

A word from the CEO

Greetings to all our friends and supporters.
I hope you have had a happy Easter.

This Autumn Newsletter has been put together by the clients outlining program highlights for the quarter. Our new case worker, Brooke Beer, has edited it. We hope you enjoy it.

In addition to their offerings, I have included a Law Society Paper delivered this year about a graduate of the Farm. This client continues to do well at her job and is away from all the negative influences of the past. She visits the Farm regularly and is a great inspiration to her peers here.

The Farm continues to support clients in this way and among the successes for our current clients we are welcoming a child here this month, being restored back to the care of her mother.

Congratulations to all our clients who work so hard to secure a new future for themselves and their children. My thanks as well to the staff who assist them, to the Board and Committee members, and to you, our supporters, who provide the means and encouragement that are the background to their achievements.

Kate Cleary - CEO



This newsletter:

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A Case for Redemption

In the King v RR, Hunt DCJ of the District Court at Sydney, NSW, on 29 September 2023, sentenced an offender in respect of two groups of offences.

The first being, the counts of supply drug contrary to s.25A(l) of Drug Misuse and Trafficking Act 1985(NSW). The second being, property contrary to s. 193C(1) of Crimes Act 1900 (NSW), and to aggravate, take and detain contrary to s.86(2) of Crimes Act 1900 (NSW).

RR was 39 years old at the time of sentencing and sadly, had a problematical upbringing. This involved her natural father, who was a chronic alcoholic, and her parents separating when she was very young. RR's mother re-married. RR's stepfather and mother had been very positive in attempting to deal with the very difficult issues involving the long-term addiction to illicit substances by RR.

RR was introduced to such substances in or about 2012, when she obtained work where such drugs were freely available. She thereafter became chronically addicted to such drugs, and continued offending over a number of years up until 2022. The offender had been sentenced to imprisonment on a number of occasions and found such, a very difficult experience. She tragically experienced significant subjective problems whilst in custody. It was very difficult for her to receive appropriate treatments whilst in custody.

RR had been referred to a General Practitioner (GP), who had been treating her mother for a number of years. This GP was familiar with RR's subjective history involving her natural father, who had passed away. The GP assessed and treated RR in very difficult circumstances, and ultimately, provided comprehensive reports and treatment records to the sentencing Judge and to the Probation and Parole Service. The GP did not give up in his efforts to assist RR in rehabilitating herself.

Two things occurred in RR's life at around 2022. She was referred to a Counsellor and Social Worker, Gaye Cameron, and to The Farm at Galong, a Rehabilitation centre for women. The CEO of The Farm is Kate Cleary.

The Farm operates an incredibly successful program for women who wish to remain absent from alcohol and drugs. In particular, it addresses underlying problems experienced by its clients who are suffering from depression and PTSD. RR, on 25 July 2022, entered Stage and progressed at a very early time to Stage 2 of the Rehabilitation Program. RR impressed staff with her motivation and responsible behaviour, and was promoted to having a leadership role within the program. It was of much significance that RR completed Stage 2 of the Program in only 5 months and was promoted to Stage 3. RR also undertook a Certificate IV in legal services, which normally takes a period of 24 months. RR has now one further subject to complete her Diploma in Paralegal Services. Her progress was described by Kate Cleary as "outstanding".

In a truly remarkable development, RR obtained employment with a law firm in the ACT, Australia. RR has been employed as a legal clerk and has undertaken her employment duties in a very dedicated manner. RR has obtained her own rental unit and a motor vehicle.

The sentencing of RR was a difficult exercise. The sentencing Judge, Hunt DCJ, had granted conditional bail to enable RR to attend The Farm Rehabilitation Centre. RR did not let the Court down. There was no doubt that the offences in respect of which RR had pleaded guilty, were serious and involved what can only be described as a difficult sentencing exercise.

Greg Walsh emphasised to His Honour that RR was at the crossroads of her life and had demonstrated an enormous effort to rehabilitate her life before being sentenced.

