



CaraCare

A safe place for children to grow

Annual Report
2018

*“...What do I got to do for you to know I have a voice,
someone you can listen to...”*

(Lyrics from the song written by the CaraCare singing group.)



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1. Acknowledgements

The majority of groups that CaraCare facilitates are held in Concord, on the ancient, sacred land of the Wangal people. At CaraCare we honour the wisdom of the elders, past, present and future. We recognise the dignity, vibrancy and strength of the culture they hold true and also the detrimental impacts European colonization has had. We thank the traditional custodians as the guardians of this beautiful place, now called Australia.

As CEO of CaraCare, I would like to celebrate the unique and divine spark that is within every child and young person who has participated in the CaraCare groups. Furthermore, I acknowledge my heartfelt thanks and sheer joy to all the participants who have inspired me this year.

I would like to thank all the parents and carers who faithfully brought their children every week to the group sessions.

I would like to acknowledge all the organisations who referred children and young people to our groups. Your partnership is deeply appreciated.

I would like to honour the incredible work, passion and commitment of the CaraCare facilitators, workers and volunteers. Your very presence is a gift to children and young people who come to CaraCare; your skills and knowledge a privilege to support.

I would like to pay tribute to the CaraCare Board members for giving their time and knowledge to support CaraCare's growth and development.

I would like to thank everyone who has donated to CaraCare with money and/or gifts. Without your generous support the work of CaraCare would not be possible. Deep thanks.

Go raibh míle maith agat (A thousand thank yous).

Mary Jo Mc Veigh

CEO CaraCare

“I learnt lots of things. It got me inspired not to doubt myself”

“I liked when we learnt to calm our bodies down”

“I learnt that even though life is hard don't doubt yourself and love who you are!”

“After coming here I realised that people can be nice to me so I went back to school for the first time in a year and a half and I'm going to look for a part time job”

“I love the safety. I feel safer here than anywhere else”

“I was appointed as the gardening mentor at school as a result of my mentoring here at CaraCare”

A Snapshot of some of the CaraCare Children and young people's Feedback on the group they attended.

2. CaraCare Personnel

Board Of Directors	
Mary Jo McVeigh	Chief Executive Officer
Michael Harvey	Chair
Andy Chou	Company Secretary
Manny Kassiotis	Director
Laura Luchi	Director
Andrew Scannell	Director





CaraCare Group Facilitators	
Amanda Boyd	Trauma therapist
Tom Dornan	Trauma therapist
Ashley Gobeil	Trauma therapist
Ashton Hayes	Trauma therapist
Manny Kassiotis	Trauma therapist
Liz Morrison	Trauma therapist
Alys McLennan	Trauma therapist
Mary Jo McVeigh	Trauma therapist
Conor Mc Veigh	Youth worker
Jenny Pitty	Trauma therapist
Karen Verrier	Trauma therapist



Staff	
Alys Mclennan	Intake and Community Liaison (part time)
Kim Thompson	Fund Raising (part time)

Volunteer and Support Team	
Dylan Munro	Information Technology
Arlys Olsen	Accountant
Paula Bartlet	Generic Publishing

Volunteer and Support Team	
Deb & Michael Goodwin	Eden Equine
Kylie Hennessy	Yoga therapist and teacher
Damien Leith	Singer-song writer
James Lockwood	Canterbury Public School
Karina Machado	Author and Editor
Shaun Spencer	West Tigers Rugby League
Claire Whistance	Social worker
Bryony Williams	Dance Teacher

3. Message from the CEO

2018 was yet another great year of incredible work and dedication from staff, volunteers and community partners that enabled us to provide innovative and creative group work programs to children and young people. The commitment of the CaraCare group facilitators during this year resulted in the following; Ninety-nine (N=99) children and young people were referred to our group work programs. Of that number of referrals, a final number of eighty-four (N=84) enjoyed the creative and innovative groups. This year we ran our first family group and invited parents and carers to the equine day out. Consequently, the number of parents and carers involved in our groups came to fourteen (N=14).

This year witnessed increased efforts in fund raising. We held our regular fund-raising activities and benefitted from some spontaneous and generous activities that added considerably to CaraCare's revenue. (Refer Section 9 of this report for details).

