

customer, catch up with all things
Family Life!

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Dear

What a joy it was to come together for National Volunteer Week last month! Nearly 200 of you joined in the celebrations, and it was truly heartwarming to see the energy, connection, and commitment you all bring. Thank you for everything you do - your time, passion, and care make such a difference.

A big thank you to everyone who attended last month's Volunteer Information Sessions. Your insights and ideas have been invaluable in shaping our new strategic plan. The team is now busy piecing it all together, and we're excited to share the final version with you in August - stay tuned.

We're also thrilled to [welcome our newest volunteers](#) to Family Life! We're so glad to have you on board. If you haven't already, be sure to check out our updated [Volunteer Web Page](#) for helpful resources, upcoming opportunities, and everything you need to get started.

Happy reading!

Family Life



Celebrating our Volunteers! NVW 2025

Last month, we proudly celebrated National Volunteer Week with a special lunch attended by nearly 200 of our incredible volunteers. The 2025 theme, "Connecting Communities," perfectly reflects the vital role our volunteers play in supporting our social enterprise across Bayside and the Mornington Peninsula.

From supporting our network of community op shops with sorting, stacking and selling to creating welcoming spaces for all, our volunteers are the heart of what we do. Thank you for your dedication, compassion, and community spirit - you truly make a difference!

To view the incredible poem written and read by our Board Director, Carmel O'Brien on the day, as well as the gallery of images please visit our [Volunteer Web Page](#).



No Family Should Have to Choose

We have launched our mid-year fundraising campaign – No Family Should Have to Choose. With the cost of living crisis significantly impacting our community, families are struggling to access the help they need. Your support, whether through a donation, sharing our social media posts, or spreading the word about our work- can help ensure families get the support they need, when they need it most.

When Kylie's teenage son began refusing to go to school and getting into trouble, the pressure at home grew. Balancing work, bills, and three kids on her own left little space, financially or emotionally, for anything extra. Kylie knew her son needed professional support but counselling felt out of reach.

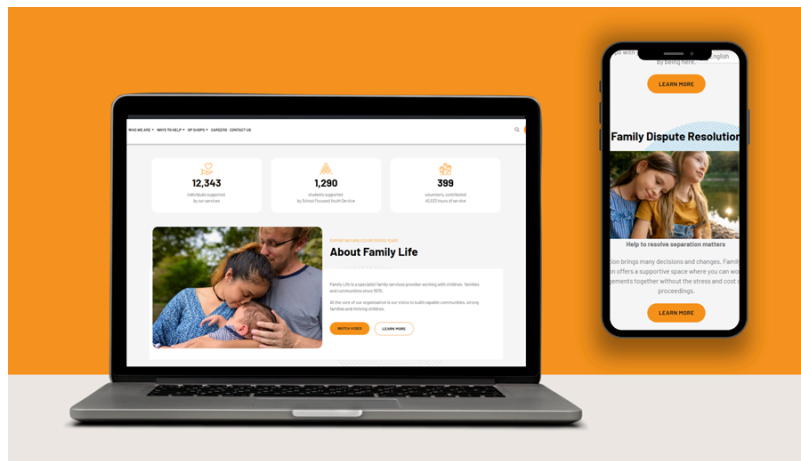
"It was the support we needed when we couldn't afford it."

"I remember the moment the school called. They said my son needed counselling, and soon. I felt like I'd failed him. I was already struggling to keep up with food and bills. Paying for professional support just wasn't possible without cutting out a necessity, like rent."

"That's when I was referred to Family Life. They connected us with a children's counsellor at no cost. My son started opening up for the first time in months. We still have hard days but he's doing so much better." - Kylie, Family Life client.

Family Life is here to provide tailored support to young people who are struggling, and wrap around services for their families doing it tough.

To donate, [click here](#).



Our New and Improved Family Life Website

After months of thoughtful planning, listening, and collaboration with our staff, community members, and the people we support, Family Life is proud to share our brand-new website with you.

Launched in late May, our new site is designed to better serve everyone who visits; whether you're looking for support or looking to support the work that Family Life does.

Here's what's new:

- Better search functionality
- Mobile friendly design
- Clearer menus, navigation and content
- Quick links to key information
- A fresh clean look and feel

We hope this new website helps you feel more connected to the important work we're all part of. Visit the new website at: www.familylife.com.au



Reflecting on Men's Health Week: Supporting Men, Strengthening Communities

Last week, Men's Health Week served as a powerful reminder of the importance of supporting men's mental, emotional, and physical wellbeing, not only for the individual but for the wellbeing of families and communities. At Family Life, this commitment is at the heart of our work. Through our specialised Family Violence programs, including Talk4Change and Home in Focus, we offer tailored therapeutic support that empowers men to overcome challenges, take responsibility for their behaviour, build resilience, and foster safer, more connected respectful relationships at home.

"When men are supported to thrive, everyone benefits, from healthier families to safer neighbourhoods." - Allison Wainwright, CEO.

While Men's Health Week has passed, our work continues year-round. We invite you to [learn more](#) about how Family Life is helping men, their families, and communities create positive and lasting change.



Store Spotlight: Mount Eliza Op Shop wins Creative Volunteering Display

Our Mount Eliza Op Shop has taken out the top prize for the Mornington Peninsula Most Creative Display during National Volunteering Week, held from 19 to 25 May 2025.

This year's theme was *'Connecting Communities'*, and the store's creative display perfectly captured the spirit of bringing people together.

"We were inspired by the comeback of dahlia flowers and wanted to incorporate that theme into our display," said Marie, Store Manager. "The hearts were a natural fit because we love our volunteers and wanted to show our appreciation."

The store's display featured mannequins dressed in volunteer-themed attire, along with heart chains listing the names of all the volunteers currently supporting the Mount Eliza store. The orange light was sent by the team at Moorabbin, and Lucy styled the display with creative flair.

The display was a huge hit with passers-by. "People on the street loved commenting on the display and asking about volunteering and the story behind it," Marie said.

To celebrate their win, the team enjoyed a morning tea at the Mount Eliza store, complete with delicious treats and plenty of cheer—a wonderful

opportunity for the team to come together and celebrate connecting communities and volunteering.

A special mention to the Hampton Store for winning the northern region window display competition with a fun-filled window of creative flowers and lovely orange merchandise.



Volunteer Profile: Thank You, Lou

Lou began volunteering in 1999 at our very first Op Shop in Hampton East and has since contributed to countless programs and initiatives. From welcoming guests at reception to supporting isolated residents, teaching young mums how to cook, and helping shape programs like Here4U and Catch Up 4 Women, as well as endless hours supporting the Hihett store and Distribution Centre; Lou's warmth, generosity, and passion have left a lasting legacy.

Known for her warmth and friendliness, Lou has created welcoming spaces that encourage connection and support. Her commitment earned her a well-deserved finalist nomination in the Volunteering Victoria Awards last year.

As Lou retires from active volunteering at the DC, her long-standing dedication, commitment and friendship leave a lasting impact. She inspires all of us to do more and do better for our community. Lou remains a valued ambassador and a cherished

lifelong member of the Family Life family. Thank you for your amazing contribution Lou!

Help us deliver crucial services to families, kids and communities doing it tough. Every contribution counts.

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