



ANDREWS CENTRE

ENDEAVOUR MINISTRIES INC.

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It is better to light one candle than curse the darkness – Mother Theresa

Back at the beginning of 1994 when Endeavour Ministries first started things were indeed “dark” for many affected by the late 1980’s recession when interest rates rose dramatically and many lost their homes and many others were struggling just to pay bills and put food on the table. The challenge was to work out what a few under-resourced but concerned individuals could possibly do to help those most in need in our particular community. Indeed the City of Casey directly challenged the local churches to attend a meeting to consider what they might do to alleviate poverty and provide the supports that were most needed at the time. Two individuals from two different churches met together and decided to try to “light a candle” by approaching a local estate agent and asking if they could begin an Op Shop in one of his vacant shops. Sympathetic to our aim to raise funds through the shop and also provide people with affordable clothing etc, he agreed to allow us to rent the shop for only half the usual rental cost. The \$13,000 we needed for the first year’s rent was \$13000 more than we had!!! It was then that the first miracle occurred! Our need was casually mentioned to a person who happened to be on the board of The Andrews Foundation who were meeting that day to decide on the distribution of funding. Our need was mentioned and the Foundation agreed to pay the first year’s rent!! That is how we started.

Now it is quite amazing to look forward through all that has happened since! We are now providing a whole range of services out of The Andrews Centre in Endeavour Hills where our Op Shop is also now located. We provide psychological counselling, emergency relief, no interest loans, budgeting advice, free loan cars and an electric scooter, educational programs, outings, meals in Dandenong. We also have four emergency accommodation facilities and a community garden.

COUNSELLING AND PSYCHOLOGY

Despite having six psychologists (all part time) and three counsellors, we have still struggled to cope with the sheer numbers of people seeking help with psychological, emotional and relationship issues. The Andrews Centre is very well known and respected in the area and we have a constant stream of referrals from doctors all over the Casey area and beyond. It is known, too, that we will not turn people away if they cannot afford counselling or psychological services and so there are an ever- increasing number of people we are subsidizing partially or completely so that they receive the help that they need. In the last 12 months we have spent around \$30,000.00 directly paying for people to get the counselling they need but could not afford. We are still very much dealing with issues which stem primarily from the Covid lockdown period and the lasting impact it has had both psychologically and financially on people of all ages. Because of it, there is a recognized significant increase in the prevalence of anxiety and depression in the community at large.

There has been a very high demand on our counselling services this year, especially for the psychologists who all have had very long waiting lists. Unfortunately the demand was exacerbated by the loss of the services of one of our psychologists in June who was injured in the Hunter Valley bus

crash. We did our best to refer on her clients to the other psychologists but she has been really missed. We also had to postpone one of our very popular group sessions PEERS for adolescents with social skills issues due to her absence but are hoping to do this course early in 2024.

Meanwhile we have welcomed a new Counsellor “on board” in the latter part of this year. She has a background in Occupational Therapy and has a Masters of Counselling and experience working with adolescents in the school environments. She has experience working overseas in a predominantly Muslim community.

The Andrews Centre sees a large number of children and adolescents for a whole range of issues. Often the counselling also involves helping the parents of children with special needs, especially those with children on the Autism spectrum, and/or with severe behavioural issues. It has also been about supporting families who have been subject to family violence, family conflict (parents and teenagers) and family breakdown.

Children and adolescents present with issues including anxiety, stress (often related to VCE pressures) depression, grief, trauma, , loneliness, lack of emotional regulation, school refusal, lack of social skills (often leading to bullying at school), eating disorders, addiction issues, support for developmental issues and disabilities (including ADHD, Autism Spectrum Disorders), selective mutism and/or relational issues.

Adult counselling equally involves a whole range of reasons why people seek counselling support including; having been subject to trauma (including domestic violence) workplace bullying, marriage or relationship breakdown, chronic illness (including cancer diagnosis), grief and loss and dealing with early stage dementia. Many are seeking to cope with various levels of depression, stress, anxiety, loneliness, social isolation, mental breakdown or addiction issues. There are also those coping with ADHD, Autism or dealing with personality disordered patterns in close relationship.

The team has also liaises with other agencies and within our agency to help with wider needs of those seeking help eg letters of support for refugees

ADULT COUNSELLING AND PSYCHOLOGY TEAM



Rosemary Steer
Psychologist

Elizabeth Keecherer
Counsellor

Amorelle Blom
Counsellor

Nandi Herholdtz
Psychologist

CHILD AND ADOLESCENT COUNSELLING



Coral Barker (Counsellor) Anna White (Counsellor)

Sam Meyer (Psychologist)

Susan Harry (Psychologist)



*Emma Healey
Psychologist*



*Karen Shirt
Psychologist*

Karen Shirt provides assessments for both adult and children. The psychological assessments are for everything from establishing learning difficulties to discerning whether a child or adult is on the Autism spectrum. The assessments are key to both adult and children gaining access to help through NDIS and school assistance, as well as helping parents work out what school might be best given a child's particular learning challenges

The Andrews Centre is very thankful for the support we have received each year from the Andrews Foundation to make possible this important area of our ministry.