We continued to promote awareness about CaraCare and the work in the wider social work and business communities. In hosting a placement for a social work student, Alys McLennan, these efforts were positively enhanced. Alys worked diligently during her placement with CaraCare to establish a comprehensive agency contact list and visited key agencies as required.

We have achieved most of our principal activities for this year and we are well on target with our short term and long-term objectives. (Sections 4 & 5 of this report). Organisationally some of the most gratifying things to happen this year were playing host to our first corporate sponsor, SMEG, and working alongside the Google team to paint the group room. In addition, our policy and procedure document is near completion, with the hope it will be fully endorsed next year.

This year has highlighted not only our creative and healing work but our human rights platform. We have seen our human rights framework strengthened in our ever-increasing participatory activities. Examples, include the young person's newsletter, mentoring programs, participatory research groups, and the CEO Chatterbox initiative. In addition, a human rights framework was the driving force for our policy and procedure documents. Alongside the direct benefits of the groups this year started to reveal the hoped-for gains in children's lives outside the group work process. Young people spoke about improved sense of belonging to family and friends, school attendance and improved social connection. Achievements also included a young person using a reference written for her (as part of her achievements in the writing group), to apply for a part-time job and a young boy who struggled at school being appointed as a mentor for other children working on the school garden. When I asked him about this achievement at school, he acknowledged the experience he had in the gardening group at CaraCare accounted for a major part of this achievement.

CaraCare continues to provide their creative healing groups in a strengthened child protection-human rights framework. We are constantly striving for excellence and showing ourselves to be not only proficient as clinicians but leaders in the world of group work in NSW. We took this wisdom to Melbourne and presented two papers at an international child trauma conference. As I close another year of work at CaraCare with this report I reflect with humble amazement at the connection children have to our organisation as evidenced by their feedback. And I hope we may long continue to serve them.

4. 2018 Short Term Objective Strategy

The 2018 objectives are as follows:

1. Consolidate quality of group work program.
2. Further develop human rights framework.
3. Write policy and procedure document.
4. Write child safety policies and procedures.
5. Write volunteer policy and training package.
6. Hire intake & fund-raising staff.
7. Publish one academic article in professional magazines.

Objective 1.

CaraCare exceeded its objective of consolidating the quality of the group work program as evidenced by the evaluation of the groups and the young people's feedback. Details of this is found in section.

Objective 2.

CaraCare exceeded this objective by the completing the following activities:

- Increasing participatory evaluation of groups by children and young people;
- Increasing access for children and young people to the CEO;
- Incorporating feedback from children and young people into some group work programs;
- CEO developing and writing a specific human rights framework for CaraCare;
- Embedding human rights principles as major foundation for policy and procedure and child safety documents;
- Presenting on our group programs (in human rights framework) at international conference;
- Continued research by CEO on human rights principles in therapeutic work.

Objectives 3-5.

The development of the organisation policy and procedural documents, child safety, and volunteer documents were fully achieved. The board endorsed the documents at the end of year board meeting. These documents will be launched early 2019 and made available on the website. The volunteer training program was not written and shall be carried over as an activity for 2019.

Objective 6.

Objective 6 was achieved. Due to hiring of a part time intake and community liaison worker CaraCare's liaison activities with lead child protection and OOHC agencies were increased and proved very effective in extending our reach into the professional community. Details of these activities are contained in section 8 of this report. In addition, due to hiring of a part time fund raiser the fund-raising activities and overall strategy were very successful this year and increased the revenue of CaraCare. Details of these activities are contained in section nine.

Objective 7.

Objective 7 was not achieved. As a result of an international trauma conference taking place in Australia it was decided to present two papers at this conference rather than publish one paper in a professional journal. Writing an academic paper for a professional journal will be moved to 2019 objectives.

5. CaraCare's Long-term Objectives

CaraCare's long-term objectives are to;

1. Become a centre of best practice for trauma and human rights informed group work programmes with children and young people.
2. Become a centre of best practice for participatory group work with children and young people
3. Strengthen the research branch of CaraCare.
4. Strengthen the CaraCare profile in the wider professional communities as a centre of excellence and expertise.

All long- term objectives were achieved this year

Objectives 1-2

CaraCare is becoming a centre of best practice for trauma informed group work with children and young people primarily by implementing its diverse, creative and innovative group work programs.

All the groups run at CaraCare during 2018 are original and innovative, (see figure 5.1). The group programmes were created by CaraCare facilitators and are constantly evaluated and developed along best practice lines.

