WRF

Your Warrawong Community Centre

SEPTEMBER 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 SEPTEMBERE RESCUED APPROX. **1,590KG'S OF FOOD**
AND SERVED / ENGAGED **1,508 PEOPLE**
1,119 ADULTS AND 389 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 ERIN AND JUSTIN

Erin and her 14year old son Justin walked into the centre after some advice from a friend to come in. Erin spoke to us about struggling with her mental health and feeling guilty about the impacts that this was having on Justin. When talking with Justin we ascertained that he was uneasy about leaving mum at home on her own which impacted his attendance at school, social life, and emotional wellbeing.

We spent some time in our donation hub with Erin looking at clothes, the space seemed to create a sense of safety for her, and she learnt about the service and what days she could attend the space.

Erin could articulate how and why her Mental Health was worsening however it had not reached the 'tipping point' that her years of treatment had taught her to identify. Erin sated that she was battling with strategies that were not working, fear of, looking like a bad mum, and what her experience of asking for help has been in the past. Erin talked at length about her history with mental health support and her reasons for not wanting to engage with them now.

Since meeting Erin, she has attended the centre 2-3 time per week for lunch along with our other resources. Erin describes improvements to her overall wellbeing, 'just being here and people knowing my name, no judgement, feeling welcome'. Erin explained that usually she just must ride the wave of her mental health worsening resulting in intense mental health intervention as a first step.

We did not see Justin (as he attended school every day) until the NAIDOC event where he described his mum was in a good place and that they were laughing and having fun at home.

UPDATES

WRF
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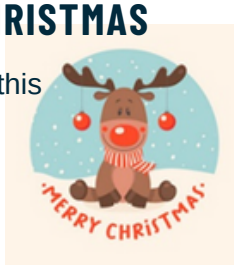
AND BEFORE YOU KNOW IT, ITS BEGINING TO LOOK ALOT LIKE CHRISTMAS



Last year we raised enough funds to create 150 Christmas hampers to give to families, this year we will reach will aim to reach 200, in response to the growing need in the community. Like last year, we aim to ensure that each child under the age of 16 is able to receive a gift. P**lease see attached Xmas Flyer for further information on how you can get involved.**

VOICE OF WARRAWONG IS NOW RELEASED

We conducted and collated 150 questionnaires from members of the community since March 2023 and are sharing the outcomes of the VOW.

We have shared our findings with DCJ minister, DCJ advocates and our friends in the media.

NAIDOC 2023

OWe celebrated NAIDOC this month! Due to the rains in July we had to reschedule. This year we celebrate our Elders and the important role they hold in our community. fortunately, the weather held out which bringing out the whole community to celebrate the day alongside services, music, food, and activities. Warrawong's NAIDOC growing bigger and bigger every year!

WANT TO KNOW MORE? OR TO GET INVOLVED.

admin@wrf.org.au
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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.