

Your IMPACT

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your future, your way

AUTUMN 2024

**WE HAVE THE POWER TO
END YOUTH HOMELESSNESS**

**SLEEP'G | MAY
AT THE G | 16
2024**

Register now!



Thank you to our supporters

A Message From Our CEO

In this edition of *Your Impact*, we're thrilled to announce that this year's MCM Sleep at the 'G is set for Thursday 16 May. Registration is now open, and we encourage you to spread the word among your friends, family, and colleagues to join us at the MCG and assist young people experiencing homelessness.

In some exciting news, the expansion of Hester Hornbrook Academy continues with the construction of a new campus underway in Werribee. Due for completion next year, this is another step toward meeting the increasing demand for flexible learning options in Victoria. We also recognise the tremendous effort and achievement of students and staff who recently celebrated at Hester Hornbrook's 2023 Graduation Ceremony.

On behalf of everyone at MCM, I extend my heartfelt gratitude for your ongoing generosity and support. Thanks to compassionate individuals like you, MCM can continue working alongside people and communities to develop their pathways to a positive future. Together, we are making a tangible impact, changing lives, and building a stronger, more compassionate community for all.

Thank you for continuing to make this a better world through your support!



Warm regards,

Sean Spencer
Acting CEO



The worst-case scenario is that a young person spends so long trapped in the homelessness cycle that they end up homeless as an adult, and their chances of really recovering and rebuilding their life are so much harder.
- Vicki Sutton, MCM CEO

“Home in Mind”: - Tackling the Mental Health System Crisis

Victoria is leading Australia when it comes to mental health reform. The Royal Commission called for developing a new approach to our statewide youth mental health services, driven by lived experience, innovation, and research.

Young people bear a disproportionate burden of homelessness and mental health struggles. Our data shows that up to 70 per cent of young people coming to MCM had a significant and episodic mental health crisis, many requiring hospital admission.

“They are extraordinarily vulnerable,” Ms Sutton, MCM CEO, said. “Most of them are escaping family violence and a background of trauma.”

Unfortunately, existing homelessness services lack the resources and structure to effectively address the mental health of young people. In response, MCM and Orygen have partnered on Home in Mind, a policy research project. This research will map a way forward with evidence-based recommendations to ensure young people experiencing homelessness will not remain invisible.

MCM relies on your support to ensure young people experiencing homelessness, who do not have the emotional support that comes with having a stable home, receive the mental health support they need and the futures they deserve.

We Have The Power to End Youth Homelessness

On any given night across Victoria, over 7,600 young people aged 12-24 experience homelessness, a 19.7% increase since 2016.

MCM Sleep at the 'G is an opportunity for friends, family, colleagues, and clubs to sleep at the MCG, raising awareness and funds for young Victorians without a safe place to call home.

By joining us at the 'G, fundraisers have the unique opportunity to discover the challenges young people face, hear their inspiring stories, and gain a deeper understanding of homelessness amidst a night of live music, games, prizes, and entertainment.

Homelessness is not a choice.

Young people do not choose to become homeless. For many, the daily reality and burden of family violence, abuse, neglect, mental illness, substance misuse, unemployment, gambling, and the disadvantages of poverty force them to flee the family home in search of a safer option. To help them rebuild their lives, we are developing safe, supportive homes with wellbeing-oriented care. The funds raised from sleeping at the MCG will contribute to providing essential support services.

Join us in making a difference. Visit sleepattheg.com.au for event details.

Together, we have the power to end youth homelessness.

Your supporter discount!

To express our thanks for your support of MCM, take advantage of the opportunity to register for MCM Sleep At the 'G **before 29 March** and enjoy an entry price discount of only \$55. That's \$20 off the normal price of entry!



Simply enter the discount code **SATG24** at checkout.

Register now to secure your discount. It's quick, easy – and a powerful first step towards making a tangible impact.

We look forward to seeing you on the night!



SLEEP'G | MAY 16 2024
AT THE G

Register now!



Another Amazing Year for Hester Hornbrook Academy



Hester Hornbrook Academy celebrated another successful year with a graduation and awards ceremony for its students in December.

The day was full of memorable moments, from Olympic Gold medallist Steve Hooker's opening speech, where he spoke about his own struggles as a student and how they helped him become a successful Olympian, to the heartfelt testimonials shared by graduating students. The ceremony was a testament to our graduating class and their resilience, determination, and spirit.

For Hester Hornbrook Academy, graduation isn't just a milestone; it's a culmination of years of dedication, growth, and unwavering support. Each student's journey is a story of triumph

over challenges, seizing opportunities, and embracing the transformational power of education.

We congratulate the class of 2023 for their courage, passion, and commitment to completing their secondary education, and we look forward to following their exciting future pathways throughout 2024 and beyond.



