



Annual Report  
2019 – 2020

Wellsprings   
for women



Equality

Justice

Safety



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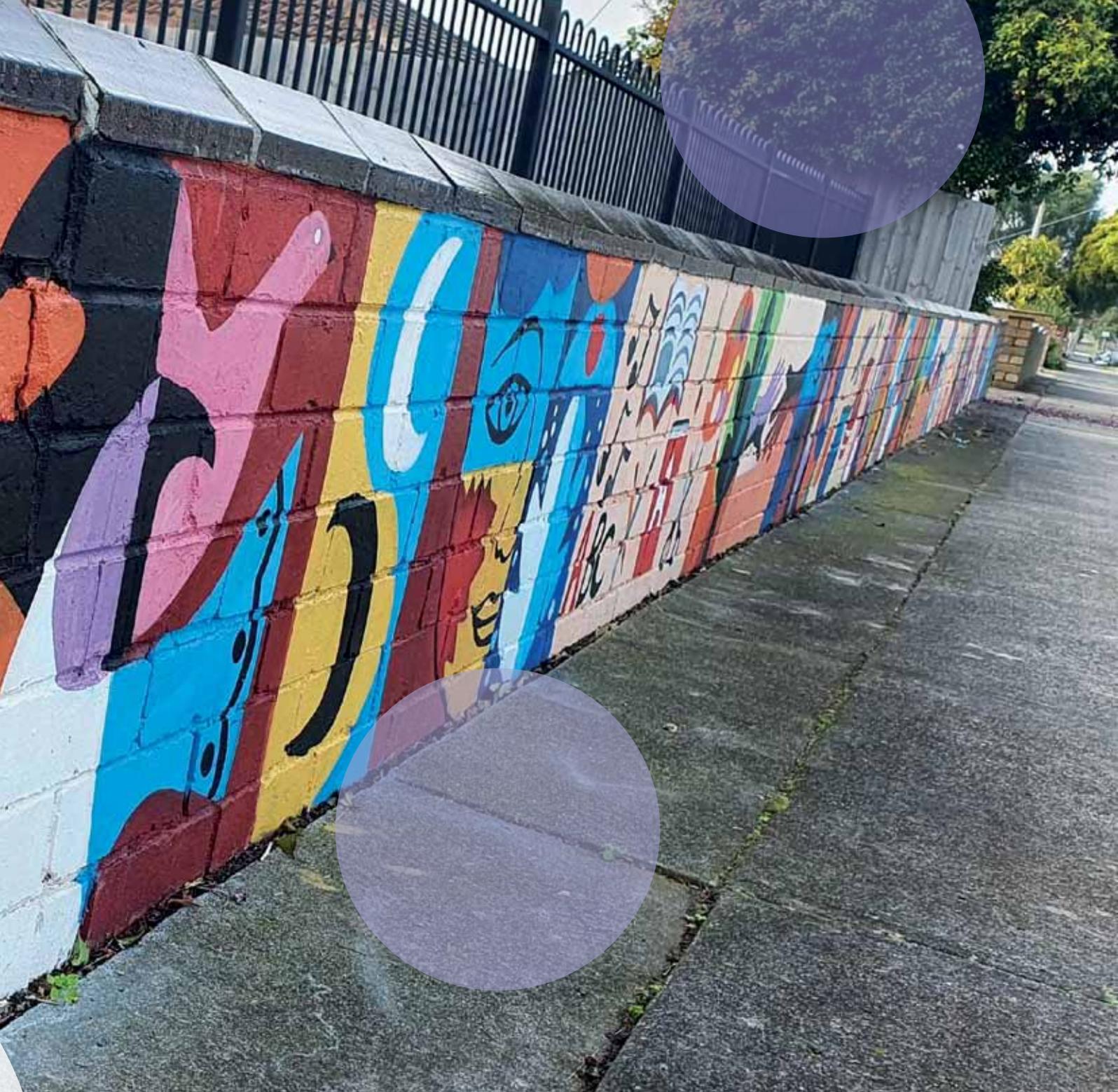
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**Front Cover:** Participant Ajo Oman Odiel is featured on our front cover this year. She is from Ethiopia and has been in Australia for 4 years. Ajo attends English, Digital Literacy, Ageless Grace and English conversation classes at Wellsprings for Women and her child attends our child minding.

**Wellsprings**   
for women





## Who we are

Wellsprings for Women is a women's only centre providing a range of programs and services aimed at supporting and building women's capabilities, health and wellbeing. We operate in Dandenong, and outreach to Casey and Cardinia. Our programs are child-friendly and delivered by staff and a dedicated group of volunteers. Wellsprings for Women's programs and services are underpinned by community development principles, human rights and equality.

## History of Wellsprings

### The Presentation Sisters

The Presentation Sisters who have a long history of supporting girls and women's education established Wellsprings for Women in 1994. Sister Ann Halpin was instrumental in advocating for the opening of Wellsprings for Women's Centre. Over the last twenty-six years, Wellsprings grew in response to the changing needs of women in the Dandenong and surrounding areas. Today Wellsprings employs 38 staff and is supported by over 99 volunteers. We have participants from 42 countries of birth speaking over 35 different languages.

### Kildare Ministries

In 2014, a new governance structure named Kildare Ministries was created. Significantly this new structure involves lay people at all levels of governance in its educational and community works. Kildare Ministries comprises the educational and community works formerly governed by the NSW Province of the Brigidine Congregation, the Victorian Province of Brigidine Congregation and the Presentation Congregation of Victoria. Wellsprings for Women Incorporated is considered as one of the Kildare Ministries' Community Works.

Kildare Ministries draws on the wisdom of ethical and authentic leaders such as John Falzon who wrote;

**Tackling inequality is not just about redistribution of wealth and resources, It must be about redistribution of hope, a redistribution of power**

## Members of the Board



Janet Cribbes Chairperson



Joanne Rosewall Deputy Chair



Carmel Collins Director



Minh Nguyen Director



Joy Marrocco Director



Georgia Prattis Director



Laura Conti Treasurer



Neha Do Shi  
Board Secretary

**Jo Stanley**, TV and radio celebrity joined us in late 2018 as our Patron. Since then Jo has supported Wellsprings events and delivered training to participants in the Making a Difference Program. In June 2019, Jo Mced the multicultural dinner we held at St John's Regional College, our High Tea in 2019, our 25th Anniversary celebration at Parliament House and the 2020 virtual fundraiser. We are very fortunate to have Jo Stanely as our Patron.  
**Thank you Jo!**



## Management & Staff



**Dalal Smiley**  
Chief Executive Officer



**Robyn Erwin**  
Volunteers Coordinator



**Gladys Torres**  
Education Coordinator



**Ayesha Awan**  
Women's Support  
Coordinator



**Holly Gordon**  
Senior Projects Officer



**Marie Marzovilla**  
Family Learning  
Partnership Coordinator



**Mmaskepe Sejoe**  
Senior Practitioner /  
Applied Human Rights



**Jasmine Robbins**  
Administration / Secretary



**Lisa Elliott**  
Facilitator Creative  
Enterprising Women



**Mehwish Zaidi**  
Women's Support Worker



**Sonu Patel**  
Finance Officer



**Indri Jarvis**  
Project Officer



**Monira Tahery**  
Enrolment/Project Officer



**Poupak Mohebatzadeh**  
Women's Support  
Case Worker



**Medgee Gontran**  
Playgroup Facilitator



**Chithrika Senanayake**  
Administrative Assistant



**Thi Le**  
Kitchen Hand



**Mariam Issa**  
Hospitality Clerk

## Tutors



**Mandy Seehusen**  
Tutor



**Veronica Waugh**  
Tutor



**Beata Wasiak**  
Project Officer



**Shipra Plander**  
Tutor



**Salma Subhani**  
Tutor



**Suja Mathew**  
Tutor



**Deborah Langmaid**  
Tutor



**Aisha Mahboob**  
Tutor



**Rita Poole**  
Tutor



**Sandra Hanke**  
Tutor



**Samira Barakzay**  
Tutor



**Barbara Macmull**  
Tutor

## STAFF PROFILE

### Countries of Birth:

Afghanistan, Argentina, Australia, Botswana, India, Indonesia, Iran, Lebanon, Mauritius, Pakistan, Poland, Sri Lanka, Vietnam, Cambodia.

### Age Group:

26 - 70

### Languages Spoken:

Arabic, Dari, English, Farsi, French, Garhwali, German, Gujarati, Hindi, Indonesian, Italian, Konkani, Pashtu, Persian, Polish, Punjabi, Russian, Saraiki, Sinhalese, Spanish, Urdu, Vietnamese.

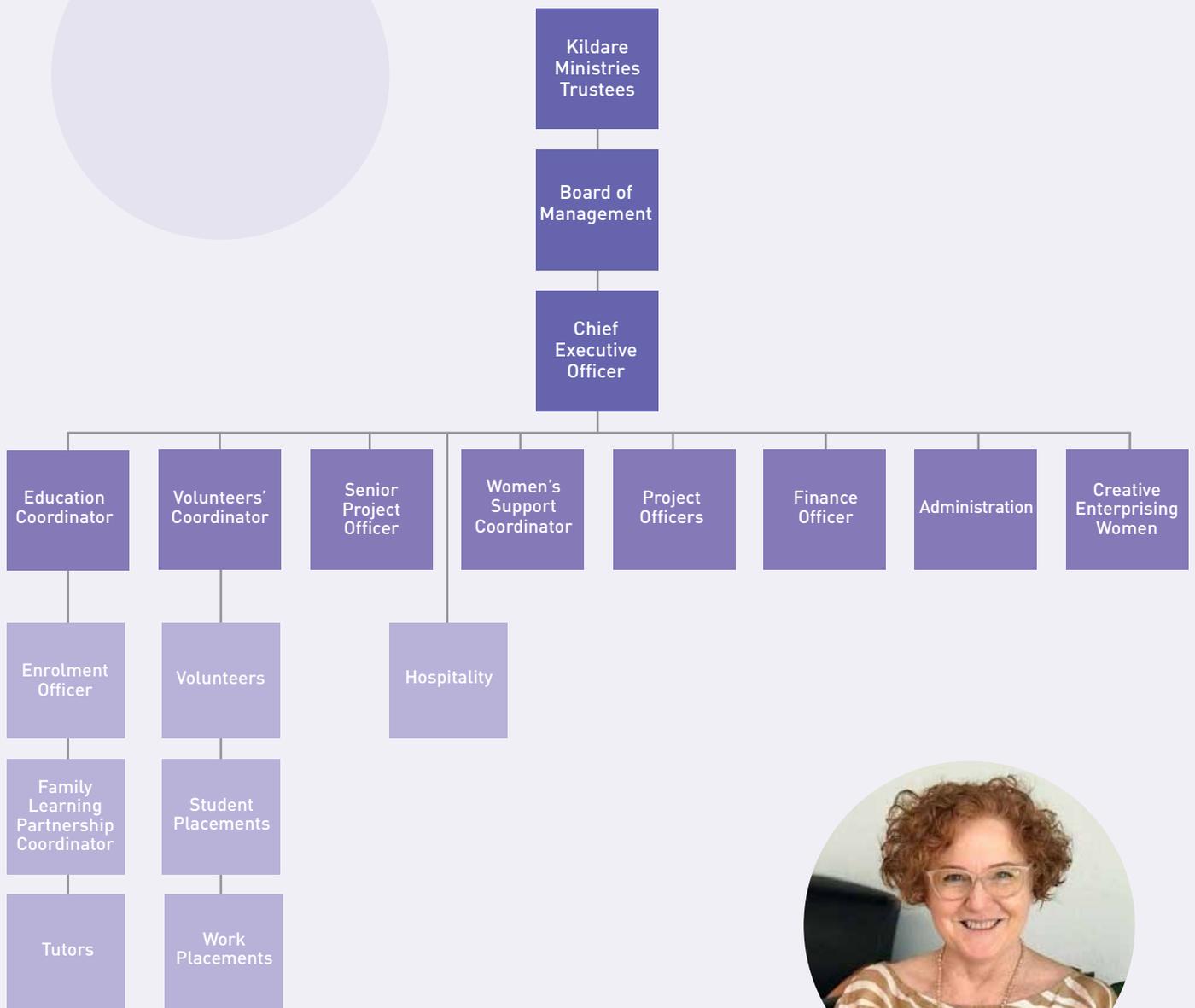
### Local Government:

Cities of Casey, Gr Dandenong, Frankston, Kingston, Knox, Monash, Mornington, Whitehorse & ACT.

### No longer with Wellsprings:

Al-KhansaAli – 29/11/2019  
Lora Hares – 1/12/2019  
Lorraine Schmaman – 5/12/2019  
Helen Sanders – 16/12/2019  
Jennifer Rohit – 13/01/2020  
Malahat Kamali – 6/5/2020

# Organisation Structure



**Erica Pegorer** Executive Director  
Kildare Ministries



## Wellsprings Strategic Framework for 2017-2021

<b>Vision</b> What we want to be			
Welcoming places, caring for and empowering women			
<b>Mission</b> Why we exist			
To help acceptance, healing and growth by providing programs and pathways for isolated and vulnerable women, locally and from emerging communities			
<b>Values</b> What is important to us			
Justice, Compassion, Hope, Hospitality and Courage			
<b>Our Strategy &amp; Outcome</b>			
To ensure that we strengthen our ability and resources to develop and implement effective and meaningful programs for isolated and vulnerable women			
<b>Our Goals</b>			
Be responsive and caring to the needs of vulnerable and isolated women	Advocate for and with women	Build partnerships to better meet the needs of women	Grow our future to ensure that we can provide responsive services for women
<b>Targets &amp; Initiatives</b>			
Deliver responsive and caring Programs	Marketing and events Strengthen Advocacy	Partnership with like-minded organisations	Strengthen Governance Build Resources and Fundraising

**Kildare Ministries Trustees:** Image above from L - R

**Back Row:** Denis Fitzgerald, Maree Marsh csb, Catherine Jackson, Anne Astin

**Front Row:** Brigid Arthur csb, Rosemary Copeland (Co-Chair), Kathy McEvoy (Co-Chair)



## From The Chair

It has been an unprecedented year; how many times have we heard that said? And yet it is the only word that still rings true today. We have faced many challenges during the pandemic. However, I want to reflect on the amazing opportunities that have presented themselves to Wellsprings.

Not meeting on site has brought a sadness for all involved. There has been so much courage, compassion, innovation and responsiveness that would make hearts melt. We see The Grace of God at work with the attitudes and the delivery of goods and services.

While the Women's Support program increased due to demand, the above and beyond attitude of the staff who work with them also mounted and surpassed simply a delivery service.

We are blessed to have the staff we do at Wellsprings. No doubt because of the inspirational leadership of Dalal Smiley. Not withstanding her own health journey, she managed to increase the number of staff, program reach and revenue. Congratulations to one and all.

The board has been hard at work during this pandemic and has continued to govern as staff have continued to deliver on their dedicated and professional commitment. We have much to be grateful our funding has now surpassed \$1million dollars, enabling us to reach even more women, in a different way and a way that will change the way programs are delivered in the future.

I want to take the opportunity to thank our funding bodies, who make our work possible. Thank you to Kildare Ministries for championing the work of Wellsprings, we appreciate the ongoing support, enthusiasm and mission governance framework.

We don't know how this pandemic will unfold, but it has shown unprecedented kindness for neighbours, communities, and society at large. The down side is loss of jobs, family violence and increased uncertainty. Due to the length of this lockdown, there is an excitement about the prospect of opening up and allowing people to reconnect with their loved ones. It is also a time to remember those who aren't in a fortunate position. When one of us is hurting or in pain, we are all diminished as a society. When one heals, we all heal, and hope we find the Grace to walk side by side with each other as we walk gently on the earth.

We continue to work with the women who fall between the cracks of mainstream services. Our advocacy and service in this area has seen the staff grow with professional women who are dedicated and go above and beyond the call of duty. This is one of the strengths of Wellsprings.

Go gently one and All.

**Janet Cribbes**  
Chairperson



## CEO's Reflections

As I write this reflection, I am reminded that this annual report covers our stories from July 2019, a world we knew and lived in prior to COVID 19. Nine months of COVID free life that was full of lots of celebrations of so many achievements at Wellsprings for Women. In August 2019, we celebrated our 25th anniversary at Parliament House, we also celebrated winning our Learn Local awards, and a Multicultural Excellence award at Government House in December for our Cultural Cuisines program, and then another award in early March 2020 on Gender Equality for our Making a Difference program.



I also reflect on my pilgrimage to Ireland with Kildare ministries in September 2019, supported by the Presentation sisters, where I had the privilege to learn about the legacy of Nano Nagle whose vision and mission continued through the centuries to inspire thousands of women to help each other through education and social support. Then our world changed overnight with the news of a corona virus that is quite deadly especially to people with low immunity. At the same time, I was also diagnosed with Hodgkin Lymphoma and started a course of chemotherapy then radiation therapy. Looking back on the last 6 months, I feel that our survival as women connected with Wellsprings has been due to our shared values and beliefs, it is due to what we do, what we stand for, what we believe in and what we are prepared to die for. The way the staff and volunteers rallied together from the start of this pandemic to focus their attention on assisting our participants with food relief, material aid, access to services and resources and providing comfort to women struggling with depression and mental health, has been nothing but inspirational. The energy and commitment from all the staff and volunteers did not go unnoticed and our Board was quick in extending their gratitude to all involved, recognising the efforts made to ensure that our most vulnerable participants are supported.

The pandemic has certainly pushed us out of our comfort zone and into a new era of working from home, delivering on line programs and building our digital capacity to offer increased on-line education opportunities. We are grateful to our supporters and funding bodies as they reached out to offer their support by extending deadlines on grants and being open to new negotiated deliverables. The pandemic drove home very clearly the importance of community, the value of collective action and the importance for Government's investment in quality health care and social services capable in keeping us healthy and productive. A healthy economy is useless in a society where only the fittest among us survive and flourish.

I would like to thank our Board for their unwavering support, passion for and commitment to empowering women and addressing structural inequalities, and Kildare Ministries for their overarching leadership in setting the context of our work within a mission that seeks justice and equality in all we do. Wellsprings is proud to be part of KM as we move forward in this world where we need hope and encouragement to keep working towards a society that is more humane, kind, fair and altruistic.

**Dalal Smiley**  
Chief Executive Officer



### **Multicultural Excellence Award**

Cooking the Art of Belonging celebrated winning an award of Excellence for Community Innovation from Victorian Multicultural Commission. The award ceremony was held in Government House in December 2019 and was presented to Monira Tahery by the then Minister for Multicultural Affairs the Honourable Richard Wynn.





### Gender Equality Award

In March 2020, Wellsprings for Women was announced as the winner of the Fiona Richardson Gender Equality Award for Victorian Neighbourhood Houses. The award was for the Making a Difference program which was run by Rida Khan in terms 1, 2 in 2019 and Indri Jarvis in terms 3 and 4. The program is funded by the Victorian Multicultural Commission and participants work together on identifying a social issue of concern to them and develop strategies to affect change. This program is excellent in building women’s ability to effectively advocate on their own behalf and learn about power structures and engaging constructively with decision-makers. The award was announced and presented at the Neighbourhood Houses Conference.



### Kildare Ministries - Awards

Kildare Ministries Awards are provided each year for outstanding contributions, in 2019 the deserving recipients were Robyn Erwin - Staff Award, Mandy Seehusen - Tutor Award, Louella Noronha - Volunteer Award and Nouhad Beaini - Participant Award.



# At a Glance

2018/2019

2019/2020

43,890

Total Student Contact Hours

43,004

27,068

ACFE Student Contact Hours

33,970

Number of Enrolments in:

1097

ACFE



1265

239

Non ACFE

738

55

Primary School Children in Programs

94

132

Children in Child Minding Programs

287

49

Student Placements

55

24

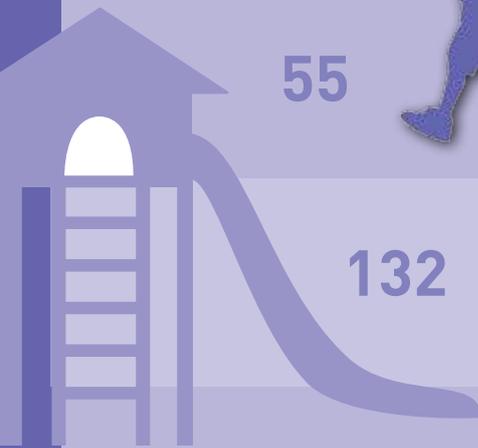
Volunteers

37

126



99



2018/2019

2019/2020

54,712

Website Hits

42,928



**INCOME**  
**\$734,283**

**VALUE**  
**\$3,870,533**

Emergency relief includes:

- Food and groceries: **\$251,427**
- Fuel Vouchers: **\$960**

Services include:

- Computer/internet usage: **\$2,880**
- Room hire: **\$1,800**
- Résumé assistance: **\$5,400**
- Auspicing other organisations: **\$1,911**
- Community lunch, frozen or other meals: **\$6,000**

**Employment value:**

**13.72FTE jobs**

including 9.9 direct and 3.8 indirect Full Time Equivalent positions



These calculations were conducted by Neighbourhood Houses Victoria based on data provided in the 2019 Neighbourhood Houses Survey. Only activities where a determinable valuation method exists are included.

