

NEWS FROM THE BURROW

THE OFFICIAL NEWSLETTER OF WOMBAT'S WISH
APRIL 2023



MESSAGE FROM THE CHAIR

With Term 1 of the new school year nearing completion; it has been a very busy time for the Wombat's Wish team of late setting up for a big 2023.

With our biggest number of camps to date planned this year, the team lead by Nicki is in full swing with preparations. In March, we held two camps at our original Anglesea camp site at Burnside and throughout the year, we will be again spreading our wings across the state, returning to Corop in central Victoria as well as venturing to Grantville in the east.

There are plenty of social activities including our first Trivia Night coming up so please look out for more information on these and book them into your diaries.

The new Wombat's Wisdom giving program is now available so please get involved with this new initiative and share the details with your friends and families. It's easy to do and helps fund our ongoing services and camps to support more children and their families with our important services.

There are plenty of ways to get involved with WW this year, so if you are interested simply drop the team an email at freeman@wombatswish.org.au to find out more.

Best wishes,
David



WHAT'S IN THIS ISSUE:

What's New: Staff, Camps, and our Online Lounge Program

2023 Save the Dates - Camps, Family Days, Trivia Night

March Camps Wrap-Up

Feature: Coping with Bereavement during Easter & Mother's Day

Wombat's Wish is hiring!

Plus much more!

WHAT'S NEW

PEOPLE



New to Wombat's Wish is Kelsey Dattoli, in the role of Community Engagement Officer.

Prior to joining our team, Kelsey has worked with several community services organisations in Australia and the UK. She's also a postgraduate student at Deakin University, studying Communications and Counselling.

Meanwhile, we're happy to welcome back some familiar faces to Wombat's Wish this month!

Board member Hannah Dawes, and chair Casey Kaminskyj are returning from maternity leave in March.



WOMBAT'S WISH IS HIRING!

Wombat's Wish is currently in the recruitment process for a Psychologist to join our team. This Clinical Lead role will support our management team in the provision of existing services, including our weekend camps and family assessments, and in the development of innovative new programs, as well as delivering 1:1 and group therapeutic support.

PSYCHOLOGIST - PART-TIME

We look forward to introducing them to the Wombat's Wish community in our next newsletter - watch this space!

Feel free to share this with your networks - help More information on this recruitment opportunity is available through Seek:

<https://www.seek.com.au/job/65605285>

WHAT'S NEW

PROGRAMS



ONLINE SUPPORT LOUNGES

At Wombat's Wish, a key priority has been finding ways that we can offer ongoing support and resources to participants to follow on from our camp programs.

So, we're pleased to be launching our new Wombat's Wish Online Lounge program in May 2023. There are three online lounges – one each for parents/carers, youth, and younger children; with helpful topics, stories and support specific to each group.

Held monthly via Zoom, each lounge session is designed to provide a safe and supportive discussion space. These discussions will be facilitated by a psychologist, providing support within the session. At the conclusion of the session the psychologist can provide feedback and referral services if needed and where necessary, write case notes on any concerns for individuals or families.

Most importantly, these lounges will allow participants to share their advice and grief journeys with each other, forming long-lasting connections and community.



NEW CAMP AT GRANTVILLE

This year, Wombat's Wish is running eight weekend camps across Victoria. The ongoing support from our sponsors, fundraisers and donations allow these fun and meaningful camps to take place at no cost to families.

In June 2023, we're piloting a new camp location in the Bass Coast area of Grantville.

Close to both bush and beach, Grantville has a variety of fun activities, beautiful scenery, friendly farm animals – even the occasional fairy penguin!

Check our Save the Dates page for the details of this and other camps throughout 2023, along with our upcoming social events.

WHAT'S NEW

PROGRAMS

WOMBAT'S WISDOM



This month, we're delighted to announce our new Wombat's Wisdom giving campaign.

A group of wombats together is called a wisdom. And the important work and services that we provide for bereaved children and families, is made possible by our very own 'wisdom' of Wombat's Wish donors and supporters.

