



CAN Community Support



SPRING SUPPORTERS' NEWSLETTER OCTOBER 2025



Welcome and Hospitality as Resistance

From Virginia Moebus-Nelson,
Executive Officer

A very happy spring to all our wonderful CAN Community supporters.

Our work at CAN feels especially urgent right now as we witness troubling acts of racial violence and aggression close to home. The recent

"anti-immigration" marches in Melbourne have deeply unsettled our community. This was followed soon after by the devastating murder of two innocent African boys in Melton. In the wake of this, it is impossible not to think of the boys in our own Homework Club and the heavy burdens they must carry at times.



In times like these, the welcome, openness and hospitality we extend at CAN becomes a powerful, embodied act of non-violent resistance. Every meal shared at our mid-week community lunch says, *"You are welcome here, and your story matters."* The friendly and supportive banter in our community pantry and offer of a leg-up through a food parcel says, *"Welcome friend, your household's wellbeing is important to us."* The offer of a volunteer opportunity allows someone to practice their English, enhance their skills for employment, create a sense of meaning and purpose, or most importantly build a sense of community around them and says, *"You belong, and we want to walk alongside you as you build your future."* And every moment sitting side-by-side with a Homework Club student at Homework Club says, *"We believe in your potential and in a brighter, safer future for your family here in Australia."*

Last year alone, our community pantry welcomed a growing number of families from Afghanistan, Pakistan, Sudan, and Eritrea—people fleeing conflict, famine, and instability, who are now

beginning new lives here. These numbers reflect the global crises unfolding around us, but also the small, steadfast role we play in offering hospitality, dignity, and hope.

I am so proud to lead such a dedicated and compassionate team. As the need for this work grows, the broader climate—political, social, and economic; increasingly competitive and individualistic in its' priorities and focus, makes it harder to resource and can feel lonely and alienating. That's why I invite you, our supporters, to consider how you might deepen your support in the months and years ahead. Your generosity helps us continue to offer a genuine welcome, a hand of friendship, and a vision of community that stands as a hopeful alternative to fear and division.

With gratitude,
Virginia Moebus-Nelson
Executive Officer

Blossoming with Community and Creativity - by Rozilah Kamarudin



Rozi is completing her Work Practicum at CAN Community Support as part of her Masters of Therapeutic Arts Practice at The MIECAT Institute, on her pathway to becoming a fully registered professional Art Therapist.

This past year, my placement with CAN Community Support has been a season of growth, discovery, and connection. I have been fortunate to work closely with the Kids Playgroup, Homework Club, and Women's Group, weaving creativity into each space in ways that support belonging and joy.

With the Kids Playgroup, art-making became a playful pathway for children to explore colour, shape, and story. At the Homework Club, creative activities offered a gentle balance to study pressures, helping young people find focus and confidence. In the Women's Group, art provided a powerful way to share stories, reflect, and support one another in a safe and creative environment. My own journey to Art Therapy has been shaped by many seasons. After years working as an engineer, I felt drawn to a different kind of building—strengthening human connection. This calling grew stronger during the years I cared for my mother, when art became our shared language for mending and healing. That experience led me to pursue formal training at The MIECAT Institute, where I am studying for my Masters of Therapeutic Arts Practice, and ultimately to my placement at CAN.

From the very beginning, I was welcomed into the CAN family. A personal highlight was creating a drawing (pictured) of the CAN staff earlier this year, a reminder that creativity can also honour those who quietly hold a community together.

This season of growth has also awakened a passion in me to capture the unique stories of the people I encounter through my own drawing style. By using clean outlines with selective colours, I've found a way to document everyday community life with both simplicity and warmth. This staff meeting is the beginning of many beginnings -personal growth, finding sense of style in art making and creating therapeutic presence for art therapy. Art has become not only therapy but also storytelling, preserving moments of resilience, culture, and connection.



