



What a blessing to work with such a positive, caring team of volunteers!

The past 12 months have been busy, rewarding, at times trying, but always fulfilling, satisfying and energising!!

If you would ask any of our volunteers, I am sure these would be the adjectives they would use to describe volunteering at the Winsome.

One of the great joys I have at the Winsome is observing the ways in which our volunteers share their love and respect with our patrons. Here are just some examples.

The team leaders in the kitchen do an amazing job, shopping each week for their meal, preparing and taking responsibility for the meal outcome, and fostering a good atmosphere in the team.

There are those who sit and listen intently, and in this way give our patrons opportunity to talk through their situations, and at times arriving at their own solutions.

The volunteers who serve the meals to the table, with a smile and a short chat. I have seen kitchen staff carefully plating the meals, which are always prepared with love and care.

Some bake special treats for their team members and patrons to enjoy. Baristas serving coffee with a smile, and always a chat, some even perfecting their "Latte Art".



One of our ladies always prepares a fresh fruit platter for morning tea, which is so enjoyed by our patrons!

Our volunteers who carefully and respectfully select clothes and shoes for those who need them, making sure they fit correctly.

Support for the rough sleepers, as they are provided with tents, mats and sleeping bags.

Each volunteer has their own skills and talents to bring to the team, there is a lot of joy and laughter, and all the while the needs of our patrons are being respectfully met!

What a blessing to work with such a positive, caring team of volunteers!

The Winsome continues to be an amazing hub, providing holistic support and care to our city's marginalised people. We acknowledge all our outreach workers.

Thankyou as always, to our Winsome 500 club supporters. Your partnership with us is so appreciated.

Mieke Bell
President LSK



July 2024

The Lismore Soup Kitchen

11 Bridge St
North Lismore 2480

PO Box 6045
South Lismore 2480

Website
www.winsome.org.au

[facebook.com/
lismorewinsome](https://facebook.com/lismorewinsome)

Donations:
winsome.org.au/donate

Ph 66224055

Winsome Community Centre
11 Bridge St North Lismore
9am - 1pm Daily

Good Pantry
51 Wyrallah Rd
East Lismore
10am-2pm
Monday to Friday
Ph 0422981363

Goonellabah Site
39 Rous Rd
cnr Rous Rd and Pleasant St
Goonellabah Good Pantry
10am - 2pm
Wednesdays

ABN: 56 250 463 120

The Lismore Soup Kitchen is
a Tax Deductible charity and
is an incorporated
association.

Please read on to discover
some of the things that we do

From the Kitchen and Café....

From January 1st to June 17th we have provided 10,742 meals. This works out to be 63 per day on average. We are very fortunate to have 10 Cooks who are committed to providing wholesome meals every day. The teams involved in the kitchen are working well together and the kitchen impresses every visitor and I thank the commitment from every team for this. Our Food Business Inspection from the local Council in late May this year was 5 stars, 99%.

We are also very thankful with the ongoing donations from Fair Game Wild Venison providing 5kg Venison Mince every week. Organigrow is providing over 180 eggs per week for us and this so helpful as we use eggs everyday. It is great to see local farmers also offering their produce to us when they have too much. Our Cooks do their best to use what is donated in their meal to avoid waste and keep costs down. The Café is still providing a beautiful atmosphere for our patrons and our 8 Baristas are happy to keep making lovely coffee for our volunteers and



patrons.

We are very thankful for new volunteers joining our organisation and providing their skills and knowledge to help our Winsome improve and be the best it can be.

Sharon Dwyer
Kitchen Manager



Photo: The Tuesday Team, From Left to Right (Name and number of years volunteering with us: Catherine 18 months, Kris 5 years, Doug 9 years, Robyn 15 months and Marie 9 years.

10,742 meals served in 6 months

The Good Pantry....

The Good Pantry continues to meet the need with low cost groceries, free bread, fruit and vegetables. We source our free produce from 2 local supermarkets 5 days a week. Some of our lovely customers donate fruit and vegetables and Five Loaves often drop off excess produce.

We also get donated clothes, shoes and some other accessory items. What is donated to us is given away at no cost.

The Good Pantry now has over 2,500 registered members with an average of 200 people shopping each week and 2-3 new customers signing up every day. We are now open 10am til 2pm 5 days a week.

We have recently opened a pop up pantry in Goonellabah at the corner of Rous Road and Pleasant St. This pantry is open every Wednesday from 10am til 2pm.

I am thankful for the 11 volunteers who give their all in making The Good Pantry run smoothly.