Term	Group
1	WIA x 2, Holiday program & Gardening
2	Singing & Tigers movement group
3	Writing & WIA
4	Dance, Yoga, WIA x 2 & Eden Equine Day

Figure 5:1 Group by school term

These objectives were furthered by facilitators presenting two papers at an international trauma conference. Moreover, the CEO developed and wrote a specific human rights framework for CaraCare and embedded human rights principles as major foundations for the CaraCare policy and procedure and child safety documents.

Objective 3

CaraCare becoming a centre of best practice for participatory group work with children and young people is enhanced by the research the CEO is doing for her PhD. She has been able to integrate this research in the development of CaraCare's policies and procedures in working with children and young people. Moreover, she integrated participatory practices into all aspects of running the organisation and evaluating the groups.

In addition, the CEO and two facilitators presented two papers at an international trauma conference in Melbourne in August 2018.

Objective 4

CaraCare's profile in the wider professional community continued to be built upon last year's efforts. This was bolstered by the hiring of a part time intake staff member who was responsible for community liaison. Section 8 of this report details the community connection forged in 2018.

6. Biographical Details of Participants

Participant numbers and group activities

CaraCare set its 2018 target at service delivery for 30- 40 children or young people. We overshot our target. CaraCare ran 11 groups, (Wrapped in Angels, yoga, dance, movement, singing, writing), two specialist activities, (holiday program and equine therapy) and a Christmas party. Eighty-four (N=84) children and young people enjoyed the creative and innovative groups and specialised activities. Of the 84 children, 47 were girls and 37 were boys.

The completion rate from the start of the group to the finish was 100%, with the vast majority of children attending all sessions. We ran our first family group and invited parents and carers to the equine therapy day.

Some of the data is incomplete, as the referring agency did not complete the referral form fully. However, this happened in a minority of cases.

Abuse category

There was a range of abuses that the children and young people were subjected to. Figure 6:1 shows the number of participants who were victims of each type of abuse. The largest number in an abuse category was domestic violence (N=54), followed by sexual assault (N=13). The majority of these categorisations are co-morbid with other types of abuse, but the categories shown here for data collection purposes were nominated as the primary reasons for referral from the referring agencies.

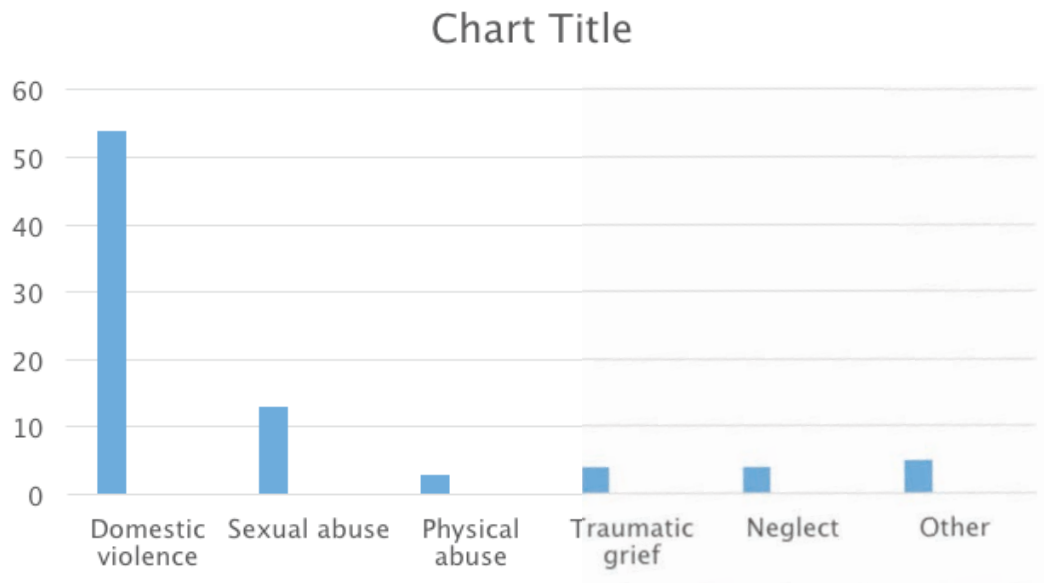


Figure 6:1: Number of participants by abuse category.

