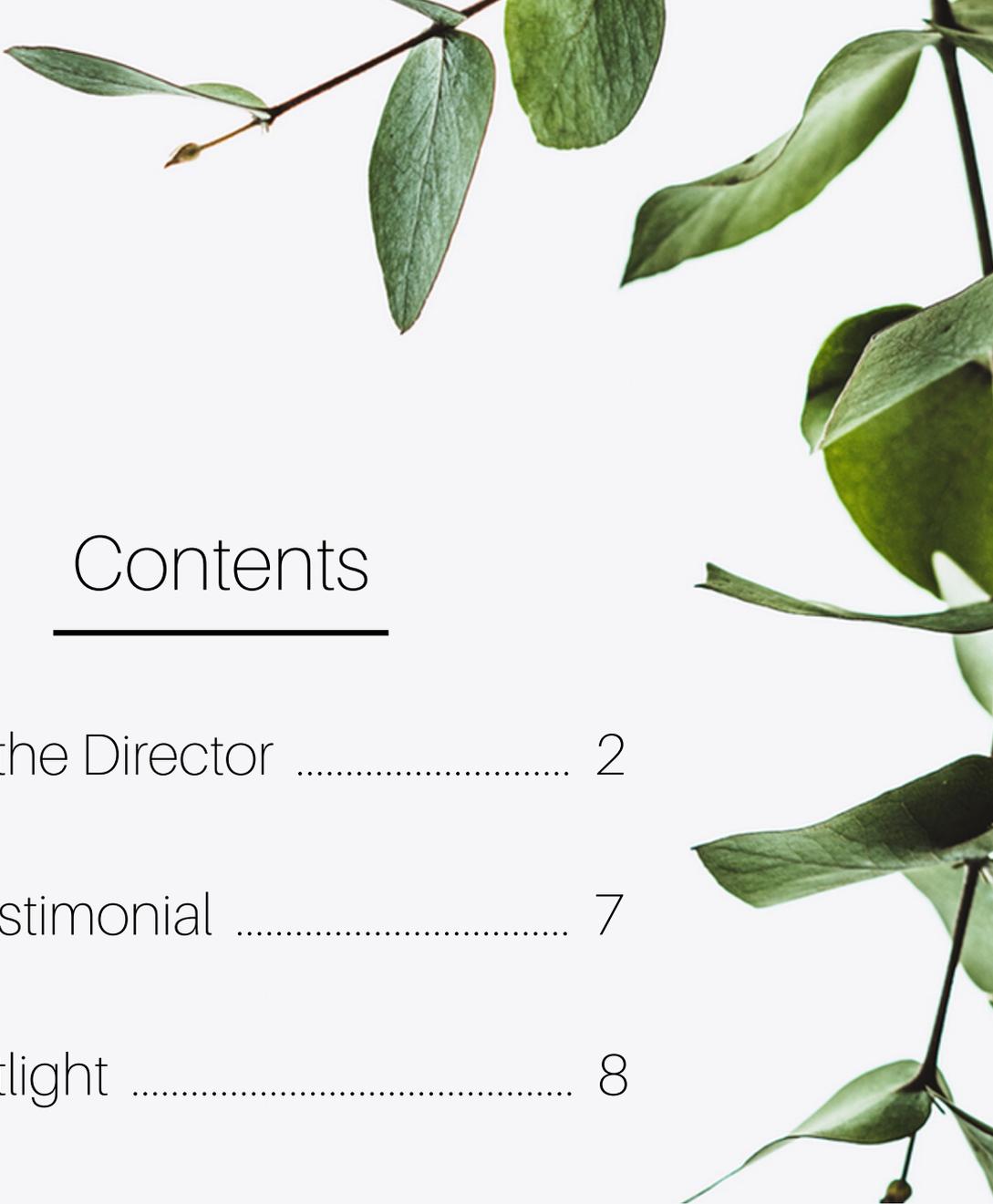


JULY 2020 | ISSUE NO. 5



LIVE *free* PROJECT



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A message from our Project Director

