



Turning the Soil for our new Family Recovery Centre



Demolition is underway!



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Message from the CEO

Late last year I had the privilege of celebrating with our recent graduates on the completion of their residential treatment journeys with Odyssey House. It highlighted to me the importance of our focus on reconnecting lives, families and communities in what had been a difficult year.

This year we are looking forward to supporting more people through our Medical Unit, Community and Residential Programs and the Community Drug Action Teams (CDATs). We have employed new staff to support our mission of building safe and healthy communities by reducing the impact of substance use on individuals, families, carers, and communities.

We're enormously grateful for your

donations to our Christmas Appeal in support of the new Parent's and Children's Program Family Recovery Centre in South West Sydney. Your donations are helping fund this program and will enable us to support more than double the number of families. I was delighted to attend the recent turning of the soil ceremony as we begin the building of the new centre.

The construction is due to be completed by mid-late 2022. The new accommodation will help thousands of parents break the cycle of generational substance use and learn how to set up and manage a safe and healthy family home.

I wish to take this opportunity to acknowledge the incredible frontline staff at OHNSW. March celebrates



World Social Work Day. It's the day that we celebrate the profession and highlight the vital work of our social workers.

I'm keen to know what you'd like to read about in our next newsletter and encourage you to complete our two-minute online questionnaire on our website at Odyssey House NSW – newsletter feedback.

Thank you for your continued support of Odyssey House NSW.

A handwritten signature in blue ink that reads "Julie Babineau".

Julie Babineau, CEO



Today is the day to create more hope for families

Our new Family Recovery Centre is currently under construction.

We still need to raise a further \$1 million to complete the construction and open our doors to more families. Your donation of \$1,000 or more will be recognised on a special donor acknowledgement display once the centre has been built.

Thank you for investing in hope for families. To donate [CLICK HERE](#)

Preparing for the future

We were thrilled to hold a turning of the soil ceremony in preparation for the construction of our new Family Recovery Centre. The event was memorable with a Welcome to Country and Smoking Ceremony by Uncle Ivan Wellington. Other distinguished guests included the Hon. Shayne Mallard, MLC representing Minister Brad Hazzard alongside our good friend Dr Mike Freeland, Member for Macarthur. It was fitting that we could share

the event with Electra and Isabella Wiggs from The Wiggs Foundation plus Stephanie Hocking and Tanya Merinda from NSW Health.

One of our Parent's and Children's program graduates – and now Odyssey staff member – gave a moving speech and received a standing ovation for sharing her experience of how the program helped her become a better parent ten years ago.



To find out how to support this campaign [CLICK HERE](#) or call our Fundraising team on **1800 644 641**.

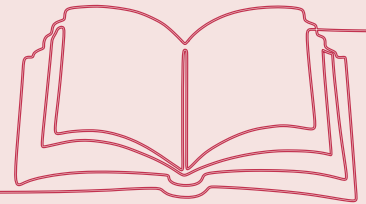
"I don't know where you found my counsellor, but I wish I found her a long time ago. She's done more for me than anyone else has ever done. I'm forever grateful that she's part of Odyssey House."

– Client, 2022



Matthew's* story

“I’m strong enough to say no.”



Matthew overcame his dependence on cocaine.

“I got really sick of the ups and downs in my life. None of my relationships were lasting and drugs were a big part of it all – mainly cocaine – so when my partner and I broke up a year ago, I moved back in with my parents. My father knew about Odyssey House, so we called them, and I began my journey of recovery in the Medical Unit doing a medically assisted withdrawal program.

A lot of people don't try to recover from cocaine use as they think it's socially acceptable and makes you the life of the party. My counsellor had a similar past lived experience and that made it easier to talk about it.

I didn't want to take time out from work, but I realised there were no quick fixes. I made the commitment to long-term recovery, and it took me

nearly a year all up. After a few weeks at the Medical Unit, I transferred to and completed the three-month residential program and now get regular support through Odyssey Community Programs.

I've worked hard to get into this headspace. My counsellor helped by showing her concern for me, so I let my guard down and she helped me. I'm not used to that and will appreciate it for the rest of my life. Unless you deal with your problems, they will always be there. I don't need cocaine any more and I feel strong enough to say no.”

