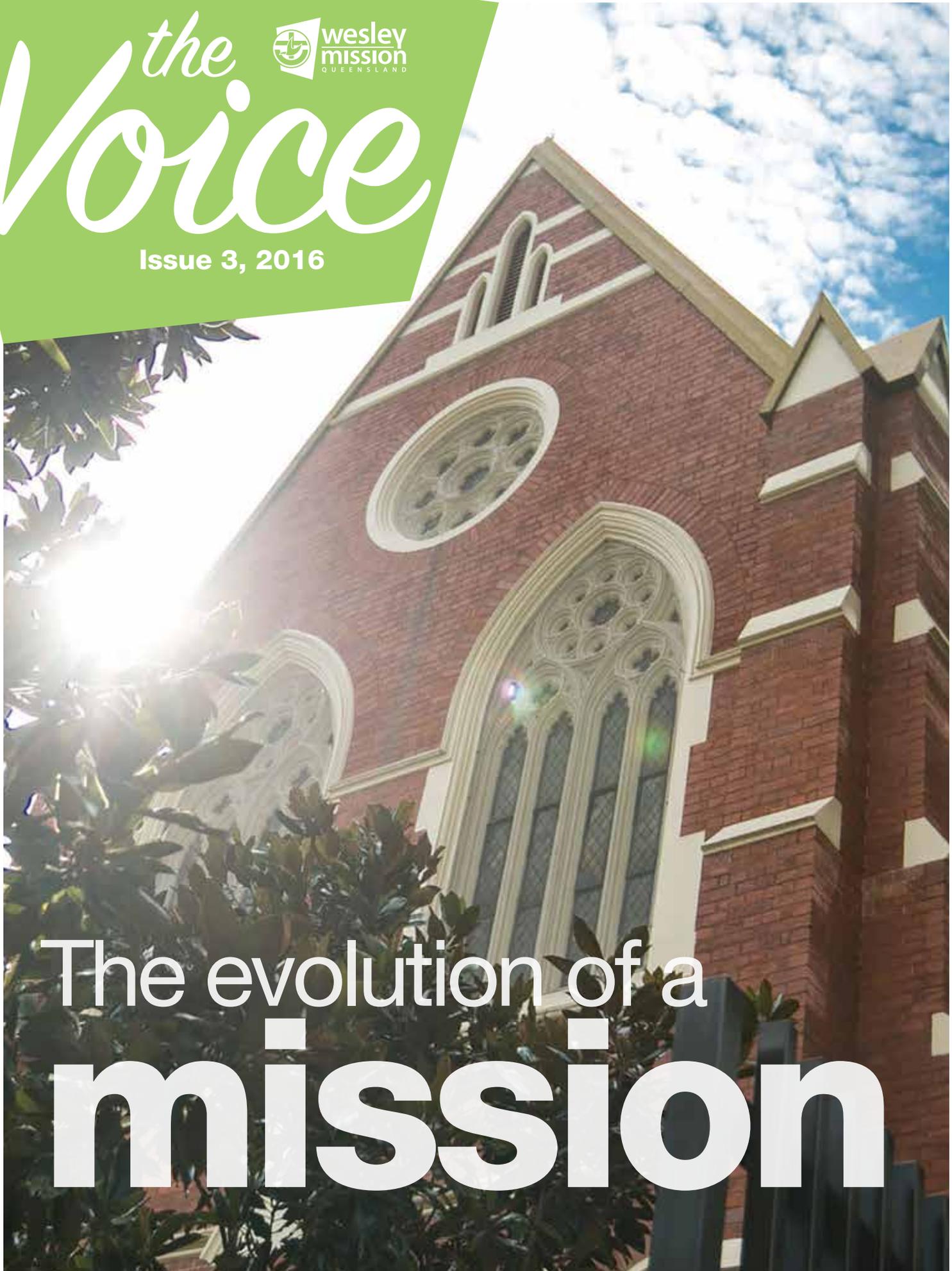


# the Voice



Issue 3, 2016



# The evolution of a mission

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## A message from Geoff

### Get involved!

**John Wesley Gardens Community Day**  
– 10 September, 10.00am-1.00pm

**Brisbane Open House** – 8 October

**Red Bag Appeal launch** – 16 October

**Anti-Poverty Week** – 16-22 October

**Betty Smith Heritage Precinct official opening** – 23 November

**Wall of Kindness (Central, Roma Street, South Brisbane stations)**  
17-21 October

**WMQ Gala Dinner** – 23 November

To purchase tickets to events or for more information visit [wmq.org.au](http://wmq.org.au)