Ethnicity of participants

The ethnicity statistics (Figure 6:2) show that there was an equal number of children and young people attending classified as Culturally and Linguistically Diverse (CALD), (N=33) and Anglo-Australian (N=33), with Aboriginal and Torres Strait Island children and young people being just less than half (N=15) of the CALD and Anglo-Australian numbers.

ETHNICITY OF PARTICIPANTS

■ CALD
 ■ Anglo-Australain
 ■ Aboriginal & Torres Strait 15
 ■ Not recorded

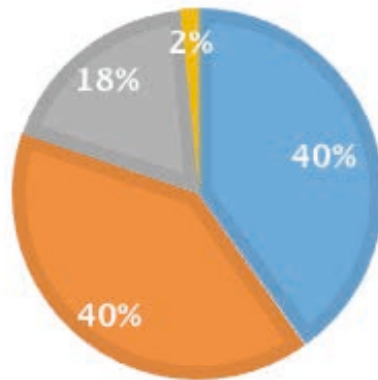


Figure 6:2 Percentage of participants by ethnicity

Age range of participants

Participants were aged between four and seventeen years. Most participants fell within the age range of six years upwards, with twelve years old being the largest group represented (N=16).

Chart Title

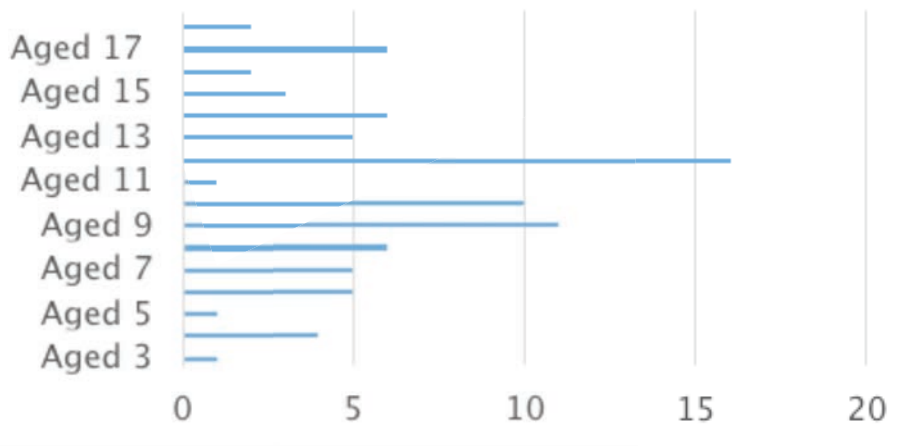


Figure 6:3: Number of participants by age

Living situation of participants

Figure 6:4 (pg 14) summaries the living situation of the group participants. Most children and young people who attended CaraCare groups in 2018 were living in out of home care (OOHC), (N=50). Forty-six (N=46) of those children/young people lived in foster care and four (N=4) lived in kinship care. Thirty-six (N=36) children/young people lived with their birth families.

LIVING SITUATION OF PARTICIPANTS

■ Foster Care ■ Kinship Care ■ Birth family

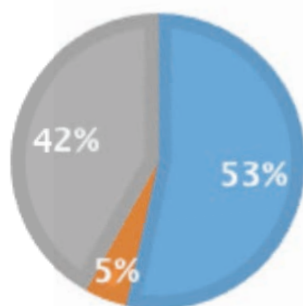


Figure 6:4 Percentage of participants by living situation

7. Clinical Evaluation of Groups and Specialised activities

7:1 Overview

Every group at CaraCare is clinically evaluated and recorded in an evaluation report. As each group is different in nature and content it is not possible to utilise one evaluation tool. However, the clear majority of the groups use a pre and post group work measure.

In 2018 CaraCare ran eleven (N=11) groups and two (N=2) special activities. Wrapped in Angels (WIA) as the flagship group of CaraCare was run every term, (N=5) with other creative groups (N=6) and special activities (N=2) run across the year.

The creative groups gave children and young people the opportunity to experience movement, art and creative activities. They included gardening, dance, yoga, movement, singing, and writing.

The special activities included our holiday program during the school summer break at the beginning of the year in January and an equine therapy day at the end of the year in December. Figure 7:1 summarizes the diverse range of groups run across the school term by facilitator and location in 2018.