The factors of childhood disadvantage are referred to in the High Court decision of Bugmy v The Queen [2013] HCA 37 in the context of individual offenders. It was submitted that childhood deprivation is not limited to Aboriginal Members of the Community; Kennedy v The Queen [2010] NSWCCA 260 at [21 – 57]. As Rothman J observed in BP v R, sentencing principles apply to any persons who come from "particularly disadvantaged backgrounds"; see BP v R [2010] NSWCCA 159. As His Honour said, **"it is by a better understanding that the cause of criminal behaviour (wherever it occurs and in whatever community or circumstances) that one can better fashion sentences that achieve the required outcomes of deterrence (general and specific) and rehabilitation"**.

It was submitted and ultimately accepted by the sentencing Judge, that RR's addiction reduced the seriousness of offending, and also the need for general deterrence. It promoted less need for specific deterrence and enhanced the prospects of rehabilitation. See R v Henry [1999] NSWCCA 111; Simpson J. As Her Honour observed in R v Henry:

"Drug addicts do not come to their addiction from a social or environmental vacuum. This Court should not close its eyes to the multifarious circumstances of disadvantage and deprivation that frequently precede and precipitate a descent into illegal drug use. I do not suggest for a moment that all drug users fall into this category. It is because some do and some do not that I believe rigid rules about the impact on sentencing of drug dependency cannot be laid down." [337].

"I cannot accept that the blameworthiness of one drug taker is (even excepting that small number of individuals who begin drug taking with medically prescribed drugs) always to be treated as being at the same level as the blameworthiness of the next. Nor can I accept that the exercise of free choice in the use of drugs is always of equal dimensions. It is not every decision to use drugs that can properly or fairly be characterised as a decision made in the exercise of free choice. The will of an individual can be overborne or undermined, not only by acts of another person, but also by the pressure of circumstances. I do not accept that most drug offenders are truly exercising free will when they choose the degradation, despair, criminality and cycle of imprisonment that can follow the initial use of illegal drugs. The circumstances that propel the offender to the use of drugs are often, if not usually, beyond his or her control. They may or may not be combined with a vulnerable personality or even a weakness of character" [338]

In the context of rehabilitation, the reports from The Farm carried considerable weight in this factor in regards to the sentence.

The sentencing Judge, Hunt DCJ, imposed a sentence, which ultimately was to be served by way of an Intensive Correctional Order to enable the Offender to continue her rehabilitation in the community, subject to conditions. RR continues to attend upon her GP and psychologist, and is in frequent contact with The Farm and Ms Cleary. RR also attends at The Farm to speak to other persons in the program.

www.gregwalsh.com.au/the-case-for-redemption/

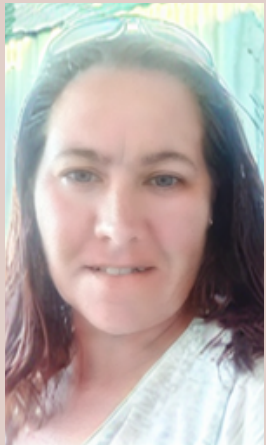


The Farm Staff

Amy Collins My position at The Farm is House Care Supervisor.

I'm here to pursue my passion of supporting people to achieve their goals. My main focus is the overall house care to ensure the security and safety of people needing this program. As well as introducing and continuing life skills that some don't have the ability to learn or discover.

I enjoy working with all clients and seeing clients work together at The Farm - This brings a warm fuzzy feeling of togetherness and family atmosphere. We are looking forward to implementing many plans including building bigger kitchen garden areas.

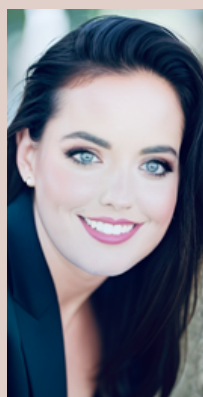


Brooke Beer

I am thrilled to be the new Case Manager at The Farm in Galong.

I come from a legal background and am enjoying using my legal knowledge to advocate for the women here.

I love that I get to work closely with the residents and assist them in their journey to recovery.



Reflection by Kim Mckinnon

My connection with the Farm started as a volunteer in 2020. I loved being with the women and I started a Certificate IV in AOD and Cert IV in Mental Health. Kate was kind enough to support me in completing many of my 'prac hours' at The Farm, towards my qualification.

