

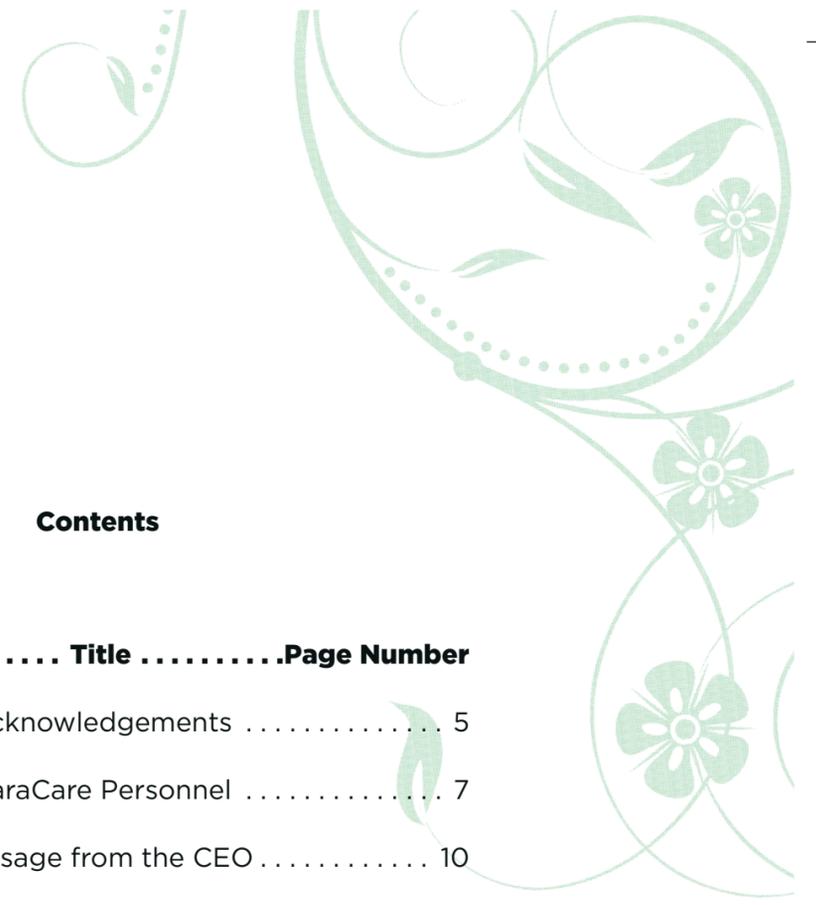


**CaraCare**  
A safe place for children to grow

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**Annual Report**  
**2019**





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## **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.

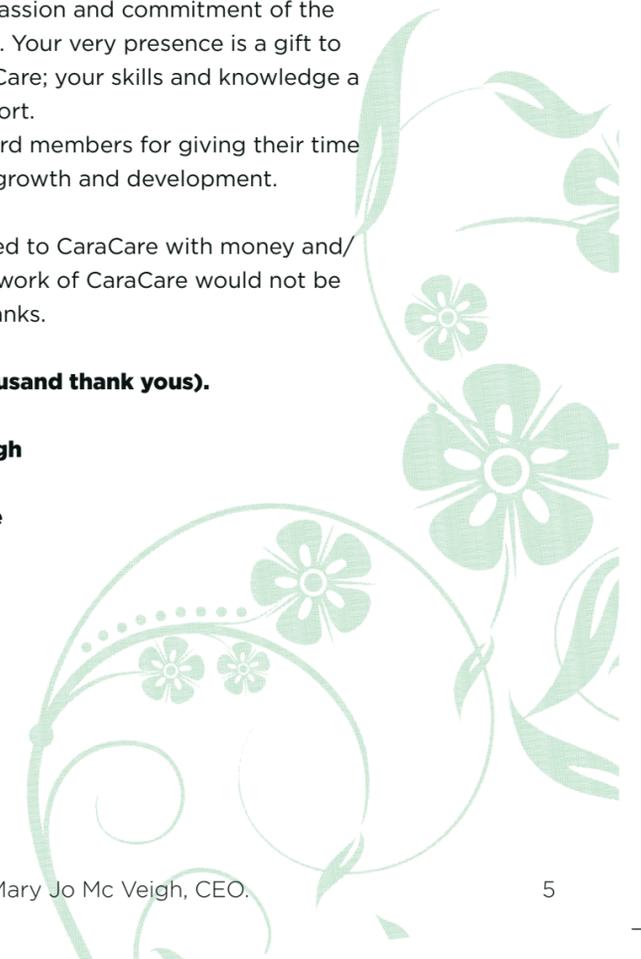
I would like to pay tribute to the CaraCare Board members for giving their time and knowledge to support CaraCare's growth and development.

