



## Visit to Good Shepherd Convent Mumbai, India

On a recent holiday in India, Bronwyn Percival, Fundraising Coordinator for Good Shepherd Youth & Family Service visited the The Good Shepherd Convent in Andheri West, Mumbai.

Sister Helen from the Convent showed Bronwyn around and outlined the work that was being done in their local community. The Convent serves nine local slum areas, providing children with a healthy breakfast before school and a study area for homework after school as these children would otherwise be going home to an empty house, their parents often working very long hours.

The Convent also offers tailoring classes for young women who have dropped out of school or have been sent away from home by their husbands or families. The

classes provide each participant with a sewing machine which they are able to keep at the end of the training. This gives them an income and a new start.

The Convent caters for 100 – 200 women, 250 children and domestic workers from villages where there has been no previous education.

A womens' self-help group helps women save for their training with the goal of finding work and short-term crisis accommodation for low-income women can also be accessed. Sister Helen told the story of a young woman who was thrown out of home by her husband and sent away with nothing. She was able to access the services provided by the Convent and get back on her feet.

"There are approximately 250 Good Shepherd sisters working throughout India and what they are able to accomplish with limited resources is truly remarkable"

- Bronwyn Percival



"My first contact with Good Shepherd was at school when my friend told me about the ANZ Given A Chance Program.

I wanted to learn business and accounting but my school didn't have any classes like that.

ANZ were looking for students who were interested in learning business studies and when we met with them Michelle from Good Shepherd was at the meeting too. I was part of that program for two years and they gave us two weeks work experience at ANZ when I was in year 11.

I've got a full time job now and plan to return to study in another year". - Addo

## Students given a chance.

Caleb, Addo and Pyinyar completed Year 12 at the end of 2009 thanks to the Good Shepherd and ANZ Given The Chance student program.

During Year 11 and Year 12, the program covered the costs of schooling, including school fees, text books and stationery, excursions and camps, public transport, etc. The students tasted life at ANZ when they completed a two week placement and during social meetings at ANZ offices and other places.

Friendships between the students, Good Shepherd and ANZ staff have been made and strengthened throughout the program. Elissa, representing ANZ staff, and Caleb and Addo were photographed at the end of year celebration at Docklands last year.

Well done to the students and best wishes for a bright future. Thank you again ANZ for your commitment and belief in young people.

- Michelle Caldwell

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### I would like to make a donation towards Good Shepherd's work in the community.

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# A message from our CEO

Let me firstly thank all of our wonderful volunteers and donors who contribute so much to the delivery of our services.

How does your contribution through Good Shepherd Youth and Family Service help?

The work started by the original Good Shepherd sisters who cared for women and girls all those years ago, continues today. There are many examples of this, not least of which is the work being carried out at the Good Shepherd centre in St. Kilda.

Last year over 200 women and young people from the City of Port Phillip benefited directly through attending programs being run from the Fitzroy Street centre. Young women and girls facing issues of poverty, social isolation, mental health, physical and sexual abuse, alcohol and drug dependency, sex work and chronic depression find understanding and a warm welcome here.

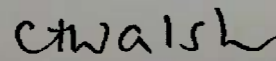
Through Good Shepherd's work these women are given access to education and training opportunities, counseling and support services, mentoring for young women and health and wellbeing programs

provided by volunteers. For example, for \$500 a person can be enrolled in training and educational courses including Out-land-ish, a new environmental program, while having new opportunities to link into community.

The dedicated St. Kilda team have also been working with young school children to develop leadership skills and opportunities, awareness of environmental and social issues.

There are many examples of the difference that building confidence and self esteem can make in starting people on the road to a more positive and hopeful future.

Your continued support is deeply appreciated.



Chris Walsh

CEO, Good Shepherd Youth & Family Service



## A belated thankyou.

Time deadlines and space prevented us from acknowledging a number of supporters in our last edition.

A surprise phone call from Jayne Fisher of Snap Printing Nottingham towards the end of last year led to the collection of Christmas gifts for Good Shepherd Youth & Family's LINC fostercare program. Foster carers receive a fortnightly allowance but this does not cover extra items like gifts at Christmas time and extra costs associated with the start of the new school year so we are extremely grateful for these generous donations from the community.

The LINC Home Based Care Program is currently recruiting foster carers for their respite and foster care programs in the North and Western suburbs of Melbourne. For further information contact recruitment officer John Mitchell on 9270 9300 or email [j.mitchell@goodshepvc.org.au](mailto:j.mitchell@goodshepvc.org.au)

Gayle, Dale, Sue, Craig, Andy, Darren, Jayne, Warren, Brenden from Snap Printing Nottingham



Last December, with Christmas just around the corner and the pile of gifts under the Good Shepherd tree looking decidedly smaller than in previous years, the angels at Elsternwick Primary School came to our rescue. The school families had responded so generously, (some children even donating their own toys) more than one delivery had to be made to our Johnston Street office.

A big thankyou to all the Elsternwick Primary School families who put smiles on so many faces.

Kirsten, Karen (Good Shepherd Youth team), Madeleine (from Elsternwick Primary) and Good Shepherd's Linda with gifts donated by Elsternwick Primary school families.



## Our sincere thanks also goes to the following:

Mark Micic - HSY Autoparts Pty Ltd.  
Geoff Webster - HLB Mann Judd Victoria  
Michael Landvogt - Lander & Rogers  
NAB  
Natio cosmetics  
St Vincent de Paul food hampers

Fr. Brian Collins and Resurrection Parish in Keysborough who approached Good Shepherd with a generous offer to sell our merchandise through their Mission Outlet during December and January.

## Supporter profile

### Brett Hulme, volunteer Breakfast Program

**What was your first contact with the Breakfast Program?**

Melbourne Water has a recruitment drive every now and then and that's usually a breakfast in the foyer of Melbourne Water and you put your hand up to get involved. Sub consciously I think I come from a background of a broken marriage and don't get to see my own children so I have this contact with youth and that's important. Back when I started it was a social thing to meet people as I had just started working at Melbourne Water and it was a way of interacting with other people with the same motivation.

**Has the program changed over the years since you first began volunteering?**

I like to think that I have put a bit more structure around serving breakfast. I come from a boarding school background so for me everything was laid out buffet style. As well as the staples I always do a couple of special things like French toast, pancakes or home style muffins.

**When you walk into Lynall Hall to cook breakfast for these kids, what is the feeling you get?**

It's quite rewarding. I have made a couple of good connections with some of the kids. Often they will come in early and sit on the edge of the bench while I am getting things prepared and they talk, sometimes we just talk about what they did on the weekend but sometimes they will use it as an outlet to get some simple advice.

One of the most moving stories I heard from one of them was a young person who wasn't a troubled kid but his mother needed pain medication so there were times when he would have to go home to give her medication. Regular schools wouldn't allow that behaviour so he was ousted from a regular school for doing something that for him was basic human kindness towards his mother. I often wonder how he is going now. It gives you an appreciation when you reflect on some of those kids circumstances, it makes you appreciate what you have.

**What would you say to someone who might be thinking of volunteering for the program?**

For a person who wants to interact with other like-minded souls, it gets you out of your own comfort zone and out of the circle of people who you normally meet. It's been a fantastic tool for me to meet other people within Melbourne Water. Without it I would not have extended myself into other parts of Melbourne Water as much as I have. From a social interaction point of view it's definitely a way of doing that.

Melbourne Water will be doing another recruitment drive soon. It's good to have at least four people on each morning in case someone can't make it in.