Once I was qualified Kate invited me to join the staff and I have been working there since 2022. Working with the women has been a highlight in my professional career. Being with such vulnerable women, being privileged to their stories has been a gift. Their stories have enriched my life in so many ways.

The Farm is a wonderful environment for renewal and growth. I have seen women in the most dire positions rise up and overcome their addictions, be reconnected with their children and build new lives. The program at The Farm is holistic and as such enables the women to address many aspects of their life that they may not have had the opportunity to do so before. Being part of that has been a privilege. At the end of April I will take on a different role, working from home, as an intake officer. I will miss being with the women but will do some weekend work there from time to time as I am not yet really ready to fully let go of this wonderful place.

Welcoming New Residents



THE FARM IN GALONG EXPRESSES A WARM WELCOME TO OUR NEWEST MEMBER. SHE SHARES HER PERCEPTION ON WHAT IT IS LIKE ENTERING INTO THE THERAPEUTIC COMMUNITY.

Much like the TC maxim:

You alone must do it, but you can't do it alone.

“It can be very daunting before you arrive, scary even, because you overthink things. Always remember you are not the only one who has been there, and you are not alone.”

Taking that first step in your life and your recovery is very memorable and pleasing. It will build up your assertiveness and confidence, helping you become the person you want to be. You learn a lot about yourself and a lot of other important things so you can have a stable life.

“All the clients, including staff, care about you and your well-being, there is understanding and empathy. You’re able to do things you thought you could never do before. It can be overwhelming at times and signals to where you want or need to be. The answers are there, and they will come. Coming to The Farm and learning is essential and something you will carry with you for the rest of your life and you would be proud of yourself.”

At The Farm we are learning that experiences are an essential part of responsibility and growth. We cannot essentially gain recovery until we can change our behaviours and here, we are learning the tools to replace maladaptive coping behaviours. This effort take practice, patience, and consistency.

Gardening at The Farm

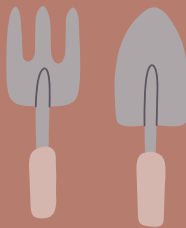
WITHIN OUR SCHEDULE, WE SPEND A LOT OF TIME WORKING AND TENDING TO THE GARDEN.

The clients generally rotate allocated jobs but since the enforced water restrictions, we have been conscious of our water usage.

Our daily shift involves watering the vegetable garden beds and greenhouse at 8:00 am.



The clients successfully grew many vegetables and herbs during the summer season such as corn, tomatoes, cherry tomatoes, potatoes, basil, zucchini, carrots, long beans, coriander, rocket, spinach, and cucumbers.



Coming into the autumn season we are preparing to grow winter seasonal veggies such as lettuce, beetroot, potatoes, silver beet, pumpkin, spinach, and leafy greens.

Figs and plums grew through the last of the summer months and the Orchard is also bearing fruitful apple trees and persimmons. The clients have planted two newly grown avocado trees and a passionfruit vine. Due to the cherry slugs, unfortunately, these cherry trees have been unable to stem any new growth yet.



LAST SUMMER HOLIDAYS, THE FARM RECEIVED A DONATION OF 6 NEW GARDEN BEDS.



Courses

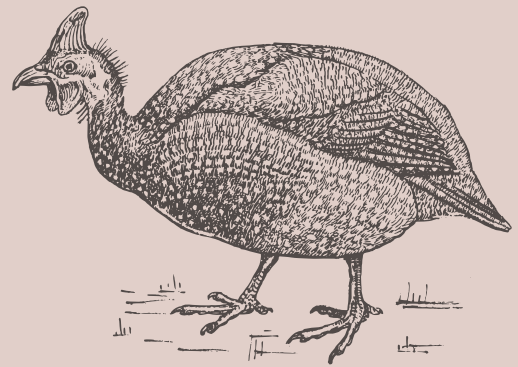
As an entry requirement for newcomers, clients are required to participate in the food safety handling course and workplace hygiene practices within 6 weeks of their arrival.

