

12 Aftercare services

12.1 Lead in - Brainstorming

Find (Think out) as many words connected with aftercare services as you can. If you do not know what the aftercare service is, read the following definition.

Aftercare service is a support for a person discharged from an institution, such as hospital, hostel, children home, or prison.

12.2 Reading

Read the history of Aftercare Service in Sydney, Australia. Order all the paragraphs. Think about a suitable name for each paragraph.

A After two years visiting patients, Emily Paterson was determined to do something about the plight of the many ex-patients who re-entered a world where family, friends and employers shunned them and they had no government support. There were Aftercare Associations in England and America but none in Australia. So, in 1907, with the support of medical, political and intellectual figures of the day, Emily proposed the formation of Aftercare. She sent out the invitations to meet at Rockend to form the Aftercare Association. It was a success due not only to her commitment but that of the staff and especially psychiatrists at Gladesville Hospital and their families, Emily's extended family, and the local community.

B Aftercare Service was established by Emily Paterson, a woman of great courage, foresight and strength, in 1907. When Aftercare celebrated its centenary in 2007, the celebrations were called 'Emily's Party' and on the invitation were the words: 'One Woman's Vision that changed thousands of lives'. That woman was Emily Paterson the founder of Aftercare; her 'vision' was especially remarkable because she was blind.

C Always working voluntarily, she was Aftercare's first Honorary Secretary until 1912, then took various executive positions. She became President in 1940 and remained so until her death in 1945. She helped establish Aftercare's non-judgmental ethos. She was also very active in fundraising. Emily Paterson found comfort in music and religion; she composed many church hymns. Despite suffering ill health as a child, as a result of which she lost her eyesight, she was known as a very independent woman who went on to achieve great things in the world.

D It is now more than a century later and the focus of Aftercare Service work has not changed. Its objective has always been to assist people to live independent lives in their chosen community. It is now the longest-serving organisation of its kind in Australia, with services in over 40 locations across Australia and they are committed to continuously evolving to meet the needs of all Australians. At any given time, thousands of people aged from 12 to 80 years are being supported through our range of services. The organization is founded on the values of respect, integrity, leadership, professionalism, fairness and advocating a better understanding in the community of social and emotional wellbeing.

E As a child Emily was frequently sick and her sight progressively deteriorated. When she was about 16 years old, she was taken to England for specialist eye treatment but there was no cure. It was probably when she finally lost her sight that Emily had a mental breakdown, perhaps severe depression. Rockend, the place where she lived, was close to Gladesville Psychiatric Hospital and it was as a form of mutual therapy that Emily began visiting the patients. She was able to visit female patients, often inviting them to Rockend to have afternoon tea. She formed very strong relationships with these women and became concerned that, when they left the hospital, they would have nowhere to live, no money and be without friends—a very frightening prospect for someone who has just recovered from mental illness.

www.aftercare.com

order	letter	name of the paragraph
1		
2		
3		
4		
5		

Vocabulary:

advocate (v) <i>something</i>	hájit
breakdown (n)	zhroucení
commitment (n) <i>to something</i>	oddanost <i>čemu</i>
concern (v)	dělat obavy, znepokojovat
deteriorate (v)	(z)horšit (se)
determine (v)	určit, stanovit
due to something	kvůli, díky <i>čemu</i>
evolve (v)	vyvíjet se
executive (adj)	řídící, zodpovědný
foresight (n)	předvídavost
founder (n)	zakladatel
integrity (n)	morální zásadovost, celistvost
mutual (adj)	vzájemný
plight (n)	těžký úděl
propose (v) <i>something to somebody</i>	navrhnout
range (n)	řada, rozsah
remain (v)	zůstat
severe (adj)	těžký, přísný
voluntarily (adv)	dobrovolně

12.3 Use of English

The table below contains some words from the article. Fill in the meaning and three phrases or sentences for each word in the third column.

Words from the text	Meaning	Other words from same root (in typical phrase or sentence)
founder	someone who starts a school, organization, business, or community	The newspaper was founded in 1907. a solid foundation; a foundation course
voluntarily	done because you chose it; you are not paid for it	
executive		
to propose		
to evolve		
commitment		
to determine		
mutual		

Complete each sentence with a word derived from the word in brackets at the end.

