

Issue 31 - Winter

Highlights in this issue include:
a delicious Teague Ezard recipe;

Ita Buttrose speaks on
women leading change.

More inside.



NEWSLETTER OF GOOD SHEPHERD YOUTH & FAMILY SERVICE

A brighter outlook

Angie's still got some way to go, but your support has helped her start getting her life back on track

Life was pretty good for Angie* twenty years ago. She was married to a man she loved and was busy bringing up their two kids.

But not long afterwards, things started to go downhill. Her husband suffered depression, and eventually committed suicide. Afterwards Angie had her own struggles with mental health issues, and she became estranged from her kids. Then she met and fell in love with another man – this one battling physical and emotional issues of his own.

"I seem to get into relationships with damaged men because I want to help people," she says. "I think I'll be able to help them, but then it doesn't work and I get into trouble."

Her new partner had a bone disease which caused him constant pain and led to him having his leg amputated. Following this, he became addicted to painkillers.



I'm learning all these great skills, and being given responsibilities, and so I feel much better prepared to take advantage of life's opportunities.

He was a controlling, violent man who did not want Angie interacting with other people – he made it impossible for her to function normally, and Angie was afraid to leave for fear of violent reprisal.

Then one night just over a year ago he overdosed on the painkillers and passed away in the bed beside Angie.

"By that stage I was an absolute wreck," she says. "I didn't know how to interact properly with the outside world after ten years of isolation. I was completely depressed, scared of my own shadow, and crying all the time."

Angie begged her case worker – who was one of the few people her partner would allow her to see – to find her some support programs to help haul her out of the desperate hole she was in. There didn't seem to be any that suited her. Then an acquaintance told her about the women's support program called Outlandish that was run out of Good Shepherd Youth & Family Service's St Kilda centre.

"She told me the program had helped her regain control of her life," says Angie. "It sounded like exactly what I needed."

Letter from the CEO Hello!

It is my great pleasure to welcome you to our new look Shepherd's Voice newsletter. And to thank you for your ongoing commitment to Good Shepherd Youth & Family Service. It's supporters like you who make it possible for us to do our work – to strive towards a fairer and more just society for all.

I do hope you enjoy our new Shepherd's Voice. We've included some of our usual pieces to keep you in touch with what's going on here, and also some new tidbits to thank you for your support. I particularly hope you like Teague Ezard's delicious recipe – it's perfect for winter!

Have you read our cover story about Angie? Even though she has taken great strides recently, she and other women like her still desperately need our support. We are currently working to raise sufficient funds to ensure programs like Outlandish – which are critical to helping these women get their lives back on track – are able to continue.

I really do feel passionately about our Outlandish program. It works with women to make positive changes in their lives in a supportive environment that allows them to learn new skills and grow their self-esteem.

Like all our programs aimed at supporting people struggling to rise above disadvantage, Outlandish is about taking concrete, pragmatic action to make our organisation's vision real.

 Robyn Roberts - CEO

 **Good Shepherd**
Youth & Family Service

Continued p 4

Re-engaging with the community

After the Black Saturday bushfires of February 2009, many women involved in our programs were terribly upset on hearing of the animals injured in the tragedy. As a result many of them donated blankets and tins of dog and cat food to the agencies looking after the injured animals.

The women realised it made them feel good. They felt empowered to be taking action to make a genuine difference. Sadly, people from disadvantaged backgrounds are terribly under-represented in volunteering roles, and so tend to miss out on the physical and mental well-being brought about by helping others and being involved in community activities.

So when some of these same women – not long after the bushfires – were asked what programs they would like to see at Good Shepherd Youth & Family Service's St Kilda centre, guess what? They suggested they'd like to see more opportunities to re-engage in community life through volunteering and other activities. And so Outlandish was born.

Providing hope and opportunity

The Outlandish program fosters self-esteem through bestowing responsibility on those involved in it. Women often arrive in despair, with the walls closing in on them, and after spending some time in the program many leave with hope and wider horizons beckoning. Employment, volunteering, community involvement all become possible – and yes, even real happiness again.

You should feel proud that you have helped these women reach a point where they can genuinely contemplate a brighter future. Thank you.



Women leading change

A Good Shepherd Youth & Family Service Event

Ita Buttrose will be guest speaker at our annual women's event to celebrate the capabilities of women to activate real change in society. Women Leading Change – the first of a series of events to be held annually to recognise Good Shepherd day and the arrival of the Good Shepherd Sisters in Australia – will be held at the Novotel in St Kilda on Wednesday 20 July.