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 new self-love and care techniques”

“I tried things I was afraid to do at first”

“I learned about being kind, helping people, and being respectful”

“I love my blanket; it makes me feel proud”

“Cara makes me feel a little bit better”

“Wrapped in Angels is having fun and my blanket means being safe”

*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
Ashley Gobeil	Trauma Therapist
Manny Kassiotis	Trauma Therapist
Liz Morrison	Trauma Therapist
Alys McLennan	Trauma Therapist
Conor Mc Veigh	Youth Worker
Mary Jo Mc Veigh	CEO & Trauma Therapist



STAFF	
Alys McLennan	Intake and Community Liaison (part time)

VOLUNTEER AND SUPPORT TEAM	
Dylan Munro	Information Technology
Arlys Olsen	Accountant
Paula Bartlett	Generic Publications

COMMUNITY PARTNERS AND VOLUNTEERS	
Kylie Hennessy	Yoga Therapist and Teacher
James Lockwood	Canterbury Public School
Karina Machado	Author and Editor

### 3. Message from the CEO

This report opens on page two with a copy of a poster created by one of the children who came to a CaraCare group. Her words more than adequately sum up the place CaraCare has in children's hearts. A place where children can feel calm, safe, cared for and reassured that everything is ok, is a place that all vulnerable and traumatised children should have access to. Furthermore, the quotes on page six, while only a snapshot of children's comments, highlights how CaraCare impacted their lives.

This impact was made possible by the groups we ran which resulted in the following;

One hundred and six (N=106) children and young people were referred to our group work programs. This was an increase on previous years, showing a steady growth in referrals, which is a clear indication of CaraCare's continuing presence being known and respected in the professional community. Of that number of referrals, a final number of seventy-nine (N=79) enjoyed the creative and innovative groups. The groups in turn are made possible by our continued efforts in fund-raising, despite the resignation of the staff member who held the fund-raising position. We held our regular fund-raising activities and benefitted from other activities that added considerably to CaraCare's revenue. (Refer to Section 9 of this report for details). Promoting awareness about CaraCare in the wider social work and business communities is vital to the thriving nature of CaraCare and professionals ability to refer children to us. We employed our former social work student, Alys McLennan, to a part time intake and community liaison position that allowed for continuity in our community liaison to continue. Turning our attention to our organisational activities, we can see that we achieved 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). One of our major organisational achievements was the completion and endorsement of the policy and procedure document. This is a very significant marker for CaraCare as it ensures our accountability to excellence of service delivery, child rights and safety and protection, as well as compliance with state and national laws and regulations in relation to our industry.

This year I spoke at several conferences about our work and received incredibly positive feedback, but the one piece of feedback I want to finish on came from an adult survivor who approached me at the end of the conference. The reason I am finishing with his words (for which I got permission) is to show that the work we do at CaraCare can last a lifetime for the children we see and can even help in the healing of adults that those lives we come into in our capacity as CaraCare workers. I found his feedback very humbling and sobering. I often slip into the assumption that all professionals see children the way we do at CaraCare. Where some professionals see children as broken, we see them as glorious divine sparks. Where some see them as deviants, we see them as political protestors to the abuses of adults. Where we see them as experts by experience to be honoured for their wisdom, some see them as nothing but diagnostic labels. Is it that we see at CaraCare what others cannot see, or is it that children put their trust in us and show us what they know others cannot see? As the words of this beautiful young man show, it is not what we do at CaraCare that is important, it is how we do it and how we see the children we are in service of. So, thank you David for being another reminder to us at CaraCare to keep on doing it the CaraCare way.....

*"I'd be privileged for you to use anything I said. I meant every word of it. Your talk opened my eyes to reframe every interaction I'd ever had with a social worker, a staff member. I never had any clue that what I often faced was oppression, and that in reality I wasn't acting out, I truly was politically protesting. I was a youth with lots of intelligence, and so I spoke up a lot. I can't imagine what would've become of me if I didn't have some type of fire inside me to fight the many injustices. I didn't have depression - I was depressed because of circumstance. I didn't have anger management issues - I was angry because people outright ignored me for years. And in reality, people placed diagnoses and medication not to treat true symptoms but more as a means of placing controls. You can phrase it however you see fit; after hearing you I know it was not me, there is nothing wrong with me....."*

### 4. 2019 Short Term Objective Strategy

The 2019 objectives are as follows:

1. Consolidate quality of group work program.
2. Engage with carers.
3. Further develop human rights framework.
4. Write policy and procedure document.
5. Write child safety policies and procedures.
6. Link organisational ethics to clinical practice.

