



Act for kids

Preventing and treating child abuse and neglect



EMMA'S* STORY

Emma was only 7 years old when she came to Act for Kids, but she had lived in lots of different places. She was passed from home to home because her mother struggled with drug abuse, domestic violence and her own mental health issues. Her disruptive childhood convinced Emma that she was the problem and that no one loved her.

Emma was removed from her mother's care when she was 4 years old and went to live with extended family members. However, tension within her family escalated and Emma went to live with a foster family. Sadly, the family were unable to look after Emma long term and she was moved again to a new foster family, a lovely couple called Michelle* and David*. Even though her change of placement was not her fault, Emma believed that no one liked her and she didn't deserve a family.

Emma was very cautious of opening up to Michelle and David as she believed they would leave her eventually. Sometimes she would cuddle up to Michelle or play a game with David but the next moment she would yell or swear and break things because she was scared of feeling rejected again. This pattern was also occurring in Emma's relationships at school which lead to multiple suspensions...



When Emma first started therapy at Act for Kids it took her a long time to open up to her therapist; sometimes she would show real vulnerability and other times attempt to push them away with words and actions. It took 3 months for Emma to develop trust with the therapist. Once this relationship began to build, she was able to talk about her thoughts and feelings. At Act for Kids, we helped Emma understand why she had to change placements and that it wasn't her fault.

Emma's therapist helped her identify her strengths and abilities as she had begun to believe that she was a 'naughty girl' because she was getting into trouble at school so often. Emma learnt about making friendships and managing her big feelings. This helped her to feel calmer when she spent time with her friends and with Michelle and David. Finally, Emma started to get in trouble less at school and started to settle into her new relationship with Michelle and David.

However, after 6 months of therapy, Emma began to push Michelle and David away again. After forming a stable and trusting relationship, deep down she felt like she had more to lose. The family began a block of music therapy, writing songs together about their experiences. This helped Emma to express her feelings and develop strategies using music to help her feel calm when she gets worried.

After 2 months of music therapy, Michelle and David reported a big decrease in Emma's challenging behaviours at home and an improved connection with her. Emma is now achieving well at school and believes that she is a lovable little girl that deserves to be happy. Emma will go on to have a stable, safe and happy childhood thanks to your kind ongoing support and we can't thank you enough!

**Names changed to protect privacy.*

ONCE UPON A TIME GALA BALL MAKES DREAMS COME TRUE FOR VULNERABLE KIDS



Can you believe it has already been two months since we celebrated 30 years of tirelessly working to prevent and treat child abuse and neglect by hosting one of our biggest Gala Balls yet!?

Proudly presented by The Vita Foundation, the event raised over \$100,000 for vulnerable children and was double the size of our usual gala dinners with the 'Once Upon A Time' theme giving guests a magical night they'll never forget.

Over 630 guests were hosted by the world-class Royal International Convention Centre and entertained by the X Factor 2014 Winner Marisa Ponzalan performing her platinum-selling single 'Stand by You'.

There were sensational live auctions, lotteries, raffles and even a Mercedes-Benz Brisbane Lucky Guest Prize! With exclusive Xennox Diamonds' jewellery and luxury accommodation packages from all around the world supplied by Minor Hotels, this year's Gala Ball offered magnificent prizes for all.

Act for Kids CEO Dr Neil Carrington said the amount raised at the Gala Ball will be directed to the growth of the Integrated Therapy program.

"This amount of money will provide at least 81 children with access to our intensive therapy and allow us to continue the important work we do to restore little lives.

"I'd like to thank everyone who attended, our wonderful performers and of course the army of volunteers who helped the night run so smoothly," Dr Carrington said.

To see photos from the Gala Ball, please visit our Facebook page www.facebook.com/ActforKids





INAUGURAL NSW GOLF DAY RAISES \$36,000 FOR ABUSED KIDS

In June, NSW Relationship Manager David Streichler single-handedly facilitated our first ever Golf Day in Sydney at the Lynwood Golf and Country Club. Over 140 players helped raise \$36,000 which will go directly to Act for Kids' Integrated Therapy Centre in Western Sydney.

Sponsored by Wiseberry, Cleanaway and the Galston Club, the day was jam-packed with activities for the players to take part in. Not only was there a silent auction, live auction, raffle and lucky golf ball draw, there was even a surprise appearance from US Pro Golfer Bubba Watson.... Sort of!

Teams paid \$20 each to have a photo with Bubba Watson's cut-out, one of the world's only left handed golfers, and all of that money went directly towards the day's total funds raised!

CEO of Act for Kids, Dr Neil Carrington said he was humbled by the amount, especially as this was Act for Kids' first ever fundraising event in NSW.

"We will be able to provide intensive integrated therapy to 30 vulnerable kids for an entire year with the amount raised. It is such an outstanding result and I could not be more thrilled to see our presence and support in NSW really taking off!"

For any players and businesses interested in putting for kids at next year's NSW Golf Day, please contact events@actforkids.com.au

HOW FOUR LITTLE CRAYONS MAKE A BIG DIFFERENCE TO KIDS IN NEED

We can't believe it has already been one whole year since our Monster Crayons came to life! They've been working very hard to help vulnerable kids, but there's still a lot of work to do!

