

SEPTEMBER 2022 | VOL.20

# **WOMBAT'S WISH NEWSLETTER**

The Official Newsletter of Wombat's Wish

We are very excited to be heading back to the Goulburn Valley Region at Camp Kookaburra on the 30th of September to the 2nd of October 2022 for our new families weekend camp program.

Our camp program has increased from 2 camps a year in 2019 to 11 camps a year servicing families throughout Victoria.

Due to the increase in demand of our services we are seeking additional Psychologists to attend our weekend grief camps as facilitators at camp. This is an extremely rewarding weekend supporting children/young people and their families through their grief. You could make a difference in the life of child or young person after a death of a parent/carer. If you would like to attend please contact Nicki on

03 90690314 or email at nicki@wombatswish.org.au

## Family Day At Inflatable World Oz

On the 7th Of August we held our family day with over 30 children/young people and their parent/carer attend. It was great to see the families reconnecting from post camp and for the new

families to learn about our weekend grief camp programs from those who have attended.

Our next family day will be held at Fairy Park Anakie on the 29th of October.



## Pilot Youth Camp

We held our first Youth Camp for young people aged between 12 to 17 years old at Cottage By the Sea on the 15th to 17th of July.

This pilot camp was developed for young people who had attended a Wombat's Wish weekend family camp to re connect with each other. The camp program provided an extension to the family camp on supporting young people through their grief. Schuurman highlights that community based child bereavement services are about prevention. "Without the right conditions for healing, young people will carry these emotional wounds into the the rest of their lives. We know that young

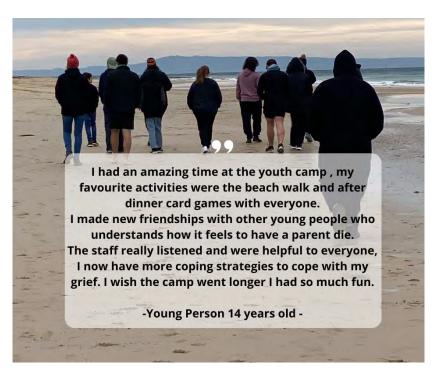
people who have a parent die are at risk. They are more than likely than other young people to experience higher levels of depression, an increase in health problems and accidents, poorer school performance, more anxiety and fear, lower self-esteem, a destructive belief that all events in their lives are beyond control, and less optimism about succeeding later in life". Wombat's Wish youth camp provided a safe, supportive environment for the participants to receive further grief support whilst developing life long friendships, and further coping mechanism over the 3 days.

A Special thankyou to Raghu, Doc Walder, Cottage By The Sea, the Wombat's Wish youth team

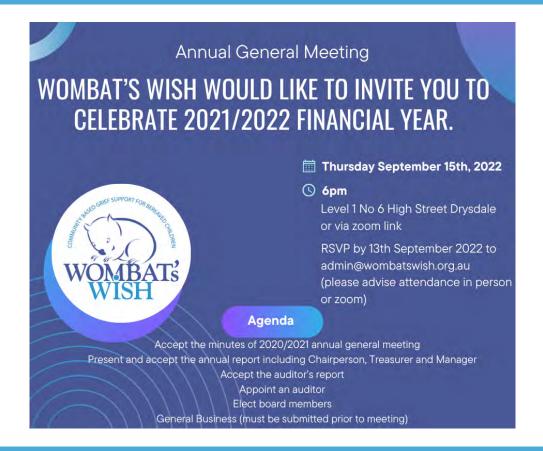
### leaders and the catering team.

If you would like further information on our youth program please complete a referral form at <a href="https://www.wombatswish.org.au/referrals">www.wombatswish.org.au/referrals</a> or contact our office on 03 90690314





## Wombat's Wish AGM



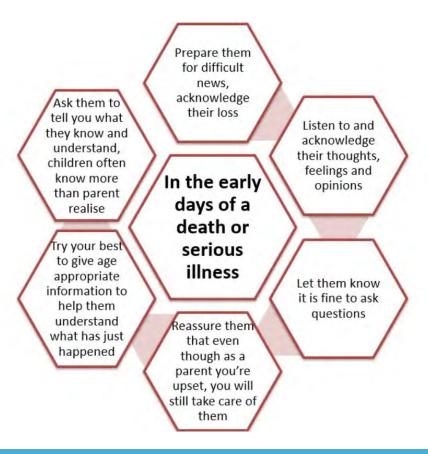
## Telling a child someone has died

Telling a child someone has died may be the hardest thing you ever do and often you may worry how much should I tell them?

