

Collective Care, Stronger Futures

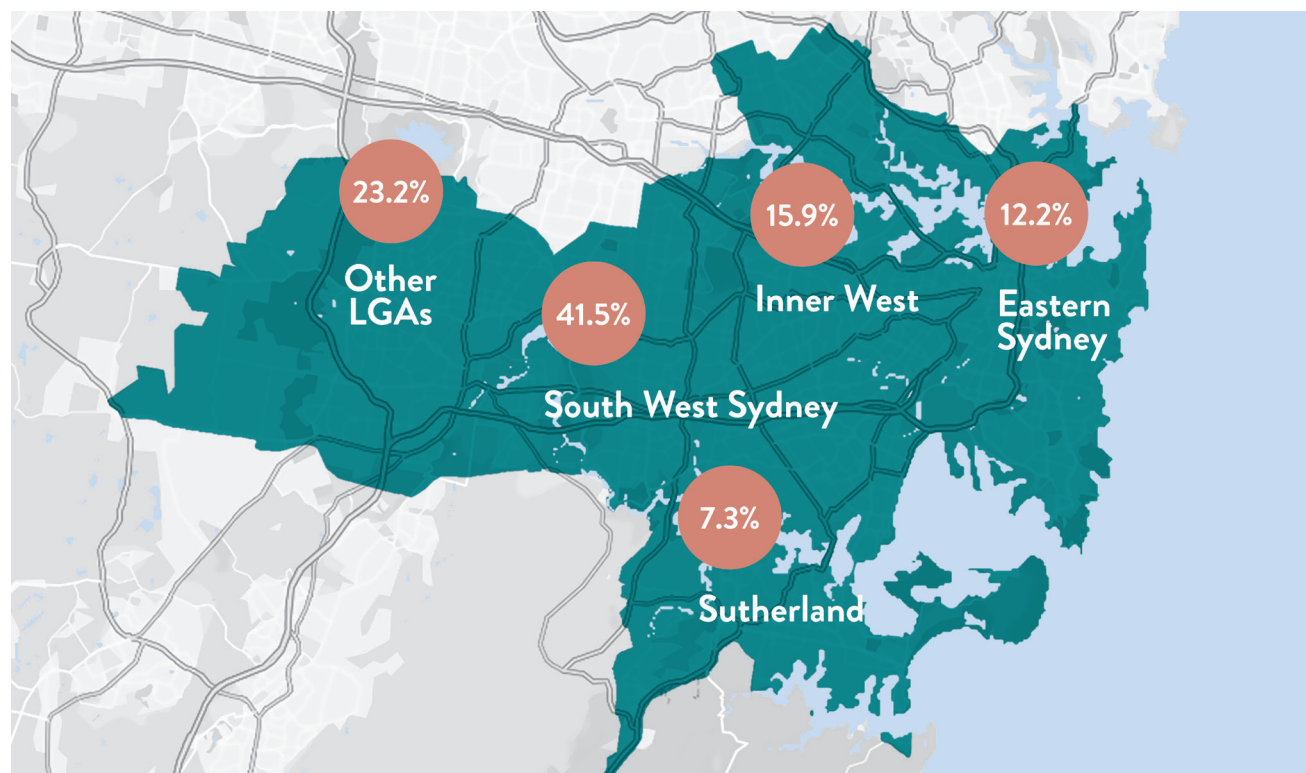


Acknowledgment of Country

We acknowledge the Traditional Custodians of the lands of the Gadigal, Wangal, Dharug and Dharawal Peoples, whose lands include the areas of Eastern Sydney, Inner West, Sutherland, South West Sydney. We pay our respects to Elders past, present and emerging. We honour their enduring connection to land, waters, and culture and commit to walking together in reconciliation.

Acknowledgment of Children, Young People and Families

HOPE acknowledges and deeply appreciates the young parents and children who share their lived experience with us. It takes great courage and strength to tell their stories. By opening up their homes, they help shape the way we work, inspire others with their experiences, and ensure that the voices of young parents and their children remain at the centre of all we do.



A breakdown of where HOPE families are based by their LGA.

Dear HOPE Supporters,

It's a privilege to share with you the incredible impact we've achieved together through the HOPE Program this past year. By walking alongside young parents and their children, and partnering with donors, community organisations, and service partners, we are building the collective care that creates lasting change.

