

JANUARY 2021 | ISSUE NO.6



LIVE *free* PROJECT



What did 2020 look like for us?

Last year brought so much unexpected hardship with it, but it was a privilege to support our community through this time! Check out the next few pages to see an overview of how we helped our community in 2020.

Smile & Thrive Dental Program

Over 70 Dental visits provided for children and single mums.



Transport Assistance

LIVEfree Project transported over 200 community members to important medical and legal appointments they would have otherwise been unable to attend.



Doorstep Delivery of Essential Goods Program

Delivered over 1500 bags of groceries to families in need and 200 bags of clothing.



School Partnerships

Over 200 children received a nutritious breakfast at school weekly, improving their energy levels and helping them to focus at school.

What did 2020 look like for us?

NDIS Self-managed plans
We spent over 140 hours
supporting NDIS clients.



National Disability
Insurance Scheme



Inspire Women

When our group programs weren't able to run due to Covid-19, our incredible volunteers cared for and mentored our Inspire women in small groups fortnightly.



Advocacy & Support

LIVEfree Project provided individualised advocacy and support to over 150 community members last year.

Medical Appointments

Last year we began assisting primary aged children in getting the prescription glasses they needed to learn well at school! This was possible through an awesome Vision Australia & Specsavers partnership program.



What did 2020 look like for us?

Cafe Estate

Served 289 people free breakfast through our Cafe Estate Breakfast program that runs on Tuesday mornings.



Grill'd Trivia Night Fundraiser

We held two trivia nights last year in partnership with the amazing team at Grill'd Kotara, from which we raised over \$3,000!

Doorstep Wellbeing visits

Over 1200 chats and intentional times of connection outside the homes of vulnerable and isolated community members.



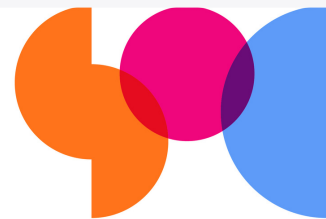
OzHarvest Essential Boxes

As the need for food in our community increased last year, we delivered over 300 boxes of extra food that we received through our OzHarvest partnership.



What did 2020 look like for us?

We received a surprise donation from the Commonwealth Bank, after we were nominated by an anonymous community member for our work.



Sisters of Charity
Foundation

We had 2 students do their placement with us last year and are expecting more this year.



We won a grant from The Sisters of Charity Foundation for our Inspire womens program!

Employee Spotlight

Get to know us here at LIVEfree Project! Our employee spotlight section highlights a different individual from our amazing team each issue. These are just some of the beautiful people that help to make things happen here at LIVEfree Project.

Introducing

James Hart

James is a retired Radiologist with a huge heart, he's busy each week volunteering with a number of different organisations. James takes children with disabilities out on sail boats, teaches ethics at a local primary school and assists with our breakfast and food delivery program every Tuesday!

James is a kind-hearted man who has been volunteering with us now for about two years. James was previously helping facilitate the mentoring program we run within local primary schools. Since then, James has become an important part of our Café Estate team, helping set up and facilitate the free breakfast program we run on Tuesday mornings.



James also sorts and packs bags of groceries for community members, delivers them and does wellbeing check ins with them at their doorstep, as a part of our doorstep deliveries and wellbeing visits program.

"I feel that the Project is doing a fantastic work providing weekly breakfast in conjunction with other organisations... I volunteer because I've been so privileged in the rest of my life and working through the project gives me a feeling of worth"

A message from our Project Director



It's often in times of pressure and hardship that people are said to grow the most. In this past year, amidst all the uncertainty and discomfort, boy has LIVEfree Project grown!

As the director, I have looked on at what has been our busiest year to date and I have watched our staff and volunteers rise to meet the challenges that the year has brought with passion, enthusiasm and creativity.

We have adapted programs, introduced new initiatives and increased our reach into the community; we thought differently and embraced "more" with heart and compassion - things that I am incredibly proud of. This year has allowed us to truly bring help, aid, support, advocacy and kindness in greater ways - we have been a stable place in the midst of uncertainty.

I want to thank our loyal and dedicated board of directors and the release and direction they gave us to see this unpredictable year as one of great opportunity for growth - for this I am truly grateful.

Thank you for your sponsorship, support and belief that kindness still transforms hard places and changes people's lives.

Chris xx

Pledge \$21 for 2021

We love our local community and have some big dreams for this year, but we're in need of some solid roots that will allow us to grow and flourish in 2021.

We need monthly sponsorship in order to grow in a way that will sustain the work we do in the long term.

We're primarily funded by generous individuals who make once off donations.

But this year we're asking you to become a grassroots sponsor of LIVEfree PROJECT by pledging to donate \$21 every month in 2021. This sponsorship will GREATLY help in covering the cost of our basic operations, releasing us to focus on what we do best, loving and supporting vulnerable people in our community!



HELP US GROW
CHANGE ONE LIFE AT A TIME

TWENTY 21
MONTHLY SPONSORSHIP
\$21 PER MONTH

FULLY
TAX DEDUCTIBLE

LIVEfree
PROJECT

*Become a
grassroots sponsor
today!*

We need your help!

As a growing organisation we are always in need of volunteers to help run our programs and support our staff, we couldn't run without our incredible volunteers.

If you have a heart to help your local community and a few spare hours in your week we'd LOVE to have you on board!