The food handling course is now completed by all clients, Congratulations.



When a client is prepared to move into the next stage of their recovery, enrolment into tertiary study helps the individual to gain skills to assist in gaining employment.

Clients are enrolled in a course as a requirement of their transition, this is an obligation of the individual in respect of the program stages.

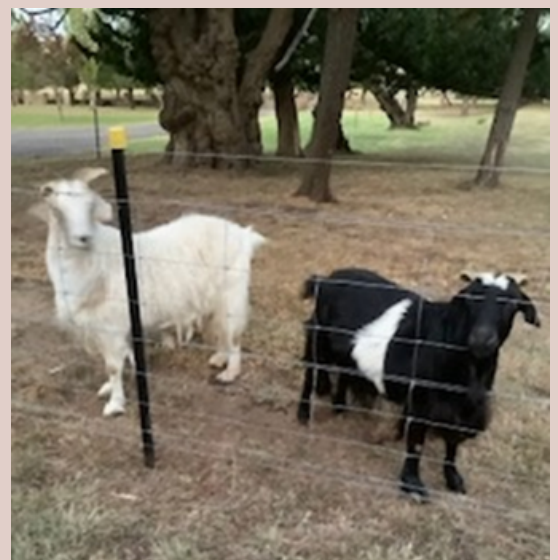


Animals

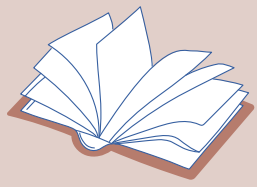
The clients recently welcomed five new baby guinea fowl and one rooster – with the hopes of six hens to arrive shortly.

We appreciate the generous donors for their contributions.

The Farm sadly announces Billy the goat has been evicted. The good news is that he was donated to a farmer and his children, where he will be loved.



OUR TWO BILLY GOATS,
WHIPPER + SNIPPER
STILL ENJOYING THE
FACILITIES OF THE FARM.



The Farm Library

Over the past couple of months, the books at The Farm have been entered into our library.

Throughout this process many books were newly acquired while others were culled. A special "Farm" stamp was ordered, and each book was lovingly tagged.

This process has brought to our attention many gaps in the collection. We are missing many of the classic novels, great self-help books, very few historical books and would appreciate some more current general knowledge books.

The children's library is also rapidly expanding. The movie collection has been reviewed and it too is lacking many a classic and modern great.



We are looking for quality donations and although we appreciate all gifts, it must be understood that if any are deemed inappropriate, they will be forward to another charity such as Lifeline for their annual book sale fundraiser.

THERE ARE MANY GREAT TITLES MISSING FROM OUR LIBRARY, SUCH AS:

The Brothers Karamazov
The Four Loves - C.S. Lewis
Anna Karinina - Leo Tolstoy
The Book Thief - Markus Zusak
Tess of the D'Urbervilles - Thomas Hardy
Wuthering Heights - Emily Bronte
Jane Eyre - Charlotte Bronte
Confessions - St Augustine
A Streetcar Named Desire, Cat on a Hot Tin Roof, The Glass Menagerie - Tennessee Williams
Shakespeare - Any and all
Catch 22 - Joseph Heller
The Catcher in the Rye - J.D. Salinger
For Whom the Bell Tolls, The Old A Tale of Two Cities, Nicholas Nickleby, David Copperfield - Charles Dickens

