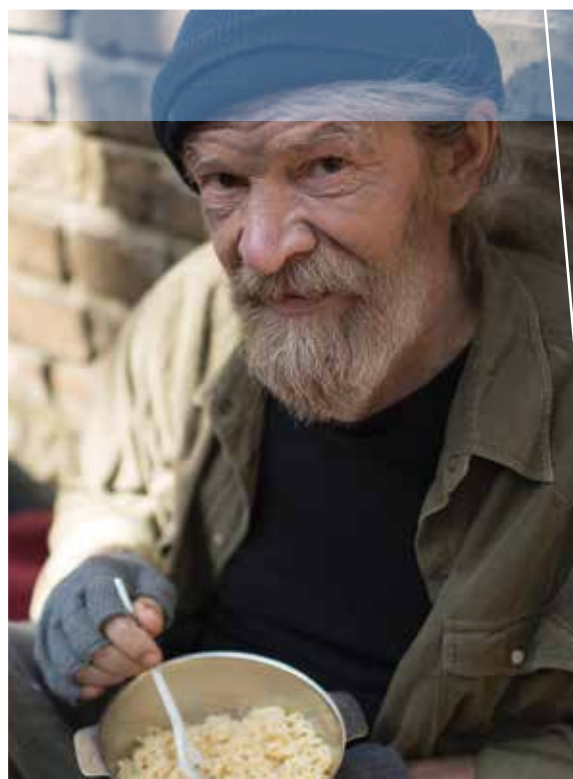


2018

# Impact Report

Hands  
Across  
Canberra  
Your Community Foundation







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This Impact Report has been collated by Hands Across Canberra. It is an overview of the work carried out by Hands Across Canberra and its associated charities throughout financial year 2017/2018.

# Chairperson's Introduction



**Di Kargas, Chairperson**

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## **I am very pleased to present our 2018 Impact Report.**

**For so many of us Canberra and indeed our region is a wonderful inclusive place to live and work. Sadly, this is not true for many in our community who struggle from day to day with housing stress, domestic violence, under-employment, disability and homelessness.**

Hands Across Canberra encourages us to create positive, sustainable change and to get involved in our community. We know Canberrans are generous but it is important we continue to raise these issues to enable us to better understand and address the needs of others who do it tough in ways we can't imagine.

This past year has seen philanthropy at its best. The announcement of the Chief Minister's Charitable Fund changes just how much we can help our most vulnerable. It is our intention to grow a substantial investment fund which in time will allow us to continue and improve the good work in our community. I would like to thank the Chief Minister, Andrew Barr MLA for his endorsement of the Board of Hands Across Canberra, which will be managing the Chief Minister's Charitable Fund on his behalf. I am also thankful for the continued support and guidance offered by my Board.

This year we awarded 25 grants to extremely worthy causes. The charitable organisations and special interest groups, and their impact on our community, are profiled in this report. I urge you to read each story and hopefully let us know how you can get involved in 2019 to help us make Canberra a more dynamic and inclusive place to live. You can help us:

- raise awareness about need,
- develop new and enriching partnerships and
- increase our giving locally.

Communities thrive when our time, treasure and talent is freely given to support good causes. Hands Across Canberra makes doing that easy and meaningful.

Thank you for getting involved in 2018, I look forward to working with you all in 2019.





“

**You don't need to be Bill Gates to be a philanthropist. You just need to use well your time, your treasure and your talent wherever you can make a difference.**

Di Kargas  
*Chairperson, Hands Across Canberra*

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# CEO's Message



**Peter Gordon, CEO**

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**The Hands Across Canberra Board and I are committed to improving the lives of the most vulnerable people in our community.**

**We take a unique approach to local philanthropy and play an important role in facilitating, coordinating and encouraging giving in Canberra.**

We have worked hard this year to make even more Canberrans aware of the need in our community, encouraging them to give – more often and more easily. We are regularly helping community organisations to access support and increase their capability through establishing connections for them with skilled and qualified Canberrans who want to become involved with local community organisations.

Hands Across Canberra – is our community foundation – Canberrans helping Canberrans. We help local charities make a real difference to the lives of Canberra's most vulnerable people. We work with over 250 local not for profit organisations and each does a great job but they can do even more with more support.

The Chief Minister announcing a new Charitable Fund at the end of the financial year is transformative for philanthropy in the ACT. It will enable the establishment of a perpetual endowment fund, designed to provide local charities and our community sector with ongoing financial support through more regular and larger grant funding rounds.

Working on the first Vital Signs report is another example of our leadership in addressing community issues in Canberra. Identifying the most critical indicators of community vulnerabilities will ensure we focus on the areas of greatest need, now and into the future.

Hands Across Canberra is focused on building capacity in our local charities and service organisations to help them continue their great work supporting our community's most vulnerable people. Building a strong community while creating a sense of belonging is what we strive for.

The Board of Hands Across Canberra are leaders in our community and their guidance, together with the incredible support – large and small – of many volunteers, businesses and donors are creating change locally. All have been fundamental to our success this year. We are incredibly grateful.

The testimonies in this report highlight why people remain involved and demonstrate just how many positive outcomes occur when we all work together.

We have great plans for the future and our success in 2018 is a sign we are on a good path. Thank you all.



“

**The integrity and commitment of the individuals and staff is what first attracted me to support Hands Across Canberra.**

We are all privileged to live in a city, which provides us with such rich educational, cultural, recreational, and business opportunities. Hands Across Canberra has provided me with a vehicle that has enabled me to give back to this community.

By virtue of its wide reach and exposure across our city Hands Across Canberra is able to identify those organisations that would most benefit from, and make the greatest difference with, the donations they receive. This unique position gives me confidence to know that my donation is meaningful in a real sense. Lynne and I are privileged to have been involved with Hands Across Canberra from its inception and it is with great pleasure that we have seen the Hands Across Canberra community grow and spread its influence on those amongst us in greatest need.

**Dr Tony Tonks**  
*ED MB ChB BMedSc FRACS*  
*Plastic and Reconstructive Surgeon*

”



# Who We Are



**Hands Across Canberra was founded in 2010 by a group of Canberra leaders with the humble idea of creating a foundation to help fellow Canberrans and give back to the community.**

Hands Across Canberra is Canberra's independent community foundation, working with more than 250 local community organisations.

The goal is to tackle the challenges in the community by raising funds for community organisations working with our most vulnerable individuals and families, while also embedding a culture of giving in Canberra.

We engage, assist and support every day. We create campaigns to encourage philanthropy and make it easier for Canberrans to give – to the community as a whole or to their charity of choice – through the Foundation.