Sharon Cooper
Coordinator
The Good Pantry



Around 200 weekly shoppers

Treasurer's Report 4 July 2024

2023/24 has been a challenging year for the Soup Kitchen, but has also been a less eventful year than the previous year that had seen the highest and sixth highest floods on record go through Lismore, and our Soupie home at the Winsome. That has meant that we have been able to consolidate and also look to the future and growth in the Goonellabah area.

After the flood we saw the need for food security, and hence the Soup Kitchen joined forces with the Lismore Catholic Diocese to continue the food pantry that had been opened in Wyrallah Road after the flood. This partnership then continued funding the 'Tradie Team' which co-operated with Resilient Lismore in keeping the 'Two Rooms, a kitchen and bathroom' going to help people back into their flood affected homes, until towards the end of 2023 when State Government funding arrived to Resilient and we no longer needed to provide that bridging finance.

This year, there has been evident a real need in the Goonellabah area for services to struggling families, and the Soup Kitchen has purchased a number of properties in the precinct, including the Church of Christ Hall in Rous Road, with the view to working with the community in the area to provide much needed support. A couple of funerals in recent days in that locality have provided LSK with opportunity to be a supportive team to those in need. A consultation process including all interested LSK members is to be held in the near future to discuss priorities and future plans for the organisation in Goonellabah.

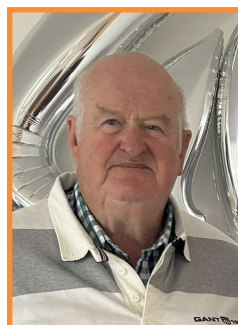
There were a few incidents in recent months that weighed heavily on some members of the kitchen, however, the

introduction of Security people from Region Security has given all members, particularly older people, a real sense of security, and has made the Winsome a safer and happier place. Thanks to the folks from Region that have blended in and shown themselves to have a heart to help our people.

I would like to thank everyone that has made gifts, great and small to the work of the Soup Kitchen. These gifts allow the organisation to go on providing a great range of services to folks in our community.

Finally, I would like to thank our Assistant Treasurer, Ian Phillips, for his tireless effort into helping with the finances and records of this organisation. This is quite a job these days, and Ian has been very thorough in chasing things down and keeping the show on the road.

Thank you All
Ridley Bell, (Treasurer)



Services & Support

The Winsome continues to be a thriving hub offering holistic support and services for our community.

Various agencies provide an outreach service to The Winsome to assist our people address lifestyle issues and make positive progress in their lives. We thank all our amazing practitioners who engage with our people with care, compassion & empathy. Our services include:

- Mondays:** Alcohol & Other Drug treatment options (Riverlands AOD Centre - Melanie)
- Tuesdays:** Alcohol & Drug Counselling, Individual & Group Support (The Buttery - Neshko & Debbie)
Clothes washing & drying (Orange Sky Laundry)
- Wednesdays:** GP Clinic (Dr. Tony, Dr. Luke, Jodie), Legal Advice & Advocacy (Philip)
- the 'Healing Voices' Choir continue to rehearse out of the Winsome every Wed. afternoon.
- Thursdays:** Psychology support/Counselling (John)
Clothes washing & drying (Orange Sky Laundry)
- Fridays:** Needle & Syringe Program (Deb/Micha), Liver Clinic (Kate, Krista & team).
Free Haircuts were offered for a time (Thankyou Vee & Maryanne)

Lismore 'Orchestra' - rehearse monthly in our Cafe

Mental Health networking & engagement...

The Winsome is involved in a local Mental Health Partnership network and is a contributing member of the Head to Health consortium steering committee. In July we hosted a Lifeline 'Mind Your Mates' workshop for the benefit of community members.



Southern Cross University "SMILE" program - student Nurses (& Supervisor) provided free Health assessments - for 3 Tuesdays in June.

In Memoriam...

A memorial service was held in our garden for a long-time patron who sadly passed away in January. We have added plaques to our memorial 'post' in the garden for those friends of the 'Soupie' who have passed away in the last two years. We remember and recognise the following friends of the Winsome :



Stuart Bock, Jeffrey Gwyther ('Tree'), Alan Collins, Peter Lane, Shawn Crossingham, Ian Rogers, Matthew MacConnachie, James Donovan (Jarrett).

Injection of enthusiasm...

A team from St. Phillips Christian College in Cessnock visited Lismore in September & volunteered at The Winsome, The Good Pantry & with Resilient Lismore - Flood Recovery Projects. The students had worked hard over 9 months to raise funds for their trip & made a \$900 donation to each of the 3 agencies they volunteered with! An incredible gesture of service & generosity. Huge kudos to their Chaplain Alex Green for coordinating a highly engaging experience for the student group.



School Spirit...

