



**In this issue**

- What is MADCOW?
- MADCOW Free Chow
- 1Hope mentoring Inside. . .
- Life Essentials
- The MAD ride
- How to MAD yourself

**MADCOW** is an initiative of

Bendigo Baptist Community Care Inc.

**MADCOW** stands for Make A Difference Change our World: and exists to break the cycle of generational injustice, to help prevent family breakdown and homelessness.

*Here at MADCOW, we want to create awareness and show that by helping others, YOU can change your world.*

Everyone can do it! Everyone can be part of the solution!



**Matt Parkinson - MAD as they get**

**Are these people MAD? YES and loving it.**



**Andrew, Sam and Anne in the kitchen.**

What do an IT specialist, retail operator and nurse have in common.?

**MADCOW Free Chow!**

Every Tuesday morning, before heading off to their day jobs, these three volunteers serve about 20 warm and wholesome meals to people who would otherwise miss out.

Team Leader, Linda takes the time to chat to customers to see how they are travelling and to offer support where needed.

Each of the Master Chefs see it as a chance to give back to their community.

**Giving Hope – The 1Hope project.**

*One church, across one city,  
One mentor to one child once a week.*

Alison has been working in this project for 10 years and sees it as Christians being a reflection of Jesus in the real world. This is MADCOW helping a child in disadvantaged circumstances. The program currently operates across Strathfieldsaye and Camp Hill schools. . . but with more mentors it would expand.



*Make a difference, change our world*

## MAD Ride –

### Bunbury to Bendigo 2017

The facts as we know them. . .

17/9/2017– 8/10/2017

25 riders

**3440 km**

That's the same as going from Bendigo to 100 km short of Darwin via Adelaide and Alice Springs.

**175 km per day**

The same as going from Bendigo to Echuca and back every day.

WHY?

Because it will be MAD.

## Life Essentials -

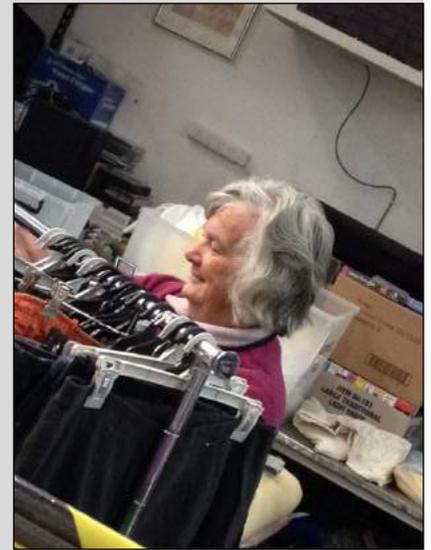
### Merilyn's Story

Merilyn has worked at Life Essentials for over three years now and feels that she is a more compassionate person for the experience.

As an emergency relief worker she takes appointments two days of the week and in that time she is able to help many families.

Merilyn listens to their story and offers support. Sometimes that comes from within Life Essentials and sometimes there is a need to bring in other agencies.

Merilyn feels many homeless people find that Life Essentials is a welcoming place. The homeless have also been able to create a social network via the café and op shop.



*“Homelessness is not a choice, it is a circumstance. One bad decision has a ripple effect.”*

**“You can't work here without being changed yourself”**



# MADCOW Cleaning

We provide window, oven, commercial and residential cleaning. Steam cleaning, using state-of-the-art equipment, is done by our trained professionals who deliver exceptional results.

**What do  
clients say?**

*“I had my carpets cleaned by MADCOW cleaning six months ago, but as I provide accommodation, I needed to have them refreshed for the holidays. . . once again, Louis of MADCOW did a fabulous job.”*

Contact MADCOW cleaning for a free inspection and quote.

Call: 5441 4747 or 0469 804 935  
[madcow.org.au/initiatives/madcow-cleaning](http://madcow.org.au/initiatives/madcow-cleaning)  
214 Hargreaves St, Bendigo VIC 3550

*Make A Difference. Change Our World*

*To be involved call 5441 4747 or go to [madcow.org.au/](http://madcow.org.au/)*