

Baptcare

# About

Spring 2015



*Foster  
care  
issue*

| Bernie the Bear | Wishing tree at Orana | Dementia: Personalised |

[baptcare.org.au](http://baptcare.org.au)

# Message from our Chief Executive



Welcome to the Spring edition of About magazine. As always, thank you on behalf of Baptistcare for supporting our work to help create a fairer Australia.

Winston Churchill once said “The further backward you look, the further forward you are likely to see.” We have been caring for people in our communities since 1945, and while the services may have changed

according to the circumstances of the time, the need has not. To take us forward in the next decade, we have launched with a new identified purpose (our mission) and our vision, which we feature in this issue.

I am deeply saddened by the recent focus in our news about the atrocities on minorities in the Middle East, particularly families and young children. I want to highlight how we are helping our next generation in our own communities. As parents, grandparents, aunts, uncles, neighbours – and as good citizens – if we don't care about the next generation, who will care for them?

Every child deserves a good childhood. Your support allows us to continue to provide innovative programs and services that ensure young and disadvantaged Australian children, teenagers and young adults receives the right support in a nurturing, healthy and stable environment.

One of the ways we provide this is through our Home-Start program in Bendigo. Home-Start is a voluntary home visiting service that offers practical support and friendship to families with children under the age of five. Currently we have 30 volunteers providing 270 hours of service.

Our HomeStay Program in North West Melbourne offers overnight family-based respite for children and young people with a disability. This is a funded program, but includes five volunteers assisting in the provision of 1300 hours of support to families.

And finally our foster carers. Foster care is a way of providing family life for a vulnerable child in your own home when they are unable to live with their birth family. We currently have 56 foster carers assisting across the Western and inner Northern suburbs of Melbourne, however we still need 15 carers before the end of the financial year.

Foster carers come from all walks of life. Jason a single business owner, whose story is on page 8, is an accredited respite and emergency carer through Baptistcare. Jason is an example that men can provide a caring and supportive environment for children and there are many who would want to, but don't know how.

I'm a father myself and I can't thank people like Jason enough who believe that every child and every childhood is precious.

We want every family who turns to Baptistcare, to receive the support they need to succeed, and that most importantly, every child receives the right support in a nurturing, healthy and stable environment.

**Graham Dangerfield**  
Chief Executive

## Baptcare's Mission

Partnering for fullness of life with people of all ages, cultures, beliefs and circumstances.

## Baptcare's Vision

Communities where every person is cherished.

## Baptcare's Values

**Respect:** We value the inherent dignity and equality of all people, regardless of their circumstances.

**Justice:** We value equality of opportunity and consistency of outcome for all.

**Commitment:** We value dedication to meeting the challenges of our mission.

**Integrity:** We value consistency between word and deed.

**Accountability:** We value the acceptance of personal responsibility.

**Cooperation:** We value working together toward our goals.

**Baptcare is a not-for-profit faith-based community service organisation**

## Contact details

Phone: 03 9831 7222

Fax: 03 9831 7272

Email: [info@baptcare.org.au](mailto:info@baptcare.org.au)  
**baptcare.org.au**

ABN 12 069 130 463

## Join the Baptistcare conversation

 [twitter.com/Baptcare](https://twitter.com/Baptcare)

 [facebook.com/Baptcare](https://facebook.com/Baptcare)

 [youtube.com/BaptcareLtd](https://youtube.com/BaptcareLtd)

Cover painting by Laurel Wilkinson, featured in our Baptistcare 2016 calendar for the month of November.

© Copyright 2015 Baptistcare Ltd.

# At the heart of it all



**At the heart of every effective organisation is a shared purpose. In its 70th year, Baptcare has reassessed and decided to update its Mission & Vision, which had served well for a decade.**

**The new Mission is: Partnering for fullness of life with people of all ages, cultures, beliefs and circumstances.**

**The new Vision is: Communities where every person is cherished.**

The leadership team and board identified the new Mission & Vision will help engage employees and volunteers as passionate advocates with a shared purpose, working across the broad range of community services Baptcare provides.