## Thank you for caring for your community

In June we asked for your help; we needed to raise \$30,000 to help keep Community Meal in Fortitude Valley operating throughout the winter months. The response was incredible – in my 10 years volunteering at Community Meal, I have never seen such generosity! To all of you who gave donations, a big, big thank you. On behalf of all our wonderful volunteers and recipients, may God bless you all.

*John Ryan,  
Head Chef, WMQ Community Meal.*

I am pleased to welcome you to this special edition of The Voice, as we launch our new name, Wesley Mission Queensland. With more than 60 locations across Queensland, our name change better reflects our geographic reach and provides greater clarity for people connecting with our organisation.

Our mission remains the same and there will be no change to the delivery of services, the support we currently provide or our day-to-day operations as a result of our name change.

Our organisation has evolved and changed remarkably in the last decade. While we continue to expand and improve our retirement living and aged care services to meet community expectations, we have also established more than 50 community based services to meet the needs of the communities in which we operate. Our services now stretch from Robina in the south, out to Toowoomba in the west, and as far north as Hervey Bay, and also throughout Australia we provide support for the Deaf community through our National Auslan Interpreter Booking Service (NABS).

This growth is a testament to the dedication, hard work and commitment of generations of staff, volunteers, clients, supporters and financial donors, and I would like to acknowledge their contribution. When the Mission began in 1907, those faithful congregants could never have imagined the far-reaching impact of their step of faith. You can read more about the evolution of our mission on page 5.

And so we begin a new chapter in the life of this great vision – and we do it together. We rely on friends and supporters like you to be the lifeblood of the organisation, to support our efforts to advocate and show compassion to those in need, not just in Brisbane, but all across Queensland, as we have done for more than 100 years.

Thank you for your support.

Warm regards,

Geoff Batkin  
CEO, Wesley Mission Queensland



### Right now, we're looking for regular partners to sign on for a regular gift to Community Meal.

If you'd like to get involved, please contact Mitch Witherington at [m.witherington@wmq.org.au](mailto:m.witherington@wmq.org.au), or call 1800 448 448. No gift is too small.

# Home at last: the Asher House story



## On Wednesday, 20 July, the Honourable Cameron Dick, Minister for Health and Minister for Ambulance Services, officially opened Asher House, a state-of-the-art supported accommodation community in Wynnum.

"I know Asher House will make such a huge difference to the lives of so many people down here on the Bayside," Minister Dick said.

"There's a saying, that you can judge a community by how it treats its most vulnerable citizens. The people for whom this accommodation is being provided are some of our most vulnerable citizens, but through this facility we will give them the dignity and the respect they deserve, the opportunity to live the lives they want to live, and the ability to fulfil their own dreams and aspirations."

Asher House is defined by its wonderful people – both the staff and volunteers who have committed to serving these wonderful residents, and the residents themselves, some of whom have been living together in supported accommodation for 24 years.

One of these residents is Matthew. Matthew has 'locked-in syndrome'; since his stroke in 2010, "he can't speak and he can't move, but he's fully awake and aware. He's got fully functional capabilities," says his twin sister, Maureen, who believes Asher House represents a new lease on life for her brother.

"I think once he settles in, it will take a lot of worry off my shoulders. Just knowing that this is a permanent home for him, and that people are here for him, and he has a lot of space... I hope that with the staff employed here, they can bring that social aspect as well. The staffing options with Wesley Mission Queensland are terrific. There are one or two staff for every four residents, so it's a great model of care.

"Knowing that he's got a home now, it means our visits can be more structured. At the moment, I do things for him – I talk to him and I feed him – but we rarely get to sit together and just watch a movie. I'm hoping now that can change."

