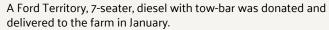


# Newsletter

**MAY 2020** 









Our proud new mother with her chicks – and their big brothers and sisters – to keep up the supply of eggs.

### A word from the CEO

Thank you all so much for your continued support over the past few months. So many great things have happened since our last newsletter.

Firstly, our first graduate has gone home after a very productive time. This is a great encouragement to all involved and reminds us of what we are here for. Our thanks to all who continue to support and assist The Farm in its development. While the milestone may seem small to some, it is very significant in terms of what the client has overcome to achieve it. She continues to keep in touch and when restrictions are over, will visit The Farm once a month as part of her aftercare.

She shares her experience with us here:



My time at The Farm was warm and welcoming. I spent three months at The Farm and during that time I studied my Certificate III in Community Services and successfully completed it. If there was one thing I enjoyed the most (it is hard to choose one!) it would be the time you get to focus on yourself and learning to be proud of yourself again and the close bond you make with the people there.

I'm back home now with my two kids and family and couldn't be happier. I am thankful for my time at The Farm. Without the help from the staff and clients, I wouldn't be where I am today.

Five more women are continuing here in the program making steady progress with three more due to come in next month. Thanks to generous donors, all clients have their own laptop to use for their online study. They are also becoming skilled in online mental health self-care.

We were pleased to welcome a Financial Administrator and a Case Manager to help with our increasing needs. The program is being refined and built on with the help of the newly established Treatment and Ethics Committee and the input of Dr Lynne Magor-Blatch.

We have been fortunate to have attracted the interest of a GP who has become The Farm's on-call doctor. Dr Jonathon Ho from Wagga has qualifications in drug and alcohol treatment, mental health and domestic violence so is particularly suited to care for our clients.

Thanks to a generous donor from Canberra, The Farm now has a car. A Ford Territory, 7-seater, diesel with tow-bar was donated and delivered here by the donors in January. The donation included comprehensive insurance for one year. Our grateful thanks.

The gift has been timely as we are driving women to access visits to their children now due to COVID-19. We are also very grateful to the Hands Across Canberra initiative

who raise money to help NFPs manage the COVID-19 situation. We were successful in our application to them and this will help with things like extra fuel and hygiene products and repeaters in the building for clients who may need to isolate. Our Fundraising Committee found this opportunity but would like to ask our readers if they have any more suggestions for fundraising amidst COVID-19.

Stage two renovations are now underway including the renovations in the North wing to add family pods to the building – independent rooms for mothers and children. The outside of one of our buildings is also being repaired including painting. This new lease of life to the building as well as the improvement to the grounds through the work of the gardener and the clients are making the environment more and more beautiful.

When COVID-19 restrictions are eased we will begin the working bees again so people can come and see these improvements.

My thanks once again to the great team of people who are working with us to help improve the lives of these women. We are now getting ready to welcome the first children in the second half of the year, so it has really been a fruitful opening year for The Farm so far.

Kate Cleary

# Report from the Chairman

Progress has been most encouraging as we move forward and new clients continue to move into The Farm.

The clients are responding well to the program, and as our CEO has mentioned, we are happy that our first graduate has left us to resume her life with her children and we look forward to her aftercare visits to The Farm.

The grounds are looking great thanks to the end of the drought and the efforts of Dave, our gardener and maintenance person, who is gradually restoring the expansive areas back to their original state. Land care is an important feature of The Farm and the clients are also involved. As part of their daily schedule, they tend to the gardens and especially their 'kitchen garden' which provides some of the vegetables for the table.

Thanks to the generosity of our donors and the financial assistance of the Snow Foundation we are able to continue to improve the buildings. Some repairs and painting were recently carried out on the outside of the building and we are about to start the work on the North Wing accommodation block as the rooms are renovated.

We are fortunate that the structure is sound and the basic services are all intact and working well, so with the conversion of hot water from electricity to gas and the repainting and re-carpeting of the rooms, everything will soon be ready to welcome the families of our clients.

The farm is grateful to Maree Peatey for donating the beautiful furniture that recently arrived and which has greatly improved the ambiance of the Consultant's rooms.

We look forward to seeing old faces and welcoming new ones at our next working bee which will be arranged as soon as Covid-19 is behind us.

#### Ron Natoli



## Thank you to our generous donors for their contributions.



#### For your diary:

The Farm's inaugural AGM will be held via zoom/teleconference on 11 June at 3.00 pm. To attend please contact the office at: office@galongfarm.org

#### Can you help?



The Farm in Galong needs second hand computers that work and a good solid outdoor table and chairs. Can you help? Please email: kate.cleary@galongfarm.org, or call 0404 112 428 / (02) 6386 7275.





The kitchen garden - produce on hand for the cooks



Wipper and Snipper doing some pruning



Restoration



Growth



Development