



NEW YEAR, NEW CAMPUS, NEW BEGINNINGS!



2023 is off to an exciting and busy start with the opening of our new Hester Hornbrook Academy campus in South Melbourne.

Hester Hornbrook offers a flexible Senior School education to students who are 15-25 years of age and most likely experienced trauma and be managing mental health issues.

This fourth campus will increase the total number of young people re-engaging with their education to 450.

Students learn best when their wellbeing is prioritised, there is a positive relationship with

staff and they feel known, heard and respected.

Through the generosity of our donors, we are able to support students who are in crisis or at risk of leaving school due to financial challenges. This funding provides living essentials such as food, clothing, transport and medical expenses. Continual funding is appreciated.

If you would like to support any of our programs in this newsletter, please donate online.



Alumni Program

Integral to a student's journey at Hester Hornbrook Academy is the **Alumni Program**. Staff prepare students for the transition from school and then provide ongoing support and guidance as the young person embarks on their life journey.

The Shine On Foundation has generously supported the Alumni Program since its inception in 2016. We are grateful to the trustees for recognising the program's value and the important difference it makes to our students.



A HEARTFELT MESSAGE FROM VICKI...

MCM has made a positive difference in people's lives for almost 170 years. Our **Strategy 2023-27** reconfirms our commitment to delivering healing-oriented, sector-leading services that enable possibilities for everyone. Our focus for the next five years falls under four strategic goals: **Enable, Deliver, Grow and Innovate.**

As we look to the future, we will grow and innovate where we can make the most significant impact – empowering young people and families towards positive pathways of their choice, their way. The support we receive from you, our loyal donors and supporters, is an invaluable part of our work – it is through your generosity we can continue to remain a vital service within our community.

Thank you for your kindness and care.

Vicki Sutton
CEO



Hilary's Story

Scared, alone and facing homelessness, Hilary (22 years) was staying at a MCM refuge with her baby, Charlie (8 months) and was referred to the Parenting Support Program.

Learning to navigate her role as a mum, Hilary was provided with practical guidance around sleep, feeding and developing a daily routine.

When they moved to more permanent housing, MCM continued to provide support with baby items, valuable parenting skills and linking in with local services.

During the pandemic, a virtual platform was developed to provide convenient real-time guidance. This remains particularly helpful during times of stress.

"I'm not sure how I would have coped without MCM and having someone to talk to" - Hilary

Support from our donors means we assist young parents like Hilary - Thank you!



Finding strength and aiming high

The Living Learning Program at Hester Hornbrook Academy focuses on the three core elements of engagement, education and allied health. These are not always taught in the classroom.

An outdoor adventure program for students was recently conducted with the assistance of a generous philanthropic contribution. It involved activities that challenged the students and also built their self-belief and confidence.

Living Learning is for young people who are disengaged and require extra support due to a mental health condition. Many young people fall through the cracks because they've faced adverse life experiences which have impacted their mental health and, in turn, their attendance at school.

The Living Learning team includes youth workers, educators and clinical mental health practitioners who help young people build skills and confidence – and strive for the goals of their choice.



SLEEP AT THE 'G BACK IN '23

MCM invites you to join other compassionate Melbournians at **Sleep At The 'G** on **Wednesday 10th May** at the iconic MCG (Melbourne Cricket Ground).

Enjoy a fun night while raising funds for a serious issue – youth homelessness. **Over 6,000 young Victorians won't have a safe place to call home tonight.** Together we can build more homes to put youth homelessness to bed.

Registrations are now open, and we would love you to **join us**.



What: Sleep At The 'G

When: Wednesday 10th May 2023

Where: Melbourne Cricket Ground (MCG)

Further Information: SleepAtTheG.com.au and 1800 626 572

Care and Compassion

WITH CONTROL AND CHOICE



During the lockdowns, our Palliative Care team commemorated 40 years of specialised service to people experiencing a life-limiting illness.

MCM's Palliative Care team involves a holistic care team of nurses, social workers, allied health therapists and bereavement counsellors.

In addition to providing specialist health advice and the best quality care, we recognise and support our carers and look after their wellbeing. The carer support needs assessment tool helps identify the type of assistance and support they might need, such as managing medication, financial aid and counselling support.

Our trained bereavement counsellors run education sessions and walking groups as a small community for carers to learn about grief and gain some ideas, skills and resources about coping and living with loss.

MCM FOYERS: A PATHWAY OUT OF DISADVANTAGE

MCM's Youth Foyers provide up to three years of accommodation for young people over 16 years old who have experienced homelessness.

They receive support from a dedicated youth development coach to access education, training and employment opportunities and work towards independent living skills.

Donations can assist with essential items for a young person leaving the Foyer and setting up their first 'home'.



"After a disrupted childhood and having no self-worth, it's amazing to watch the transformation from a confused teen to a confident young adult."

It takes time and a lot of work, but that is the same with many young people - they need guidance, but more importantly, they need someone to believe in them."

- Mark, Manager, MCM Foyers



GROWING AWARENESS, COMPASSION AND SOCIAL JUSTICE

Reaching over 4,000 students in 2022, Frontyard's school engagement program is an educational experience that runs facilitated workshops for students. These workshops explain the prevalence, complexity and issues faced by young people experiencing homelessness.

The main aims of this program are to raise community awareness, demystify some of the most common myths related to homelessness and provide knowledge to young people on how to tap into the available support.

The impact is profound - more students are reaching out for help, actively engaging and raising awareness in their schools and community.



“Making a difference starts with raising awareness.”

- Belinda, School Engagement Program Facilitator

Common myths about homelessness

MYTH

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FACT

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| ✘ Homeless people sleep on the street. | ✔ Only 7% of the homeless population are rough sleepers. |
| ✘ People are homeless because of drugs and alcohol. | ✔ The leading causes of homelessness in Australia are family violence and a lack of appropriate and affordable housing. |
| ✘ Our homeless community is made up of middle-aged men. | ✔ Almost a quarter of people who are homeless are aged between 12-24 years.
60% of people seeking support are women. |
| ✘ There are plenty of vacant houses for people to live in. | ✔ Some people report that they've been waiting on the public housing waiting lists for up to 12 years. |
| ✘ Homelessness is not really a big deal in Australia. | ✔ 116,427 Australians are now experiencing homelessness on any given night. |

Thank you

to our Regular Givers

Have you considered joining the hundreds of donors who make a commitment to MCM each month?

Many of our donors choose to spread their donation across the year which assists them with their giving.

If you would like to become a regular giver, please get in touch with us at **1300 364 507**, and we will assist you in setting this up.

And if you are already giving through our regular giving program - thank you!



CHRISTMAS THANK YOU!

Thank you to everyone who gave to our Christmas Appeal.

Your generous donations have changed the lives of young people like Adia and Riley. They fled unstable and violent homes but fortunately found their way to MCM and our incredible, caring and committed team who will never give up on a young person.

Through your generosity, many young people now have hope that this year, 2023, will be a better year in their lives.

Thank you for keeping our communities strong, and helping Victorians when they need it most.

Donate online at mcm.org.au/makeanimpact or call **1300 364 507**

mcm.
melbourne city mission

MCM places people at the centre of what we do



We acknowledge the Traditional Owners of the waterways and lands where we work. We pay our respects to Elders past and present. We commit to ensuring everyone we work with is safe, empowered, supported and respected, especially children and young people. We support and celebrate diversity of race, culture, ability, gender, sexuality and gender identity.