

Communities@Work

SOCIAL PROGRAMS

Providing a holistic continuum of care to the most disadvantaged & vulnerable people in our community



Our Vision

A resilient and socially inclusive community that cares for the well-being of all.

Our Mission

To deliver quality community services of social value and practical benefit.

Our Values

Trust, Integrity and Transparency

We earn the confidence of the community by embedding these qualities throughout Communities@Work.

Respect for All

We respect everyone we deal with, care about everyone in the community and value difference and diversity.

Flexibility and Responsiveness

We are adaptive and agile in pursuing our vision, with a proactive approach to change and progress.

Quality and Innovation

We are committed to excellent service delivery, underpinned by continuous improvement and innovation.

Affordability and Sustainability

We ensure our services are relevant and appropriate as we build our capacity for a sustainable future.



Supporting Canberra's most vulnerable and disadvantaged

Communities@Work's Social Programs serve the most vulnerable and disadvantaged people in the local community and support low income families and individuals, the homeless, women and children fleeing domestic violence and at-risk young people

Communities@Work aims to provide a continuum of care to clients that addresses their immediate needs and deliver services that empower people to create better futures.

By providing food, clothing and essential services, **Communities@Work** empowers people to create better futures and helps foster independence, resilience and social connection.

“ When your head's not in the right place and everything feels like it's on top of you and someone is there to smile and listen, it's fantastic. I got a feeling of warmth, niceness and kindness. That's what you need when you're not thinking straight.

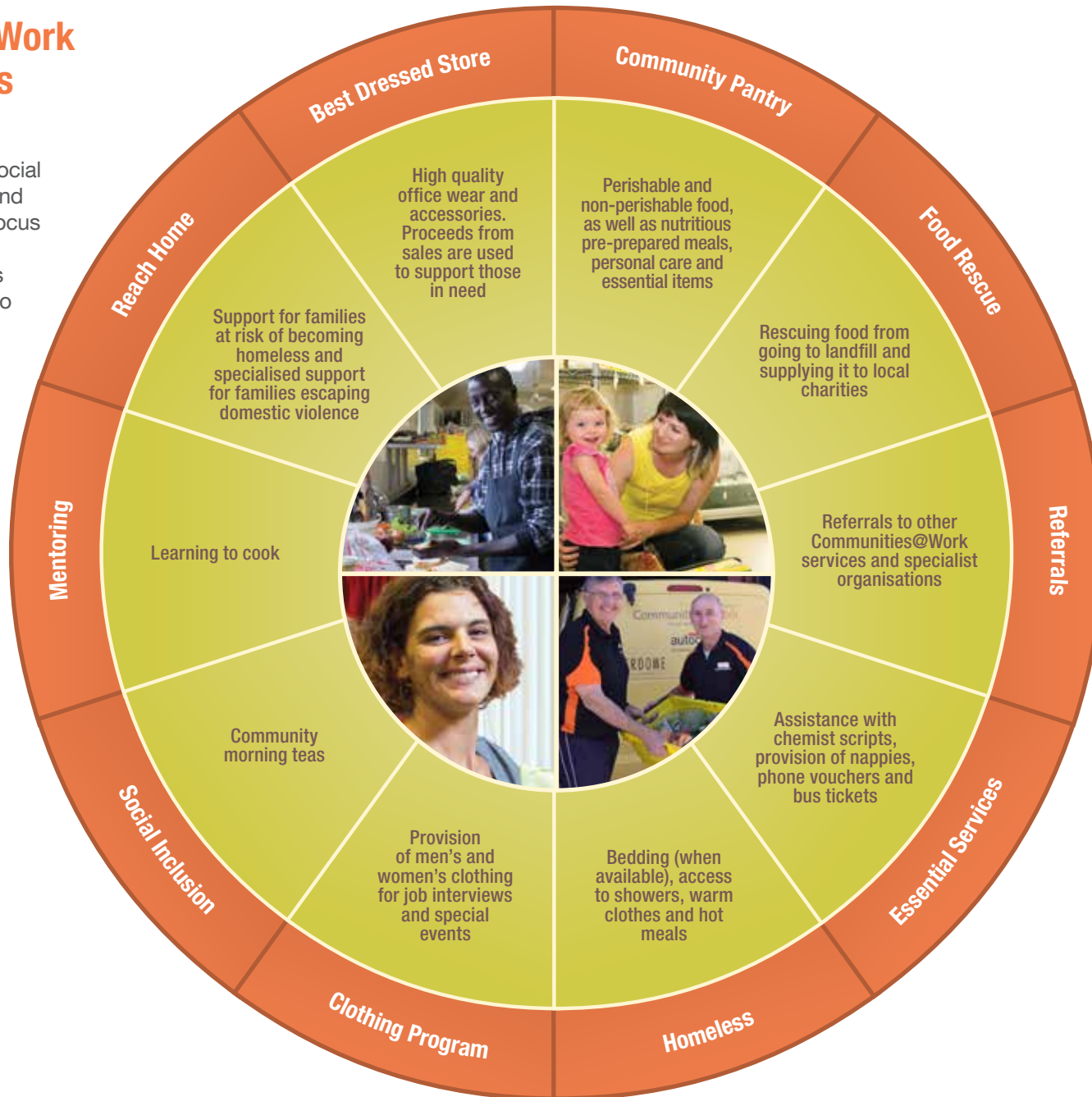
Christine, client ”

“ I remember saying, 'this is fantastic', because it really was. There's never any judgement from the people that work there and I really appreciate the fresh vegetables. It's a relief to provide my kids with healthy food throughout the week.

