



# POSTcards

— From me to you —

***'If you could imagine one resource you would most like to have when working with young people, what would it be?'***

This is the question we asked a group of people working in residential care at Anglicare Victoria. They all agreed that they wanted a simple tool for communication between young people and adults. A tool where adults could offer support or tell a young person how much they like the way they did something; where young people could ask for help, express their feelings or speak up about something; or that anyone could use to say thank you, sorry, best wishes or flag that they needed to talk.

'A set of postcards!' someone in the group suddenly said. That idea sparked the evolution of what is now a set of 20 different postcards called *POSTcards—from Me to You*.

In a time when text messages, tweets, grams and other forms of instant messaging have largely replaced letters and greeting cards, the postcard has endured as a soulful, edgy, funny, poignant, beautiful, loud, quiet, creative and highly collectable artefact or memento.

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## **Who are POSTcards for?**

These postcards are for young people, youth workers, family workers, teachers, counsellors, chaplains, mentors, residential care workers, foster care workers, parents, community houses, sports clubs, youth clubs, school camps ... and for anyone who lives with, supports or works with young people. The back of each POSTcard is where you can write your own personalised message.

# The 20 POSTcards in this set



**Alone**



**Are You OK?**



**Believe**



**Best Wishes**



**Can We Talk?**



**Can't Stop Thinking About...**



**Celebrate**



**Deadly**



**Feeling...**



**Help**



**Kicking Goals**



**Lightbulb**



**I Like The Way You**



**Need...**



**Got Your Back**



**Proud**



**Respect**



**Sorry**



**Stay Strong**



**Thank You**

## Ideas for Using POSTcards

Young people are much more likely to flourish when adults take time to notice their efforts, their achievements, and the courage it takes to dig deep—especially when the going gets tough.

- Give everyone who works with young people a set of POSTcards.
- Give a set of POSTcards (or selected ones) to every young person who enters out-of-home care.
- Ensure that young people always have access to POSTcards that flag they feel unsafe or need help.
- Use POSTcards to build a culture of appreciation and support in schools, teams and families.
- Place POSTcards in public and communal areas.
- Place POSTcards on mirrors, noticeboards, desks and fridges. Slip one in a lunch box or under a door.
- Support young people and adults to use POSTcards by discussing ideas for how each one could be used.
- Invite families, groups or individuals to choose a POSTcard (either deliberately or randomly) and ask, 'What does this card mean to you?'
- Use the 'Proud!' POSTcard to ask people what they are proud of.
- Use 'I really like the way you ...' for discussing what each person appreciates about someone else.
- Families or teams can pick cards, write positive messages and 'gift' one to everyone else in the group.
- Use the 'lightbulb' to gather feedback, ideas or insights.
- 'Can't Stop Thinking About ...' enables people to open up about something they are worried or excited about.
- 'Feeling ...' enables people to talk about any feeling.

- Have a slotted box for people to 'post' their cards.
- Encourage young people to keep them in scrapbooks and journals.
- Try posting one by snail mail. Quite a novelty for a young person to receive.
- Create art projects to make your own postcard. What would the main word be?
- Order replacement sets of your favourite POSTcards (very affordable!).

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## Acknowledgements:

### Many thanks to:

Tim Lane of Woosh Creative— designer and art director for this project. Tim led the art engagement with young people from Launch Housing in Broadmeadows, Melbourne, with the generous support of art therapist, Carla van Laar and her student Sarah Cooper. Thank you to Norman Vella (Young Adults Services Team Leader, VincentCare Victoria) and Rebecca Lee (Team Leader, Education First Foyer Broadmeadows) for making this engagement possible. Thank you to Madeline Camilleria and the other young artists who contributed art elements.

### Many thanks also to:

Paul McDonald, CEO of Anglicare Victoria, who instigated the project; David Sandison, Angela Porras, Amanda Stacey, Lisa Cappola, Nada Vindis, Sara Mitic from the Residential Care Professional Practice Forum at Anglicare Victoria who came up with the idea for postcards; Raelene Jones, Simon Kingdon,

Donna Mullaney, Mark Carlin, Ben Rowbottom, Kylie Emonson from the POSTcards Advisory Group; Kara Irvine-Kingsmith and Jye Moffat, youth consultants on the project; the team at Innovative Resources and many colleagues from other parts of Anglicare Victoria who contributed along the way.

**60 Full-Colour Postcards**  
(3 x 20 different designs),  
**148 x 105mm, cardboard box,**  
**ISBN: 978 1 925657 04 3,**  
**Cat No: 0800**  
**AU\$32.50**

**Replacement Cards**  
(10 x your selected postcard)  
**Cat No: 0810**  
**AU\$6.90**

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