Matthew moved to Asher House on 26 July – into one of 12 fantastic apartments purpose-built for sustainability and co-designed by architects, residents and their families. It has been a long journey, and each resident has faced a lifetime of challenge to get there, but Matthew, finally, is home.

Please contact our team on 1800 448 448 if you would like to volunteer or donate to help support wonderful people like Matthew.



Geoff Batkin (left) and Hon. Minister Cameron Dick (far right) cutting the cake with new residents and families.



# Griffith University & WMQ Photojournalism Exhibition

In the lead up to Seniors Week, we invited budding second year photography students from Griffith University QCA to put their skills to work for our '80 Years of Care' exhibition.



The students were asked to capture stories celebrating life, care and compassion throughout Wheller Gardens, which celebrates its 80th anniversary this year. A collection of images were exhibited during Seniors Week at Wheller Gardens and the Brisbane City Council Chermside Library. Thank you to all involved.



These wonderful photographs beautifully captured precious moments in the lives of Wheller Gardens volunteers and residents. Photo credits clockwise from top: Victoria Reid; Dorothy Yip Woon Yee; Madeline Begley; Shaun Singleton; Ingrid Coles

# Think. Eat. Save.



Thanks to support from friends like you, OzHarvest is able to hold free events like Think. Eat. Save. all across Queensland.

Last month, more than 1,500 Brisbane, Gold Coast, and Cairns locals enjoyed a tasty free meal made from food rescued by OzHarvest at Think.Eat.Save events.

OzHarvest has partnered with the United Nations Environment Programme (UNEP) to tackle the global issue of food waste; Think.Eat.Save events held across the country aimed to show how much food is wasted unnecessarily and how everyone can make a difference by making small changes to their buying and eating habits.

Each week, OzHarvest rescues 17,500kgs of quality surplus food from Brisbane and Gold Coast supermarkets, restaurants and cafes to feed people in need.

If you'd like to support OzHarvest, either financially or voluntarily, please contact the team today on 07 3621 2097.

## Australians throw out

**\$8-10 billion** worth of food each year, that's more than **345 kilograms** per household, and a staggering **4 million tonnes** of food that ends up in landfill annually.

# Connecting caring communities

On 19 July, a special group of people from three of our supported accommodation centres got together for some fun in the sun. Taking advantage of the unseasonably warm weather, staff, volunteers and residents from Wesley Care Tewantin, Youngcare Sinnamon Village and Youngcare Coomera met on Bribie Island for a day of fun and connection.



Staff, volunteers and residents from three supported accommodation communities get together for some fun in the sun!

Putting the day together took a joint effort by Leisure and Lifestyle Coordinators (LLCs) Sharon O'Kane, Gabby Love and Deb Renouf. Wesley Care Tewantin's Supported Accommodation Coordinator, Kirin Hagicostas, loved every minute of the day.

"These girls (the LLCs) work so very hard every day to ensure that all our residents get to have special days out and about," she says. "Between the three communities, we were able to come together to share a little time with each other, our incredible residents, family members and fellow work mates that we don't often get to see."

"I know the importance of having support and forming bonds and friendships; watching residents happy to see someone

from another site for a catch-up, and enjoying each other's company, was just what I needed to see. Sometimes we are so focused on the work and getting everything done that we don't get to see the results, the smiles, the laughs and the coming together."

The teams are already planning future get-togethers and hope to expand their outings to include other supported accommodation services, such as the Youngcare Share House Woolowin, where care is provided by Wesley Mission Queensland, and the newly-opened Asher House.

The evolution of a mission:

# Wesley Mission Brisbane has now become Wesley Mission Queensland.

A small but significant change  
that reflects the community  
in which we work.



Aged Care



Disability and Mental Health



Hardship Relief



Child Care, Youth and Families

## This is our story.



Reverend William Moore  
1882

It began with a congregation of people dedicated to compassion. When the newly-emigrated Reverend William Moore took up his place at the head of the Albert Street Wesleyan Church and performed his first official duty – a funeral service for a prostitute who had died penniless and with no one to mourn her.

