



**St Joseph's
Outreach
Services**

Respect | Welcoming
Service | Integrity

SJOS 2024 WINTER UPDATE

(The latest news from St Joseph's Outreach Services Inc.)

SJOS HIGHLIGHTS:

Although the outreach services provided by SJOS continued throughout the winter months, it was not without challenges.

The supply of left over bread from the Baker's Delight Prahran Central stopped when the franchise sadly closed and Woolworths 670 Chapel Street seemed to be constantly hampered with limited bakers. There were many days when the bread freezers were empty. We have now started an arrangement with Baker's Delight Hawksburn and some smaller bakeries are also assisting. With limited supplies of eggs also restricting what we can give, it is very difficult for those who are trying to make ends meet.



Foodbank Yarraville Pick-up

The Team at Foodbank provide a scheduled time at the which the SJOS Volunteers must arrive at the depot at Yarraville to collect the order. SJOS will be able to place orders, with a minimum of 30 cartons, every month, to supplement the food items purchased and provided for the visitors to the Food Store.

Our mission is to provide transitional housing and support services to those in need, regardless of race or creed, and to work towards relieving the effects of poverty in our community.

SJOS ANNUAL GENERAL MEETING

The Annual General Meeting of St Joseph's Outreach Services will be held in the Coffee Room at St Joseph's Parish Centre, 40 Fitzgerald Street South Yarra, on Sunday 1 September 2024 commencing at 11:30 am. The Annual Report will be presented with a full disclosure of the financials and the activities for the Financial Year 2023/2024 will be reviewed in full. Everyone is welcome as it is a great opportunity to meet the members of the SJOS Board of Management, and the fabulous volunteers who support the various outreach services provided by SJOS. Refreshments will be served at the conclusion of the meeting.

SJOS OUTREACH OPERATIONS UPDATE

SJOS completed the 2023/2024 Financial Year with a small surplus, after another strong year providing outreach services to the marginalized and disadvantaged. The operational expenses also included the completion of the renovation of Unit 4, in the SJOS Housing Units, in which a young single mother and her child, escaping family violence issues, are now living. The Food Store. with the support of the wonderful team of SJOS volunteers, has served 3065 families, a 14.32% increase over the previous year. The cost per family has also increased by 21.05%, which reflects the costs of goods experienced by everyone at the supermarket checkouts. The Food Store is an integral part of the SJOS mission, and although SJOS is not receiving the same amount of small food donations, the support from those who drop off small parcels of food items is greatly appreciated.

SJOS AND FOODFILLED

The visitors to the Food Store have benefited during the winter months with the continued delivery of bread and gourmet vegetables from the volunteers at **FOODFILLED**. The various delis and green grocers in the Malvern Armadale area, who support this young volunteer team, enable them to deliver cartons of bread and vegetables, some quite unusual, to the SJOS Food Store ever Saturday afternoon to supplement what the SJOS harvest garden team has provided. The Saturday and Sunday visitors often get surprised with a very interesting array, creating a very healthy option to their weekly food selection. And, what is left over on Saturday, is then packaged up to be given out to the Sunday visitors.

SJOS AND FOODBANK

Through the efforts of several members of the SJOS Board of Management, there is now an agreement in place through which SJOS can participate in the support Foodbank receives from many major corporations. Via an online portal, SJOS can order food items for the Food Store, to be collected by the volunteers. These food items include milk, bread, canned goods, pasta, rice, and hygiene items. The items available are not always consistent, but they provide a base for the goods needed weekly and as these are mostly donated food stuff by the big food producers, the cost to SJOS is minimal.

SJOS HARVEST GARDEN GROUP



The **SJOS Harvest Garden Group** has now established a very productive harvest garden and the team has been working diligently to ensure the winter planting is plentiful. Every week the produce is harvested and bagged, then the list of produce available for the Food Store visitors is written up on the whiteboard, so that both the volunteer working in the store, and the visitor to the store, know what produce is available. Recently, we have also received oranges and lemons from friends of volunteers to give out allowing everyone access to good supplies of Vitamin C. The winter harvest has included silver beet, spinach, rainbow chard, lettuce, chives, spring onions, radishes and rhubarb, plus a variety of herbs. Recently, the team developed a **herb chart** with coloured photos of the herbs, with the food recommendations for their use. All visitors to the Food Store will be able to get a flyer copy of the chart, now posted in the store. The team is in constant contact with various groups supporting sustainable gardening in an urban environment and future plans continue to amaze, as this group of gardeners continue to work to supply healthy fruit, vegetables and herbs for all.

SJOS ACTIVITIES

The winter months included some activities for volunteers. There was another fundraising Sausage Sizzle, held at **Bunnings Collingwood**. The team cooked lots of sausages and lots of onions for the shoppers in not a climatically favourable day, but still a success for SJOS fundraising. In early June the young medical students from the **University of Melbourne** again held a **Health Outreach Clinic**. Students from medicine, dentistry, audiology and optometry provided free health and hygiene kits, and basic health screening. SJOS also held a **Volunteers and Friends Winter Morning Tea** on Sunday 23 June 2024. This was also part of the SJOS Annual Appeal Weekend. Over 40 gathered in the Coffee Room at the St Joseph's Parish Centre to enjoy some light refreshments and easy conversation.



SJOS SUPPORTERS

Whether it is the bags of food from **Food For Friends | Toorak Ecumenical Group**, mothers' day giveaways from the **Catholic Regional College in St. Albans**, or beanies and scarves knitted by the **Prahran Knitters and The Benson Knitters**, all special treats are received with much pleasure by the team at SJOS. The SJOS Food Store is a source of emergency relief support to many and to have little treats available is often very special to those who visit.



Food For Friends



Mothers' Day Gifts from CRC St Albans



The Benson Knitters

DONATIONS WELCOME

SJOS is a totally volunteer organisation relying on the support of generous donors, families and philanthropic organisations for financial support. SJOS is not government funded and truly thanks all our most generous donors. SJOS could not do what we do without the support of those who care. www.sjos.org.au/donate