



SALTBUSH SPRING NEWSLETTER

IN THIS ISSUE

GUEST EXPERIENCE

SCHOOL HOLIDAY PROGRAM

THANK YOU

WHAT'S BEEN HAPPENING

COMING UP

CHAIR'S REPORT

If you would like to support Saltbush Balnarring Beach by donating or volunteering, please contact us here:

E: info@saltbushbb.org.au
P: 5983 1819

 [saltbushbalnarringbeach](https://www.instagram.com/saltbushbalnarringbeach)

 [Saltbush Balnarring Beach](https://www.facebook.com/Saltbush-Balnarring-Beach)

Welcome to the Spring Newsletter.

A holiday at Saltbush helps families who are struggling to enjoy some much-needed peaceful time together.

We know that over 70% of people who stay at Saltbush would not be able to access the respite they need without our service. Read some feedback from the people who stay with us on pages 2-3.

Saltbush relies on donors and volunteers who once again have shown up to support us. We couldn't do it without you! Read about our supporters throughout the newsletter.

If you would like to know more about the work that we do, please pop in during our **Open Morning on Saturday 25th November 10am-12.30pm**. For more info, see P11, or get in touch.

Rachel Connor
CEO

Saltbush, Balnarring Beach acknowledges and pays respect to the Boon Wurrung/Bunurong people, the traditional custodians of these lands and waters.

Saltbush, Balnarring Beach is the trading name of Presentation Family Centre Inc,
ABN 83 121 768 426 Incorporated Association Number A0040682L

GUEST EXPERIENCE

At the end of the 2022-2023 Financial Year, Saltbush has reflected on the impact our service has on people experiencing hardship. We welcomed a record number of guests (1626) in the last year for a break at Saltbush. Read some of our stats below, and read what our guests say on P3.

We welcomed:

1626
guests

919
women & girls

295
bookings

480
children

We provided:

5
weeks of school
holiday programs

\$26,280
worth of
funded stays

3
carers retreats

100
food packs



100%

are likely or very likely to
recommend Saltbush to
family and friends

71%

would not otherwise get
enough respite to manage
their circumstances

GUEST EXPERIENCE

Why is a holiday at Saltbush valuable to you...

“I don't get a lot of time for myself being a single parent and I need the respite to help my own autistic sense of space. It's reasonably priced and accessible.”

“It's the only place where I can relax, feel happy, get energy ... and be able to then go on with such difficult life challenges for myself and my children with serious health conditions ... this place was a lifesaver.”

“An opportunity to reconnect with my self, self reflect, heal, nurture my emotional and physical well being, realign & rejuvenate my thoughts, body & soul.”



“Feeling cared for and included as I was able to have a holiday I wouldn't have otherwise been able to afford.”

“I'm alive, I probably wouldn't be alive, wouldn't have been able to go on with so many very serious crisis and enormous difficulties and suffering in life.”

“Because of my family situation, I live a busy and stressful life. I am a full time carer to a family member with special needs, while also working full time. I also give a lot of support to other carers who need help. For my well-being, I need the occasional break. Time alone helps me reset and restore balance - physically, mentally and emotionally.”

GUEST EXPERIENCE

Spring School Holiday Program

The Spring School Holiday Program is all wrapped up and wow – it was a big one! We welcomed 24 children with their parents and guardians for sessions including Pizza Making and Art and Craft. Everyone had a go at creating their own pizza dough from scratch - we might have some future chefs in our midst! Our pizzas were creative and delicious, with a few cheesy crust and heart-shaped pizza experiments, and this session provided the children opportunities for adventurousness and encouragement in the kitchen.

We made kites in our Art and Craft session, first watercolour painting our fish kites before stringing them up and making a school of fish! Then the fan-favourite Magiclay came out and we sculpted our 3D scenes, some of remote islands and volcanos, others of geometric patterns. The kids were able to take home Magiclay packs to enjoy back at home too. Meanwhile, local artist **Michael Leeworthy** was on site to create a gorgeous underwater mural to be donated to the Saltbush site, and we all loved watching this piece come to life!

As always, we love to provide our families opportunities to enjoy some local attractions they may not otherwise be able to access. Families went off to the Moonlit Sanctuary, Arthur's Seat Eagle, and Enchanted Adventures for a day of fun as family. These programs are only possible with the support of our incredible volunteers, and the enthusiastic involvement of our wonderful Saltbush families. Thank you to volunteers **Rex, Jacqi, Audrey, Lyn, and Rose** and our Saltbush families for joining us this week! We are already looking forward to our Summer Program!



THANK YOU FROM SALTBUSH

Saltbush Working Bee

Saltbush kicked off spring with our annual Working Bee, a wonderful day of painting and gardening. Luckily, the rain held off for just long enough! We had 21 volunteers join us to paint the bedroom cupboards and living room dado walls in House 1 and 2, and for weeding, mulching and planting in House 1 and 2's gardens, as well as our office area and new entry. The fresh coats of paint have made such a difference to the living rooms, and we are already seeing our new plants thriving!

