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Newsletter

A word from the CEO

Greetings to all our supporters as we welcome spring. It has been a hard year for everyone, and the bright weather is more welcome than usual.

At the Farm we are preparing to get busy in the grounds and I have many people to thank for improvements on that front. First, our thanks to Paul Jenkins and the Cutter Foundation for donations towards the purchase of a flow hive and equipment for beekeeping. Thanks also for the advice on the upkeep of the hive. Our thanks to the John James Foundation for their generous grant of \$20,000 to help improve the environment as well. This has enabled us to fund improvements to the orchard, build a proper enclosure for the guinea fowl, and construct a greenhouse to propagate seedlings.

Our gratitude also goes to the Department of Industry, Innovation and Science for their Powering Communities Program Grant of \$11, 532.00 which will be used for the installation of solar panels. Thanks to Hands Across Canberra for their generous \$15,000 grant for our Tutor and education program. Thanks once again to the Snow Foundation for their grant of \$50,000 towards operations. This has allowed us to increase staffing as you will see in the future introducing new staff. Our thanks to Ron and Maria Natoli for their renovation and decoration of the new overnight staff quarters to comfortably accommodate the staff. Finally, I am indebted to the Board and the Committees for their efforts on behalf of the Farm in Galong. We are currently three quarters of the way through the process of accreditation which is a great achievement for such a young organisation. It is to the credit of the Board and the Committees that so many of the requirements for accreditation are already in place. As an accredited organisation we will have many more doors open to us both in funding and networking.

I take this opportunity also to thank Director Pembroke for his work as communications advisor on the Board. Unfortunately, David has had to resign from the position due to work commitments. David's company, Contentgroup, continues to support the Farm through the provision of graphic design services. We wish David all the best.

Kate Cleary

Chair's Report

It has been another good quarter for the Farm in Galong with major improvements to the grounds, upgrade of staff accommodation and gains made towards accreditation. The separate staff quarters with their own dining and living room were completed just as four new staff members joined us. They are happily settled in their new rooms. A grant was received for a large greenhouse which has been delivered and the concrete floor prepared, and materials for the orchard enclosure are on the site. As soon as COVID settles down, the greenhouse and orchard will be built. In addition, the grant also allows us to create a rainwater storage tank for garden use. Another grant has been received for Solar panels on the roof which will reduce our electricity costs.

Despite the COVID crisis, the Farm in Galong has remained fully operational and available to women needing its services. These times are creating extra tension for everyone however and the women are feeling the strain of having to be away from their loved ones. With focus on developing the grounds, the establishment of the beehives and the greenhouse we are sure they can preserve the mental health gains they have made here.

My thanks go to the staff on site at the Farm working with the extra regulatory attention that COVID brings. We thank you for your dedication. Thanks also to the Board and the Committees whose diligence in providing the policies and procedures necessary for accreditation are progressing the development of the Farm: particular thanks to the Fundraising Committee who have received some significant grants this quarter.

To you our readers, I thank you for your support for the Farm. The problems that we are attempting to address grow more prevalent as time passes and the need for the service increases.



Baptism

Congratulations to one of our long-term clients who was baptised here in the chapel in July. It was a beautiful occasion, and she was grateful for so many families and friends who made the journey to share the milestone with her:

“On Saturday the 12th of July I was baptised into the Catholic Church. It was a very special weekend for me at the Farm. After twelve weeks of learning the faith with Father John Parsons, I was ready to begin my life as a Catholic. Due to the baptism

being on the same weekend as the family retreat, I was able to have many families attend, including my own. After the baptism, we had a beautiful lunch spread put on by the other clients and some lovely volunteers. I will always remember that day as it was the beginning and the foundation of a new life, everything was perfect, and I felt God's presence in a very real way.”

New Staff

We welcome our three new case managers, our new Executive Assistant and new house care supervisor to the Farm.



My name is **Christina (Nina) Sander** and I am the new full time case manager. I have just graduated from the Australian National University with a double degree in Criminology and Psychology and I am currently studying a Cert IV in AOD. I am very passionate about mental health, suicide prevention and rehabilitation and pursue this through volunteer work at Lifeline in my spare time. I was interested in coming to work at the Farm as I wanted to learn how a holistic and therapeutic model is utilised in substance abuse and trauma recovery with a specific focus on women.



My name is **Chante** and I am a new part-time case manager. Originally from Sydney, I moved to Canberra in 2017 to study at ANU. I am set to



graduate in early December with a Double Degree in Psychology and Sociology, and a minor in Criminology. I first heard about The Farm when Kate Cleary was invited to speak at ANU about treatment in the AOD sector. I was inspired by the talk and the idea of a Therapeutic Community, which is relevant to my interests in social psychology. In my spare time, I am also completing a Cert IV in AOD.



My name is **Aniek Attard**. As a soon to be graduate of Criminology, I believe rehabilitation is essential in preventing potential offending and recidivism. I have always wanted to work in an industry that helps and supports women. I am extremely passionate about women's health, and I am very lucky to have found a place that shares those same values. Being able to work in an environment that assists vulnerable women in re-establishing their lives is a dream come true for me.

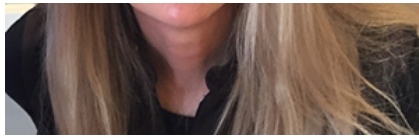


My name is **Jasmin Boncales** and I am Kate's new executive assistant. I have been at The Farm for two weeks now, and just

trying to absorb my new surroundings and the new experiences here – so far, so good! In my previous life I was a senior policy officer with various Commonwealth departments and have a background in law (Bsc/LLB, LLM, GDLP). I am keen to pursue new horizons, however, and feel blessed to be able to join Kate and the team here at The Farm. I am looking forward to assisting The Farm and its clients as much as I can in my role during my time here.



Annette - I am a local from the surrounding town of Harden and am married with 3 adult children, two dogs and two cats. I have worked in the banking world for 21 years and decided on a career change at 50. I studied assistant in nursing, cert 4 in leisure and health followed by beauty therapy. I worked as a lifestyle officer in



beauty therapy. I worked as a lifestyle officer in the dementia ward at the local nursing home and absolutely loved working with these special people until its closure in February this year. I

came to the Farm as the house care supervisor in April and have loved getting to know the residents. I love working with people and feel I can help the residents be a better version of themselves and take some of my life skills with them on their life's journey.



Bee Ready!

In anticipation of the arrival the newest members of the Farm the clients have done their bee training courses and are ready to become part of that group famous for its attention to detail – beekeepers.

Milking goats

To continue the development of the horticulture and animal husbandry aspects of the program we are looking for two milking goats. If anyone could help us to source them and teach the clients how to milk them, we would be grateful. They need to be placid. Call the Farm on 02 6386 7275 if you can assist.

Ideas to help support the farm

Collect 10c recyclable bottles. A simple way to donate to the Farm is to collect plastic bottles for recycling. The \$2-\$5/family that this can raise each week can be donated to The Farm every few months and is tax-deductible! If 100 families got on board that simple initiative could raise \$10-\$25k per annum!
