

FEEL GOOD NEWS

SOME NON-COVID RELATED NEWS THAT WILL MAKE YOU FEEL GOOD

'9-YEAR-OLDS MAKE BLANKETS FOR PETS OF
DOMESTIC VIOLENCE VICTIMS'

BY SARA TOMEVSKA

For many people, leaving an abusive relationship can mean losing their pet, but 270 primary school students from Adelaide's northern suburbs are helping change that.

Hopeness Uqimana, 9, and Sienna Arnold, 10, helping others was a no-brainer. They are among year 4 and 5 students at Elizabeth Grove and Elizabeth Vale primary schools participating in a Kindness in Action program led by the City of Playford. Students have made blankets, bandanas and bowls for animals in foster care being looked after by domestic violence charity Safe Pets Safe Families. This is a charity that cares for the pets of domestic violence victims till their owners find their feet. More than 94% of the animals being fostered are reunited with their owners.

The Kindness in Action program focuses on volunteering, arts and sport. It targets schools in Adelaide's most disadvantaged suburbs. Research indicates that when children have access to opportunities such as this, they are often able to navigate their way to a more positive future than they otherwise would have had.

The full article can be found at www.abc.net.au

'COMMUNITY RALLIES FOR EWING'S
SARCOMA PATIENT BRAYDEN SOPER & HIS
PROMISE TO HIS LATE GRANDFATHER

BY EDWINA SESELJA

When Ipswich man Brayden Soper, 20, was diagnosed with a rare bone cancer called Ewing's sarcoma and given months to live, he and his family set about ticking off items on his bucket list. High on that list was finishing work on a beloved ute, as he had promised his grandfather, who recently died from cancer. When plans to give the ute a fresh lick of paint fell through at the last minute, Mr Soper was devastated. That's when the community stepped in. After a family friend posted in the 4074 Community and Beyond Facebook group looking for help, countless strangers put their hands up to help, bringing Mr Soper and his family to tears. John Davis and the team from TKK Mobile Paint Panel and Bumper Repairs volunteered to do the work on the ute. Having recently lost his own father to cancer, Mr Davis jumped at the opportunity to help and so did his suppliers. The team worked late into the evenings and on weekends to not only repaint the ute but replace parts, redo the wheels and install LED lights. They even included a custom-made sticker that referenced a special meal Mr Soper's grandfather use to make him, called "Ferrari Spaghetti", with his grandfather's signature beside it. The communities generosity has not stopped there, with multiple offers of assistance, Mr Soper and his family are in awe of the out-pour of love and support.



The full article can be found at www.abc.net.au

'YOUNG MUSWELLBROOK BOY'S POCKET MONEY FUNDING BIG SMILES FOR VETS, POLICE

BY AMELIA BERNASCONI

Most 10-year old's pocket money goes straight into their piggy bank, saving for the latest Lego kit or new toy, but that's not the case for one boy in the New South Wales Hunter Valley. The anonymous youngster saves his pocket money to 'share love through flowers'. With the help of local florist, Sarah Smith, the selfless deliveries have been happening for some time, every week or two. Ms Smith said the latest delivery was to the local police station, but the boy started sending posies to the vet clinics. Ms Smith sells the flowers at cost price and usually the young boy makes the delivery. Hunter Valley Police (HVP) said he unexpected gift had officers smiling days later.

"Any act of kindness for us is something that we hang on to" HVP Commander Superintendent Tracy Chapman said, "He doesn't want anything for it, just to make a difference in someone's life. It's extraordinary". Even for Ms Smith, the boy has helped her business in many ways.

Stating "His contribution to the community has on a few occasions now been the reason I have been able to pay my flower supplier bill, since i'm new and just establishing and flowers are a luxury item that not many people can enjoy presently. It's just such a beautiful gesture, something that they really appreciate and he didn't realise how much it would actually mean".



The full article can be found at www.abc.net.au

'THE FIRST SANFL WHEELCHAIR FOOTBALL LEAGUE IS MORE THAN JUST A COMPETITION FOR PLAYERS

BY PATRICK MARTIN

For former army engineer Nigel Greenslade, wheelchair sport isn't just a pastime, it's a lifesaver. He led an active sporting life and played rugby for South Australia before a workplace accident changed his life. As he went through his recovery and realised, he would not return to his sporting endeavours, his demons grew. Despite those challenges, he recovered in part through the help of wheelchair sports. After his long journey back, he has been named captain of Central District Football Club's inaugural wheelchair football team. He states

"From being depressed at home, doing nothing, to thinking bad thoughts to getting out here and having a go, to pushing my boundaries, trying to get fit, to chase the kids, to see the expressions, to share some joy - it's been great". It's football, just not as you know it.

The game is played on a basketball court with goals at each end. Players chase each other long a sprung wooden floor, as shouts of encouragement battle umpires' whistles that echo around the stadium. Five players take the court at a time. A throw is a handball, a handball is a kick, and a touch is a tackle. From war veterans to refugees, the league welcomes all.

It is not only about the sport for these teams, it is a chance to get together and share stories and coping mechanisms, helping to break down the stigma's surrounding disability and mental health issues and illness.

The full article can be found at www.abc.net.au