

networking

ISSUE 3 {2020}

BRINGING THE LIGHT OF CHRIST INTO COMMUNITIES



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networking

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networking contains a variety of news and stories from across Churches of Christ in Queensland. Articles and photos can be submitted to communications@cofcqld.com.au. The submission deadline for the next edition of *networking* is 31 January 2021.





This was not the year we were expecting

Churches of Christ in Queensland, like many organisations, **has had an interesting year.**

Yet, with the help of our team members, volunteers and churches, we continued to bring the light of Christ into communities across Queensland and in Melbourne.

As I reflect on the challenges we have overcome this year, I also celebrate 2020 as a milestone year for Churches of Christ in Queensland. This year we celebrated 90 years of bringing hope and meaning to people's lives through our care services. It was in 1930 that the Churches of Christ Conference Council established the Social Services Committee. From these humble beginnings, we find ourselves here today, continuing to respond to community need, driven by our Christian faith.

This year also marked 70 years since our first venture into aged care, 50 years since we opened our first home for children in Maryborough and 40 years since our first housing service. Our churches, and their love for their

communities, have been at the core of the growth of our caring services, and this continues to this day.

In 2020 we have supported:

- 5153 children, young people and families
- 2915 people through our housing services
- 10,828 home care clients
- 1136 retirement living residents
- 1862 residential aged care residents.

I am proud to say that we have also grown as a faith movement, affiliating two new churches this year: Riverlife Church of Christ at St George and Little Mountain Church of Christ on the Sunshine Coast. The latest gathering at Little Mountain **fulfills** our dream for our integrated community at the Sunshine Coast site.

It has been a big year for our developments. In March we completed our seniors housing development in partnership with the Department of Housing and Public Works. The \$9.3 million, 32-unit development on our site at Hillcrest provides affordable living options for local seniors.

90 YEARS
1930 - 2020
CARING FOR COMMUNITIES



“

We have much to look forward to next year as we work to shine Christ's light even brighter.

”

We also developed an innovative, affordable housing initiative at Ripley, in Ipswich, in partnership with the department. The 20 homes give tenants the option to enter homeownership through an innovative shared-equity arrangement.

In mid-2021 construction will be completed on a new seniors affordable living development at Bongaree on Bribie Island, with 83 new seniors apartments.

In May, at the height of the pandemic, our 65-unit Lady Small Haven Retirement Village opened on the Gold Coast and we also opened our **state-of-the-art \$24 million, 64-bed** development at Fassifern Aged Care Service in June.

As we come into the New Year, I am delighted to share that we will be embarking on another phase of our property development journey, growing our communities in Queensland.

Each year we are faced with many opportunities and challenges. As we grow, we find innovative ways to forward our mission.

I take this opportunity to acknowledge the incredible service of our dedicated team members.

At the end of 2019, we had to evacuate our Crows Nest Aged Care Service and retirement village because of an encroaching bushfire. At the beginning of 2020, floods and bushfires wreaked havoc on our nation.

Throughout all this, our people have continued to find ways to come together and guide us through the most uncertain times by continuously supporting those they care for, their loved ones and their communities.

In recognition of this, we created the inaugural CEO Shining Star Awards to acknowledge and recognise our brightest stars, whose commitment to our mission has inspired us, with **four award ceremonies held across the state.**

We have much to look forward to next year as we work to shine Christ's light even brighter.

I wish you, your families and loved ones a holy and blessed Christmas season, and pray for health, safety and happiness in 2021. ■

Gary Edwards
Chief Executive Officer



**Bringing
the light of
Christmas
into
communities.**



The thrill of hope

By Steve Webster, Director of Communications and Marketing

Well, we won't forget 2020, will we? It's been a rollercoaster! I'm sure that most, if not all, of you could attest to the fact that this is a great description of the year we have endured, with its ups and downs and twists and turns.

Some people have lost their jobs and livelihoods, while others haven't seen loved ones in months. Some funerals and weddings have been cancelled, and our normal way of life has been thrown into disarray. Accompanying these challenges have been a range of emotions: anger, frustration, sadness, and feelings of hopelessness. I felt many of these myself at various times, and I'm sure you have too.

In my role as Director of Communications and Marketing, I have the privilege of hearing stories of light in the midst of the darkness, and joy in the midst of sorrow.

It's been heart-warming to watch our beautiful aged care residents in Victoria perform together in music videos and take part in other activities to keep their spirits high and share with their families and loved ones during the extended lockdown.

Conversely, I have also heard the difficult and sad stories of residents enduring long and tough visitor restrictions and being physically separated from their family and friends for extended periods in this, the twilight of their

“

O holy night! The stars are brightly shining,
It is the night of our dear Saviour's birth.
Long lay the world in sin and error pining,
Till He appear'd and the soul felt its worth.
A thrill of hope, the weary world rejoices,
For yonder breaks a new and glorious morn.

”

lives, and the heartache this has caused.

For me, this Christmas feels somewhat thrust upon us, like it has appeared out of nowhere and a New Year is now suddenly here. And at this time, we hear the sounds of Christmas Carols. Now if I'm honest I have to admit, I'm not a huge fan. However, 'O, Holy Night' is one that I love. It's a moving carol with powerful words, in particular, the first verse (above).

"The thrill of hope the weary world rejoices!" This year has been demanding for so many of us. The weariness in this verse, however, is not so much a physical one, but a spiritual and emotional one. Finally, the burden of our human failings and wrongdoing that had disconnected us from a loving Father was soon to be erased

with the "new and glorious morn" – the birth of the Saviour Jesus. He is the Saviour whom saved us from the burden of this disconnection and stood in its place to restore hope for our present and the future.

Reflecting on this challenging year, though there has been darkness, at Churches of Christ in Queensland we have shone His light bright in our communities. We have witnessed our vision to bring hope and meaning to people's lives reach over 40,000 individuals as they connected with our services, mission activities and churches.

The "thrill of hope" for us who are weary this Christmas season is very much alive in the person of Jesus. He knows our need; to our weaknesses, he is no stranger.

Merry Christmas! ■

New church connections in St George and Little Mountain

At our 137th Annual General Meeting on 5 November 2020, we officially welcomed Riverlife Church of Christ in St George and Little Mountain Church of Christ on the Sunshine Coast.

Although separated by more than 500 kilometres, both churches share a similar excitement about this new season.

Derek Schiller, the Pastor of Riverlife Church of Christ, said that this is an important new chapter for all three locations of the church situated along the Balonne River.

“We’ve experienced such encouraging growth over the past few years; God has really blessed us.”

“At our St George campus, we’ve been fortunate to meet at the Warrawee Aged Care Service to provide services to our senior residents,” Derek said.

“At all of our churches at Riverlife,

our heart and our focus are to preach the Gospel of Jesus Christ to all that we can. We believe that as we proclaim Christ, the Holy Spirit will be in the business of saving people.”

Director of Church and Community Engagement, Tim McMenamin, recently visited the Riverlife Church of Christ St George campus to mark the occasion and meet members of the church.

“It was a privilege to be there and officially welcome them in; we can’t wait to see how the church continues to grow and positively impact their community,” said Tim.

“We’ve welcomed in both Riverlife and Little Mountain now, and experiencing their genuine hope and excitement for the future has been really wonderful,” he said.

Pastor of Little Mountain Church, Simon Teunis, said that it had been a

long and at times a challenging, journey towards bringing his vision of the community church to life.

“I genuinely believe God has planned everything leading up to this point – the good and the bad; people have been faithfully praying over this site for more than 10 years,” said Simon.

“We’re really excited at the opportunity to be officially a part of this wonderful movement of Churches – even though we felt pretty connected already.

“I’m so keen to see what God will accomplish in this space through these exceptional people we call our Church family.”

Churches in Christ in Queensland celebrated the affiliation of 68 churches across Queensland that seek to bring the light of Christ into their communities. ■



■ Director Church and Community Engagement Tim McMenamin, with Derek Schiller and his wife Jodie.



■ Simon Teunis delivering a service at Little Mountain.



Playgroups provide a platform for Cairns families to connect

With communities becoming more transient, there is an increasing demand for church-run playgroups that connect families within a safe, engaging environment.

The Lakes Church in Cairns, which has a 24-year history of running playgroups, hosts five weekly Koala Kids sessions attended by around 100 families.

Rosemary Woodward, who has coordinated the program since 2008, has a team of eight helping to make playgroup happen. Families enjoy structured sessions where free play is interspersed with a predictable routine of mat-time, morning tea, craft and music.