Group Name	School Term	Location	Facilitators
Holiday Program	Holiday Program	Concord	Multiple facilitators
WIA	WIA	Concord	Ashley Gobeil, Alys McLennan
Faery Garden	Faery Garden	Concord	Mary Jo McVeigh, Manny Kassiotis, Conor Mc Veigh
WIA	WIA	Penrith	Alys McLennan Ashton Hayes

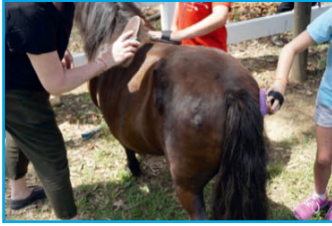
Group Name	School Term	Location	Facilitators
Singing	Term 2	Concord	Mary Jo Mc Veigh Damien Leith (singer/song writer)
Movement Group with Tigers Rugby League Club	Term 2	Concord	Manny Kassiotis, Conor Mc Veigh, Shaun Spence & Cassandra Ewens, (Tigers rugby league club)
Writing group	Term 3	Concord	Mary Jo Mc Veigh Amanda Boyd
WIA	Term 3	Concord	Manny Kassiotis Conor Mc Veigh
WIA	Term 4	Concord	Ashley Gobeil Amanda Boyd
WIA	Term 4	Canterbury	Tom Dornan Alys McLennan
Dance	Term 4	Concord	Alys McLennan & Bryony Williams (ED5 Dance studio)
Yoga	Term 4	North Strathfield	Alys McLennan & Kylie Hennessey (Concord Yoga Centre)
Equine Therapy	Term 4	Bilpin	Tom Dornan, Alys McLennan, Karen Verrier

Figure 7:1 Group run by facilitators

We continue to have a diverse range of organisations that refer children and young people. The Out of Home Care agencies include: Uniting; Life without Barriers; Key Assets; CatholicCare; Creating Links; Barnardos; Stepping Stone House, Family and Community Services offices included: Auburn, Parramatta, Nepean Non-government child protection agencies included: Cara House: Sydney Day Nursery (Brighter Futures), Staying Home leaving Violence. The remaining agencies included Government and Non-government organisations: Redbank adolescent mental health unit; Family Referral service [FRS]; Yogatopia; Birth Family; William Campbell Foundation; Canterbury Public School; COPMI (Children of Parents with a Mental Illness)

7:2 Clinical Evaluation of Groups

Summer Holidays program



CaraCare started the year by running its first week-long holiday program in January 2018. Sessions ran for two hours across 5 consecutive days, with the exception of the final day being a day-visit to Eden Equine Farm. The program was devised in order to create a communal Angel Blanket that could be sold at the May Ball. The Blanket and the program as a whole explored the CaraCare Philosophies; Hope, Love, Joy, Beauty and Gratitude. Findings suggested that relationships and positive affect and body states were significant outcomes, as the children, their care-providers and the group facilitators provided quantitative reflections and observations about these thematic trends.

Wrapped in Angels (WIA)



Five WIA groups were run this year, three were located in Concord, one in Penrith and one in Canterbury School. WIA utilises a pre and post resilience measure as a form of evaluation. Therefore, the results from the WIA groups can be read consistently across the year.

Group One (Concord, school term 1)

For the participants who completed the pre and post evaluations gains were shown on all resilience domains bar one participant. This person had a drop in secure base and safety scores due to high conflict family law court proceedings occurring during the life of the group. However, the same participant noted in her qualitative feedback that CaraCare was a safe place for her to be.

The highlights of the participants qualitative feedback are as follows:

"I learnt that I can actually concentrate, I felt very calm and happy, I learned there are people who like me."

"I learnt I am creative."

"I surprised myself."

"The blanket helps me find meaning of what I value in life and how it makes me feel more positive."

"The blanket is my comfort".



Group 2 (Penrith, school term 1)

This group was the first family group for CaraCare. This is an exciting step for CaraCare as we have often considered how to engage parents further in their children's healing process. This group consisted of a foster father and four siblings. The facilitators noted at times that while stressors impacted their interactions, they demonstrated a good ability to re-engage, repair and reconnect with each other, as well as integrate some of the new strategies (positive reflections, noticing similarities and accepting differences etc.) they learned in group into their home life.

The highlights of the participants qualitative feedback are as follows:

*"I felt like I could relax and express myself in this group."
"My blanket means family."*

"I liked being able to distract myself from my anxious and tense feelings."