This figure includes the value of:

- Improved quality of life through social connection: **\$588,095**
- Volunteer contributions: **\$480,800**
- Emergency relief provided: **\$252,387**
- Services provided: **\$16,080**
- Adult Community Education: **\$2,531,259**

This community value equates to:

**\$5.27** for every \$1 of income

**\$48.82** for every \$1 of Neighbourhood House Coordination Program funding

Over **\$1,720.24** for every hour the neighbourhood house is in use

## Responding to COVID-19 Restrictions

Wellsprings for Women moved swiftly in response to the pandemic by putting in place a range of measures aimed at keeping our participants engaged, safeguarding the staff and volunteers' health and safety and supporting families most impacted by the lockdown. With a grant from ECSTRA foundation, Casey Council and donated laptops from Kilbreda College and St Joseph College in Echuca, we supported over 90 women in accessing internet to continue with their education on-line. Helpdesk support and access to internet were also secured. The Women's Support Team continued to work in supporting women and providing emergency relief as well as in accessing additional services. The staff adapted quickly to working from home and all Board meetings were held on line via Zoom.

**Wellsprings for women**

# COVID-19 RESPONSE

- FOOD AND MATERIAL AID**
  - 250+ food/material aid parcels
  - 80 cooked meals delivered
- REMOTE LEARNING**
  - 90 FREE computers/laptops
  - WiFi provided where needed
  - 15,898 Student Contact Hours (Term 1 + 2)
  - FREE IT support
  - All classes offered FREE (Term 2, 3 and 4 2020)
  - Classes offered remotely from term 2
  - Moved to Online enrolment system
- WELFARE & FAMILY VIOLENCE SUPPORT**
  - 200+ women supported one-to-one
  - 100+ women supported with family violence or other complex issues
  - 1078 calls made to women
- PROFESSIONAL DEVELOPMENT**

Numerous staff PD sessions including COVID hygiene, remote teaching, family violence response & MHFA Instructor upskill to offer blended learning model.
- ADVOCACY & COLLABORATION**
  - Undertaken community consultations to determine local impact and needs
  - Advocated to State and Federal Government
  - Collaborated with 16 agencies/Councils

## Programs

### English as an Additional Language

EAL classes at Wellsprings are our highest demand. A total of 304 participants were enrolled between July 2019 and June 2020. The centre offers classes at 3 levels on different days of the week. Participants are placed in classes according to the level of their speaking, listening, reading and writing skills, their interests, needs and learning strategies.

The EAL classes are delivered at Wellsprings Dandenong and at outreach locations in Cranbourne, Narre Warren and Hallam.

Participants are taught by experienced tutors with a broad understanding of the needs of the CALD community in the area. Volunteers support the participants in class and also individually as requested.

Classes follow dynamic programs developed in consultation with tutors, participants, employers, Jobactive and other Learn Locals and RTO organisations. The lessons were delivered face to face during 2019 and in term 1 - 2020 and smoothly transitioned to blended or full online delivery due to the COVID 19 restrictions from term 2. To avoid disadvantages among the participants, Wellsprings supported them with laptops, PCs, Internet access and extra computing skills individual lessons according to their needs.



**In this class we talk about different topics. The teacher always helps us with pronunciation and how to say what we need using the right words and sentences**

### English Conversation Classes

This program is designed to support participants who not only wish to develop the oral communication skills but also want to expand vocabulary, improve pronunciation, use proper sentence structure for spoken language and gain confidence when communicating. Lessons are structured following topics to promote discussion and to develop the different aspects of the spoken language simultaneously. The lessons are delivered by very experienced tutors in a friendly and relaxing learning environment.

There are 2 classes delivered at Wellsprings for beginners and more advanced participants. The lessons were delivered face to face in semester 2 - 2019 and term 1 - 2020 then transitioned to online from term 2 - 2020 due to the COVID 19 pandemic. More than 278 participants successfully participated in the English Conversation classes during 2019 - 2020 financial year.

## Capacity and Innovation Fund Grant (Round 11)

The Capacity and Innovation Fund 11 (CAIF 11) 'Education for all learning abilities' was a project funded by the ACFE Board which provided opportunities for Wellsprings for Women to develop improved systems to better cater for the needs of the participants as part of the organisation's continuous improvement goal. Through the project Wellsprings for Women has provided access and delivered quality programs to participants; applied a thorough and consistent enrolment and placement process using the PRIAK initial language assessment tool and the new Pre-Training Review document; maintained ongoing interaction with external education organisations regarding delivery matters, resources, expertise and knowledge; successfully introduced the use of tablets as part of the classroom delivery for the development of digital literacy skills; introduced new bibliography and professional development sessions for tutors as well as EAL online resources to be used as part of interactive classes and opened 2 new classrooms to cater for the needs of the increasing number of participants and the diverse learning skills related. Some modifications to the process were required due to COVID 19 restrictions from term 2 2020. The changes were implemented without altering the quality of the processes.

## Digital Literacy

The learning of Digital Literacy and Computing skills is strongly encouraged at Wellsprings for Women and very well received by our participants. Courses are delivered at different levels during the week and tutors work with participants in groups and also individually according to the needs.

Lessons covered computing skills for employment, study or everyday life. Tutors delivered their lessons in our new Rose Room which houses a Computer Lab. We then moved to online delivery from term 2 2020 due to the COVID 19 Pandemic.

Senior participants enjoy the BeConnected programs and events funded by the Federal Government. Throughout these projects' participants develop computing skills and knowledge on how to use computers for their needs. In 2019 and early 2020, they participated in events such as the Get Online and the Learn English and Computer Skills During and Beyond Holidays events. The activities included in these events gave the participants the opportunity to gain and practise computing skills and also to share and have fun.



I would like to thank my teacher for teaching me information technology. I always ran away from computers but now I like computers.



### Creative Enterprising Women

This program assists women to start their own micro-enterprise business based on their existing skills. Women receive product development advice and work through Wellsprings' Small Business workbook – how to start a small business. They also receive mentoring from professional business advisors and were given opportunities to attend markets, self-care and self-empowerment workshops and financial literacy sessions.

The women have supported each other emotionally and have contributed to the development of each other's ideas.

A highlight from this year was one of the 9 excursions towards the end of 2019, the partnership with Space2b migrant women's shop in St Kilda where women were able to focus on product development- leading to selling from Space2b. We also attended a local entrepreneur's summit where the women heard from successful locals starting small businesses and small business networks, and attended 5 markets between July and December 2019.

“Today was the best day of my life - With reference to visit - Space2b in St Kilda”



## Social Enterprise Development

For some time now, Wellsprings has been working towards building a social enterprise to create work opportunities for Wellsprings' participants who struggle to obtain mainstream employment due to significant barriers.

We have been working towards this by gaining professional mentoring from Swinburne Centre for Social Impact for coordination staff. We have also been creating a framework for working with the cooking program to build a social enterprise including catering, "hire a cook" and seeking funding for a food truck. The women enjoyed a number of events such as Moroccan cooking classes at St John's Regional College and catering for a number of organisations before lockdown.

We have created an engaging website and social media presence for the group to stay active. Seeking funding for our women to start a small cleaning service and also creating opportunities partnering with other social enterprises such as assisting with sewing PPE, we have kept busy during lockdown.

## Community Computer Laptop program

90 Computers/Laptops were given to our Participants so they could continue their education online during COVID19 restrictions and lockdowns. Many of our participants had never used a computer before so training was provided to enable them to use Zoom and email while further training was offered if they needed it.

One of the laptop deliveries made was to a participant on her birthday, and noticed her daughter was using a phone to study online, she is 5 years old. She also now has access to classes online.



## Discovering New Careers

Career pathways is a combined course of resume writing, job-interview skills and career development.

The resume writing course is developed to show participants how to convert a plain resume into a dynamic asset that highlights their hidden talents and learn about the different methods of resume writing and cover letters.

The job-skill interview course aims to teach participants to gain confidence during a job-interview and how to answer questions.

The career development course aims to let participants learn about their career pathways or goals and how they can attain that goal.

During the course participants accomplished and got an understanding of their hidden talents, enabling them to create a better version of their resumes and cover letters. Participants role played job-interviews and their personality tested using a career test quiz.

Participants learned how to use Google Classroom and zoom, check emails, quiz and homework via an online system.



“ This course has given me confidence to speak in a job-interview and now I can understand why my resume was not eye catching ”

## Introduction to Community Services

This course was meant to be delivered face-to-face in partnership with Chisholm TAFE but due to the restrictions imposed by COVID 19 the course was changed to online. The change of the delivery mode did not affect the interest of the participants for joining the course. Throughout the lessons, participants had the opportunity to explore different branches of the Community Sector; analyse the skills required to enter the field and develop their individual career pathways. Classes were dynamic, guided by an experienced tutor. The lessons also provided opportunities for the participants to gain confidence in using their transferable employability and their own independent learning skills. Face-to-face and virtual guest speakers from the field enhanced the delivery.

In 2019 participants visited a local Aged Care facility in Dandenong. This visit gave them the opportunity to understand the atmosphere and operational matters relevant to the field. On the last day of the 2019 course, participants shared their traditional dishes and music. It was a great moment celebrating diversity in the course.

**I never knew online class can be so much fun, I really like topics of the personal development week, because Indri has given us a personality tester quiz which enabled me to understand my abilities and character I possess**

## Presentation and Public Speaking

This course, delivered in 2019, was designed to support participants in building up confidence when communicating outside their everyday environment. Participants enrolled in this program used their newly acquired skills in a range of different settings such as employment, further study or more actively participating in the community. Through the course, participants were able to develop or further develop other employability skills such as time management, organisational skills, writing skills and technology.

Highlight has been the women participating in “16 days of activism” for domestic violence spoke about women who have inspired them. During this event, the women were introduced to Rosie Batty’s story which highlighted the power of the spoken word.

**I was afraid to speak to anyone when I first came to Wellsprings, now I have made a speech at Parliament House**



## Financial Literacy and Wellbeing

Financial literacy and wellbeing programme aims to give an understanding for women from CALD background information and skills on how to manage money effectively and other topics such as budgeting, signs of healthy relationship, financial abuse signs, family violence and gender equality.