Together they have built a community that welcomes all and provides holistic support beyond the playgroup setting, exemplified by actions such as delivering home-cooked meals to new mums. Many of their families transition to programs for older children; a number have come to know God through playgroup and have joined the church.

“People are looking for connections. Often, if they’ve moved to Cairns because of work, they don’t know anyone locally,” Rosemary explained. “Playgroup is the week’s highlight for many. It’s a fun yet safe place that also gives them a break.”

Rosemary and her team have adapted playgroup after COVID-19 restrictions limited its normal operation.

“We always make a special effort to celebrate Mother’s Day – we decorate, hold a special morning tea and give each woman a small gift from our church.

“There is so much expectation surrounding the day. The picture-perfect family breakfast-in-bed surrounded by children holding their hand-drawn cards and gifts ... and yet for many families, the reality is wrangling toddlers on little sleep, and surviving on toast and coffee.

“It’s a privilege to acknowledge our incredible mothers and we weren’t going to let these unusual times stop us this year.”

Instead, every woman enrolled in playgroup received a hand-written,

individualised message in a specially designed and printed card. Each envelope also contained two hot drink packets. The cards were hugely popular, and the messages had a big impact.

“I believe God used the timing of our cards to encourage so many mums who, with isolation and homeschooling, were juggling extra loads on top of all the usual ones.

“It was heart-warming to read the ladies messages appreciating their special community, and seeing offers of support at particularly trying times.”

After months of being limited to mainly online interaction, the playgroup is holding playgroup catch-ups attended by half of its members.

“Physically distant but re-connecting: it’s different, but we’re still together, and it’s a wonderful solution for the moment,” Rosemary said.

“We pray that our playgroup community continues to reflect the light and share the love and hope of Christ to the families of Cairns.” ■

Promoting positive wellbeing through technology



■ Phyllis's wish comes true on the farm.

The Australian aged care sector is changing rapidly, with providers under increased pressure to adapt faster to consumer sentiment and regulatory changes.

Our commitment to person-centred care uses practical and collaborative approaches to meet the care needs and preferences of Australian seniors and their families.

An important element of our care recognises a resident's sense of self by giving them opportunities to express their wishes independently. One of the ways we are achieving this is through technology such as our purpose-built My Wellbeing app.

The tool assesses the individual's preferences about the care they receive, including social contact, personal development, leisure activities, living environment and daily routines. These align with our Positive Wellbeing Model of Care, a whole-of-life approach to bringing uplift and quality of life.

A key focus of My Wellbeing is to foster social inclusion, health and overall wellbeing. Using the data captured, we can identify and respond to resident preferences and provide more meaningful engagement.

The app is a user-friendly experience, featuring traffic light emoticons to determine how satisfied residents are with their level care. Residents use a touch screen to record their responses. Those who are unable to articulate their preferences are still able to access the app. The My Wellbeing Officer (who surveys each resident every six

months) uses both interview and observational elements to ensure all residents have choice and independence in their care.

Another feature of the app prompts residents to indicate to what extent they "feel part of the community and connected to the people" and are "engaged in purposeful activities that add meaning" to their lives. Residents also have the option to add comments, with responses like "Everyone here is so nice. I feel part of it".

Data collection is presented as an overall wellness score, which can be tracked over time. Any unmet needs are followed up if required. With the information the app provides, services can offer more personalised care and implement quality improvement processes. Families and relevant stakeholders can also access the information, which is securely stored online.

The app's final question is a bit different. It asks: "If you had a magic wand, what would you wish for?"

Phyllis's magic wand wish was to "visit a farm and see animals in open spaces", so a team member invited her to visit their farm. Phyllis interacted with the animals and reminisced about how she lived on a farm before moving to the service.

"My Wellbeing App is helping us to know better the people we care for, to understand their experience and support them to retain as much independence and dignity as possible," Patricia Dargent, Project Subject Matter Expert, Clinical and Care Governance said. ■



Friends and families enjoy a break in Bundaberg

Life at Sugarland Gardens Retirement Village often feels like a holiday for its residents – now their families and friends can book for a holiday at the village and enjoy the relaxed lifestyle for themselves.

In a first for our retirement villages, Sugarland Gardens has created a two-bedroom holiday unit within the retirement village, which is located on Johnston Street in Avoca.

Les Bowman, Retirement Living Manager, explained how the initiative was started to provide affordable accommodation for when residents' friends and families visit Bundaberg.

"At its heart, retirement living is about creating and maintaining social connections, both within the village itself and with the wider community. Regular visits from friends and families play a part in that, and are important to our residents," Les said.

"However, many of our residents have loved ones who aren't local – some live significant distances away. The village's dedicated holiday unit provides a flexible accommodation option, at a reasonable rate, close to family and facilities. This makes it easier and more affordable to visit

and helps to keep those established connections strong."

One of the great benefits of Sugarland Gardens is its convenient location in the heart of Bundaberg. With a variety of sights and attractions on its doorstep, the area is a popular tourist destination. It's close to the Burnett River and only 30 minutes to World Heritage beaches.

"I may be biased, but I think Bundaberg is a perfect place to come for a holiday escape! It's well-known for its wildlife – you can see turtles nesting and hatch for example – and the shopping and dining options," Les said.

The unit can only be booked by residents at the retirement village for exclusive use by their friends and families, for visits starting from two nights up to a maximum of 14.

"The idea is proving popular with our residents, who have started inviting their loved ones to come and stay. We had a family stay to help their loved ones move into their new home, and another family visit to attend their dad's 100th birthday celebrations," Les said.

"Everyone has said how much they enjoyed taking a break at Sugarland Gardens and commented on the comfort and flexibility it provides." ■



Thank you for my lovely stay in your unit, which was very comfortable and affordable.

Heather Storer

Fabulous idea, made our job here so easy. Many thanks and best wishes to all.

John and Megan

What a fabulous idea. Thank you for such a lovely bungalow – 10 out of 10.

Noelene and Helen Bain





■ Joan and her daughter Jennifer at Fassifern Aged Care Service.

Joan's joy for new home

The Fassifern Aged Care Service development in Boonah, Queensland, is now open, and we have welcomed residents to their new home in the state-of-the-art facility. Joan, who is 93, shared her thoughts on seeing her room for the first time, and what it means to be part of the Churches of Christ in Queensland community.

"My new room is very nice – I won't know myself for a while. I'll have to get used to it all! Everything is so convenient," Joan said.

Her daughter Jennifer added, "it's so fresh and beautiful. And the atmosphere is happy. I just love it, love it, love it!"

"Oh, I do too," Joan agreed.

Joan's new room is in one of four cottages, each with 16 private bedrooms, and all with their own ensuite and emergency call system.

"I was concerned about moving, but I like my room very much, especially having my own bathroom and space

to turn [my wheelchair] around in," Joan said.

"There's plenty of space for your things, Mum!" Jennifer pointed out.

An avid gardener when she was younger, Joan particularly likes being able to look out on to the cottage gardens and see the roses.

Maintaining her independence is important to Joan. "If I can do a thing myself, I do it. But if I want some help, the nurses help straight away. I regard them as good friends," she said.

Dedicated care teams located in each cottage can build closer relationships with residents to understand their personal and health care needs better. "Nurses, staff, everybody is like a big family. Even on her down days, they help cheer her up," Jennifer said.

A country girl at heart, Joan grew up on a dairy farm in a small town near Kingaroy and spent much of her married life raising her family in Murgon.

"Boonah is very like where we lived in Murgon. I like being part of the Boonah community and the people. Everyone is friendly," Joan said.

For many of us, home is not just a place where we live. It can also mean warmth and security. Jennifer, whose priority is ensuring her mother's safety and wellbeing, is reassured by the service's focus on creating a positive community environment where residents feel safe, respected and valued.

"This is a good place, it's run well, and the staff are so nice," she explained.

Before we left Joan to continue enjoying her new home, we asked her for her final thoughts on Fassifern Aged Care Service:

"Well, it's lovely. I think I'm very fortunate to be here."

Watch Joan's video at www.cofc.com.au/Boonah. ■

Marching to a secure future



Without a safe place to call home, it can be challenging to deal with other aspects of life, such as mental and physical health, education, employment and participating in the community.

At just 19 years of age, Savannah is soon to experience the biggest day in her life as she graduates from basic training with the Australia Defence Force.

Describing his daughter, Steve talks with pride about what she has achieved in a short space of time and how he is excited about her future. Savannah joined the Army in early 2020 and, despite several setbacks, she has already come a long way. With several 'Top Recruit' awards under her belt, Savannah is fit and driven, with her eyes set on the horizon.

