

# Hopefield

## SPECIAL EDITION

---

PARTNERSHIP NEWSLETTER

# GBC

ISSUE 11



## MESSAGE FROM VICKI SHERRY

Managing Director, Hopefield

Hopefield Services, formerly Southern Community Welfare has been at times an enigma for many people attending GBC. Whilst the veil of mystery has been lifted over the last couple of years, it's probably still worth getting a sneak peek of what goes on behind the scenes of this amazing community organisation, that this church has seeded, nurtured and continues to support.

On a typical day, people enter the waiting room with a sense of trepidation, dread and anxiety. Taking that first step to acknowledge and face your fears with a complete stranger is an incredibly daunting but necessary task. That's why, in part, we have a scripture verse over our doorway as a blessing over all who enter.

All the staff at Hopefield, irrespective of their role, see their work as an extension of ministry. Hopefield exists to improve the lives and wellbeing of people in our community. We do this by showing them change is possible, equipping them with everyday skills necessary for improved communication, resilience, social and emotional functioning, healthy relationships and an improved sense of wellbeing.

Just as importantly however is what goes on behind the scenes. All staff at Hopefield know their work is not possible without prayer and the enabling power of the Holy Spirit. It is in our faith that our work is grounded and sustained. It is in our faith, that in spite of the many challenging stories that we hear, we continue to be infused with a sense of joy.

## A MESSAGE FROM THE SENIOR PASTOR

Two years before I arrived at Gynea Baptist Church in 1997 as a fresh-faced youth coordinator, the ministry that would become Southern Community Welfare was born under the name of Hotham Cottage. Its goal was to serve our wider community through education and counselling. Over the last twenty years the services offered have shifted and changed to meet the new opportunities that God opened up. It is this desire to participate with God's "now" plans that has led to a willingness of SCW to reinvent itself from time to time. We are in one of those seasons right now with exciting opportunities opening up for significant impact in our community. The change of name – from Southern Community Welfare to Hopefield – reflects this new season without jettisoning the strong heritage of the past twenty years.

I am personally thankful for the work that Hopefield does in our community and am excited to introduce this special edition Partnership Newsletter dedicated to this vital ministry of GBC. In the following pages you'll gain some insights into the reasons for the rebranding, be introduced to some of the people who work with Hopefield, and read stories of the impact this ministry has.

The long partnership between GBC and Hopefield is something worth celebrating as we enter into this new season and I trust you are encouraged by what you read.

**God bless,  
Marc**





# THANK YOU FOR 2018 FUNDING

Last year, the GBC congregation funded a Domestic Violence (DV) and Trauma Counsellor for 2 days per week. The people supported were experiencing domestic violence, sexual assault or abuse, or had been personally involved in life threatening events. It has also enabled support for those experiencing sudden loss of family members (or a significant person) through suicide or other violent and distressing circumstances.

Within the counselling context, we have assisted people in increasing their functional capacity, which often results from a diminished sense of self. The effects of trauma overflow into other areas of life including work, housing, finances and mental health. It also extends beyond the individual to the family unit, in particular impacting on children’s development and functioning.

What this means is that skills we take for granted have to be re-learned. This includes problem-solving, planning, decision-making, parenting, communication and conflict management. Furthermore, client outcomes have been enhanced beyond the counselling context through working with Hopefield case workers to address the practical needs of these clients. These comprise housing, financial assistance, support with legal matters such as child custody, referrals to other services, as well as food, clothing and meal services provided by Hopefield directly.

Over the course of the last 10 months, this funding has helped 19 people achieve significant and lasting change. Women have accounted for 95% of the clients and nearly 60% of clients have children under the age of 18 years.

## CLIENT STORY

Mary was referred to Hopefield from a crisis accommodation service, having recently left a DV situation and living in temporary accommodation with her two young children. Mary had a background of trauma and abuse which affected all areas of her life. Having moved to Australia, Mary had limited knowledge about services and was very isolated. Unable to return to her family, (afraid they would make her go back to her husband), leaving was a courageous step and one that was fraught with personal danger and many unknowns. Through this funding, the Hopefield counsellor put safety measures in place for Mary and her children, managed the effects of trauma and connected Mary with other services. They have since been able to move into their own safe accommodation. While she is still experiencing financial difficulties, she has found part-time work and started connecting with women in her neighborhood, reducing her social isolation. Her children are safe and have resettled into new schools.

## SUPPORTING THE HOMELESS AND AT RISK

In March of this year, Hopefield began a weekly meals service in conjunction with One Meal and have since served over 280 meals. A hot meal is offered every Thursday evening to people in the community who are homeless or at risk of homelessness.

John was one patron who came along and met up with the Hopefield case managers. John was living in the bush area around the Shire. Over the ensuing weeks, John was provided with fresh food, train travel vouchers (to make him more mobile), clothes and bedding. Working with the Support Services team from Hopefield, John has now been able to submit an application to NSW Housing and is on the wait list.