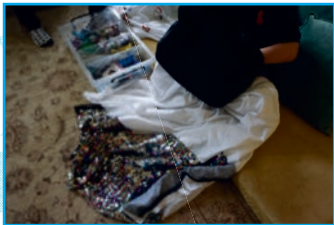
"This helped me to have bonding time so I can feel more a part of the family."

"I liked coming back together as a family."

"I learnt that even though life is hard don't doubt yourself and love who you are."

"I have noticed about my children (which I attribute to their attendance at Wrapped) is how they interact with each other with respect."

*"My children were happy to come and had fun.
I would recommend this program to other families."*



Group 3 (Concord, school term 3)

This group was specifically run for boys. All the boys in this group reported a positive experience, articulating a desire to see it continue. One of the unexpected benefits of this group was the ongoing conversations with the boys about violence and the impact of violent behaviour. In the early weeks of the group the facilitators concentrated solely on the types of messages violent video games and movies convey, providing the boys with an alternative role model of violent masculinity. The week-to-week reminder of children's rights to have nurturance, safety, love, and protection in their lives invited the boys to reflect and think about whether the games and movies they were talking about achieved these aims.

The highlights of the participants qualitative feedback are as follows:

"I wish we could have made angel pillows to go with the angel blankets."

"I wish I could do another group."

"There isn't anything I would like to change about angel blankets."

"It's awesome as you get to make your own blanket."

"It's beautiful and the staff are really kind."

"You get to make your own angel blanket and you will love every minute of it."



Group 4 (Concord, school term 4)

This group was specifically run for girls. Family and domestic violence was the core form of abuse that each of these girls experienced.

There were various very positive improvements shown in the quantitative data for the children particularly in the areas of secure base, friendships and self regulation.

The qualitative data explored their experience which was overwhelmingly positive.

The highlights of the participants qualitative feedback are as follows:

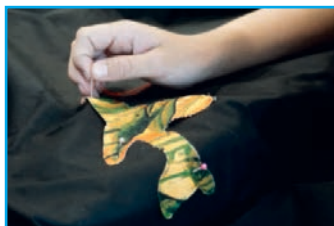
"I learnt that I can always make new friends".

"I liked socialising and meditating (relaxation)."

"It (Angel blanket) means love and that means my family."

"It (Angel blanket) makes me feel nice inside."

"It (Angel blanket) resembles important things in my life."



Group 5 (Canterbury, school term 4)

Unfortunately, only one child attended the Wrapped ceremony. This meant that no post group information is available for analysis. Clinical observations from the group work facilitators about the children have been provided in place of the data collation.

Participant 1: This participant showed capacity to implement leadership skills. He was surprised at this noticing as he was usually considered a class clown.

Participant 2: demonstrated a very mature outlook and reflected on the fact that during the Wrapped program she was "just able to be a kid for a while".

Participant 3: This participant showed increases in self-confidence and group integration across each week.

Participant 4: This participant had high levels of negative self- talk. He thrived in the Wrapped environment as he experienced a different style of boundaries that he was able and willing to meet.

Participant 5: This participant was often heightened and stuck in flight mode. He often sought small, dark places to curl up in which is often a self-soothing and safety seeking behaviour. Body- based and sensory stimulating activities supported this child to engage with the addition of relational- input.

Participant 6: Attached very readily and early to the group work facilitators. She also displayed high levels of empathy for other young people.

Throughout the group the children expressed the following feedback:

"I liked the cosy feeling of the fabric."

"I liked the help I received from the workers."

"I liked working together."

"I want more Wrapped."

"This is the best."

"This term was amazing."

Faery Garden



Since the first faery garden group was run two years ago it has become one of the most popular groups to be run. We had the largest number of children and young people attend this group. They all gave very positive feedback, which is being collated to be included in an academic paper for publication late 2019 or early 2020.

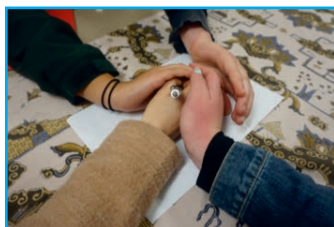
Most common answers to what they liked was "Everything."

The activities listed below were taken from their feedback sheets: • Planting. • Digging. • Making ribbons bells. • Making rainbow catchers. • Shopping at Flower Power. • Looking at the pretty flowers. • Building their faery world. • Being able to explore the open spaces.