- a He is one of the original of the party. **(found)**
- b She works as a for the Gay Helpline. **(voluntarily)**
- c There have been no in this state for almost 20 years. **(execute)**
- d The Security Council has rejected the latest peace **(propose)**
- e He finally accepted the theory of by natural selection. **(evolve)**
- f He admitted hethat murder. **(commitment)**
- g The Prince's destiny wasfrom the moment of his birth. **(determine)**
- h The meeting will take place at aconvenient time. **(mutual)**

12.4 Speaking

Find a picture of Emily Paterson on the Internet. What did she look like? In pairs, describe her appearance.

12.5 Writing

What was Emily like? Could you describe her character according to the article?

12.6 Use of English

Fill in the gaps with articles and determiners or leave the gap empty.

It is now more thancentury later and focus of Aftercare Service work has not changed. objective has always been to assist people to live independent lives in chosen community. It is now longest-serving organisation of its kind in Australia, with services in over 40 locations across Australia and they are committed to continuously evolving to meet needs of allAustralians. At given time, thousands of people aged from 12 to 80 years are being supported through our range of services. organization is founded on values of respect, integrity, leadership,professionalism andfairness.

Check the solution in 12.2.

12.7 Follow up

Having in mind the words: ‘One Woman’s Vision that changed thousands of lives’, remember a man or a woman you know of who also changed thousands of lives. Tell others or write down something about her/his life.

12.8 Listening

Listen how Aftercare Service helps clients nowadays and read along the text. Underline all the words or phrases you do not know.

How we help clients

- Our workers have a wealth of information about all the services available to help clients. We support clients by walking with them on a day-to-day basis, making sure that they can access everything they need. They might have just come out of hospital and be capable but not necessarily confident, or they may be feeling very sad. We are there to make sure that they are okay, so that they know that ‘Tomorrow will be a better day.’
- Our approach involves working with clients so that they develop the skills to do things for themselves, giving them a sense of empowerment and responsibility in their lives.
- We place great emphasis on getting clients involved in the community by making sure that they can access everything they need.
- We encourage volunteering both within and outside Aftercare so that clients can develop their skills to work as a volunteer and support others.
- In Aftercare’s Peer Support Program each Peer Support Worker who have ‘lived experience’ of mental illness is willing to share their experience and knowledge with others, including other Aftercare staff, participants and their families and carers. Peer Support Workers show that recovery is possible and they make good role models. Their involvement also has a considerable positive impact on the stigma that surrounds mental illness.

12.9 Use of English

Find words from the text described by following definitions:

a large amount of money or useful quality	
If you are..... you feel sure about your abilities or qualities.	
happening every day	
giving power and status to a person or a group of people in a particular situation	
someone who looks after a person who is ill or unable to look after themselves	
an effect or an influence	
to work in a job in order to get experience,often for low or no pay	
bringing services to people at home or to where they spend their time before they have to ask for them	
to get something that someone gives or sends to you	

12.10 Listening

Listen to the text again, try to understand as much as possible and note down some main fields and activities which the Aftercare Service provides.

12.11 Reading

There are 6 items which give some examples of trainings which Aftercare Service offers their clients. Match the first half of each item with the second half.

Cooking and	Management
Quitting	Lifestyle Workshops
Stress	Skills
Health	Nutrition
Discussion	Smoking
Communication	Groups

12.12 Speaking and Writing

In pairs speak about what TWO WHEELS PROGRAMME could be. Think out as many possibilities as possible, even not realistic. Write down your ideas. Then share your ideas with the whole class.

12.13 Reading

Read the article about another activity which Aftercare Service provides:

Two wheels programme presents bikes

On Tuesday 14th of June, The Two Wheels Programme presented their completed bikes to needy families. This round Aftercare collaborated with other organisations such as Workfind and the Albany Men's Shed to get five beautiful... bikes restored so they can be loved and used again. The Mayor of Albany, Paul Grant presented Certificates to the people who worked in the program to restore the bikes although not all could attend because some have found work! Well done! Another great example of the community working together for terrific outcomes!

<http://www.aftercare.com.au/our-programs/personal-helpers-mentors-phams-service/2-wheels-2wp-program/>

Sum up the article in one sentence. Did you guess well in 12.12? Share with the whole class.