Often adults want to protect children from death and it's normal to think children need to be shielded, however in reality it is better to be honest and use clear and direct language with children. Use the word 'died' and 'dead' rather than passed away or lost when telling them, these terms can often lead to confusion in young children who may wonder if they can go and find the lost person.

In the absence of clear information children will tend to fill in the gaps and try to make sense what is happening, this can mean that children imagine all sorts of things about death which are often worse than reality, it is best to be open, honest and direct when a loved one has died.

To find out more continue reading the article below from our friends at Winton's Wish at <a href="https://www.winstonswish.org/telling-a-child-someone-has-died/">https://www.winstonswish.org/telling-a-child-someone-has-died/</a>



### Thank you



Wombat's Wish is so grateful to Stockdale & Leggo On The Bellarine for their continued support to Wombat's Wish as an **Platinum Sponsor** for this financial year.

Stockdale & Leggo On The Bellarine are a award winning and established team servicing the entire Bellarine Peninsula their expert team always strive for exceptional service and consistently exceeds clients expectations. Please show your support by contacting them for all your real estate needs.

Thank you your donation will provide make a huge difference in the lives of bereaved children/young people today.

## Corporate Sponsorship

Wombat's Wish relies solely on the generosity of the others through corporate sponsorships, donations and philanthropic grants we may receive to support children/young people after a death of a parent.

It costs Wombat's wish \$1200 for a child to attend our weekend grief camp. Due to the increasing demand throughout Victoria our camp program has increased from 2 camps a year in 2019 to 11 camps a year.

Donations received under our corporate sponsorship packages are now more than ever vital for the continued growth of Wombat's Wish so that we can continue to provide support and service to every family that reaches out to us after the death of a parent.

Would you like to make a difference in the life of grieving child/young person through Corporate Sponsorship please contact Nicki Dunne at <a href="mailto:nicki@wombatswish.org.au">nicki@wombatswish.org.au</a> or 03 90690314.

All donations over \$2 are tax deductible and every \$ received supports grieving children/young people.

The benefits of becoming a corporate sponsor in all packages of Wombat's Wish are:

·A sense of community and belonging in supporting a non-profit organisation

·Maximisation of your investment within the community

·Heightened awareness of your business throughout Victoria

·Promotion of your business throughout our media platforms

·Develop further business networks throughout Victoria

·Tax deductibility options for your business\*.

PLATINUM LEVEL SPONSORSHIP - Investment: \$20,000 ex GST per annum ·10 corporate tickets to all Wombats Wish events and fundraisers during the year ·Naming rights available for 1 x Wombat's Wish major event. ·The opportunity to provide a booth or stand at all Wombat's Wish events or fundraisers promoting your business. ·2 x ½ page newsletter articles throughout the year as well as business mention in every Wombat's Wish newsletter promoting your business and sponsorship. ·4 x social media posts (Facebook, Instagram, LinkedIn and Twitter) per quarter promoting your business and sponsorship. ·Prominent placement of your logo and business synopsis on Wombat's Wish's website sponsors page with a direct link to your business. ·Certificate of sponsorship and thank you to be displayed at your business. ·Authorised use of the Wombat's Wish logo for your own corporate use stating that you support the organisation.

GOLD LEVEL SPONSORSHIP - Investment: \$10,000 ex GST per annum ·6 corporate tickets to all Wombats Wish events and fundraisers during the year. ·An information booth or stand at all Wombat's Wish events or fundraisers promoting your business. ·1 x ½ page newsletter article throughout the year as well as business mention in every Wombat's Wish newsletter promoting your business and sponsorship ·2 x social media posts (Facebook, Instagram, LinkedIn and Twitter) per quarter promoting your business and sponsorship. ·Prominent placement of your logo and business synopsis on Wombat's Wish's website sponsors page with a direct link to your business. ·Certificate of sponsorship and thank you to be displayed at your business.

SILVER LEVEL SPONSORSHIP - Investment: \$5,000 ex GST per annum ·4 corporate tickets to all Wombats Wish events and fundraisers during the year. ·Your ability to provide printed material to be displayed at all Wombat's Wish events or fundraisers promoting your business. ·1 x ½ page newsletter article throughout the year as well as business mention in every Wombat's Wish newsletter promoting your business and sponsorship ·2 x social media posts (Facebook, Instagram, LinkedIn and Twitter) per quarter promoting your business and sponsorship. ·Placement of your logo and business synopsis on Wombat's Wish's website sponsors page with a direct link to your business. ·Certificate of sponsorship and thank you to be displayed at your business.