Young families are showing incredible resilience every day. HOPE continues to partner with children and families, offering not only practical support, but belief and commitment to their hopes and future. In FY25, we walked alongside **84 families** as they navigated housing insecurity, financial stress, parenting pressures, and the lingering impact of trauma, ensuring that every child and family can thrive.

One story that stays with me is the story of our case study. It is a powerful reminder of how HOPE's unique, holistic model meets families where they are, addressing both immediate needs and the deeper systemic barriers that can stand in the way of stability. These are not quick fixes — they are long-term investments in the wellbeing of parents and children alike.

This year, we have continued to strengthen the program's impact by listening closely to the voices of young parents and their children, using their experiences to shape our services. Our commitment to continuous improvement means

we are always evolving — finding new ways to ensure that children remain at the centre of everything we do and that families receive the right support at the right time.

Your generosity makes you a key part of this community of support. Every contribution you make is amplified through the strong partnerships at the heart of HOPE, ensuring that the right support reaches families at the right time. Together, we are not only responding to immediate needs, but building the foundations for a brighter, more secure future—one where children and families can thrive, reach their potential, and create lasting opportunities for the next generation.

Thank you for being part of this collaborative journey. I look forward to continuing this vital work with you and seeing the profound difference we can make together.

Warm regards,



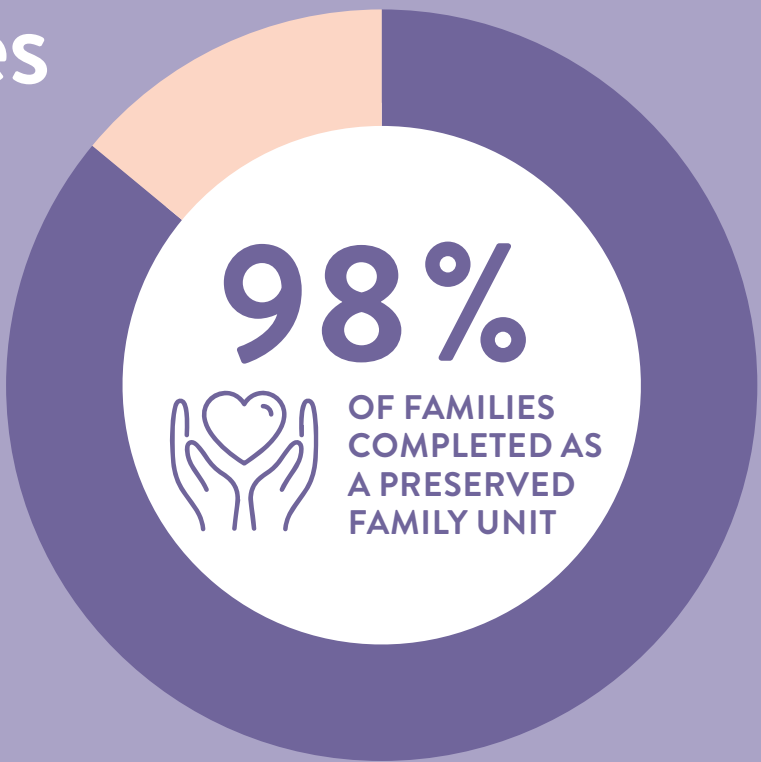
Kate Dover
Acting Chief Executive Officer
CatholicCare Sydney

HOPE Families



The difference HOPE makes (FY25)

During the year HOPE reached



Impact Measures	
overall wellbeing	16%
parenting confidence	9%
confidence to connect with community	10%
standard of living	20%
sense of achieving in life	20%
personal relationships	10%
personal safety	10%

These outcomes reflect our **therapeutic child and family centred approach**, where we meet children and families where they are at.

Our practitioners tailor each step to move at their pace, while being guided by their voices and preferences. By walking alongside families in this way, we foster trust, connection, agency and confidence, so that children and families grow their sense of safety, meaning and control in their lives. This strengths-based partnership not only supports immediate needs but also lays the foundation for long-term wellbeing.