Chief Executive Graham Dangerfield explained, “The words have been carefully chosen, to be universal and heart-warming for our community. We partner with those we serve. We are inclusive in our community support and employment. We help people achieve fullness of life. We work with communities and we want to contribute towards the vision of a world where every person is cherished.

“While our new Mission & Vision is intended to provide a platform for everyone within our community, regardless of beliefs, as a Christian, faith-based community service organisation these ideas are also inspired by Jesus’s mission expressed as ‘I come to give life – life in all its fullness’, and His practice to support those without a voice or place in the community. We seek to support people on the margins as well.”

Baptcare’s Executive Leadership Team (ELT) wore their hearts on their sleeves for an all-sites tour to launch the new Baptcare Mission & Vision to employees and volunteers. Over three weeks in July and August the team introduced the Mission & Vision to more than 750 people at 53 briefing sessions across Tasmania and Victoria.

“The tour was such an enjoyable experience. The response from our team has been truly heart-warming. We heard beautiful stories about how they give life to our Mission & Vision every day. In the coming months we will be bringing more energy to the Mission & Vision as the foundation of the Baptcare culture,” Graham commented.

## Thank you!

Baptcare extends a huge thank you to the Moe Baptist Women’s Quilting Group who recently donated some of their quilts to our foster care program. These quilts will be given to foster kids as presents over the coming months.





Shall we dance? Participants in Planned Activity Groups at Baptistcare Southaven in Bentleigh

## Dementia: personalised approach fosters purpose and meaning

**As part of Dementia Awareness Month in September, all Australians are urged to work with communities where people with dementia are supported to live a life with meaning, purpose and value.**

It's timely to recognise the staff at Baptistcare Southaven, who were part of an important pilot program that demonstrates the positive impact of Montessori-based activities for people with dementia.

Montessori-based activities create opportunities for people with dementia to engage purposefully and meaningfully with everyday activities including dancing, cooking, reading groups and gardening. Participants are invited to play a specific role in activities that reflects their individual interests, abilities and strengths.

People living with dementia are encouraged to be creative and to join activities that stimulate and challenge them. It helps them to remember who they are and get a sense of achievement and belonging, particularly when sharing activities with other people.

Central to this approach is to really get to know the person behind the dementia: their life story, what they are proud of,

and what they enjoy now or enjoyed in the past. Staff also focus on understanding what the clients are able to do rather than limitations, and how they can be supported to do it.

Researchers from the Australian Centre for Evidence Based Aged Care (ACEBAC), La Trobe University undertook an independent evaluation of the program that has identified an increase in positive engagement amongst participants.

The findings reflect the observations of staff, who have witnessed the increase in participation and enjoyment of clients. They have seen people blossom, trying new things and become more involved with others.

An outcome of the program's success was the launch of new video resource 'Purposeful activities for dementia' which will assist health care professionals and family carers to engage people living with dementia in meaningful activities. To access this resource visit Alzheimer's Australia online at: [fightdementia.org.au](http://fightdementia.org.au)

# Contemplation corner

## The contrast to the darkness

**I look outside and reflect on the contrasts of my favourite city, Melbourne. This morning I scraped frost off the car yet within a short time the sky was clear and the sun shining. Even now in early spring, the cold refuses to loosen its grip on Melbourne despite the many trees covered in blossom giving glory to their Creator.**

We live in a world of contrasts. The media proclaims anti-religious sentiment, yet hard at work and often unrecognised is the out-working of God's mission to love others. Baptcare remains committed to live God's call to care for those in need. This is seen in the care, compassion and dedication of staff and volunteers. Matthew 25:31-46 reminds us that the acts of compassion to those in need demonstrate the grace of God. Compassion, love and mercy are prized in God's kingdom.

Though they may seem to go unnoticed by the world we can be confident each instance is seen and honoured by God. We can often feel overwhelmed that we cannot make a dent in the human misery in our world. Let us be a contrast to the darkness. As we submit to the Spirit within us, let us continue to shine our light, to make a difference where we can.