#### 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 7.

#### Objective 2.

CaraCare started the engagement with carers strategy by offering a group to a foster where there were concerns about the quality of care.

#### Objective 3.

CaraCare exceeded this objective by 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 4-5.

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.

CaraCare achieved this objective by integrating organisational ethics as a component of all groups. The group work reports now has to document how one or more of these ethics were included in the group work program.

## 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 and holiday programmes run at CaraCare during 2019 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
Holiday program	Resilience based
1	Two Voices in Harmony
2	Gardening WIA Adolescents WIA Tweens & Yoga
3	Yoga & WIA Boys
October school holidays	Mental Health Week
4	Writing Gardening WIA La Peruse

Figure 5:1 Groups and programs by school term

### 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.

### 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 2019.

## 6. Biographical Details of Participants

### Total number of participants

One hundred and six (N=106) children and young people were referred to our group work programs. This was an increase on previous years showing a steady growth in referrals, which is a clear indication of CaraCare's continuing presence being known and respected in the professional community. Of that number of referrals, a final number of seventy-nine (N=79) enjoyed the creative and innovative groups, seventy-seven (N=77) were children and two (N=2) were parents who were engaged in the Two Voices in Harmony group.

For the data that follows in this report, the focus is on the seventy-seven (N=77) children who participated.

### Location of groups

The groups were run in the Sydney metropolitan region, summarised in Figures 1. Eight (N=8) were run at Cara House in Concord, two (N=2) were run at Balance Yoga in North Strathfield and two (N=2) were run at schools (La Peruse Primary and Brigidine College Randwick).

Location of Group

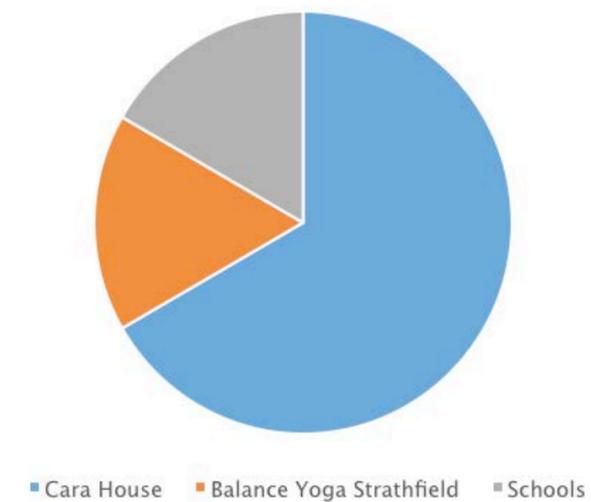


Figure 1: Location of Groups

### Referral agencies

Referrals to groups came from an even spread of government, non-government, health, education and private organisations.

The referring agencies were as follows:

- Cara House
- Anglicare
- Burwood Women's Health Centre
- Stay Home Leaving Violence Liverpool
- Rivendell
- Stepping Stone
- FaCS Parramatta
- Birth Parents
- Brigidine College
- La Peruse

**Gender of participants**

Of the total child participants (N=77) who attended groups, the vast majority were females (N=56) with twenty-one (N=21) males. Figure 2 summarises the gender break down of participants.

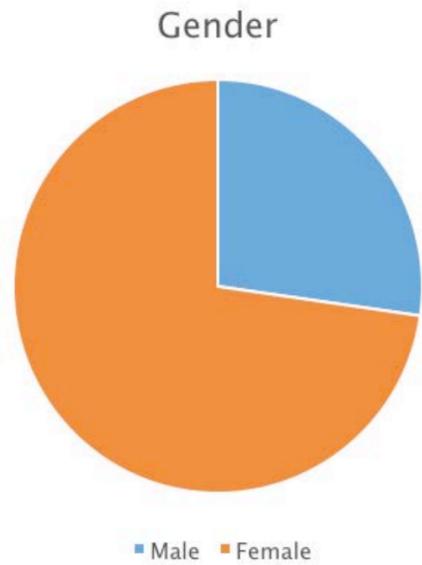


Figure 2: Gender of participants

**Age of participants**

The age of child participants (N=77) was spread from 4 years of age (N=1) up to 19 years of age (N=1) with the majority of participants (N=63) being between 7 and 15 years of age. Figure 3 demonstrates the spread of ages across the groups.