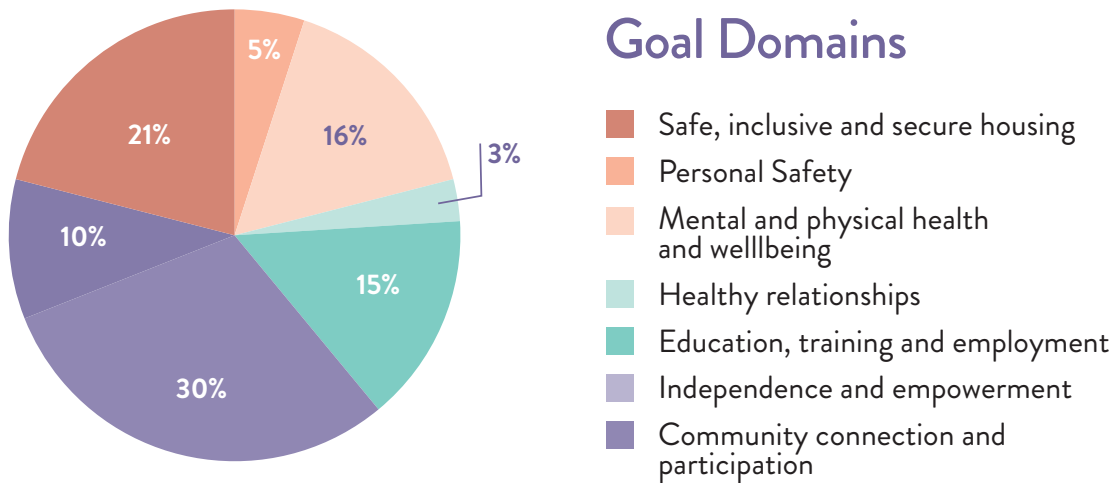
Thriving Families: Measureable Impact

Families’ complete surveys at key points throughout their time with HOPE, so we can see how things are changing for them across the areas of their life where we aim to make a difference. Conversations with families and insights from these surveys inform HOPE’s support and ensure that with the steps that follow, children and families are at the centre of the care they experience.

Families work together with practitioners to set and achieve goals, and they continue to set new goals as previous ones are reached or as life circumstances change.

In 2024-2025, we saw;

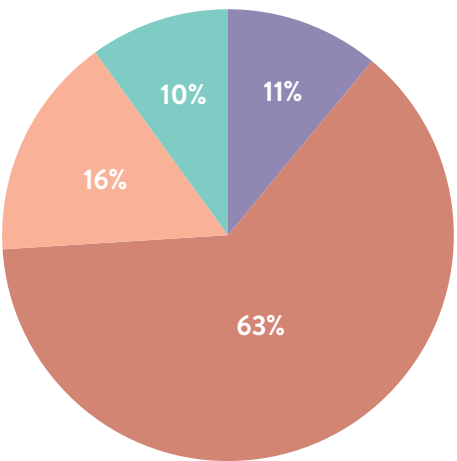
204 goals set across our families. Goals were set within the following domains:



Goal Achievements

- Achieved
- Still in progress
- Superseded and closed as no longer relevant
- Closed and not achieved

Achieving goals doesn’t all happen at once, it’s built by taking intentional steps that steadily move families towards their broader goals. This approach ensures that goal achievement is not only measured by end outcomes but also acknowledges and celebrates the small steps that represent effort, persistence, and resilience shown along the way.



Our Impact in Words



“If it wasn’t for those play dates that helped me create the support system I needed, I don’t know where I would be.”
— Grace, aged 20 and Olive, aged 14 months



“HOPE embodies what true partnership looks like. Many young parents can feel judged, unseen, and silenced, but the HOPE Program walks alongside them with warmth and unflagging advocacy.
I have witnessed young parents rediscover strength, connection and possibility because of HOPE’s support. In doing so, young parents can shape their own futures and build stronger families and, in turn, stronger communities.”
— Hospital Social Worker

Program Highlights

Strengths in Action



No Place like Home: Safe Spaces, Stable Foundations

Safe, secure, and stable housing is more than shelter—it's the foundation for every child and family's safety, wellbeing, and future. At HOPE, we ensure their voices and choices guide each step in building what "home" means for them.