Christine, client ”

Communities@Work Social Programs Services

Communities@Work's Social Programs provides food and essential services with a focus on instilling dignity, hope and empowerment. This is done in a myriad of ways to provide a holistic service approach, which includes:



How you can help?

Donate, volunteer, participate

Communities@Work's Social Programs rely on strong community and corporate support as well as individual volunteers.

Donations

Financial Donations

Financial donations are always welcome, and can be made in a number of ways; cheque, direct debit or direct deposit via our website, commsatwork.org

- \$10** Provides school packs for two children
- \$25** Provides an emergency pack
- \$50** Gives clothing and support
- \$100** Provides essentials for a family for one month
- \$230** Provides a set of work-ready gear.

Food and Essential Items

We need canned and other non-perishable foods and essential items such as:

- Canned food, soups and pasta sauces
- Breakfast cereals and long life milk
- Spreads, jams and sauces
- Pasta, rice and noodles
- Tea, coffee and sugar
- Dental essentials, e.g. tooth paste, tooth brushes
- Personal essentials, e.g. toilet paper, deodorant, soap and feminine hygiene
- Baby essentials, e.g. nappies, formula, wipes and nappy cream.

Clothing and Accessories

We need good quality officewear and special occasion clothing and accessories.

- Suits — men and women
- Dresses and skirts
- Jackets and pants
- Shirts and tops
- Handbags, ties, accessories.



Volunteering

Stimulating volunteering opportunities are also available for motivated people who wish to share their skills and experience with the community.

Types of opportunities available include:

- Best Dressed Store assistants
- Community pantry team members
- Preparing meals and mentoring clients with cooking skills
- Event assistance.

Fundraising

Fundraising on behalf of **Communities@Work** is a great way to make a difference to the lives of many people in need. Visit our site commsatwork.org/fundraise to find out more.

Fun-Raising Events

Running a fun-raising event such as a CANstruction or clothing drive through your workplace, school or community group is a interactive, creative and enjoyable activity that collects much needed food and essential items for our community pantries.

Other Events

Other event ideas include:

- Trivia nights and auctions
- Theme days
- Guessing competitions
- Sponsored activities such as running or cycling.

Online Fundraising

Fundraising online is a simple, quick and easy way to make a difference. Online donations could be made in lieu of birthday presents, special occasions or days of particular significance.

Everyday Hero

Where fundraising involves asking friends, family and colleagues to sponsor an individual, setting up an Everyday Hero fundraising page is a simple and effective way to support **Communities@Work**. Visit www.everydayhero.com.au

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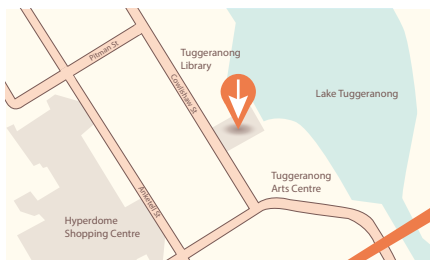
Central Office

Tuggeranong Community Centre
245 Cowlshaw Street
Greenway ACT 2900

P: (02) 6293 6500

F: (02) 6293 6555

E: admin@commsatwork.org



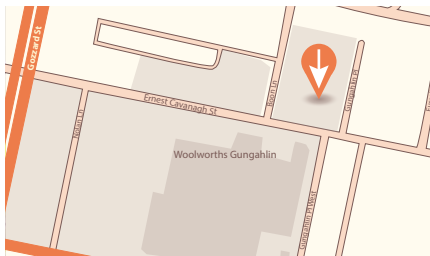
Gungahlin Campus

Gungahlin Community Centre
47 Ernest Cavanagh Street
Gungahlin ACT 2912

P: (02) 6228 9200

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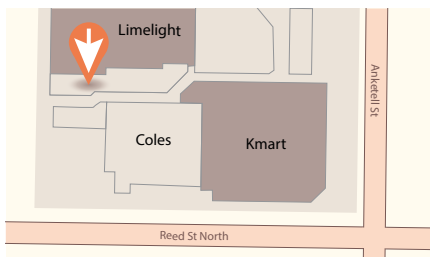
Best Dressed Store

Hyperdome
Upstairs near Coles entrance
Anketell & Reed Steets
Greenway ACT 2900

P: (02) 6293 6500

F: (02) 6293 6555

E: admin@commsatwork.org



Visit us at commsatwork.org

Communities@Work has a vision for a resilient and socially inclusive community that cares for the well-being of all.



Aboriginal and
Torres Strait Islander
Inclusive