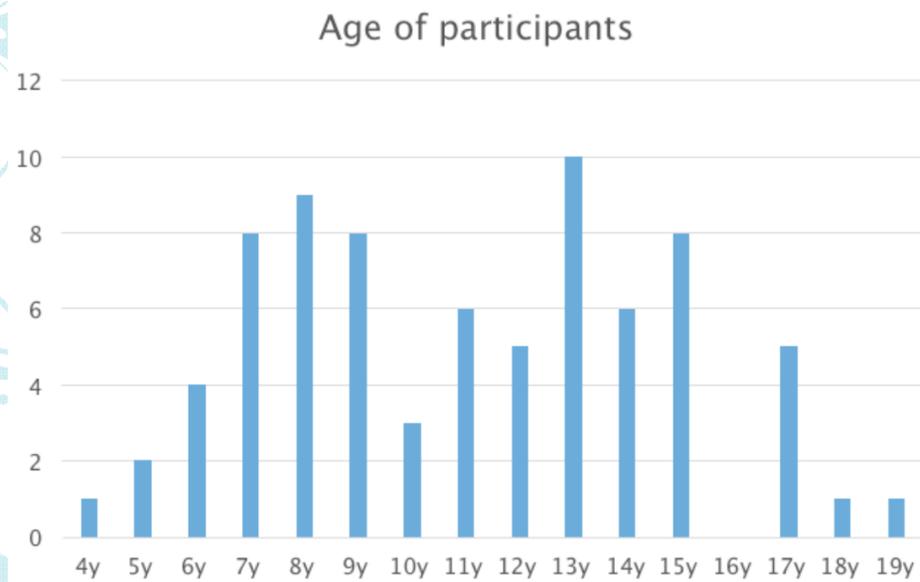


Figure 3: Age of participants

**Ethnicity**

Ethnicity of participants in the groups was diverse. Thirty-seven (N=37) identified as culturally and linguistically diverse (CALD), twenty-three (N=23) Anglo-Australian, sixteen (N=16) of Aboriginal and Torres Strait Islander descent and one (N=1) recorded as unknown. Figure 4 summarises the ethnicity break down of participants.

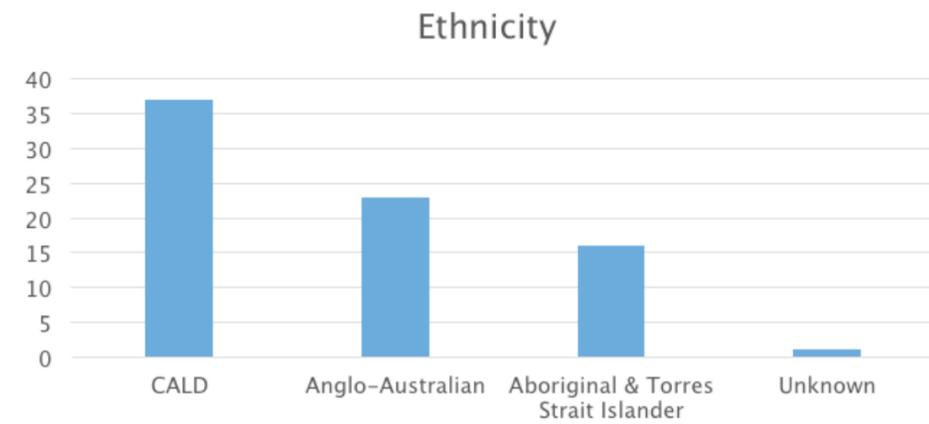


Figure 2: Gender of participants

**Trauma history**

Trauma history of participants was varied across trauma experience. Figure 5 shows the category of trauma as described by the referring agency. Thirty (N=30) identified with a trauma background of domestic and family violence, twenty-one (N=21) with domestic and family violence comorbid with other types of abuse, nine (N=9) listed other, seven (N=7) experienced physical abuse, three (N=3) experienced grief, another three (N=3) listed medical, two (N=2) had a history of child sexual assault and two (N=2) with alcohol or drugs.

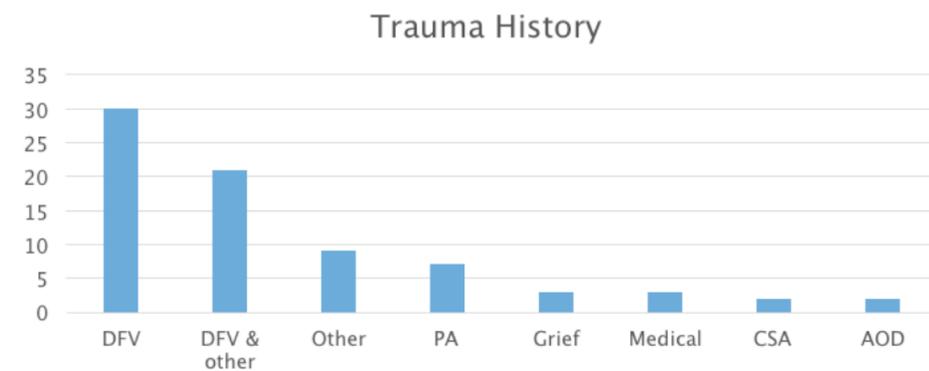


Figure 5: Category of trauma

### Residential living status of children

The residential status showed that the majority of children (N=51) were living with their birth family with twenty-six (N=26) living in out of home care.

