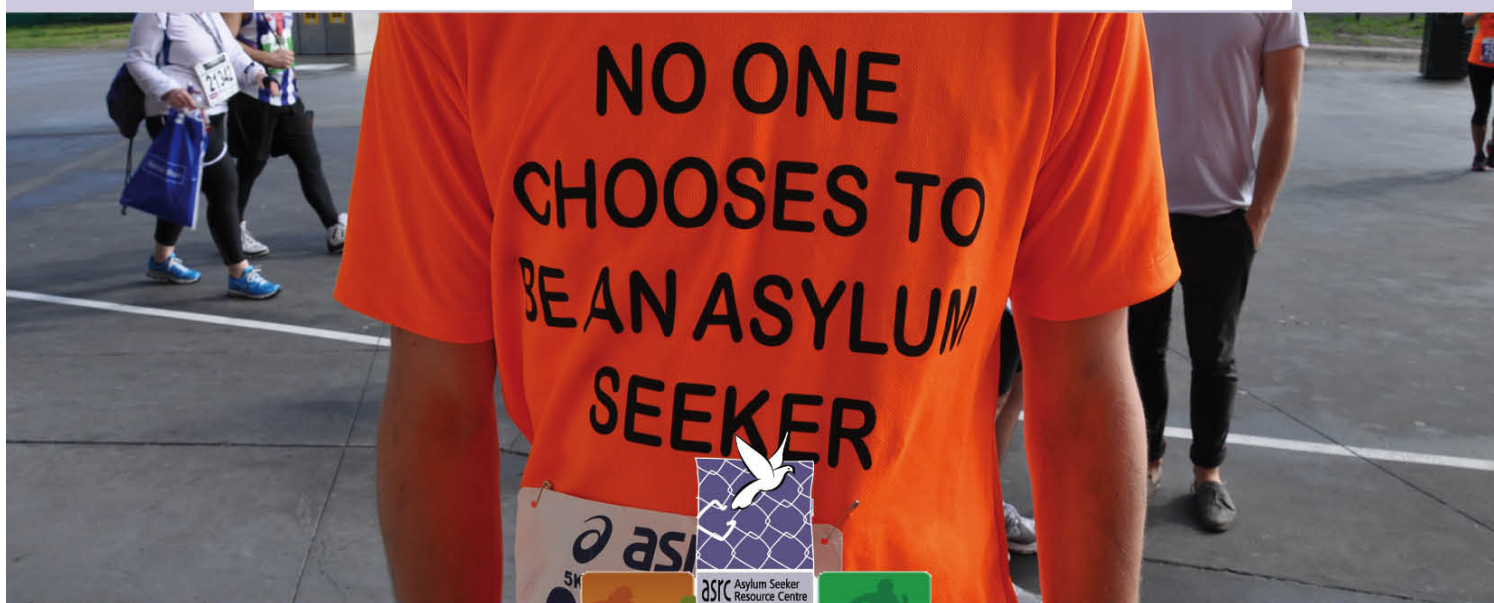


ASRC

ASYLUM SEEKER
RESOURCE CENTRE

Run 4 Refugees 13 October 2013 Information Pack



12 Batman Street, West Melbourne 3003 | ph. 03 9326 6066

www.asrc.org.au

Why Join?

Run 4 Refugees and Stand up for Asylum Seekers

By joining Run 4 Refugees you can give an asylum seeker an entire year of hope.

The Asylum Seeker Resource Centre (ASRC) works to protect and uphold the human rights, wellbeing and dignity of asylum seekers via our four main programs; Aid, Empowerment, Justice and Community. We are an independent, registered, non-governmental agency working at the coal face with some of our community's most vulnerable people.

Since opening our doors in June 2001, the ASRC has become the largest provider of aid, advocacy and health services for asylum seekers in Australia. We work directly with asylum seekers living in our community to provide direct aid and support as they seek refugee status in Australia. We have assisted more than 7000 people seeking asylum and provided more than 1 million hours of free help, vowing to turn no person in need away.