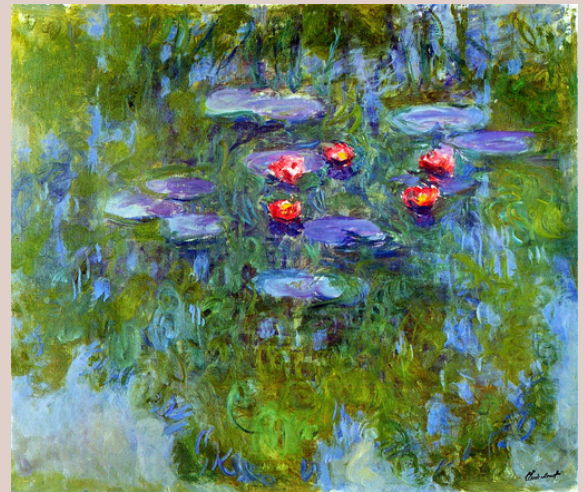
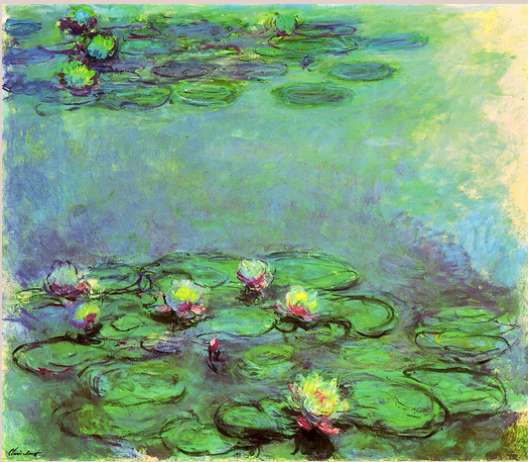
Man, and the Sea- Ernest Hemmingway
Range, A Witness Tree - Robert Frost
The Sacred Wood, Ash Wednesday - T.S. Elliot
The Grapes of Wrath -
Sartoris, Intruder in the Dust - William Faulkner
Emily Dickenson
Poems - Elizabeth Barrett Browning
Sons and Lovers, Lady Chatterley's Lovers - D.H. Lawrence
Graham Greene

We are also looking for children's and teens books like:
The Magic Faraway Tree etc - Enid Blyton
The Narnia Collection - C.S. Lewis
The Window - Jeanette (And any of her other works)
Hairy Maclary - (& the rest of that series)

Monday Night Craft

For the past few months we have been looking at famous artists like Monet and Kandinsky. We have been learning about their lives and they have inspired us to follow tutorials on how to paint like them.

Claude Monet – French painter and Impressionist famous for his waterlilies



Wassily Kandinsky – Russian painter and pioneer of abstract art.



Morning Meetings at The Farm

The morning meeting is convened after animal care promptly at 8:30 am. The meeting is brief – 30 minutes – and is conducted by residents. The specific objective of the meeting is to start the day in a positive way and to strengthen the awareness of the program as a family or community.