EMERGENCY RELIEF

Emergency Relief has certainly been very challenging this year. So many have struggled as a result of rising utility expenses and, most particularly, the rising cost of rental. We have never in 30 years seen so many homeless and so many facing imminent eviction because the cost of their rental has risen beyond what they are able to afford. This year we have spent over \$50,000 just helping families keep a roof over their heads, or providing some short term motel accommodation. In total we have spent over \$188,050.00 providing emergency relief this year.

EMERGENCY ACCOMMODATION

We continue to provide emergency accommodation in our four units designed for this purpose. The residents stay for periods of up to 6 months to give them time to try to find more permanent alternative accommodation. This year we have provided housing for a mother and two daughters, another mother with two daughters, a mother with three babies and another mother with three babies, a mother with one child (all victims of domestic violence) a single mother injured in a road accident and two homeless men.

LOAN CARS We continue to provide loan cars at no cost to make sure people are able to get to work or medical appointments. This year we have helped a young single mother return to work as a teacher after her car "died". Another mother of four struggling with lupus has really appreciated the use of our car to ensure she could attend her many medical appointments. The cars have also provided

transport for two other of our emergency accommodations residents to facilitate their attempts to achieve employment and have a means to get to their work place.



This year we sadly lost one of our loan cars after an accident when it was written off. We were able, however, to replace it with a Hyundai sedan which is currently being used by one of our emergency accommodation

We have also provided an electric scooter to one of our financially struggling families who is suffering with a degenerative condition of the spine.

DIRECT FINANCIAL SUPPORT AND MATERIAL AIDS

Emergency relief has also include financially supporting the most in need with the ability to afford up-front specialist appointments, medical equipment, (eg wheel chairs, shower chairs, crutches, ventilators etc) pharmacy expenses, transport costs (very much needed with the high cost of petrol!), utility and school related expenses etc. The Centre has provided different families with furniture and baby equipment over the year.



We are also able to provide people with swags, blankets, linen and even crockery and cutlery as needed. The Op Shop also supports them with warm clothing. Thanks to a donation from Foodbank, we were able to supply this homeless man with a freezer bag back pack and a hamper of food suitable for someone living outdoors

FOOD AND MEALS



There is a constant supply of food items given out with food vouchers. Home cooked meals made by our resident "chef extraordinaire" have meant we are also able to provide meals to the homeless and those in boarding houses who often do not cook for themselves. Over \$45,000 has been spent so far this year just on food.

SUPPORTING TALENTED YOUTH FROM DISADVANTAGED FAMILIES



The Centre is always very pleased to support youth showing particular talent to pursue their dream of achieving in their area of expertise. This year we supported a young teenager who made it to the national championships in dance and another who excelled in basketball.

CENTRELINK HELP FOR PEOPLE WITH COMPLEX NEEDS

It has been a great help this year to have the services of Helen from Centrelink once a fortnight to help families struggling to navigate the whole Centrelink scene.

NO INTEREST LOANS



As well as providing help with no interest loans, Bill and Ameet have run a financial literacy course entitled "Cool Money" for Gleneagles Secondary College students. They have also provided budgeting advice to many who are really struggling to manage on their very limited incomes.

OUTINGS



For many families, this is the only chance they have to really enjoy a day out and not worry about how to afford it!! This year we took two groups of around 50 people to Werribee Zoo in March and Sovereign Hill in September. The children were delighted to be met by the Easter bunny on their return from the zoo trip!

In total this year we have spent over \$175,000 providing emergency relief to families in need. We acknowledge with gratitude the support of DSS, Peter and Lyndy White Trust and City of Casey as we meet the very big challenge of supporting financially struggling families and individuals.

MIGRANT ENGLISH

Judy, Shadia and Heather have all been involved at different times this year supporting people with conversations in English. Judy provides ongoing lessons to a Cambodian mother who has had to learn how to read and write in English as well as to speak!

COMMUNITY GARDEN

An endless variety of vegetables have been grown over the years in the Andrews Centre community garden. This year has been no exception, with lots of summer and winter fruit and vegetables on

trees and in the 16 wicking beds. The garden boasts its own meeting room, green house, composting toilet, taps to every garden bed, a chook house and a pizza oven! The little community involved in the garden enjoy coffee mornings throughout the year where they help each other with tips on good garden practice! Some of the garden produce is used also to supply the meals and just to give away vegetables through the emergency relief program. We have appreciated the support of students from Maranatha Christian School and Gleneagles Secondary College this year as we spread mulch around the beds and repaired two leaking wicking beds.