## Residential Living Status

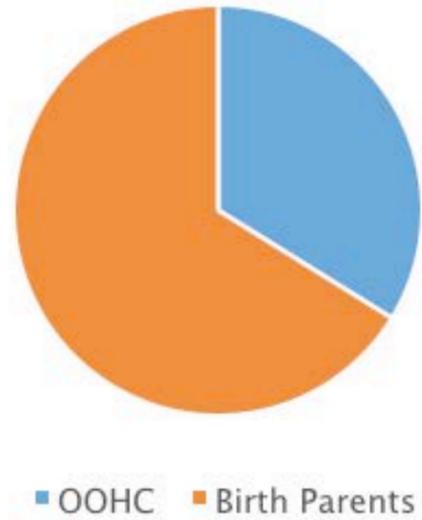


Figure 6: Residential status of child participants

## 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 2019 CaraCare ran ten (N=10) groups and two (N=2) special activities. Wrapped in Angels (WIA) as the flagship group of CaraCare was run term 3 two to four, (N=4) 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, 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 a mental health week program in October. Figure 7:1 summarizes the diverse range of groups run across the school term by facilitator and location in 2019.

GROUP	TERM	LOCATION	FACILITATORS
Holiday program	Summer break	Concord	Multiple facilitators
Two Voices in Harmony	1	Concord	Margaret Cartmell Ashley Gobeil
Gardening (Recycling)	2	Concord	Margaret Cartmell Ashley Gobeil Conor Mc Veigh
WIA (Adolescents)	2	Randwick	Amanda Boyd Liz Morrison
WIA (Tweens)	2	Concord	Margaret Cartmell Ashley Gobeil
Yoga	2	North Strathfield	Kylie Hennessey Alys McLennan
Yoga	3	North Strathfield	Kylie Hennessey Alys McLennan
WIA	3	Concord	Manny Kassiotis Conor Mc Veigh
Holiday Program	October	Mental health week	Margaret Cartmell Alys McLennan Manny Kassiotis
Writing	4	Concord	Mary Jo Mc Veigh
WIA	4	Le Peruse	Liz Morrison Manny Kassiotis
Gardening (Sensory)	4	Concord	Margaret Cartmell Ashley Gobeil Mary Jo Mc Veigh

## 7:2 Clinical Evaluation of Groups

Each group is evaluated at CaraCare to ensure efficacy of the group, excellence in service delivery and accountability to children and young people's experience. Quantitative data is collected to track the socio-political contexts of children's lives and provide CaraCare with a statistical benchmark for measuring the stretch of our service delivery.

Qualitative data is collected from participants at the end of every group. This data is vital for evidence-based evaluations as it affords epistemic space for children and young people which strengthens and values their contribution to ongoing policy and programming development.

This section of the report is based on a summary of the clinical reports provided by the facilitators as a requirement of running a group. The overwhelming feedback across all groups from the participants was resoundingly positive. A selection of quotes from participants are included throughout this section highlighting children and young people's experiences.

### Wrapped in Angels (WIA)

This year CaraCare ran four diverse 'Wrapped in Angels' groups. This diversity was evident in the differing age, gender and ethnicity of the children and young people attending the groups. Of the two groups that ran in schools, one was a teenage girls' groups, the other a group for Aboriginal primary school children. Of the two groups that ran at Cara House in Concord one was a pre-adolescent girls' groups and the other a mixed aged boys' group.



Across all the groups, gains in the resilience domains were evidenced by the scores on the pre and post measures. All the children and young people were highly engaged in the groups and reported very positive experiences of making their blanket.

The additional feedback from the elder, the school staff and the principal at the school highlighted the benefits of 'Wrapped in Angels' within the school system. These benefits included increased cooperation; kindness; calmness; attention in class.