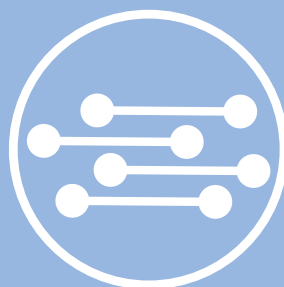
## Our Purpose



Educate



Grow



Contribute



Connect

## Why We Exist

The ACT is generally perceived as a relatively well-off community; however there are some concerning hidden realities about those with real need:

- 76,000 ACT residents are affected by mental illness every year
- Over a quarter of ACT people living with a disability are in the bottom 40% of income earners
- The number of ACT rough sleepers doubled from the 2011 Census to the 2016 Census
- 9% of ACT people live in poverty of whom 25% are children
- Over 30% of complaints received by the ACT Human Rights Commission are related to disability and over 20% are related to race

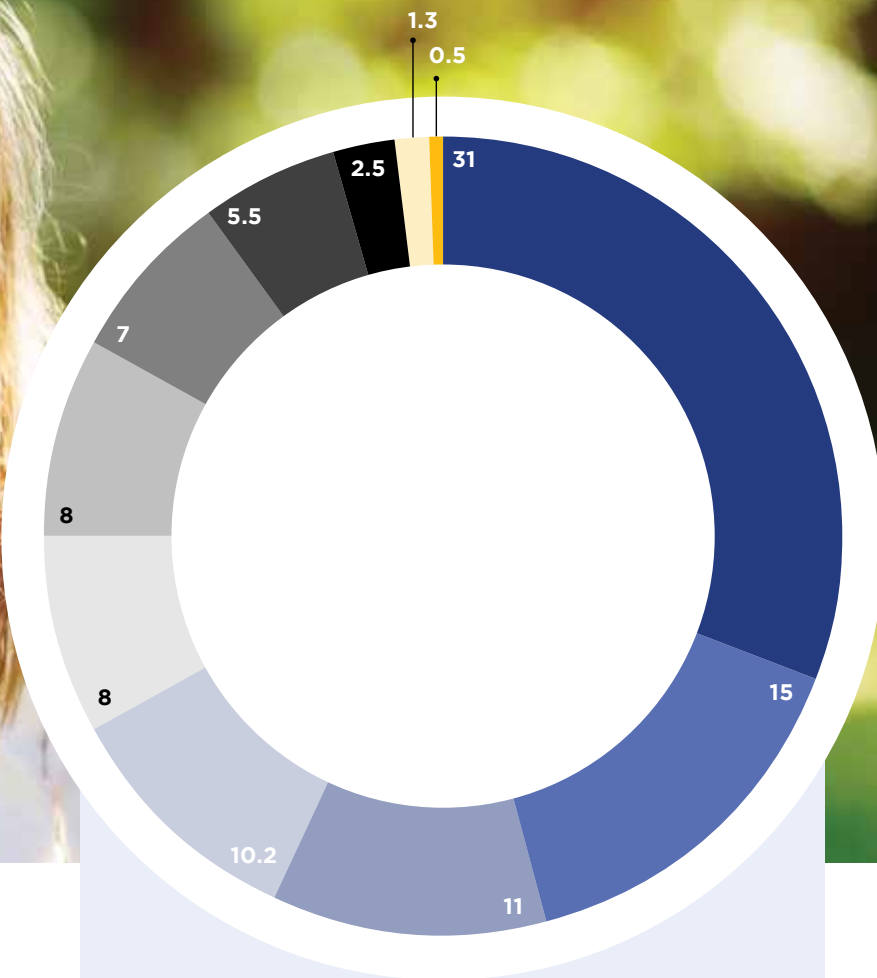
While the government provides a range of services to these parts of our community, much of the assistance comes from not for profit community organisations. These organisations need continued financial assistance to maintain and increase their capacity to address the escalating demand. This is where Hands Across Canberra makes a difference; providing donated community funds to those organisations supporting Canberrans in need.

### Hands Across Canberra is working to:

- Increase giving by making it easy for Canberrans to help other Canberrans
- Increase resources to build the capacity of community organisations
- Provide leadership and co-ordination for high impact solutions to community problems
- Celebrate the community spirit and generosity that exists and provide public recognition for the work of philanthropists and service providers

Hands Across Canberra helps to keep the wealth that is created locally within the local Canberra community.

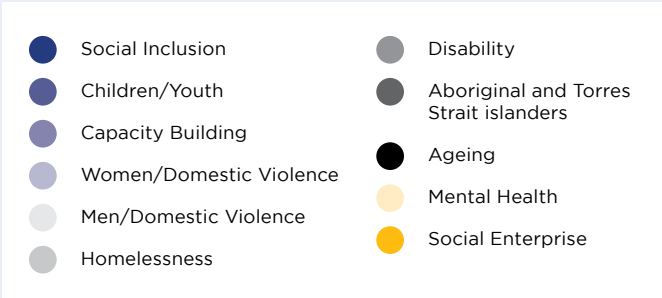
# Focus Areas



## Funding Distribution

Since 2011, Hands Across Canberra has been ensuring its support is spread across all areas of the local community.

Hands Across Canberra has funded an extensive range of community needs in a diverse range of sectors.





# Vital Signs Report

Hands Across Canberra, in partnership with The Snow Foundation, is delighted to deliver our first Vital Signs report, a community-led research initiative to gain knowledge of what is happening in our community. By using only published and credible data, and drawing on expert advice, this report helps pinpoint the needs of people experiencing disadvantage. We are committed to raising awareness of the issues facing our most vulnerable while identifying trends, priorities and opportunities for positive change.

Some of the key findings from our work include:

## Belonging

- Canberrans are inclusive and progressive, and believe that diversity strengthens our community.
- Canberra receives comparatively low numbers of migrants and refugees.
- Canberrans demonstrate strong commitment to donating and to volunteering.

## Health

- Canberrans are more physically active compared to other Australians, however obesity remains a major issue.
- Unlike most health issues, mental health has a disproportionate impact on young people.
- A high proportion of people living with disability are low income earners, making access to medical and dental attention a challenge.

## Education and Employment

- Aboriginal and Torres Strait Islander students in Canberra have high completion rates and outperform their national peers in NAPLAN testing.
- Canberra has a highly educated workforce and low unemployment.

## Housing and Affordability

- Renting in Canberra is becoming more unaffordable. There is a significant shortage of available rental properties in the market.
- Homelessness remains an issue in Canberra with young people and older women facing particular challenges.
- Over half of women home owners who left their home due to domestic violence became homeless in 12 months.

We are incredibly grateful to everyone who made this Vital Signs Report possible by providing valuable data, insights, guidance and expertise. We started the project with a workshop to canvass the issues facing the Canberra community and to seek guidance on areas of focus for the project.

We appreciate the report and the findings highlighted above do not cover all the areas of need. However, we do hope this report provides a useful snapshot of some of the issues people in our community are facing. One of the main reasons for producing the report was to highlight priority areas and to encourage giving in our community. By continuing to work together and sharing our insights, we can make a real difference to those who need it most.





# Our Impact

**In our eight years, Hands Across Canberra has donated over \$2.5 million to close to 100 community projects aimed at making a difference to some of our most vulnerable people.**

The following 21 stories demonstrate the impact of our 2017 Project Support Grant round and highlight the good work we can achieve by working together.

## 2018 Grant Recipients

ACT Down Syndrome

Canberra PCYC – Tuggeranong

Canberra PCYC – West Belconnen

CREATE Foundation

Domestic Violence Crisis Service

Getaboutable

Holy Cross Tuckerbox

Kookaburra Kids

Lifeline

Marymead

Mental Health Foundation

Mental Illness Education ACT

Newborn Intensive Care Foundation

St. Benedicts Community Centre, Queanbeyan

St. Vincent de Paul Society, Canberra/Goulburn

The Right Direction

This is my Brave Australia

Tjillari Justice Aboriginal Corporation

Uniting Care, Kippax

Volunteering and Contact ACT

Yeddung Mura Aboriginal Corporation

YouthCARE Canberra

## ACT Council of Social Service (ACTCOSS)



The ACT Council of Social Service Inc. (ACTCOSS) is the peak representative body for people living with low incomes or disadvantage and of not-for-profit organisations in the ACT. ACTCOSS works collaboratively with individuals and organisations to achieve positive social change, advocates on social policy to government and provides capacity building services and resources to Board Directors of community organisations.