Eighteen months ago, Steve and Savannah's life was quite different. Steve was diagnosed with a blood clot on his brain. Things went from bad to worse quickly when Steve suffered a heart attack later that same day. He had to give up work and lost his unit as a result. Out of a home and a job, Steve and Savannah were temporarily staying

with Steve's mum, Tina.

With assistance from our Gold Coast Housing Office, Steve registered with the Department of Housing and Public Works. He secured a unit at our Miami complex on the Gold Coast.

Steve is recovering well from his medical complications. He is thankful for the opportunity he was given to be housed at a time when he needed support most.

Since joining the ADF, Steve has seen a positive change in his daughter. "She is committed to her training - even on the weekend. It's clear the Army has had a big impact on how she lives her life, her fitness, how she dresses and how she looks."

"There were times in the past couple of years when I was scared for the future, with no home and no steady income, I was living on benefits. It wasn't a situation that I was used to or that I was comfortable with.

"I can't thank Churches of Christ in Queensland enough. The chance of stable accommodation made a huge impact on my daughter. As she prepares to serve our country, I couldn't be prouder of her," Steve said. ■



“Even if they only stay for a few days, they are part of our family.”

Growing up in a safe and loving environment is something that many of us take for granted.

In Queensland today, there are thousands of children and young people who are unable to remain living in their family homes due to unsuitable or unsafe conditions. These children and young people need a safe and nurturing environment that foster carers provide to help them find a path to a brighter future.

Churches of Christ in Queensland is one of the largest not-for-profit providers of foster care services in Queensland, caring for more than 3000 children and young people each year.

Scott and Melissa are foster carers with us and have been caring for children in out-of-home care for over 14 years. For the couple, foster caring is a normal part of everyday life; they couldn't imagine their home any other way.

“It's beautiful to make a difference in somebody else's life,” Scott said. “People often comment on how caring we are towards each other. They see how our kids and the extra kids all get along and become one family.”

Having grown up in a vibrant home, filled with foster children cared for by

her mother, Melissa witnessed first-hand the impact fostering can have on the life of a child or young person.

“I love it,” she said. “Getting to play even a small role in transforming young lives for the better is something so unique and special.”

Scott and Melissa have two children of their own but said that as soon as a foster child or young person enters their home, they are considered family.

“There is no use of the ‘foster’ word in our house at all; they are all brothers and sisters,” Scott said. “Even if they only stay for a few days, they are part of our family.”

After 14 years, Scott and Melissa remain dedicated foster carers and are passionate about encouraging others to consider becoming foster carers.

“We love being foster carers,” Scott said. “It has been such a rewarding experience for us – we'd love to see more people consider getting involved.”

Churches of Christ in Queensland believe that foster carers play a vital role in shaping young lives and are always seeking dedicated people who are willing and able to take on this rewarding role.

“The demand for foster carers is greater than ever before,” said Leanne Rutherford, Churches of Christ

in Queensland – Children, Youth and Families, General Manager. “The events of this year have had inevitable flow-on effects into foster care, with more children needing safe homes and fewer carers available to provide them.”

“Our priority at Churches of Christ in Queensland, with the help of dedicated foster carers, is to keep children and young people safe in homes where they can belong, while maintaining their connections to family, kin, culture and community.”

“We also recognise that each fostering situation is unique, so carers have the option to specify what type of care they can provide,” Leanne said.

Churches of Christ in Queensland currently support foster and kinship carers to provide respite, emergency, short-term and long-term foster care options.

We believe it takes a community to provide a safe and caring home to belong.

If you are considering becoming a foster carer or interested in finding out more, please visit ittakesacomunity.com.au. ■





■ Churches of Christ Housing Services new seniors' development at Bongaree on Bribie Island – due for completion in mid-2021 (artist's impression).

Building home and community

Our unique Community Chaplain Program means that residents don't have to 'walk' the housing journey alone.

Established in 2010, the program focuses on nurturing healthy communities that are safe, inclusive and empowering. Community Chaplains, like Luke Finlay, provide vital support to many residents, whether they are new or long-time residents. This 'wrap-around support service' works on building people's resilience. As a key presence on the ground, they engage heavily in supporting individuals who need it and foster community development.

"Each tenant comes with different life experiences and a different future ahead of them – many of our tenants present with complex issues requiring support to sustain their tenancy. Past events continue to have an impact on their everyday lives. These events can happen to any one of us. While most people need some security and stability to get back on track, many need ongoing support. That's where I come in. I'm able to offer pastoral care to those who need it for as long as they do," Luke said.



■ Community Chaplain Luke Finlay

"A safe place to call home means people are better able to deal with other aspects of their life, such as their mental health, education, employment and community participation. It's not rocket science; we all need somewhere to feel safe and secure before we can sort out the more difficult things. I've been a Chaplain for eight years now. I get to see first-hand why it can take some time before someone feels their house is a home. I've seen how, when they are feeling safe and secure in their homes, they are better able to look beyond their homes. With support, they soon feel empowered and can play a role in creating a community where they live.

"Our award-winning Social Club in Bongaree is a case in point. The Club has been a lifeline to many. The residents have done it all. They have demonstrated how a small group of individuals – most in their twilight years – can work together successfully and productively and in doing so, support each other through the good times and the bad. This is what building communities are all about," he said.

Our approach as a developer is simple—improve living standards through simple yet effective design strategies. Social and community housing makes a vital contribution to the creation of vibrant and diverse communities. It's very much a safety net for people who face barriers to sustaining a tenancy in the private rental market or who struggle to find accommodation that meets their physical needs. It's the foundation for a new beginning.

In mid-2021, Churches of Christ Housing Services will expand the housing offering at Bongaree when 83 new seniors apartments become available. Chaplain Luke will be front and centre to support the residents as they start on their new housing journey. ■

Music – a therapy to strum along to

Drew Phelan, a Home Care Worker with Bribie Island Home Care, is using music to provide joy and happy memories better.

Drew is new to aged care, having left retail in search of a more fulfilling role. He calls himself a 'sponge for knowledge'. He has studied several courses to gain a deeper understanding of the care sector, one of which was the University of Melbourne's 'How Music Can Change Your Life'.

"Music can take you out of the moment, relax you and lift your spirits, and often creates fond memories. It absolutely improves wellbeing," Drew said.

"It's also a social magnet. When we have music in common, we become less 'me' and 'you' and more about 'us' enjoying this together."

With the COVID-19 pandemic halting group social activities, Drew began

visiting clients for one-on-one in-home support sessions. Spending more time individually with his clients allowed him to use music to get to know them better.

"I've played the guitar for more than 20 years. Although I'm not much good at it, I thought some clients might enjoy hearing me!" Drew said.

"For me, music is part of a person-centred approach to care. I consider each individual's history, likes and capabilities. I learnt to play 'That's Amore' for an Italian client. Another liked me to sing after I'd cleaned her house. And then there was a client my age with similar musical tastes to mine. I played songs we both liked and his wife would sing along."

Drew admits he didn't expect music to have much of an impact. However, people reacted positively almost as soon as he started to play.

"The effect was way beyond what I expected, you could see the joy enveloping one person's face, who

could no longer communicate verbally, for example."

Drew only plays for those he thinks will like it. Care responsibilities remain his priority, although he often incorporates music into other tasks, talking about it when he walks with clients or takes them shopping.

He has formed a strong musical bond with one particular client: "Dr Ralph was in the Navy band and had great knowledge," Drew said.

"He couldn't keep up with what I played initially but had no problems with his own songs. Dr Ralph's musical tastes are very different to me, so I adapt what I know and slow the tempo to sound like his favourites."

Dr Ralph and Drew are transforming a guitar as a joint project. "It involves lots of intricate work and is ideal for Dr Ralph with his surgical experience as a former country doctor. We're giving it a fresh look, using the black and white of Collingwood AFL!" ■



“

When we have music in common, we become less 'me' and 'you' and more about 'us' enjoying this together.

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St James Retirement Village blooms with native plants

Our St James Retirement Village welcomed the delivery of native plants, compost bins and lawn fertiliser as part of Townsville City Council's Water Wise Package.

The water-smart products were delivered to the village in late September to reduce garden water consumption by 20 per cent.

St James Retirement Living Manager, Wendy Williams, said her residents are already incredibly water conscious and were enthusiastic when the council first announced this grassroots initiative in 2008.

"Townsville is a dry tropical city, and the installation of the new drought-resistant plants and turf in the garden could not have been timed better. With all of the changes this year, we love the idea of having plants that are designed for our climate and can be thriving all year round.

"It's been great to see the Water Wise initiative in action, and we are already looking into other ways we can decrease, and be more mindful of, our water consumption," Wendy said.