With only 24 full-time equivalent paid staff, the majority of our work is conducted by a dedicated team of more than 800 volunteers. This means that the majority of funds raised go directly to the critical support and settlement services we offer to over 1200 asylum seekers. These include:

- Casework
- Legal services and representation
- Material Aid (such as nappies, blankets, clothing and phone cards)
- Foodbank (providing nutritious groceries)
- Community meals (free hot lunches are available at the ASRC Monday to Friday)
- Healthcare and counseling
- English language classes, including specialist workplace English preparation
- Employment and training assistance and referral, and
- Our Social and Community Development Program.

In the past financial year the ASRC:

- Provided over 15,000 hot meals through our Community Meals Program
- Distributed weekly groceries to 125 asylum seeker families through our foodbank
- Provided medical care for 596 asylum seekers
- Provided one of Australia's largest pro-bono law programs to asylum seekers from 57 countries and more than 2000 legal assistance appointments
- Placed some 120 asylum seekers in TAFE vocational training courses in areas of chronic skills shortage
- Organised 250 work placements, some of which led to ongoing employment
- Assisted with English language improvement through our English as a second language classes, home English tutoring and workplace English programs.



We have achieved all of this with minimal government funding. More than 95% of our funding comes solely from the community and philanthropy.

In Australia, asylum seekers face ongoing uncertainty about their futures and a number of unique barriers:

- **Poverty:** Over 75% of the asylum seekers who present to the ASRC have no income and are not eligible for Centrelink
- **Unemployment:** Over 70% of asylum seekers who present to the ASRC are unemployed, a rate that is more than 12 times the national average
- **Homelessness:** Asylum seekers face significantly higher rates of homelessness than the national average
- **Isolation:** Asylum seekers lack access to transport due to receiving no income support
- **No guaranteed access to Medicare:** Many asylum seekers have no guaranteed access to free healthcare or medical advice.

ASRC fundamentally believes that:

- All people should be able to live their lives free from oppression and abuse
- All people have the right to seek asylum and should have the opportunity to have their claims heard fairly
- No asylum seeker should be subject to mandatory detention
- All people should be treated in a just, humane and non-discriminatory manner. We support and assist all asylum seekers regardless of race, religion, gender or sexuality
- It is essential to work in partnership with asylum seekers to empower and foster independence
- Asylum seekers can and do contribute to the wider community.

We also campaign and lobby on behalf of asylum seekers and all Australians who want to change the unjust policies that Australia has adopted. Most importantly, at times of despair and hopelessness, we are there to offer comfort, friendship, hope and respite.

Stand Up for Asylum Seekers and Run 4 Refugees so asylum seekers get the support they need from the ASRC.

How do I register?

How do I register for Run 4 Refugees?

Registration for Run 4 Refugees is a two-step process:

1. Register with the ASRC as a member of our Run 4 Refugees team and set up your fundraising page.
 - a. Go to <http://run4refugees.gofundraise.com.au>
 - b. If you already have a GoFundraise account, log in.
 - c. If you wish to fundraise as an individual or to join an existing team, click on the **“Start Fundraising as an Individual”** link. If you wish to start your own team, click on the **“Start Fundraising as a Team”** link.
 - d. Follow the instructions on the registration form.
 - e. Check your email for login details and your registration pack.
 - f. Personalize your page and write a little about why you’re running; link it to your facebook account.
 - g. Let all your friends know and start fundraising!

Teams: If you would like to join a team, click on the **“Find a Team”** link on the homepage while you are signed in. Find the team you want, and click to join. A window may come up saying you need to register or create a page. Don’t worry about this – you are registered and have a page already. The window will also contain a green button saying **“Join us now”**. Click on it and you’ll be part of the team.

2. Register for the Melbourne Marathon at <http://www.melbournemarathon.com.au/>. Register selecting **Run 4 Refugees** as your team from the drop down menu on the Melbourne Marathon online registration entry form. Once you have done this, you will receive a confirmation email and later, your marathon registration kit, including your race number in the mail.