The 2017 Project Support Grant funded the Leading Social Change project. This project provided learning resources for new and existing Board Directors in community sector organisations. It involved the development of an e-learning platform that provides opportunities and methods for these individuals to lead their organisations more effectively and achieve social change. The project will continue to flourish as more community organisations access the learning resource.

Providing support and actionable advice for the people who volunteer for leadership roles is crucial to the success of those organisations. Their ability to do a good job improves the lives of others in our community. Board Directors now have a dedicated peer network providing a space for networking, collaboration and development. The platform also provides ongoing revenue and new funding sources to secure ACTCOSS's future in the Canberra community.

“Hands Across Canberra offers grants to make a difference and will work with the organisation to make it work. The grants are great for seed funding a new idea.”

### Plans for the future

The assistance from Hands Across Canberra demonstrates how collaboration can unlock even more opportunities to improve the lives of vulnerable people in the ACT. ACTCOSS plans to diversify the e-learning and blended learning options to provide further opportunities for capability development in the sector.

## Beryl Women Inc.



Beryl Women Inc provides therapeutic support and safe housing to women and children escaping domestic violence. They welcome all women regardless of age, financial situation, religion, background or nationality. Beryl is Australia's longest-running specialist domestic violence refuge. It uses its strong expertise to provide valuable sector training and guest speakers to organisations, businesses and communities.

The 2017 Project Support Grant was used to upgrade their computer systems and replace outdated IT equipment to improve communication and client support efficiency.

Since implementing the new IT systems, they have seen a marked improvement in staff work-flow. Clients have access to a computer when they need to complete tasks online. Staff now have a reliable laptop to use at meetings or when they are out with clients at appointments and during client intake. With their IT system now up-to-date, a significant reduction in costly and time-consuming repairs and maintenance has been achieved.

“Profound thanks and gratitude for the support.”

### Plans for the future

Beryl Women's vision is to grow their service so they no longer have to turn women and children away due to the overwhelming number of families escaping domestic violence. They also seek to share their knowledge to end the stigma of domestic violence and speak out against abuse.

## C3Cares Monash



Hands Across Canberra is a generous group of people who provided funding since the beginning of C3Cares which enabled us to grow a community from isolated people who used to stay home alone to now where they come together each fortnight, to laugh and support each other.

C3Cares exists to help people in need, in crisis or isolation across our community. They welcome people from all backgrounds and circumstances.

C3Cares' main focus is to help people who are socially isolated. The reason people find themselves socially isolated varies but can be due to their age, stage of life, illness or unemployment circumstances. Most of the guests live alone although C3Cares also caters for families.

The grant received from Hands Across Canberra meant C3 Cares was able to provide 478 hampers including 56 Christmas hampers with additional Christmas items in each of them. This funding also paid for 99 people to be fed a wonderful Christmas lunch. The grant also paid for six food handling courses, provided door prizes each fortnight, plastic cutlery and paper plates for each lunch over the year. C3Cares could not have provided hampers for each household without the grant.

By receiving two grants from Hands Across Canberra, we have now established a C3Cares community in the Tuggeranong valley.

Hands Across Canberra is not just a financial supporter of local charities, but a point of connection between business, trade and community.

## Canberra City Care



Canberra City Care (CCC) aims to serve and maintain the dignity of the community it serves, reduce socioeconomic disadvantage and empower people to improve their circumstances. Providing a place of social connectedness for volunteers as well as the community members, CCC is currently provisioning low-cost practical services for people who are experiencing financial hardship.

The 2017 Project Support Grant was to build a commercial kitchen, now known as the Community Harvest Kitchen. Now the kitchen is built, CCC looks forward to creating affordable meals for the families and individuals they support. This will provide the community with opportunities to volunteer, learn cooking skills, use locally grown produce (rescued fruit and vegetables) and provide a more diverse range of meal options for the families they support.

The services operating out of CCC facilities include a food pantry, an op shop and a computer refurbishment and repair service. Canberra City Care strives to provide pastoral care and service referral, as well as practical assistance with meals and support for families who have a loved one battling ill-health at home or in care.





## Canberra Community Law



Canberra Community Law has provided legal services for people on low incomes for over 25 years. Canberra Community Law provides legal services in the following areas: housing law, social security law, street law, and disability and discrimination law.

The 2017 Project Support Grant meant CCL was able to evaluate the Aboriginal Human Rights Program. This involved engaging an external evaluator to assess whether the program is meeting its current goals and how it can evolve to meet its objectives.

The evaluation enabled CCL to reflect upon the program and to see where the work is being done well and what improvements can be made to ensure the relevance, sustainability and longevity of the program moving forward. The evaluation process has provided a strong basis for CCL to seek additional funding for the program. They are currently working through the recommendations which, once implemented, will strengthen the program's capacity and effectiveness in meeting the needs of Aboriginal and Torres Strait Islander people.

The evaluation has demonstrated the program is a highly effective service and is meeting the needs of Aboriginal and Torres Strait Islander people. It has also increased awareness amongst staff for the work environment to be culturally safe for workers and clients. This has in turn increased the accessibility of all of CCL's services for Aboriginal and Torres Strait Islander people.

The evaluation now provides a strong basis for CCL to make a strong business case for further program funding from both government and philanthropic sources.

“

Hands Across Canberra is a fantastic organisation doing great work to support the Canberra community.

”



## Canberra Police Community Youth Club (PCYC)



Canberra Police Community Youth Club (PCYC) exists to build positive futures for at-risk and disadvantaged young people and their families across the ACT. Sport and recreation programs held at the Erindale Centre are key aspects of Canberra PCYC's community engagement strategy.

The 2017 Project Support Grant funded the 'Healthy Relationships' project, which delivered various support programs such as Choose Respect, I Respect and Q&A sessions to a number of schools in the ACT. These programs focussed on healthy and respectful relationships, addressed poor attitudes towards women and gender bias, as well as early intervention for domestic violence.

The Hands Across Canberra grant provided much-needed funding to deliver programs for up to nine weeks at a time to schools in ACT. The program connected with students at-risk of disengaging with education and displaying anti-social behaviour. Student welfare teachers from these schools reported a marked improvement in the behaviours of those who attended the program. This included improved displays of respect towards their peers and teachers and personal restraint in intense situations.

There were some significant results from these programs:

- 80% of participants reported an improvement in understanding gender bias;
- 80% reported an improvement in understanding of gender equality;
- 80% of participants surveyed showed they could identify controlling behaviour and respond appropriately; and
- 100% of participants surveyed showed a positive shift in understanding that violence is not a regular part of healthy relationships.

Canberra PCYC holds various fundraising events to help deliver more programs on respectful relationships to schools in the ACT.

Hands Across Canberra is a much-needed and innovative way to support organisations across the region. They're our guardian angels.

