

SPRING 24

# ROSIES

*Friends on the Street*



SHARING FRIENDSHIP CREATES BELONGING. DARE TO REACH OUT TOGETHER.

## INSIDE ROSIES

A message from  
**OUR CEO**

From  
**PATRON**  
to  
**SUPPORTER**

**KELA EXPANDS**  
to Ipswich

Cameron finds  
**FRIENDSHIP**



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through our QR code





## A MESSAGE from our CEO

Loneliness is a critical issue in Australia. It impacts our health and well-being, our productivity and how we function in our daily lives. It can even lead to chronic disease, depression and social anxiety. We don't often talk about loneliness but we should as it impacts about five million Australians. Loneliness is a layered issue with one in every three Australians reporting they feel lonely at any given time, one in four experiencing persistent loneliness and one in six of us struggling with severe loneliness.

Social connection is essential for good mental and physical health and well-being and for developing trust, value and self-worth. It builds resilience and allows a person to feel safe. However, the stigma and shame associated with loneliness often make it challenging for someone experiencing loneliness to create a connection or reach out for support.

Rosies plays a critical role in creating connected communities with our volunteers and patrons meeting on the street each night. At Rosies, there is a place for everyone, a place where volunteers welcome every person with warmth, respect and a sense of belonging.

The regular social connection Rosies provides is paramount to combatting loneliness and social isolation. This connection is mutually beneficial as volunteers experience the strength and resilience that come with helping and supporting others.

I often come back to two quotes by Brene Brown that embody Rosies. The first is: "A connection is the energy that exists between two people when they feel seen, heard and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship." The second is: "Connection is why we are here; it is what gives purpose and meaning to our lives."

It is essential to take the time and effort to stay truly connected to others and if you are struggling, there is always room at Rosies.

With gratitude,

Jayne Shallcross

CEO

Rosies – Friends on the Street

## FROM PATRON TO SUPPORTER

### Meet Michael



It was while weathering a perfect storm of disconnection, unemployment, poverty and domestic turmoil that Michael K first found Rosies. Newly married, Michael and his then-wife had moved from Western Australia to Ipswich's Brassall in 2016, not knowing a soul in their new town.

"I am American and my wife was Brazilian, so we didn't have a strong family support system around us. She was supporting me while I looked for work even though she didn't have many means and it all just got to be too much," Michael, 48, recalls.

He moved out and began living in his car with no money and no idea who to turn to for help. Out of desperation, he went to the Ipswich Visitor Information Centre and was directed to Rosies. "I hadn't eaten in two days and Rosies fed me. It was the happiest moment at my lowest point," Michael says. "The volunteers were welcoming, caring and compassionate. They also gave me a sleeping bag – I didn't have anything so that meant a lot. They also suggested a few steps to take to try and get some extra help.

"I came back the following week and the team took care of me; they gave me some more food and some non-perishables. It sounds simple but what they gave me helped me function, got me to think straight, and fueled my mind." Like many who are newly homeless, Michael found it difficult to navigate the systems designed to help people.

Buoyed by the friendship and support of Rosies, Michael persisted and was eventually assigned a friendly and helpful Centrelink case officer who met him in person to offer guidance and assistance. Michael also reconciled with his wife for a time and returned home. "It was the longest two weeks of my life and I still think about it often," he says.

Michael now works as a Research Fellow at a Brisbane university and is studying the conservation of freshwater species and vegetation. "I will be coming to the end of my employment contract soon and am experiencing some anxiety around this. The fear of unemployment and remembering where I was without employment has impacted me long-term; that trauma will always be with me. I have a good support system now so it would be different, but I still remember that experience and don't ever want to be there again," he concedes.

Michael experienced homelessness for a short period but it had a profound impact on him so when he had the means, he donated to Rosies, the organisation that helped him when he was in need. "I read a story about these safe sleep pods that allow people who are homeless to have a good night's rest being removed because of Council red tape in Launceston. I hadn't thought about giving back but the story made me think about Rosies and I thought I have the power now to do something good. "I don't have time to volunteer but I could donate, so I did."

If you would like to learn more about our work or help us support people in need like Michael, please visit [rosies.org.au](https://rosies.org.au)

## CAMERON FINDS FRIENDSHIP

### Meet Cameron

Cameron Scott and his best friend, Daniel, happened upon Rosies when Cam was still in high school. The duo met at the Caloundra library after Cam finished school to play computer games and would see the Rosies outreach team as they left for the evening.

