



**SIR**  
**david martin**  
**FOUNDATION**  
helping young people in crisis

# Impact



## Through drought & fire, storms & flood

Graduation for 2019 students was held at Shellharbour Civic Centre in February this year after postponing in December due to catastrophic fire risk at Triple Care Farm. Hundreds of people gathered at a lovely new venue to celebrate the accomplishments of the students who had completed the drug and alcohol rehab and detox programs.

We heard from new graduates and alumni from years past. A past student, Samantha, who completed the rehabilitation 12 years ago stood

up, sharing a sentiment that brought tears to our eyes; *“Triple Care Farm saved my life – helped me to find myself and my direction and purpose. When I was considering getting help for my addiction, I remember thinking, how could I hold onto this life if death was the only option?”*

Graduating students performed music pieces learnt in the music therapy program. The cover rendition of ‘I’m Still Standing’ by Elton John spoke a million words, as a graduate sang like a *“true survivor”*. It was a celebration

of lives transformed. In a young person’s words; *“from the chaotic life of drugs, to goals for my future”*.

Mission Australia CEO expressed his thanks for the ongoing support of Sir David Martin Foundation and the dedication of Lady Martin. None of this could have happened without the generosity of our loyal community of donors.

Thank you for your kindness in supporting young people and providing them with safety, hope and opportunity.

# A bitter road with a bright horizon



**Matthew Davis at Triple Care Farm**

One recent graduate, Matthew stood on stage singing his heart out. Now, he shines bright and is full of energy and optimism, making it hard to believe the road he has travelled, to be where he is now.

Matthew is sharp and energetic with a real knack for creative writing and all things musical. Today he describes himself as compassionate, intelligent and creative. Rewind to three years ago and he would have described himself as lost, irrational and impatient. Like many young people, he tried drugs at parties, but it was when he was introduced to the drug Ice at 18 years old, that the downward spiral began.

Ice (Crystal methamphetamine) took a hold of him and it wasn't long before he was using it three times a week and struggling to keep his job as a carpenter. Eyes sunken in and a "skinny wreck", he often went missing for days at a time. Until one day, his family's desperate appeals for him to get help worked.

Having tried to detox from drugs at home without success, he decided to apply to Triple Care Farm's withdrawal program, David Martin Place. The first few nights were spent crying in his room, but an encouraging letter from his sister spurred him on. Soon enough, he moved into the rehabilitation program where he spent three months getting well and preparing for new opportunities. In his own words, it was "the chance to start from square one."

The music program was his refuge. Matthew is a talented rapper and songwriter. He composed a rap called 'Triple Care Farm' and the lyrics are so moving – here are few of the lines:

*I'm re-building my life, feels like I'm growing new feathers.*

*My third and final chance and I aint gonna mess it.*

*Learning to deal with the stuff that the drugs were repressing. I'm stronger than I think.*

*I'm more determined than ever to*



*show the people I'm great.*

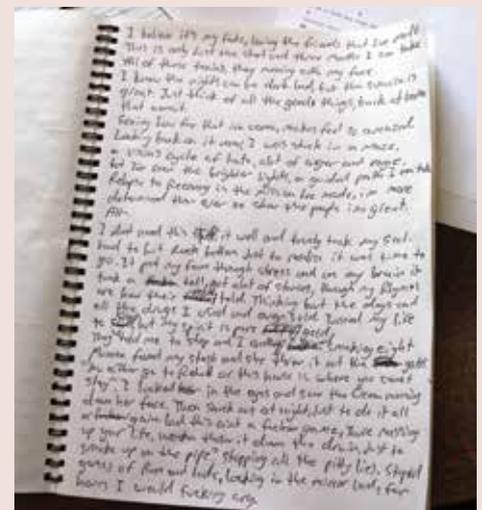
*I don't need this stuff, it well and truly took my soul.*

*Loving the waters I'm testing, lots of support that I'm nestling. No longer feel the aggression. No longer making mistakes. No longer feeling so helpless.*

Matthew is now in the Aftercare Program, being supported back into the community. His goals are to save money and make wiser life decisions as he finds purpose in his carpentry job again.

*"It brings my parents to tears to see how well I'm doing and to see the old me again. Looking back, that wasn't me. I have found myself again."*

Thank you for helping Matthew to find his spark and transform his life.



Its been a couple weeks, I'm feeling better than ever  
Three short months and I'll be back with Vendetta's  
No longer holding Berretas, I'm cutting off the loose -  
Teathers.  
I'm Rebuilding my life, feels like im growing new  
feathers and flying higher than heaven.  
~~Fuck~~ <sup>stuff</sup> the drugs, Ive learnt lessons  
one million tears of confessions, I was stuck in  
Vessicum, anxiety and depression. Had my head up in  
the clouds and my mind was descending.  
Now Im sitting at the farm, Triple care is ~~a~~  
blessing. My third and final chance and I aint  
gonna mess it.  
Ive got alot of feels, My emotions are pressing.  
Learning to deal with the ~~stuff~~ that the drugs were  
repressing. Im stronger than I think, USE my brain  
as a weapon. Healing up with gym sessions,  
~~At long last feel the aggression~~ [I feel the Creatress  
im destined. Loving the waters im testing, lots of to.  
Support that im nesting, No longer feel the aggression  
No longer making mistakes. No Longer feeling so helpless  
Constant battles with myself, such a mirror to face  
No longer standing with the devil trying open hells gates.  
Ive seen alota ~~stuff~~ brah the world aint so great  
Finally taking steps to start lifting the weight.  
Call it triple care formula, thats three times the rate.

