

ANGLICARE

BULLETIN

WILLOCHRA

May 2009



Do you know someone who has lost their job?

To become suddenly unemployed can trigger feelings of anger, grief and despair and cause

us to become emotionally isolated. There are things you can do to help:

Stay in touch. An email or phone call once a week will let these friends know they are not forgotten. Let them know you care. Don't say "I know how you feel" if you've never been where they are. Instead, offer your services, no matter how small.

Space. Encourage trips out of the house, even if it is only for a coffee at a friend's. Help your friend to feel like he or she has a place to go, at least for a few hours.

Network. Personal introductions and connections are the best way to land a new job. Offer your network to those who are feeling disconnected.

Help at home. Unemployment can upset a household in ways you might not have considered. Offer to take children for a weekend or a few hours to give emotionally-spent parents some time off to regroup.

Comfort food. Invite your friends over for a casual home-cooked meal.

Anglicare Willochra assistance

- Telstra vouchers
- NILS loans
- Money Minded financial skills
- Grants for congregations to implement new projects in social justice and welfare

Above all let your friends know they are not alone.

Beyond blue (the national depression initiative) have published a booklet to help provide information on where to get assistance and tips for getting through these tough times: *^Taking care of yourself after retrenchment or financial loss^*. Get your free copy from www.beyondblue.org.au or 1300 224 636.

Anglicare Willochra Banner

Pictured is the new Anglicare Willochra banner with committee members Gail Hardy and Andrea McDougall. Look out for the banner around the place and speak to an Anglicare Willochra committee member about grants and other services.



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For general distribution and posting to church bulletin board —thankyou!