For more information about our programs, please call 1800 739 397 or [CLICK HERE](#)

**Names have been changed.*

Supporter profile: **Charlie Lanchester**

Charlie has been involved with Odyssey House NSW for many years. As the Chair of the Australian Fund Managers Awards Foundation (AFMA), Charlie gets to see firsthand the impact of our work.

AFMA was started in 1999. Charlie's role involves chairing a steering committee that raises funds for their two nominated charities – Odyssey House NSW and the Sydney Children's Hospital Foundation. Their key fundraising activity is the Australian Fund Manager Awards night. AFMA are thankful to have Shaw & Partners as a major sponsor with their generous support through their annual Institutional Foundation Day.

Charlie hadn't heard of Odyssey House before becoming involved in AFMA. He has visited our facility in South Western Sydney, which he believes was an absolute privilege.

Charlie found that hearing the stories of what people had gone through was incredibly moving – seeing our work in action was powerful and grounding.

What Charlie observed is that people's lives are complicated and some fall between the cracks. One interaction that stayed with Charlie was meeting a father attending our Parent's and Children's Program while caring for his child at the facility. Understanding the impact on the children gave Charlie a sense of satisfaction, seeing that his contributions are helping people to rebuild not only their own lives, but also that of their children and families.

It gives Charlie a great deal of pride to know that AFMA's fundraising makes such a difference. To date, AFMA has donated an incredible \$2.8m since they first started supporting Odyssey House.



L to R: Mike Ryan, Charlie Lanchester & Julie Babineau

Charlie regularly talks about Odyssey to others. He believes it is a wonderful safety net in our society and that more facilities like ours are needed. What he likes most is that Odyssey is willing to help anyone who comes in wanting to turn their lives around.

Charlie wishes that everyone could visit Odyssey House – just to spend an hour meeting the clients and seeing the work that we do. He says it is truly inspiring.

Welcome to our new Medical Unit NUM

We give a very warm welcome to **Sarah Wood**, the new Nursing Unit Manager (NUM) at Odyssey House.

Sarah has come to us from Justice Health and the Forensic Mental Health Network.

The Medical Unit offers a way for clients to detox with high quality medical and emotional support.

The unit is staffed 24/7 by nursing and other staff, and all clients are initially assessed by a doctor to determine the appropriate individual detoxification plan.

The Medical Unit:

- Manages patient's individual withdrawal management plan
- Provides medical management of complex and chronic illnesses for all residents in the Residential Programs
- Provides group facilitation by AOD specialist staffs.

Upon completion of detox, Odyssey House NSW offers referrals to other services including other Odyssey programs.



"It's a privilege to be supporting people as they begin their journey of recovery."

Sarah Wood,
Nursing Unit Manager

Celebrating Social Workers

Social Workers are amazing people and we believe the ones at Odyssey House are the best! World Social Work Day is on this month and the theme for 2022 is 'Co-building a New Eco-Social World: Leaving No One Behind'.

We acknowledge the incredible work of our social workers in striving to reconnect people to their communities and leaving no one behind.



**BOOKINGS ARE
NOW OPEN!**

CLICK HERE

After two years of being postponed due to Covid we are pleased to announce that the annual Business Women's Lunch presented by Odyssey House NSW is back.

We are thrilled that Jennifer Hewett will return as adjudicator and that Dr Kerry Chant, Josephine Sukkar AM and Sam Mostyn will join our panel of highly accomplished women, sharing their stories of success, leadership, and resilience.

Date: Friday 13th May 2022, starting 12pm

Venue: The Ivy Ballroom

Booking Link: www.trybooking.com/BSBSO

We are raising money to help build our new **Family Recovery Centre**. The new centre will allow Odyssey House NSW to double the intake of families enrolled in the Parent's and Children's Program, which has helped parents to break the cycle of generational drug and alcohol dependence for over 45 years.

We would love to see you at what we know will be an inspiring event.

Thank you! Your support funds frontline workers to help vulnerable people and build community resilience.

**Do you know someone
who needs help?**

Call Odyssey House NSW on 1800 397 739 to take first steps to recovery from alcohol and other drug use or to explore more comprehensive support



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NEW SOUTH WALES

If you have any queries please contact us on 1800 644 661 or marketing@odysseyhouse.com.au

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