As a community service component of their Autumn Harvest Festival, the Rainbow Ridge Steiner School at Lillian Rock donated home-grown fresh produce and food items to the Winsome. Here it is beautifully presented with aesthetic charm too. Thankyou Rainbow Ridge community!



Homelessness networking & engagement

The Winsome helps to convene & Chair a local interagency network working to address homelessness & improve coordination of support for those impacted in the local area.

End Rough Sleeping Collaboration...

A global initiative to intentionally work towards zero rough sleeping in a defined locality has been gathering momentum here in the Northern Rivers. The Winsome is involved in this collaboration which will bring together all major org's and agencies working in the homelessness service system, plus all 3 levels of government and all 7 local Councils. This is an exciting development with good outcomes in other parts of Australia & around the world. Stay tuned for more news about 'Northern Zero'.

Research...

The Winsome hosted 3 research projects exploring the impacts of the flood events on those experiencing homelessness... each conducted by Sydney University, Southern Cross University & University of Queensland. A number of our team & patrons have been willing & able to participate and provide their valuable lived experience to inform better resourcing and planning to support communities to be better prepared for future disaster events.



Keryn's Cubby

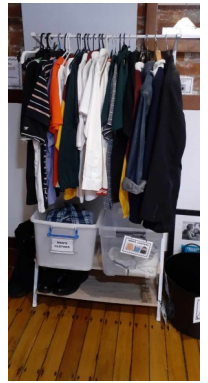
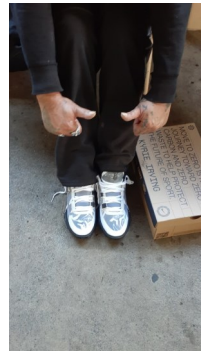
Every time we put out a call for more clothes or other items we seem to receive an ample supply from our community. Thankyou to all our Winsome friends who honour us in this way as we seek to keep people clothed, warm, as well as well fed.

When there are specific needs for items, we usually post this on our facebook page, so it is best to watch there.

One of our amazing volunteers, Keryn, masters the task of sorting the donations and keeping the space where we temporarily store these things well organised. It is so well sorted, and we are all so grateful for Keryn's effort. We're thankful also to Paulette Hayes who has created the signs used in the cubby and boutique.

The cubby space was previously a coolroom that had stopped being cool many years earlier and was used for some storage. With the 2022 flood the old coolroom had to be removed, and thus "Keryn's Cubby" was born - a bigger space equipped with shelves and labelled spaces. Our "Day Managers" (DM's) have access to that room and can easily find the things they need.

Keryn also organises our 'Boutique' where great quality donated clothes are made available for our patrons to be able to browse and select what they would like.



Desert Road....

This year, we started something a little different under LSK, which we have called Desert Road.

Desert Road is a ray of hope for women facing the challenges of re-entering society after incarceration.



Statistics tell us that women who have been incarcerated face numerous barriers upon their release. Without proper support and guidance, it can be a daunting task to reintegrate into society. That's where Desert Road steps in, providing not only accommodation but also a wide range of support services to help these women successfully transition into the community through a loving and caring network of people. This includes helping them find work or volunteering, meeting parole requirements, setting goals each week to help them see what they are achieving, finding activities they enjoy doing and so forth. These women can create a future full of hope and promise through self-determination and the support of their loved ones, friends, and our community.

We don't like to call Desert Road a program; instead, we see it as a community of individuals committed to making a difference in these women's lives. We believe in their potential and are dedicated to helping them find it. We know they can overcome their past and create a bright future with the proper support and opportunities.

I want to express my sincere gratitude to all the amazing people who have played a pivotal role in shaping DR into what it is today. I am also grateful for the ongoing support from everyone else who contributes to DR in various ways.

Many Blessings
Mel Wells

Flood Recovery Projects...

The Winsome has been highly engaged in Flood Recovery & Rebuilding projects in a partnership with Resilient Lismore, Joel Jensen Constructions & the Lismore Catholic Diocese. Our dedicated 'Tradie Team' has worked diligently repairing, re-building & retro-fitting flood-affected homes in North, South, East Lismore, Casino, Coraki, Woodburn, Wardell, Broadwater, Bungawalbin, Swan Bay, Rappville and other outlying remote locations.

From 1 March 2022 - 31 March 2024, The Winsome funded our 'Winsome Crew' Tradie Team which has worked on over 200 sites. A massive vote of thanks to Ben, Adam, Matt G., Luke, Brad, Ash, Brendan, Matt A., Leigh, Tim, Gavin, Paul for their dedication to this work over the past two financial years.



Warmest Regards
Steve Smith

