

Star Health Thanks

Below is feedback from two of our participants.

"I was recently blessed to have been the very grateful recipient of \$200- from Rotary Albert Park.

It was not that long ago that \$200- would not have been life changing but at the moment these funds have definitely been life changing for me, they have contributed greatly towards improving the quality of my day to day life. They have been given me the means to purchase some things that were other wise impossible under my current financial circumstances.

I am currently struggling with health, weight, depression and anxiety issues. When I'm home I'm always alone both literally and figuratively and can be when several of the symptoms of my ills are at their most invasive and damaging. \$100- of these funds have allowed me to purchase a small sound system that gives me music back in my life when I'm home and at least temporarily offers me a very welcome respite and cathartic distraction, a form of healthy self medicating as my health professionals term it.

For my physical and mental health issues I do some volunteering work, attend the Port Phillip Mens Shed and have two physical therapy classes each week, unfortunately under my current finances I found that my footwear was simply falling apart and exasperating the symptoms of my knees, back and feet.

The final \$100- of these funds bought me a pair of safety boots and a pair of runners. These are a blessing to the issues in my feet, my knees and my back.

In short, I cannot express enough my gratitude to the club for this \$200-, it is no exaggeration to say that this \$200- has very definitely helped to improve the quality of my current day to day life.

Thank you again so much, a very grateful CK."

"Using the Rotary funding I was able to purchase clothing and a pair of shoes for V to wear during her work placement at an aged care and disability support service facility. The new clothing provided was comfortable and met the requirements to complete her work placement. V has excelled at her work placement and has been encouraged to apply for paid work at the facility once she has completed her diploma in aged care and disability support in February 2020. V was extremely appreciative that the Rotary funding was made available to her for this purpose as she would not have been able to afford the required clothing."