

Hi! My name is Lisa-Jane and I am setting myself a physical challenge to assist me in my mental health recovery after the grief and trauma that I...and anyone experiences through separation and divorce. I desire to be more than just work ready by the time I finish my study at the end of this year, but to also be mentally, emotionally and physically fit.....the waist line needs some trimming.

With this campaign I would like to raise awareness for those in poverty and raise money for Christians Against Poverty Australia (CAP) who work tirelessly supporting and training those that are in poverty and/ or debt and preventing debt. Please see the links below to understand what poverty is, how it affects you and me and how you can help by donating to CAP.

The goal is to raise \$4200 but I would love to go above and beyond that....is \$42,000 possible? With your help...maybe! I will be walking 6kms per day for 42 days. Starting on Sunday 9th September and ending my campaign on Saturday, 20th October the last day of Anti-Poverty Week.

For nearly 15 years I have been married and most of that time we were a dual income family....not rich, but more than comfortable and now...well let's say I have a new appreciation of the value of the dollar.

Separation and divorce are tough going and there is so much stigma attached to being a female and 'DIVORCED'. Financially, I am now a one of those single mum's on a Centrelink payment and yet I am so....so much more fortunate than some. Mentally, I have been a wreck! Separation isn't just a split between a couple. It is a split of possessions, family and friends and the most difficult part has been watching our child continually try to adjust to new and ever-changing circumstances. As much as it has been heart wrenching to watch.....I am mighty proud of our daughter and often see God's mighty work in her.

In our house, our faith has kept us steadfast and hopeful. We've been surrounded and supported by incredible neighbours, friends & family and sometimes...strangers. Blessed beyond measure. Even when I am feeling sad or mad (which has been quite often), my focus, aim, goal or direction is to be joyful in hope, patient in affliction and faithful in prayer.

During this season in life I have often felt lonely and isolated and know that not just separation and divorce isn't the only reasons why people feel this way. So when I am walking, I am walking for:

- Those who have lost a loved one and are grieving but now find themselves in financial hardship.
- Those who have serious illnesses and can no longer work and are struggling to keep a roof over their heads.
- Those grandparents who instead of being looked after by their children are having to spend their pension on meeting the living costs of their children and grandchildren.
- Those women who have left domestic violence situations and now find themselves struggling to find a roof over their head and food for their children.
- Those who are unemployed and struggling to find sufficient amount of work to meet their family's basic needs.
- Those that have been unemployed for so long that they have no confidence or self-esteem left.
- Those that through divorce or separation find themselves living on or under the poverty line.
- Those that have addictions that impact them and their family negatively.

- Those who are struggling mentally and emotionally because of grief, trauma and/ or poverty.

How can you help?

\$\$\$\$\$

- Donate some of your hard earned \$\$\$
- Help raise some funds by holding your own fundraiser like:
 - A special morning tea
 - Bake sale
 - Approach a school and see if they will do a 'Go Green Day' or 'Wear a cap for CAP' day for a gold coin donation.
- If you're a business owner maybe this is a way to potentially 'invest', back into your own community. Stronger people, make stronger communities.

Note: CAP's organisations main colour is green, hence the emphasis on wearing green.

Moral Support

- Organise a walk and share your photos
- I'll be walking every day and posting my walk on my facebook page...please join in and post your walk or run on my facebook page. The more the merrier!
- Come walk with me at the Devonport Parkrun – Saturday at 8am
 - 15th September
 - 22nd September
 - 29th September
 - 6th October
 - 13th October
 - 20th October

Remember to wear something green or wear a cap!

Churches

Partner with CAP Australia

If you are concerned about the needs of your local community then CAP can provide you and your church the opportunity to serve and show God's love to those who need it most. Sometimes the emphasis seems to be on global issues or supporting causes in other communities – supporting and partnering with CAP, directly cares for the needs of our closest neighbours who may live next door.

About CAP:

CAP invests their finances and resources in making a positive impact and a permanent change to poverty in Australia. The funds that will be raised will assist CAP to continue to help educate, support and journey alongside people as they move beyond their current circumstances for free!

CAP services include:

- **Debt Help – 1300 227 000**

- For those that are weighed down with debt. CAP will come to your home, provide an effective budget and work through a CAP plan until you are debt free. They can also help you if you are in severe debt circumstance. (Completely FREE and Completely CONFIDENTIAL)
- **CAP Money Courses –**
 - CAP Money is a FREE budgeting course that makes managing your money simple! CAP Money teaches people - from all walks of life - how to create a budget and prevent bad debt. This practical workshop provides people with the skills they need to manage their finances and prevent debt.
- **CAP Money: Youth -**
 - Teaching the next generation to budget before they enter the big wide world. With most school curriculums lacking practical money life skills coaching, CAP Money youth is the answer! This course will work perfectly for your schools or youth groups. This engaging course for 14-16 year olds to navigate one of the biggest challenges in life – personal finances.
- **CAP Release Groups –**
 - CAP Release Groups give the help you need to break out of addiction. Find freedom from life controlling habits, like smoking, gambling, binge drinking or an internet addiction. Whatever it is you are struggling with, our groups will provide a safe and confidential place where you can tackle the issue right at the core to break free and stay free.
- **CAP Job Clubs –**
 - Finding work can be hard to deal with on your own. Your local CAP Job Club is a friendly place where you can feel encouraged and supported as you seek employment. It's a relaxed environment where you meet with other jobseekers, and get the FREE help and tools you need to gain employment.

Christians Against Poverty. <https://www.capaust.org/>

Anti-Poverty Week 2018. <https://www.antipovertyweek.org.au/>

Australian Bureau of Statistics. <http://www.abs.gov.au/ausstats/abs@.nsf/mf/3310.0>

Australian Council of Social Services. <https://www.acoss.org.au/poverty/>

Australian Government. Department of Jobs and Small Business. **Labour Market Information Portal.**

http://lmip.gov.au/default.aspx?LMIP/LFR_SAFOUR/LFR_UnemploymentRate