As Matthew 5:14-16 reminds us *"You are the light of the world. A town built on a hill cannot be hidden; Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house; In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."*

### Melanie Lamb

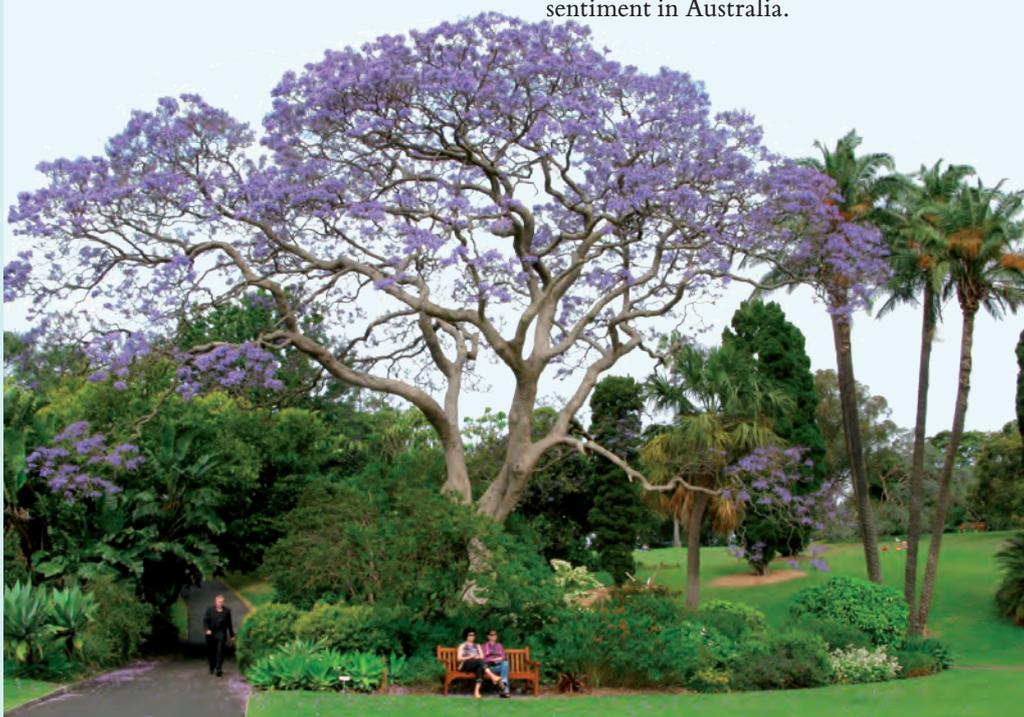
*Acting Chaplain Team Leader, Mission Development*

### Give Thanks for

- Finalist award for our pastoral visitor program in the inaugural PASCOP (Pastoral And Spiritual Care of Older People) quality practice awards.
- Dedicated staff as they manage the Government implemented changes to Home Care packages while maintaining quality care and support of our clients.

### Pray for

- Chaplains speaking in churches making known the work of Baptcare (August-October).
- Baptcare's Christian model of care – may it sow seeds in the lives of many, in contrast to increased anti-religious sentiment in Australia.



## Baptcare Week in the Churches

Just over 60 Baptist churches across Victoria and Tasmania took part in Baptcare Week in the Churches during August.

Church congregations joined us in prayer and heard more about the work Baptcare does with vulnerable clients, families and communities on their behalf. We also celebrated the work of our compassionate and committed staff who walk alongside people of all ages, cultures and beliefs in their worst times and towards their best.

Churches chose one or more ways to participate over the week: viewing our powerful short film My Baptcare Story; handing out prayer cards; having a Baptcare staff member speak at a service; or inviting a Baptcare Chaplain as guest preacher.

During our visits we also asked our hosts to consider ways of being part of Baptcare's story into the future. If you would like to join us as prayer partners, volunteer with us, donate towards programs such as Baptcare Sanctuary, or find out more please email: [mission@baptcare.org.au](mailto:mission@baptcare.org.au).

