



share the warmth of home and hope



**LUTHERAN
CARE**

WINTER APPEAL 2025

**A letter from Lynne*. Lynne and her family have been helped by supporters like you.
She wanted to say thank you by sharing her story.**

When our son hit rock bottom, we put up our hands to have the grandies as they had nowhere else to go. We had 48 hours' notice, and no food in the house. They say all you need is love but love isn't going to fill the tummies of growing kids who have just been uprooted from everything they know. We had no choice but to go to Lutheran Care. And thank God we did.

We are not usually the sorts of people to talk about our struggles. We just get on with it. But when I heard Lutheran Care were looking for people to share their story, I thought, this is our chance to help the team that helped us so much. To let people know that supporting Lutheran Care actually can help so many families – even ones that look like ours.

We love our son. He has had his challenges over the years with mental health which led to him self-medicating with substances. He's been unlucky in love, with failed relationships with women who have had similar challenges. But family is family. He has given us grandkids whom we adore, even if they do thrash me at Uno!

We live humbly but we feel we are lucky. My husband Paul* is an army vet, and we have both had issues with our health on and off which has affected our ability to work. We are very fortunate to have a comfortable Housing Trust home. We know so many do not have anywhere safe and warm to stay, which is so sad, particularly when homelessness affects older people or families.

When we heard the grandkids were coming to live with us, we had to move quickly. I do the best I can to make ends meet with the Centrelink payments we receive, but there was just no way we could look after them without assistance. I knew I needed to ask for help. It wasn't for us - it was for them. I didn't have time to feel ashamed or alienated. Everyone at Lutheran Care has an open heart. They understand. They have been like angels, you know?

Yes, we are struggling with the cost of living like everyone is, particularly having to look after the kids, but it was never an option to not take them in. You scrimp, you save, you try to get your heads above water. Then you hit a brick wall of a fortnight! Two or three bills arrive at once and then a fortnight's pay is gone like that and it's still a long time 'til the next payday.

On those sorts of weeks, that's when it made all the difference to receive Lutheran Care's Emergency Relief groceries and supermarket vouchers, to help the budget stretch further. Weetbix, milk, pasta, that sort of thing. Op shop vouchers were always helpful for the kids' clothes – particularly when they needed a good quality jacket to get through the winter or pair of sneakers for school. At Christmas time, we were able to get Christmas Hampers with food and toys - the children loved the chocolate and treats. It gave us so much joy to watch them open the gifts on Christmas morning. Even our old tom cat and wrinkly-face staffy haven't been overlooked. Lutheran Care gave us some dry biscuits and wet food which we top up with rice and carrots to help it go further.

Earlier this year, things were looking up, with Paul getting his first steady job for 10 years as a part time fitter and turner. I also got a job as a telemarketer, and was learning the ropes when I had a heart attack at work. There was an ambulance called, sirens - the whole kit and kaboodle. It's strange, but I am so grateful for that heart attack – I had a life-saving stent operation and my heart disease is now on my doctor's radar. My grandmother used to say, someone with a healthy body can have thousands of problems. When you're not healthy, you've just got one problem.

My recovery has been slow going, and I don't know if or when I'll be able to work again. But I am grateful that Paul still has his job and it is permanent so there is a regular income coming in, and I know Lutheran Care is there if times get really tough. Lutheran Care has also offered us counselling - I hope Paul and our son can both take this up, to help them work through some past things that have happened. Meanwhile, I will take some time to heal, grow veggies, and spend time with the grandies. I'm so glad I'm still here to help bring them up and be part of their lives.

There is so much need in the world and so much despair. It upsets me, but I feel compelled to watch the news every night, to bear witness to what is happening, so people's pain isn't going unnoticed. All over the world people are screaming for help. We are very fortunate we're able to get it.

I really hope that the people reading my story will donate to the Winter Appeal, if they can. With Lutheran Care's help, we are making sure our grandkids can get the best start in life. They are smart kids, they can be anything. Thank you for your help.

*Names have been changed to protect clients' privacy.

With your support, we proudly offer services such as:

Emergency Relief

Material assistance (including food, vouchers and bedding/linen), together with community information and/or referrals to other services for those in immediate need.

Family Violence Counselling

Lutheran Care's Counselling programs offer professional support to people who are experiencing or have experienced Family Violence.

Family Zone

A child and parenting centre based at Ingle Farm Primary School that provides a range of support programs for families.

Homelessness Services

We offer a range of services for people experiencing or at risk of homelessness through the Toward Home Alliance.



and more, across various sites right here in South Australia. Visit lutherancare.org.au for a full list of our services and to learn more.

\$25 will fund an Emergency Relief 'overnight bag' for dinner & breakfast for two people.

\$60 will fund an Emergency Relief food hamper packed full of fresh foods, long-life pantry staples and snacks, so a family in need isn't going hungry.

\$150 can help us deliver parenting education workshops and support groups, one-on-one financial and personal counselling, crèche services and playgroups at Family Zone.

\$250 can help us provide additional support to people experiencing complex issues such as homelessness, domestic or family violence, mental health concerns and more.

\$1000 will support a family fleeing violence or abuse, or stepping out of homelessness with Emergency Accommodation, clothing, toys, furniture and whitegoods.

Bring hope and warmth to a family this winter.



Finance
with a
mission

LLL Australia are proud
supporters of Lutheran
Care

☒ YES, I will support LC's Winter Appeal

MY GIFT

☐ \$25 ☐ \$60 ☐ \$150 ☐ \$250 ☐ \$1000

\$_____ to be used where needed most urgently

All donations \$2 and over are tax deductible.

YOUR DETAILS (for receipt)

Title _____ Name _____

Address _____

Postcode _____ Phone (____) _____

Email my receipt to:

Email _____

☐ Please send me information on the A Gift in Your Will program.

☐ Please subscribe me to Lutheran Care's email updates.

PAYMENT DETAILS

☐ lutherancare.org.au (or use the QR code above)

☐ Tel: 08 8269 9333

☐ cheque/money order (payable to Lutheran Care)

☐ VISA ☐ Mastercard

Cardholder _____

Expires ____ / ____

Signature _____



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