#### The parents and carers of the children and young people also noted positive changes as evidences an example of some of their comments:

*"I am so happy with what my daughter has achieved. I am so surprised at her creativity. Thank you for the opportunity"*

*"This is the only group that my child has been able to finish"*

*"My child is more reflective since attending"*

*"My son developed ways of supporting and encouraging his sisters at home while he was doing the group"*

#### The highlights of the participants qualitative feedback

"I love my blanket; it makes me feel proud"

"My blanket means a lot! My dreams, family and friends"

"I learnt I am better at concentration and I did not get distracted easily"

"Wrapped in Angels is having fun and my blanket means being safe"



**Gardening**

This year CaraCare ran two gardening groups. One group was a sensory garden and the other concentrated on using recycled resources as part of constructing the garden.

Across both groups, most children made positive gains across the resilience domains. However, in both groups there was a decrease in some resilience domains (secure base, pro-social values, self-esteem). In one group two children experienced a heightened risk to their physical and emotional safety and in the other group one child disclosed physical abuse by a carer. This may account for some portion of these decreases however this is not conclusive as it is outside the facilitators remit to investigate the causal factors for the particular resilience decreases.

Despite the decrease in some resilience factors for a small number of children all the children across both groups reported enjoying the groups, gaining from the experience and not wanting anything to be done differently with the group process of content.

**The highlights of the participants qualitative feedback**

“How to stay calm in the garden”

“The garden helps me to be safe and to be kind”

“I liked helping people and Cara staff helping me, and I liked gardening”

“I liked everything especially trails and rocks and stuff”

“I learned about being kind, helping people, and being respectful”

**Two Voices in Harmony**

Two Voices in Harmony is a family group work program originally developed to be used in families who are experiencing relationship strain due to some form of trauma (e.g. domestic violence) or separation (children restored to the care of their parents).

As part of its commitment to offering services to carers, CaraCare piloted the Two Voices in Harmony group with a family consisting of two foster parents, two foster children and a birth child. The facilitators reported that both parents responded well to parental coaching which aimed to support them in practicing an attuned parenting style with their children. The facilitators also noted that the children responded well to emotional coaching and positive communication strategies. The facilitators felt that this group work program provided a supportive and safe environment in which to improve family relations. Therefore, CaraCare will add Two Voices in Harmony to their group work portfolio.

**The highlights of the participants qualitative feedback**

“It was nice to hear everyone’s thoughts and their emotions”

“Being together as a family”

“Creating the harmony tree”

“My mum likes quality time”

“That my dad likes reading to me”

“That I can learn to control my anger”

“Working together and taking turns and listening to each other”

“That I can help my children if I stay calm first and if I use the right Strategies; it’s alright to be angry and it’s good to talk about it. Learnt new skills in emotions”

**Writing Group**

Within a very short time of the group meeting their collective creativity sparked off each other. In this edition there are no individual pieces. They all bounced off each other ideas and helped each other out. It was a real collaborative project.

It was very clear from the first session what they wanted this year’s edition of the CaraCare magazine to be about...acceptance.

Under the theme of acceptance, they wrote pieces on the damaging effect of social media on young people’s body image, racism and ableist attitudes. They also wrote a movie review on how a popular children’s movie tackled the issue of acceptance. In addition, the poems were included. One was about a young person’s experience of being in foster care and longing to see her mother and the other was from a young man who wrote as the guest poet.

I think the best way to sum up this group is with a line from each of the journalists and poetic pieces they wrote - please refer to next page.



**Excerpt from the body image article:**

*'That day we signed a sacred contract together not to judge and always help each other. That day six strong young women left that bedroom spreading the most important message whoever they could, 'be yourself and accept everyone.'*

**Excerpt from the racism article:**

*'So, let's not confuse individuality and beautiful quirks with mental health and let's not ask that we all conform to a type of normality that crushes creativity. Let's ask instead that society care for people who have mental distress and suffering to be treated with deep compassion, loving, kindness and understanding and access to good health services based on upholding their human rights'*

**Lines from the poem Forgiveness:**

*I didn't give up.  
My family had been fighting for me since day one.  
I had to fight back.  
Stay strong.  
And find the stranger I long to call mother.*

**Lines from the poem People aren't poetry:**

*It's okay to be rough around the edges,  
To be bruised up, broken and scarred.*

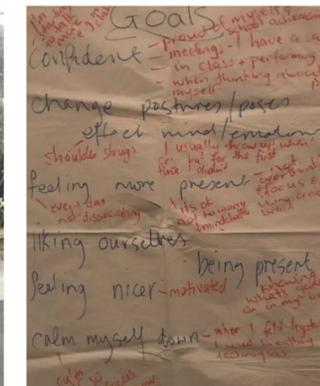
*But it's not okay to let people tell you,  
That's it's a reason to change who you are,  
Your hair doesn't always sit neatly,  
the way a poem sits so neatly in lines.*

**Yoga Group**

Due to the demand for the yoga group CaraCare ran two 'Rediscovering the Power Within' yoga programs, one in term two and the other in term three. The main aims of these groups were to utilise yoga therapy techniques to support young women to learn how to release tension and tap into personal resources to build resilience.