A special thanks goes to Ilsa Hampton, who lead our Baptcare Week planning team, and the support of Baptcare's Mission Development team. For more information, contact David Barker, Baptcare Community Engagement Coordinator, phone 0407 855 099.

# Celebrating three years of hugs

Over 500 children in Melbourne's Western and Northern suburbs have received Bernie the Baptcare Bear since he was created three years ago.

Bernie is the 15cm-tall, fluffy, cuddly face of Baptcare's work in early prevention and the care of vulnerable children, including those who have witnessed or experienced trauma or neglect in their home. Baptcare support vulnerable children through its Out of Home Care programs including foster care and kinship care.

Bernie is a gift and a 'cuddle toy' that children can keep and take with them, whether they stay in care or return home. Sometimes children who come into care or are placed with kinship carers leave home quickly, arriving with the clothes on their back and little else. During this unsettling time a cuddle toy like Bernie can give children who are experiencing separation or trauma something of their very own to hug for comfort and reassurance.

Baptcare thanks Bernie's sponsors, Laundry Solutions Australia. Their financial support allows us to continue to give cuddle toys to comfort kids at a difficult time in their lives.



The celebration of Bernie's 3rd birthday coincided with National Child Protection Week. During this time all Australians are asked to stop and consider how we can play our part to prevent child abuse and neglect. It's also a chance to recognise the contribution of practitioners, carers and volunteers who help vulnerable children in our community.

To learn more about Baptcare's Family and Community Services programs including foster care, kinship care and Home-Start visit [www.baptcare.org.au](http://www.baptcare.org.au)

# Home-Start needs you

**Raising a family is difficult for everyone. And for some families, a lack of family or community connection makes the challenge even greater.**

Without early intervention, these families can become unhealthy or destructive places for child-raising. And the cost to the children, the parent and the entire community is profound. The Home-Start program exists to stop this cycle, addressing social isolation, poor mental health and low parenting confidence.

One of the most important outcomes of Home-Start is that mums and dads report improvement to their parenting skills. They develop the skills to recognise stress, discipline positively, and communicate with their children. The benefits are profound. Respect is built within the family, and relationship skills are taken into the wider community.

Building connection between families and their communities not only reduces isolation – and loneliness – it also has flow-on effects for children's participation in education and social opportunities.



**Your support of Home-Start is needed urgently, to help vulnerable parents in your community care for, protect and provide for the wellbeing of their families.**

And in return, you'll give vulnerable children the best chance of a good start in their first years of life... and that will build a better community! Please, give generously. [www.baptcare.org.au](http://www.baptcare.org.au)

# Join the club

It's not every day that you celebrate a 100th birthday, but at Baptcare Karana Community in Kew, it seems to be happening so often a Centenarians Club was recently established.

By mid-August, six residents at the community were over the age of 100 – sadly two have since passed away. Karana's Director of Nursing, Belinda Wandabwa said it was an honour to care for these ladies and to have them as part of our club. By the end of 2015, two more residents will reach their century and join the club.

Doris Wilkin – the oldest resident at 107 said the secret to a long life is “having a sharp and active mind”. Florrie Quinane (102) said “hard work and happy family life. All things in moderation”, was the secret to a long life while Marion Woodside (102 in December) puts it down to “healthy lifestyle and having friends”.

The youngest of the group Margaret Neely – who turned 100 in June this year said it is due to “longevity in the family” and being active. Margaret said “I walked a lot and had long living relatives.”

The Centenarians Club was the brainchild of Jonathon Vidovich who has been a volunteer at Karana for seven years. “I was sitting with a few residents over 100 one day and another who was just about to turn 100 and I thought a club would be great. I passed the idea on to management who thought it was a great idea.”



Dr Margaret Henderson, who lives in the independent living units at Karana, will turn 100 in November this year and Mytelle Hovenden will make her centenary in December this year.