Each week women were given activities and learned how to use computers to access services such as Centrelink, gas company or the police. They also learned how to set budget using SMART goals techniques. Participants from the course achieved a great understanding of financial abuse signs, healthy relationships and parenting skills. They have gained confidence on how to make phone calls to Centrelink, ATO and utility companies.

**If only I learned this when I was younger I won't be in the mess I am in right now**

## Mothers' Engagement with Schools

This program, delivered off-site in 2019, was developed to help mothers build their language skills to be able to communicate in English with their children and their schools in a more effective way. Mothers started to familiarise with the Australian education frameworks and how to interact with teachers and school authorities. The program was very dynamic and focused on relevant issues brought up by mothers at the time of the lessons. It was also an opportunity for mothers to understand and think about the future of their children and the options for higher education.





## Sewing

During 2019 and Term 1 2020 the Sewing program was delivered on-site at 2 different levels progressing from beginners to more advanced lessons. The beginners level classes included how to follow simple patterns, repair clothes and use new stitches. Sewing for those with sewing knowledge was an opportunity to improve skills and complete unfinished projects. Participants learnt sewing skills while using the specific language required. The majority of the participants attended EAL and computers classes too. Although the sewing lessons were interrupted due to COVID 19, Tutors continued communicating with their participants to share ideas and we discussed wellbeing and sewing related matters.



## Making a Difference Program

Making a Difference won the 2020 Gender Equity Award for Neighbourhood Houses. The program is funded by the Victorian Multicultural Commission. The purpose is to work with migrant and refugee women on identifying an issue of concern to them and their community and learn the skills of advocacy, identifying decision-makers and social structures that lead to inequalities. The women meet weekly, reflect and deliberate on social issues, explore their sphere of influence and discover their personal power. Before the COVID restrictions, the participants in the program worked on Mental Health and Children's safety in 2019 and in term 1 of 2020, they participated in Human Rights workshops delivered by Mmaskepe Sejo.

Due to COVID, this program developed into 'Emergency Food Relief' at Wellsprings for participants deemed not eligible for government assistance. Making a Difference women investigated the gap in financial support for temporary visa holders, New Zealand residents and international students during the early days of the pandemic.

The group responded by developing a food relief program in partnership with City of Greater Dandenong. This included home deliveries, picking up food from council and distributing to 30 families.

“ **My husband has lost his casual job and we don't receive any government assistance** Due to temporary visa status ”





## Women's Health and Safety Program

This program has evolved and expanded in 2019 by continuing its mission of raising awareness among multicultural women on gender equality and family violence. Working with women with low English literacy led to the development of pictorials which are a set of 20 cards illustrating images that stimulate discussion on gender roles and gender identity development. The project used a number of strategies to promote the concepts of gender equality including the use of theatre, the development of an animated video and the development of English literacy lessons contextualised to gender equality and prevention of family violence. The involvement with ANROWS provided opportunities for broader engagement in the sector and participation in Communities of Practice. WHASP continues to be a key project in working with migrant and refugee women in Wellsprings catchment areas. The feedback from the women prompted Wellsprings to engage migrant and refugee men on their views of gender formation and impact of migration on gender roles. This led to working on a community research in partnership with Melbourne University. Findings will feature in 2020/2021 annual report.

## A Facelift for the Creativity room

A new grant from the Australian government enabled us to renovate the Creativity room by installing new bench tops, cupboards, aircon, blinds and new height adjustable tables which were highly welcomed by the sewing group as they enabled them to elevate the tables for the work they do standing up and cutting material. Our sewing classes came to a halt after first term due to the pandemic. We look forward to resuming the sewing classes in 2021.



### Wellsprings Mural

Leila Ashtiani an artist originally from Iran was engaged to create and paint a set of images and illustrations which were drawn onto the brick wall along the fence of Wellsprings premises in Dandenong. The illustrations depicted some of Wellsprings activities and included Nano Nagle's lantern. Leila has just completed an additional artwork in the back garden at Wellsprings. It is featured on the back inside cover of this report.



### Active Ageing Programs

Wellsprings hosts a group of activities designed to engage older Australians in physical exercise but welcoming women from all age groups to join in.

### Ageless Grace

Ageless Grace is a lively, engaging program involving exercising to music, that is suited to all ages and abilities. Volunteers Christene and Sharafiya continued to present the program on Tuesdays and Thursdays respectively, each bringing their own style, creativity and humour to the program.

In 2020 two new Ageless Grace leaders were trained with Volunteer Sophea leading the Thursday group in Term 1. She then became the first tutor to take her program to on-line learning, introducing the program to a new audience of volunteers who have welcomed both the fitness, laughter and connection that the program brings during times of isolation and lockdown.

### Choir

In 2019, the choir group met regularly on Thursdays to sing together, rehearse and have fun. The Choir presented at the Wellsprings Fundraiser Dinner in October and also visited the Mercy Place Residential Aged Care in Dandenong, where they sang with the residents and shared a time of music and enjoyment. Due to the COVID restrictions in 2020, the Choir group still meets regularly on Zoom to listen to music, sing along and keep in touch with each other.





## Craft

These programs provided a social space for women of all abilities to participate in either planned or activities of their own choice. A sharing and learning of “new” skills / ideas, connection and friendships in the wider community giving a sense of connection. Show and tell of finished or works in progress are always a delight, as is the sharing of skills and the respect shown.

The group has extended into the community with a group they call “Friends of WFW Craft Groups” - women who have some connection to WFW and are creating rugs, squares, for KOGO and prem baby beanies which are passed on to charities.

During COVID lockdown the Tutor posted Kits containing 2 activities to Craft Groups participants. One contained red felt, threads, ribbon and patterns to create felt / knitted / crochet hearts for the “Have a Heart Project” organised by Lynn Berry. (of 1000 Poppies) This project is planned to be a public display to celebrate life, love, loss, recovery and everything in-between. The creation process was to use mainly red materials that were available and to be slow and meditative.





The second contained fabric with a bottle drawn on it. The idea was for participants to write a positive “Message in the Bottle” and decorate the fabric as they chose. The squares were to be sewn together and displayed at Wellsprings as a message of hope. The Tutor kept in contact with participants and shared photos of the work they did in Isolation.

### **Art for Life**

This new program delivered face-to face in 2019 was full of colour, fun and artistic exploration. The sessions took place at Wellsprings in a relaxed and friendly atmosphere. Participants were given the opportunity to learn and explored their creativity guided by an experienced tutor. The sessions were interrupted from term 2 2020 due to COVID 19.

### **Afghan Women’s Friendship Group**

This volunteer run Friendship Group was put on hold due to COVID. The Afghan women usually meet weekly to build friendship, discuss various topics and read the Quran in Arabic. Many of the ladies attend other classes at Wellsprings.

### **Cambodian Women’s Group**

A group of Cambodian women were referred to Wellsprings for Women from Foundation house and began meeting at Wellsprings in 2019. The women who had been meeting together for more than 8 years were welcomed into Wellsprings to begin a new journey of learning new things and interacting with other women from diverse cultural backgrounds. They enjoyed cooking together, and engaging in a number of activities including digital literacy.



## Cycling

Wellsprings received a grant for a new program to teach women how to ride a bike, how to ride safely and to establish a cycling group. This was put on-hold during COVID restrictions but we were very pleased to have received a donation of 5 bikes from the City of Casey following the closure of Casey Safety Village. We look forward to being able to use these in the near future.

## Gardening

The gardening group is small in number but big in enthusiasm. In 2019 we raised a number of successful crops, shared stories and had plenty of laughs. We are grateful to Bunnings for a gift voucher enabling us to purchase compost, mulch and seedlings to boost our gardening activities.

Many thanks to Maria for sharing seedlings of 'mustarde' and Timorese lettuce she had grown at home. When Maria finally gave the go-ahead to harvest the huge mustarde leaves, they went straight to the Wellsprings kitchen and were cooked up as a Timorese stir fry and a Vietnamese soup giving us all a wonderful, joyful lunch.

Participants greatly enjoyed potting up seedlings into newspaper pots made in another Wellsprings' program to sell at a Wellsprings' Christmas market stall. We finished 2019 with an excursion to 2 different community gardens one in Seaford and the other in Chelsea Heights. Both providing great example of food growing on a larger scale.

As it was such a hot day, we made an extra stop at Chelsea beach and the majority just couldn't resist the opportunity to take off their shoes and jump in the water. One participant shared that it was the first time she had been to the beach since arriving in Melbourne 12 years ago and happily sat on the sand, enjoying the breeze and looking out over the water with her friends.

2020 started with some keen new gardeners learning the basics of soil and food growing. Many thanks to Think Le Thi for keeping the garden watered over the summer break and caring for the beds during lockdown.



## Walking Group

2020 saw the introduction of a new walking group led by Volunteer Lynn, encouraging participants who already attend the centre. The Group walked in between classes with routes chosen to suit participants' fitness levels, enabling nearby visits to places of interest like Dandenong Park, Heritage Hill and the library.

COVID restrictions have put the group walking on hold until restrictions ease.

## Yoga

Yoga classes were introduced in 2020 with a small group of regular attendees learning the health and well-being benefits of this ancient practice. We decided this program was not suited for an on-line delivery due to the importance of supporting women in achieving correct postures safely.

We look forward to recommencing regular walking and yoga classes when it is safe to do so.



“ Self-care program makes me feel relaxed and I enjoy the group discussions ”

## Self – care program

The Self –care Program, previously known as the Mentoring Program, engages and encourages Participants to take part and learn through group information and discussions sessions on various topics pertaining to self – care. Each group discussion ends with yoga, which is very popular as participants learn techniques in relaxation, balance and looking after their mind and body.

The Group has achieved a warm group environment allowing each participant to freely share their ideas with other group members as well as learn from each other. Additionally, they enjoy socialising, sharing ideas, group discussions, yoga and healthy eating/cooking sessions

Since COVID 19 it has been a struggle trying to have our participants connect to classes via zoom due to numerous issues they face ie fear of being hacked by sharing personal information, not being familiar with use of computer & internet, children studying at home and coping with house work. The facilitator has stayed connected on a weekly basis via phone calls, WhatsApp group sharing video clips on how to meditate, looking after their mental health as well as to following up on their wellbeing and the activities they are involved with.

The Group has stayed positive during this pandemic, getting more involved from a distance with families/loved ones, knitting beanies for homeless people, gardening, studying, walking, watching TV, looking after their diet and promoting healthy eating.