We'd love to invite you, and your friends and family, to become a part of Wombat's Wisdom. A donation of \$100 per year – less than \$2 a week – goes a long way to helping Wombat's Wish provide support to more than a hundred families across Victoria waiting to join our weekend grief camps. Currently, Wombat's Wish is one of the only specialist services in Victoria for children who have had a parent or carer die, and our weekend camps are an essential part of making sure that they don't go through that experience feeling alone.

Through our GiveNow campaign, our goal is to grow our Wombat's Wisdom to 200 members in 2023. This number fully funds an entire weekend grief camp for parentally bereaved children and their families, helping them move forward and take the next steps on their bereavement journey.



JOIN OUR WISDOM! HERE'S HOW:

You can click the link to go to our GiveNow page:
<https://www.givenow.com.au/wombats-wisdom>

Or you can donate directly through our webpage,
at: www.wombatswish.org.au/donate - make sure
you put 'Wombat's Wisdom' as your reference!

You can also:

- Use the 'Share Cause' button on the Wombat's Wisdom GiveNow page
- Share our Wombat's Wisdom social media posts on your Facebook, Instagram, or LinkedIn pages

Every bit helps to grow our Wisdom! At the end of this newsletter you'll find more information about donating to Wombat's Wish as part of a group or workplace.

WHAT'S NEW

CAMP WRAP-UP - MARCH 2023

2023 has been off to a busy start for Wombat's Wish! March saw us running two weekend camps for children, young people and their families at Burnside Camp, Anglesea.

It was a pleasure to meet some amazing families who bravely shared their stories with us, supported each other, and quickly formed new friendships and connections. From talking about memories of their important person, to testing their hand at archery or acrobatics, the children and young people on both camps really showed their incredible resilience and fortitude.

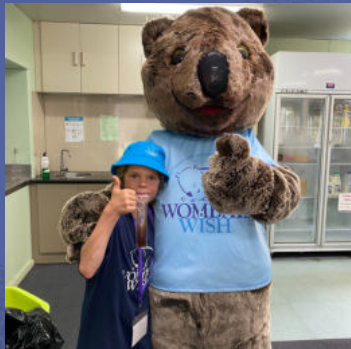
Despite some very hot weather and wild winds (plus a curious family of kangaroos wanting their turn on the low ropes course!), both camps ran smoothly - a huge thank you to the great volunteers and team leaders, both familiar faces and new ones.

We're looking forward to catching up with the families again at our upcoming Family Days - our next one is Sunday April 16th.

Check out some of our photos below! More are available for download on our Facebook page: Facebook.com/WombatsWish



BURNSIDE CAMP, 3-5 MARCH



BURNSIDE CAMP, 17-19 MARCH



SAVE THE DATES 2023



CAMPS

March 3-5

Anglesea (Family Camp)

March 1 -19

Anglesea (Family Camp)

May 5-7

Corop (Family Camp)

June 23-25

Grantville (Family Camp)

July 21-23

Queenscliff (Youth Camp)

August 18-20

Anglesea (Family Camp)

September 15-17

Corop (Family Camp)

November 10-12

Anglesea (Family Camp)

SOCIAL EVENTS

Sunday April 16

Family Day - You Yangs

Saturday May 20

Trivia Night Fundraiser

TBA June 2023

Family Day

TBA August 2023

Family Day

TBA December 2023

Family Day

JOIN US FOR A BARBECUE!

WOMBAT'S
WISH
FAMILY DAY

SUNDAY 16 APRIL
12PM

WHERE?

BIG ROCK PICNIC AREA,
YOU YANGS
REGIONAL PARK,
LITTLE RIVER VIC 3211



RSVP

BY MON 10TH APRIL
LET US KNOW WHO WILL BE
ATTENDING FROM YOUR FAMILY -
WE'D LOVE TO SEE YOU THERE!

admin@wombatswish.org.au
03 9069 0314 0499 966 228

PRIZES,
SILENT AUCTION,
RAFFLE
& MORE!

WOMBAT'S
WISH

TICKETS \$30
TABLES
AVAILABLE -
BRING YOUR
FRIENDS!

