

JULY 2019 | ISSUE NO. 3



LIVE *free* PROJECT





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Message from our Project Coordinator

Dear friends,

This past 6 months of LIVEfree Project has seen so much growth and continued connection and support within our community... day by day this continues to amaze me!

We are constantly asking ourselves, "just how have we accomplished what we have in such a relatively short timeframe?". The answer is really quite an easy one; take the time to find out what people really need. Listen to hear what strengths and connections people have and work on that with them, not for them. Supporting and continuing to support, encourage and advocate for people and their families in ways that bring a holistic approach to the care they are receiving. We have found that this combination always produces the best outcomes for individuals and families within the projects reach.

What has the last six months seen us accomplish at the project, oh soooooo much!!!

Within our project walls are stories of change from incredibly brave women, children and incredible volunteers, and for the first time in our newsletter we have one of our brave beautiful women sharing her story - how precious!!



Continued....

Here are just some of the things we have accomplished so far this year :

- Our women's Inspire program has doubled in size - Birthing an off-site arm of this program with young teenage mums
- Feeding 20 families across our community each week
- Primary aged boys mentoring program
- Dental program gaining greater strength and traction with the introduction of the daily brush in schools
- Mentoring and breakfast programs within schools
- Drug intervention support and advocacy
- Gambling intervention support and advocacy
- DFV intervention and support
- Medical intervention and support
- Transportation for the aged to appointments
- Furniture and homewares delivered to clients homes x 5
- 450kg of Clothing and homewares distributed to the needy
- NDIS support and advocacy with clients
- Care food crisis meals for community families

Even writing this list I know there is still so much more - enough to say we are reaching out with lots of programs and support strategies ... more than we ever thought we could be a year into this.

We are excited for the future. We so value your continued support and trust as we seek to bring change for so many families. I hope you realise that you too, are a part of the arms that embrace our community and thus part of their story.

Chris xx

Employee Spotlight

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

Isabel Chopping

Isabel is the Project Researcher here at LIVEfree Project and has been a part of our team for almost a year now!

She has a Bachelor in Social Science and a Diploma in Leadership. Isabel works for LIVEfree Project part time, as well as at a school in Cessnock as a Chaplain.

Isabel helps to co-ordinate and evaluate our programs, to ensure they are always being improved and in line with our vision and values. Isabel also works on our social media, grant applications and Fundraising Committee.

Isabel loves working with other people and is passionate about sustainable community development that allows her to build relationships with and witness growth in our local community members.





Community Testimonial

Meet Fiona...



Fiona is just one of the amazing people a part of Livefree Project's community!

Fiona has been coming to our Inspire Women's program for over a year now. Since attending the group we have witnessed a significant growth in her self confidence, courage to socialise and willingness to try new things. Fiona, like all of us, is on a journey, just taking it one step at a time.

She enjoys doing craft therapy, loves her dog Lupé and listening to music. She is currently receiving piano lessons through the Project, after not having the confidence to play for many years

See more about Fiona's story by watching her video at:

https://www.youtube.com/watch?v=ZN_aA0XchOM

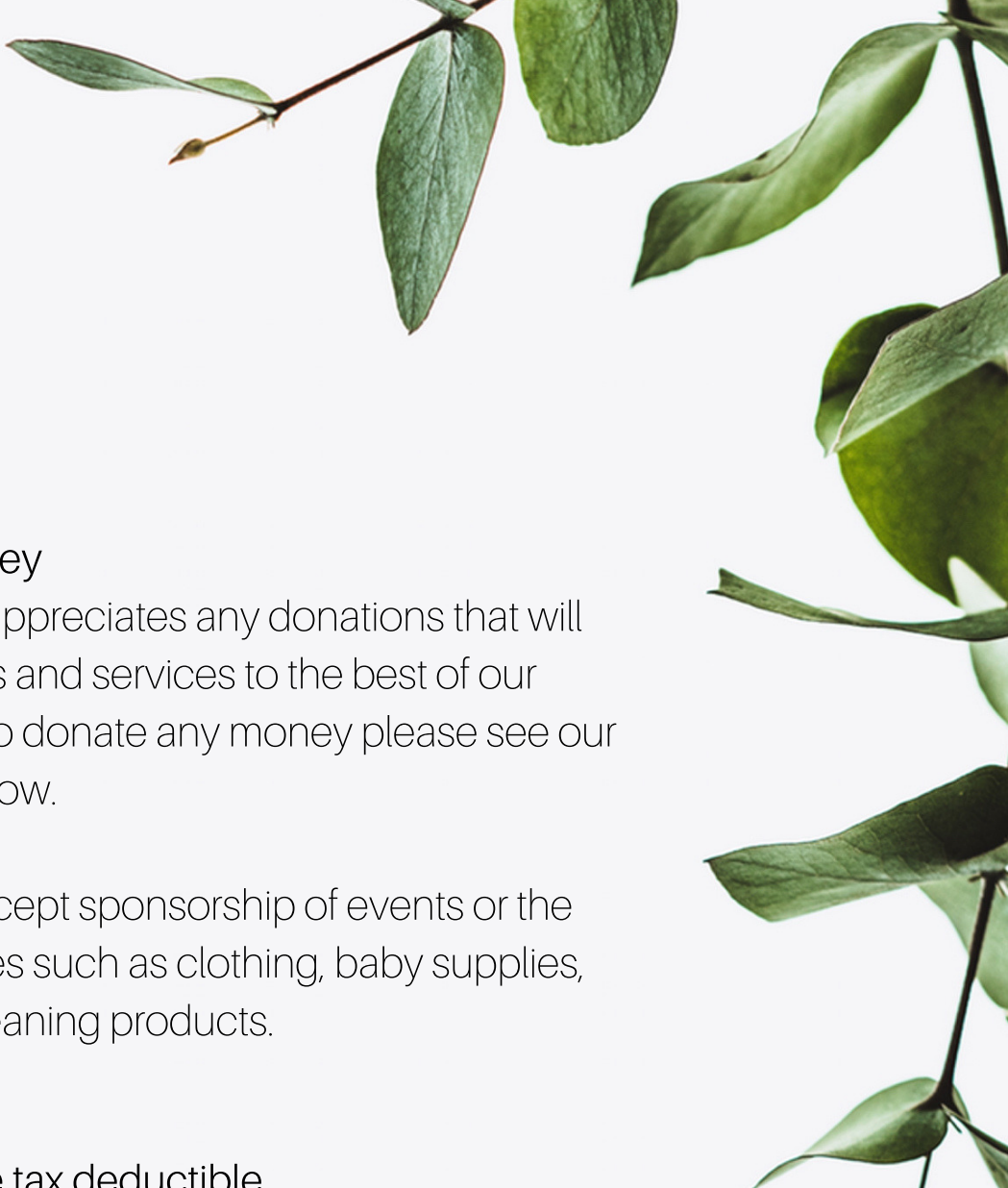
How can I be involved?

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 run within primary schools
- Males - Strength Mentoring
- Females - Inspire group
- Volunteering at our big community events

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, 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 info@livefreeproject.org.au & we will email you a receipt.

Thank you!



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get up to?

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