WRF

Your Warrawong Community Centre

JULY 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 JULY WE RESCUED APPROX. **1,190KG'S OF FOOD**
AND SERVED / ENGAGED **1,167 PEOPLE**
815 ADULTS AND 352 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 BYRON

Byron is 19 years of age and has been attending the center late in the afternoons since we met him earlier this year. Bryon is withdrawn, shy, quietly spoken, and would only engage in conversation about needing food and being hungry.

Over the last few months, we have been encouraging Bryon to attend rhythmically and have slowly seen him increase in sense of safety at the centre resulting in his attendance his first attendance at community lunch this month and our other programs where there are crowds of people about.

We learn that Byron lives independently and has been managing trauma of his past and stresses for his future all by himself for quite some time.

Byron told us about having a hard day recently and that he had intended on taking his own life, instead he found himself walking into the doors of Warrawong Community Centre and seeing some familiar faces that greeted him and were 'happy to see me'.

Byron has been hesitant in engaging in with Mental Health supports due to a long history of feeling let down by services. Byron continues to attend the centre and has demonstrated a curiosity to engage with our mental health supports at the service hub on Thursdays – 'ill feel better about meeting someone like that here'. We hope to facilitate an introduction to our Mental Health team over.

UPDATES

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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

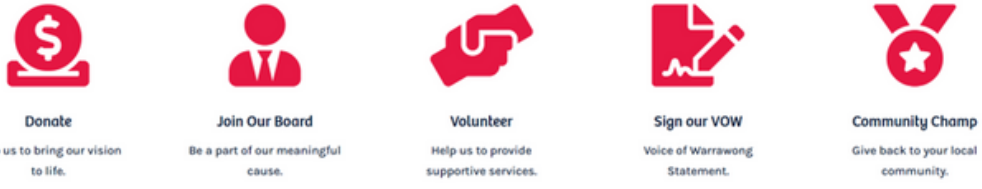
WEBSITE - COMING SOON

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.

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