12.14 Follow up

In groups of three or four gather your notes and remember everything you have got to know about Aftercare Service up to this time to make a leaflet or a poster with information about Aftercare Service. Be creative as much as you can.

12.15 Pre-reading activity

Each student will get one slip of paper with a new word or collocation and its definition. He/she will memorise one word and definition, gives the paper back and then the class mingles and exchange words. After that, the whole class checks the Vocabulary in the table.

Vocabulary:

addict (n)	závislý člověk
cause (n) root cause	původní příčina
chore (n)	domácí práce
clad (adj)	oblečený
counsellor (n)	poradce
credit (v) <i>somebody with something</i>	přisuzovat, připisovat <i>komu co</i>
desperate (adj)	zoufalý
dignity (n)	důstojnost
legacy (n)	dědictví, odkaz
marginalise (v)	přehlížet, odsouvat na okraj zájmu
overdose (v)	předávkovat se

record (n) criminal record	rejstřík trestů
recovery (n)	zotavení
robbery (n)	loupež
sacrifice (n)	oběť
sentence (n)	trest, rozsudek vyneseny soudem
setback (n)	krok nazpět, nezdár
sleeper (n) rough sleeper	člověk spící venku, většinou bez domova
skill (n) coping skill	zvládací strategie, dovednosti
tackle (v) something	dát se do něčeho, řešit něco
treatment (n)	léčba, zacházení

12.16 Reading and speaking.

In four groups read stories of people who were helped or influenced by the aftercare service Crosscare. Each group will read one story. After that as a group they will prepare a short presentation about their person to introduce her/him to other groups.

JAXON'S STORY - GENERAL CLIENT



Jaxon didn't dream of becoming an addict. Jaxon dreamed of horses. At just sixteen, he stood on the rich green grass of the Curragh ... a promising young apprentice jockey, watching his dreams become real.

But one night Jaxon mixed in with the wrong crowd. He first used heroin at age 18. Less than three years after he looked out over the Curragh, Jaxon was in a prison cell for committing robbery to finance his drug habit. (His jump from drugs to crime isn't unique: in a recent UK study, nearly six in ten drug users say their drug use came before crime.)

He spent most of his twenties in prison, including the first years of his daughter's life. Says Jaxon, *"She thought I was out of the country working, me Ma told her that. I promised meself as soon as Cara was born that would be my last sentence. It was pretty hard on my parents."*

This is where Jaxon was at when he came to Crosscare Ireland. With a criminal record and few options for the future, but determined to keep the promise he'd made to set things

right. For Jaxon, and for others in his shoes, Crosscare provides free job training, help with housing, drug treatment and aftercare support.

Today he's a changed man, having gone from heroin user to devoted father. And no one is more thrilled than Jaxon:

"I am after getting me own apartment from the council. It's a two-bedroom apartment for me and my daughter, not too far from me mother's house. I can see me Ma from where I live so my daughter actually cycles up and when she's ready to come home I wait at the top of the road. I am looking forward to the rest of me life ... and I thank this programme for what it done.

DAISY - HIGH PARK AND AFTERCARE



Daisy had childhood trauma. She was unable to make peace with it for years, and at a young age turned to drugs as a way to cope. Homeless by 19, she remembers one night most of all:

"I got a very bad beating by two girls that particular night and nobody wanted to know me. I had no money, nowhere to go, and literally having no dignity.

I was so young at the time plus I'd never lived away from home before... it was very very scary."

You can see why Daisy is so sure she'd be dead by now — or back on the streets — if she hadn't gotten help. Instead she is very much alive, this young mother with the dark hair and warm smile. Getting an education. Rebuilding her life. Renewing relationships. Back with her little girl.

I'm delighted to report that Daisy is totally drug-free — and equally delighted that Crosscare Ireland could be there to help Daisy with her recovery.

"Life on the streets is very different for women," Daisy says plainly "because people tend to prey on that. You mix in with alcoholics, with anyone just so you are in a group rather than on your own and even then you can't trust the people you're mixing in with."

The root cause may be a painful event, or a devastating personal or financial blow. But the fact is that these things could happen to any one of us, even you or me. And when you're

caught up in something like addiction or homelessness, it's hard to see a way out. Audrey was no different — so I won't pretend her "road home" was without setback...

