



BLOODWOOD TREE BANTER

M A Y 2 0 2 0 N E W S L E T T E R

NEW FOOD BANK MINI MART TO ASSIST WITH COVID-19 HARDSHIP

A new 'Food Bank' style of service is set to operate next month via Bloodwood Tree. This will provide additional and much needed support to local individuals and families struggling to put food on the table, heightened under the current COVID-19 conditions.

It complements Bloodwood Tree's already successful South Hedland Soup Kitchen. The Mini Mart is funded as part of the BHP \$50 million 'Vital Resources Fund.' The partnership between BHP and

Bloodwood Tree will see the fit-out of a dedicated room, purchase and freight of food staples as well as the operation of the Mini Mart from Bloodwood Tree's Main Administration Office from 2 June till December 2020.

It will operate Monday to Friday from 9am to noon and will be available to all recognised welfare benefit card holders plus those referred from local agencies and services who find themselves suffering from financial hardship and stress.



Customers will be able to access non-perishable food staples at 20 percent off local prices. Donated food items will be available at 50 percent off local prices.

The Mini Mart will be manned using a combination of staff and volunteers. It will also make home deliveries to those without access to transport and/or who may be self-isolating.

Bloodwood Tree intends to collect donations and conduct public food drives. Local individuals, families and businesses can assist the Mini Mart to help put food on the

table for those in need. That allows Hedland people to assist Hedland people, and make sure that no one goes without - even during these uncertain COVID-19 times.

For information, more details - or if you wish to make a financial contribution or to make a donation of non-perishable food items, please contact Bloodwood Tree.



PERSONALISED APPROACH - MENTAL HEALTH SUPPORT

Despite the specialised demands of the COVID-19 crisis, the Bloodwood Tree Mental Health Support through 'Care Coordination Assistance' has been extraordinarily effective in helping many clients meet their personal goals. The support has been dependent upon each client's personal circumstances.

The result has been improved mental wellbeing and greater engagement with the community. Additionally, it has also seen more volunteering, found accommodation, provided guidance through the journey to rehabilitation, plus the linking to other services - all of which has helped improve the wellbeing of many.

Recently, a client who was experiencing homelessness, suffering from AOD dependence as well as mental health issues - was provided with support to achieve his goals of living better. By liaising with other services to provide a 'wrap around' service, he now has his own stable accommodation. This particular case was initially funded through PCLS. Now, with support, he is funding his own accommodation, due to his self-enhanced empowerment. It resulted in this client

ending his AOD use, improving his relationships, and assisting him to work on his mental wellbeing. He has been working hard utilising local services to help him come closer to achieving his full potential. He attends the Thursday 'Yarning and Music Group Therapy' at Bloodwood Tree, as well as engaging with AOD counselling sessions. The Bloodwood Tree Community Patrol team and CBD support program also provides him with regular support and positive mentoring. He now describes his future as hopeful, and full of possibilities to enable him to explore his strengths such as music, and writing.

During the recent restrictions caused by COVID-19, another client was successfully assisted to attend a Rehabilitation service in Perth - through liaison with their support network. The individual concerned is now on a personal journey to live a more fulfilling life that aligns with their true values - honour, respect and love. This particular person is using drawing, journaling and exercise to create a more positive mental wellbeing. Their growth and empowerment to take charge of their life has been inspiring to witness.

AOD THERAPY GROUP MAKING WAVES



Held every Monday from 10am to 12pm, the Bloodwood Tree AOD Therapy Group has been helping clients make long lasting changes to their lives. The structured Therapy Group is open to anyone, male or female and any age. The Group is facilitated by the AOD Counsellors and a Support Worker. It includes fun, interactive activities to engage all participants. The Group focuses on helping individuals work on past trends that have been causing issues for them. Using a newly developed workbook, the Group works on Self Improvement, Addicting Behaviour, and Emotional Management (including anger and jealousy). It teaches positive thinking and coping skills for all aspects of participants' lives. Some clients have transitioned from

the Group to One-on-One counselling for more in-depth support. Others have joined the Bloodwood Tree 'Work Ready Program' to gain employment. The Bloodwood Tree AOD Therapy Group is open to anyone. No referrals needed and free transport is available.

BLOODWOOD TREE CLIENT SERVICES - APRIL

Alcohol & Other Drug Services	
Counselling appointments	59
Drug & Alcohol Education sessions	13
Community Visits - Marble Bar	2
Community Visits - Yandeyarra	5
Community Visits - Warralong	0
Stakeholder Meeting attendance	3
Cultural Mental Health Services	
Clients Assisted	16
Yandeyarra Centrelink	
Clients Assisted	26
Aboriginal Training & Employment	
Resume Assistance	15
Work Ready Program Participants	0
Clients into Employment	4
Aboriginal Youth Career Plans	0
Jobs displayed	20
Driver Training	
Justice interventions	10
Driving Lessons delivered	57
Driver Education Workshops delivered	6
Vehicle Licences obtained	0
Administration	
Identification provided	137
Emergency relief cards	17
Wapa Maya/Sobering Up Centre	
Homeless Support Breakfast program	169
Sobering Up Centre overnight stays	83
South Hedland Soup Kitchen	688
Housing Support	
Healthy Living participants	12
Thrive participants	33
Community Patrol	
Water Bottles distributed CBD	422
Referrals from Sth Hedland CBD	9
Community Patrol Service pick ups	971



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.