## Care Financial Counselling Service



Care Financial Counselling Service (Care Inc.) is a community organisation ensuring low income consumers are treated fairly and have support to overcome debt. People can call the Helpline (1800 007 007) to gain more information about their situation and book an appointment to help them get on track.

The 2017 Project Support Grant supported the Connecting Care through the Cloud program, helping Care Inc. move to cloud-based services and improve the effectiveness of outreach workers. With the grant support from Hands Across Canberra, Care Inc. purchased eight laptops for staff and volunteers. With additional funds from ACT Government they were also able to upgrade their ICT systems.

Accessing Care Inc.'s services can be difficult for some clients, which is why the outreach service is required. With the new laptops, Care Inc. outreach workers can help more clients more efficiently and effectively. Care Inc. will continue to review its performance and operations to improve its services and refine its focus areas. Care Inc.'s mission is financial fairness for all.

“Hands Across Canberra Grants are an accessible funding opportunity creating tremendous impact for the Canberra community.”

## Council on the Ageing (COTA) ACT



Council on the Ageing (COTA) ACT is the peak organisation for all issues relating to older Canberra citizens, seniors, and their families. COTA ACT works to advance the wellbeing and justice for older people in Canberra by promoting and presenting their needs, rights and interests to Government. Older citizens face challenges many of us overlook, for example cost of living, transport, and home assistance.

The 2017 Project Support Grant from Hands Across Canberra funded the COTA at the Shops project. COTA staff and volunteers set up pop-up sites in shopping centres to inform older citizens about services and their entitlements. Over the course of the project, COTA spoke with hundreds of seniors. In some instances, the success of the program had seniors queued up to ask a question.

COTA at the Shops assisted people in completing their Senior Card application and handed out over 60 Seniors Card Discount Directories, which list businesses offering discounts or deals for seniors. Those eligible were also told about the free flexible bus service, so they can get around Canberra for health appointments, shopping, and social activities. Staff and volunteers also provided information and advice regarding home help so seniors can remain in their homes safely.

“Hands Across Canberra encourages organisations like ours to be innovative and helpful for our community.”

### Plans for the future

Informing those eligible of their entitlements to concessions or services seems like small tasks but it is imperative to supporting the financial stability of those surviving on pensions and their savings. This project will continue to operate throughout Canberra to inform seniors and promote COTA's services.



“

The Hands Across Canberra Project Support Grants are an absolutely vital enabler for new ideas and opportunities to build capacity where none existed.”

”

## EveryMan Australia



EveryMan Australia provides men, their partners and their families at risk of homelessness or affected by domestic and family violence with resources, specialist programs and over 20 years' experience.

EveryMan used the 2017 Project Support Grant to fund the Partner Contact Program. This program provides real-time counselling and support to partners of men participating in EveryMan's violence prevention and behaviour change programs. The project services a new group of users to support those affected by family and domestic violence without diverting resources from other programs.

When a participant starts a behaviour change program, the risk of further domestic violence can actually increase as the participant deals with their emotions and issues. The support service for their partner and family provides protection, support and resources to help the participant address violent behaviour.

EveryMan has reconfigured internal resources to continue supporting the Partner Contact Program. Funding is being sought to continue providing the program in 2019 so EveryMan clients and their families can have the support they need.

“

Hands Across Canberra is all about connecting and supporting local charities.

”

## Cerebral Palsy Alliance



Cerebral Palsy Alliance builds futures for people with cerebral palsy through services such as Early Learning groups and mobility programs like movement to music.

Hands Across Canberra's 2017 Project Support Grant was used for the Early Intervention Program. This initiative can be personalised to suit a child's needs so they can learn through play-based activities and social interaction. The funds allowed Cerebral Palsy Alliance to purchase special resources which were installed at the Flynn Centre to facilitate the delivery of the program there.

The new resources enable children with a disability to experience inclusive outdoor play essential to their social development. The Early Intervention Program improves communication for children with speech difficulties. The team uses the new outdoor equipment to help children with cerebral palsy understand and communicate messages, think, learn and solve problems. They were also able to increase their social and emotional skills and improve their movement and mobility.

Thanks to Hands Across Canberra, the children can now play and learn outdoors with their friends by accessing the new equipment and toys.

### Plans for the future

Cerebral Palsy Alliance will continue to monitor the Early Intervention Program and obtain new equipment as needed, ensuring children with disabilities are continually included and connected to their peers.



## Friends of Brain Injured Children (FBIC) ACT



Friends of Brain Injured Children (FBIC) ACT is a community-based organisation providing support and assistance to families with a child with brain injury in the ACT since 1988. FBIC ACT provides information on treatments and intensive therapies, arranges financial assistance for children to access therapy programs, and facilitates friendship and social activities between families. Programs and treatments supported by FBIC include chiropractic treatment, hydrotherapy, occupation therapy and physiotherapy.

Hands Across Canberra's 2017 Project Support Grant funded the New Family Identification and Support project for a family in the ACT. Thanks to the grant, they were able to assess a Canberra child who was born with Cerebral Palsy. Suffering excruciating pain every day due to a hip displacement and unable to weight bear –the parents have been forced to carry their child since birth. FBIC was also able to help the child to receive Advanced Biomechanical Rehabilitation (ABR) therapy to relieve some of the muscle tension and potentially alleviate the pain. The goal of ABR therapy is to correct musculoskeletal system distortions to develop and recover motor functions.

Thanks to Hands Across Canberra and FBIC, the family received \$2,000 to improve the physical mobility and wellbeing of their child.

FBIC has also developed a book to inform and educate families about their philosophy of early intensive and regular therapy. The book provides information about the National Disability Insurance Scheme and how to take care of their family unit. In early 2019, this book will be made available for free to schools, hospitals, therapists, doctors and other organisations assisting children with brain injuries.

“

Hands Across Canberra helps families. Most of our families are stressed, time-poor and unable to meet the costs of their children's therapy.

”



“

Hands Across Canberra allows opportunities to bring people together and roll out projects that would otherwise not exist. This is a powerful contribution to the Canberra community and ultimately makes the world a better place. Thank you!

”

## Lifeline Canberra



For 45 years, Lifeline Canberra has been part of Lifeline Australia's national network providing telephone crisis support to Australians in need. Over 300 trained volunteers in Canberra answer urgent calls for help and support 24 hours a day, seven days a week from people experiencing thoughts of suicide.

The Hands Across Canberra 2017 Project Support Grant supported Lifeline Canberra's Mental Health Ambassadors project, allowing the organisation to deliver six workshops in ACT schools. The workshops involved coaching students on holistic approaches to problem solving, mental health issues, suicide awareness and resilience. The students were nominated by their peers and teachers to participate in the program. They learnt listening, gatekeeper, and suicide intervention skills.

Mental health is a community issue. We can all help someone battling with issues, and encourage them to access formal support services before it's too late. Lifeline Canberra is committed to making resources available to as many people in the ACT as possible.

Thanks to Hands Across Canberra, over 100 students in the ACT can now apply the knowledge and skills acquired in the workshop to connect with peers in distress. These students do not replace formal support services such as counselling, but they are a crucial first point of contact for their peers.



## OzHarvest Canberra



OzHarvest was the first organisation in Australia to rescue perishable excess foods for disadvantaged Australians. Working with over 3,000 food donor businesses nationwide, OzHarvest volunteers collect quality surplus food and deliver it directly to over 1,000 local charities free of charge.