The Water Smart Package, funded by the Queensland Government and supported by local businesses, was first introduced in 2018 and has received an overwhelmingly positive response throughout the Townsville region.

In 2019, the program hit 100 per cent of registrations, with more than 22,000 properties registered to make their homes and gardens more water-efficient.

"With the majority of Townsville's water usage occurring outside of the house, we knew that getting the right water-saving products could have a huge impact on our community," Wendy said.



Educating residents to understand how personal water use impacts on supply is an important piece of work that the Townsville City Council continues to focus on. More information about the Waterwise program is available at www.townsville.qld.gov.au/water-waste-and-environment. ■





Barcoo residents take a trip down memory lane

Our Barcoo Living Multi-Purpose Service in Blackall is being praised for its creative initiatives, supporting residents through the COVID-19 pandemic.

As part of the 2020 ‘Bloomin’ in the Bush Garden Competition’, presented by the Blackall-Tambo Regional Council, the aged care service won the ‘best non-residential’ category for its communal courtyard garden and ‘COVID creation area’.

Conceptualised by the Blackall Neighbourhood Centre, the unique COVID creation project was brought to life over two weeks by a team of dedicated workers.

The area features display shelves, set up in the style of an old country kitchen, where residents are encouraged to bring in items that represent significant moments from their past, with a personally written note to accompany them.

Service Manager Lorraine Withington said the service really wanted to create a space where residents can reminisce and share their stories and memories with others, helping them all to take their minds off the pandemic environment.

“Many of our residents were unfortunately unable to see family when the lockdowns were introduced. It was a big adjustment for them.

“We’ve had such a wonderful response to the project so far; the trip down memory lane has been exactly what many of our residents needed,” Lorraine said.

The communal courtyard gardens have been a fixture at the Blackall service. Still for some time, and have remained popular this year.

“Being able to plant what they want and tend to it themselves is a huge part of the appeal for the open courtyard gardens.

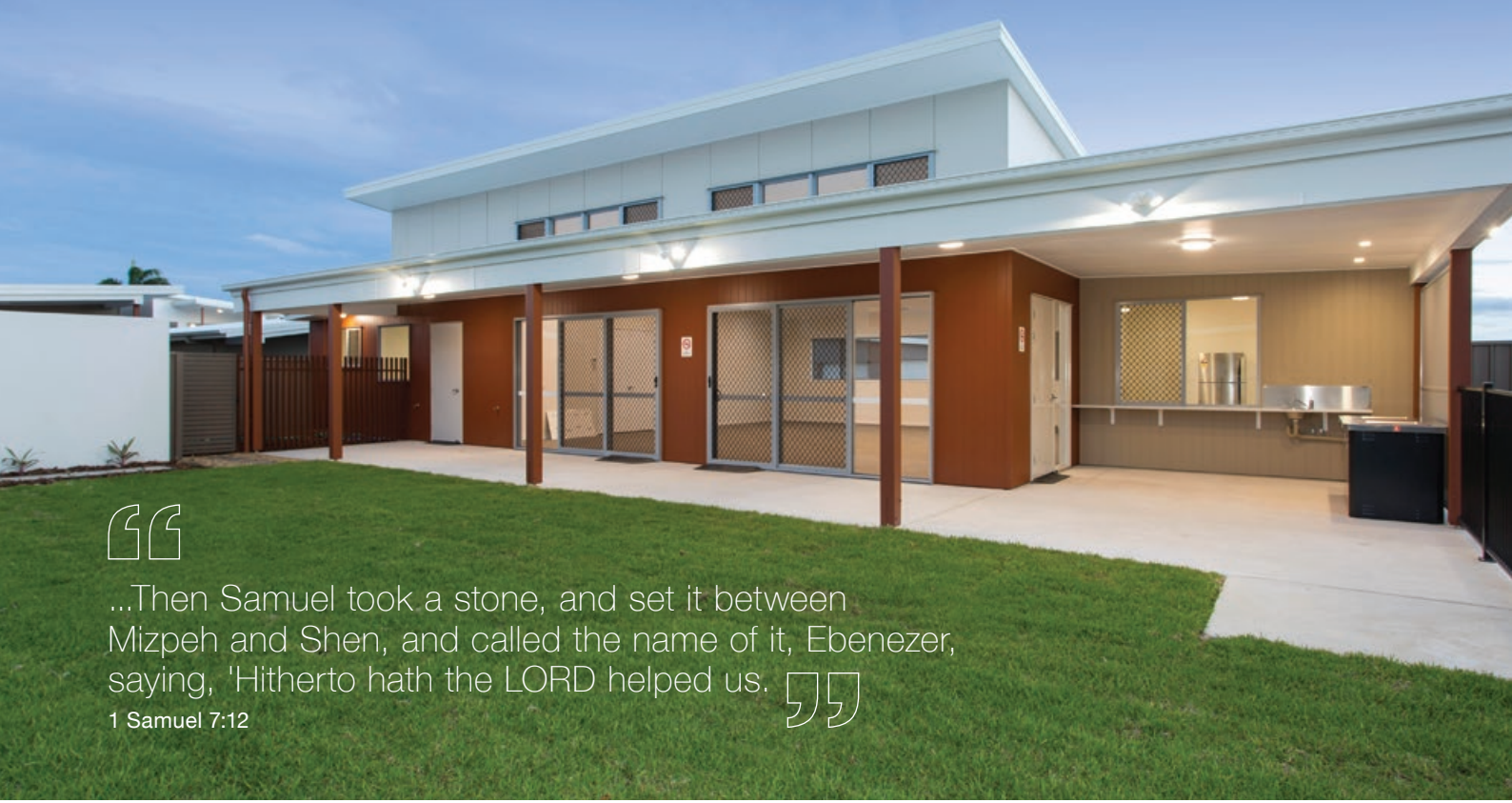
“We know how important it is to have a purpose in your life and to be able to do something you love and see your dedication pay off. That’s part of what this communal garden offers to our

residents,” Lorraine said.

Churches in Christ in Queensland’s unique positive wellbeing model of care seeks to enhance the quality of life for older people through person-centred care, evidence-based practice, collaborative care partnerships and supportive living environments.

“We’re doing our job when our residents are supported to enjoy the best possible quality of life, feeling comfortable, included and valued where they are.” ■





“

...Then Samuel took a stone, and set it between Mizpeh and Shen, and called the name of it, Ebenezer, saying, 'Hitherto hath the LORD helped us.' ”

1 Samuel 7:12

”

■ Kurrajong Townhouses community centre with barbeque area and lawn. Below, Carlos, Adriana and Victoria have now bought their own home.

A stepping stone to homeownership

Number 34 at the Kurrajong Townhouses in Kallangur has been home to Carlos, Adriana and daughter Victoria since the development was completed in November 2017. After three years, the young family are now delighted to be in a position to step onto the housing ladder with the purchase of their first home.

Originally from Colombia, Carlos and Adriana made Australia their home 12 years ago. Both IT professionals, Adriana works in Caboolture, while Carlos works as a contractor for Queensland Rail. They leave the Kurrajong Townhouses with happy memories.

“Four years ago we didn’t think that we could ever afford to buy our own home. We have really appreciated the opportunity to live at the Kurrajong Townhouses. The adjusted rent meant that we were able to save for a deposit. For three years, our focus was saving. It was tough, but we are excited to be homeowners. We have built a new home in Rothwell,” Carlos said.

General Manager of Housing Services Alicia Follet, said that it gives her a great feeling to know that through

our Affordable Living development, we have been able to play a part in this couple’s housing journey.

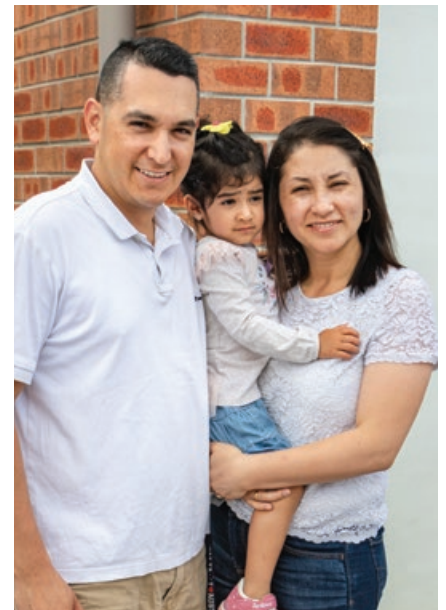
“Leaping renting to buying is a huge achievement. I’m delighted for them,” Alicia said.

The couple loved the community feel at Kurrajong, appreciated the helpful housing officers who were always willing to help and answer questions, and loved the community centre at the heart of the development.