Matthew's heartfelt words (opposite and above).

# Introducing Adam Hoare



A young person's  
woodwork project

Adam is the new Woodwork Trainer at Triple Care Farm. Students relate to him as an 'older brother' and mentor as he works closely with them during their rehabilitation. The woodwork program supports young people in recovery – building skills and self-esteem.

With a background in construction and timber milling, Adam has valuable industry skills that he would like to start teaching the young people. Over the

coming months, he will be introducing trade-based training into the woodwork program to equip students with skills like painting and plastering.

Every day, Adam sees the program giving young people a great deal of satisfaction and confidence and is looking forward to helping them develop skills that they may choose to pursue once they're back in the community.

**Thank you to our Gold Corporate Partner:**



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by filling in attached coupon, or at  
[martinfoundation.org.au](http://martinfoundation.org.au)



## From our GM

Part of celebrating our anniversary includes celebrating our people – and those people include the young people and kind and committed supporters like you.

We are having a range of events to engage with our community so do please look at the events page of our website [martinfoundation.org.au](http://martinfoundation.org.au)

Her Excellency the honourable Margaret Beasley AO QC, Governor of NSW, is kindly hosting a special event at Government House in August on the anniversary of Sir David Martin's death, to honour our major and lifetime supporters.

We hope that as you read the stories in this newsletter, you will be encouraged to see the impact that your generosity is having.

I would love to hear from you if you have any feedback or stories to share – just contact me at [h.connealy@martinfoundation.org.au](mailto:h.connealy@martinfoundation.org.au)



Helen Connealy  
General Manager

# Thank you for my scholarship!



A student accepts their scholarship from Lady Martin

Thanks to your generosity, each year a few select Triple Care Farm graduates are awarded Sir David Martin Foundation Scholarships to support them in further education or employment. We wanted to share a couple of responses from the latest Graduates.

**Millie: \$1,000 toward purchasing books required for her Bachelor of Arts/English Literature studies.**

Millie began to cry when she was told that she would be receiving a scholarship from the Foundation. She had been struggling with anxiety about



Sir David Martin Foundation Chairman, Triple Care Farm Program Manager, student, Lady Martin, MA CEO



Young Graduates

her competency to study at university but knowing there were people who believed in her made all the difference.

**Daniel: \$1,000 toward a gym membership and purchasing work attire**

Daniel was in a bad state at the start of his recovery journey. Years of substance abuse meant that he had neglected his health and self-care. Receiving a scholarship encouraged him to keep the momentum he had gained at the farm, to look after his health. He was also able to buy a work outfit to start his new job with a positive outlook.

## 30 years of partnership with Mission Australia



MAJOR  
PHILANTHROPIC  
PARTNER OF

**MISSION  
AUSTRALIA**

This year marks 30 years of partnership with Mission Australia, 30 years of helping young people in crisis.

The Foundation is the major philanthropic funder of Mission Australia's Triple Care Farm and this partnership has enabled a best practice model of treatment for young people with drug and alcohol addiction. Having raised over \$65M since inception, Mission Australia will always hold Sir David Martin in high regard for his vision for the future of young people in Australia.

At a celebratory event in March, a celebratory photograph was unveiled in the newly named Sir David Martin Room, part of the Mission Australia Boardroom.

We look forward to our ongoing partnership to help our most vulnerable young Australians.



## Triple Care Farm Winter lunch

Join us for a country style lunch and open day at Triple Care Farm.

We welcome new and old friends.

### When?

Thursday, 25 June 2020

### Where?

Triple Care Farm:  
188 Knights Hill Rd, Knights Hill NSW 2577

### RSVP:

to Anna at  
[a.beaumont@martinfoundation.org.au](mailto:a.beaumont@martinfoundation.org.au)  
by June 11th



Sir David Martin Foundation's most thrilling event is on again, in a spectacular new location.

Participants will have the chance to zipline, abseil or both, 150 metres down Pitt Street Mall in the Sydney CBD.

**When?** 22nd and 23rd October.

Funds raised help young people in crisis.

To register your interest, please contact our Events Manager, Cath Isted at [c.isted@martinfoundation.org.au](mailto:c.isted@martinfoundation.org.au)



## Planning for tomorrow

Regular donors make a positive difference to our Foundation and help us to plan.

These special people decide how much they would like to give annually and spread out the amount through an automatic, monthly gift.

As a regular donor, you can change your commitment at any time and best of all, you are helping young people in crisis.

Please see the enclosed donation form or call **(02) 9219 2002** to set up your regular donation.