When children and families have a place they call home, they experience connection and belonging, and can participate in their local community, creating safer, stronger, and more inclusive communities for all.



Safe and Together: Partnering Towards Healing and Recovery

By embedding the Safe & Together Model, the program works more responsively with the systems and services that children and families rely on to be safe, supported, and connected.

Together with our child and family centred approach, we hold children, non-offending parents, and victim-survivors at the centre of safety planning, healing, and decision-making, while perpetrators are kept visible and accountable for their behaviours and choices.

Our practice is strengthened through supervision and reflective practices that empowers us to work with the voices and lived experiences of children and families.

This transformational approach moves us beyond being trauma and domestic violence informed to being truly trauma and domestic violence responsive, fostering safer, more effective responses in partnership with children and families.

"Watching my baby do things for the first time. It makes me emotional when he does and learns new things." — Angel, mum of one.



The Power of Playdates: Strengthening Families Through Connection and Care

Play is far more than just fun — it's a fundamental right of every child². Through play, parent-child attachment is strengthened, critical brain architecture is built for social skills and emotional regulation, and the foundation for lifelong development, wellbeing and resilience forms. When children and families come together and engage in play within safe, shared environments, they unlock the transformative power of community filled with social learning, shared storytelling, and collective care

At HOPE, we co-create playdates with children and families, blending local community engagement and family activities. Families have shared they feel more confident in their parenting, more connected with others, and feel safer in the community.

¹ The Safe & Together Model is an international, perpetrator pattern-based framework for transforming how systems and practitioners respond to domestic abuse and threats to child well-being.

² United Nations. (1989). Convention on the Rights of the Child. United Nations Treaty Series, 1577, 3.



Why HOPE Matters

Every child deserves the best start to life. The first 2000 days lay the foundation for lifelong learning, wellbeing and development.

When children and families experience stable relationships, nurturing environments, and strong community connections, these positive experiences help buffer against adversity and foster resilience.

The HOPE Program holds children and young people at the centre of everything we do. We make sure families have what they need, when they need it—in meeting essential material needs, strengthening community connections, providing therapeutic supports, and equipping parents with coaching that builds confidence and capacity.

Empowering young families by harnessing their resilience and strengths ensures they have the knowledge, skills and opportunities to create a stable and healthy family environment. Together, these supports create the strong foundations every child needs to thrive.

At the heart of the program is a shared commitment to young people and their

children being safe, seen, heard, connected, and empowered. Over a 12-month journey, our holistic and transformative approach ensures the support we provide evolves, progresses, and that outcomes are realised and sustainable once families transition on from HOPE.

Our impact is seen when:

- ✓ Young families are safe, supported and thriving together
- ✓ Young families are well connected to their community and feel they belong
- ✓ Young families experience greater wellbeing and quality of life
- ✓ Parents grow in confidence in their parenting.

When parents invite us to walk alongside them through pregnancy and early parenthood, we become partners in possibility, and work together to co-create safe, stable and positive futures for their growing family.

Early support and setting goals together are key to lasting outcomes and can be transformative for children and families. By walking together with them from the very beginning, HOPE strengthens the foundations children and young people need to thrive.

This whole-of-family, holistic approach makes HOPE a vital and unique service for young families. Sustaining such comprehensive support requires a shared effort. While Federal and State funding often focus on essential areas such as health or child protection, the HOPE program plays a complementary role by providing integrated wraparound support.

To make this possible, we work closely with philanthropic and community partners who share our commitment to ensuring young families are safe, connected, and thriving.

Integrating the program's focus on listening to needs and experiences of children and young people, we made sure to capture their voices throughout this year's report.

Hannah, mum of two, shared her experience of the program with us:

"...they (families) should reach out to HOPE, as they helped me to get to where I am.

The safety is the main thing, they made me feel safe. You've given me more hope."



Case Study



When I first found out I was pregnant, I felt completely alone and trapped in my situation. There was a lot of judgment. I never imagined where I am today.

I was scared to ask for help, scared to speak to anyone. After I gave birth, I was clueless and I struggled with feeding. The HOPE program helped me access the support I needed with seeing a lactation consultant and the home visiting nurse.