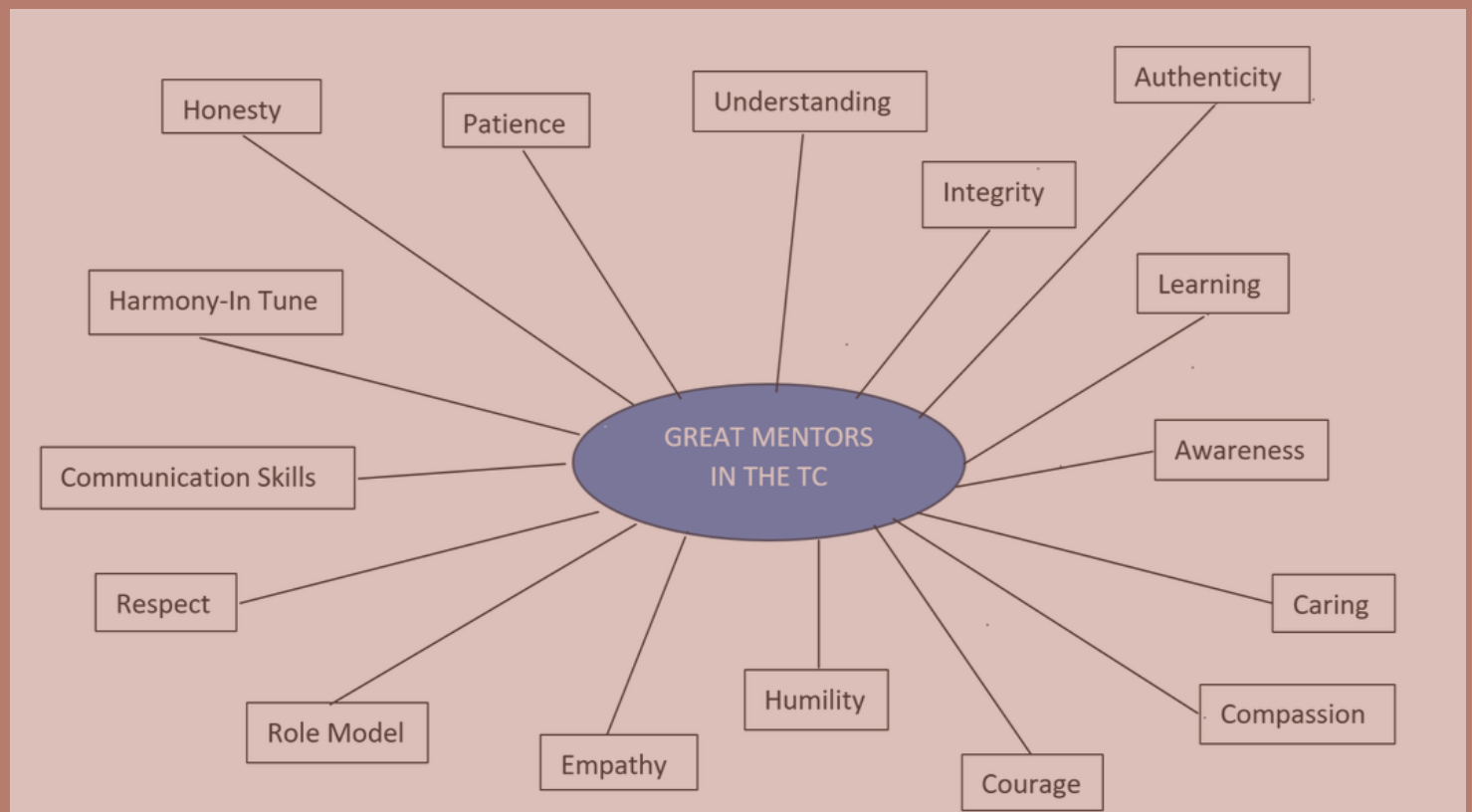
The meeting is run with the following format:

1. Greeting: “Good morning family”
2. Date and weather forecast given.
3. Welcome to Country, acknowledgement of the traditional owners, the Wiradjuri people.
4. A thought for the day is read out.
5. Resident presentation given.
6. The serenity prayer is said by all to close the meeting.

We have had many great morning meetings since I arrived at The Farm in November. The wide variety of topics include Māori culture, The Four Loves of C.S. Lewis, My strengths as a mother, My favourite places, Memory & memory games, Dorothy Day, Edith Stein, Roses, St Terese of Avila and, recently, Great Mentors.

In this last morning meeting, we learned that as we become senior clients, we will each be given the role of mentor to new clients. We listened to a presentation on what constitutes a Great Mentor and then brainstormed as to what we believe makes up a Great Mentor in a Therapeutic Community such as The Farm.

This is what we came up with, the qualities we think are essential to be a Great Mentor:



UPCOMING EVENTS:



Family Day at the Farm



Saturday 11th May 2024
11.00am - 3.00pm

RSVP to The Farm by Friday 26th April - call 02 6386 7275

For those family members requiring accommodation
we suggest the following:

Motel Royal Tara

27 Stephens Street Binalong New South Wales 2584
Tel. 02 6227 4310

Harden Motel

42-50 Albury Street Harden NSW 2587
Tel: 02 6386 2377

Ned Ryan Motel

14 Marsden St Boorowa
Tel. 02 5300 1810



HIGH TEA

Please join us for a High Tea fundraiser for the Farm

Friday, 17 May at 12pm

CWA rooms
9 Lovell St, Young

For more information contact Kim McKinnon
02 6386 7275 on Tuesdays.



**THANK YOU FOR YOUR KIND SUPPORT OF THE FARM IN GALONG'S WORK.
CONTRIBUTIONS TOWARDS ITS CONTINUANCE ARE GREATLY APPRECIATED:**

BANK DETAILS:
ACCOUNT NAME: THE FARM IN GALONG LTD
BSB: 633 000
ACCOUNT NUMBER: 165 751 173