Did you know that when you purchase our Monster Crayons, 100% of the profits go directly to our Integrated Therapy Programs to help children who have been severely abused or neglected? It's such a simple way to help make a big difference! Plus, the kids in your life will LOVE you for it!

SPECIAL OFFER - LIMITED TIME ONLY!

For a limited time, we've dropped the price on our Monster Crayons! A pack is now available for just \$7.50, meaning your Fundraising Box will only cost you \$135 including postage! Or buy two packs for the little monsters in your life for just \$23.95!

Order online now and get your crayons delivered right to your door!
www.actforkids.com.au/purchase-monster-crayons



WOMEN IN BUSINESS TREK TO HEAL LITTLE HEARTS



They did it! The ten incredible women who took on the 'Women in Business Trek for Kids' not only conquered the spectacular Arkaba Trail in the Flinders Ranges, but have raised almost \$100,000 for abused and neglected kids!

These inspirational women really went the extra mile in making an incredible difference to the lives of vulnerable children, hiking for four days across a 60,000 acre private wildlife conservatory, and raising enough money to help 81 kids get access to intensive therapy for an entire year! Past Act for Kids Board Chair Lesley-Anne Houghton, who has now completed her fourth Trek for Kids, said she encourages others to support little lives all over Australia by participating in Act for Kids' life-changing treks.

"When you trek for Act for Kids, you not only get to trek with an awesome group of like-minded people, adventuring through beautiful parts of Australia and the world, but you also get to know that you are making an incredible difference to others.

"Every step we take on our treks helps vulnerable kids and families take another step forward in their lives," she said.

We are now recruiting for our next two treks! Make an incredible difference to the lives of abused and neglected children and take part in our Bibbulmun Trek for Kids this September! With only a few spots left, don't miss out on an incredible opportunity to experience Australia on foot, as you explore the magnificent National Parks, Karri forests and pristine coastlines of Western Australia's southern wilderness. Or join us in April 2019 for the trip of a lifetime and trek the Kokoda Track through the PNG Jungle! Embrace the history, change children's futures.

For more information on upcoming Trek for Kids opportunities, visit www.trekforkids.com.au or email fundraise@actforkids.com.au



ACT FOR KIDS FIGHTS AGAINST DOMESTIC AND FAMILY VIOLENCE



Domestic and Family Violence (DFV) Prevention Month is an incredibly important time for the community to raise awareness of DFV. This May, our team went absolutely above and beyond hosting and participating in events to raise community awareness from attending a domestic violence forum to creating the 'Stand-Up Man' initiative and much more!

Act for Kids teamed up with the Kedron Football Club for 'How's Your Home Game?' – a fantastic day of football and focusing on men and their important relationships, as partners, fathers and role models. The event was a huge success, with all of the football players wearing 'Stand-Up Man' stickers and standing up against DFV. The purpose of the event was to start a conversation, not just about what it means for men to not use violence, but what it means for them to be a 'Stand-Up Man'.

Act for Kids Specialist Domestic and Family Violence Practitioner Melissa Poulter said DFV is a major issue for our community and not one that should be kept private.

"The protection of women and children needs to be a priority. Act for Kids employs Specialist Domestic and Family Violence Practitioners in their Family and Child Connect (FaCC) and Intensive Family Support (IFS) services in order to maximize the capacity of the programs in delivering safe and responsible domestic violence support in the community.

"DFV Prevention Month was a great opportunity to spread the message that violence against women and children is never okay," she said.

To find out what other DFV Prevention Month activities Act for Kids participated in, visit www.actforkids.com.au/news/fight-against-domestic-violence

CENTENARY GRANT SUPPORTS VULNERABLE GOLD COAST FAMILIES

Families on the Gold Coast are now able to access additional support programs after Act for Kids successfully secured a Centenary Grant for their Gold Coast centres.

CommBank Foundation, in partnership with Commonwealth Bank, created the opportunity to gift over 1,000 not-for-profits or charitable organisations across Australia with a \$10,000 grant, and Act for Kids' Gold Coast centres were lucky enough to receive one!

Act for Kids Intensive Family Support Program Manager, Deb Olsen, said the funding has provided Act for Kids on the Gold Coast with the chance to run grass roots, community-based programs for vulnerable families.

"This grant has given us the opportunity to run and develop four new programs, including a Women's Wellness Group for mothers and their children, many of which have experienced domestic and family violence.

"This group helps women build self-esteem, feel empowered and become strong role models for their children," she said.

We look forward to seeing many positive results for children and families across the Gold Coast.



THANK YOU FOR CLAIMING SOMETHING AMAZING THIS TAX TIME!

On behalf of everyone at Act for Kids, we just wanted to say thank you!

Because of you, over \$160,000 was raised in our recent tax appeal! That's enough to support over 130 abused or neglected children for an entire year.

Now, we get to work with these kids and provide them with life-changing therapy to help them overcome their trauma, and we absolutely could not have done this without you!

Thank you so much for helping to heal little hearts and giving some of Australia's most vulnerable kids a second chance at childhood.



For more information or to donate please call 1300 228 000 or visit www.actforkids.com.au

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Act for Kids is a not-for-profit organisation providing free professional therapy and support services to prevent and treat child abuse and neglect. Established in 1988, we have helped thousands of children and families in Australia who have experienced, or are at risk of child abuse and neglect.