Another New Campus

We are thrilled to announce that we will be opening our fifth Hester Hornbrook Academy campus in Werribee next year. Similar to existing campuses in South Melbourne, City, Sunshine, and Prahran, our new campus will cater to students who require a more flexible and individualised approach to education and wellbeing.

The Werribee campus will specialise in health and community services, retail trade, and trade apprenticeship, providing tailored pathways to employment and further education. By forging partnerships with tertiary institutions and aligning with Victoria's future job plans, we aim to equip our students for success in high-demand industries.

Our new campus will provide a nurturing learning environment for 210 students, encouraging their holistic development and empowering them to thrive academically and professionally. We are excited to expand our commitment to building brighter futures for our youth with Hester Hornbrook Academy's Werribee Campus.



Principal, Sally Lasslett (left) with Head of Werribee Campus, Amy Farrell at the sod turning event.



MCM's Programs Win Excellence Award

MCM's Early Links (Family Services) and Youth Refuge programs were announced as winners of the Award for Excellence in Ending Homelessness Amongst Children and Families at the 2023 Victorian Homelessness Achievement Awards.

The award celebrates the collaborative approach taken by our staff in supporting the needs of families with young children who are staying at our refuges. This hands-on program enhances parenting skills and strengthens parent-child bonds through personalised guidance and group activities.

It breaks the cycle of intergenerational disadvantage, providing a nurturing space for learning and development. The program facilitates positive change through practical aid and emotional encouragement, ensuring families thrive despite challenges.

Our thanks to the following for their ongoing funding of this award-winning program:

- The William Angliss Charitable Fund
- Collier Charitable Fund
- The Flora and Frank Leith Charitable Trust



MCM CEO - Vicki Sutton, Family Support Program Manager - Sally Richter and MCM Youth Foyers Manager - Mark Ott

Remembering Katherine Kingsbury, Pioneer in Palliative Care

After attending the 40th-anniversary celebration of our Palliative Care service, former staff member Katherine Kingsbury expressed her gratitude to MCM via email.

"As I left, the room was still buzzing with the sound of excited voices of people, most of whom were barely at kindergarten or not yet born when the palliative care program began. Thank you for giving me the opportunity to see the fulfilment of those early dreams of mine."

A devoted nurse, Katherine, played a pivotal role in transforming end-of-life care in Australia. Her dedication and vision shaped the community-based palliative care services we have today. We were saddened to learn of her passing last September, but her legacy of compassionate care lives on. Katherine's vision continues to inspire our commitment to quality end-of-life care, ensuring her impact endures into the future.

For any enquiries about Palliative Care Services, please reach out to us at mcmipc@mcm.org.au. or you can also call us on **03 9977 0026**.

'We Grow Together' Art Show

The 'We Grow Together' Art Show was a heartwarming celebration of local artists who access support services through MCM in Bendigo and overcome challenges through their art.

The event showcased a diverse range of art forms, including watercolours and diamond work, each reflecting the unique stories of the artists. Attendees had a valuable opportunity to meet the artists and learn about their inspirations.

The Art Show highlighted the resilience and diversity of Bendigo's artistic community, leaving everyone with a profound sense of admiration.

Brendan's acrylic painting called 'Cover-Up' was chosen as the cover image for the art show. The painting is a self-portrait painted on top of another self-portrait, using lots of colours, and was created after Brendan bravely pushed himself out of his comfort zone.

He shared that although he did not enjoy painting faces, he decided to challenge himself with this piece. Brendan's story and beautiful painting left an impression on everyone who attended the event.



Brendan with his painting 'Cover-Up'



Lasting Legacy

Recently, MCM was honoured to receive a legacy from John and Rosemarie Worboys, who had been dedicated supporters for more than forty years. Throughout this time, John and Rosemarie not only provided financial support but also actively engaged with MCM's programs, attending many lunches and donor events to understand further how their contributions make a difference.

The impact of their generosity extends far beyond monetary value. It serves as an inspiration to others, encouraging individuals and families to consider how they too can contribute to creating positive change within their communities. John and Rosemarie's quiet dedication serves as a reminder of the profound difference that can be made when individuals come together to support a common cause.

In honouring John and Rosemarie's legacy, MCM reaffirms its commitment to upholding the values of compassion, empathy, and social responsibility. Their generous bequest serves as a poignant reminder of the power of philanthropy to create positive change and transform lives.

Have you considered leaving a Gift in your Will to MCM?

Like John and Rosemarie, your gift has the potential to make a positive difference, and the world a better place for future generations. Contact **1300 364 507** or scan:

Find out more:





The Power of Community

Leah is a long-time supporter of MCM Sleep at the 'G after participating in her first event in 2016. This year, she plans to involve her workplace to raise even more funds to end youth homelessness.