“For us, the best thing about living here was having a secure garage and also with a little two-year-old we were grateful for the community area and barbeque. We often invited friends here, and with the enclosed community garden area, we knew that the children could play safely. It’s a great space. We used it a lot,” Carlos said.

For Adriana, even when times were challenging (which was not often), she said their faith was strong, and it carried us through.

“We loved our time here, and we honour our Lord Jesus Christ for what he has done in our lives and for the opportunity he has given us. It’s only through his



mercy that this has been achieved. We are forever grateful for what he has done in our lives. We are excited about the next chapter in our journey and would like to say a big thank you to all the staff at Churches of Christ Housing Services.”

All the best to Carlos, Adriana and Victoria in the next chapter of their housing journey. ■



Awards recognise achievements

All of our team members are vital to our success and to the lives of those we care for. Recently, the achievements of some of our valued employees gained state-wide recognition.

Achieving better outcomes Aboriginal and Torres Strait Islander communities

Tammy Wallace, Strategic Manager, Engagement and Inclusion, has been working tirelessly for many years to address the overrepresentation of Aboriginal and Torres Strait Islander families, children and young people in the child protection system. She recently received a well-deserved

Child Protection Week 2020 award, acknowledging her achievements in this field.

A proud Jirrabal woman with strong cultural ties to the Rainforest People of the Atherton Tablelands, Tammy is an emerging elder in her family and an inspiration to all who work alongside her. For the past 20 years, she has worked with Aboriginal and Torres Strait Islander communities implementing policies, programs

and service delivery roles for the Queensland Government.

In 2017, Tammy championed the establishment of the Indigenous Advisory Committee, Gili Burra, to influence Churches of Christ in Queensland's work to achieve better outcomes for Aboriginal and Torres Strait Islander children, families and communities. Gili Burra provides expert cultural advice to inform policy, program, engagement and practice and builds the organisation's cultural capabilities.

Tammy's achievements extend to developing a state-wide engagement strategy, including the creation of eight engagement officer positions to build meaningful and collaborative relationships and partnerships with Aboriginal and Torres Strait Islander communities, families, children and young people.

Aligned with the engagement strategy, Tammy has also developed and spearheaded a Cultural Practice Framework to strengthen the cultural connection of children, young people, families, carers and staff.

"Tammy has made a significant difference in improving safety and resilience of children through strengthening the positive connection to culture and community," Leanne Rutherford, General Manager Children, Youth and Families said. ■



■ Tammy Wallace (centre) with Leanne Rutherford and Gary Edwards.



■ Families Together Intensive Support Service team members with Leanne Rutherford and Gary Edwards. Below: a child has their height recorded at the School Readiness event.

Outstanding effort preparing children for the new school year

Our Families Together, Intensive Family Support Service at Brisbane South received a Highly Commended award at the 2020 Queensland Child Protection Week Awards for outstanding practice for their 'School Readiness' event.

The School Readiness event held in January 2020, connected families across Churches of Christ in Queensland's Family Support Services with a range of free services to help parents support their children's health and developmental needs, and prepare them for the new school year.

Team Leader of the Families Together Intensive Family Support Service, Jodie Thomas, said, "the team were humbled to be acknowledged by their peers in the child protection sector."

"We work closely with various other agencies and services to support families and children in need."

The Families Together team identified a need in the community

to provide a one-stop-shop where parents and children can access a dentist, audiologist, child health nurse, nutritionist, hairdresser and podiatrist.

"We reached out to local allied health services and received an overwhelming response that contributed to the success of this event."

"Families and children enjoyed the self-paced market stall, visiting stalls hosted by the local health providers," Jodie said.

At the beginning of the event, each child was encouraged to complete an 'event passport' to track which stalls they visited.

"Families left with a bag of helpful and fun resources and information to be ready for school, and children were given practical items including books, pencils and other stationery to give them the best to start their school year."

"We would like to thank the stallholders who offered their services free of charge, making this event a success. We received fantastic feedback



from families and our partners, and are hoping to make it bigger and better next year," Jodie said.

Thank you to Children's Health Queensland, Hear and Say Centre, Eat Smart Nutrition, Kelly Bevis hairdressing, Happifeet podiatry and Mt Ommaney Dental.

School Readiness will become an annual event across all Family Support Services across Churches of Christ in Queensland in 2021, supporting children and families to thrive in their community. ■



2020 LASA Awards honour innovations in aged care

Churches of Christ in Queensland have been recognised in the Excellence in Age Service Awards 2020, as part of the Leading Age Services Australia (LASA) Ten Days of Congress held from 12 to 23 October.

Clinical Support Officer John Sison and Physiotherapist Taranjot Minhas were among those recognised for demonstrating exceptional talent, innovation and compassion towards improving the lives of senior Australians.

John was the national recipient of LASA's 2020 Rising Star award for his outstanding contribution to the aged services sector for his development of a data analysis tool that helps track and improve the wellbeing of aged care residents.

The tool allows Churches of Christ in Queensland to monitor the trends and analysis of resident care, including tracking medications, antimicrobial management and clinical data.

Honoured at a virtual awards ceremony, John said it was very humbling and an honour to receive the award in recognition of his work at Churches of Christ in Queensland.

John started with the organisation as part of a graduate nursing program in 2016. The program saw him working across multiple clinical streams in Residential Aged Care and Home Care services, in both metropolitan and rural areas.

"As the youngest member of our team, John leads by example and shows respect and integrity beyond his years," Sheelagh Henson, General Manager Clinical and Care Governance said.

This experience, combined with his advanced IT knowledge and a passion for making a difference, inspired him to design and implement clinical governance tools that collect and present data in a more meaningful way.

Building on his earlier ideas, he developed a dynamic in-house tool that spans the clinical governance fields to analyse and map together with a variety of clinical areas. This includes incident analysis and recommendations to assist services in developing strategies and care planning for older people.

"I think the clinical care governance component of the organisation changed into a much more modern way of thinking for us [and it] definitely



■ John Sison (front) with Sheelagh Hensen, Gary Edwards and Daniel Bailey-Green.

“
As the youngest member of our team, John leads by example and shows respect and integrity beyond his years.
”

has increased reporting and visibility,” John said.

John is working on a second and improved version of the tool.

The information from these tools is provided to both the aged care services and senior management to drive change in practice. This enables us to deliver best practice care and support that achieves improved outcomes for residents and clients.

“John’s interactions with both residents and families are sensitive and empathetic. His ‘can-do’ attitude and calm demeanour reassure the most anxious of residents and staff,” Sheelagh said.

“Residents enjoy his company and feel safe and valued by him. We frequently receive requests for John to attend services to assist with clinical support.”

Taranjot’s passion for using innovation in her workplace earned her a well-deserved finalist place in LASA’s inaugural Next Gen Young Leader Award.

Taranjot is a physiotherapist who has been with us since graduating from university after a student placement with the organisation attracted her to the aged care industry.

In what is understood to be a first


in Queensland, Taranjot is introducing the Therabubble medical device into our residential aged care services to support people with chronic respiratory conditions and reduce hospitalisation rates. When a person blows air into the water-filled device to create bubbles, it improves ventilation and clears their lungs. This breathing exercise can prevent re-hospitalisation and can help people recover faster from acute infections and illnesses.

“TJ [Taranjot] is passionate about making a difference in the lives of people in our care and achieving the best possible outcomes for them. She brings a fresh vibe, and is constantly thinking of new ways to improve service delivery. She looks at residents’ overall wellbeing and not just physiotherapist intervention,” Kane Singh, Regional Support Manager said.

Chief Executive Officer Gary Edwards said he was delighted the innovative initiatives to improve aged care by team members were being recognised by the industry as a whole.

“I am appreciative of our aged care team for their dedication to making a difference in the lives of senior Australians,” Gary said. ■





Warrawee turns 30

For 30 strong years, St George's Warrawee Aged Care Service has served the local community; not even a devastating flood could break its spirit.

On 4 August 2020, the service celebrated its 30th birthday, albeit not the celebration imagined due to COVID-19 restriction.

Warrawee Aged Care Service officially opened on 4 August 1990, despite many challenges surrounding location and funding. This was a significant day for the community, as the residents could now receive the care and support they required, close to their family and friends.

The story of Warrawee truly demonstrates the mission of Churches of Christ in Queensland of bringing the light of Christ into communities and responding to community needs.

There is a famous story from 1984, about the then Executive Director of Care, Dr Don Stewart drawing more people to a public meeting about the need for an aged care facility at St George than a Slim Dusty concert was able to draw, only weeks earlier.