## Making Australia Home

This program aims to provide women from migrant and refugee backgrounds an understanding of what to expect after settling in Australia. Topics also cover the Aboriginal community, Torres Strait Islander people, indigenous plants and animals, as well as being made aware of Australian rules and regulations. Participants were given activities each week such as NAIDOC activity and learned history of white Australia, convicts and other historical events. Participants were excited to be invited to Casey Aboriginal Gathering place in Doveton where they met Aboriginal community members, looked at Aboriginal art and plants. Participants also talked about their cultures and the similarities with the Aboriginal and Torres Strait Islander people such as

“ In my culture, having respect to the elders is an honour ”

Prior to COVID restrictions an excursion was organised to Doveton Gathering Place enabling students to better understand Aboriginal history and cultures.



## Cultural Cuisines program

This Program was established to build cross-cultural friendships, celebrate women's cultures and educate and connect women with the community through food. Participants received healthy eating tips and information during each session. They learned how to cook Lebanese and Moroccan food and shared ideas of their culture and customs.

Through this project, some of the women demonstrated increasing motivation to build an income generating stream which prompted the partnerships with local communities. 21 of the women successfully completed the food handling certificate which opened up avenues for further employment and built confidence for further accredited study.

In Term 1 this year, the cooking sessions were held at St John's Regional college graduate's restaurant in Dandenong. Our thanks to St John's for the use of the beautiful facilities. The participants learned about Moroccan culture and food and while the future is unknown during times of COVID lockdown, the Cultural Cuisines group is trying to remain positive and planning big things for the future.

The team successfully catered for numerous events at Wellspring - Seniors week festival, Annual General Meeting, International Women's day and Australian GLBTQIAP Multicultural Conference and Mission Australia, to name a few.

COOK BOOK: 3 women participated in the creating of a Cookbook called "The Share Plate" Published by City of Greater Dandenong. The Share Plate was a celebration of cultural diversity culinary creativity.

**Website for the project:** [www.culturalcuisines.com.au](http://www.culturalcuisines.com.au)

**Instagram:** [www.instagram.com/cultural\\_cuisines/](https://www.instagram.com/cultural_cuisines/)

**VMC Award Video:** [www.youtube.com/watch?v=74YuidTqEHM](https://www.youtube.com/watch?v=74YuidTqEHM)

“

The experience of being part of the cooking program at Wellsprings has been very positive. I learned about so many cultures, feeling safe being among multicultural women and having that peace of mind of not being judged

”



## Mental Health and Wellbeing

Mental Health First Aid: 20 people were trained in Standard MHFA last financial year.

To stay connected during COVID: Holly Gordon and Indri Jarvis have upskilled and are now accredited to deliver the online blended version of Mental Health First Aid. We have since enrolled 54 people in the blended online MHFA from 8 different organisations across Victoria, and also some from NSW who are all attending remotely from their homes.

Holly Gordon has created a virtual self-care workshop including a self-care booklet with a self-care plan template. This course has over 50 people enrolled across Victoria.

Holly has also been offering free art therapy sessions to Volunteers who are struggling during lock-down.



“With this course I can make my community aware of what is mental illness and how they can seek support in Australia”

## MEDIA

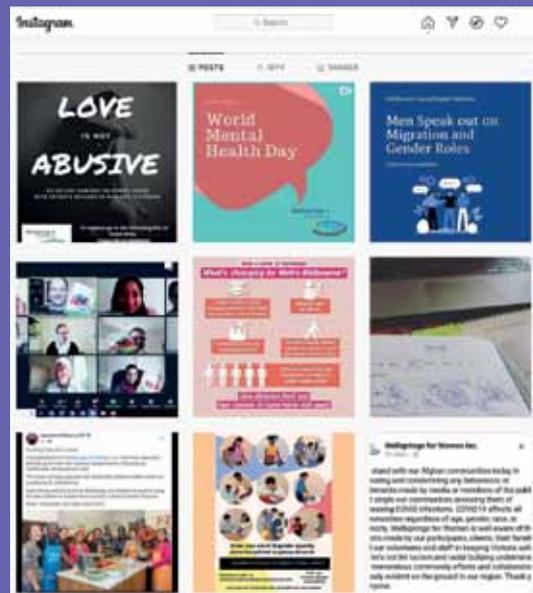
We have been working on increasing our online presence and have created videos of staff and projects happening at Wellsprings to enhance visual appeal. We added an Instagram account which has been sharing important community information during COVID lockdown. A website and Instagram account was also created for the Cultural Cuisines program.

[www.culturalcuisines.com.au](http://www.culturalcuisines.com.au)

## Websites



## Instagram



Television

Local News

**I DO NOT KNOW THAT I AM BEING ABUSED: ISOLATED IN THE SUBURBS, MIGRANT WOMEN LACK THE SUPPORT THEY NEED**

Home visitation programs help isolated women and victims of family violence come back from the depths of despair. Marty Smiley meets isolated migrant women surviving in the suburbs.

### Virtual cocktails for real comedy

03/04/2020

Like 19

Facebook Twitter Google+ Pinterest

Wellspring's patron Jo Stanley will host Cocktails for a Cause on the web on 10 June.

By Cam Lucadou-Wells

A unique fundraiser for a vital Dandenong service will raise a toast to the nation's acclaimed comedians in lounge rooms across Australia.

Facebook

Wellspring's for Women Inc. August 23

A simple book to help explain the pandemic to your children. "When the World Went Inside" What have you found helpful to explain COVID-19 and lockdown to children? Share your ideas in comments below 🙌 Or join us in the At The Well zoom sessions every Thursday 2pm to share ideas and ask questions (women only space). ... [See More](#)

YOUTUBE.COM  
**When The World Went Inside**  
I was lucky enough to have Danish from Danish Music for Kids ...

1 Share

Wellspring's for Women Inc. August 8

A message from our CEO, Dorel Smiley: All Wellspring classes and programs will now be running online in Term 3. Your Tutor will be contacting you via phone and connecting with you for classes via Zoom. If you need any help, our Women's Support Team are available to help you in any difficult situation. Please call the office and it will be diverted to one of our staff on a mobile phone. Leave a message and someone will get back to you as soon as possible. (In an emergency, etc. ... [See More](#)

Wellspring's for Women Inc. August 4

One happy learner 🥰 Azok receiving a mask and laptop so she can continue her Computer Literacy, English and Employment classes safely from home 🙌🙌🙌

#wellspringforwomen #womensupportingwomen #covid19australia #community #dand19 #adulteducation #rainlocal #nightcourthours #nightcourthoursack #stayhome

## Programs for Youth and Children



### After School Art and Craft

In 2019 the After-School Art and Craft Program was delivered to children from grade 3 to grade 6 at different schools in Dandenong and Springvale areas including St Mary's and Dandenong South Primary School. The sessions were very dynamic and interactive where children had the opportunity to explore different art and craft techniques such as sponging and splattering using acrylic and water-based paint. Other activities included drawing, working with shapes, colouring and creating marionettes. The sessions were delivered by a highly experienced tutor who encouraged children to develop and use their creativity, imagination and motor skills.

### Lynbrook Mothers Project

This program provides activities for multi-cultural mothers from St Francis de Sales primary school, fostering community connections and friendships whilst building the resilience of residents.

Two school holiday activities were held introducing new activities and experiences to the mothers and children that they will be able to do again together. The first of these was a trip by train to the city including visiting the Art Gallery and participating in school holiday art activities, walking through Birarrung Marr with a much enjoyed stop at the playground and finishing with a tram ride. A visit to Casey Safety Village had children gaining safe riding skills, followed by many laps around the tracks whilst mothers shared food and conversation.

An end of year celebration saw mothers sharing food and cultural dances – thanks to Rupinder, Juliya and Schwetta for demonstrating and teaching their cultural dances of India and Nepal.





### Study Support

The Study Support program offers children the opportunity to do their homework and further develop learning skills guided by a professional and experienced tutor. In some cases, Wellsprings tutors assist the school teachers with a very structured homework plan. In terms 3 and 4 2019 the program was successfully delivered at St Mary's Primary School and Dandenong South Primary School.

### Playgroups

Wellsprings hosted a multi-cultural language playgroup at both Dandenong and Springvale libraries. These followed the Mother Goose Parent Child program teaching mothers to engage with their children through singing children's songs with accompanying actions, developing fine and gross motor skills as well as language. Many thanks to the City of Dandenong for supporting the running of these valuable sessions.



## Girl Guides

Girl Guides is a scout programme for girls aged 5 to 18. The programme aims to build leadership skills and confidence through activities and learning. Our Girl Guides also learn to advocate for human rights, they learn public speaking and community engagement.

In 2019 Girl Guides collaborated with Chisholm TAFE in raising awareness for family violence. The girls all received certificate of participation from Chisholm TAFE.

Girl Guides attended a 2 day camp in Britania, Victoria and were thrilled to touch Koala, lizards and snakes. They learned how to cook food over a camp fire and met other Guiding members from all around Victoria making new friends. More than 100 members attended the camp outing at Britania.

At the end of each term we celebrated at Wellsprings by having a movie night popcorn party. The accomplishment from being a Girl Guide was that they gain confidence, made long term friendships with other guides across the world and Australia.



“ I can't believe I touched a Koala today ”



## EVENTS

### Women's Health Expo

The 2019 Wellsprings Women's Health Expo provided the opportunity to listen to experts and participate in activities in a large group setting, as well opportunities to learn about different health practitioners and issues, on a one on one basis. Activities included Ageless Grace exercises led by Wellsprings volunteer Christene Paine, a talk by Wellness coach and Wellsprings volunteer Dr Yasmin Raja, introductory talks regarding physiotherapy and optometrists and free legal assistance. Between presentations, participants were able to meet and discuss health issues with experts in a number of different aspects of health including optometry, physiotherapy, breast screening information, legal and family services information. Free reflexology foot massages were also provided by our Learn Local Learner of the Year award winner, Chithrika Senanayake.

A delicious healthy lunch, featuring plenty of fresh vegetables and fruit was prepared by Wellsprings Cooking team and the day finished with multicultural dancing for all.

Many thanks to the University of Melbourne physiotherapy students on placement at Wellsprings for organising this highly successful event.



### Seniors Week

Wellsprings Intercultural Celebration of Active Aging Women was held in October 10, and featured a range of information and fun activities.

The art class proudly displayed their range of art works, encouraging others to join the class.

The choir performed and then led everyone in singing and feeling good with some well-known favourite tunes.

We all had fun getting into step with line-dancing led by our volunteer Moira Petrie and our expert Bollywood dancer Schwetta had many up and turning energetically around the room. Chithrika once again relieved tired feet with reflexology massages and we once again joined a delicious healthy meal provided by Wellsprings amazing Cooking team.