Their curiosity piqued, they eventually wandered over to say hello and discovered a safe, welcoming environment that offered friendship and connection. "Coming to outreach is important for me to socialise and just chat. I'm not a very social person normally because of my anxiety," Cameron explains. The two best friends visited Rosies outreach for almost 10 years together until Daniel passed away in 2023.

"It's been hard without him; I don't really know anyone in Caloundra and I used to go to Dan's all the time. I used to spend almost every weekend at his," Cameron says sadly.

"Our parents knew each other and then we met at the library and started coming to Rosies. The Rosies volunteers are lovely people and have helped me. They are excited to see me when I come to outreach and that makes me feel good. "And now, even though Dan's passed away, I'm still very close with his mum." Cameron's family moved to Caloundra to be closer to his mother's family after the loss of his father when Cameron was only four years old.

"A lot of my anxiety comes from the loss of my dad; it's kind of built up over the last 24 years but we were very lucky," Cameron says. "My older sister's dad kind of stepped up and helped mum with his daughter as well as me and my younger sister." Family is a valued lifeline for Cameron who lives with his mother in a unit complex and helps care for his older sister's children.

"I get to see my sister's kids pretty much every day and I babysit them every Saturday. They are 12 and 6 and if the weather is miserable, we will watch a movie or some TV. They love *Bluey*. They just got a budgie and named it Bluey," the proud uncle says



Odette, Cam & Shane on outreach

Cameron also volunteers at Gateway Care after impressing staff during a work placement program. "I do a lot of the stocking on the shelves but I'm also starting to train some of the newer volunteers," he says. Cameron is among the many who have found community and friendship at Rosies with volunteers and fellow patrons.

If you want to build lasting connections or need a friend, please visit our website to find outreach locations, volunteer opportunities and to support our work on the street.



## ROSIES PRAYER

O Jesus,  
make our hearts so human,  
that others may feel at home with us,

so like Yours,  
that others may feel at home with You,

so forgetful of self  
that we might simply become the place  
where You and they meet

in the power of Your love and the joy of  
Your friendship

Amen



# KELA EXPANDS To IPSWICH

What started as a small addition to a single outreach has become a big, beautiful partnership between Rosies and the Kela Foundation. The children-focused Foundation began sponsoring Toowoomba's Wednesday evening outreach in 2023, serving a nutritious barbecue to almost 50 of our regular patrons, many being children under 12.

With the Foundation's support, our Toowoomba team has collaborated with other local services to add more outreaches that cater to underprivileged and at-risk youth in the local area. These include the Monday Night After Dark Program, Youth Games and the St Thomas More's Breakfast Club.

We are delighted that the Kela Foundation has extended its support to our Ipswich branch this year and is funding lunch box items like poppers, muesli bars and chips to help our young patrons feel like they fit in. The absence of poppers and chips in a lunch box might not seem essential but for the young people and their families who attend Rosies and are experiencing hard times, it is just another example of how they are different from their peers.

"If something so small can help these young people feel like they belong, how can we not provide it?" asks Ipswich volunteer branch coordinator Barry Reinecker.



Young patrons playing Horseshoes

Funds from the Kela Foundation have also purchased sporting equipment and board games for our young patrons to play with our Youth Engagement Program (YEP) members.

"It can be eye-opening for the students from our YEP schools to see their peers on outreach and they have often asked about playing games with those who attend. The horseshoes and balls are a great way to bridge the gap between the students and young patrons, especially if they are new to outreach," Barry says. We are so grateful for our friends at the Kela Foundation and their commitment to helping our young patrons.

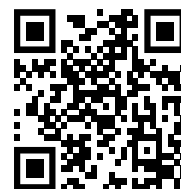
Find out more about their great work at [kelafoundation.org](http://kelafoundation.org)



Springfield Anglican College students, Daniel, Bailey & Ari making up lunch box hampers for the families at Ipswich

## Friendship - A good investment

Please donate online at [www.rosies.org.au](http://www.rosies.org.au) OR via the QR code  
OR return your completed form to PO Box 908, WYNNUM QLD 4178



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