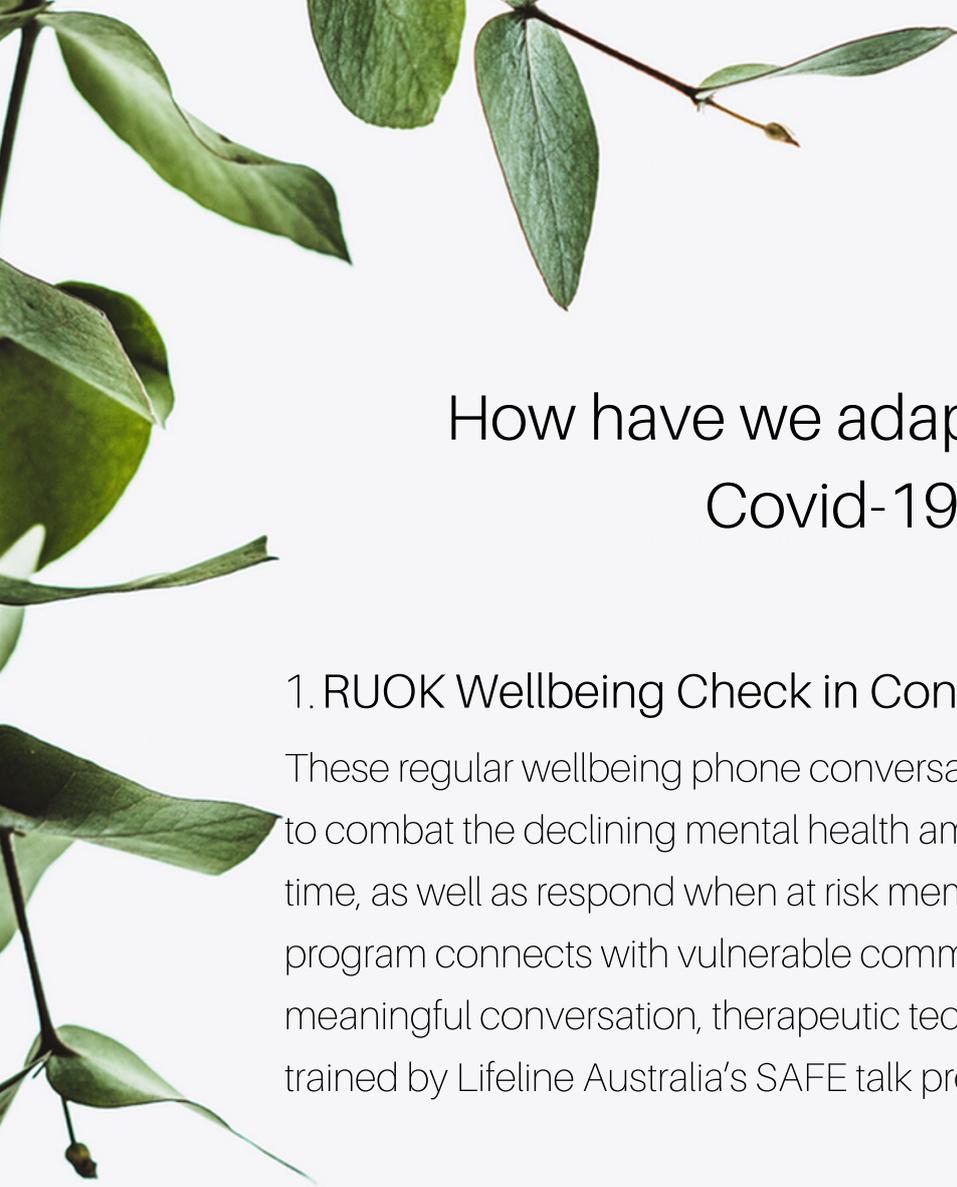
Well the year of 2020 is certainly going to go down in history as one of the most significant ones for change in community operation, as we all experience the overflow of Covid-19 being present in our lives.

Covid-19 brought lots of new and unknown challenges, but like anything that causes pressure, it either stops you or spurs you on to more inventive and passionate endeavours. The latter was the case with LIVEfree Project - we discovered how much hope and trust our governance board has in our abilities to rise to the challenge, encouraging us to dream big in this season instead of drawing back. This was a catalyst for new programs, partnerships and volunteers!

So, our range of care has needed to expand and diversify as support both in crisis and ongoing care has needed to embrace families who may be experiencing financial hardship or declined mental health for the first time. Although all families are experiencing challenges during this time, many at risk families felt even more pressure as their children were not receiving the structure and emotional or physical support that school provides for them.

It's been our privilege to stand alongside people in this place, to be welcomed into their homes and given a seat at their table in bringing care and support to some of the communities most vulnerable.

See the next few pages for the new programs we developed
during Covid-19!



How have we adapted during Covid-19 ?

1. RUOK Wellbeing Check in Conversations

These regular wellbeing phone conversations are a preventative measure to combat the declining mental health amongst our community during this time, as well as respond when at risk members need further support. This program connects with vulnerable community members through meaningful conversation, therapeutic techniques and safe questions as trained by Lifeline Australia's SAFE talk program.

These phone conversations help clients feel a sense of connection and belonging within their community and encourage safe and helpful resources to maintain good mental, emotional and physical health.

This program partners with Livefree Church and local school chaplains to provide experienced pastoral care workers to have these important wellbeing conversations and ensure they are followed up correctly in order to keep our community members safe.



How have we adapted during Covid-19 ?

