



Celebrating two years of Positive Pathways

The “Positive Pathways to Safety for Women and the Community” program has been running for more than two years with incredible feedback and genuine positive outcomes for the majority of our clients.

Today more than 20 Western Australian refuges, government agencies and community organisations refer clients to this service which is a huge testament to our commitment and our reputation in the health services industry.

The Positive Pathways Program statistics based on January 2014 – December 2015*:

SERVICE	OUTCOME
Education Workshops <i>(ie; Self Confidence & Self Esteem, Assertive Communication, Job Readiness, Financial Skills, Women’s Wellness)</i>	55 workshops with 436 attendees <i>(Average feedback score of 4.7/5)</i>
Community Awareness Sessions	59 sessions with 1607 participants
Psychological (Therapy) Sessions:	623 sessions
Coaching:	84 sessions
Mentoring:	Program pilot launched February 1 st 2016 with 5 mentors and 5 mentees
Starting Over Support:	We have assisted approximately 200 women and their families to move into a home filled with pre-loved furniture, delivering more than 6,000 items during this time.
Positive Pathways Safety & Wellbeing APP	Since November 2014 we have had 500 women download this highly targeted (and free) Phone APP.

**Our outcomes are measured by number of participants and activities, feedback forms, psychological measurements and a longitudinal Study.*

*“When everything has been stripped away, you want to be putting the good stuff back in. Getting that first hand training immediately is brilliant. In the course you’re with other people who’ve been in the same boat. We all share stories. The instructor’s way of facilitating story sharing made it feel like she was one of you, like a mother hen. It was all part of healing and learning to cope.” **Rebecca, a Positive Pathways client in 2015/2016***



Staff Update

CEO: Kelda Oppermann

Recently, the Board of Zonta House Refuge Association were delighted to announce the appointment of Kelda Oppermann to the role of Chief Executive Officer.

Kelda brings with her an excellent knowledge of our business and of the sector, as well as a suite of skills which equip her to continue her work in achieving the strategic objectives of the organisation.

In March, Kelda and Dean welcomed their first bundle of joy “Maddox” to the world.



Whilst Kelda is enjoying this very special time with her newborn son, we are delighted to have Lynne Evans step into the CEO role in an acting capacity until Kelda’s return in June 2016.

Lynne brings a vast knowledge of the WA homelessness industry to our organisation. Lynne is currently the patron of Shelter WA, a Swan Emergency Accommodation board member and has recently completed an acting CEO role at Homelessness Australia. Lynne was the CEO of St Barts for 13 years.

Refuge Team Leader: Marnie McDonald

Marnie McDonald was recently promoted to Refuge Team Leader. Marnie’s significant experience in coordinating services within the community sector, operational knowledge of Zonta, commitment to the women we work with and desire to provide leadership and support to staff will be an asset to the organisation.

Marnie has 9 years’ experience in Community Services and has a strong network of contacts in all areas including Government Departments, Not-for-Profit agencies and businesses alike. Marnie’s desire for social justice has always been the motivating force in all aspects of her working and personal life. She has worked as an Advocate, a Financial Counsellor and also as a Community Housing Worker with a focus on individuals with a disability and/or mental health issues.



Starting Over Support – Turning a new leaf

Zonta House Refuge Association are delighted to announce that in the coming months, the Starting Over Support Program is setting up as a unique and independent charity in Western Australia.

The Starting Over Support (SOS) program provides a household package to help women with the basic necessities needed to live independently, lessening the financial pressure and stresses of moving forward.

Run 100 percent through volunteer in-kind support and donations, the service whilst under the Positive Pathways program, has helped approximately 200 women and their families to make “a house a home”. Around 6,000 pre-loved and new items such as white goods, crockery, furniture, bedding, kitchenware and electrical goods have been picked up and delivered during this time.

The new charity, helmed by founder and volunteer, Debbie Mason (*above*), is based at the new warehouse in Bayswater. The warehouse which was leased as part of the \$20,000 grant through 100 Women, is fundamental in the efficient operations of this service.

Currently Starting Over Support hires a truck twice a week to accommodate the increasing demand from other shelters and refuges that have women and families moving into transitional housing. With the new charity incorporation, Zonta House Refuge Association will be considered a collaborative partner and supporter of this tremendous initiative.





Mentoring Program trial now underway

In February, with the financial assistance of the 100 Women grant, the Positive Pathways Mentoring Trial Program was given the green light for a trial with five mentors and five mentees. The pairs, who are currently undergoing a 12 week program, have provided regular feedback to the Positive Pathways team. Here are some of the highlights.

“The relationship is working well and I think I’m probably learning more from my Mentee than what she is learning from me!”

One Mentee set three goals at the beginning of the program:

- 1) to set up an art studio in the shed,
- 2) to stop smoking by end April and
- 3) to attend or enrol in an art event

After four meetings, the Mentee is working towards setting up the art studio, she has got the patches to stop smoking and as the ‘end of Mentoring Program’ celebration the Mentor and Mentee has arranged to go to an art gallery/art event and have lunch to celebrate their time together and the goals achieved.