Just as important however, John is now making regular social connections with people. John is one of many people that the Hopefield staff has connected with through the weekly meals service. The homeless demographic across the Shire is unique and whilst there are some that are visibly homeless, many are less obvious. Some are sleeping in the national parks and bushlands, cars or on friend’s couches. Weekly contact through a regular meals service provides a greater opportunity to engage with and support these people. Many of these people like John, start with a meal, but end up receiving much more comprehensive and life changing support from our Hopefield workers.

Beyond our meals services we are now also offering a weekly fresh food service. Volunteers to keep these programs running would be greatly appreciated.

## COMMUNITY HUB

This year we have partnered with Orana and Salvation Army to host monthly Community Hub Days in the Shire. Service providers and clients come together to attend an open day consisting of representatives from Government and community organisations (such as Centrelink, Housing, Wesley Mission, Salvos, Vision and Hearing

Australia, TAFE and many more).

The purpose of the day is to link those in the community who are isolated with services they need by having multiple services easily accessible in one place. Additionally, participants also enjoy a communal meal and are offered free groceries.

Our vision is to expand services to include a place where people can connect socially, feel safe, get practical support and professional services for the challenging circumstances in their life.

2 Cor 3:12  
Therefore, since we have such a hope, we are very bold.



# RE-BRANDING TO HOPEFIELD

# Hopefield

This service from inception to today has always had one enduring value – and that is to provide Hope.

At our core, our identity is to inspire Hope and transform lives, empowering individuals at every level and helping them step into changed and restored lives. To believe that every person can be all that they are called to be, to be nurtured, to be cared for, in a safe space and to flourish. Whilst a re-brand might seem like a big change, the heart of the organisation has not changed.

Hopefield continues to be committed to bringing Hope because our belief always has been in the inherent value, dignity and worth of all humanity, regardless of people's circumstance, background or beliefs.

As Christians, we are also acutely aware that hope is one of the three foundational realities of our faith – the other two being faith and love. Hope is produced by new birth, is based on Christ's resurrection and looks forward to Christ's return. As Christians, we are therefore full of hope and are told in Romans 15:13 that we also worship the God of Hope. This ultimately is the hope that we have for all the people that we serve. Knowing that completeness of healing and restoration can only come about by coming into relationship with the living God.

Our new Hopefield logo, whilst at first might appear simple, contains items of significance.

Motivated by compassion, our desire is to always have a place for those in need. The rounded corner in the Hopefield logo represents this. It links to the biblical concept of not harvesting to the very edges of your fields but leaving the gleanings for the poor (Leviticus 23:22 and repeated again in Leviticus 19:9).

Our love and concern for those in need is more than mere philanthropy; it is driven by a love for God and desire for that relationship to be reflected in all we do.

Similarly, as a church, our love for God means we yield our lives to His work, all are welcome to taste and see and that we make no distinction where we plant our seeds of hope.

Indeed, when good soil is found, we know that the harvest will be plentiful. It is this kind of divine harvest that we hope for.

***May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.***

***Romans 15:13***





# WHAT IS ANXIETY?

You might not realise it but anxiety is now the most common clinically diagnosed mental health disorder in Australia. But what exactly is anxiety? It's a feeling of fear or apprehension about what's to come. When a person regularly feels disproportionate levels of anxiety that is persistent, seemingly uncontrollable, and overwhelming, they may have an anxiety disorder.

Anxiety disorders are a group of related conditions rather than a single condition, and as such symptoms may vary from person to person. One individual may suffer from intense anxiety attacks that strike without warning, while another gets panicky at the

thought of mingling at a party Yet another may live in a constant state of tension, worrying about anything and everything. But despite their different forms, all anxiety disorders illicit an intense fear or worry that may be out of proportion to the situation at hand.

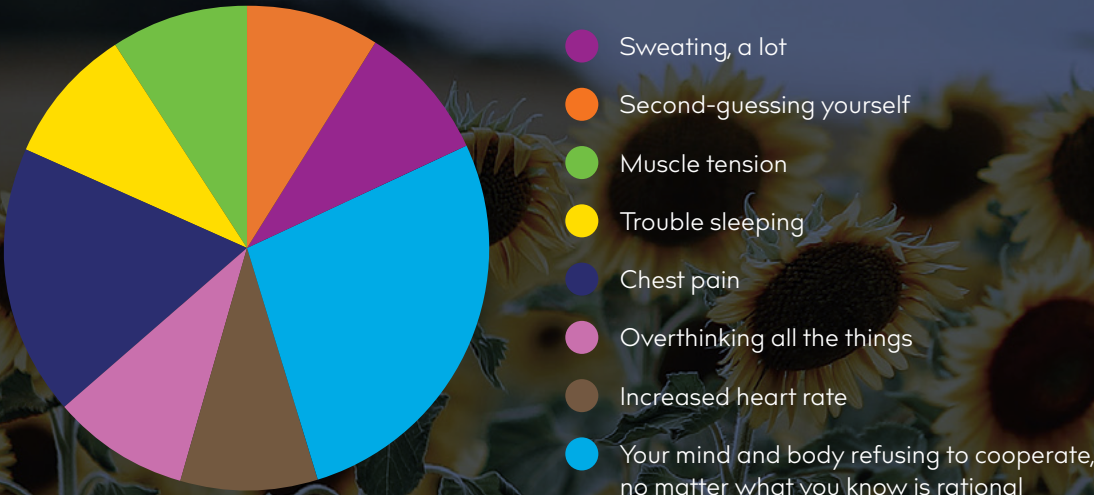
Here are some tips that our workers at Hopefield recommend:

1. **Talk to someone you trust about how you're feeling**
2. **Focus on the present**
3. **Monitor and challenge your thoughts**
4. **Take some time out, move more, eat well, and get enough sleep.**

## WHAT PEOPLE THINK ANXIETY FEELS LIKE



## WHAT ANXIETY ACTUALLY FEELS LIKE



# GETTING TO KNOW JASMIN VANDERJAGT

Child and Family Case Manager, Hopefield

### When did you start at Hopefield and why did you join this organization?

I have been familiar with Hopefield and the services it offers for around 15 years but have only joined the team in June. I wanted to join this organization because I have a heartfelt drive to empower, encourage and motivate women, children, and families, and have heard of great outcomes from those using the services of Hopefield. I also was very keen to work alongside colleagues who hold the same core values, beliefs and purpose that I do and a desire to serve Jesus and follow His example in all that they do.

### What's the role that you are doing, and what background do you have?

I am employed as a Child and Family Case Manager. This role is a collaborative process where a holistic approach is used to respond to the needs of women, children and their families through assessment, counseling, facilitation, advocacy, and practical support.

I have been involved in the support and advocacy for those that have experienced family breakdown, trauma, addictions, mental illness, and homelessness, for around 30 years. To consolidate all this experience with current theories and frameworks, I completed my Master's in Social Work last year. Some pivotal positions I have held include: Child and Family Case Manager in a Humanitarian Resettlement program, Domestic Violence Awareness Advocate/Group

Facilitator, Child Counselor/Family Therapist for children experiencing court ordered family separation and divorce counseling, and Child and Family Case Worker at Villawood Detention Centre.

### Where do you worship and how do you experience and grow in God?

I attend Engadine Anglican Church; a small congregation, which adds to its personal warmth.

My church family supports me in growing my faith, and a weekly LifeGroup held at my home plays a huge role in keeping me grounded in my faith, as well as regularly challenging me to apply those truths in my daily life.

### Where have you seen God at work at Hopefield?

I have only been at Hopefield for a few months, but I have already seen God clearly represented in the staff. Never have I worked alongside a team of such compassionate, dedicated people who have a shared commitment and unified purpose in the supporting of those in need.

### What do you like doing in your free time?

I love travelling with my family to culturally diverse countries, and getting off the beaten track where possible, and I am always dreaming of the next possible adventure. I also enjoy cooking and hosting big events when time (and energy levels) permit.





## 2019 PROJECT TO BE SUPPORTED

Domestic Violence does not discriminate on ethnicity, age or socio economic background. It continues to be a significant issue in our community. Victims are often faced with the impossible choice of staying or leaving- both of which involve huge risks.

This year we are again seeking to raise \$24,000 to support people affected by domestic violence and/or trauma through counselling services. The money raised will allow Hopefield's Sue Chin to continue her work as an Adult Domestic Violence & Trauma counsellor, two days per week for another 12 months. Therapeutic support for these people is generally a long term process, with many clients engaged well beyond 12 months.

We have also been blessed to secure separate funding this year to offer counselling support to children who have been impacted by domestic violence and trauma. Hopefield continues to offer case management support to people affected by domestic violence. These three services, coupled with our practical support

programs (including meals and food relief) all dovetail together to provide these families, with a holistic support program.

Additional money raised beyond \$24,000 will go towards providing subsidised counselling to clients in the case management program beyond trauma and domestic violence.

### How you can support Hopefield

If you would like to give to this project, you can do so by:

- 1) Credit card through a secure payment gateway on our web site: [www.hopefield.org.au/donations.aspx](http://www.hopefield.org.au/donations.aspx)
- 2) Direct Debit  
**BSB:** 704 922  
**Account number:** 100006127  
**Name:** Southern Family Assistance Fund  
*Please reference your name and Hopefield September project*
- 3) Call our office on 9545 0299

## FINANCES

One of the ways that God invites us to participate with His plans to restore and renew the world is through our financial resources. By contributing financially to the vision of GBC we are enabled to respond generously to need in our community, to provide excellent programs and opportunities for those in our community, and to say Yes! to the invitations God extends to us. And there is so much we could be doing to participate with God.

Thank you to everyone who contributes to our capacity to respond to the invitation of God! We are dependent on your generosity to do what we believe God is calling us to.

If you'd like to join in with what God is doing we'd encourage you to do so via electronic giving. This

facilitates consistency and requires some thought about what we will give (and our giving should be considered – 2 Corinthians 9:7). Our bank details are below and more information, including some reflections on what the Bible has to say about giving, can be found on GBC Links.

More details on how to begin giving are available on GBC Links. We encourage electronic giving.

**Bank:** Baptist Financial Services  
**Account:** GyMEA Baptist Church  
**BSB No:** 704 922  
**Account No:** 100 006 024