2. Doorstep Deliveries of Essential Goods

Due to the isolation and financial strain of Covid-19, community members and families are not able to access the usual food services or essentials that they need, particularly the vulnerable, such as the elderly, immune compromised or those who have lost their jobs due to Covid-19.

We deliver fresh produce, meat, hygiene products, children's reading and educational material, nutritious frozen meals and medication where required, to their door to meet this unfolding need.

This program is part of our collaboration with Oz Harvest and their donation of food and nutritious meals, as well as partnering with pastoral care and support workers from Mission Australia, Livefree Church and Hamilton Baptist Church for delivery.



How have we adapted during Covid-19 ?

3. Doorstep Wellbeing Visits

Intentional mental health and wellbeing conversation check-ups at the doorstep of the most vulnerable in our community. These visits support community members who feel isolated and are not able to participate in the mental health check-ups and connection points that would normally be a part of their weekly support network due to Covid-19. For some, home is not a safe place and the effect of the Covid-19 isolation means that at-risk families, such as vulnerable children or those living in a domestic violence household, are confined to an unsafe environment for longer periods of time than usual.



Doorstep engagement allows us to do a holistic check in on the wellbeing of at-risk families – mental health check in conversations and a physical check on their wellbeing within their home environment to ensure safety for themselves and the dependents within their home.

This program partners with experienced pastoral care workers from Livefree Church and Hamilton Baptist, to check in on the physical wellbeing of community members as well as assess the safety of their home.

What do we need now?

1. Funding

We are behind in our finances presently by \$15,000 at this stage - as our normal fundraising avenues have not been possible with Covid -19. We are hoping that people like you, will take LIVEfree Project into their hearts and those who can, will donate. All donations are appreciated and go directly into supporting our community and any donation over \$2 are tax deductible. [You can donate here.](#)

2. Sponsorship

Continued [sponsorship](#) of our regular programs or a continued monthly donation of just \$40 will help bring stability to our regular programs and extend our reach into the community.

3. Share our work

[Follow us](#) and [share us](#) on your Instagram and Facebook Pages - share us with your friends, talk about us in your spheres of influence and spread the word of the work that we do, word of mouth is powerful!



4. Volunteer

Volunteer your time, donate quality goods and clothing or become a mentor to vulnerable community members. [Contact us here for more information.](#)

We have big dreams in our hearts for the remainder of 2020. Thank you for being part of the solution, thank you for your continued trust and passion for our local community - together we are BETTER!!!

Chris xx

Community Testimonial

Meet Mama Joy...



Joy is a beautiful lady in her 70's, who before she retired, worked in a bakery for many years.

Joy enjoys spending her time crocheting, gardening and baking. Joy loves to crochet, when Joy and her husband Gary were going through a hard time a few years ago, crocheting gave her peace and she found it therapeutic. Crocheting blankets helped Joy to cope during this difficult time and this is where it all began.

"I make about six blankets a week and it takes me a day and a half to do one...sometimes when I'm slack I only do four a week. It's coming up to about a thousand rugs I've made."

Joy began donating the blankets she made to LIVEfree Project. Joy's blankets have been given to people in different primary schools, high schools, nursing homes and day care centres throughout Newcastle! Every single one cherished by vulnerable people in our community who take comfort in them and feel seen and embraced by this simple gift of a blanket.

[CLICK HERE to watch Joy's story and hear more about her incredible work](#)

Employee Spotlight

Get to know us here at LIVEfree Project! Our employee spotlight section helps you to learn a bit more about a different individual on our amazing team that helps to make things happen here at LIVEfree Project.

Introducing

Kerrie Williams

Kerrie is a 40-something local girl who loves creating. Having been part of LIVEfree Project from the beginning, Kerrie looks after our accounting, as well as our lovely broken and restored shop, which helps raise funds for LIVEfree Project's work.

Whether it's taking stock photos, wielding a nail gun, helping us put together food deliveries, ripping timber on the table saw, accounting, carrying loads of timber or manning a stall at the local markets, Kerrie is passionate about creating something beautiful from the broken and discarded - a poignant reminder of what the work we do here at LIVEfree Project is all about.

A single Mum of 3 gorgeous kids, you will find her mostly at home. Whether its snuggled up on the lounge reading a story to her 5 year old, madly catching up on work late at night, painting signs on the dining room table or sanding up a storm in the workshop, her home is her sanctuary, and it brings her immense joy to be able to create rescued timber art for others to place in their homes too.



broken + restored

We are EXCITED to release our NEW range of custom name signs - a beautiful series of handmade pieces for your child's room.

