

# Social inclusion

## What is social inclusion?

To describe social inclusion, it is helpful to define **social exclusion**, since social inclusion is the opposite of this. Social exclusion occurs when people are not able to participate in key activities in their community. It is closely linked to poverty. People face deprivation ('missing out') and social exclusion (being 'left out').

Social exclusion has three main areas:

- **Disengagement** — lack of participation in the kinds of social activities and events that are widely practiced in the community such as going on holidays, hobbies, going out, playing or watching sports or volunteering
- **Service exclusion** — not being able to access services used by a majority of the population such as health, disability, mental health, dental treatment, aged care, basic utilities like gas & water
- **Economic exclusion** — economic stress that arises because of lack of employment or the ability to save or access credit

**Social inclusion** is about overcoming the barriers that cause people to feel excluded.

Social inclusion is making sure people are connected socially, and in their broader community.

## Factors affecting social inclusion

Some of the factors affecting the ability and capacity for people in the community to participate in social and community life include:

- **Community attitudes** — attitudes towards certain people or groups in the community can lead to social exclusion if this is not addressed
- **Community activities/programs** — access to appropriate social or community activities to encourage involvement
- **Savings or spending money** — having spare cash to go out with friends or take children on outings or attend a wedding or funeral
- **Holidays** — work arrangements that include paid annual leave allowing time off to take a holiday
- **Transport** — being able to get around easily to participate in local activities with friends and family
- **Access to affordable health services** — access to health and dental services when needed
- **Employment** — access to appropriate employment that provides enough income to participate in activities and events, and
- **Access to help** — knowing where to turn to in the case of an emergency, and getting the right help at the right time.

**Our Position Statement**  
Anglicare SA actively promotes the right of all people to participate in social and community life. Anglicare recognises that social inclusion must be part of our response in all our programs and services, and that we must be a voice for the marginalised, and promote meaning, purpose and fulfilment in life, especially for those who are experiencing poverty and disadvantage. A central part of Anglicare's work is to promote social inclusion through our innovative responses to community need.

## Some examples of what Anglicare SA is doing to promote Social Inclusion:

### Aged Care

*Keeping Connected*, tel 8409 3600

*Keeping Connected* provides support to program clients so they can participate more fully in their community through leisure and social activities and community involvement. This program is for people who are 65+. However, priority access is given to clients who are classed as prematurely aged (aged 60+), financially and socially disadvantaged and/or at risk of homelessness.

### Families & Communities

Playford North *Communities for Families* Project (C4F)  
tel 8209 5759

*Communities for Families* is an early intervention and prevention approach to address social problems faced by people living in Smithfield Plains and Davoren Park - the Peachey Belt in Adelaide's north. The project aims to address disadvantage and improve outcomes for families and children.

### *Communities for Children*

Anglicare is in partnership with Uniting Care Wesley as facilitating partners for the Commonwealth Government's *Communities for Children* program in Adelaide's southern suburbs. Located in the City of Onkaparinga and covering Morphett Vale, Hackham, Hackham West, Christies Downs and Lonsdale, *Communities for Children* provides childhood and family support programs in the region.

### **Mental health**

*Personal Helpers and Mentors* tel 8209 5400

Provides support to individuals whose day to day lives are severely affected by a mental illness. The *Personal Helpers and Mentors Program* supports people with information, assistance to identify new opportunities and assistance to access to other services and programs.

*Church Pulgi* tel 8269 8781

Pulgi is Ngarrindjeri for 'home' and is an activity-based recreation centre and meeting space that provides a welcoming environment for people who are usually not accepted in mainstream places. Members must have a support contract and may have a disability, eg. acquired brain injury, a mental health diagnosis, and problems with poly-substance abuse.

Pulgi members have a say in what happens there and in

the running of the centre. Pulgi is open four days a week and offers community outreach, woodwork, arts, music lessons, weekly BBQs and other activities at Regency Rd.

### **Homelessness**

*Housing services* tel 8209 6660

Homelessness is about a lack of connection with family, friends, and the community, and a lack of control over one's environment. Homelessness is a barrier to social inclusion. To break the cycle of homelessness, Anglicare provides a range of safe, appropriate and affordable accommodation, together with support services that address the causes of homelessness.

### **School retention**

*Evolution*, tel 8131 3442

*Evolution* provides a service to young people under the Guardianship of the minister aged 12–17 who have been excluded, suspended or are refusing to attend school. The service focuses on removing the social and emotional barriers of learning.

### **Anglicare and advocacy**

Anglicare SA speaks out on issues affecting people experiencing poverty and hardship through a number of organisations and advocacy groups, including: South Australian Council of Social Services (SACOSS, Australian Council of Social Services (ACOSS) and Anti-poverty week.

### **How can you help?**

- Through reaching out and helping those in need in your community.
- Volunteering to help Anglicare.
- Become involved in Anglicare SA's advocacy work, email [advocacy@anglicare-sa.org.au](mailto:advocacy@anglicare-sa.org.au).

### **The bigger picture**

The South Australian social inclusion initiative was established in 2002 by Premier Mike Rann. The focus of the initiative is on providing the South Australian Government with advice on innovative ways to address some of the most difficult social problems. The Initiative has a strong emphasis on providing opportunities for the most vulnerable members of our society to participate in the social and economic life of the community. The Social Inclusion Initiative is supported by the Social Inclusion Unit and the Social Inclusion Board. Focus areas include: Disability, Homelessness, Mental health, School retention and Young offenders.

The Australian Government's vision for a socially inclusive society can be found at [www.socialinclusion.gov.au](http://www.socialinclusion.gov.au)

### **Sources**

South Australian Social Inclusion Unit <http://www.socialinclusion.sa.gov.au/page.php?id=6>

Towards new indicators of disadvantage: deprivation and social exclusion in Australia.(Report).Peter Saunders, Yuvisthi Naidoo and Megan Griffiths. Australian Journal of Social Issues 43.2 (Winter 2008): p175.



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### **For more information**

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