WRF

Your Warrawong Community Centre

AUGUST NEWSLETTER

Warrawong Residents Forum Inc (WRF)

Is based out of Warrawong Community Centre in NSW Illawarra Region. We are a small organisation with a 1.1 staff and a handful of volunteers in one of the Illawarra's most under resourced and disadvantaged communities (SEIFA Index of 2%). We provide a range of support to the community from Early Intervention – through to – Emergency Relief; Including: information, referral, links, assessment, and advocacy. We provide several initiatives that serve as soft entry points for the community including a community lunch, food hubs, food parcels, and take away meals, – this basic need and resource sees vulnerable people visiting the center, engaging with the team, and building a sense of trust where they can ask for help and engage in our resource.

IN AUGUST WE RESCUED APPROX. **1,455KG'S OF FOOD**
AND SERVED / ENGAGED **1,733 PEOPLE**
1,254 ADULTS AND 479 CHILDREN
VIA THE FOLLOWING FOOD INITIATIVES

OUR FOOD INITIATIVES

Our food initiatives are run on donations, grants, and gifts that we receive. We would like to thank and acknowledge Oz Harvest for their enormous weekly efforts through their partnerships with Woolworths and Aldi. We'd also like to thank Green Connect, our local community members and businesses, sponsors and champions who's contribution go a long way in the maintaining of our essential food services.

FOOD HUB

Each Tuesday we sort through our food delivery to fill grocery bags for individuals and families that are in need.

TAKE AWAY MEALS

Community members who are transient or do not have facilities/ skills to cook at home are provided these meals to ensure they have access to a meal.

FOOD HUB BUNDY

Each Tuesday we visit families in Bundaleer and provide food assistance and support.

FOOD PARCLES

We store long life products and are able to provide canned goods from the oz harvest deliveries and donations to use for these instances.

COMMUNITY LUNCH

Since 2003, we have been providing a free community lunch every Tuesday, Wednesday, and Thursday. These meals are hearty and also serve as a great opportunity for socializing

MEET FELICITY

Felicity first visited the centre a few months ago, cautiously she engaged in community lunch and food hub. Felicity engaged in small safe conversation with volunteers and the team where we learnt she was living in her car since fleeing Domestic Violence.

We established a safe relationship with Felicity and would ensure that she was engaged with on each of her visits, we would check her immediate needs reinforce messages of 'its great to see you again' 'when we see you, we know your safe' 'your always welcome here' and 'how can we help'.

Felicity described that this constant 'check in' 'you're always seeing me' gave her the courage and the strength to ask for and engage in mental health support. Felicity engaged with our Menta l Health Support via our service hub who provided a soft and supportive entry into a mental health plan and treatment.

A few months later, Felicity visits the centre regularly to 'check in 'and has made enormous strides in creating a safe and independent life for herself, most recently we have learnt that she has supported her daughter to leave a Domestic Violent relationship – Felicity explained to us that the support she received has helped her feel strong and able enough to support her daughter.

'I'm stopping the cycle for me and my family'.
Felicity

UPDATES

WRF
Your Warrawong Community Centre

VOICE OF WARRAWOMG (VOW)

We have been conducting questionnaires and listening to stories from members of the community since March 2023 and aim to be sharing the outcomes of the questionnaire in September 2023. What we have heard and learnt will be collated into a report that will inform strategy and initiatives as we move into the future and prepare for relocation, change and displacement taking place in 2024.

'We are a community that has been through it, we want the best for our people and future generations, we look out for each other, we care'.

-Warrawong Community Member

WEBSITE - COMING SOON

WW.WRF.ORG.AU

We were a recipient of a grant that enabled us to access resources to re-develop of our website, embark on a refresh to branding and the construction to social media presence. We hope to be launching this very soon and are super excited to connect back in with the community fresh faced and to have increased access to our service via online information.

CHRISTMAS APPEAL - COMING SOON

Over the next few weeks we will start to plan for Christmas 2023. Last year we raised enough funds to create 150 Christmas hampers to give to families, his year we will reach will aim to reach 200, in response to the growing need in the community. Like last year, we will also aim to endure that each child under the age of 16 is able to receive a gift – Say tuned.

WANT TO KNOW MORE? OR TO GET INVOLVED.

admin@wrf.org.au
02 4275 1875

Donate
Help us to bring our vision to life.

Join Our Board
Be a part of our meaningful cause.

Volunteer
Help us to provide supportive services.

Sign our VOW
Voice of Warrawong Statement.

Community Champ
Give back to your local community.