This is a notable part of the Churches of Christ in Queensland story as, unlike other services, there was no local Church of Christ backing this potential facility. One of the key voices urging such a move was Beverly Grenfell,

Chair of Care's Board at the time, and a long time member of Toowoomba's Margaret Street Church of Christ (now HumeRidge).

At the meeting in St George, and after a survey was conducted of patients by St George doctors, it was clearly established that there was a need in the local community for hostel accommodation. The need, however, required funding and a location to manifest itself.

After the need was identified, St George locals Paul and Nancy Young took a bold step towards meeting that need. They offered their house, situated on a 10-acre property dotted with fruit and nut trees, to Churches of Christ in Queensland for \$100,000, which they then donated back to the organisation. Those funds were then used to renovate the property into an appropriate aged care facility. This wasn't the end of Paul and Nancy Young's involvement at what would later become the Warrawee Hostel. They also donated funds to pay for a tractor for the site and took on the role as caretakers, while still operating their own business from the property.

Not long after, the only community nurse in St George quit, leaving the town without services or resources for the aged, ill or disabled. Churches of Christ in Queensland needed to

start a nursing service – and quickly. The remarkable Youngs once again came to the rescue of the yet-to-be-built facility. They decided to sell their car and donate the sale price back to Churches of Christ in Queensland so that a nursing service could be funded; showing such extraordinary devotion to the idea of providing care for the local seniors.

It can often be forgotten that many of the facilities we now run were initiated and supported by dedicated individuals or small groups and communities of passionate people.

Today, Warrawee stands as an example of the partnership between the community of St George, Churches of Christ in Queensland and the deeply motivated Paul and Nancy Young. ■



The big flood

February 2012 is ingrained in the minds of the people of St George. Following a significant rain event, the Balonne River, which runs through the town, continued to rise relentlessly and inundated the lower part of the town, including the Warrawee Aged Care Service. All of the Warrawee residents were evacuated, along with over 2600 of St George's population of 3000. It was a very traumatic and emotional time.

The residents were evacuated by air and were away from their homes for months, with some never able to return.

As the floodwaters receded, it was evident that the building had sustained a great deal of damage. All the sodden floor coverings had to be removed, along with the contaminated furniture; it was a mammoth task. The ADF was called in to assist, and the facility was cleared out, ready to be restored.

The then Prime Minister, Julia Gillard, and Queensland Premier, Anna Bligh, flew in and inspected the site, offering support for the recovery. At the time, the Council thought that the reconstruction of Warrawee might be too daunting for Churches of Christ in Queensland. Still, despite the repair bill running into the millions, the new Warrawee was completed and was even better than before. ■



Poppy's tale

Young people exiting care are navigating a whole host of life events, often on their own. Living independently, finding work, furthering their study, and navigating relationships are some of the situations they face.

Exploring new relationships and establishing a sense of identity that is unique but also connected to their history, family, and culture is a milestone for all young people. This, though, can open up a range of difficulties for young people exiting care. Unfortunately, this cohort is more likely to become victims of a domestic and family violence relationship.

This was the case for Poppy*. Poppy left to care when she turned 18 and linked in with Youth CONNECT. After leaving care, she moved around and ultimately moved in with her partner at the time.

Poppy identified that there was abuse within their relationship, and this abuse was escalating. She confided in her Case Manager, and together they were able to make a plan for Poppy to leave the relationship.

Poppy's Case Manager connected her with domestic violence organisations, and also helped her negotiate with her landlord to take her off the lease so she could leave home she shared with her partner.

Although a tough decision, Poppy decided to end the relationship and move into a domestic violence shelter. This was understandably a challenging time for Poppy. However, she continually sought support from her Case Manager to set goals for herself to strengthen her independence.

While in the shelter, Poppy explored her cultural heritage through a Cultural Strengths Plan with her Youth CONNECT team. She continued to seek employment during this time, as well as exploring long-term accommodation options. Poppy was able to find a private rental and move in with a housemate, with the assistance of her Youth CONNECT Case Manager.

Since moving into her new home, Poppy has obtained her provisional driver's license and also found casual employment as a disability support worker, which she is enjoying.

Poppy has shown tremendous growth throughout 2019. She is now focusing on saving for her own car and has opened a savings account to help her achieve this goal. She is also exploring mental health support and is continually meeting with her Case Manager to work on achieving her goals. ■

** Case studies have been de-identified. Images are not of the individual.*



CEO Shining Star Awards recognises outstanding service

A sudden shift to working from home sparked by government advice pushed our communities to rethink their delivery of services and care. Our Employees, volunteers and our churches had to build resilience in a virtual workplace to replace the high touch and face-to-face experiences with clients.

This change in behaviour and innovative thinking to keep their communities and colleagues safe and connected during the pandemic prompted an event to recognise shining stars among Churches of Christ in Queensland.

This year we announced the inaugural CEO Shining Star Awards to emphasise celebrating the achievements of churches, team members and volunteers in 2020 for their commitment to being a guiding light in the darkest and uncertain times in our communities.

Teams received more than 300 nominations recognise their peers who have excelled at living out Churches of

Christ in Queensland's values in action. Jodie McAloney, Director of People and Culture, said 2020 had been a year like no other, and we have all faced the most unexpected challenges.

"Together we have navigated a global pandemic, yet in the face of this adversity our Churches of Christ in Queensland's community has not only responded and endured, but they have also risen to the challenge with many 'shining stars' emerging among us.

"The CEO Shining Star Awards is our way to acknowledge and recognise our brightest stars," Jodie said.

Three awards ceremonies held across central regions in Queensland celebrated all nominees. They announced the recipients of the CEO Shining Star Awards in all service areas.

A special ceremony will also be held in Victoria for our residential aged care and retirement living team members in the New Year. ■

#ThanksforCaring

On Friday 7 August, aged care leaders, residents, clients and families united in thanking and celebrating our vital aged care workers for Aged Care Employee Day (ACED).

In the midst of the fight against COVID-19, the older members of our families, our mums, dads, grandparents and great grandparents, are being cared for by more than 360,000 passionate individuals.

They play essential roles, as nurses, personal care workers and allied health professionals, to chefs, cleaners, gardeners, managers and volunteers, in supporting around 1.3 million senior Australians.

They are not only working hard to protect them from a deadly pandemic; they are also sustaining connections with their loved ones and maintaining interests in hobbies and recreation.

In the lead up to ACED, we were overwhelmed by the messages of encouragement, celebration and recognition to our aged care workers from families, residents, and clients. ■

Read the messages below:

To our valued aged care teams,
I am extremely thankful for all you do and the positive impact you bring to the Aged Care sector.

You truly are superheroes, and I cannot thank you enough for showing up each day with passion in your hearts, to deliver care to some of our most vulnerable Australians.

I hope you take time to reflect, recognise the difference you make and thank yourself and each other for simply being unique, caring, giving, passionate, amazing human beings.

Go well and stay safe,

Sandy Osmond

Regional Manager – North
#Thanksforcaring

To our aged care staff,

Thank you for your continued dedication to protect our most vulnerable. Your contributions have been nothing short of inspiring. Your perseverance is recognised and appreciated by the many families whose loved ones you care for. As an aged care employee, you are an unsung hero, and we applaud you and your colleagues who are giving your all to care for our most vulnerable.

We would not be able to deliver high-quality care without your support.

Thank you for caring.

Gary Edwards

To our aged care teams,

Thank you so much for loving, caring and supporting those who may not even be able to express their internal gratitude of what you do regularly.

Keep smiling, keep shining, and keep yourselves safe and healthy!

Thank you again for what you do.

Jasmin Tang

I just wanted to thank all of you for your tireless efforts during these incredible times.

You are all an inspiration to the fighting spirit encompassing us all.

Through your hard work and dedication, your residents, teammates and families can see the risks you go through to ensure others care needs are met.

Thank you!

Arun V



Warwick local maintains connection with 'paw-fect' companion



Our Warwick Aged Care Service recently welcomed Kaye and her dog Bindi to their community.

When the time comes to move into residential aged care, people with pets can face a difficult decision.

“It can be hard for many people to have to leave their home and move into aged care, but having to leave a pet behind can often be a deal-breaker,” Bobbie-Jo Woods, Warwick Aged Care Service Manager, said.

Kaye has been a client of Churches of Christ in Queensland for some years, receiving Home Care services and respite care at Warwick Aged Care Service.

“Kaye was in a position where she was eligible for residential aged care and was familiar with the residents, staff and environment of the service, but she was always ready to race out the door to see her beloved companion Bindi,” Ms Woods said.

Unable to leave her terrier behind, our Warwick team developed a care plan for both Kaye and Bindi after assessing the dog’s health records, temperament and wellbeing.