The 2017 Hands Across Canberra Project Support Grant was originally planned to fund two side-by-side refrigerators for the Community Harvest Kitchen project at Canberra City Care. However, further funding from the Rotary Club of Canberra North allowed the funds to be combined to purchase and install a commercial grade freezer and cool-room.

The commercial freezer and cool-room have dramatically increased the storage and cooking capacity at Canberra City Care. Following the completion of the project, OzHarvest and Canberra City Care volunteers are able to cook higher quality meals for their guests.

“Hands Across Canberra is supportive and understanding, with a focus on local innovative projects.”

### Plans for the future

OzHarvest has committed to a long-term collaboration with Canberra City Care to secure sustainable funding for the Cooking for a Cause program and their national education program Nutrition Education Sustenance Training.

## St Vincent de Paul Society Canberra-Goulburn



St Vincent de Paul Society Canberra-Goulburn is a Catholic organisation which supports people experiencing homelessness and mental health issues.

The 2017 Project Support Grant from Hands Across Canberra funded the Vinnies Inspiring Networking Education Support (VINES) pilot project to achieve its short and medium-term goals. The VINES program focuses on addressing barriers for disadvantaged young people aged 6-15 years in the Tuggeranong Valley.

The VINES program currently provides 20 vulnerable young people with support and learning opportunities from a curriculum covering positive community experience, social and emotional development, skill building, education, networking, positive risk-taking behaviours and role modelling.

The participants have also been encouraged to join their local Scouting community and work alongside Rover Scouts. Together, they perform community service, exercise positive role modelling and co-deliver adventure activities. The Scouts partnership also allows VINES participants to work with children from disadvantaged families.

“Hands Across Canberra provides excellent networking opportunities and the grants are a great way to share and provide funding for smaller community projects.”

### Plans for the future

St Vincent de Paul is hoping the VINES program will inspire participants to undertake community service work. Following the pilot stage, funded by the 2017 Grant, the VINES program will develop into a sustainable service delivery model through a 2018 Project Support Grant which will engage more at-risk young people in Canberra.



“

The Project Support Grants program by Hands Across Canberra is a great initiative helping local community organisations.

”

## Technology for Ageing and Disability ACT (TADACT)



TADACT is a not-for-profit organisation which makes and modifies special aids and equipment for the elderly and people with disability to increase their independence.

TADACT provides tailored assistive equipment such as a motorised scooter canopy enabling the user to travel to and from work or the shops independently and irrespective of weather conditions.

The 2017 Project Support Grant funded training which included an NDIS Essential Briefing and a first aid course for the Project Coordinator. The training enabled the Project Coordinator to receive an up to date understanding of an important segment of the market. The first aid course training resulted in TADACT having a staff member with a current certificate. The Hands Across Canberra grant also funded a capacity building and capability development project to update equipment. The previous equipment had become outdated and inefficient which decreased the effectiveness of staff and volunteers.

Thanks to Hands Across Canberra, TADACT programs are now more streamlined and effective, allowing their clients to obtain tailored equipment more quickly so they can live comfortably and independently.

## Early Morning Centre



The Early Morning Centre (EMC) is the community service arm of the Canberra City Uniting Church and provides a safe place for homeless guests to access information and support services. EMC serves a free breakfast from 7:30am – 8:30am five days a week and offers an additional coffee cart outside the Centre.

The 'Community Hub' at EMC operates 9:00am – 11:30am and provides support services including Internet access, personal care facilities, group activities and classes. These services allow homeless members of the Canberra community to engage in conversation, open up about their situation and seek support.

The Hands Across Canberra grant funded the purchase and installation of six new computer tablets, three additional desktop computers and additional office furnishings for the space. The tablets and computers allow guests to access online services and information, access many of us take for granted.

From July 2017 to June 2018, EMC welcomed over 11,544 guests to the Community Hub and delivered 10,080 breakfasts. Fifteen or more visitors became weekly participants in the community choir. The current affairs discussion group, hosted every Monday by an ANU lecturer is also very popular among visiting guests.

Hands Across Canberra has helped EMC connect with other charities to help Canberra's most vulnerable and supports EMC's mission to provide simple home comforts to those without a permanent home.

“Hands Across Canberra is a really important organisation providing much-needed support to community organisations.”

### Plans for the future

Early Morning Centre has big plans for the future. It has already extended the Community Hub's hours to open until 2:30pm and intends to expand the number of outreach agencies including an optometrist, podiatrist, psychologist and quit smoking programs.





## The Shepherd Centre

The Shepherd Centre (TSC) is a non-profit organisation operating in NSW, ACT, Tasmania and rural and remote Australia specialising in helping children who are deaf or have hearing loss with early intervention programs that enable them to develop clear spoken language. By developing their speech and listening skills, these children can attend a mainstream school and enjoy the same opportunities as their peers.

The 2017 Project Support Grant funded The Shepherd Centre's Confident Kids project, a social skills training course for children aged four to six years old with hearing loss to help them integrate into mainstream schools. Confident Kids addresses social skills challenges, bullying and isolation by actively teaching children with hearing loss the social awareness skills needed to integrate in and out of school.

The Hands Across Canberra grant allowed 11 children to undertake the Social Skills Training. Participants from the program demonstrated improved age-appropriate social skills post-therapy. These children have now enrolled in mainstream schools in Canberra.

The Shepherd Centre anticipates a larger cohort will be eligible for the program in the coming 12 months and will return to a groups-based program depending on resources and support available. The program is currently being adapted to older age groups in Sydney.

Thanks to Hands Across Canberra, these children are now much better prepared for the school environment and are more equipped to connect with their peers and form friendships in their community.

“

**The Shepherd Centre is proud to partner with Hands Across Canberra to empower young children who are deaf to be happy, confident and included in their communities.**

**Our relationship is just three years old and we will continue to work hard to make sure we are able to support the children of Canberra.**

**Berthe Youakim**  
*Grants Manager – The Shepherd Centre*

”



## UnitingCare Kippax



UnitingCare Kippax is the community outreach arm of Kippax Uniting Church and a member of the broader UnitingCare Australia and UnitingCare Network. UnitingCare Kippax offers the local community in West Belconnen care and practical assistance such as emergency financial, material aid, social networks for young parents and their children and more.

The 2017 Project Support Grant funded the Kippax Connections project. The project assisted 76 individuals to re-engage with vocational and education pathways. It provided financial support for enrolment, transport, childcare, personal protective equipment and additional costs involved with volunteering and work placements.

Out of the 76 individuals involved:

- 30 people enrolled in VET courses
- 18 have since completed their course
- 23 people gained employment, either during or after their involvement with the Kippax Connections project.

The results have been incredibly encouraging for UnitingCare Kippax and exceeded their expectations. Thanks to Hands Across Canberra, UnitingCare Kippax can better sustain the program and offer more generous support. They plan to continue building opportunities for people in the community to gain and maintain employment with Kippax Connections and through UnitingCare's social enterprise.



Hands Across Canberra highlights collaboration and community building and the grants allow us to be a better community service.



“

Hands Across Canberra fills gaps for NGOs and helps to address important local issues which don't attract Government or other funding. When Hands Across Canberra supports an issue, it encourages others to invest.

