

# Simon's trek to the top

Local business owner Simon Bennett will undertake the gruelling Kokoda Track in October to support ending family violence within the community.

Funds raised from the trip will go to Windermere Child and Family Services which provides family violence prevention and early intervention services in Melbourne's south east.

Simon, the owner of Grill'd in Fountain Gate, is part of a team of 26 who have signed up to trek Kokoda and raise funds for Windermere. The team includes Simon's brother-in-law and nephew.

"Violence of any kind is terrible but violence within the family is even more insidious. A home should be a place where everyone feels secure and safe, for that to be a place of emotional and physical violence goes against everyone's values and must be stopped," says Simon.

Simon is looking forward to being challenged and learning more about the history of Kokoda.

"I've wanted to trek Kokoda for many years. Once the opportunity presented itself I jumped at it. To do it with family and friends is a bonus," he says.

Simon says he has been enjoying the challenge of preparing for Kokoda. His training involves completing long treks on steep terrain. "I've just recently completed the 3 Capes Track in Tasmania. I've started to complete more walks up the Glasgow Track in Montrose and continue to do many walks from my home," he says.

"I want to be part of the solution to fix family violence problems and donating to Windermere's cause is a small part I and my Grill'd Fountain Gate business can play to effect change," says Simon.

Last year Windermere provided counselling to 552 families and children experiencing trauma associated with sexual assault or family violence in Melbourne's south east.

That is over ten families every week.

If you would like to support the fundraising efforts of the team in their 2018 Trek to End Family Violence please go to [www.windermere.org.au/kokoda](http://www.windermere.org.au/kokoda) or call Windermere's fundraising office on 9705 3286.



Simon Bennett trains for Kokoda on the Three Capes track in Tasmania.

## So what is Windermere?

Windermere is an independent community service organisation, working across south eastern Melbourne and Gippsland, to help those who need it most.

With a history spanning 160 years, Windermere works to build a stronger, connected and supported community.

Support comes in many forms, with Windermere working together to find the best solutions for the varied and complex issues faced by children, families and individuals in our community.

With a focus on intervention and prevention, it aims to get in early to make a difference in the areas of:

- Family Wellbeing to create positive behavioural changes, respond to violence and/or neglect to enable people of all abilities to actively participate in their community;
- Development and Early Childhood Education, including support to individuals and children with disability and developmental delays and a range of childcare services;
- Assistance and support for victims of trauma, assault and/or violent crime; and
- Community Strengthening designed to respond quickly to relevant and emerging needs.

Services are primarily funded through two channels - government and by our generous community of donors.

Windermere believes that everyone is someone in the community - this is reflected in its approach with those they work with every day.

[pakenham.starcommunity.com.au](http://pakenham.starcommunity.com.au)

Join us for an evening of live entertainment and help make a local difference. Your support helps us reduce our community's disadvantaged, poverty, distress and growth challenges.

Friday, 12 October 2018

### EVENT DETAILS:

**Time:** 6.30pm  
**Venue:** Cardinia Cultural Centre, Lakeside Blvd, Pakenham  
**Cost:** \$135pp, \$1350 table of ten  
**Online Tickets:** [www.trybooking.com/357084](http://www.trybooking.com/357084)  
**Corporate Bookings:** Phone 0418 962 377 or  
**Email:** [admin@caseycardiniafoundation.org](mailto:admin@caseycardiniafoundation.org)

### TICKETS INCLUDE:

- Live entertainment
- Pre-Dinner drinks
- 3 Course Dinner with locally grown produce
- Beverages
- Live Auction, Raffles and Prizes

Major Sponsors:

the Casey Cardinia Foundation

[www.caseycardiniafoundation.org](http://www.caseycardiniafoundation.org)