Sarah*, my HOPE worker visited me and my baby every week while we were in transitional accommodation. She checked in on me, I know she genuinely cared for me and my baby and encouraged me every step of the way. I became a single mum with a newborn and I was able to leave a relationship and start a better life. I was able to get support for what I went through.

Sarah helped me with resources and getting admin done that I didn't understand.

Those early days were hard and I was so tired. If it wasn't for my support system that the program helped me create, I don't know where I would be.

I met other young mums during play dates and we still hang out today. It's been good for my baby to socialise, and for me to have people to relate to. Having mum friends who truly understand what I'm going through means a lot to me.



What is important to me is breaking generational curses; not tolerating violence, not being silenced and not being afraid to speak up. I hope my baby remembers through this time—that I was the one that was always there and I will always put him first.

I hope he remembers how patient everyone was with us and that people are willing to help. I hope he grows up to be a kind, friendly and hardworking person. We were given the best chance to grow up in a safe environment and set up with supports that we needed.

Life's easier now, I've got my own place now and am starting to think about going back to work. My dream is to live a happy life and to experience things and holidays with my baby.

If I could give some advice to other young mums, it would be this: always speak up about any concerns you have about your baby and trust in yourself. Just because someone's older doesn't mean they always know better. Another thing is asking for help isn't a bad thing.



A special acknowledgement to our HOPE mum for sharing her story with us.

With your support, we thank you for allowing us to walk alongside her journey from pregnancy to early parenthood.



Day in the Life of a Family Worker

I start my day at the office by checking my calendar to see what's planned, and to confirm which families I will be visiting.

I send an email to a Child and Family Health Nurse, requesting an update following a clinic visit a young mum had with her baby yesterday. I ask if there is anything I can do to support the mum with her child's development at home, taking an integrated and collaborative approach.

A phone call comes through from Homes NSW—they confirm that a family I've been supporting has been approved for the social housing register. The family and I worked together to complete their application months ago, advocating throughout the process. I send the family a quick text message to share the good news.

I head out for my first home visit of the day, to a mum, a dad and their 8-month-old baby in South West Sydney. I'm welcomed into their home, where baby is doing tummy time on a playmat in the living room. Mum prepares a bottle, while dad chats about an upcoming appointment with a job provider. We talk about their parenting journey so far, and how they are managing baby's sleep and routine as a parenting team. They share that teething has been challenging, but they're figuring it out together.

Mum has asked for a referral to a counsellor. She wants to work through complex childhood experiences that she worries may affect her bond with her baby. Together, we create goals to support their parenting journey.

Back on the road, I get a crisis call from a mum who has just become homeless with her 4-week-old baby after their housing application was denied. I adjust my schedule and drive to pick them up, transporting them and their essential belongings to a women's refuge in Sydney's Inner West. We ensure their immediate needs are addressed by applying for a Centrelink crisis payment. I provide grocery vouchers to get them through the next few days. We begin discussing longer term housing options.

Later, I meet another mum and her child at a community playgroup in Sutherland. She was feeling anxious about attending alone and asked for my support. One of her goals is to build positive, supportive peer connections. We play together with her child. She proudly tells me her child's favourite toy is the stacking blocks, and that he said 'mum' for the first time over the weekend.

In the afternoon, I visit a charity partner organisation collecting a donation of baby clothing for a mum who recently left an unsafe relationship. She is due to give birth next week and has been supported through the Safe & Together Framework. She has recognised

the perpetrators' patterns of behaviour and is committed to protecting her baby from exposure to violence.

She also shares that she witnessed domestic violence as a child. I will deliver the donated baby items at our scheduled visit tomorrow.

Before the day ends, I return to the office. I respond to emails, complete case notes, and update goal plans for the families I have visited. My day finishes with a call from a colleague. She shares that a child she is supporting has been approved for the NDIS and will have access to the therapies he needs to thrive. We celebrate the advocacy win and reflect on the strength of the families we walk alongside, navigating complex systems, whilst prioritising their children's safety and wellbeing.

"She proudly tells me her child's favourite toy is the stacking blocks, and that he said 'mum' for the first time over the weekend."

- Kristen Eddy, Senior Practitioner



Partnerships in Action

The HOPE Program is made possible by a diverse community of people and organisations working together — health professionals, community organisations, government partners, donors, and business leaders — all united by a shared commitment to walking alongside children and young families. This breadth of partnership ensures we can respond to the complex needs of parents and children with compassion and practical support.