For me, art is not only about individual expression but also about cultural celebration. This is

why the image of me in my traditional clothes full of cultural creative expressions for my son's wedding feels especially meaningful to share—it reflects both who I am and the multicultural spirit of CAN, where people of many backgrounds come together to learn, share, and belong.

Creativity, Culture and Community: Highlights from Our Women's Group



Our Multicultural Women's Group at CAN is always buzzing with energy, ideas, and shared learning! This term, the women swapped health and wellbeing tips and DIY secrets across cultures—everything from keeping hair shiny to glowing skin using everyday supermarket ingredients. Fatima shared her go-to Facial Ingredients, while Prit revealed her Hair Tonic—easy on your wallet and better for the environment!

The group also got hands-on with sustainable living. Janet, our Family Learning Program manager, taught everyone how to make their own **laundry soap**, and each woman took some home to try.

Music brought another spark to the group this term and a lot of fun, laughter, song and dance as always! Vicki, a Carlton local and proud Mum of our Community Lunch Coordinator, Tad, introduced the women to world music and instruments from her homeland of Chile and beyond. She capped off the session with a moving, original song she wrote called "**Stop Violence**"—a powerful reminder of the strength and creativity this group nurtures.

One of the most special things about our women's Group is the sharing of knowledge and resources that occurs. Our Women's Group continues to be a space where culture, knowledge, and community come together—full of creativity, friendship, and inspiration!



As Bupa Foundation 2025 Grant recipients, we are delighted to have the Bupa Foundation supporting our Multilingual Playgroup. We have also welcomed their staff team coming to cook community lunch! Our heartfelt thanks for supporting our work!



Bupa
Foundation

Become a CAN Community Support partner through regular giving!

As you may know, funding for our programs can be unpredictable and unreliable at times. Regular monthly donations from CAN Community Support Partners gives us some predictability and stability in income, so we can plan into the future. We would love you to consider becoming a CAN Community Support Partner by committing to a regular gift each month:



\$50 a month provides stationary for students needing extra educational support through tutoring in our Homework Club

\$100 a month provides a weekly nutritious shared meal and companionship for someone who is lonely and unwell.

\$150 a month provides 10 food parcels for neighbours doing it tough in our community.

Click below for to sign up for regular monthly donations.

Sign me up!

In other news...



Got a talent? Turn it into support!

Our community is strengthened by the imagination and generosity of supporters — crocheting wash cloths from recycled fabric to sell, performing concerts and selling tickets, or inviting birthday guests to donate in lieu of gifts. Each initiative makes a difference.

If you have a skill, talent, or idea you'd like to share to help

Readings

MELBOURNE'S OWN SINCE 1969



Save the Date!

Saturday November 15 - CAN will be hosting the Readings "A Day in Carlton Festival".

The women from our community will be selling African Coffee and sweet treats as part of the Andy Griffiths Morning Madness event from 10am here at 180 Palmerston Street, Carlton.



Our Stories, Our Flats

Our ever-creative and talented Food Security Co-ordinator, Ayan, has been working with 3CR Radio on a side-project creating a four part podcast series about living and thriving on the Carlton public housing estates.

Listen in here: **Our Stories, Our Flats | 3CR Community Radio** - it's a fabulous and informative and enlightening listen! We congratulate Ayan on this fabulous project!

raise funds or contribute to our community life, please email
contact@cancarlton.org.au

Please come by with cash to grab
a coffee and a sweet treat.

*Photo by Samy Ibrahim for Our
Stories, Our Flats

Your creativity is always
welcome and deeply
appreciated.

**Your donations to CAN Community Support mean that we can
continue to say 'yes' to everyone who comes to our door. We
wish we could convey how grateful they are - and how much of
a privilege it is to do this work on your behalf.**

Click the link below to make a donation today!

Give Now

CAN Community Support is a part of Carlton (Church of All
Nations) Uniting Church Parish Mission
a: 180 Palmerston St (PO Box 1013) Carlton 3053
w: www.cancommunitysupport.org.au
p: 03 9347 7077
e: contact@cancarlton.org.au

