WRF

Your Warrawong Community Centre

NOVEMBER 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 NOVEMBER WE RESCUED APPROX. **1,700KG'S OF FOOD**
AND SERVED / ENGAGED **1,873 PEOPLE**
1,180 ADULTS AND 693 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 MICHAEL AND JANE

Earlier this year we met Michael, Jane along with their daughter and Grandchildren who live out of the area and were advised to visit the Centre by a friend. Michael and Jane are retired receiving the pension and were living on their own until their daughter and 2 grandchildren had to move in due to financial and safety complexities.

Michael and Jane spoke to us about their lives, working hard and providing for their family - and now they felt a sense of shame as they were struggling to keep up with living costs since the unexpented change in their living situation.

Initially, Michael and Jane struggled with recieveing support ‘someone would be worse off then us, give it to them’. They did become more comfortable in time ‘its always kind here, the volunteers are lovely to us’. This motived them to encourage their daughter to work with us in engaging with Mental Health support.

This month we had a visit Michale and Jane who explained that they had not visited us in a few weeks as they were helping their daughter set up her new home with the grandchildren and that as she is now working, they are on ‘grandparents babysitting duties’. Michael and Jane stated that the support their daughter received has helped her get her life back on track. Michael and Jane stated that for many years they felt disconnected from their daughter and grandchildren due to her (now ex-)partner and loving the connection and role they play in their lives.

Michael and Jane stated ‘you fed us when we could not feed ourselves, not worrying about food meant we were able to focus more on the other stuff that was going on’ ‘

UPDATES

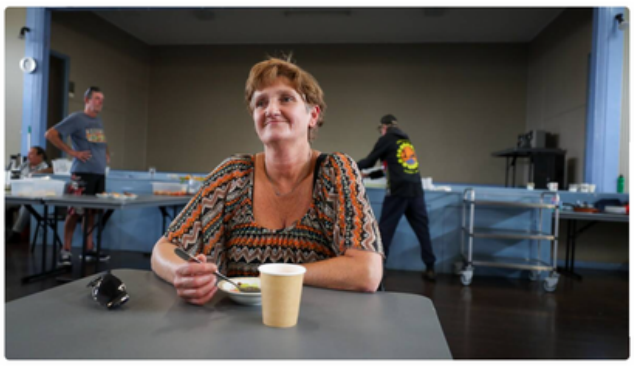
WRF
Your Warrawong Community Centre

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

We have just over 160 families and individuals registered to receive Christmas hampers this festive season with 2 more weeks of registration to go. We are also underway with planning for our LAST CHRISTMAS Lunch that we are hosting 20/12/2023. We welcome any practical and financial support for the days ahead to ensure that we are able to meet our Hamper target of 200 and host an epic last Christmas lunch at Warrawong Community Centre - We have sent a special invitation of to Santa and hope to see him on the day.

Warrawong Residents Forum receives $70k in government funding

By Natalie Croxon
Updated November 17 2023 - 7:42am, first published November 16 2023 - 2:15pm | 0 Comments



Melissa Piper enjoys the community lunch provided by the Warrawong Residents Forum. Picture by Adam McLean

Now WRF can improve on its work helping people like Miss Piper with the delivery of $70,000 in state government funding, a pre-election promise from Labor.

For Miss Piper, not only has WRF helped her find a home, but Mr Castro and the volunteers have shown her that someone cares.

"Everyone makes you feel like part of the family when your family isn't around," she said.

WRF NEWSLETTER

SOCIAL MEDIA, COMING SOON ...

Our newsletter will be posted monthly on the site and from 2024 we will send out newsletters to individuals who have signed up via our website.

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.