The HOPE Program is more than a service — it's a community of care built on strong, values-driven partnerships. These relationships are reciprocal: we learn from one another, share resources, and combine our strengths to ensure the quality of HOPE remains high.

Funders

Funding from the ClubGRANTS program is one example of this in action. With the support of Bankstown Sports, Liverpool Catholic Club, DOOLEYS Lidcombe Catholic Club, and Club Marconi, HOPE was able to walk alongside seven additional young families in FY25 — keeping families together. ClubGRANTS funding fills an essential gap for programs like HOPE that aren't currently government-funded, allowing us to support young parents to reach their full potential.

We are equally grateful for the continued support of the Charitable Works Fund (CWF), whose long-standing partnership has sustained HOPE and helped us share the voices and stories of young families across Sydney.

Community Organisations

We appreciate the support of our valued community partners who refer families to us when they need our help most. These partners are often the first to recognise when a young parent is facing challenges that put their wellbeing, stability, or family connection at risk. Working closely together, we ensure young families are connected to the right support at the right time, whether that means housing assistance, mental health care, parenting support, or community connection.

Corporate Partnerships

Our partnership with Harris Farm Markets blossomed this Mother's Day through the sale of beautiful, specially curated bouquets, and our selection as the GoGenerosity Partner in May. Customers could celebrate the mothers in their lives, whilst also supporting young mums in the HOPE Program to build safe, stable, and thriving futures. Proceeds from each went directly to supporting the families of HOPE, turning a simple action into a powerful act of community care. This collaboration highlighted the generosity, creativity, and shared commitment that make partnerships like this so impactful.

The HOPE Program thrives because of the collective commitment of diverse partners, whose shared compassion, resources, and expertise enable HOPE to support young families to build safe, stable, and thriving futures.



Join us and Partner in Collective Care:

HOPE is actively seeking collaborators, advocates, and allies who share our commitment to walking alongside young families with compassion, cultural humility, and practical support. Whether you're a health professional, a community organisation, a government partner or a business leader, your role in this shared journey matters.

By partnering with HOPE, you contribute to a growing network that:

- ✓ Responds holistically to the needs of young parents and their children
- ✓ Builds strong foundations through wraparound care and collective action
- ✓ Shares knowledge and resources to strengthen the service system
- ✓ Champions dignity, voice, and choice for families who are often overlooked

Let's work together to build a system that reflects care, reciprocity, and shared responsibility — one that uplifts families and transforms communities.



Looking Back, Moving Forward

Continuous Improvement: Transformation from Learning

During the past year, our consistent and responsive approach has reinforced proven practices that enhance parenting confidence and foster strong community connections.

Building on insights from our 2024 program evaluation, we have translated learnings into practice, innovating the ways we partner with children and families. We have:



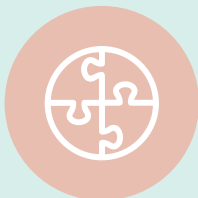
Strengthened Evidence-Informed Practice:

We're better aligned and integrated our program plan, goal setting tools, and outcome measures, so practitioners can embed these insights into everyday conversations with families and provide evidence-informed support.



Elevated Children and Young People's Voices:

Guided by the LUNDY Child Participation Model⁴, we embedded consultation, collaboration and child-led approaches, so that children and their parents have more meaningful ways to actively inform and shape the care and support they experience.



Facilitated Meaning Making:

Harnessing the importance of coherent narratives, we have strengthened our therapeutic approach with transitions from HOPE by supporting families to reflect and make sense of their journey, so the progress, healing and outcomes are sustainable beyond the HOPE program.

Priorities for 2025-2026

Child Safe Culture: Strengthen safety as a shared responsibility by embedding open reflective conversations, consistent processes, clear communication pathways, and coordinated actions across families, practitioners, and systems.

Baby & Child Voice: Embed safe and developmentally appropriate opportunities for baby and child voices to be heard in everyday practice, ensuring that even youngest children shape the care and systems that support them.

We know babies and infants have many ways of communicating, through their movements, sounds, facial expressions and by the way they join or don't with activities and environments around them.

