



A SPRING IN THEIR STEPS AND MUSIC IN THEIR HEARTS

Dear Valued Supporter,

LAST year was one to strike out of the history books for many of us. But for some families in our community, a global pandemic is just one more thing to worry about on an already teetering pile.

Jess lives in Adelaide's northern suburbs with her two children, aged three and one. After having her second child, Jess experienced postnatal depression. She was struggling with the pressures of being a single parent amid an overwhelming feeling of hopelessness. Jess had lost touch with family and friends and felt ashamed to ask for help. She was also worried about the impact her poor mental health was having on her children.

Fortunately, Jess saw a Facebook post about our Move and Groove sessions, held weekly at Family Zone at Ingle Farm, and decided to give them a try. Designed for families with children under five, the program encourages children and their carers to get up and move to uplifting music. The children love engaging with bright colours, fairy lights and bubbles as they dance. It's an opportunity for children to just 'be kids' in a safe environment, regardless of the situations they may be experiencing at home.

Whilst they were a little shy at first, Jess's children relished the opportunity to have fun with the other youngsters. They soon began to make friends and look forward to attending weekly.

Similarly, Jess's confidence grew each week. You could see her inhibitions being cast aside and a smile return to her face as she joined in with her children and the other families.

Jess was able to build a strong relationship with the facilitators, who encouraged her to seek professional help for her mental health. She was also able to form friendships with some of the other parents from the group, and began meeting up with them for play dates and coffee outside the program.

We saw that Jess could benefit from getting involved in some other Lutheran Care programs to help her get back on her feet. So, we referred her to a budget cooking program which gave her great ideas for nutritious meals and the skills to make her weekly food budget stretch further. Jess also became involved in other local programs at Family Zone such as an active kids' playgroup, tailored especially for busy children who need extra stimulation.

Having been out of the workforce for quite a few years, Jess lacked confidence about the value of her skills. The Move and Groove facilitators encouraged her to start volunteering.

This boosted Jess's belief in herself, and has since also opened doors to some part-time work, and more security for the family.

On one level, Move and Groove has been an engaging and fun way to reconnect Jess with her children and her community. On a deeper level, Move and Groove was a launchpad to help Jess to a place where she is enjoying being a parent again and feels pride in herself. She feels like she is a good role model for her children, who love that their mum has her spark back.

Move and Groove is just one of many impactful programs that we are proud to facilitate here at Lutheran Care. As we move into this blessed season of Lent, I would like to thank you for your previous patronage, and ask you to please again consider giving what you can to our 2021 Lenten Appeal. Your support allows us to continue our work lifting up the most vulnerable members of our community. Every bit helps. It really does.

Thank you and God bless,

Rohan Feegrade
Chief Executive Officer



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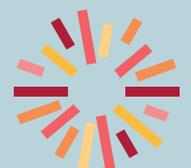
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