No-one recorded anything that they did not like about the group, except that they wanted to do more gardening.

This group started at the original Cara House premises. Before the end of the group the we moved to new premises and completed the last session there. The participants replicated the faery garden they had previously created. What was most noticeable at this session was the enthusiasm that the children showed for creating the new garden. They worked so hard on it that they did not stop for afternoon tea.

Writing Group



This group is very significant for CaraCare. It typifies our children's human rights ethic of participation and self-determination. It was the second year of running this group and like the previous year the emphasis was on writing by children and young people for children and young people. From the success of the group last year we envisaged the magazine growing in its capacity to engage the young voice and provide a platform for children and young people to be heard. What we did not envisage was the depth to which this would happen.

The participants of this writing group were able to eloquently write about some very serious issues for young people in out of home care with emotional depth and honesty. At the same time providing some lighter content for the magazine and having quite a few moments of laughter in the weeks that they gathered to write.

The highlights of the participants qualitative feedback are as follows:

"Fun, interesting and a new experience"

"Fulfilling".

"Fun to not just sit on your bottom and watch Netflix all afternoon".

"Good to "have a page each, express ourselves on our page."

Yoga Group



This was the second year of the CaraCare Rediscovering the Power Within Program is a yoga program. Its main aim was to assist adolescent females (aged 13- 18 years) who are having experiences of anxiety, depression or self-harm to introduce them to use yogic mind-body practices. Participants were observed to share their weekly yoga practices or coping strategies with each other. This was then incorporated as a child-initiated activity for the participants at the beginning of each session (from week 3).

The highlights of the participants qualitative feedback are as follows:

"The whole experience was helpful."

"I don't like to leave my house but I was excited all week to come here."

"I love the safety. I feel safer here than anywhere else."

"I don't know how to explain it, but I was thinking about my rights over the week."

"I like that you give us knowledge and we learn new things. It helps to know what is happening in my body."

Movement Group with Wests Tigers Rugby League Club



Having a Go was piloted as a movement group this year. It was a joint initiative between CaraCare and the Wests Tigers Rugby League Club. One of the aims of the group was to foster and enhance the child and young person's sense of self-worth, identity, self-efficacy, sense of community and reconnecting them to positive role modelling and physical activity.

Part of each session involved a discussion of an important social issue for children and young people. Examples included for racism and bullying. The children and young people saw these discussions as an exploration of ethics. They decided that they wanted to look at them in more depth and develop a resource on ethics for children. They had a consultancy session with Dr Simon Longstaff, Director of Sydney Ethics Centre. The development of the ethics resource is an ongoing project that will continue in 2018.

Shining Stars



The main aim for this program was to assist children whose lives have been impacted by trauma, abuse and neglect to better understand how their bodies work and how they can use their bodies in the world to promote communication, self-regulation and self-confidence. This aim was met, as demonstrated by the data that showed the Shining Star group work program supports children's ability to recognise and respond to external body cues and experience calm body states.

The highlights of the participants qualitative feedback are as follows:

"I liked when we learnt to calm our bodies down"

"I learnt how to take deep breathes and use core muscles to make me feel strong".

"I liked learning that we could slow our bodies down."

End of year party

The year ended with a great party attended by 30 children, their families, staff, volunteers and board members. Our wonderful Google team joined us again and helped with the activities and supplying drinks on that hot day. For the four year in a row Le Montage supplied a very tasty lunch and some of their staff go tot see CaraCare firsthand. The party had a lovely community feel this year we had a great opportunity to invite some of the children from the local community who have helped us throughout the year, (bringing in our bins and donating some of their toys).



Figure 6:3: Number of participants by age



Figure 6:3: Number of participants by age

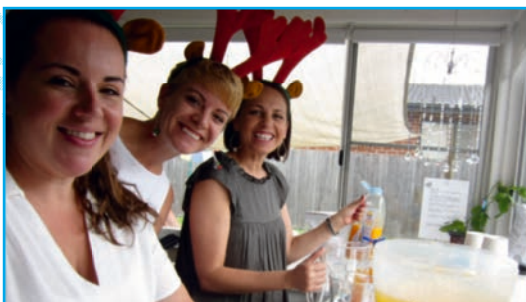


Figure 6:3: Number of participants by age



Figure 6:3: Number of participants by age

8. Expanding our Partnerships

Community and Agency partnerships

CaraCare hired an intake worker for 4 hours a week which not only allowed for smoother management of referrals but an expansion of the community development strategy that brought CaraCare to the attention of more agencies. We also continued to expand our profile by co-facilitating groups with other agencies and professionals, for example the WIA group run at Canterbury School had a teacher as the group volunteer. Figure 8.1 summarises the community liaison presentations that the CaraCare intake worker completed.