You can register for Run 4 Refugees in any of the 10 Melbourne Marathon categories including:

- Medibank Melbourne Marathon – 42.195km
- Flight Centre Melbourne Half Marathon – 21.1km
- 10km ADULT
- 10km CHILD
- 5.7km run ADULT
- 5.7km run CHILD
- 3km walk ADULT
- 3km walk CHILD

IMPORTANT:

Registrations for the Melbourne Marathon are already open – register early (the earlier, the better – races sold out quickly last year). The purpose of registering with us early is to secure your place, prepare yourself physically (and mentally) for the event and maximise your fundraising.

What do I get?

What do I get for being part of the ASRC's Run 4 Refugees team?

- The opportunity to make a difference to some of Australia's most vulnerable people. The money you raise goes directly to providing asylum seekers with urgently needed food, medical care, aid and legal assistance.
- Raise more than \$50 and you will receive a Run 4 Refugees special running T-shirt (Australian made) to run in.
- Access to a personalised fundraising website for you to update with photos, information on how much you have raised. It also allows people to sponsor you via donations online.
- Once you have registered to be part of the ASRC's Run 4 Refugees Team, you will be sent a registration pack that includes training advice and tips on how to raise money. You will also be advised as to when you can collect your team T-shirt from the ASRC.
- The chance to be part of a team, have fun and get fit.
- A sense of achievement from setting and reaching a personal goal set by you.



Frequently Asked Questions

1. How will the money I raise be used?

All money raised will be directed towards one of the 23 programs the ASRC delivers to provide asylum seekers with essential services such as food, clothing, legal advice, counselling, health services and employment opportunities. Over 75% of our members do not receive any income or access to social services.

For example:

- \$35 will provide food for a week to a family seeking asylum.
- \$55 will provide medical care to 10 asylum-seeker children.
- \$100 will provide community lunches for over 300 asylum seekers.

2. Can I run and/or fundraise as a team?

Yes! We encourage people to fundraise and/or run as a team. It's a great way to train, get fit and motivated and to raise money. This may be through your social or sporting club, friends or workplace. The ASRC can provide you with posters to put up at your workplace or information to send to colleagues and management to encourage them to support you. You will all need to register individually with Run 4 Refugees but you can train and raise money as a team/group.

3. What if I don't think I can run a full marathon and want to do a shorter distance?

The Melbourne Marathon has a range of different walking and running options, from half marathon (21.1km) to 3km, which you can register for. You can receive donations and sponsorships for all options.

4. What does it cost to Run 4 Refugees?

It does not cost anything to Run 4 Refugees. The only cost to runners is the standard Melbourne Marathon entry fee.

5. What does it cost to enter the Melbourne Marathon?

If you register by 24 June you are eligible for the early-bird special:

| | |
|--------------------------------------|-------|
| Medibank Marathon – 42.195km | \$130 |
| Flight Centre Half Marathon – 21.1km | \$95 |
| 10km Coffee Club (Adult) | \$60 |
| 10km Coffee Club (Child) | \$35 |
| ASICS 5.7km Run – Adult | \$40 |
| ASICS 5.7km Run – Child | \$30 |
| ASICS 3km Walk – Adult | \$35 |
| ASICS 3km Walk – Child | \$15 |

For your entry fee you receive a timing chip, finisher's medal and website results.

6. Is there a deadline to register?

The ASRC strongly recommends registering by the end of June in order not to miss out. There is a limit of 7500 places for the half marathon.

7. What if I want to support the Run 4 Refugees Team but can't run or walk on the day?

There are plenty of other ways you can support the Run 4 Refugees Team other than running or walking.

DONATE BY SPONSORING THE TEAM

Sponsor the Run 4 Refugees Team by clicking the link below:

<http://run4refugees.gofundraise.com.au>

All donations over \$2 are fully tax deductible.

VOLUNTEER TO SUPPORT THE TEAM

We need volunteers to help with all of the following:

- Photographing the team on the day of the Melbourne Marathon.
- People to cheer and support on the day of the run.
- Advice and mentoring from professional runners to help us with our training runs.
- Physiotherapists to advise us on training and preparation.
- Massage therapists who could give quick foot and back massages to the team after the event.

If you can help with any of the above email us at events@asrc.org.au

If you have any further questions, don't hesitate to email us events@asrc.org.au

We look forward to **Running 4 Refugees** with you on 13 October.

