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# AN INVITATION TO An Afternoon to Remember

**Saturday 19th March 2016**

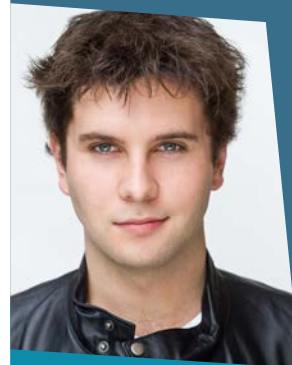
**Belmont 16 Footers Sailing Club Quarterdeck Room**

Guest speaker Professor the Honourable  
**Dame Marie Bashir AD CVO**  
**Former Governor of NSW**

## To aid **Destiny Haven**

A residential rehabilitation sanctuary at Clarence Town offering Love, Health and Restoration for Women enabling them to establish and fulfil their own Destiny.

Canapés and welcome drink on arrival 11.15am, followed at noon with main course, dessert, tea and coffee. Raffles and Auctions.



Be entertained by the amazing  
voice of **Rob McDougall**.  
Star of Les Miserables  
& Ultra Swing Lounge.

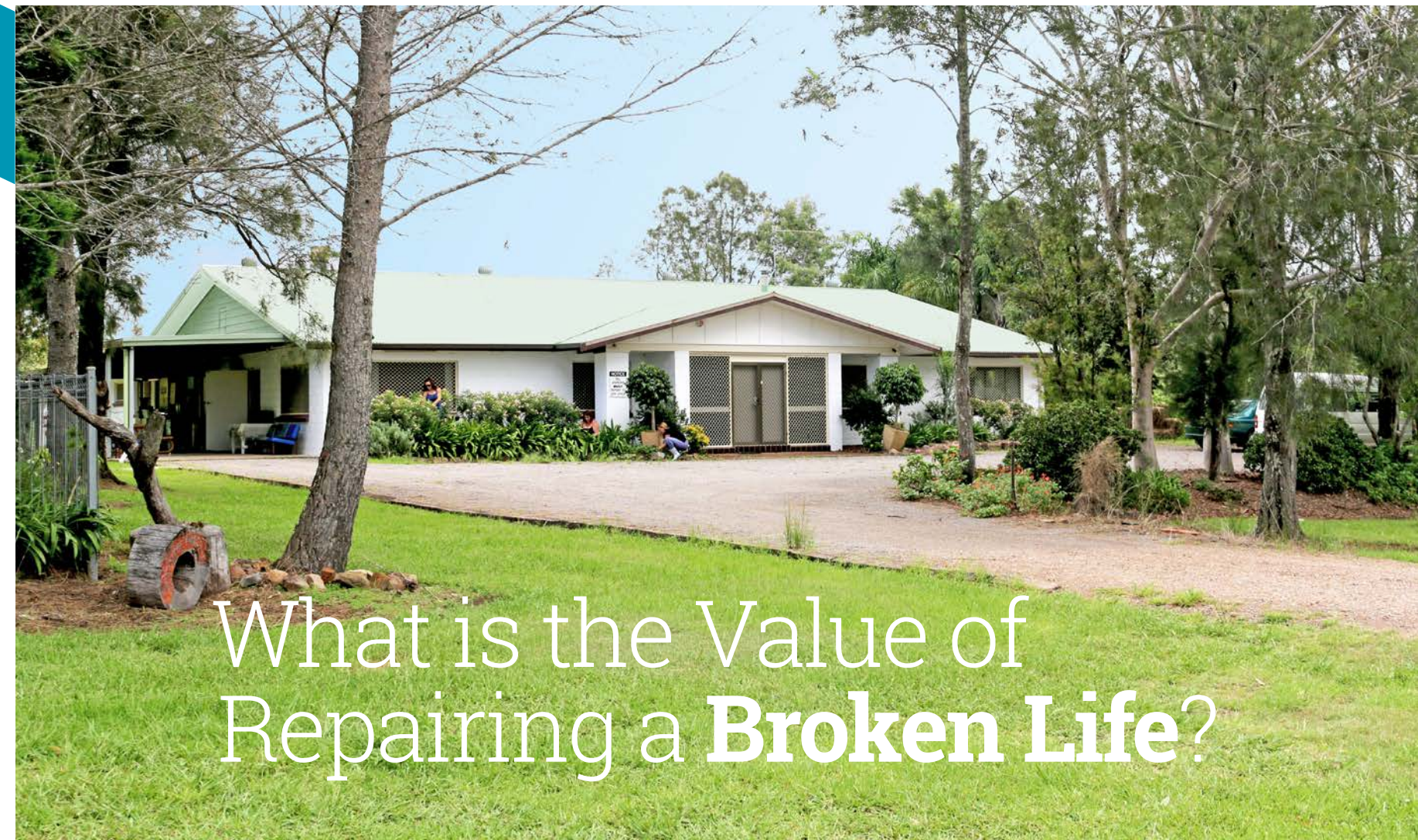
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**Ticket Cost: \$100 per head**

**BOOK NOW** [www.ticketebo.com.au/destiny-haven/](http://www.ticketebo.com.au/destiny-haven/)

CORPORATE TABLES AVAILABLE (SEATING 10) • TICKETS LIMITED AND SELLING FAST

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## What is the Value of Repairing a **Broken Life**?

Destiny Haven's raison d'être is to repair the lives of women who have been shattered by life-controlling illnesses such as drug and alcohol addiction, eating disorders and, self-harm.

The residential centre provides the professional, physical and emotional nurturing needed to restore the health and capacity of women to enable them to lead productive and fulfilling lifestyles.