“Kaye and Bindi’s circumstance is not common. While we are blessed to have regular animal visitors, and we have chickens, many residents are unable to bring their pets when they move into the service. We worked closely with Kaye and her specific circumstance in allowing Bindi to join her.

“All of our in-house pets, chickens and now Bindi, require their own care plan. This entails keeping all their vaccinations up to date, regular grooming, and management of their diet and exercise,” Ms Woods said.

Having animal companions has proven to benefit people’s physical and psychological wellbeing and promotes social connections. The bond a person has to an animal is known to reduce loneliness and provide a sense of purpose.

“It’s such an adjustment moving into aged care and leaving your home, and Bindi has made that transition a little bit easier for Kaye. The health benefits speak for themselves.”

Since the pair were welcomed to their new home, staff have seen the spirits lift in other residents. ■

Meet the next cohort of leaders:

Motivated, talented and full of ideas

Sixty future leaders came together from a variety of roles across our services and churches to mark a momentous occasion in their leadership journey.

The Adventures in Leadership program is designed to improve the leadership fitness of every person in Churches of Christ in Queensland.

Three leadership cohorts – Emerging, Extension and Executive – were taken on a journey to guide their grown and able to lead themselves, lead others and lead us into the future. The 12-month program developed their understanding and appreciation of our unique history, mission, values and strategic plan.

“Our mission to ‘bring the light of Christ into communities’ is enormous, and we will always have room for leaders with passion, skill and courage,” Steve Drinkall, General Manager Leadership and Culture, said.

“We host a wide range of formal and informal events, learning programs and stretch opportunities for those who

are putting their hands up and asking for a greater level of responsibility and a challenge.”

Leadership is a key ingredient to developing and retaining talent, driving the organisation’s mission and increasing your success when navigating change.

“We know good leadership when we experience it, and we also know it all too well when it isn’t there,” Steve said.

Thanks to the generous support of salary packaging provider, EziWay, the graduating class accessed professional coaching and in-house mentoring to stretch their thinking and had a practical outlet to embed their learnings in their daily life.

“We are committed to building a healthy leadership culture right across Churches of Christ in Queensland and will be looking for new participants in the coming year.”

If you know of someone with leadership potential in your church or service, please nominate them for Adventure in Leadership by visiting www.adventuresinleadership.com.au. ■

“

Tell me and I forget,
teach me and I may
remember, involve
me and I learn.

Benjamin Franklin

”



“

Leadership
and learning
are indispensable
to each other.

John F Kennedy

”

Family favourites

Food is the language of love and brings us all together.

Food is at the centre of many of our celebrations. Sharing food is a wonderful way to connect with others, cooking together, going out for meals, and celebrating special events at home with family and friends.

The following recipes are from our residents from Barcoo Living Multi-Purpose Service in Blackall. Some of these special recipes have been passed from generation to generation.

Sweet and sour rissoles by Dot Marks

Sweet and sour sauce ingredients

2 tbs oil
2 cloves of crushed garlic
1 red capsicum, diced
Pineapple pieces from a large tin of pineapple. Reserve juice
2 tbs tomato sauce
¼ cup vinegar
2 tbs sugar
1 tbs cornflour

Method

1. Sautee garlic and capsicum in oil, add pineapple pieces, tomato sauce, vinegar and sugar.
2. Bring to a low simmer.
3. Mix reserved pineapple juice and cornflour, and add to the sauce to thicken.
4. When cooked, cover tightly with saucepan lid until ready to pour over the rissoles.

Rissoles ingredients

Ingredients:

1 grated onion
1 crushed clove of garlic
1 grated zucchini
500g minced beef, lamb, pork or chicken
1 egg beaten
½ cup breadcrumbs
Salt and pepper
1 tbs Worcestershire sauce

Method

1. Combine all ingredients in a bowl.
2. Roll portions of mince into small balls.
3. Pan fry or bake in the oven.

Scones by Dot Marks

Ingredients

1 cup cream
½ cup lemonade
2 cups of self-rising flour

Method

1. Mix all ingredients using a knife, with a light hand.
2. When the mixture comes together, press out lightly on a floured board to about 2.5 to 3 centimetres thick.
3. Cut into round shapes using a glass dipped in flour.
4. Place the scones gently on a baking tray and bake in a hot oven for 15 minutes.
5. Remove the scones from the tray and onto a clean linen tea towel and wrap them with same.
6. Serve with butter and golden syrup or jam and cream.

Dot's top tip: When ready, the scones should sound hollow when you knock on them with your knuckles.

Passionfruit shortbread cake by Nellie Rennick

Ingredients

- 4 oz caster sugar
- 4 oz butter
- 8 oz self-rising flour
- 1 egg

For icing

- 1 cup icing sugar
- 2 passionfruit
- 1 dessertspoon of butter

Method

1. Rub flour and butter together, then the sugar. Add egg.
2. Place mixture into a lightly greased tin lined with baking paper on the bottom.
3. Rough up the top and sprinkle with sugar.
4. Bake in a moderate oven for 30 minutes or until cooked.
5. Once cooled, cut through the middle.
6. Make icing and put in the middle of the cake.

Ginger and Cherry Biscuits by Marie Messer

Method

1. Beat ¼ lb. butter with 3 tablespoons of icing sugar.
2. Add 1 cup self-rising flour.
3. Add 2 tablespoons of finely chopped cherries.
4. Add 1 tablespoon of ginger powder and a dash of vanilla.
5. Roll the mixture into small balls.
6. Press with a fork and bake in a 180°C oven.

All in one Quiche by Alice Willshire

Ingredients

- 3 eggs
- 1 ½ cups milk
- 2 ozs margarine
- Salt and pepper to taste
- 1 cup cheese
- 1 cup cooked bacon or ham
- 1 small onion
- ½ cup chopped capsicum
- ¾ cup self-rising flour

Method

1. Mix all the ingredients in a bowl.
2. Pour mixture into an appropriate dish.
3. Cook for 50 minutes in a moderate oven.

Cooking note: Fillings can be varied and include other vegetables such as zucchini.



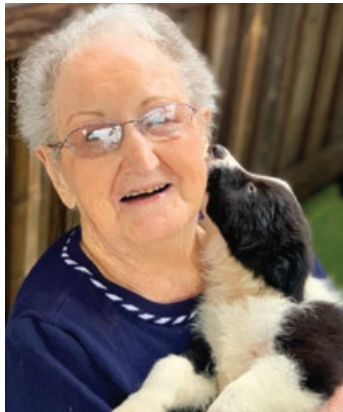
If you have a recipe you would like to submit for our next edition of networking; please email communications@cofcqld.com.au.

{ People & Events }

in our communities

Creating social connections

Home Care client Norma and her carer Linda paid a visit to Collies. And Co., a café that serves up some wholesome puppy love along with delicious brunch. Like many of our clients, Norma has created social connections with her community with the help of our Home Care team.



Warm hearts create cosy blankets

Residents at Sanctuary Park Retirement Community in Nambour have been busy knitting squares to make into cosy blankets. These handmade blankets will be given to those in their community who are experiencing homelessness or will be donated to their local hospital.



Giving back to the community

Community spirit is alive and strong in the Toowoomba Range thanks to Nubeena Retirement Village residents, who have been helping out individuals and families by supporting BASE Services Inc as well as knitting and donating colourful winter warmers to protect against the brisk Toowoomba air, they also provide advice and impart general wisdom to those who attend the regular soup kitchen.



Baby Give Back

Working in partnership with organisations like Baby Give Back, we can provide additional support to some of the families in our Crisis Accommodation Program. Thank you BGB for all that you do!

House-warming barbeque for Boonah residents

Fassifern Aged Care Service residents and staff celebrated moving into their new home with a Sunday barbeque. Barry Hinrichsen cut the spectacular cake, but it wasn't the first time he has had an important job to do – Barry was a member of the committee that opened the original aged care service on the site 48 years ago.



Marriage still sweet after 66 years

All you need is love... And maybe a little ice-cream. Congratulations to Tom and Connie, from Little Mountain Aged Care Service at the Sunshine Coast, who recently celebrated their 66th wedding anniversary.



Love is in the air

It was a beautiful day in Blackall celebrating the 68th wedding anniversary of Cole and Maureen Tanzer. Cole and Maureen are Barcoo Livings only live-in couple. They spent the remarkable milestone with loved ones, residents, volunteers and staff.



Support in time of need

Residents from our St James Retirement Village donated 30 personal care packs for those escaping domestic and violence. Each handmade bag, sewn by the resident craft committee, included a handcrafted teddy bear and toiletries to be distributed by the Queensland Police Service.