### 2020 International Women's Day

Students on placement took the lead in organising a week to celebrate International Women's Day 2020 and acknowledge the achievements great and small (but meaningful) of women of all cultures. Classes discussed the meaning of the Day and former placement and Tutor Al Khansa

Ali discussed her own life journey and experiences of migration. Each day every student placement was hard at work preparing salads and barbeque meals for all of our participants. Rooms were decorated and much energy was released as cultural dances were displayed for everyone to join in.

Cultural dresses added to the vibrancy and much beauty to the week.





### Annual Fundraising Dinner October - Celebrating 25 years

Table runners, decorations, guests' shoes, bags and scarves along with the "25" Cupcake display, provided the dashes of silver for our celebration.

Just as Ann Halpin dreamed about and opened 25 years ago, "a place for women to gather", Wellsprings today continues to be a welcoming, supportive place that offers hope, provides companionship, builds confidence and opens pathways to lifelong learning and wellbeing.

Guest speakers Gabrielle Williams MP - Minister for Women and Minister for Youth; Councillor Sophie Tan representing the Dandenong Council and Maria Dimopolous - Chair of the National Harmony Alliance, all congratulated Wellsprings on being open for 25 years and highlighted the valuable contribution it has made to the local community. On the night, Maria announced the "Multicultural Community Innovation Award" to the Wellsprings enterprise project - Cooking the Art of Belonging.

Again, this year the dance floor was filled with both the young and old, enjoying the Bollywood Dance workshop and music from the DJMobydisc. The Raffle Prizes and other items were donated by the Volunteers and Friends of Wellspring including Josie Hewitt and Michael & Liam Foldi - Kenshi Candles and the plants on the tables were again generously donated by Oasis Horticulture. Thanks to Laura Conti for donating the soft drinks and water on the tables, Jolene for selling the most raffle tickets, Darryl the Bar Man ably assisted by Robyn and Gladys, Regina for baking and decorating the cupcakes and to Jasmine, Ann and Antoinette for completing the myriad of tasks that contribute to the success of the night. Last but certainly not least, our thanks to Michelle Kennan pbvm for yet again capturing the evening on camera and the support of all our well-wishers.



## VOLUNTEERING, STUDENT AND WORK PLACEMENTS

### Volunteers

Whether assisting teachers in a classroom, minding children whilst their mothers learn, filing, photocopying, maintaining records, supporting clients one-to-one or maintaining the cleanliness and upkeep of the premises, all Wellsprings volunteers give of their time with a generosity and care that sets the welcoming atmosphere that every participant feels when they enter the building. Volunteers enable every participant to feel they are special and cared for, becoming a friend, a welcoming face and someone who makes a difference in their lives. They also contribute thousands of hours of work a year, without which, Wellsprings would operate at less than half its capacity.

It was a great thrill for the volunteer childminding team to be finalists in the Learn Local Awards for their amazing efforts in establishing a childminding program that is engaging for children of such varied ages and cultural backgrounds. Many of our volunteer childminders have trained in Mother Goose Parent-Child program and have incorporated this into our regular childminding sessions.

COVID 19 restrictions meant that the majority of volunteer roles went 'on hold' from March.

The major exception to this is the women support volunteers who have continued to maintain connection with their clients remotely. This has been crucial for these clients who were already facing social isolation.

Volunteering is important to so many of Wellsprings programs and our clients, but it is also crucially important to the lives of our volunteers, bringing a sense of purpose and a regular connection with others. We recognise this impact and are looking forward to welcoming volunteers back to their roles in the future. It has been wonderful to be able to connect with volunteers through weekly on-line get-togethers and I thank all volunteers for the contributions they bring to these. Thanks especially to Abby for organising the weekly games that we all look forward to – getting us thinking and having a much-needed laugh.

### Student Placements

Wellsprings hosted 38 students completing their course work placements throughout the year, with 16 of these studying Diploma of Community Services, 4 Masters in Social Work, 4 Year 11 or 12 VCAL/VET, 8 Physiotherapy, and 2 Counselling.

We also hosted a number of women completing an Employment Placement.

The Placements are a great addition to our team, taking on a range of tasks including childminding, administration, classroom support, home visitation, client support, project support, research and evaluation. Students have been of particular benefit in adding to our ability to support the increased demand on our Women's Support Team services during lockdown. Wellsprings is pleased to be able to support students in this way and help to build the skills that will benefit the sector as these students move into the workforce.



Many thanks to the Volunteers who have moved on:

Sadaf Askaray  
Zohal Gudaz

Rachael Herbst  
Brenda Jennings

Imane Taherti  
Zubaida Zubaida

Thank you to all our dedicated Volunteers and a warm welcome to the many new ones [names are in bold] who joined us this year:

Abigail Abby Levy  
Abrahet Gerekidan  
Afshan Asif  
Amina Rezayiee  
**Angela Joseph**  
Ann Dalton  
Antoinette Gargano  
Arif Mehmood  
**Arshveer Garcha**  
**Caitlan Pereira**  
Carol Churchill  
Caroline Mellington  
Christene Paine  
Christine Powell  
Daniella Hardouin  
Dilrukshi Mohotti  
Dinu Premaratne  
**Donna Gallus**  
Elahe Dolatkhah  
Elizabeth Benedetti  
Erica Denis  
Farida Begum Isa  
Farideh Haghighat  
**Filma Managube**  
Frances Parer  
Gail Lobartolo  
**Haruyo Yamamoto**  
**Hasiba Khaliq**  
Helen Pobiedonoscrew  
Helen Sanders  
Irfan Tamsil  
Jacqui O'Connor  
Jan Flanagan  
**Jan Joyce**

Janet Merle Cristoforo  
**Jannine Miers**  
Jennifer McUtchen  
Jill Wood  
Jillian Baskett  
Joanna Hanley  
Jolene Stewart  
Josephine Pellissier  
**Juliza Jamaudin**  
Kanchana Palanivel  
Karenza Kate Holroyd  
**Karthiga Thirukkumara**  
Kobra Rahimi  
**Koulla Ispoglou**  
Kubra Naseri  
Lauren Rafferty  
Layla Marifat  
Leila Boskani  
Louella Noronha  
**Louise Cannon**  
Lucy Molony  
**Lynn Duguid**  
Mahbooba Tahsin  
Mahjabeen Azim  
**Manelle Chahine**  
**Manisha Birdi**  
**Manizha Hassani**  
**Maria (Sally) Lay**  
Marie Medgee Gontran  
Marie Veronica Hester  
Mary Bielicki  
Mary Vandanelst  
Masooma Afzali  
Maureen Kulak

Mazhatul Yasmin Raja  
Merisa Chong  
Milagros Lopez-Zumoeta  
Milha Paul  
Molly Bonnefin  
**Muslima Asik**  
Nasim Cheraghi  
**Natalia Setyawan**  
Neha Vishal Doshi  
**Nejati Zarifa**  
Nuri Anahi Gil  
**Oanh Lam**  
Pashtoon Rahmani  
Philippa Wilson  
**Priyanka Bansal**  
Rachel Chew  
Regina Felicita Joseph  
Rhonda Dumichich  
**Riham Abou Silam**  
Ruth Pinto  
Sadia Razzaq  
Samira Barakzay  
Shekaiba Alizadah  
**Sophea Pan**  
Susan Rose  
**Uzma Memon**  
Viyom Obura  
**Yushitha Samarakoon**  
Yvonne Sherwin Anne  
Zahra Hashemi  
Zahra Ibrahim  
Zahra Sediqy

## Women's Support Program

Women's Support Program aims to provide support to isolated women of our community who experience financial instability, abuse and violence, homelessness, marginalisation, disconnectedness, due to varied reasons. This financial year we supported 115 women who were provided support for 300 hours through blended method of service delivery i.e., face to face, home visits, and over the phone consultations during COVID19.

ShantiWorks was contracted by Wellsprings for Women to evaluate our Home Visitation Program (HVP) now called Women's Support Program. Evaluation report brought forward the strengths of the HVP, the themes as developed with HVP volunteers and women, and recommendations to grow the program.

During COVID 19 Women's Support Team's morale and motivation to provide services to our clients, didn't decrease despite uncertainty caused by the pandemic. Our dedicated team stayed passionate, determined, and made all attempts to accommodate clients' needs by staying up to date with changes brought into the system through Government restrictions and DHHS guidelines which reflected in our way of delivering services to our clients.

A significant increase was observed in an amount of referrals received through external sources as well as internal channels since beginning of March 2020. The program developed new partnerships and connections with services to increase availability of resources to better accommodate clients' needs. Our thanks to some of the services that have been helpful in assisting our clients include, St Kilda Mums (Clayton), Sikh Volunteers Australia, South East Community Links (Dandenong), St Vincent De Paul Society, Salvation Army, Doveton Neighbourhood Learning Centre, Red Cross, Brigidine Asylum Seekers Project, and many more.

**I was really looking forward to going to some programs then Covid 19 stopped me from going. I am really looking forward to the time I can go to Wellsprings to do some classes and meet other women. Wellsprings has assisted with food boxes for me and my children and also weekly calls from Volunteers which has been nice to talk to someone**



## Balnarring Excursion

A trip to Balnarring Presentation Family Centre was organised for 15 women and 7 children in January 2020 for 2 nights, to provide a short relief to our clients who have been disadvantaged due to a number of factors.

Women and children who forgot to laugh, dance, enjoy a tiny little moment in their lives due to the challenges they face in their day to day lives, were seen enjoying every moment of their stay.

From travelling together in a bus to swimming on the shores of Rosebud beach, each and every single moment was exciting, thrilling and full of laughter. Women got to make new friends, connected themselves with others with similar issues, children ran and played on the spacious and secured land of the centre.

In short, a wonderful experience which will again be planned for our most vulnerable community members.



## Family Learning Partnerships Program

The Family Learning Partnerships Program (FLP) is a new 2-year ACFE pre accredited program introduced at Wellsprings for Women in 2020. It aims to address a specific gap in the community for mothers who are not ready to study English at a formal community based institution to engage in the Australian Education System.

The FLP focuses on both the mother and her children, allowing the participant to learn basic level English with the tutor while also encouraging her children to participate in an informal class environment.

With the Covid-19 restrictions on face to face delivery this year we have taken the opportunity to introduce digital learning as part of the program. Wellsprings for Women have been able to supply each participant currently enrolled in the FLP with a laptop and IT support to access the classes. This has enabled the participants to learn the skills required to engage in an online platform using Zoom, further enhancing their learning within the program.

The FLP has been a great success with 20 families currently involved. We are planning on face to face classroom delivery in the near future.

