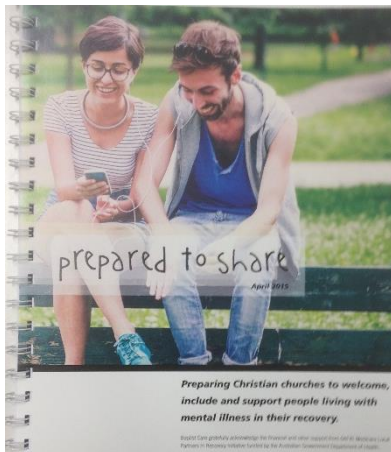


### People living with mental health issues

#### Hope Pack

If you would like to use a specific tool to share hope with a friend who is living with mental illness, Baptist Care SA has produced the '21 day Hope Pack', which is a tool that uses a friend to journey alongside a person living with a mental illness such as depression. The Hope Pack is scripture focused and encourages the person to action life-giving healthy behaviours that will help them move toward wellness.



#### Prepared to Share

If your church would like to know more about mental health and how to become more welcoming and inclusive of people living with mental health issues, please contact Baptist Care SA's Church Support Team and discuss options for further workshops on this topic.

The workshops can be structured for your unique needs and delivered at a time of your choosing.

For more information contact: [churchsupport-team@baptistcaresa.org.au](mailto:churchsupport-team@baptistcaresa.org.au)

### People exiting the prison system

Baptist Care SA is looking for pathways to employment opportunities - paid or unpaid, part-time or full time for ex-offenders who have come to Christ and are embraced by a church and a mentor under the Breaking Free program.

If you can help, please contact our Prison Chaplain Richard Hawke

M: 0400 108 924

[rhawke@baptistcaresa.org.au](mailto:rhawke@baptistcaresa.org.au)

## **People experiencing homelessness**

### **Baptist Care SA Food Hub – Volunteers Needed**

Baptist Care SA is opening a Community Food Hub in Adelaide's South West at our Inner City location; 11-19 Millers Court, Adelaide, in partnership with Food Bank SA. The Food Hub will give those in need the opportunity to shop for nutritious food and essential items at a reduced cost compared to general supermarkets. Members of the community with a concession card are eligible to shop at Baptist Care SA Food Hub; this includes people who are experiencing homelessness, students and those on a pension card.

We are seeking volunteers to work in the roles of Store Clerk and Store Cashier. If you're interested and would like more information, please contact Bryan Hughes, Volunteer Coordinator on [volunteer@baptistcaresa.org.au](mailto:volunteer@baptistcaresa.org.au) or call him on T: (08) 8118 5228.

### **Emergency Relief**

Thanks to generous donors and Emergency Financial Assistance government grants, Baptist Care SA's pantry is stocked with non-perishable food and household items. These items make up more than 900 emergency relief parcels every year that are given to people doing it tough.

If you would like to contribute to our Emergency Relief, we are always in need of staples like:

- Canned tuna or meat
- Baked beans or tinned spaghetti
- Soup – add water or heat'n'eat
- Tinned fruit
- Tinned vegetables
- Pasta sauce
- Rice
- Pasta
- Long Life milk
- Cereal
- Tea and coffee
- Biscuits – sweet and savoury
- Socks
- Underwear
- Shampoo and conditioner
- Blankets

If you or your group can make a contribution, please drop off your items at our Inner City reception, 11-19 Millers Court, Adelaide (off Wright Street) during office hours, 9am – 5pm Monday to Friday.

For any queries, please call T: 08 8118 5200.



## Additional ways you can connect with the work of Baptist Care SA

### Urban Learning Community

If you are 18-30 years of age with passion for helping other's and making a difference, you may be interested in joining our Urban Learning Community. This is a great opportunity to be mentored by experienced Urban Ministry Practitioners, to live in the inner city and to volunteer at Baptist Care SA's Inner City site. \$100 cost per week covers board and all utilities.

For more information, visit [www.baptistcaresa.org.au/homelessness/urban-learning-community](http://www.baptistcaresa.org.au/homelessness/urban-learning-community)

or contact our Community Development Manager Craig McGlone

M: 0409 620 494

[cmcglone@baptistcaresa.org.au](mailto:cmcglone@baptistcaresa.org.au)