On this morning alone, the in-kind contribution from our valued volunteers was \$2989.00! Thank you to our wonderful volunteers, some long-time volunteers and others coming for the first time, for their help in improving our houses and grounds. We also thank the **Mornington Peninsula Shire Council** for their support for our working bee.



THANK YOU FROM SALTBUSH

Keeping A Roof Over Our Heads

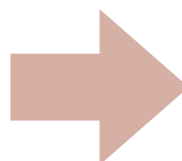
Thank you to the **Middle Park Masonic Lodge** and the **Freemasons Foundation Victoria** for keeping a (waterproof!) roof over the heads of our guests by generously funding much needed repairs. As you can see from the images below, these repairs were urgently needed and we are grateful that the **Middle Park Masonic Lodge** and the **Freemasons Foundation Victoria** were able to support us again.



From this



To this



Federal Government “Stronger Communities” Grant Program

We are once again very grateful to the **Federal Government’s Stronger Communities Grant** for their support in repainting the Nanospace Recreation Centre in a crisp white and “Saltbush blue”. The space is improving all the time, and is increasingly used by the local community as a place to connect and share information.



THANK YOU FROM SALTBUSH

CCI Giving

CCI Giving have once again supported Saltbush to improve the houses, helping us to create a warm and welcoming experience for guests. Most recently, we thank **CCI Giving** for funding the upgrades of sheer blinds in our houses. The new blinds refresh the rooms and replace old and worn blinds. The presentation of our houses is a very important part of what we offer. Costly house improvements can be hard to fund, and so we are enormously grateful to **CCI Giving** for supporting this essential upgrade.



Ave House painting

Saltbush was thrilled to welcome **Ave House** from **Star of the Sea College** for a day of painting. Ave House, who 'sponsor' House 4, are long-time supporters of Saltbush, through raising funds, collecting goods including pasta, pasta sauce, other food supplies and toilet paper, and on-site volunteering such as gardening and painting. We had a lot of fun refreshing the dado walls of the living room and bedrooms, and they look fantastic! Our guests are already giving us positive feedback on how much better the rooms look. Thank you **Ave House** students, and a special thanks to **Grace, Star of the Sea Ave Living Justice Captain** for organising such an impactful day at Saltbush.



THANK YOU FROM SALTBUSH

Michael Leeworthy

This School Holiday Program, incredible local artist **Michael Leeworthy** generously offered his time and craft to Saltbush, creating a beautiful underwater mural during our program to be installed on site. It was a lot of fun to watch Michael at work and learn about his Red Hill Gallery, and we thank him for donating this fabulous piece!



Thomas Barnes at Colossal Films

Thank you to **Thomas** from **Colossal Films** for his videography on our Spring School Holiday Program. Saltbush is excited to put together a short video about our service, and thank Thomas for helping capture the work we do so that we can better share it with the community and beyond.

Willum Warrain

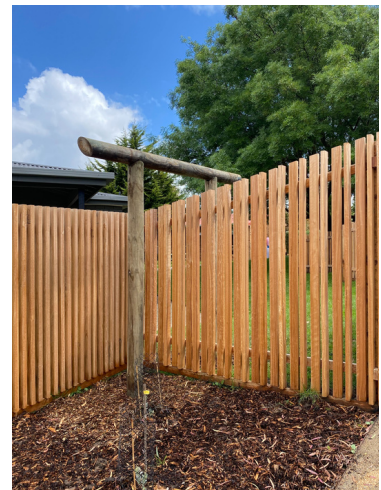
We thank **Peter Aldenhoven** from **Willum Warrain** for his help in the garden design of the new Saltbush entry. Peter came to Saltbush and provided advice on local indigenous flora so that we help provide an environment for indigenous birds, bugs and animals to thrive.



THANK YOU FROM SALTBUSH

St Joseph's Echuca Working Bee

It's always a fantastic time when the talented and energetic VPC students of **St Joseph's College Echuca** visit Saltbush for some community service! These Year 11 and 12 Students capitalised on a few sunny days by fence painting, constructing a koala bridge at the entry, building a retaining wall and creating a fresh and functional space next to the House 3 deck. As always, they also got in a few hours of much needed weeding and gardening! We are so grateful to the St Joseph's students and teachers for their continued support of Saltbush. Their volunteer contribution has an in-kind value of \$8764.69!



Polly's Farm

Saltbush thanks **Polly's Farm** for their soap off-cut delivery, which helps provides fun, sensory activities for our programs. Both kids and adults love this activity, creating for an opportunity multi-generational play and connection.



WHAT'S BEEN HAPPENING

Artist in Residence

Saltbush has continued our Artist in Residence for our third time, and this time were thrilled to welcome **Kristin Haskett** and **Jennifer Buntine**, who participated in the residency together.

An excerpt from Kristin and Jennifer's Artist Residency Reflection:

"The Artist Residency was enriching to us both in so many ways. We both feel more connected with the community of Balnarring and the environs, the native bushland, the wetlands and birdlife, and Westernport Bay. Our artwork has taken on a new appreciation of the richness and variety around us."