## Annual General meeting 2018/2019

Wellsprings for Women held its 2019 Annual General Meeting on the 8th of November 2019. The AGM was attended by Board members, Kildare Ministries Trustees, staff and volunteers. Mayor of City of Greater Dandenong, Cr Youhorn Chea was guest speaker and Cr Sophie Tan also attended the AGM. The Co-chairs for the meeting were Rosemary Copeland and Maree Marsh. Minutes of 2018 AGM were approved. Janet Cribbes the chair of the Board tabled her report, which was followed by the CEO's report. The Audited financial statement was approved and the attendees celebrate together a very successful 2018/2019.





### Recycled Craft Program

Wellsprings teamed up with Department of Justice, Community Corrections in offering a program that engages women on community services order in creating carry bags out made from recycled newspapers. The program ran throughout 2019 and hundred of bags were completed and provided to Wellsprings to use as gift bags. The aim of the DOJ program is to provide a service back to the community.



## VOLUNTEERS' PROFILE

### Countries:

Afghanistan, Bangladesh, Burma, Cambodia, Egypt, England, Eritrea, Holland, India, Indonesia, Iran, Italy, Japan, Lebanon, Malaysia, Mauritius, Pakistan, Peru, Rhodesia, Seychelles, Sri Lanka, Timor Leste, Vietnam, Zimbabwe.

### Languages:

Arabic, Bahasa, Bangla, Bengali, Cantonese, English, Farsi, French, German, Gujarati, Hazaragi, Hindi, Iranian, Italian, Japanese, Khmer, Malay, Marathi, Pashtu, Persian, Punjabi, Rahinga, Russian, Shona, Sinhalese, Spanish, Tetum, Urdu, Vietnamese.

### Age range:

18 - 83

### LGA:

Bayside, Boroondara, Brimbank, Cardinia, Casey, Glen Eira, Greater Dandenong, Kingston, Knox, Monash, Port Phillip, Yarra Range.



## PARTICIPANTS' PROFILE

**Participants: 39 countries** Afghanistan, Armenia, Australia, Bangladesh, Bosnia and Herzegovina, Cambodia, Chile, China (excludes SARs and Taiwan), Egypt, England, Eritrea, Ethiopia, India, Indonesia, Iran, Iraq, Italy, Lebanon, Liberia, Malaysia, Myanmar (Burma), Nepal, Pakistan, Philippines, Rwanda, Samoa, Serbia, Somalia, South Africa, South Sudan, Sri Lanka, Sudan, Taiwan, Thailand, Tonga, Turkey, Vietnam, Yemen, Zimbabwe.

### Participants: 33 Languages

Arabic, Armenian, Bandjalang, Bengali, Bosnian, Burmese, Chinese, Dari, Dinka, English, Hazaraghi, Hindi, Indonesian, Italian, Khmer, Kinyarwanda (Rwanda), Malay, Malayalam, Mandarin, Nepali, Nuer, Oromo, Pashto, Persian (excluding Dari), Punjabi, Shona, Somali, Spanish, Tamil, Tongan, Turkish, Urdu, Vietnamese.



**Participants: 36 Suburbs** Cranbourne, Brunswick, Craigieburn, Collingwood, Thornbury, Reservoir, Cremorne, Vermont South, Ferntree Gully, Oakleigh East, Mulgrave, Springvale, Keysborough, Noble Park, Dandenong, Doveton, Eumemmerring, Rowville, St Kilda, Mordialloc, Chelsea, Nareen, Melton South, Emerald, Endeavour Hill, Hallam, Narre Warren North, Berwick, Pakenham, Lynbrook, Lyndhurst, Hampton Park, Cranbourne, Clyde.

**Age Range:**  
5 - 88

Participants attending programs ranged from 5 years (Children's Art and Craft) to 88 (Choir). This does not include children attending the child minding room, or the Supported Playgroups who range from 0 to 5 years.

# Wellsprings for Women Incorporated

## Financial Statements

For the Year Ended 30 June 2020

### Statement of Surplus or Deficit and Other Comprehensive Income

		2020	2019
	Note	\$	\$
Revenue	2	1,046,043	734,283
Administrative expenses		(193,142)	(138,972)
Consultancy expenses		(118,062)	(48,877)
Depreciation expense		(8,740)	(6,960)
Employee benefits expense		(712,403)	(524,672)
Fundraising expenses		(7,490)	(9,943)
<b>Surplus Before Income Tax Expense</b>		<b>6,206</b>	<b>4,859</b>
Income tax expense		-	-
<b>Surplus After Income Tax Expense</b>		<b>6,206</b>	<b>4,859</b>
Other comprehensive income for the year (net of tax)		-	-
<b>Total Comprehensive Income for the year</b>		<b>6,206</b>	<b>4,859</b>

## Statement of Financial Position

		2020	2019
	Note	\$	\$
<b>Current Assets</b>			
Cash & cash equivalents	6	958,843	659,558
Trade receivables & other assets	3	440	2,510
<b>Total Current Assets</b>		959,283	662,068
<b>Non Current Assets</b>			
Plant and equipment	4	39,004	44,529
<b>Total Non Current Assets</b>		39,004	44,529
<b>Total Assets</b>		998,287	706,597
<b>Current Liabilities</b>			
Trade and other payables		86,200	63,188
Provisions	5	25,650	36,208
Income received in advance		530,864	270,582
<b>Total Current Liabilities</b>		642,714	369,978
<b>Non-Current Liabilities</b>			
Provisions	5	16,428	3,680
<b>Total Non-Current Liabilities</b>		16,428	3,680
<b>Total Liabilities</b>		659,142	373,658
<b>Net Assets</b>		339,145	332,939
<b>Equity</b>			
Accumulated surplus		339,145	332,939
<b>Total Equity</b>		339,145	332,939

## Statement of Changes in Equity

	Accumulated Surplus	Total
	\$	\$
<b>Balance at 1 July 2018</b>	328,080	328,080
Deficit attributable to members	4,859	4,859
<b>Balance at 30 June 2019</b>	332,939	332,939
Surplus attributable to members	6,206	6,206
<b>Balance at 30 June 2020</b>	339,145	339,145

## Statement of Cash Flows

	Note	2020 \$	2019 \$
<b>Cash Flows from Operating Activities</b>			
Cash receipts from customers		1,079,634	670,556
Cash payments to suppliers and employees		(1,005,895)	(715,144)
Received from philanthropy, donations and fundraising		227,459	186,859
Interest received		1,302	5,726
<b>Net cash inflow from operating activities</b>	6	302,500	147,997
<b>Cash Flows from Investing Activities</b>			
Payment for plant & equipment		(3,215)	(35,510)
<b>Net cash outflow from investing activities</b>		(3,215)	(35,510)
<b>Net increase in cash held</b>			
Cash at beginning of financial year		659,558	547,071
<b>Cash at end of financial year</b>	6	958,843	659,558

## Notes To and Forming Part of the Financial Statements for the year ended 30th June 2020

### 1. Statement of Significant Accounting Policies

The Board of Management have prepared the financial statements on the basis that the Association is a nonreporting entity because there are no users dependent on general purpose financial statements. The financial statements are therefore special purpose financial statements that have been prepared in order to meet the requirements of the Associations Incorporation Reform Act 2012. The Association is a not-for-profit entity for financial reporting purposes under Australian Accounting Standards.

The financial statements have been prepared in accordance with the recognition and measurement requirements specified by all Australian Accounting Standards and Interpretations, and the disclosure requirements that are mandatory under the Australian Accounting Standards applicable to entities reporting under the Associations Incorporation Reform Act 2012 and the significant accounting policies disclosed below, which the Board of Management have determined are appropriate to meet the needs of members. Such accounting policies are consistent with the previous period unless stated otherwise.

The financial statements, except for the cash flow information, have been prepared on an accrual basis and are based on historical costs unless otherwise stated in the notes. The amounts presented in the financial statements have been rounded to the nearest dollar.

#### Reporting Basis and Conventions

The financial report has been prepared on an accruals basis and is based on historical costs modified by the revaluation of selected non-current assets, and financial assets and financial liabilities for which the fair value basis of accounting has been applied.

#### Cash and Cash Equivalents

Cash and cash equivalents include cash on hand, deposits held at call with banks, other short term highly liquid investments with original maturities of three months or less and bank overdrafts. Bank overdrafts are shown within short term borrowings in current liabilities on the statement of financial position.

## **Plant and Equipment**

Plant and equipment is measured on the cost basis less depreciation and impairment losses. Plant and equipment is measured initially at cost. Cost includes all directly attributable expenditure incurred including costs to get the asset ready for its use as intended by management. Costs include an estimate of any expenditure expected to be incurred at the end of the asset's useful life.

The carrying amount of plant and equipment is reviewed annually by the Board of Management for indications of impairment. If any such indications exist, an impairment test is carried out, and any impairment losses on the assets recognise.

## **Depreciation**

The depreciable amount of all plant and equipment is depreciated on a straight-line basis over their useful lives (commencing from the time the asset is ready for use). Leasehold improvements are depreciated over the shorter of either the unexpired period of the lease or the estimated useful lives of the improvements.

The depreciable amount is the carrying value of the asset less estimated residual amounts. The residual amount is based on what a similar asset of the expected condition of the asset at the end of its useful life could be sold for.

The assets' residual values and useful lives are reviewed, and adjusted as appropriate, at each statement of financial position date.

Gains and losses on disposals are determined by comparing proceeds with the carrying amount. These gains and losses are included in the income statement.

Depreciation rates vary between 10% and 25%.

## **Impairment of Assets**

At each reporting date, the Association reviews the carrying values of its tangible and intangible assets to determine whether there is any indication that those assets have been impaired. If such an indication exists, the recoverable amount of the asset, being the higher of the asset's fair value less costs to sell and value in use, is compared to the asset's carrying value. Any excess of the asset's carrying value over its recoverable amount is expensed to the income statement.

Where it is not possible to estimate the recoverable amount of an individual asset, the Association estimates the recoverable amount of the cash generating unit to which the asset belongs.

## **Employee Entitlements**

Provision is made in respect of the Association's liability for annual leave and long service leave at balance date. Long service leave is accrued in respect of all employees with more than 7 years service with the Association which it is believed approximates the provisions of all Australian Accounting Pronouncements.

Contributions are made to an employee superannuation fund and are charged as expenses when incurred. The Association has no legal obligation to provide benefits to employees on retirement

## **Trade Payables**

Trade payables are initially measured at fair value.