Dr Henderson was also recently honoured by Melbourne University after they named a building after her. Henderson House was officially opened by the University in June and will serve as a teaching and activity space.

During a visit to the construction site earlier in the year, Dr Henderson said she was humbled to have the new teaching and learning centre named after her.



“I get out of the house now. I can take my child to the library or the park, do the grocery shopping. It's so much better than .(being) stuck in the house all day. I will never go back to being like that again.”

*Home-Start participant*



“In the past I used to hit my child and quite hard. Now I respond to my children in a calm and clear manner.”

*Home-Start participant*

## Baptcare honoured with awards

In September, Baptcare and its staff received two awards across the aged care sector.

Bernadette Bullock, our Community Manager at Baptcare Strathalan in MacLeod won the 2015 Property Council's Victorian/Tasmanian Retirement Living Manager of the Year Award.

We were also a runner up at the Leading Aged Services Australia Victoria State Awards for Excellence in the large provider category.



*During Foster Care Week 2015 (13-19 September) we celebrated the remarkable diversity of the people who open their hearts and their homes to young people.*

*Foster carers come from all walks of life and all types of households. Single men and women, couples with or without children, and people who work in the home, part-time, or full-time can all take on this important and rewarding role.*

*Here are four very different households that Baptcare support, all offering a safe and nurturing home for kids who need a bit of extra help at a vulnerable time.*

#### **Tony and Sam's family is growing, along with the joy and love**

Couple Tony and his wife Sam have been foster carers for seven year-old Amber for nearly three years. Recently, Sam gave birth to beautiful and healthy twins, instantly swelling the numbers of their close and loving household from three to five.

Three years ago Tony and Sam were investigating international adoption when they stumbled across some information about foster care and decided to try short-term respite care through Baptcare.

Both Tony and Sam found the experience enjoyable and rewarding and have since continued to provide foster care to kids in need. A long term foster care arrangement with Amber developed.

According to foster mum Sam, Amber is sporty, outgoing and athletic. She says Amber, "can wrap Tony around her little finger. She knows she can go to Tony at any time and get a hug."

Tony, who works full-time, says that an aspect of being a foster dad that he really enjoys is socialising with other families with kids. "Actually we've made some really good friends through foster care...lifelong friends", says Tony.

#### **Single business owner Jason says people are stunned to hear that he's a foster carer**

When single 44-year-old business owner Jason tells people he is a foster carer, "Everyone is blown away to be quite honest. They can't believe a single male is doing it."

Jason gets a uniformly positive response from family, friends and colleagues about his foster carer role. But the surprise he encounters highlights that many people aren't aware of the diversity of foster carer households in the community.

Jason is an accredited respite and emergency carer through Baptcare. Despite a busy work schedule, "I reached a point where work was good, money was good, house was all OK, family and friends all had kids. So I thought it was the right time," said Jason.

"Men can do this. There are a lot of men out there that really want to help, that love kids and want to care for kids. And I believe that a lot of men would put their hand up if they knew they could do it."

#### **Single mum Nicole says her daughter learns a lot from sharing their lives with foster children**

Nicole, a 29 year-old single mum is always on the go. She studies, works part-time and also looks after foster children.

"My daughter loves it which is the main thing," says Nicole. She highlights the valuable life lessons her three year-old daughter is getting from sharing their home with other children.

"She doesn't have a dad... one of the reasons I became a foster carer was to educate her that she is still lucky, she has me and her family around her. It's good for her. Some of the kids that come to us have nothing."

Since she became a foster carer she has looked after over 20 children, many for emergency or short term care, and some for longer placements. Nicole finds her foster carer role rewarding, and enjoys seeing children reunited with their families.

Nicole's support network has been an important part of being able to fit foster care in her life and her situation. Her family are close and support her in her foster carer role, "They are always offering help and always including the kids in the family things that we do."

Nicole notes the assistance she receives from her Baptcare case worker, and that respite care is available so that she can spend one-on-one time with her daughter or go on holiday.