This program helps to support local artists, enrich the Saltbush site, foster creativity and provide opportunities for community collaboration. We are excited to continue these Residencies into 2024 and see what our next artists will be inspired to create! If you are interested, please get in touch.



COMING UP



Saltbush
Balnarring Beach

OPEN MORNING

Learn about the work we do at Saltbush, join a site tour,
and enjoy some coffee and morning tea.

Saturday 25th November
10am - 12:30pm

122 Balnarring Beach Road, Balnarring Beach

Local Community Welcome

Register via Eventbrite



Summer School Holiday Program

Our Summer School Holiday Program is fully booked, but we still have some mid week availability in summer. If you would like to refer a family (or self-refer), please use our website accommodation enquiry form. If you would like to volunteer at Saltbush, send a general enquiry through the Saltbush website.



COMING UP

Writer's Talk at Flinders

The next **Writer's Talk at Flinders** is coming up! Don't miss hearing **Christian White** discuss his work, including *The Nowhere Child* and *The Wife and the Widow* on Saturday 28th October. The **Writer's Talk at Flinders** are generous supporters of Saltbush, where a portion of all ticket sales will be donated to our service.



WRITER'S TALK

Saturday 28 October | 6 PM
Flinders Golf Club

Tickets \$65
2 course meal, author talk
and Q&A

#WRITERSTALKSFLINDERS

Street Requiem on the Ridge

We have been pleased to support the **Street Requiem on the Ridge** choir practice in the Saltbush Nanospace, as they prepare for their musical extravaganza at Uncommon Folk Farm. This event is raising funds for housing and homelessness on the Mornington Peninsula. Book your tickets now to support this great cause and enjoy some local talent!



We are looking for a new CEO to lead Saltbush! If you know someone who might be interested in the opportunity to lead a charity that impacts the lives of over 1600 people a year, get in touch with Phillip Steele, Board Chairperson.
phillip.steele1@gmail.com.

Rachel Connor (pictured), the current CEO will be stepping down in early 2024 after ten years with Saltbush as a volunteer, board member and CEO.

New Saltbush CEO



CEO & CHAIRPERSON'S REPORT

We know that an increasing number of children are suffering because of poor mental health and access to care can be slow, difficult, and expensive. Many families are struggling to provide the support needed. Saltbush has been receiving an increase in referrals from services that support these families. We can offer a circuit breaker for families - a welcoming, large space for some down time together in a peaceful environment; inclusion in school holiday programs with fun and mindful activities such as art, craft, pizza making and opportunities for parents and carers chat to other families in a relaxed environment; the chance to try something new together that might otherwise be unaffordable such as the Maze, the Chairlift, the Farm. Parents and carers often tell us that the break gives them a chance to reset and helps them to better connect with their children, improving their capacity to manage the challenging times.

A big shout out to the volunteers who supported our Working Bee - Noni, Emily, Joan, Camille, Kane, Michelle, Raoul, Megan, Jack, Lucy, Simon, Miff, Brian, Louis, Stewart, Phil, Marie, Peter, Charles, Keeley, & Sharon. It's incredible what can be achieved in a few hours with 21 enthusiastic people. We were delighted that a wide variety of people decided to join us including some local community members who walked past and saw the working bee sign, as well as longstanding supporters of Saltbush. Saltbush relies heavily on our volunteers; this working bee contributed almost \$3000 value to our site! Last financial year, volunteers contributed over \$77,000 in value, much of it hands-on work improving the garden and houses.

... continued ...



CEO & CHAIRPERSON'S REPORT

... continued ...

Artists have given so generously to Saltbush this spring. School Holiday Program volunteers (several artists among them), ran a VERY busy session creating beautifully decorated 'flying fish' and gorgeous multicoloured clay sculpture. Children watched, and even got to participate a little in the creation of a mural featuring sea creatures by Red Hill based artist, Michael Leeworthy, who generously donated his time and expertise. The children and their parents and carers had a wonderful time together, connecting and enjoying the large property and the delight of seeing the blue tongue lizards, koalas and of course, rabbits!

Saltbush has benefited from the beautiful and thoughtful works created by artists in residence, Kristin and Jennifer, who brought a warmth and generosity to their stay at Saltbush. We are enjoying their beautiful art, inspired by the nature around them, in the office and will display it more widely soon.

This winter, we've had some large and costly maintenance tasks to address including significant roof repairs, new blinds, the painting of the Nanospace Recreation Centre, house painting, and the repair of a retaining wall. We are very grateful to organisations, school groups and volunteers who supported us with these essential repairs. This not only helps us to provide our service today but prevents further maintenance issues in the future.

Haven't been to Saltbush? Not sure what we do? Stop by for a look inside our houses and grounds at our **Open Morning on Saturday November 25th 10am - 12.30pm**. It's a pop in kind of morning, so please feel free to grab a coffee on site and have a look around.

Saltbush board and staff will be available to show you around. To help us gauge numbers, we ask that you let us know you're coming via Eventbrite.

Rachel Connor, CEO, & Phillip Steele, Board Chairperson.

