjama Angel", who will help them with their reading, writing and learning.



Renewed funding for Cairns Street Chaplains Service

The Cairns Street Chaplains Service has received another round of funding for 12 months from the State Government to deliver Safe Night Precinct Services. In the first nine months of 2018/19 the service assisted more than 400 people in the Cairns CBD with their rest and recovery service. What a fantastic job all the dedicated volunteers and staff do.

{Events}

Find us on **f**

August

5-11 AUGUST

Homelessness Week

26-30 AUGUST

Queensland Road Safety Week

17-25 AUGUST

Senior's Week

September

Dementia Awareness Month National Safe Work Month

3 - 4 SEPTEMBER

Purpose & Passion

1-7 SEPTEMBER

National Child Protection Week

October

13-19 OCTOBER

Anti-poverty Week

23-24 OCTOBER

Global Leadership Summit

November

7-8 NOVEMBER

Ministers Forum/Annual General Meeting 11 NOVEMBER Remembrance Day