OUR ANNUAL FUNDRAISING EVENT
2023



Family
TRIVIA NIGHT

**SATURDAY
20TH MAY**

WEST OVAL PAVILION,
WADAWURUNG COUNTRY
WEDDELL RD, GEELONG NTH

TICKETS: Scan the QR code or visit geelongtickets.com.au/event/17989

WHO WE ARE

MEET THE BOARD:

CASEY KAMINSKYJ, CHAIR



Casey is a GM within the utilities sector and has key leadership & transformation experience across a range of private and government enterprises.

She holds a Bachelor of Commerce, Diploma of Business & Diploma of Management. Casey joined the Wombats Wish Board 2019 after first becoming involved with the organisation through a community grants program in 2017 and connecting with our vision. Casey is also a board member of Spectrum, a Melbourne nonprofit supporting refugee and migrant families.

An avid traveller and sports fan, if she's not working, wombating or with loved ones (and in the country) - you'll find her at the footy or in the water.



MEET OUR PATRON:

BRIAN COOK, CEO, CARLTON FOOTBALL CLUB

Brian is the longest-serving CEO in the history of the AFL, spending 9 years at the West Coast Eagles and then 23 years at Geelong Football Club prior to his current tenure with Carlton.

Before becoming our Patron in 2021, Brian had spent many years as a highly valued supporter and Ambassador of Wombat's Wish. Brian's early experience of grief, stemming from the death of his precious mum Shirley when he was only nine years old, meant that he could identify with the particular pain that bereaved children and young people feel.

As Patron, it's Brian's hope that his influence can help connect grieving children with Wombat's Wish to find the support they need.



FEATURE



GRIEF & THE HOLIDAYS

Throughout the year, holiday events can be especially challenging for those of us who are grieving an important person in our lives. As we get further into Spring, stores and advertisements are filled with words and images about the upcoming Easter and Mother's Day celebrations.

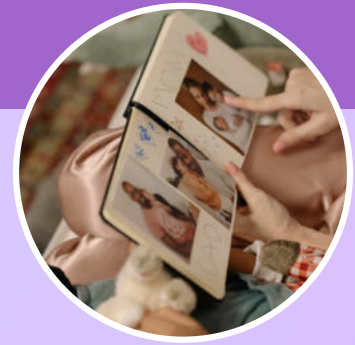
Particularly for children and young people, this can bring emotions and memories to the surface, along with painful reminders or even confusion, about how to approach these significant events after the death of their parent or carer.

This month, we thought we'd share some tips for coping with the upcoming holidays, alongside our friends at Winston's Wish in the United Kingdom.

▶ **There's no right or wrong way to mark significant events like holidays.** Try to take away the expectation that you should feel a certain way or spend the day doing a particular thing. You may want to ignore the day altogether, or you may want to celebrate. The feeling you have about the holiday, might change over the years. Allow yourself to do what feels right for you.

▶ **Do things that remind you of your important person.** It may be listening to their favourite music, visiting a restaurant or park that they used to enjoy, or doing an activity that you used to do together.

FEATURE



GRIEF & THE HOLIDAYS

▶ **You can still buy a card or gift for your important person.** This can be an opportunity to remember them during significant times of the year, and it can be cathartic to write a message or visit their resting place. Children or young people might like to get creative and make or craft something special.

▶ **Talk about your important person.** This can be with a counsellor, family member or friend. Talking with someone who knew your important person, and sharing their memories, can also allow you to learn new things or hear new stories about them to add to your own. This can be a really special experience.

▶ **Be mindful of your social media usage.** During holidays, it's common that our social media channels become filled with posts and images of seemingly happy families and joyous celebrations. This can sometimes feel triggering or isolating if you or your child is grieving the death of someone important.

Nowadays, there are many blogs, Youtube channels, Facebook groups and Instagram pages that talk about grieving during the holidays – you may find these helpful to engage with instead.

Alternatively, you may prefer a 'digital detox' day: a day of movies, music or a good book.

FEATURE



GRIEF & THE HOLIDAYS

▶ Holidays can be spent celebrating other important people in your life. On Mother's Day, for example, you may like to honour your grandmother, auntie, sister, daughter, or a female mentor or friend for their special place in your life. It might even be yourself that you're celebrating!

