

When the cost of living takes everything, there's little left for Christmas.

For many of us, Christmas is a time of celebration, generosity and togetherness. But for a growing number of families across Canberra, it is becoming another financial burden in a year already filled with difficult decisions.

Rising rents, mortgage repayments, petrol prices, groceries and utility bills are placing enormous pressure on household budgets. For families already living from one pay cheque to the next, there is often nothing left to fall back on.

At St John's Care, we see the human impact of these pressures every day.

Helen is a mother of two who is doing everything she can to provide for her children on a fixed income. As the cost of rent, groceries and other essentials continues to stretch her limited budget, making ends meet has become increasingly difficult. Like so many parents we support, Helen's greatest concern is ensuring her children have what they need, often at the expense of her own wellbeing.

Helen's story is becoming increasingly familiar. We are meeting more people who have never needed to ask for help before, but whose money simply doesn't stretch far enough.

As Christmas approaches, these pressures become even more pronounced. For parents already struggling to afford everyday essentials, the thought of providing Christmas presents and a special meal can feel overwhelming.

Last Christmas, thanks to the extraordinary generosity of our supporters, St John's Care distributed more than **1,000 Christmas hampers and over 7,500 gifts** to people experiencing hardship across Canberra.

This year, we hope to provide that same support to families who need it most. But we cannot do it alone.

St John's Care receives no government funding. Our ability to support vulnerable members of our community relies entirely on the generosity of people like you.

This Christmas, we are asking you to consider making a donation to help bring relief, hope and joy to families like Helen's.

We know that the cost of living is affecting almost everyone, and we do not take your generosity for granted. Every contribution, no matter the size, makes a genuine difference.

Together, we can help ensure that financial hardship does not take away the hope and joy of Christmas.

With warmest wishes for the Christmas season,

Jason Haines



Managing Director
St John's Care

You can make your donation:

- Online: www.stjohnscare.org.au/donate
- By phone: 6248 7771
- In person: 45 Constitution Ave, Reid
  9:30am – 2pm Monday – Friday
- Bank transfer: BSB: 702-389
  A/C 0520 9490