



Make **a** DIFFERENCE
in a child's life
Help children develop healthy lifestyles
and build self-esteem.

Many children **face situations** that are difficult for even adults to resolve.

Some children have **carer responsibilities**, others are dealing with **isolation, neglect** and **trauma**.

you **can** **assist**
young people to reclaim their **childhood**.



STEWART HOUSE

Stewart House: 45 Carrington Parade - Curl Curl - NSW 2096
Postal: PO Box 21 - Freshwater - NSW 2096
Deliveries: Corner Wyadra Avenue and Batho Road - Freshwater
Phone: 02 9938 3100 Fax: 02 9907 1638
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HOW DOES Stewart House HELP children?

community ENGAGEMENT

Stewart House is set opposite Curl Curl Beach on Sydney's Northern Beaches.

The natural beauty of the site and its indigenous history is incorporated into Stewart House's educational programs.

Children learn to explore and appreciate their environment by:

- Visiting parks, reserves and lighthouses along the Northern Beaches.
- Going on excursions to Sydney Olympic Park, Taronga Zoo, the Rocks Area, the Powerhouse, Maritime and Australian Museums, and parks.
- Attending Stewart House with a diverse peer group that fosters a deep understanding and appreciation of difference.

self EXPRESSION

Children are encouraged to express themselves by:

- Keeping journals, writing letters or emails, recounting experiences and sharing life stories.
- Contributing to a DVD visual diary of their stay at Stewart House.
- Participating in a talent quest during the second week of their stay – for many, it is their opportunity to shine.

enjoyment

INDEPENDENCE & RESPONSIBILITY

Children are encouraged to enjoy themselves and participate in sport, creative and visual arts, and personal development activities:

- The sports program enables children to work in teams and includes swimming and outdoor games.
- The visual and creative arts activities help children learn how to socialise and relax.
- The life skills program helps children to develop their independence, sense of personal responsibility and self acceptance.

HOW CAN YOU HELP?

Individuals, families, groups and corporations can help guarantee the continuation of the care and service that Stewart House has been providing since 1931 in a number of easy and fun ways...

- Single donation
- Monthly direct debit
- Organising and participating in fundraising events
- Volunteering: gardening, painting, arranging an activity for the children
- Payroll deduction

Stewart House encourages participation in our corporate social responsibility program

Being part of a corporate social responsibility program ensures increased benefits for Stewart House and your business:

- Improved morale
- Team spirit
- Stronger branding
- Enhanced reputation
- New skills
- Opportunity to 'give back'
- Visible demonstration of values
- 'Employer of choice'

Stewart House maintains quality in the services provided to children in need.

Internal assessments of all Stewart House programs ensures your donation will be spent wisely.

To donate, complete the attached form

For more information on helping children at Stewart House, visit: www.stewarthouse.org.au

supportive

ENVIRONMENT

Each fortnight, 90 children from across NSW and the ACT arrive at Stewart House.

Children participate in a 12-day program and attend the Department of Education and Training school that is within the grounds of Stewart House.

During the program children:

- Receive free eye, dental and health screening and treatment.
- Develop self-care and conflict resolutions skills.
- Learn to relax and overcome anxiety.
- Participate in excursions and activities to develop a broader outlook on life.
- Establish friendships and routines in a safe community.
- Increase their self-esteem.

everyone needs A SENSE OF PURPOSE



"I was only thinking today and speaking with my mum about my wonderful experience at Stewart House in 1984, age 8. At the time my parents had just split up, my sister had moved interstate for a year (we are close), we were quite poor, I had learning difficulties, I had never really had a holiday, I was acting out (stealing, etc) ... the list could go on. I am now a mother of three, university educated and a Justice of the Peace (so I must have stopped stealing – no criminal record!)." *Donna*

"Thanks to you all for making my stay at Stewart House something I'll cherish and remember for the rest of my life. I've met so many awesome people and made so many new friends. Thanks to you all, I've been able to go places and see things that otherwise I probably wouldn't have the chance to do. I'm much more confident, I feel a better person because of it." *Katrina, 2007*

"My son hasn't stopped talking since he came home about his adventures. He had such a wonderful time and you also picked up a possible hearing problem that we are following up on." *Ruth, 2006*



For more information on donations, fundraising, events and corporate social responsibility programs, visit www.stewarthouse.org.au

SINGLE PAYMENT: REGULAR DEBIT:

Payment Method: Cheque Visa Payment Method: Cheque Visa

Card Number: _____ Card Number: _____

Amount: _____ Amount: _____

Other: _____ Mastercard AMEX Four digit security code

Expire: _____ Expire: _____

Street Address: _____ Postal Code: _____

Email Address: _____ Phone: _____

Last Name: _____ First Name: _____

DONATE TO STEWART HOUSE