▶ Remember that you don't have to go through it alone. If you or your child are struggling during the upcoming holidays, there are support services available 7 days a week both via phone and online:

- Kids HelpLine - 1800 55 1800, kidshelpline.com.au/
- Beyond Blue - 1300 22 4636, www.beyondblue.org.au/
- GriefLine - 1300 845 745, griefline.org.au/
- Lifeline - 13 11 14 - www.lifeline.org.au/

For more tips and ideas on managing holidays and significant events, here are some links to further reading:

www.winstonswish.org/coping-with-anniversaries-when-bereaved
www.winstonswish.org/coping-with-grief-at-christmas

BOOKS

FOR CHILDREN & YOUNG PEOPLE

The Goodbye Book – Todd Parr

This colourful picture book is simply-told, and one that we often read aloud at our Wombat's Wish Weekend camps. A fish explains his many different emotions in the wake of the loss of a loved one.



The Memory Box: A Book About Grief – Joanne Rowland

In this story, a grieving child finds ways to remember and celebrate her important person through creating a memory box, and inviting others to share their memories too.



FOR ADULTS

You Are Not Alone – Cariad Lloyd

The author of the award-winning podcast 'Griefcast' shares her story of experiencing the death of her father as a teenager. Wise, warm and funny, Lloyd believes that there's not a single 'right' way to grieve.



PODCASTS

Grief Out Loud – Jana Cristofaro, The Dougy Centre

Filled with personal stories, insights and tips for supporting yourself, your children and young people through grief, Grief Out Loud aims to ‘have the real conversations that are often avoided’.



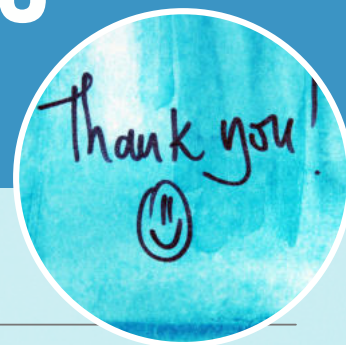
Terrible, Thanks for Asking – Nora McInerny



Self-described ‘reluctant grief expert’ McInerny hosts a show that ‘lets real people get real honest about how they’re really doing’ in the wake of a death of an important person.

AVAILABLE ON SPOTIFY, APPLE PODCASTS AND AMAZON AUDIBLE

OUR SPONSORS 2022-2023



Platinum



Gold

Silver

Bronze



Drysedale Clinic



Donor



Successful Grants



MERCHANDISE

Did you know that we have Wombat's Wish merchandise? Each purchase goes a little way to sharing our important Vision to support parentally bereaved children and young people.

Our new online store will be available soon, but in the meantime, you can contact us via freeman@wombatswish.org.au or on 03 9069 0314 to place an order!



BLACK WW HOODIES
ADULT - \$30
KIDS - \$25
POSTAGE - \$10



**MINI CUDDLY
ANIMALS - \$5**
POSTAGE - \$3



NAVY WW T-SHIRTS
ADULT - \$25
KIDS - \$25
POSTAGE - \$10



**WW BALLPOINT
PENS - \$5**
POSTAGE - \$3

CORPORATE SPONSORSHIP



*Rebuilding the lives of children & young people
after the death of a parent*

Wombat's Wish only survives with financial support from people just like you, and your kind donations.

We do not receive any Government funding and we do not charge for the services we provide to children, young people, and their families.

Wombat's Wish was established as a charity in 2005 and is predominantly operated by community volunteers. We are a registered Deductible Gift Recipient (DGR), this means every donation over \$2 is tax deductible for the donor.

Every dollar donated goes towards providing direct services and support to a child in grief.

Can your workplace or organisation help
support Wombat's Wish through
corporate sponsorship?

We'd love to hear from you.

Email nicki@wombatswish.org.au for a
corporate sponsorship prospectus.

FROM THE TEAM

If you require assistance or would like more information about supporting parentally bereaved children and young people, please get in touch with us at Wombat's Wish.



You can call us on:

03 9069 0314 or 0499 966 228

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.



Kids Helpline - www.kidshelpline.com

Lifeline - 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

**HELPFUL
ORGANISATIONS
FOR FURTHER
SUPPORT**