We were delighted to welcome a group of very keen preschoolers who enjoyed planting some vegetables in one of the garden beds.



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Op Shop

It is always gratifying to see the support there is from the community at large for the work of our Op Shop team. The donations come in steadily all year round and, thanks to the hard work of our ever faithful team of volunteers, these donations are translated into profits to support the work of the Andrews Centre. This year they have raised over \$60,000 – quite an amazing achievement considering the health issues that have made it challenging to staff the shop at different times this year. Some of our volunteers have been there since Endeavour Ministries started back in 1994 and we are very grateful for all their commitment and dedication.

MONDAY MEALS



The Christmas Dinner this year was a particular highlight with every guest enjoying a beautiful traditional Christmas dinner and dessert and taking home a Christmas hamper. They also receive a free family portrait.

The Monday meals are now happening on the first Monday of each month. Around 140 meals are distributed on each of these occasions and the guests also go home with “goodies” including fruit or even extra meals. There is also a shower truck at every meal which provides showers for around 10 homeless men before the meal begins.

CHRISTMAS HELP

Thanks to the generous support of The Andrews Foundation and different individual contributions we have been able to provide over 200 hampers and also toys for many families in need again this year. St Paul Apostle Catholic church also provides 15 of our needy families with some beautiful hampers every year and Endeavour Uniting Church and Endeavour Hills library also provided us with

some Christmas “goodies” donated by the local community.



Meanwhile Maranatha Christian School VCAL group ran a car wash to raise funds to make some hampers for our Centre. Monday Meals provided hampers for all their guests (right)



SUPPORTING COMMUNITY GROUPS

The Andrews Centre continues to provide local not for profit community groups with a venue at no cost. This year we have provided a venue for a church group each Sunday and the Al Anon group meeting each Monday.

COMMUNITY SUPPORT

The Andrews Centre has enjoyed the support of many different organizations and individuals who give of their time and money to support our work. Students from Maranatha and Gleneagles Secondary College helped with some general maintenance at the community garden and the Centre. Our general maintenance man, Alan, assisted on many occasions at the Centre, garden and the emergency accommodations, ably assisted at different times by Brian Hall and Taj Jedrys. Emerson School organized a food drive for the Centre and we have very gratefully received regular food donations from Narre Hills Community Church and Endeavour Hills Uniting Church.



This year we even had the Melbourne AFLW team come to help us paint the Centre! They were ably supported by Ashleigh, Jenni and Cheryl from the Endeavour Hills Uniting Church. Their efforts meant we were finally rid of a very outdated pink colour on all our walls!!

MANAGEMENT COMMITTEE 2023

Our Management Committee are all part of our volunteer team who have been long term contributors to the work of Endeavour Ministries Inc. All have worked in a range of professional positions and they lend great wisdom and expertise to the general running of this organization



(from left) Mrs Shirley Seskis B Theology Registered Nurse CHCO2 (Assess and Deliver Services to Clients with Complex Needs), Dr Alan Pryde B Sc (Hons), M.Sc., PhD; Mrs Pamela Pryde B.A., M.A. CHCO2 (Assess and Deliver Services to Clients with Complex Needs); William Matthews M.Sc. Grad Dip Marketing Senior Business Manager Technical Manager & Business Development Manager, Marketing Manager ;(Mrs Shadia Matthews Dip Applied Chemistry, Cert Medical Technology, Dip. Counselling, CHCO2 (Judy Martin OAM BA MA (prelim) Dip Ed. CHCO2) ;Mrs Jill Healey AM B. Sc, Dip Ed, M.EdSt, GAICD, Graduate and Member of Australian Institute of Company Directors, Former Executive Principal of a large independent school. CHCO2

I am so grateful to the many individuals and organizations who give of time and resources to ensure the ongoing work of Endeavour Ministries. It is amazing how much has been achieved thanks to the generosity of so many in our wider community. I thank God for so many generous hearts over 30 years enabling us always to be able to provide the help so needed by families and individuals in their time of crisis!

Judy Martin

CEO Endeavour Ministries Inc.

We acknowledge with thanks the following organizations who have provided valuable funding to support the work of Endeavour Ministries Inc in 2023

The Andrews Foundation, Peter and Lyndy White Foundation, City of Casey, Department of Social Services, State Government, Share Trust,, Endeavour Hills library and Neighbourhood Centre ,Specsavers, Kogo, UCF, Equity Trust, St Andrews Foundation

Churches including Endeavour Hills Uniting, St Matthews Anglican, St Paul Apostle Catholic Church, Victory in Jesus, Narre Hills Community Church, Crossway Baptist and St James Church Dandenong