



### Mother's Day Party!

On the Friday before mother's day, we celebrated motherhood!

Join us in October to celebrate childhood!



### Best wishes to Bacchus Marsh Hospital!

The renovated maternity ward opened in May. It is lighter, more airy and more comfortable. It's also safer.



We were delighted to meet the team.

### From the CEO

Since opening our new office in Essendon over a year ago, we have been in review and renew mode. I'm delighted to let you know that we have released our new strategic plan.

In 2010, our focus was to ensure sound infrastructure was in place so that we could adequately support new mothers, their babies, toddlers and families.

Our new priorities include well-funded, relevant and coordinated services across all three sites, a strong and collaborative internal culture, and effective external partnerships to enhance service delivery and financial sustainability. We remain true to our values and focused on pregnant and new mothers, babies and toddlers.

There are three key themes of our plan. Firstly, meeting needs by focusing on raising funds for services and containing costs, having services across all three sites and having a social worker available. Second, being a great place to work, with a culture of learning. And finally, offering best practice and accountable services. The new strategic plan can be found on our website.

In the spirit of Caroline Chisholm,

*Helen*  
Helen Cooney

### We're Hiring!

#### Volunteer Co-ordinator

Join us to recruit and support volunteers, coordinate new and pre-loved goods, and organize community events.

For details go to:  
[www.caroline.org.au/careers](http://www.caroline.org.au/careers)

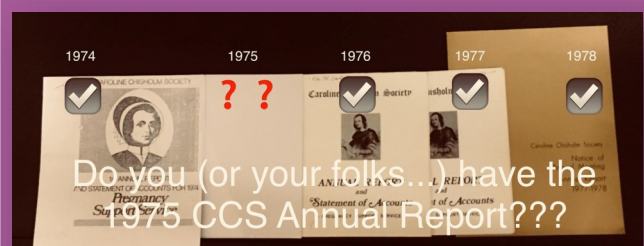


### 2019 will be our Golden Jubilee!

Founded in 1969, we have a lot of records... But do you have the 1975 Annual Report???

We're looking for our Annual Report with financial statements starting Sep 74 and ending June 75.

If it's gathering dust with your family, please email us at [secretary@caroline.org.au](mailto:secretary@caroline.org.au)



Do you (or your folks...) have the 1975 CCS Annual Report???

## Save the Date!

Our 49th Annual General Meeting  
will be held at 6pm on  
Tuesday, 2 October 2018 at  
1 Darebin Place, Caroline Springs

RSVP [secretary@caroline.org.au](mailto:secretary@caroline.org.au)

## Do you or someone you know want to volunteer?

We are in need of help with administration in Essendon, processing of goods in Caroline Springs, and generalist volunteering in Shepparton.

We're currently recruiting a coordinator, and we'll get back to you as soon as we can!

Email: [secretary@caroline.org.au](mailto:secretary@caroline.org.au)  
Tel: 03 9361 7000

## The future is looking up for depressed and anxious pregnant and new mums

In June, Caroline Chisholm Society welcomed proposals in the final report from the Inquiry into perinatal services by the Victorian Parliament's Family and Community Development Committee.

Our CEO, Helen Cooney, said "I am excited by the prospect of ongoing funding for perinatal emotional health programs; a proposal for a Perinatal Mental Health Plan to complement Victoria's 10-year mental health plan; and the evaluation of the need for early parenting centres and mother baby units across the state."

Helen said, "**Of all the social services needed during the perinatal period to help avoid complex and expensive health problems, the one in most dire need of investment and coordination is perinatal mental health.**"

The proposal for ongoing funding for perinatal emotional health programs is wonderful to help empower pregnant and new mums."

Helen also said, "Victoria can and should be the best place in the world to have and raise your baby. To achieve that, we need ongoing funding for perinatal emotional health programs. They help deal with the very treatable and far too common issues of perinatal anxiety and depression. These programs also help prevent escalation into more significant mental health issues."

Caroline Chisholm Society also welcomed the proposed redress of the rural and regional divide. Helen said, "I hope the Victorian Government does evaluate the demand for early parenting centers and mother baby units across the state. These services should be available to everyone who needs them, not just those in the city. Our experience in Shepparton suggests there is a need for one in Goulburn Valley to provide effective coverage for mothers, babies and families."

"If these recommendations are carried through, the future is looking up for depressed and anxious pregnant and new mums. Their babies and toddlers need them to be empowered and supported, from the time of conception to the time their baby is 2 years old. This is their first 1000 days and it helps set up those children for the future."

The Society looks forward to further considering the 400-page report and working with the Victorian Government on its response and implementation of the recommendations.

## Contact us ...

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