BRONZE LEVEL SPONSORSHIP - Investment: \$2,500 ex GST per annum ·2 corporate tickets to all Wombats Wish events and fundraisers during the year. ·Your ability to provide printed material to be displayed at all Wombat's Wish events or fundraisers promoting your business. ·Business mention in every Wombat's Wish newsletter throughout the year promoting your business and sponsorship. ·1 x social media post (Facebook, Instagram, LinkedIn and Twitter) per quarter promoting your business and sponsorship. ·Placement of your logo and business synopsis on Wombat's Wish's website sponsors page with a direct link to your business. ·Certificate of sponsorship and thank you to be displayed at your business.

Please join us at Fairy Park



### Freeman's Burrow

For just a cup of coffee per week you could join Freeman's Burrow as part of our weekly contributions package for \$5,\$10,\$15 or \$20 a week to support a child or young person through their journey with grief.

Every donation we receive goes directly to supporting a child or young person and their family following the death of a parent or carer. All donations over \$2 are tax deductible.

Head to our website <a href="www.wombatswish.org.au/donate">www.wombatswish.org.au/donate</a> Follow the link to Give Now Choose 'setup a regular donation' Type in the amount you would like to donate Complete your details and in 'message to organisation' type "Freeman's Burrow" or contact us on 0390690314



funds 7 hours of 1:1 counselling for a child

\$15 PER WEEK \$780 PER YEAR

Wish Pack, Mug & Bag

Your contribution fully

Your contribution fully funds 6 hours of group counselling for 1 child \$20 PER WEEK \$1040 PER YEAR

You will receive a Wombat's Wish Pack, Mug, bag, & 1

Your contribution fully funds 1 family to attend camp

**Donate Now** 



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Wombat's Wish changed my life.
The weekend grief camp helped so much after the death of my parent and helped me become who I am today.
I wouldn't of gotten through the tough times if I didn't have the support from Wombat's Wish

- Sky-

www.wombatswish.org.au

## Have your say

We are always looking at ways to improve the way we do things, if you have any suggestions you would like to see in the newsletter, or an idea on how we can expand our programs of support or maybe have a question you would liked to have answered please let us know at <a href="mailto:admin@wombatswish.org.au">admin@wombatswish.org.au</a>

We are here to help

If you require assistance or would like more information about supporting parentally bereaved children and young people, please contact Wombat's Wish on 03 9069 0314 or 0499 966 228.

Or email us at coordinator@wombatswish.org.au

Take a look at our website: www.wombatswish.org.au

Referrals can be filled in through our website or by contacting us directly.

#### HELPFUL ORGANISATIONS

Wombat's Wish - www.wombatswish.org.au

Kids help line - www.kidshelpline.com

Life line - www.lifeline.org.au

Beyond Blue - www.beyondblue.org.au

Child and Adolescent Mental Health Service - www.barwonhealth.org.au

Headspace Geelong - www.headspace.org.au

Bethany Community Support - www.bethany.org.au

Hope Bereavement Care - www.bereavement.org.au

Compassionate Friends - www.compassionatefriendsvictoria.org.au

Australian Centre for Grief and Bereavement - www.grief.org.au

Canteen - www.canteen.org.au

Barwon Child Youth & Family - www.bcyf.org.au

### **USEFUL WEBSITES FOR FURTHER INFORMATION**

Winston's Wish - www.winstonswish.org

Bereavement Care Centre - www.bereavmentcare.com.au

Good Grief - www.goodgrief.asn.au

Grieflink - grieflink.asn.au

Griefline - griefline.org.au

Hope for Life Suicide Prevention and Bereavement Support

www.salvos.org.au/need-help/professional-counselling-and bereavement

The National Centre for Childhood Grief - www. childhoodgrief.org.au

Support after Suicide - www.supportaftersuicide.org.au

Dougy Centre - www.dougy.org

### SAVE THE DATES

#### Camps

30th Sep -2nd Oct - New Families Camp- Corop (Goulburn Valley Region)
11th to 13th Nov-New Families Camp- Burnside

#### **Social Events**

29th Of Oct- Wombat's Wish Family Day at Fairy Park- Anakie

TBA Dec- Wombat's Wish Xmas Family Day

## 2022-2023 Corporate Sponsors/Donors



Thank You 2022-2023

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Drysdale, VIC 3222
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You can <u>update your preferences</u> or <u>unsubscribe from this list</u>.