”

## Women's Centre for Health Matters (WCHM)



Women's Centre for Health Matters (WCHM) is a community-based not-for-profit that works to improve the health and wellbeing of women in the ACT and surrounding region.

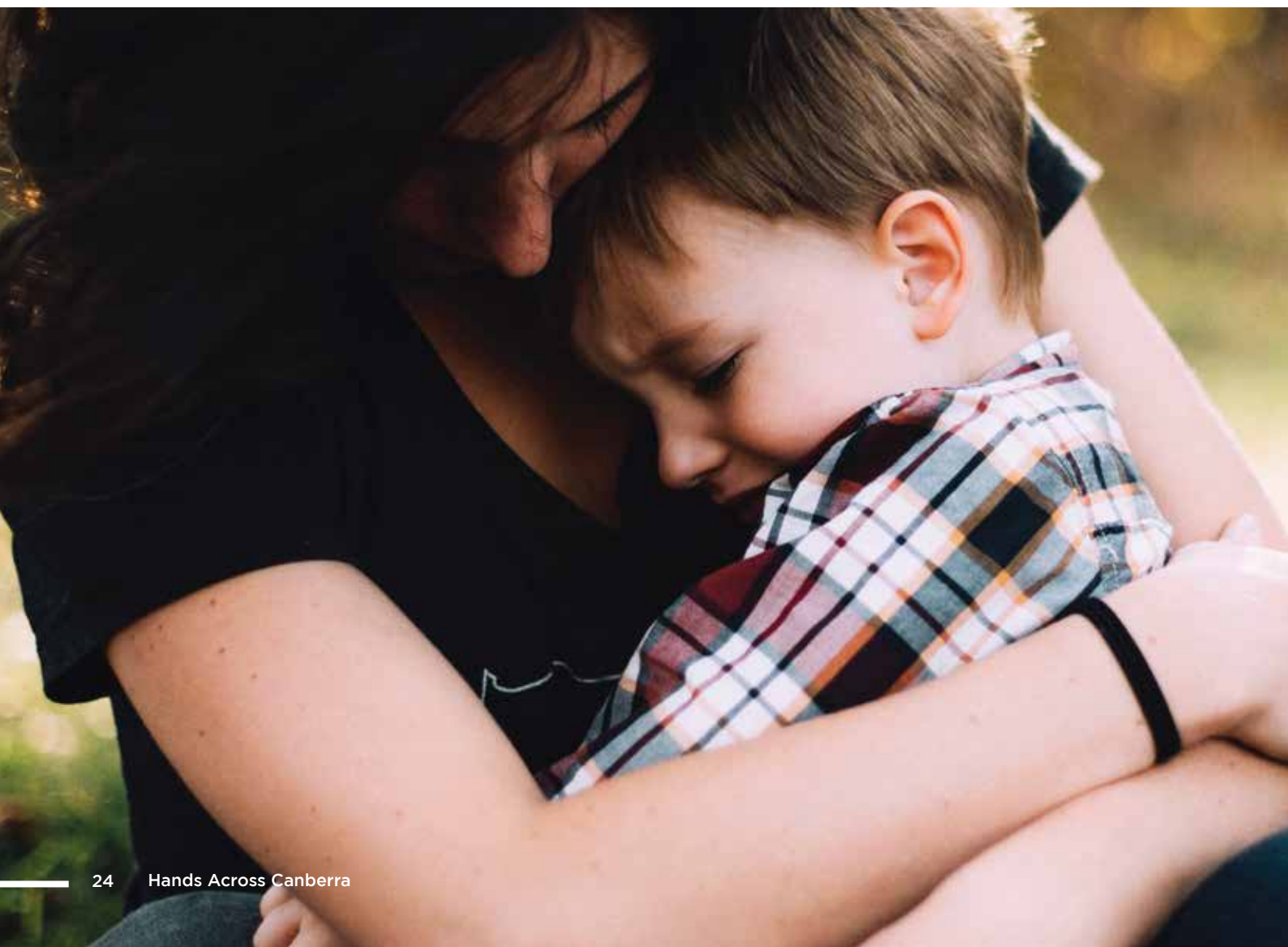
The 2017 Project Support Grant funded the Assisted Beyond Crisis project – a microfinance facility, managed by CARE Inc. with SERVICE ONE Alliance Bank. The project provides interest-free loans of up to \$5,000 to women in urgent need of finances to help with housing costs, healthcare or legal fees.

The aim of the project is to close the gap for the 'missing middle' – the women caught between a crisis and having re-established their lives after experiencing domestic violence; or those who are not eligible for a low-income safety net and cannot afford life essentials.

The Hands Across Canberra grant assisted WCHM to reach their donation target and inspire further donations from the local community. This has enabled the facility to become viable for more years to come. Already, 20 women with a total of 39 children have been able to receive an interest-free loan from WCHM.

### Plans for the future

WCHM will continue to monitor and evaluate the loan program and gather feedback to make better decisions based on results and unmet needs. WCHM is working hard to achieve their long-term viability goal over the next five years.





“

Hands Across Canberra is a well-structured operation with clarity of purpose in providing critical support to those best positioned to improve our community

”

### Plans for the future

YCC plans to expand its services but not at the expense of current programs. Marginalised youth at risk of ‘falling through the cracks’ will remain YCC’s top priority. YCC relies on generous sponsors and donations from the Canberra community.

## YouthCARE Canberra (YCC)



YouthCARE Canberra (YCC) provides outreach services to at-risk and vulnerable young people aged 12–25 years, many of whom are disengaged with mainstream support services. On any given night, nearly 500 young people in Canberra are homeless. Many more are surrounded by violence at home or their place of residence, suffer from low self-esteem or abuse, may have turned to crime to survive, or may have been excluded by other services for not meeting guidelines. YCC engages these young people who cannot or will not access support services to help reconnect them to mainstream society.

The 2017 Project Support Grant partially funded a second youth worker for YCC’s Critical Outreach program, which focuses on engaging young people face-to-face. Thanks to Hands Across Canberra, the additional support means YCC’s youth care workers can reach more young people at risk and expand its services. The project also enabled YCC to improve access to activities which support the assimilation of marginalised youth into more sustainable lifestyles. This provides more opportunities for vulnerable youth to prosper and give back to their local community.

“

Hands Across Canberra is about Canberrans supporting all Canberrans, it really helps us support vulnerable and disadvantaged families and young people.

”

### Plans for the future

YWCA plans to increase interest in STEAM skills and applications in the Tuggeranong region and gather further funding to continue delivering industry-standard equipment and software for young people so they can play, learn and grow.

## YWCA Canberra



YWCA Canberra is a not-for-profit organisation providing community services and representing women’s issues in Canberra since 1929. YWCA Canberra’s mission is to empower women of all ages to achieve equality. Its focus is on children’s services, community development, housing, youth services, personal and professional training, women’s leadership and advocacy.

Hands Across Canberra supported YWCA Canberra with a 2017 Project Support Grant for the YWCA Canberra Clubhouse project. This free, out-of-school learning space connects over 260 young people in Tuggeranong to the latest technology and mentoring to support skill growth in science, technology, engineering, arts and mathematics (or STEAM).