Across both groups the participants showed major changes in resilience, self-care and self-regulation skills. Amongst these gains were the following:

- less experiences with feeling such as anger, numbness and sadness.
- increased ability to cope with anger.
- increases across the domains of self-care, calmness and interrupting unhelpful thought patterns.
- increases in ability to interrupt unhelpful thought patterns.
- increase in experiences of feeling love.
- experienced dissociation less frequently.
- increased insight into body talk, emotional interception.



**The highlights of the participants qualitative feedback**

“I learnt new self-love and care techniques”

“I learnt that it is possible to be in control of my own body”

“I learnt that I can be more patient”

“This gave me something to look forward to every week and always boosted my mood afterwards”

“I learnt that I can almost silence the mind chatter which really helps me”

“I learnt different moves to relieve stress which I have used”

### October Mental health week

This program was designed and based on the direct requests from children and young people via the CEO- Chatterbox, in combination with the notion of reducing stigma around mental health.

CaraCare have a CEO - Chatterbox whereby CaraKids can write Mary Jo letters / email, have meetings or telephone with her to make requests for new activities or changes to current programs. Sessions were held in mental health week during the NSW October school holidays.



The aim of this program would be to provide participants with fun and safe opportunities to connect to others while exploring human rights and resilience factors. Themes explored included empowerment, safety and inclusion.

This strengths-based work was conducted via different modes such as through creative and therapeutic activities using mediums like art and craft, cooking and movement and sensory exploration.

### The highlights of the participants qualitative feedback

“I enjoyed kneading the dough”

“I liked the sensory bags”

“Breathing was calming”

“I liked meeting new people”

### Summer Holidays program

The holiday program consisted of four activities (sensory, craft, art, cooking). These activities targeted core resiliency factors: self-regulation, self-esteem, self-efficacy, social skills and gaining new life skills.

The facilitators noted the children's joy and sense of achievement when engaging in the creative activities. Their ability to work cooperatively, assist each other and show compassion and kindness was also noted.



### The highlights of the participants qualitative feedback

“Art is my favourite thing in the world”

“I would have liked the ‘messy’ activity to go on longer”

“I enjoyed working as a team with a new friend”

“I enjoyed trying and learning new things”

“This is so much fun”

“I tried things I was afraid to do at first”

**End of year party**

The year ended with a great party attended by 27 children, their families, CaraCare staff, volunteers and board members. For the fifth year in a row Le Montage supplied a very tasty lunch and Tracy and her children donated all the presents for the CaraCare children and young people. The party as always had a very festive feel. It was particularly heartening to stand back and watch Vchildren and young people who had attended groups with each other throughout the year meet up again and delight in each other's company.



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**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. Figure 8.1 summarises the community liaison presentations that the CaraCare intake worker completed.

AGENCY SITE VISIT OR INDIVIDUAL VISITOR	GROUP
Headspace Mt DrUITt	March
North Sydney CPU	February
The Haven	August
Department of Public Prosecutions	May
Burwood Community Welfare Services Inc	April
Canteen	September
Redbank	April
St Marys CSC	December
ACWA	May
La Perouse Primary School	May
Stitching Hearts	June
Representative from Bunnings	June
Barnardos student visit	September
2x Rosie's Place student visit	July

Figure 7.1 Group run by facilitators

**Social Media**

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

**Corporate activities**

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

**Smeg**

Smeg continued their support by donating a beautiful fridge as auction item for the 2019 Ball. The fridge was painted by our art therapist Jenny Pitty. The illustrations on the fridge were a replica of the illustrations in the CaraCare group room. The bidding was fierce with it raising money for our groups and going to a well-deserved family home.



## 9. Financial and Donors Support

### May Ball

Each year we put on our May Ball to celebrate our work and fund raise. This year we have again increased our donations from the Ball. The Angel campaign that was launched last year again proved very successful, drawing donations of over \$28,000. 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 the child they sponsored attended.

### Smeg

Smeg have continued their support by way of a \$10,000 cash donation to CaraCare as well as donating a fridge that was painted by the CaraCare children as the main live auction item.