*We love our
volunteers!*

We have 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)
- Inspire Women group program - Assist with group program set up/facilitation and pack down and go out for small group wellbeing catch ups over coffee (1-2hrs a week)
- Volunteer at our big community events, such as our community christmas carols (Once off commitment for a short period of time)
- Doorstop Deliveries of Essential Goods Program - sort, pack and deliver groceries to a families house (3-4hrs a week on a Tuesday)
- Estate Cafe Breakfast Program - Assist with food prep, service, program set up and pack down.
- RUOK Wellbeing Check ins – Spend some time each week on the phone with our clients to check in with them and have an intentional conversation about their wellbeing

Interested in a career with us ?

This year we will also have some exciting new job opportunities for paid work opening up at LIVEfree Project within the next month - Look out for updates on our [website here](#)

Our next fundraiser : February 13th, 2021

Bunnings BBQ!

Come support us by buying a sausage sandwich from outside Bunnings at Kotara, Newcastle on February 13th!

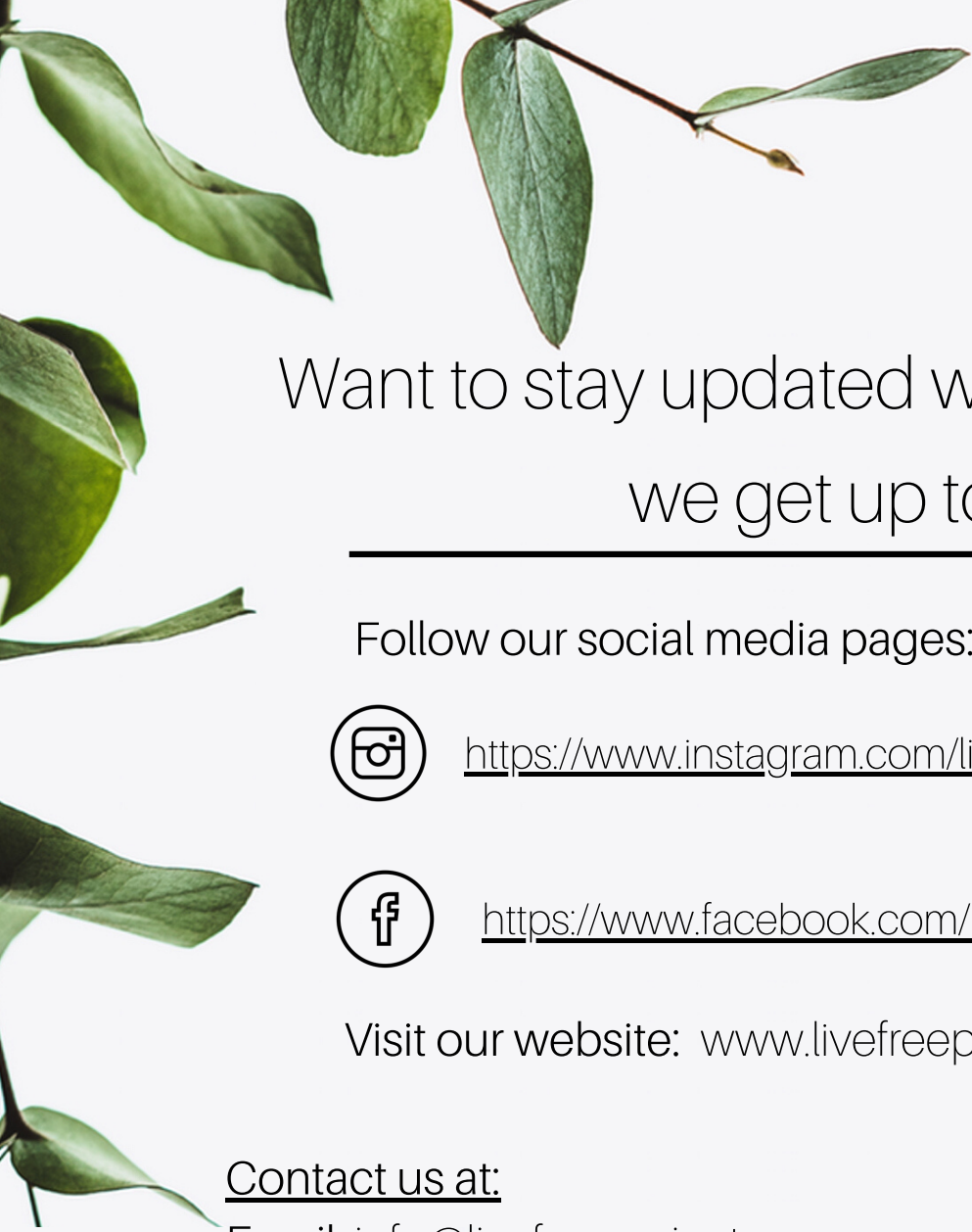
We'll be selling sandwiches and soft drinks from 9am-4pm! All profits from this go directly back into our programs and supporting people in our local community.



Want to volunteer ?

If you're interested in helping out on the day, we need people who are able to do 2hr shifts cooking the BBQ, prepping bread and serviettes or taking peoples orders. If you're interested, please contact Isabel, the fundraiser co-ordinator at Info@livefreeproject.org.au





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we get up to?

Follow our social media pages:



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<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

Want to make a once off donation?

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.