



BLOODWOOD TREE BANTER

OCTOBER 2019 NEWSLETTER

MENTAL HEALTH SUPPORT HELPS ACHIEVE PERSONAL GOALS

Bloodwood Tree's Cultural Mental Health Worker, Sarah Thomas, is a part of Mission Australia's local Integrated Primary Mental Health Care Pilbara team.

A key part of the Cultural Mental Health Worker's role with Bloodwood Tree, is to provide care coordination assistance for her clients, utilising local clinical, therapeutic and social services.

Each client receives an individualised person centered, holistic Case Management Plan. Central to the Plan are the client's own goals and needs. The pathway to their achievement and the person's healing is undertaken in collaboration with the local services and supports, aligned to the clients own goals and needs, so as to have the best opportunity to succeed.

In the recent weeks, a new Bloodwood Tree client has entered into this service. In addition to her immediate and short term needs, was her own lifelong goal of learning to read and write in English. Working with her, it was soon evident her values and personal strengths revolved around creativity, community, language, and music. These values were also incorporated into her individualised Case Management Plan. Activities such as beading, painting,

and colouring were utilised in therapeutic sessions, to nurture this person's values, whilst using these activities as a positive coping mechanism, especially when dealing with feelings of anxiety. Additional face to face advocacy and transport to other appropriate therapeutic services were provided to assist with the client's immediate needs. These needs being met then enabled the client to pursue her long term goals. Today, this client is now a part of a local program that provides adult education on reading and writing skills. The client has actively expressed her enjoyment of the course, and she continues to learn and prosper in her new found passion.

This client is now going ahead in leaps and bounds, thanks to the connections and supports provided through the Cultural Mental Health Worker role at Bloodwood Tree.

If you feel that you, someone you know or a loved one could benefit from care coordination services and individualised Case Management Plans, you are welcome to visit Bloodwood Tree to have a yarn and begin a journey to a brighter future.



HOMELESS SUPPORT SERVICE MORE THAN BREAKFAST

The Bloodwood Tree Hedland Homeless Support Service operates from the Sobering Up Centre (Wapa Maya). Anyone in need is welcome to use this service. The service provides so much more than just a daily, warm-cooked breakfast. It's a true 'one-stop-shop' providing showers, health checks, phone charging, laundry services, clothes, alcohol, other drug and mental health therapeutic support services, emergency relief assistance, referrals to local services plus assistance with housing applications and other everyday support services. Pilbara Population Health has visited a number of times and assisted with immunisations and flu injections. For the past month, Hedland Hair's Roz has been visiting each Monday and providing free male and female haircuts and trims to attendees. The free haircuts and beard trims have dramatically helped boost confidence and positive feelings of our clients. Thankyou, Hedland Hair!



NEW SOUP KITCHEN HELPS MANY IN NEED

Prior to April, there wasn't any Soup Kitchen or formal evening meal service for locally homeless and/or transient people in South Hedland.

Through an innovative collaboration led by Bloodwood Tree, a number of local companies, accommodation camps and hotels have teamed together to provide a regular supply of fresh fruit,

bread and frozen containerised pre-prepared meals. This has enabled the South Hedland Soup Kitchen to provide important and much needed assistance to those in need locally.

Operating from the Sobering Up Centre/Wapa

Maya and utilising

Bloodwood Tree staff and community volunteers, the Soup Kitchen evening meal service is supplied from 4.00 to 5.30pm Monday-Friday (including Public Holidays). Using referrals, frozen meals are also



dropped off to households and families who may not be able to attend the Soup Kitchen. This provides a much needed alternative means of assistance to those in need and unable to leave their home.

As of 1 October 2019, the South Hedland Soup Kitchen has supplied more than 2,871 free, hearty evening meals to those in need.

The service is made possible through the generous contributions from Atlas, The Landing, Walkabout Hotel, Port Haven, Gateway Village, Club Hamilton, Brumby's Bakery, BHP, FMG, Morris Division of Sodexo, Roy Hill and Last Chance Tavern.

New volunteers are always welcome. To become involved as a volunteer and/or to provide sponsorship support for the South Hedland Soup Kitchen, please contact Bloodwood Tree.

SEPTEMBER 2019 BLOODWOOD TREE CLIENT SERVICES

Alcohol & Other Drug Services	
Counselling appointments	41
Drug & Alcohol Education sessions	21
Community Visits – Marble Bar	5
Community Visits – Yandeyarra	5
Community Visits – Warralong	4
Stakeholder Meeting attendance	4
Cultural Mental Health Services	
Clients Assisted	15
Yandeyarra Centrelink	
Clients Assisted	17
Aboriginal Training & Employment	
Resume Assistance	32
Work Ready Program Participants	15
Clients Into Employment	4
Aboriginal Youth Career Plans	11
Jobs displayed	28
Driver Training	
Justice interventions	54
Driving Lessons delivered	49
Driver Education Workshops delivered	2
Vehicle Licences obtained	7
Administration	
Identification provided	252
Emergency relief cards	32
Wapa Maya/Sobering Up Centre	
Homeless Support Breakfast program	367
Sobering Up Centre overnight stays	91
South Hedland Soup Kitchen*	416
*commenced 15 April 2019	
Housing Support	
Healthy Living participants	33
Community Patrol	
Water Bottles distributed CBD	928
Referrals from Sth Hedland CBD	41
Community Patrol Service pick ups	1362



Have you liked us on Facebook? Follow our Bloodwood Tree Facebook page and keep up-to-date with updates of activities, photos and upcoming events. For information on the specific programs, please phone Bloodwood Tree on 9138 3000 or email: reception@bloodwoodtree.org.au Want to help and support Bloodwood Tree? The Bloodwood Tree is a tax deductible community services organisation. All donations \$2 and greater received are eligible. Bloodwood Tree relies on grants, sponsorships and donations to fund its work. To find out how you can volunteer, sponsor or donate to help Bloodwood Tree continue its important work in our community, please contact CEO – Kelly Howlett on 9138 3010 - or email: ceo@bloodwoodtree.org.au | Bloodwood Tree proudly acknowledges the financial support received from the Australian Federal Government & the Western Australian State Government.