Thanks to Hands Across Canberra and the generous community, YWCA could purchase two Sphero SPRK+ coding robot balls, a photography printer, virtual reality sets and more, plus support the addition of three new mentors. Various YWCA micro-projects were supported with the new equipment, such as the Humans of the Clubhouse photography project. The Clubhouse has also helped young female students re-engage in their classroom.

# What Our Charities Say

Hands Across Canberra encourages organisations like ours to be innovative and helpful for our community.

Hands Across Canberra is a generous group of people who provided funding since the beginning of C3Cares which enabled us to grow a community from isolated people who used to stay home alone to now where they come together each fortnight, to laugh and support each other.

Profound thanks and gratitude for the support.

Hands Across Canberra is a much-needed and innovative way to support organisations across the region. They're our guardian angels.

Hands Across Canberra offers grants to make a difference and will work with the organisation to make it work. The grants are great for seed funding a new idea.

Hands Across Canberra is all about connecting and supporting local charities.

The Project Support Grants program by Hands Across Canberra is a great initiative helping local community organisations.

The Hands Across Canberra Project Support Grants are an absolutely vital enabler for new ideas and opportunities to build capacity where none existed.

Hands Across Canberra is making a difference in society with consideration, thought and feeling.

Hands Across Canberra fills gaps for NGOs and helps to address important local issues which don't attract Government or other funding. When Hands Across Canberra supports an issue, it encourages others to invest.

A young girl with a large, voluminous afro hairstyle is blowing bubbles. She is wearing a blue sleeveless dress with white polka dots. She holds a red bubble wand in her right hand and a red bubble solution bottle in her left hand. Several bubbles are visible around her face and in the background. The background is a soft-focus outdoor scene with warm, golden light.

“

**Hands Across Canberra is making a difference in society with consideration, thought and feeling.**

The Shepherd Centre

”





# Initiatives That Make a Difference



## Storytelling at the Lodge

Disadvantaged children are an important focus for Hands Across Canberra and this event showcased the wonderful work of several local organisations including Barnados, MaryMead and The Smith Family.

In October 2017, Hands Across Canberra invited over 60 children to participate in an educational storytelling event in the gardens of the Prime Minister's Lodge in Deakin. Australian, award-winning artists generously donated their time and talent to spend the afternoon reading, singing and drawing with the children.

The entertainment line-up included acclaimed film, television and theatre actor Rhys Muldoon, author Tania McCartney, vocalist and performer Molly B, children's author Jack Heath, illustrator Tony Flowers and many more.



## Annual Fundraising Luncheon



The seventh Hands Across Canberra luncheon was held on 2 November 2017 at the National Gallery of Australia. Now in its 8th year and always a sell-out, the Hands Across Canberra luncheon is a unique event bringing Canberra businesses together with representatives of many local charities making a difference to the disadvantaged and most vulnerable in our community. Importantly, the annual Hands Across Canberra luncheon has become an encouraging space for all charity representatives to celebrate successes, build their networks, do business and encourage, support and inspire one another to do more.

# Canberra City Care Harvest Community Kitchen

After more than 12 months of fundraising and volunteering, a group of talented tradesmen and generous businesses donated their time and talent to construct the commercial grade kitchen at Canberra City Care. The kitchen was largely funded by The Snow Foundation and Hands Across Canberra through our 2017 Project Support Grant Scheme. The kitchen follows the completion of the Harvest Garden last year which was also funded through the Hands Across Canberra Project Support Grant Scheme.



Thank you to the following for their contributions:

## Financial donors:

- Life Unlimited Church
- The Snow Foundation
- Hands Across Canberra
- Kim Hunynh
- IMB
- The Green Shed
- ACT Government
- MAX Foundation

## Other contributors:

- Stavro Dascarolis – Harvest Kitchen Project Manager
- ACTEW AGL- Gas connection
- Icon Water & OzHarvest – Commercial Dishwasher
- ProDraft ACT - Hydraulic Engineering
- ACT Stainless Steel
- OConnor Refrigeration
- Drips & Drains – Plumbing
- Canberra Air-Conditioning Services
- Haavisto Industries – Electrical
- Epoxy Coatings – Flooring

“I am thrilled to be part of this project. Organisations like Canberra City Care provide life-changing support to people who really need it and allows them to re-connect with their community and that's really inspiring.

**Stavro Dascarolis**

*Harvest Kitchen Project Manager*



## Canberra's Biggest Garage Sale



This new initiative encourages Canberrans to donate differently. Canberra's Biggest Garage Sale invites people to donate pre-loved items, which are then auctioned online. Proceeds will be given to Canberra's most vulnerable through the Hands Across Canberra Foundation or directly to one of our 250 associated local charities. ALLBIDS, Australia's leading online auction and disposal service, has partnered with the Foundation to facilitate this community fund raising initiative. WIN TV generously promoted the campaign through donated community service announcements. This initiative will provide a long-term opportunity for the community to donate differently to support Canberra's most vulnerable people.

## Leading Social Change Digital Hub



The ACT Council of Social Services (ACTCOSS) with the support of Hands Across Canberra launched the Leading Social Change digital hub on 10 August 2018. Leading Social Change aims to develop the capability of new and existing members of governing bodies of community organisations in the ACT. The Leading Social Change hub consists of a sector orientation resource for Boards, e-learning and face-to-face workshops and a peer network.

## Cocktail Fundraiser at The Lodge Deakin Charity House

A celebration of philanthropy was held earlier this year at The Lodge to thank our generous donors whose contributions large or small, make a big difference to the lives of our most vulnerable people.



## Josie Maria Setting Sail on Saturday

Canberra Physiotherapy bought the weekend of luxury sailing at the Hands Across Canberra charity lunch in November 2017. This prize was generously donated by Vicki and John De Margheriti.

*Pictured: Co-sailors Peta and Brand Hoff, captain and crew, and in the background are our generous donors - Kathy and Jac Cousin from Canberra Physiotherapy.*





## Chief Minister's Charitable Fund

The ACT Government is investing \$5 million into a Chief Minister's Charitable Fund as seed funding to kick-start a long-term commitment to our local charities and community sector to support their incredible work and also explore innovative solutions to meeting community needs. New investments in public and community services through the 2018 Budget, including the Chief Minister's Charitable Fund, show we take this responsibility seriously. This fund plants a seed that will support Canberra's most vulnerable people as our city continues to grow.



## Our Grant Workshops

These free, practical workshops explore key facets in the NGO area and provide charities with some of the tools to help them thrive, rather than just survive.

Charities need to be strong and sustainable to allow them to continuously provide their invaluable services to our local community. We are big believers in collaboration and in sharing ideas and best practice.