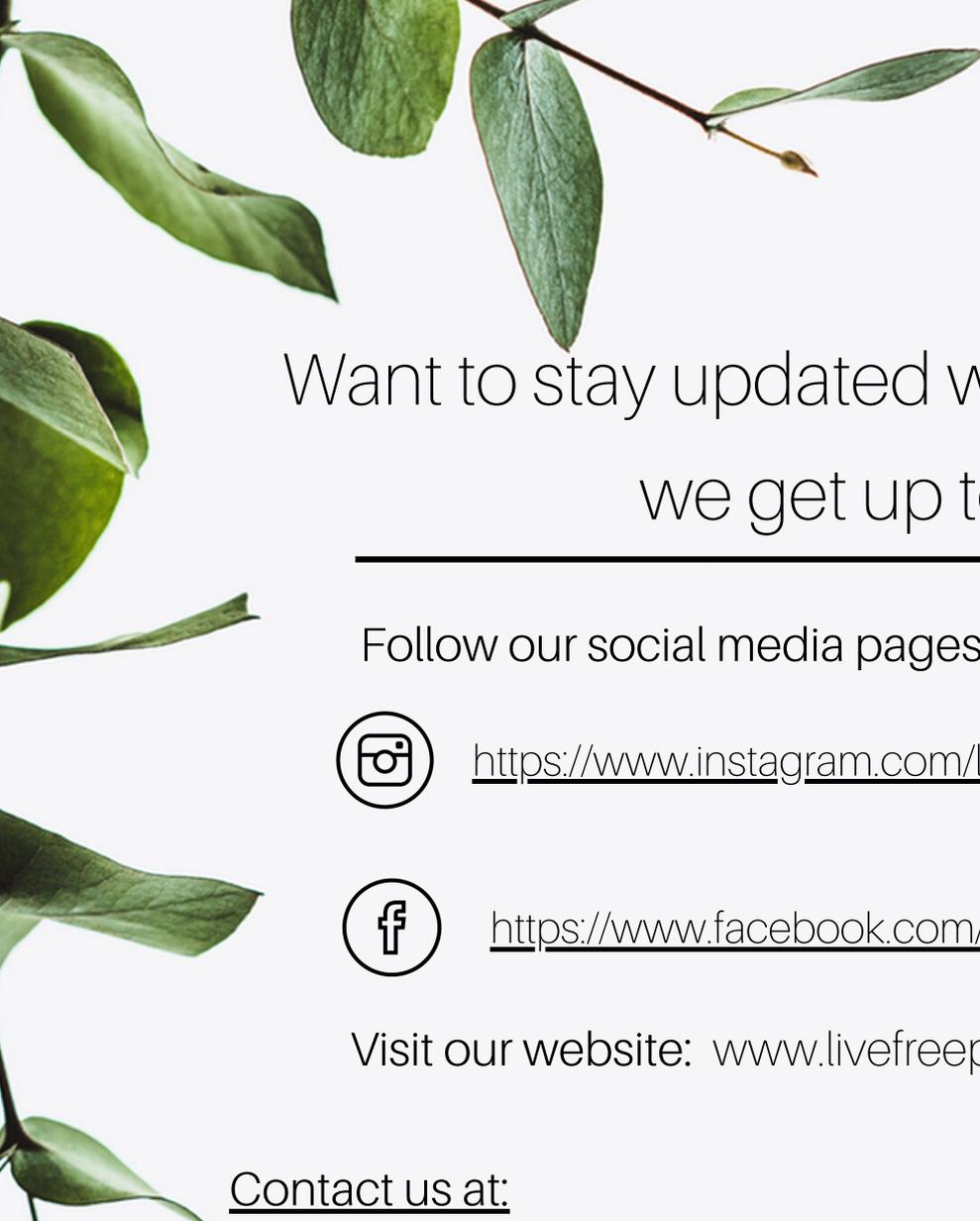
Each one made entirely by hand, by a girl and her scroll saw, with loads of love and passion. Each sign purchased provides the funds for LIVEfree Project to provide groceries to families in need in our local community.

Broken + restored retrieves discarded timber from all over the Newcastle area, each piece is individually assessed and then repurposed in such a way that it is more beautiful than it was before... it is RESTORED. All pieces are beautifully unique, hand crafted and benefit our local community.



*New Products
Alert!!!*





Want to stay updated with everything
we get up to?

Follow our social media pages:



https://www.instagram.com/livefreeproject_org.au/



<https://www.facebook.com/livefreeproject.org/>

Visit our website: www.livefreeproject.org.com.au

Contact us at:

Email: info@livefreeproject.org.au

Ph: 0412 429 193

Address: 486 Glebe Rd, Adamstown

Wanting to give?

All donations over \$2 are tax deductible

BSB: 650 000

Account: 5308 62708

Name: Livefree Project

[Or use PayPal Here](#)

If you require a receipt to claim a tax deduction,
please send an email with details of your donation to:
Kerrie@livefreeproject.org.au & we will email you a receipt.