This compassion became a movement, a fledgling Mission, with its heart in the centre of Brisbane City. When the Mission's Sisters of the People first embodied their name, providing supper for the city's newspaper boys, many of whom were homeless, and establishing a savings plan for them to help the boys escape the cycle of poverty.

And then, it began to grow. It provided meals and fellowship to men during the Great Depression who had lost their jobs and, subsequently, their hope. And then it moved into the suburbs and built the first 'community for the aged' ever to be established in Queensland.

It grew, and it was courageous. It looked to the margins of society to find where it was most needed and it never lost sight of its goal to fulfil God's purpose – extending a compassionate hand to people in need in the community. And after several incarnations it was given the name: Wesley Mission Brisbane.

For over 100 years the mission has evolved and innovated and broken new ground. Steadily, steadily, we have extended our compassionate hand further out into Queensland, reaching more people, always striving to make a difference. And in reaching out, we have become more than just one place, one city. So it's time that we transition to a new name, one that speaks to who we have become and what we hope to build on in the future: Wesley Mission Queensland.

It's a small change but a significant one. Just like the state we call home, we reach far and wide and we are made up of people from all walks of life; by transitioning to a name that better signifies our geographical reach, we can more accurately reflect the community in which we work and our neighbours who we support.

This is a transition in name only; our services have long supported Queenslanders in over 60 locations and these services won't change. Our mission to walk alongside people in need, offering care and compassion and promoting choice, independence and community wellbeing, remains steadfast.

Queensland is a big, beautiful state and over the past century we have watched it grow and change, and our mission has grown and changed with it. By answering the call of newspaper boys and bereft men, we began to hear the voices of seniors, youth and families, people living with a disability and people experiencing unemployment, disadvantage, homelessness and isolation and now, each year we support 100,000 people who call this State home.

We have come a long way, yet we still hold dear the same principles set out by Reverend Moore and the Sisters of the People all those years ago. Our foundation is built upon people caring for people and no matter how we grow or change, or where the journey leads us, we will always be a helping hand, a champion on the sidelines, a light in the darkness.

This is our story, but it's your story, too. It is all of us together, working as a community to strengthen our community – a community, compassionate and inclusive, with its arms open to all Queenslanders.



# Tips & tricks for a healthy mind

by Michael Stubleby, Mental Health Services & Practice Manager

The Mental Health Services team at Wesley Mission Queensland is a multi-disciplinary team of social workers and psychologists who aim to improve social and emotional wellbeing in our community by providing tailored assessment and treatment to individuals of any age.

Mental wellbeing is not merely the 'absence of illness', but a state of complete physical, mental and social wellbeing. The team provide services within a holistic framework and consider all aspects of an individual's life, believing that all individuals have the capacity to improve their own wellbeing and flourish.

From the Mental Health Services team, here are five tips for better mental health:

**1. Connect with others** – Invest time and energy in developing and maintaining strong relationships with people around you who will support and enhance your life. The quality of personal relationships has a great effect on our wellbeing.

**2. Value yourself** - Treat yourself with the compassion, respect and kindness you would show others. Avoid self-criticism and negative self-talk. Prioritise time for your interests and hobbies as your wants are just as important as anyone else's.

**3. Relax, rest and re-energize** – Priorities good quality sleep and sleeping habits. Sleep allows your body and mind to repair and reset. Also try to have some unstructured free time for yourself each day to refresh and not focus on the stressors of the day. Allowing yourself to do nothing can be powerful and have a profound effect on your wellbeing.

**4. Address stress** – Stress is a part of life, however it affects different people in different ways. Acknowledging and accepting this and knowing what triggers stress or makes you uncomfortable can help you to manage or avoid these situations.

**5. Ask for help** – Asking for help is a sign of strength, not weakness. Getting the support you need can not only positively impact your life, it also shows personal strength and resilience.

## Reconciliation Week – Let's RAP!

Over the next few months, Steve Eltis, Wesley Mission Queensland's Director of People and Culture, and his team will be working with various stakeholders, including Indigenous elders and consultants, to formulate Wesley Mission Queensland's first Reconciliation Action Plan (RAP). It's a big step for the organisation, and a vitally important one.

"A lot of the work we do is either directly or indirectly serving the Indigenous community," Steve says. "We need to show our commitment to bettering the lives of Indigenous people."