Women Leading Change aims to highlight the achievements of women everywhere: not just the great and powerful, but also those battling to overcome disadvantage. Ms Buttrose, who through her own determination and success has set a positive example for so many women to excel in their chosen endeavours, will speak of her distinguished career in the context of our own important work supporting women and girls.

Please join Good Shepherd Youth & Family Service CEO Robyn Roberts and supporters from across business and community to welcome Ms Buttrose as she explores her own journey leading change. Cost \$80.00 per ticket/ \$700 for group bookings of ten (price includes drinks and canapés).

When – Wednesday 20 July 2011, 6pm

Where – Grilled @ the Novotel, 16 The Esplanade, St Kilda

To book please contact Kristen on 03 8412 7342 or email support@goodshepvic.org.au

All proceeds support Good Shepherd Youth & Family Service programs and advocacy for women and girls.

New website launched

We have just launched our new re-designed website at www.goodshepvic.org.au It's fitted with the latest security encryption software so if you choose to send us a donation via the website your personal details and financial information will be more secure than ever.

If you're interested in learning more about our history, our mission, our vision for a better world – and how we intend to work to reach that future – please do visit the site. And don't hesitate to let us know what you think about the new website at support@goodshepvic.org.au



Don't forget, you can now support us via our new guaranteed secure website.

Teague Ezard is one of Melbourne's most highly regarded chefs. The owner and Executive Chef of CBD restaurants **Ezard** and **Gingerboy** has donated this mouth-watering winter recipe to you as one of our generous supporters because he highly values the work we do for the disadvantaged. Enjoy!

Corned beef with mustard mash, brown mushrooms, beans and crispy parsnips

METHOD

Corned Beef

Place corned silverside into a large pot with the vegetables and cover with cold water. Bring to the boil then lower the heat to a simmer. Cook gently for 2-3 hours, or until beef is tender, skimming off any scum that floats to the surface. Remove pot from the heat and allow beef to cool completely in the stock. When cold, remove beef from the stock and slice into 6 x 180 g (6 oz) portions. Place the beef portions back into the stock and refrigerate.

Brown Mushroom Sauce

Place the veal or beef stock in a small saucepan and heat gently, skimming off any scum that rises to the surface. Reduce by half, then add the cream and reduce by half again. Strain the sauce through a fine sieve into a clean saucepan and season to taste. Refrigerate until ready to use.

Blanch the beans in boiling water for 30 seconds in boiling water then plunge them into iced water to refresh. Drain well and refrigerate.

Place the lentils in a small saucepan and cover with cold water. Simmer gently for about 30 minutes, or until tender. Tip the lentils into a sieve and rinse well under cold running water, which will stop the cooking process. Drain well and refrigerate.

Slice the mushrooms into quarters, discarding the stalks. Fry the mushrooms for 2-3 minutes in a hot dry frying-pan, moving constantly, until they are evenly coloured and tender. Refrigerate until ready to serve.

Mustard Mash

Add both mustards to the mashed potatoes, mix well, season to taste and set aside to cool.

Garnish

Heat the oil in a medium-sized saucepan to 180°C (350°F). Slice the parsnip into long thin strips using a vegetable peeler or very sharp knife. Fry the parsnip 'crisps', no more than three at a time, so they colour evenly and retain their long shape. Remove from the oil and drain on kitchen paper. Store in a dry place.

To Serve

Gently reheat the corned beef portions in their cooking liquid, ensuring you don't let them boil. Gently reheat the sauce and add the beans, lentils and mushrooms. Re-heat the mustard mash, stirring constantly to make sure the mixture doesn't burn and stick to the bottom of the pan.

Spoon an even amount of mustard mash onto the centre of each plate. Top with a portion of corned beef and pour a generous amount of the sauce over the beef and around the plate. Garnish with a little stack of parsnip 'crisps' and a sprig of chervil.

Serves 6

INGREDIENTS

Corned Beef

1 kg corned beef silverside
2 medium carrots, roughly sliced
1 large brown onion, roughly sliced
1/2 head of celery, roughly chopped

Brown Mushroom Sauce

400 ml veal or beef stock
100 ml thickened cream
1 cup green beans
1/2 cup dried green lentils
100 g Swiss brown mushrooms

Mustard Mash

500 g mashed potato
1 teaspoon Dijon mustard
2 teaspoons grain mustard
Salt and pepper

Garnish

1 parsnip, trimmed and peeled
1 litre vegetable oil for frying
6 sprigs of chervil



Visit www.goodshepvic.com.au to donate today.

