

JANUARY 2020 | ISSUE NO. 4



# LIVE *free* PROJECT





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# A message from our Project Coordinator

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Hello friends and sponsors,

We are so thankful and grateful for the connections and growth of LIVEfree project over this past year - we are excited about 2020 and all the opportunity it holds for our beautiful community.

This year we have had some wonderful opportunities to extend and strengthen our programs, as well as network with some amazing charities and services, together bringing a wonderful web of support around our clients.

We have been able to stretch and grow our Inspire program to be running on two days a week now and are loving the opportunities for strength within that for each woman and their families.

We have loved our connection with OZ harvest and it has been a humbling year of feeding over 1,200 families throughout the year.





## Continued....

Our school programs, mentoring, dental and medical programs are going from strength to strength, as we embraced NDIS clients for the first time with wonderful success and glowing reports from providers.

I know this year will be full of opportunities big and small. Knowing that these are ours to hold and step into is something that our team values on the ground - we have added to our team this year and increased hours to match the demand.

Thank you for standing with us, thank you for sponsoring us, for supplying much needed resource to the coal face of our community. You are facilitating change within this precious community!!

Thank you for your continued support of all we do ... every single bit helps and we make it work, as we seek to nurture, connect and strengthen individuals and the community as a whole.

From the bottom of our hearts - thank you!

*Chris xx*

# A Snapshot of 2019



Here is just a quick look into what Livefree Project got up to in 2019!

*34 Dental Visits*

120hrs of NDIS supported sessions!

Advocacy + Support for 60 Medical Visits

1310 HOURS Face-to-Face  
with Clients

Support for 7 Legal Visits

*23 individual Mentoring Sessions*

Provided over 1200 bags of groceries through Oz Harvest

Provided Transport 477 times

*43 instances of Housing Related assistance*



# Christmas Carol Highlights

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On the 8th of December 2019, we had our annual community Christmas Carols in Henderson Park. They were our best ones yet and enjoyed by over 500 of our local community members!

This year the carols were Aussie Christmas themed, full of native Christmas craft activities, sand modelling competitions for the kids, a jumping castle, mini jeep rides, your favourite Aussie Christmas carols, faceprinting, a petting zoo, food and great markets!

We received incredibly positive feedback from the community on the event - people loved its family friendly vibe, the fun rides, the variety of performances from local schools and singing groups, and of course the sandpit for the kids!

*Check it out...*





# Christmas Carol Highlights





# Employee Spotlight

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To help you get to know us here at LIVEfree Project, we have started an Employee Spotlight section within our newsletter! This will be a short section, where you get to learn a bit more about one individual on our amazing team that helps to make things happen here at LIVEfree Project.

*Introducing ....*

*Joe Balazsik*

Joe is 62 and the newest member of our team at Livefree Project. Joe enjoys watching movies about space and spending time with his two grandchildren.

Joe has been a bus driver for the last 10 years, until he unfortunately had to stop due to a medical condition in his eyes. Since then, Joe had been looking for something new to try a few days a week and Livefree Project was recommended to him by another local charity.

Joe has been volunteering with us two days a week since November 2019, doing site maintenance, deliveries, participating in training, program set up and pack down, packing Oz Harvest and connecting with people at our breakfast program.

*'I Just like being here and the people, they're just really kind and loveable. I love having an opportunity to connect with people. Being here makes me feel wanted'.*





# Community Testimonial

## Meet Kim....



Kim is 31 years old and enjoys being creative, hanging out with friends, travelling and ice skating.

At the end of 2016, Kim received multiple diagnoses regarding her mental health, social and communication skills.

This started Kim's almost 2 year journey to try and obtain an NDIS plan, throughout which Livefree Project supported and advocated for her.

*"I didn't like myself before all of this, halfway through last year I had a turn-around where I started to value myself. I feel like a completely different person, it's almost like I can't even recognise who I was before it"*

Since February 2019, Kim has had a self-managed NDIS plan, with Livefree Project as her plan co-ordinator and main provider. This has helped her to gain independence, plan and time manage, learn the skills required to live out of home, self care and improve her social interactions, problem solving and communication skills.

Now, after a year of receiving this support through her NDIS plan, Kim has come leaps and bounds. In the last year, Kim has completed a marketing apprenticeship, a Certificate IV in Marketing and Communications, secured casual employment and volunteers for a not-for-profit as well!

Kim is the first person we have supported through the NDIS and as a team, it's been a privilege to do this journey with her and witness her growth first hand.

# How can I be involved?

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**Volunteer** - LIVEfree Project greatly appreciates all of its volunteers and has a variety of programs and services you can be a part of:

- Mentor programs, breakfast club and generational play run within local primary schools (2hrs a week)
- Male and female individual mentoring (1-2hrs a fortnight)
- Assisting with the women's Inspire program (4hrs a week)
- Volunteering at our big community events
- Oz Harvest food deliveries (3-4hrs a week)

**Partner with us** - If you are another community service provider, organisation or business, we would love to hear from you and find out how we can work together to support our community!

**Buy broken + restored goods** - broken + restored is our online home decor store (<https://www.brokenandrestored.com.au>), that recycles, restores and repurposes used materials into unique home decor items. Support us by buying locally handcrafted goods, of which all profits go directly to LIVEfree Project.





## Donate Resource | Money

LIVEfree Project greatly appreciates any donations that will help us run our programs and services to the best of our ability. If you would like to donate any money please see our bank account details below.

We would also gladly accept sponsorship of events or the donation of any resources such as clothing, baby supplies, toys, food, furniture, hygiene or cleaning products.

All donations over \$2 are tax deductible

BSB: 650 000


Account: 5308 62708

Name: Livefree Project

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

# *Thank You!*

Any contribution is greatly appreciated and helps support our community



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we get up to?

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