Agency	Month
Barnardos (Ashfield)	March
Redbank Adolescent Mental Health Service	March
Family & Community Services (Auburn)	April
Association of children's Welfare Agencies	May, September, November
Western Sydney Child & Family Forum	May
Kari Aboriginal Foster Care Agency (Penrith)	May
Marian Centre, Women's Refuge	May
Family & Community Services (Fairfield)	August
Barnardos Family Referral Service	August
DVF service management	October
Canterbury Public School	October

Figure 8.1 Community liaison visits by month

Social Media

The CaraCare intake workers also strengthened our social media presence by posting regularly about CaraCare events and achievements.

Conference presentations

2018 also heralded the first year of CaraCare presenting at a professional conference. The international childhood trauma conference was held in Melbourne in May. Manny Kassiosits and Mary Jo Mc Veigh presented on the gardening group and Amanda Boyd and Mary Jo Mc Veigh presented on the young people's magazine.



Corporate activities

This year CaraCare cemented its relationship with SMEG as our first corporate sponsor, who joined us and feed us, for the opening of our group room at the new premises in Davidson Avenue in Concord.

And in preparation for our opening the team at Google joined us to paint the group room that hosts the majority of the CaraCare groups. At the end of the year they helped us again with volunteering at the end of year children's party.



The mural on the walls of the group room was created, drawn and painted by our very talented art therapist Jenny Pitty.

9. Clinical Evaluation of Groups and Specialised activities

May Ball

Each year we put on our May Ball to celebrate our work and fund raise. Each year we increase our donations from the Ball. This year we launched the Angel campaign. Attendees were invited to make donations in multiples of \$166 to book a place for a child in a group work program by placing a sticker on a board to represent the session they had purchased for the child. The donors then received an update about the group that their child they sponsored attended. This campaign was so successful that it will be a central feature of our fundraising campaign at the May Ball:



Smeg

Smeg have continued their support by donating small appliances (toaster, kettle, stand mixer) and a full-sized fridge to new house. They provided a boardroom for our AGM and presented us with a financial donation and put on a wonderful dinner for the staff, volunteers and board to celebrate the hard work everyone put into CaraCare this year. We have discussed future support of SMEG appliances as auction items for the 2019 Ball and location of future cooking program (to be developed).

Google

As a result of the June volunteer day (painting the currach), we received \$930 through Benevity. A recurring payment has also been set up by another Googler (Jess Martin) with donations currently totalling \$220. TOTAL \$1150.00.

Camden Country Quilters

The Camden Quilters donated 31 beautiful draw string bags that were used as Santa sacks for the children at the end of year party.

Rotary Club of Maroubra

Following a presentation to the club members by the CEO in September we received a \$500 donation. was received as a result of the presentation.

Donation Boxes

4 donation boxes are currently in circulation in the local community: Two with Concord yoga studio (Concord and Glebe branch), one at Hair Inspiration (Concord) and Toco (Concord). The collections of these boxes has successfully been coordinated by our intake worker, Alys McLennan.

Individual Donations

Again, this year we received and are deeply grateful to individual and family donations that we received throughout the year.

Grants, trusts & foundations

The following is a summary of all submissions (successful and not successful) in 2018:

Successful:

- Canada Bay Community Development Grant.
- Canada Bay Club Grant.
- Australian Chinese Charity Foundation.

Declined:

- Penrith Club Grant.
- Blacktown Club Grant.
- Westpac Foundation.
- Impact 100 Sydney

City to Surf

This year seven runners participated and raised \$3433.14 A big thanks to all the runners, Andrew Scannell, Laura McGrath, Cara Berthot-Craig, Cristian Lopreiato and his 3 mates - Mitch Gunn, David McGregor and Nick O'Neill. A big thank you to Cris's mum Andrea, and Laura Luchi for supplying the morph suits and capes!





CaraCare
A safe place for children to grow