Wesley Mission Queensland's work on the RAP kicked off during this year's National Reconciliation Week, with staff members engaging in various activities to begin the conversation around honouring culture and strengthening respectful relationships.

"Reconciliation is right at the heart of our Wesley Charter," says Steve, referring to WMQ's framework that promotes working with the organisation's values. "So much of our Charter speaks to the concept of reconciliation, so this RAP is a natural progression for us as an organisation. I look forward to seeing it develop in the future."



Aged Care residents from Anam Cara met with high school students (indigenous and non-indigenous), together with local Elders, to share stories and start the journey towards Wesley Mission Queensland's Reconciliation Action Plan.

# Hummingbird House takes flight



**Fiona Hawthorne, General Manager of Hummingbird House, updates us on the progress of Queensland's only children's hospice.**

**We are delighted to share with you that construction is now complete! Hummingbird House has truly been built by Queenslanders for Queenslanders.**

At the end of June, Hummingbird House received its licence to operate a private health facility. The team is also growing rapidly. Over the past six months we have welcomed nurses, medical practitioners, and a family support coordinator.

The focus now turns to making Hummingbird House a home away from home for Queensland children with life-limiting conditions, and their families. As you would know, when you move into a new house you need a long list of items to make the house a home. So in the spirit of our house warming, we have set up a gift registry that includes much-needed items to create a beautiful, restful and special place for families. To donate the funds to help us purchase one of these items, please visit our Hummingbird House gift registry; [hummingbirdhouse.org.au/get-involved/gift-registry/](http://hummingbirdhouse.org.au/get-involved/gift-registry/).

The team at Hummingbird House is currently working towards a gradual safe opening, and are in a pilot phase for family referrals. If you would like more information about Hummingbird House, please contact the following:

**Staying at Hummingbird House:**

Ann McClenaghan, Clinical Support & Administration Coordinator - 07 3621 4336 or [ann.mcclenaghan@hummingbirdhouse.wmq.org.au](mailto:ann.mcclenaghan@hummingbirdhouse.wmq.org.au)

**Referring to Hummingbird House:**

Kelly Oldham, Clinical Manager - 07 3621 4350 or [kelly.oldham@hummingbirdhouse.wmq.org.au](mailto:kelly.oldham@hummingbirdhouse.wmq.org.au)

**Supporting Hummingbird House:**

Tamara Smith, Fundraising Coordinator - 07 3621 4366 or [tamara@hummingbirdhouse.org.au](mailto:tamara@hummingbirdhouse.org.au)

The story of Hummingbird House is only just beginning, and we are grateful to everyone who is helping us to take flight.

*Hummingbird House is a joint initiative of Hummingbird House Foundation and Wesley Mission Queensland.*



Woollam Constructions Site Manager Jason Sinclair handing Co-founder Paul Quilliam the keys to Hummingbird House



A (humming) birds' eye view of Hummingbird House in May, 2016

# Sending in the Marines



On 10 June, Wheller Gardens played host to an unusual gathering. 60 United States Marines, on deployment in Australia on a joint training exercise with the Australian Army, rolled up their sleeves and pitched in, working in the gardens, spending time connecting with residents over games of bowls and mini golf, oiling park benches and shifting furniture and equipment into the newly-completed Hummingbird House.

"I love being here," said Lance-Corporal Ortega, attached to the 170-man 'Alpha Squad'. "Australia is beautiful, and everyone's been so welcoming to us. And coming to help out like this is a great part of the job. Everyone who's here today volunteered, and we love doing it."

For Wheller Gardens residents, this was a great opportunity to connect with a group of friendly, helpful young soldiers from another part of the world, and a chance to educate their American visitors about some significant aspects of Australian culture.

Lunch was, of course, a good-old Aussie sausage sizzle, and morning tea involved a hefty supply of lamingtons. The Marines were treated to some Australian poetry, and even a language lesson to help get them around some of the trickier colloquialisms of the Aussie vocabulary.

It may have been a short visit, but our visitors from the Marine Corps have left their mark at Wheller Gardens, and we look forward to having them back for future events!