There are so many reasons to support women who have taken a wrong turn. For over 80% of women who are battling addictions, the common precursors are childhood trauma and abuse and mental illness. While many do hail from challenging social environments, almost 30% are from middle-class, educated and stable environments!

Destiny Haven is not a detox centre or a hospital – and it is not only about stopping addictive behaviour. It is a safe haven: a home where women, committed to 'slaying their dragons', are accepted and supported as they move through the long healing process (9-12 months).

With professional counselling clients confront and address the underlying issues that render them susceptible to destructive behaviours. They then begin to heal – to regain their self-esteem, health and the confidence to move forward. >



*Destiny Haven founders Janine and Lewis Eperé.*





*Pictured Tarese Klemens (right), a graduate from Destiny Haven is now a Hunter TAFE Alumni and successful fashion designer.*

With Destiny's help daughters, mums, grandmas and aunts can return home to be good family members: strong role models to inspire, love and take care of their children. They can cope with home, parenting, work and being part of their communities of interest.

Destiny Haven empowers and equips women to resist destructive addictions and stop their participation in behaviours that may socially and economically isolate: actions that will erode their capacity to fulfil their destiny. Most Destiny graduates move on to engage in education and training – and have greater capacity to positively contribute to their families and communities.

On average Destiny Haven 'saves' about 20 lives every year. "That is not many", I hear you say. But take a moment to think about the consequences of turning twenty lives around. The emotional costs of life-controlling disorders, for sufferers and those around them, are heartbreaking.

The cost to society and our local, state and federal economies is significant: over \$200,000 per year per person. Therefore, for every twenty girls 'saved', society saves over \$4 million per year!

The average age of a Destiny client is 27 years. Assuming that, on average, Destiny graduates move on to lead addiction free, productive lives, for the next 30 years, the financial benefits to society are \$6m per person.

Destiny has been operational for over 9 years and, in that time, helped over 160 women. To date, Destiny has spared our economy over \$1.2b and halted inconceivable heartache for over 160 women and their families, friends and communities.

For every individual with a life-controlling disorder, dozens more suffer. Many people crippled by addictions hurt, and quickly become isolated from, their families and communities: they can become people that others don't want to know – or they may reject those who care about them. >



*Janine Epere has created a cottage industry to teach the women new culinary skills such as jams and relishes from produce grown in their own garden (pictured with Jess) who has become a proficient chocolatier creating a tempting range of hand made Callebaut Belgian chocolates.*



Many become unemployable: because their addiction they may be less reliable and productive. They may be careless with personal presentation and appearance and, at worst, maybe deceitful and dishonest.

Addictions, particularly substance related, compromise the addicts' health and capacity to work. As a consequence they regularly access the costly public health system and frequently become recipients of tax-payer funded benefits. This is a double whammy: in addition to drawing transfer payments, they no longer pay taxes or contribute financially to their communities or economy.

As habits intensify some addicts fund their insatiable appetites with the proceeds of criminal activity and, as a result, cost society in terms of policing, justice and prison systems. Also significant is the physical damage caused by substance-affected people: harm in the form of domestic and self-abuse, driving incidents, property damage, and random acts of street violence.

### **Sally – a hypothetical case – could she be you, a family member, neighbour or friend?**

Sally, a 25 year old young woman develops drug-induced schizophrenia. To feed her habit she steals from family, friends and work. She loses her job and, later, her home. She applies for benefits and resorts to stealing and prostitution to buy drugs. During this dark period her mental illness, and range of other health issues related to homelessness, poverty and drug use, render her a regular user of emergency and hospital services. She is regularly admitted to hospital for either psychiatric care or to repair physical abuse experienced while living rough.

After numerous brushes with the law for anti-social, destructive and dangerous behaviours, and stealing, she is finally arrested, charged and imprisoned.

In this one year, Sally has cost society over \$200,000:


- Emergency response / police costs - \$20,000
- Arrest/prosecution process - \$20,000
- 3 months in prison - \$30,000
- 30 days in psychiatric care - \$150,000
- Transfer payments - \$20,000
- Loss of tax generated - \$5,000

Unchecked, the scenario above is repeated, year after year, until Sally is spending more and more time in hospital or prison care. Her health is declining and she will be developing a range of chronic conditions related to substance abuse, homelessness, poverty and social isolation. She will, for the rest of her life, be a social and economic burden to society.

For every decade that Sally remains dysfunctional, society pays over \$2 million.

Every staff member at Destiny Haven is a volunteer: they have set their lives aside to help others.

We cannot all demonstrate that level of commitment... but we can help Destiny Haven to help women who, for a range of reasons, need a hand to get back up.

The economic outputs are significant, yet the human outcomes are greater still. 

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For further information or to donate visit: [destinyhaven.org.au](http://destinyhaven.org.au)



## **Special Guest Appearance Entertains Fundraising Guests**

Baritone Rob Mc Dougall will be known by fans of the Ultra Swing Lounge concert series held at the Civic Theatre Newcastle for a number of years.

Rob has just finished a 18 month tour of Australia with Les Miserables, having performed 589 performances. He performed as 'Legles' in the show's ensemble, and in Brisbane was promoted to sing the role of "The Bishop of Digne" for the final weeks of the tour.

He was an understudy for "Javert", and performed five shows in the role being one of the youngest in the world to ever go on for this role.

He has returned to Sydney re establishing his teaching studio in preparation for starting a Research Masters at Sydney Conservatorium in Vocal Pedagogy. Rob is preparing for a solo concert tour, and doing multiple regional workshops and camps. He will be touring Europe with the Department of Education in October. Novocastrians will be able to see Rob together with Daniel Stoddart from Ultra Swing Lounge in a musical theatre night in late May entitled "Encore".