#### **Fi and Andria responded to carer shortage by opening their home**

Fi was very career-focussed and working long hours until he became a father in 2010.

In a recent interview with the ABC he said that, "Being a dad changed my life. I started questioning why I was working so hard, for what purpose? Eventually Andria and I decided to quit the rat-race and move from Singapore to Melbourne to have a fuller family life."

Fi became a stay-at-home dad and is "savouring every minute" of his daughter's childhood.

"In 2014, Andria and I found out that there is a tremendous demand for foster care in Melbourne. More than 500 children were being placed in residential care units due to a shortage of foster parents. Andria convinced me to attend a training session with Baptcare and a few months later, we were accredited as foster parents.

"We have fostered 3 children so far. It has been a happy but humbling experience. Each child has unique needs."

*Some names have been changed for privacy.*

If you have ever considered foster care, talk to us about the different care options, and the different ways that foster care can fit your life and your situation, visit: [www.baptcare.org.au](http://www.baptcare.org.au)

## Foster care facts

### **Baptcare's need for carers:**

- 15 carers needed across western and inner north suburbs of Melbourne
- 5 full-time carers needed
- 5 respite (e.g. one weekend a month/holidays)
- 5 who can do emergency, sibling groups and more complex needs

### **Points to note:**

- Foster carers come from all walks of life. Anyone can become a carer regardless of their culture, faith, relationship or employment status
- There are many different types of care and you can choose an option that suits your lifestyle
- Baptcare also offers training for biological children of parents who are looking to foster
- Foster care is one of the most rewarding things you can do
- Baptcare offers guidance, support and full training
- On average the process to becoming a carer takes between 3-6 months
- You're under no obligation to take a placement and can stop the process at any time

Call Ana on 9373 3800 for a confidential chat and to find out if foster care is right for you or to find out more visit: [baptcarefostercare.org.au](http://baptcarefostercare.org.au)

Share the best of you.  
Nurture the best in them.  
*Become a foster carer*



Start the conversation today. Call Ana on 9373 3800  
[baptcarefostercare.org.au](http://baptcarefostercare.org.au)

**Baptcare**

# The wishing tree...



**At the Bapcare Orana Social Centre, staff are taking clients' wishes to the next level. A recently created wishing tree, has given clients the opportunity to express a wish or a goal and have had staff putting on their creative hats.**

Some wishes that have been fulfilled in the past few months include Shirley Dawkins, who was delighted when her wish of riding a Harley Davidson was granted.

Shirley was delighted when Martin Olsen, one of our volunteers, showed up on a Harley and took her for a ride around East Devonport. Shirley said it was the best thing that had happened to her since her children were born. "I did not want it to end, it was so much fun".

Rod Alder's wish was to go to Graceland and to see Elvis. Obviously Elvis himself was not available but Orana Social Centre staff took Rod and other clients to an Elvis Impersonator concert. Rod even shared a song with Elvis on stage.

Another musical wish was to attend an ABBA concert. Jacqui Wing was surprised when Orana turned into an ABBA show for the day! Jacqui love the effort that was put into granting her wish.

Wishes continue to be granted at Orana, ensuring great fun for all the clients of the centre.

# Baptcare 70th anniversary service

**In 1945, the first Baptist aged care facility was opened in Macleod with only nine residents.**

Since then, Baptcare has grown significantly and, now not only offer residential and community care for older people but also support children, families, and people with disability, financially disadvantaged and asylum seekers.

To celebrate this rich history, Baptcare will be hosting a thanksgiving service in December. The service will honour all those who have been part of changing so many lives

across the 70 year history and celebrate the many years of caring that lay ahead for the organisation.

The service will be held at the New Hope Baptist Church, 3-7 Springfield Road, near the Middleborough and Springfield Road intersection, Blackburn North.

Baptcare would like to invite all our valued supporters to join us for the service on Thursday, 3 December from 4pm to 6pm. The service will be followed by afternoon tea.