The Mentor has personal experience of being mentored and one of her goals was to become a mentor herself, which has now been achieved.

Another Mentor initially met with her Mentee at a busy Dome Café and engagement was limited; the Mentor and Mentee changed the location to Kings Park and both started to benefit better and engagement improved.

The Mentee’s goal was to learn to communicate better and respect herself better, including to express when she wasn’t ready to do things.



The Mentee achieved this goal whilst in the Mentoring program.



2015 Grant Contributors

Many thanks to the following organisations for their grant funding and scholarships in 2015:



Donations and Community Support

Zonta House Refuge Association would like to acknowledge some of the material and monetary donations received in recent months from the following individuals, community and corporate organisations:

INDIVIDUALS

- Beverly Hayward
- Vasanth Pakiarajah
- Stuart Holden
- Simon Fitzgerald
- Theresa Scott
- Jodie Thomson
- Matthew Parker
- Sid Thoo
- Vasanth Pakiarajah
- Janet Wilmot

COMMUNITY

- #SHEProject
- Fremantle Yacht club
- Organik Dance
- Rotary Cockburn and South Perth
- Nations Church
- Melville Baptist Church
- Riley's Café
- Western Financial

CORPORATE

- Grill'd Victoria Park
- DM Civil
- KPMG
- MCCC
- Ray White Real Estate
- City of Perth
- Dept of Human Services





Zonta clients knit for charity

Zonta House Refuge clients knit for charity in India

Our clients have a regular knitting group to assist a charity in India. Knitting is a calming and productive activity for our clients and the outcomes are a wonderful mechanism for self healing.

The knitted sweaters and beanies go to underprivileged children in India and some of our clients have also made tea cosy's which are sold with proceeds going to the charity.

The India based charity also donates sewing machines to women in India so that they may work for themselves.



Acknowledging an ongoing partner: Lotterywest

Zonta House Refuge Association and the Positive Pathways program would not be where we are today without the support of Lotterywest.

Lotterywest is the only lottery in Australia where a third of all money raised from the sale of Lotterywest Games is distributed directly to nearly 1000 different WA community organisations through their grants scheme - as well as the arts, sports, and health sectors. Thank you Lotterywest for your ongoing support!





We've been nominated!

We are delighted to announce that we have been nominated as a finalist in the **WACOSS Community Service Excellence Awards!**

We are nominated under the Medium Organisation category for our innovative work in the Positive Pathways program and our ongoing crisis and transitional accommodation offering.

The awards will be held on Wednesday 4th May. Winning this award will help draw attention to our mission in providing ongoing holistic support services for women in crisis.



Zonta Events

EVENT	VENUE/DATE/TIME	VOLUNTEERS?
Zonta Perth Street Appeal	Perth CBD, Friday 13 May 2016 7am – 9am and 12pm – 2pm	We are seeking volunteers!
Movie Fundraiser "Finding Dory"	Hoyts Garden City Sunday 19 th June 2016 @ 3.00pm	N/A
City to Surf	Perth CBD, Sunday 31 August 2016	We need runners!

Volunteering: We are seeking volunteers to assist us in our Street Appeal in May. For more information on how to get involved, contact Karen.brittain@zontahouse.org.au

Fundraising: You can support us by holding a donation drive, morning tea or casual clothes day to raise money to support our services. We have donation tins and receipts books available.





Positive Pathways Workshops

Positive Pathways have developed a training calendar to enhance the skills and resilience for women who have experienced or are at risk of family and domestic violence, mental health, homelessness or any other crisis in their lives. We are also able to tailor and facilitate the workshops for agencies. All workshops are held at the Positive Pathways Office in a safe and nurturing environment.

EVENT	VENUE/DATE/TIME	DESCRIPTION
Self Esteem and Self Confidence (5 week course)	Bentley May 19 th – June 16 th 9.45am – 12.30pm	<i>This course will uncover and help you develop into the woman you want to be!</i>
Women's Wellness	Bentley May 18 th and June 15 th 9.45am – 1.00pm	<i>This workshop emphasizes the importance of a healthy body and mind to enable positive life changes.</i>
What is Trauma?	Bentley 19 th April and 28 th June 9.45am – 12.30pm	<i>This presentation will help you understand how trauma may be affecting yours and your family's lives</i>
Parenting Course "Creating Routines"	Bentley 4 th May 5.00 – 7.00pm	<i>Di Wilcox is featured regularly as a parenting expert on Channel 9 and runs a program called "The Seedlings Program" for children, parents and teachers</i>
Finance Skills	Bentley 1 st June 9.45am – 2.30pm	<i>Learn practical skills on budgeting and how to address potential barriers</i>

*Please note that the above workshops are FREE and only require a referral.

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