## **Revenue**

Revenue from the rendering of services is recognised upon the delivery of services to customers. Revenue from the sale of goods is recognised once ownership passes. Revenue from grants is recognised upon receipt when the Association takes receipt of the grant, it is probable that the economic benefits gained will flow to the entity and the amount can be reliably measured.

Revenue from donations is recognised upon receipt.

Interest revenue is recognised on a proportional basis taking into account the interest rates applicable to the financial assets.

## **Income Tax**

The Association is exempt from income tax under item 9.1 of Section 50-45 of the ITAA 97.

## **Goods and Services Tax (GST)**

Revenues and expenses are recognised net of the amount of GST, except where the amount of GST incurred is not recoverable from the Australian Tax Office. In these circumstances the GST is recognised as part of the cost of acquisition of the asset or as part of an item of the expense. Receivables and payables in the statement of financial position are shown inclusive of GST. Cash flows are presented in the cash flow statement on a gross basis, except for the GST component of investing and financial activities, which are disclosed as operating cash flows.

## Notes To and Forming Part of the Financial Statements (Cont.)

### Comparative Figures

Comparative figures have been adjusted to conform to changes in presentation for the current financial year.

### Critical Accounting Estimates and Judgements

The Board of Management evaluate estimates and judgements incorporated into the financial report based on historical knowledge and best available current information. Estimates assume a reasonable expectation of future events and are based on current trends and economic data, obtained both externally and within the Association. There were no key estimates in the compilation of the financial report.

## Notes To and Forming Part of the Financial Statements (Cont.)

	2020	2019
	\$	\$
<b>2. Operating Surplus</b>		
Included in operating surplus are the following revenues and expenses:		
Federal Government	88,500	81,500
State Government	182,479	111,754
ACFE	195,311	164,736
Local Government	155,810	143,822
Philanthropy	147,694	130,842
Fundraising	18,422	34,897
Donations	61,343	21,120
Fees	10,195	8,723
Other	186,289	36,889
<b>Total Revenue</b>	<b>1,046,043</b>	<b>734,283</b>
Remuneration of auditors - Stannards Accountants and Advisors.		
The cost of the audit is paid for by Kildare Ministries.	4,000	4,000

	2020	2019
	\$	\$
<b>3. Trade Receivables &amp; Other Assets</b>		
<b>Current</b>		
Trade and other receivables	440	2,510
Prepayments	-	-
	440	2,510
<b>4. Plant &amp; Equipment</b>		
Leasehold Improvements – at cost	39,711	39,711
Less: Accumulated Depreciation	(7,968)	(3,997)
	31,743	35,714
Plant & equipment – at cost	43,893	40,678
Less: Accumulated depreciation	(36,632)	(31,863)
	7,261	8,815
<b>Total plant &amp; equipment</b>	<b>39,004</b>	<b>44,529</b>
<b>5. Provisions</b>		
<b>Current</b>		
Provision for holiday pay	22,612	22,897
Provision for long service leave	3,038	13,311
	25,650	36,208
<b>Non-Current</b>		
Provision for long service leave	16,428	3,680

#### **Provision for Employee Benefits**

Provision for employee benefits represents amounts accrued for annual leave and long service leave.

The current portion for this provision includes the total amount accrued for annual leave entitlements and the amounts accrued for long service leave entitlements that have vested due to employees having completed the required period of service. Based on past experience, the Association does not expect the full amount of annual leave or long service leave balances classified as current liabilities to be settled within the next 12 months. However, these amounts must be classified as current liabilities since the Association does not have an unconditional right to defer the settlement of these amounts in the event employees wish to use their leave entitlement.

The non-current portion for this provision includes amounts accrued for long service leave entitlements that have not yet vested in relation to those employees who have not yet completed the required period of service.

## Notes To and Forming Part of the Financial Statements (Cont.)

### 6. Notes to the Statement of Cash Flows

#### (a) Reconciliation of Cash

Cash at the end of the financial year as shown in the statement of cash flows is reconciled to the related items in the statement of financial position as follows:

	2020	2019
	\$	\$
Cash on hand	400	32
Cash at bank	958,443	659,526
	958,843	659,558

#### (b) Reconciliation of Net Cash provided by Operating Activities to Operating Surplus or Deficit

Operating surplus / (deficit)	6,206	4,859
Non Cash Flows in Operating Surplus:		
Depreciation expense	8,740	6,960
Change in Operating Assets & Liabilities:		
- (increase)/decrease in trade receivables and	2,070	(832)
- (increase)/decrease in prepayments	-	2,393
- increase/(decrease) in trade and other payables	23,012	16,477
- increase/(decrease) in income in advance	260,282	129,690
- increase/(decrease) in provisions	2,190	(11,550)
<b>Net cash from / (used in) operating activities</b>	<b>302,500</b>	<b>147,997</b>

### 7. Contingencies

In the opinion of the Committee of Management, the Association did not have any contingencies at 30 June 2020.

### 8. Events Occurring after Reporting Date

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the Association, the results of those operations, or the state of affairs of the Association in future financial years.

### 9. Other Details

The registered office of the Association is:

**Wellsprings for Women Incorporated**

79 Langhorne Street

Dandenong VIC 3175

## The Board of Management's Declaration

The officers of the Board of Management have determined that the Association is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies described in Note 1 to the financial statements.

### The officers of the Board of Management declare that:

- 1 The financial statements and notes are in accordance with the Associations Incorporation Reform Act 2012;
  - a. Comply with Accounting Standards as described in Note 1 to the financial statements; and
  - b. Give a true and fair view of the financial position as at 30 June 2019 and of its performance for the year ended on that date in accordance with the accounting policies described in Note 1 of the financial statements.
- 2 In the officer's opinion, there are reasonable grounds to believe that the Association will be able to pay its debts as and when they become due and payable.

This declaration is made in accordance with a resolution of the Board of Management.

Title      Laura Conti      *Laura Conti*

Treasurer 17.09.20

Title      *Janet Colles*  
            *chair*

Dated              *23.09.20*

**Independent Audit Report  
To the Members of Wellspings for Women Inc**

**Report on the Audit of the Financial Report**

**Opinion**

We have audited the accompanying financial report, being a special purpose financial report, of Wellspings for Women Inc, ("the Association"), which comprises the statement of financial position as at 30 June 2019, the statement of profit or loss and other comprehensive income, the statement of changes in equity and the statement of cash flows for the year then ended and notes to the financial statements, including a summary of significant accounting policies, and the Board of Management's declaration.

In our opinion the accompanying financial report of the Association is in accordance with the *Australian Charities and Not for Profit Commission Act 2012* and the *Association Incorporations Act 2012*, including:

- a) giving a true and fair view of the Association's financial position as at 30 June 2019 and of its financial performance for the year ended on that date in accordance with the accounting policies described in Note 1; and
- b) complying with Australian Accounting Standards to the extent described in Note 1.

**Basis for Opinion**

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the *Auditor's Responsibilities for the Audit of the Financial Report* section of our report. We are independent of the Association in accordance with the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110 *Code of Ethics for Professional Accountants* ("the Code") that are relevant to our audit of the financial report in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

**Emphasis of Matter – Basis of Accounting**

Without modifying our opinion, we draw attention to Note 1 of the financial report, which describes the basis of accounting. The financial report has been prepared for the purpose of fulfilling the Board of Management's financial reporting responsibilities under the *Australian Charities and Not for Profit Commission Act 2012* and the *Associations Incorporation Reform Act 2012*. As a result, the financial report may not be suitable for another purpose.

**Responsibilities of the Board of Management for the Financial Report**

The Board of Management of the Association are responsible for the preparation of the financial report that gives a true and fair view in accordance with Australian Accounting Standards and the *Associations Incorporation Reform Act 2012* and for such internal control as the Board of Management determine is necessary to enable the preparation of the financial report that gives a true and fair view and is free from material misstatement, whether due to fraud or error.

In preparing the financial report, the Board of Management are responsible for assessing the ability of the Association to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Board of Management either intend to liquidate the Association or to cease operations, or have no realistic alternative but to do so.

**Independent Audit Report  
To the Members of Wellspings for Women Inc (cont'd)**

***Auditor's Responsibilities for the Audit of the Financial Report***

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of this financial report.

A further description of our responsibilities for the audit of the financial report is located at the Auditing and Assurance Standards Board website at: <http://www.auasb.gov.au/Home.aspx>. This description forms part of our auditor's report.

Stannards Accountants and Advisors



James Dickson  
Partner  
Date: 1<sup>st</sup> October 2020



**Special thanks to:**

**Donors & Supporters:**

Avilla College, Country Women Association Bayside, Gabrielle Williams MP, Hughesdale Spiritualist Society, Josephine's Shoes, Julian Hill MP, Kellister College, Kilbreda Secondary College, Kildare Ministries, Presentation Sisters Victoria, Sigma Healthcare, St John's Regional College, St Paul Apostle Parish Endeavour Hills, St Vincent De Paul, Star of the Sea, Zonta Club of Frankston, Soroptimist Melbourne Branch, St Joseph College Echuca, Givit, Share the Dignity, Good 360 and numerous individual friends of Wellsprings.



**Collaborating Agencies:**

Anglicare, Berry Street, Chisholm TAFE, Doveton College, Enliven, Foundation House, In Touch, Matchworks, Monash Health, Lifeline, Neighbourhood Houses in Dandenong, Noble Park, Springvale and Keysborough, Our Place, Red Cross, SMRC, South East Community Links, St Vincent De Paul, Uniting, WAYSS, Windermere, Women's Health in the South East, St Frances Xavier Primary School, Dandenong South Primary School, Mission Australia and AMES.





The Painting “Foundresses” depicts Nano Nagle and her companions, women in County Cork, Ireland who became the Sisters of the Presentation of Mary. They cared for the poor and secretly provided education for the children of the poor Irish Catholics who were suffering under the oppression of the English in the 18th Century.

The painting was made by Sr. Mary Southard, commissioned by the Presentation Congregation’s Leadership Team in 2008.

**The artist who copied this painting for Wellsprings for Women is Leila Ashtiani.**

Leila is a professional artist, who fled Iran due to persecution, arrived by boat with her husband and infant son in 2013.

Leila has been very actively involved with other refugee artists and is a prolific painter and held numerous exhibitions.



*Leila Ashtiani*  
2020

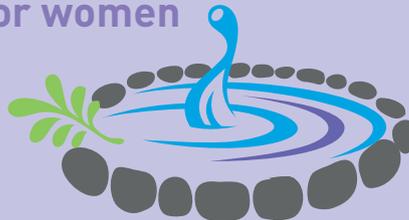
Wellsprings for Women gratefully acknowledges the support of:



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Wellsprings   
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