Years ago, Daisy stayed off drugs long enough to buy a house and have a daughter. By her own account, she nearly "lost it all" — falling back into addiction because she hadn't resolved her childhood trauma. She explains how Crosscare has been life-changing: *"In Crosscare they treat everyone as equal. I learned so many new coping skills and learned to look at a lot of things that would have driven me back down the road to addiction."*

Daisy learned new coping skills at High Park residential drug treatment programme, where trained counsellors helped her work through the childhood trauma — then showed her new ways to cope without turning to drugs. She continued on to our aftercare services when she'd completed rehab. She credits her aftercare group with giving her the support she needed to remain drug-free and build a life for her and her daughter.

THIS LEGACY I LEAVE: BY ANDREW



When I was 14 I left National School in Athlone, Ireland. It was the 1940s. My father had left us. But thanks to the sacrifices of my mother and sometimes to the kindness of strangers — I've had more than my fair share of good luck. In fact I've been fortunate to have worked most of my life in London's financial district. But I've never forgotten my Athlone of the 1940s with poorly clad school children or old ladies taking still-full carts back to their farms because there weren't any customers. Those memories would have stayed with me anyway.

A Man Abroad

Even in London I felt how blessed I was, passing rough sleepers so easily missed in the shop doorways. Often they were Irish men like me, drawn to "the Great Magnet" in hopes of a better life. Instead they met disappointment — a scene that was replicated in the quieter streets of Dublin during my summer holidays. And it only needs a little imagination to guess at their situation when the winter winds blow in from the Irish Sea.

Gift of Gratitude

So, in my heated house with my adequate meals and annual holidays, I am deeply grateful to whatever spirit it is that calls me to leave a substantial portion of my worldly estate to those good souls who have so much less, and maybe it's time to make that a higher percentage.

Why Crosscare Ireland? I've read for many years of the work of the Franciscans for the poor and marginalised in Dublin, and visited their midday meals in the 1980s. As a donor I know that nowadays Crosscare's reach extends to working with drugs victims, which to me must take an especial dedication. And this is why I've left a legacy to Crosscare. For Ireland, and for all this life has given to me.

BENNY AT ST FRANCIS FARM - THE STRENGTH TO SAY GOODBYE



Drug use often begins as a way to be one of the gang. Not for Benny.

The cocktail of drugs he started using at age 15 – grass, speed, cocaine, ecstasy – was, in his own words, *“the cure for my feelings.”* From ages 4 to 14, awful childhood events he was too small to control left Benny desperate for a way to *“block away nasty memories.”*

He hid it from his family, saying, *“I had a good childhood. I’m glad it happened to me, and not any of the rest of them.”*

Years later, he was dealing and delivering drugs round the country in order to have money to use them. The self-destructive lifestyle took its toll. *“If I had just gone to sleep and never woke up, I would have been happy.”*

At his brother-in-law's urging, Benny rang Crosscare's St. Francis Farm. *“Basically, I begged them for help,”* he says. *“I’ll never forget it.”*

On the Farm, Benny began residential rehabilitation. Like all clients, he did a turn in the kitchen with Chef Alan, planning and preparing meals. *“The food is fabulous,”* he laughs. *“I’ve put on two stone!”*

He credits project worker John O’Riain’s counselling with helping him tackle the root causes of his drug use. Says Benny, *“John turned my whole life around. It’s like he can feel what I’m*

feeling. I care now about helping out the little boy who was inside me, 'cause he was shut down a long time ago."

Like most clients, Benny also finds therapeutic the structured daily routine and farm **chores**. *"It's no bother doin' a bit of hard work. I pick up a shovel, I'll do anything. I'm just happy to breathe the air again – fresh air."*

Of the 14-week programme, he wishes it were longer – but is thrilled with the man he's become. He hopes to take college courses, and to one day return to St. Francis Farm. *"I'd love to do voluntary work, if they'll have me. I'd like to give something back, for what people have done for me."* When asked how your support helps, Benny says, *"There's a lot of people out there, that need help. If Crosscare weren't there, I would have killed myself through **overdose**. I'm not the old Benny I used to be."*

<https://www.mqi.ie/stories/neil-st-francis-farm-strength-say-goodbye>