# Our Charities

## Hands Across Canberra proudly supports:

ACT Community Living Project Incs	Busabala Psychosocial support Centre	Deaf Society
ACT Division - National Heart Foundation of Australia	C3 Church Monash	DeafACT
ACT Down Syndrome Association	Camp Quality ACT	Dementia Australia
ACT Shelter Inc	Canberra & Queanbeyan ADD Support Group Inc	Directions Health
ACT Tongan Language and Cultural School	Canberra Basket Brigade	Diversity ACT Community Services
ACT TPI Association Inc	Canberra City Care	Domestic Violence Crisis Service
ACTCOSS	Canberra Community Law	DUO Services Australia Ltd (DUO)
Advocacy for Inclusion	Canberra Hospital Foundation	DWELL for Australia Ltd
AFFIRM	Canberra Men's Centre Inc	Early Morning Centre Uniting Care Canberra
AIDS Action Council of the ACT	Canberra Police Community Youth Club (CPCYC)	Eastar Media, Marketing & Event Pty Ltd
Alchemy Chorus	Canberra Rape Crisis Centre	Epilepsy Association ACT Inc
Alzheimer's Australia ACT	Canberra Refugee Support (CRS)	Focus Supported Living Foundation Limited
Anglicare	Canberra Yacht Club	For The Love of Bikes Limited
Argyle Community Housing Ltd	CanTeen	Frank Fenner Foundation
Arthritis Foundation of the ACT	Capital Region Muscular Dystrophy	Friends of Brain Injured Children
Arts of the Pacific	Care Financial Counselling Service and the Consumer Law Centre of the ACT	GetAboutAble Pty Ltd
Asthma Foundation ACT	CareSouth	Girl Guides ACT & SE NSW Region
Australian Diabetes Educators Association	CatholicCare Canberra and Goulburn	GIVIT
Australian Kookaburra Kids Foundation	Cerebral Palsy Alliance ACT	Global Sisters
Australian Red Cross	Citizens Advice Bureau ACT	Good Omen Goodeze
Australian Research Alliance for Children and Youth	Common Ground Canberra	Greening Australia Capital Region
Barnardos Australia	Communities@Work	Gugan Gulwan Youth Aboriginal Corporation
Barnardos Deadly All Stars Cultural Group	Community Medics Australia Limited	Gungahlin Regional Community Service
Belconnen Community Service	Community Services #1	Gungahlin Uniting Church and Community Centre
Bengali Cultural Association	Companion House	Hartley Lifecare Inc
Beryl Women Inc.	Conflict Resolution Service Inc	Headspace Canberra
Better Hearing Australia, Canberra	Connections ACT (CanFaCS)	Heart Support Australia
Big Bang Ballers	Construction Charitable Works	Holy Cross Tuckerbox
Bntc Ngo Ghana	Council on the Ageing ACT	HOME in Queanbeyan
Bosom Buddies	CREATE Foundation (ACT)	Imagine More
Boundless Canberra	Creative Safety Initiatives	In memory of Chris Le Mesurier
Brain Tumour Alliance Australia	Cystic Fibrosis Association of the ACT Inc	Inanna Incorporated
	Dancing Goddesses Inc	Karinya House for Mothers & Babies Inc

Karralika Programs Inc	Paperworks Inc	St Vincent de Paul Society
Kidsafe ACT Inc	Parentline ACT	Street Law
Koomarri	Pegasus	TADACT
Kulture Break	People With Disability ACT	Tara Costigan Foundation
L'Arche Genesaret	Pets in the Park Inc	Ted Noffs Foundation ACT
Leukaemia Foundation	Philanthropize Pty Ltd	The Benny Wills Brain Tumour Research Program
Life Without Barriers	Physical Activity Foundation	The Cancer Council ACT
LifeCircle Australia	Post & Ante Natal Depression Support & Information Inc (PANDSI)	The Hope Project
Lifeline Canberra	Print Handicapped Radio of the ACT Inc	The Indigenous Marathon Foundation
Lions Club Gungahlin	Prisoners Aid ACT	The Right Direction Australia (Limited)
Lions Youth Haven Inc.	Prostate Cancer Support Group	The Salvation Army (ACT/Sth NSW)
Marathon Health Ltd	Quest for Life Foundation	The Shepherd Centre
Marymead	Reach for Nepal Foundation	The Smith Family
Maya's Rest	Rebus Theatre	The Welcome Dinner Project an initiative of joiningthedots
Menslink	Red Nose	This Is My Brave Australia Inc.
Mental Health Foundation (ACT) Inc	Relationships Australia	Tjillari Justice aboriginal Corporation
Mental Illness Education ACT (MIEACT)	Rise Above Capital Region Cancer Relief	Tongan Association of Canberra and Queanbeyan Inc
Migrant and Refugee Settlement Services of the ACT Inc.	Rotary Club of Canberra Sunrise Inc	Toora Women Inc.
Miracle Babies Foundation	Rotary Club of Tuggeranong	Tuggeranong and Weston Youth Centres
Missionworx	Roundabout Canberra	UnitingCare Canberra City Church
MS Australia ACT/NSW/VIC	Royal Society for the Blind & Canberra Blind Society (RSB/CBS)	UnitingCare Kippax
Multiple Sclerosis Limited	RSI & Overuse Injury Association of the ACT Inc	Us Mob Writing
Muscular Dystrophy ACTION	RSL Woden Valley Sub-Branch	Veterans Support Centre - Belconnen
Music For Everyone	RSPCA ACT	Victims Of Crime Assistance League ACT Inc
My Coaching My Future	Save the Children Australia	Vietnam Veterans & Veterans Federation ACT Inc.
National Brain Injury Foundation	SCENE	Volunteering and Contact ACT
Nations Heart Christian Community FoodHut	SEE-Change	Warehouse Circus Inc.
Newborn Intensive Care Foundation	Sexual Health and Family Planning ACT Inc (SHFPACT)	whISPers Aboriginal and Torres Strait Islander Softball Corporation
Noahs Ark Foundation	Sharing Places	Women with Disabilities ACT
North Belconnen Day Centre	SHOUT Inc	Women's Centre for Health Matters
Northside Community Service	Snowy Hydro SouthCare	Women's Legal Centre ACT & Region Inc.
Oncology Massage Limited	Soroptimist International of Canberra Inc	Worldview Foundation
OnNow	SoundOut	Yeddung Mura Aboriginal Corporation
Orange Sky Australia	Special Olympics ACT	Youth With A Mission (YWAM)
Outward Bound Australia	St John Ambulance Australia (ACT) Inc	YouthCARE Canberra
OzHarvest Limited	St John's Care	YWCA of Canberra
OzHelp Foundation Ltd	St Mark Coptic Centre of Australia	
Pain Support ACT Inc	St Philip's Care at Northbourne Community Centre	
Palliative Care ACT		

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We continue to focus on building long-term, mutually beneficial strategic partnerships. Thank you for supporting us and our community.



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“  
**Your community  
makes you, and you  
make your community**  
”

## Next Steps

- Get to know the charities you support. They need your financial help and your voice in the community.
- Learn about the Canberra community, understand the need and what needs to be done.
- Volunteer with a charitable, special interest group or non-for-profit organisation. There are usually options for people with plenty or even just a little time to spare.
- Attend a community event. Get to know your community.



## Stay in Touch

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-  [info@handsacrosscanberra.org.au](mailto:info@handsacrosscanberra.org.au)
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community-building/register-your-organisation/](https://handsacrosscanberra.org.au/community-building/register-your-organisation/)
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Hands Across Canberra is a registered Australian charity governed by a volunteer board of directors. We bring people and causes together to create a smart and caring city and the future we want for Canberra. The foundation accepts donations of cash, securities, life insurance and other property to be used to build community today and forever.

Hands Across Canberra has made every reasonable effort to ensure accuracy of the information presented in this report and to appropriately cite sources. However, mistakes happen and we apologise for any errors in this publication.