**RSVP: [mission@baptcare.org.au](mailto:mission@baptcare.org.au)**



MCCV President, Victor Borg and Baptcare Chief Executive share a handshake at the welcome event



Maltese biscuits

## Baptcare celebrates innovative partnership with Maltese community

**Baptcare has a long history of providing aged care services to support the lives of older people from Culturally and Linguistically Diverse (CALD) backgrounds and recognises the importance of providing culturally appropriate care.**

It is with this in mind that Baptcare has embarked on a new partnership approach to provide Home Care packages to the Maltese community.

An official welcome event was held in Keilor East toward the end of September to welcome our new clients to the Baptcare family.

Baptcare Chief Executive, Graham Dangerfield said the organisation is delighted to partner with the Maltese Council to offer the highest possible care to the community.

“Baptcare and the Maltese Council will combine expertise in the delivery of care with the support and provision of services that are closely aligned to the values, beliefs and traditions of the Maltese community.”

The partnership represents a new paradigm of working that closely aligns with Baptcare’s Consumer Directed Care approach which empowers clients and their families with the choice of care and how the care is delivered.

“The innovative partnership has already been of immense benefit with Baptcare facilitating access to higher levels of care for those eligible,” Mr Dangerfield said.

“Baptcare is passionate about working together with the Maltese Community of Victoria (MCCV) to develop and train our staff to deliver culturally specific care for our Maltese clients,” he said.

MCCV President, Victor Borg said “Baptcare has a great team who is committed to providing the best possible care and we thank you for what you are doing for the Maltese community.”

The partnership is strongly aligned to Baptcare’s mission of partnering for fullness of life with people of all ages, cultures, beliefs and circumstances.

**Welcome to our new Maltese clients!**



## Exciting plans afoot for Baptcare's development pipeline

**Baptcare has an exciting development pipeline with plans in place to develop a range of aged care, independent living units and community projects over the next few years to meet future demand.**

At the end of September Baptcare received approval from the City of Geelong for the **Norlane Integrated Community Project**. November sees the completion of Baptcare's Stage 1b Independent Living Units (ILUs) at our **Strathalan Community**.

Construction is underway to transform Baptcare's former 60-bed Wyndham Lodge Community in Werribee into a modern, state of the art 150 bed facility. The redevelopment will offer a new standard of purpose built aged care design incorporating the latest understanding and developments in aged care accommodation provision.

The **Templestowe Orchards Community** in Doncaster East is undergoing a significant transformation that will create a modern integrated living community with the addition of a Residential Aged Care Facility, a community hub and wellness centre. Construction of the new aged care facility, Baptcare's first four story development, will commence in November.

Baptcare is also preparing for management of 16 new affordable housing units in **Wangaratta**. Construction of the new units is due for completion by the end of October. The new units represent Baptcare's first venture into the construction of affordable housing.

For more information on Baptcare's Development Projects please visit [www.baptcare.org.au](http://www.baptcare.org.au)

## Nature's Sanctuary

**In early August a Baptcare mini-bus weaved its way towards the summit of Lake Mountain and when the Sanctuary residents on board sighted snow – many for the first time – a moment of silent awe and contemplation descended over the group.**

Time spent in nature, including bushwalking, is part of the pastoral care support provided for 75 asylum seekers through the Baptcare Sanctuary program.

"Proximity to nature, a change of space and environment, social interaction, relationship building and the opportunity to solve problems and encounter new hurdles all contribute to spiritual health," said Baptcare Sanctuary Chaplain Chris Turner.

The trip to Lake Mountain was inspired by a Sanctuary resident, who shared that a dream of his was to experience the snow.

To make the trip a reality transport was borrowed and generous donations gathered to cover entry fees, petrol and warm clothing. Baptcare staff and helpers also volunteered to assist.

In -4 degree temperatures and fresh, knee-deep powder the group enjoyed snow play, tabogganing and climbing Lake Mountain Summit.

"The wonder and delight we shared in this truly beautiful natural environment was a profoundly spiritually nourishing experience," said Chris.