An example where we've been led by babies and children to understand what safe spaces means to them:

"...When I wake up, the first thing I want to do is go to the lounge room to play with my toys. I love looking out the window at my new house because there's a big tree with birds outside.

My favourite toy right now is my red aeroplane. I really enjoy when my mum dances and sings with me. But what I love the most are cuddles and playing with my mum..."



Parent Coaching: Embed parent coaching using evidence informed practices (building connection through playfulness, acceptance, curiosity, and empathy), to support parents to build the skills and confidence they can use practically with their children.

Strengthen Partnerships: Cultivate strong community connections with values aligned organisations, community services, and family friendly supports, so that the web of supports surrounding children and families are stronger.

Give HOPE: Giving Circle

Be part of our new community helping young families to thrive

The Give HOPE Giving Circle is a growing community of generous supporters who believe in the power of collective care. By combining annual gifts, members create lasting change for young parents and their children — helping them build safe, stable, and thriving futures.

Your annual commitment can be made in one donation or through 12 monthly direct debits — whatever works best for you. Together, our contributions amplify the reach and impact of the HOPE Program so more families can receive the support they need, when they need it most.

By joining, you contribute to:

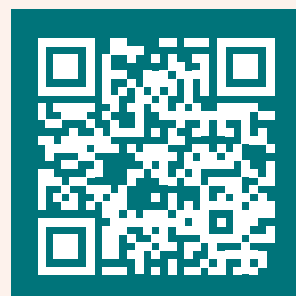
- ✓ Consistent Support – Ensuring ongoing assistance for young families in need.
- ✓ Program Expansion – Allowing HOPE to reach more families and make a greater impact.
- ✓ Collective Impact – Partnering with like-minded supporters to create lasting change.

Our Founding Members were the first to say yes to this vision, laying the foundation for something powerful — a community committed to creating brighter futures for young families.

Founding Members:

- Cathy Harris
- D’Leanne Lewis
- The Harris Family
- Phillips Family Foundation
- Herro Foundation

To join Give HOPE, visit
hopeprogram.org/givehope
or scan the QR code below:



Supporter Acknowledgement

We are sincerely thankful for the generous financial and in-kind contributions made this year. Together, we are building a community of support that empowers young parents, strengthen young families, and ensures every child has the opportunity to thrive.

Our heartfelt thanks to our supporters, including:

Charitable Foundations

- Curran Access Children's Foundation
- Anthony Herro Foundation
- Rossi Family Foundation
- Charitable Works Fund
- Betty Wade Charitable Foundation

Corporate

- Harris Farm Markets
- Commonwealth Bank of Australia
- HLB Mann Judd
- Laing+Simmons, Double Bay

Government

- NSW Health

Individuals and Family Foundations

- Phillips Family Foundation
- The Harris Family
- Judith Beswick
- Paul Beswick
- Anthony and Gai Wales
- Jane-Marie Forest
- Charles Mellick

Community Housing Providers

- St Vincent de Paul Housing
- Hume Community Housing

Community and ClubGrant Partners

- DVNSW
- Dandelion Support Network
- ReLove
- St Ambrose Catholic Primary School
- Santa Sabina College, Strathfield
- Loreto, Normanhurst
- Clancy Catholic College, West Hoxton
- St Patrick's College, Strathfield
- St John Bosco College, Engadine
- Bankstown Sports Club
- Club Marconi
- DOOLEY's Lidcombe Catholic Club
- Liverpool Catholic Club

Ways to Get Involved



We need to raise \$25,000 for each young family that participates in the 12-month HOPE Program. This year, we aim to support 90 families.

Ways you can help us reach our goal:



Join our Giving Circle



Make a one-off donation



Become a partner



Fundraise for HOPE with your school or community group



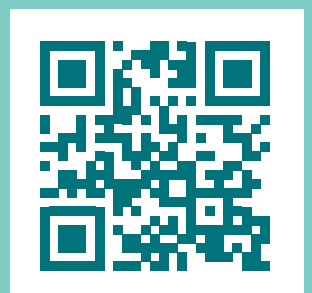
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Share our work

Reach out to hello@catholiccare.org for more information on expanding your involvement with HOPE.

Learn more
or donate to the
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