“Incredibly grateful”

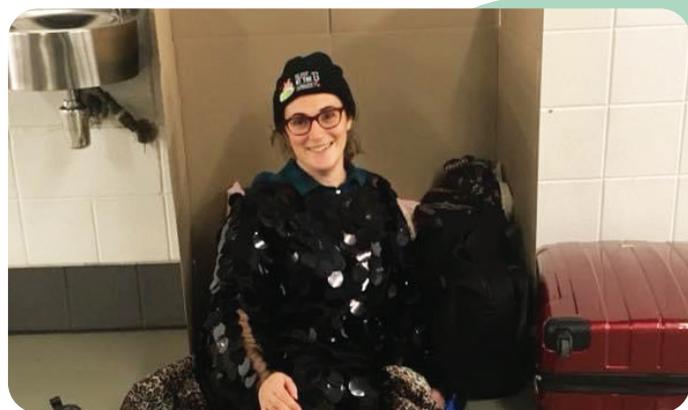
Julian’s life was turned upside down when his dad, Tony, was diagnosed with stage four stomach cancer. Within 12 months of being diagnosed, Tony and his family were given the shocking news that his cancer was terminal.

The family expresses that our Palliative Care team served as their guiding light, providing unwavering support and consideration to ease their journey. The team’s warmth and understanding facilitated their passage through a challenging period, leaving an indelible mark on their hearts.

As Tony faced his final days, Julian was determined to run a marathon in his father’s honour and contribute to MCM Palliative Care Services. This cause had become incredibly close to the family. Julian raised \$8,200 to support the MCM’s Palliative Care team in continuing their important work. And for that, we are incredibly grateful. Thank you, Julian, and all who supported your moving marathon to honour your dad.

Leah first became involved with the event because she thought it was a unique way to raise money for a great cause. She firmly believes that young people shouldn’t have to worry about basic necessities such as somewhere safe to sleep and food. Being a part of this event allows her to make a positive impact on someone else’s life.

According to Leah, the best part of MCM Sleep at The 'G is the atmosphere and energy of everyone coming together in unity to make a difference. Her advice to others is to register without hesitation because it’s a worthy cause, and every person can make a difference.



Equitable Society for Everyone

Peter and Chris, OASIS Coffee’s directors, have supported MCM for almost a decade. This year, they continued their support at the Antipodes Greek Festival in Lonsdale St.

As a major festival sponsor, OASIS Coffee served their Melbourne-made coffee for free and asked people to consider donating to MCM. The donations made by the customers amounting to \$3,500 supports the delivery of various MCM services for young people experiencing homelessness in Victoria.

If you would like to fundraise on behalf of MCM, please visit our Community Fundraising platform fundraise.mcm.org.au or email Fundraise@mcm.org.au



Act of Kindness

Originally from Melbourne, Liz now resides in Adelaide. Despite the distance, her connection to her hometown remains strong, particularly as she frequently returns to visit family.

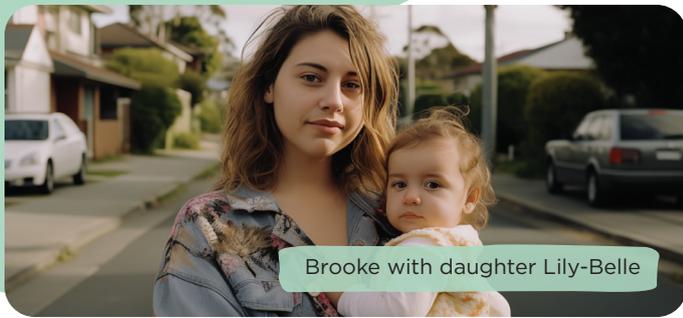
During her visits to Melbourne, Liz often accompanies her grandsons on public transport through the city centre, where she has been deeply affected by the visible struggles of homelessness.

Motivated by these experiences, Liz took a proactive stance. Instead of hosting a lavish celebration for her 70th birthday, she opted for a more communal approach, inviting guests to 'bring a plate' and donating the saved catering expenses to MCM.

Liz's actions exemplify the power of compassion and the invaluable role of community support in addressing social issues like homelessness.



Liz, celebrates her 70th Birthday with her family



Brooke with daughter Lily-Belle

Thank You For Supporting Our Christmas Appeal

Your generous support has positively impacted the lives of young people like Brooke, Lily-Belle, and Ben, who needed a safe place to sleep, someone to listen, and support them. As they step into 2024, their year has a brighter outlook, thanks to your kindness. **Thank you for making a difference.**

Regular Donor to MCM - We Thank you!

Thanks to our generous regular donors, we're able to empower young lives and overcome barriers of disadvantage. Your support is invaluable, enabling us to plan and budget effectively for our programs and services.

If you would like to become a regular giver and contribute to impacting the thousands of lives facing disadvantage, please contact us at **1300 364 507** or email **donation@mcm.org.au**

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

 To donate online, visit mcm.org.au/makeanimpact or scan here:

 To make a donation over the phone, call **1300 364 507**



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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.