Donate now

Supporter profile: South East Water

South East Water is one of Good Shepherd Youth & Family Service's most long-standing and generous supporters. The water retailer, which has for years displayed a commendable community focus, has been our partner since July 2002.

In a fantastic initiative, South East Water provides their customers who are experiencing financial hardship with access to free and confidential financial counselling and other support services offered by us here at Good Shepherd Youth & Family Service. It's a unique and extremely successful program that South East Water operates purely as a means to help their customers pay their bills.

"We are extremely proud of our association with Good Shepherd," says Julia Oxley, General Manager, Customer & Community at South East Water (pictured). "Our partnership has spanned almost a decade and helped many thousands of people and families find better ways to manage their finances and overcome hardship."

South East Water is also a major supporter of our work with women and the community, including our hugely successful Outlandish program supporting women in St Kilda to reconnect with their community. They have also recently helped fund the creation of a sustainable community garden at our Wallaroo Community Centre in Hastings.

This garden will help teach women how to successfully cultivate edible crops, and educate them in healthy eating and lifestyle choices. It will also, of course, provide fresh food for anyone in the community who wants it.

"We are excited about entering a new phase in our relationship as we expand our support into the Outlandish program and Wallaroo community centre," says Ms Oxley.

This is just another way we are partnering with community-minded organisations to provide practical help to those people who most need it.



Providing better support for women fleeing family violence

As one of the welfare agencies in Victoria which specialises in supporting women fleeing family violence, Good Shepherd Youth & Family Service is extremely well placed to identify service needs – or gaps – within the sector.

"One of the things our people working in the family violence area have noticed is that some women find it extremely difficult or impossible to re-establish their lives after fleeing family violence," says Dr Kathy Landvogt from our Social Policy and Research Unit. "Without longer term support these women and their children risk returning to violent situations because they lack alternatives."

After commissioning comprehensive research into this critical issue, Good Shepherd Youth & Family Service has published a model recommending specific additional services to meet this growing need. "Filling The Gap: Integrated Post Crisis Response for Women Who Have Experienced Family Violence" offers practical solutions to provide additional support beyond crisis response services, and aims to complement existing services to provide support for those women – often from extremely disadvantaged backgrounds, perhaps having experienced family violence as children, often living in poverty, some not speaking English, most lacking qualifications and family support – who struggle to escape the family violence cycle.

"It's these women who really need our support, and we hope our model will help convince government to provide more funding and resources to address this issue," says Dr Landvogt.

Crucial research like this is just one element of the work we do aimed at bringing justice and better lives to disadvantaged people. **If you would like to support this vital work, please donate using the attached coupon or via our secure website.**

A brighter outlook.

Continued from p 1

Outlandish is an eco-therapy group that supports disadvantaged women in the city of Port Phillip. The program provides them with meaningful opportunities to grow and learn new skills through connecting with nature and animals.

The women are offered a chance to become involved in volunteer activities designed to make the world a better, cleaner, greener place – activities like tree planting, looking after lost or abandoned animals, supporting kids and adults with disabilities to learn how to ride horses, and helping out on community farms.

"I really love the volunteer work we do," says Angie, "and just being able to give something back to the community. Now I feel very community-minded."

The idea behind Outlandish is to give these women new skills while instilling in them a sense of self-belief through feeling they are contributing something positive to society. It's designed to be a first step for women like Angie on their long road back to becoming active, happy members of their community.

"I've been here for six months and I'm a different person already," says Angie. "Outlandish has opened so many doors for me. I'm learning all these great skills, and being given responsibilities, and so I feel much better prepared to take advantage of life's opportunities. I'm learning to be a better communicator, I'm making friends, and I have a brighter outlook on life at last."

Angie is extremely grateful to the wonderful people like you who support the work we do here at Good Shepherd Youth & Family Service. As she puts it: "It feels good not to be given up on."

*Not her real name



Good Shepherd Youth & Family Service
ABN 61 354 551 576
PO Box 2367 Fitzroy VIC 3065

www.goodshepvic.org.au