If you or your organisation would like to volunteer with Wesley Mission Queensland, please contact Mitch Witherington on 1800 448 448.

# Spirit of Queensland Celebration

80 years to the day after Wheller Gardens opened its doors in Chermside, Wesley Mission Queensland will celebrate with our annual Spirit of Queensland Celebration. This will be a wonderful opportunity to highlight 80 years of care at Wheller Gardens, and reflect on a year of wonderful achievements at Wesley Mission Queensland.

We are inviting our corporate supporters to purchase a table of ten, and join in the festivities (including raffles, live auctions, great entertainment and much more).

If you are interested in purchasing a table, please contact our team today at [events@wmq.org.au](mailto:events@wmq.org.au)



Our annual celebration is a chance to celebrate the great achievements of wonderful people who have committed to serving their community.

# News from the Pews of Albert Street



On July 1, we began a new chapter in the life of Wesley Mission Brisbane as our new constitution came into effect and we became Wesley Mission Queensland!

This is the culmination of months and years of hard work, and, in fact, simply reflects reality: Wesley Mission Brisbane has been operating outside the borders of this city for a very long time.

Looking back, this congregation has carried many names...

Back in 1848, when the congregation was formed, we were known as Albert Street Wesleyan Church, with the church structure being called the Albert Street Wesleyan Chapel. Prior to that, the group of Methodists who met in Queen Street were called the Methodist Class Meeting.

In 1907 when the congregation was given permission to become a Mission, our name was changed to the Central Methodist Mission to reflect this honoured responsibility.

After union, we became known as Wesley Central Mission, which was changed to Wesley Mission Brisbane during the 1990s. What a journey!

The old saying "what's in a name? A rose is a rose is a rose," still applies to us! Whatever our name, our calling is still the same, which is to participate in the mission of God towards reconciliation, transformation, justice and hope. Our mission, vision and values will still be the same, reflecting that at the heart of our work is a deep sense of being in mutual relationships, particularly with those who are marginalized by society because of their circumstances.

As we set forth with a new name and a renewed sense of purpose, we know that God has big things in store for us and for the people of Queensland. This is not a revolution – it's an evolution. We are not starting over, we are simply continuing to grow and change as we carry on God's good work.

We give Him the glory: great things he has done in our midst!

Grace and Peace,

Reverend Lyn Burden,  
Superintendent Minister



## Upcoming Events at Albert Street

**Somerville House Concert**  
Senior Strings – Sunday 11 September, 2.00pm

**Art from the Margins Exhibition**  
15-18 September, City Hall

**Anti-Poverty Week Ecumenical Service**  
Thursday 20 October, 7.00pm St. Stephen's Cathedral

**Christmas Tree Lighting Party** – Friday, 25 November 6.00pm



Experience the new John Wesley Gardens Aged Care Community IN GEEBUNG

You're invited to view this state of the art community that promotes choice, independence and community wellbeing.

- 138 suites, including 16 superior suites
- Care tailored to individual needs
- Cafe, hair salon, community garden, day spa and library located on site
- Outdoor entertaining areas
- Awarded 6-Leaf Enviro-Development certification

**Open Day**  
Saturday, September 10  
10am – 1pm

For further information please contact us: 1800 448 448 | [contactus@wmq.org.au](mailto:contactus@wmq.org.au) | [www.wmq.org.au](http://www.wmq.org.au)



Aged Care



# Unlock your future



While working as a rural school Chaplain, Janette (left) graduated with double Certificates IV in Youth Work and Community Services, and undertook a Diploma of Youth Work with Fiona (right), her Career Keys trainer.

"Fiona is really approachable and easy to talk to," Janette says. "She was always dependable with returning my phone calls and talking through study problems and questions".

Visit [www.careerkeys.com.au](http://www.careerkeys.com.au) or call 1800 47 47 48 to unlock your new career, with nationally recognised courses available online and via distance learning.

For further information  
please contact us:

Central Office | 930 Gympie Road Cherside QLD 4032  
P 1800 448 448 | E [contactus@wmq.org.au](mailto:contactus@wmq.org.au) | [www.wmq.org.au](http://www.wmq.org.au)

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