Happy 100th birthday Mavis

Mavis has joined the Centenarian Hall of Fame at our Bribie Island Aged Care Service, where she celebrated with her family, residents and staff.



Happy 102nd birthday June

It was a special morning celebrating June's 102nd birthday. June is a resident at our Little Mountain Aged Care Service, and we were thrilled to celebrate such an incredible milestone with her.



Diamond days

Dallas and Margaret from Hervey Bay celebrated their diamond wedding anniversary last month. Because of the COVID-19 restrictions, Dallas and Margaret's children were unable to celebrate their anniversary with them. They asked our Fair Haven Aged Care Service staff to make the day memorable for the couple.



For the love of sewing

Sanctuary Park Church of Christ Op Shop has opened a repair shop for the Nambour community to drop off garments for repair or mending, using donated sewing machines. The ladies at the shop also hope to host sewing workshops on how to up-cycle secondhand clothing into one-of-a-kind pieces.

Turning back time

Step aside 2020. Toowoomba Aged Care Service rounded off June by travelling back to the swinging decade of hippies and rock and roll.



\$1400 raised for Day for Daniel

With the help of our services, we raised more than \$1400 for the Daniel Morcombe Foundation on Day for Daniel.



Virtual Hokey Pokey world record attempt

Our St James Retirement Village residents certainly 'shook it all about' attempted to break the world record for "number of people doing the Hokey Pokey on video conferencing software Zoom." Partnering with District Neighbourhood Watch for Get Online Week, the aim was to spread awareness of the importance of residents staying connected online.



The gift of giving

Kenmore Campus hosted a food drive to help those in our housing services. Whitehill Church of Christ distributed these donations to our housing community in Ipswich and have continued to show our tenants much kindness in tough times.



Empowering families

We are proud to work with Good360 Australia to distribute Empower Packs, filled with essential products, to families in our crisis housing program.

Home Care client wows with artwork

Kay Steward is an accomplished painter, writer and poet. We visited the Maryborough Art Society Gallery with her to see some of her pastels on display. Kay is also a passionate promoter of the arts, establishing Woodford Community Art Group and teaching at Bribie Island Community Arts Society for many years.



Proud in pink

Our Early Learning Centre in Cunnamulla went #ParooInPink to raise awareness with the Paroo Shire Council for breast cancer awareness this month. The team and children, went pink, in support of the thousands of mothers, brothers, sisters, husbands, wives, daughters and sons that have been affected by breast cancer.



Boonah charmed by the Southern Cross Soloists

The Southern Cross Soloists transported Boonah to another era with their spectacular musical performance at the Boonah Cultural Centre. Jonathan Henderson, the world-renowned flautist, guided us on a delightful musical journey, featuring works by Handel, Dvorák, Villa Lobos and more. Heather, Bev and Margot from our Fassifern Retirement Village, who were among the captivated audience, said: "it was tasteful, well presented, and very enjoyable".

{ Events }

Find us on 

December

24 DECEMBER

Christmas Eve

25 DECEMBER

Christmas Day

26 DECEMBER

Boxing Day

31 DECEMBER

New Year's Eve

January

26 JANUARY

Australia Day

February

9 FEBRUARY

Safer Internet Day

March

5 MARCH

World Day of Prayer

8 MARCH

International Women's Day

21 MARCH

Harmony Day

April

2 APRIL

Good Friday

4 APRIL

Easter Sunday

25 APRIL

ANZAC Day

May

1-31 MAY

Domestic and Family Violence
Prevention Month

17-23 MAY

National Volunteer Week

26 MAY

National Sorry Day

27 MAY – 3 JUNE

National Reconciliation Week



Townsville Home Care gives back to their community

In Townsville, our church and Home Care team came together to donate an entire car boot full of toys, backpacks, essential products, pillows, linen, clothing and other donations for families in need. Home Care Service Coordinator, Catherine Russo said it was a small way that they could show their support to those in the Townsville community. Pictured: Pastor Nick with Home Care Service Coordinator Catherine Russo.

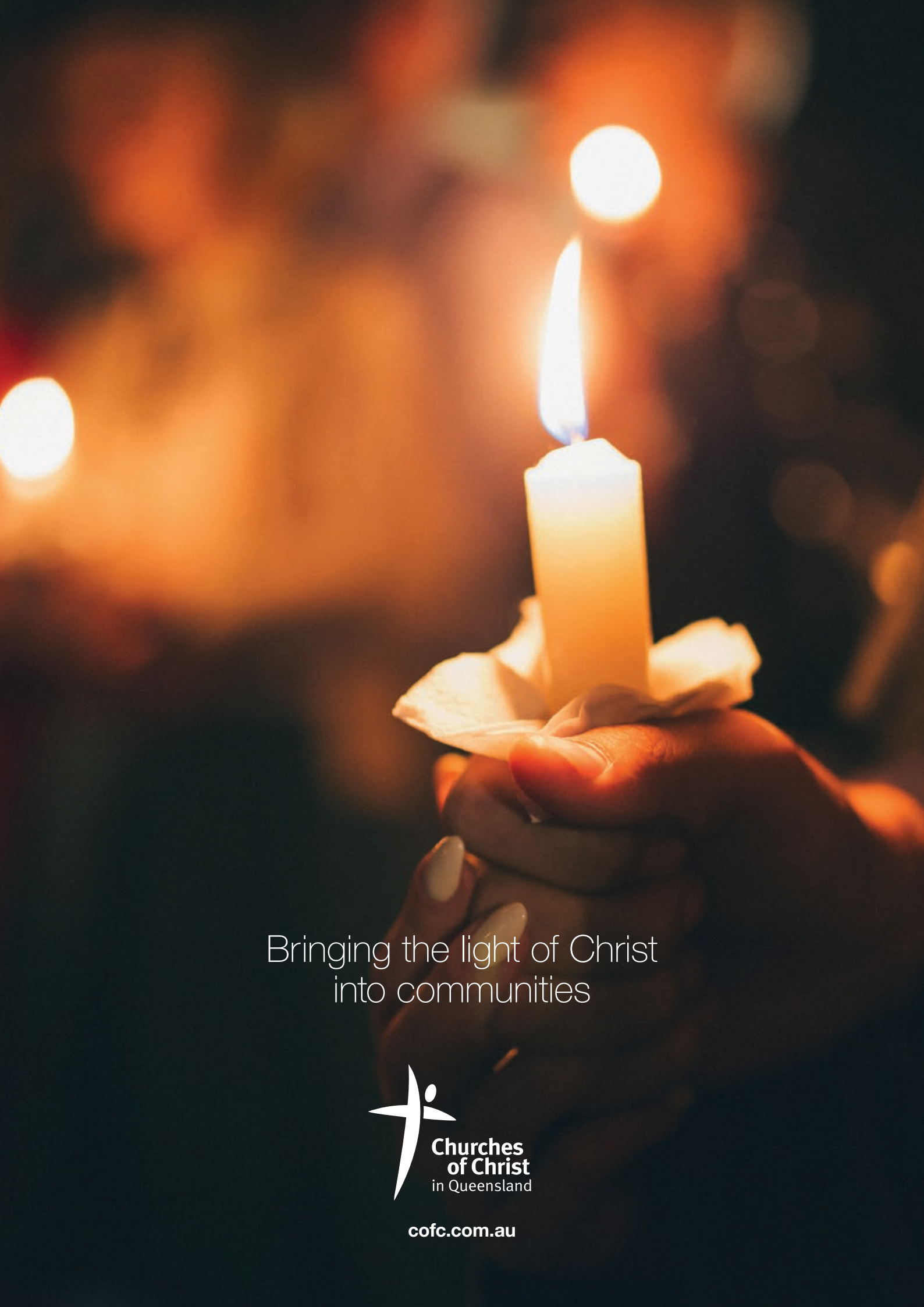
Whitehill Church of Christ launches 'Cards for Kindness'

Our Fassifern retirement village and residential aged care staff were humbled to receive incredibly thoughtful gifts from Whitehill Church of Christ. What commenced as a 'Cards for Kindness' campaign, an initiative to encourage words of thanks for our staff in Boonah, quickly became a project of love, kindness and appreciation with the distribution of handmade cards, gifts, chocolates, hand-crocheted teddies and more. Pictured: Meryl and Courtney from Whitehill Church of Christ.



Mount Isa team awarded

Our Children, Youth and Families Mount Isa team, received the 2020 Jemena Northern Outback Business Award – Social Change Maker Award for their continued positive social impact for children, young people and families across the Mount Isa region.



Bringing the light of Christ
into communities



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