### 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.

**Rossi Foundation**  
\$5,000 cash donation

**City of Canada Bay**  
\$3,000 cash donation

**Ireland Funds Trust**  
\$10,000 cash donation

### 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. 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 2019:

#### Successful:

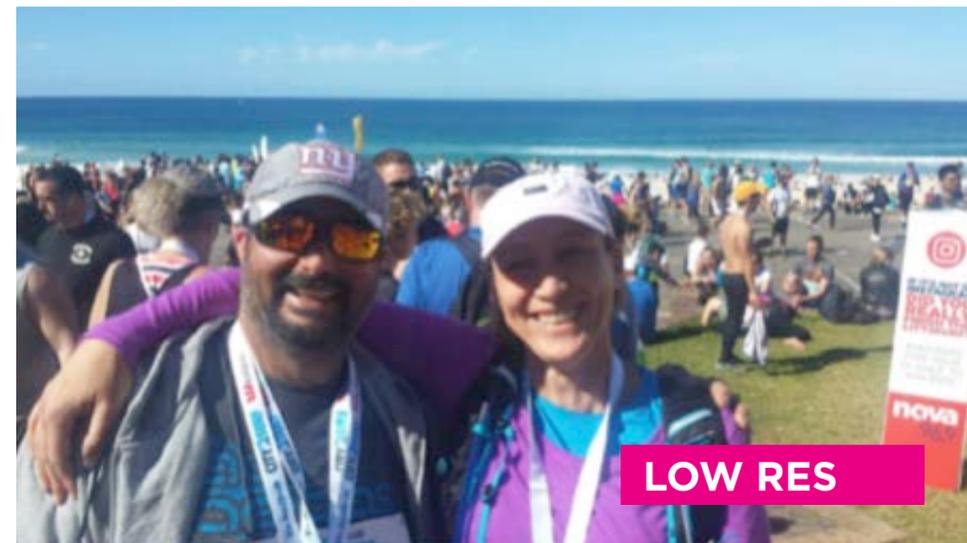
- Australian Communities Foundation- Gardening project
- Canada Bay Council small grants- ceilidh
- Coles- Food voucher for Wrapped in Angels boys group

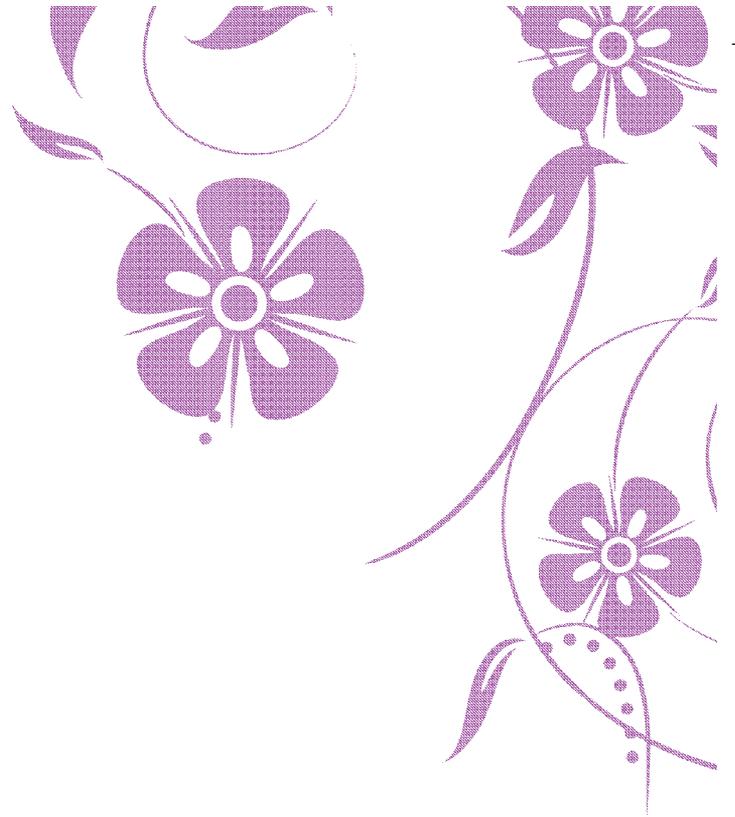
#### Declined:

- Way Ahead (please note the adjudicators found this application had such merit that they applied to receive further funding to provide to CaraCare, which unfortunately wasn't made available).
- Youth Opportunities
- Women NSW
- Impact 100

### City to Surf

The 2019 City2Surf saw the return of our caped crusaders, the Awesome Four - Cristian Lopreiato, Mitch Gunn, David McGregor and Nick O'Neill. These young men were outstanding in the race and in their tireless fundraising efforts with a grand total of 608.54 raised for CaraCare groups. Keep an eye out for the four unitard wearing guys burning it up on Heartbreak Hill in City2Surf 2020!





**CaraCare**  
A safe place for children to grow

