



# Aboriginal Family Support Services Newsletter

September - October 2022

## AFSS Staff and Carers celebrate Foster & Kinship Carers Week at Sunnybrae Farm

The Foster Care team invited carers to lunch on September 15 at Sunnybrae Farm Regency Park from 11.30am – 2.30pm.

The event was a hit again this year with carers enjoying this special time to be honoured and thanked for all the wonderful work they do for Aboriginal children in care.

Approximately 70 carers attended along with 3 of our Board members Donna Henry, Josephine Judge-Rigney and Alex Houthuysen, AFSS new Aboriginal Consultant Kerry Rogers, plus 12 staff members.

The lunch was superb and lots of it was enjoyed by all. Massage therapists were on hand to provide a relaxing time and a little TLC for Foster Carers. The raffle was a hit with great prizes won and an AFSS carry bag with free giveaways for each foster family attending.

Thank you for making this a special day to all who attended, including our Board members.



*Pictured from left: Doraleen Warrior (Kinship Carer), Marlene Wilson (Foster Carer), Jillian Larking (Kinship Carer) and Kasey McKenzie (Kinship Liaison Officer).*

## Foster & Kinship Carers Week in Port Lincoln

Foster and Kinship Carers Week was held between 11-17 September this year, with Port Lincoln hosting a Luncheon at the Marina Hotel on Wednesday 14 September. The week is a great reminder to acknowledge the outstanding but largely unrecognised contribution that Foster and Kinship Carers make to our community and the children in their care.

# A message from the Chief Executive

Welcome to our September/October Newsletter. I can't believe we are heading into the last few months of the year, it has gone very fast indeed!

Foster and Kinship Carer's week was held from 11-17 of September this year. Our metro carers enjoyed a wonderful lunch at Sunnybrae Farm in Regency Park along with the Foster Care team, to acknowledge their amazing efforts throughout the year. It was a lovely day had by all.

I would like to wish a warm welcome to Kerry Rogers, who has been appointed as the new Senior Manager - Cultural Clinician. Kerry comes with a wealth of knowledge and has worked in various Aboriginal organisations across Australia, and we look forward to working with her and seeing what she can contribute to AFSS.

AFSS AGM meeting will be held on Friday 25 November from 11am-12pm at our city location, 134 Waymouth Street, Adelaide. Please turn to page 16 for further information and we look forward to seeing you there!

It is also great to see the Coober Pedy Youth Shed up and running again, after a challenging year due to Covid-19 and flooding in the area. There are some exciting and innovative new projects developing within the program and we are looking forward to seeing how these develop and enhance the participation of Aboriginal Youth in the region.



*Sharron Williams  
Chief Executive*



[www.afss.com.au](http://www.afss.com.au)



# Meet Shona - the new Guardian for Children and Young People

Shona Reid is South Australia's new Guardian for Children and Young People. Shona and her team promote and advocate for the rights and best interests of children and young people in care throughout the state.

It is important to note that Shona is not the legal guardian for children in care but is here to 'champion' their rights, to hear what they have to say and follow up on things that worry them about their time in care.

For more information about us and to view the Charter of Rights, visit our website: [www.gcyp.sa.gov.au](http://www.gcyp.sa.gov.au)



## What can children and young people talk to us about?

Children and young people can call us if they feel their rights are not being met and they are not being listened to.

They can talk to us about things that are happening where they are living now or in the future, being able to see family and friends and having a say in decisions that affect them.

We will find out from them what is happening and if we can, we will look into it for them.

Children and young people can call us on **1800 275 664** (freecall) during office hours.

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# Aboriginal Events Calendar - November

## Metro

3 NOV  
Gudirr Gudirr  
Thu 3 – Sun 6 Nov  
Space Theatre  
Festival Drive  
Adelaide SA

4 NOV  
OzAsia Festival 2022  
Fri, 9:30 – 10:30 am  
King William St  
Adelaide SA

5 NOV  
OzAsia Festival 2022  
Bubble Tea Garden  
Sat, 8:00 – 9:00 pm  
66 King William Street  
Adelaide SA

6 NOV  
Gudirr Gudirr  
Sun, 8:00 pm  
Space Theatre  
Festival Drive  
Adelaide SA

12 NOV  
Aboriginal Basket  
Weaving Cafe 25  
Glandore  
Sat, 10:00 am – 12:00 pm  
Glandore SA

16 NOV  
W7 - MENTOR  
ABORIGINAL AND/OR  
TORRES STRAIT ISLANDER  
PEOPLE  
Wed, 9:30 am – 4:30 pm  
Tauondi College  
1 Lipson St  
Port Adelaide SA

18 NOV  
W7 - MENTOR  
ABORIGINAL AND/OR  
TORRES STRAIT ISLANDER  
PEOPLE  
Fri, 9:30 am – 4:30 pm  
Tauondi College  
1 Lipson St  
Port Adelaide SA

19 NOV  
Nungay Night - Deadly  
Fabulous!  
Sat, 6:30 am  
The Jade  
142-160 Flinders St  
Adelaide SA

19 NOV  
Grandmother's Songs  
Sat, 9:30 – 11:00 am  
22 Gawler St  
Port Noarlunga SA



22 NOV  
First Languages Youth  
Forum  
Tue 22 – Wed 23 Nov  
16 Hindmarsh Square  
Adelaide SA

22 OCT  
Lucky Beats  
22 Oct – 6 Nov  
Dunstan Playhouse  
Festival Drive  
Adelaide SA

22 NOV  
First Languages Youth  
Forum  
Tue, 9:00 am – 3:00 pm  
Pullman Adelaide  
16 Hindmarsh Square  
Adelaide SA

24 NOV  
W3 Safe Environments  
for Children and Young  
People  
Thu, 9:30 am – 5:00 pm  
Tauondi College  
1 Lipson St  
Port Adelaide SA

24 NOV  
Monthly Ngarrindjeri  
Language Workshops  
with Kyla McHughes  
Thu, 10:00 – 11:00 am  
Victor Harbor Library  
1 Bay Rd  
Victor Harbor SA

Search "SA Aboriginal events 2022" for further details and bookings



## Congratulations Sharae on the safe arrival of your baby girl!

We congratulate Sharae on the safe arrival of her gorgeous little girl Violet. Sharae was supported by AFSS Stronger Families Intensive Family Service (IFS) program in Port Lincoln and successfully completed two parenting programs with our Community Safety and Wellbeing team; Healthy Homes resilient families - Growing up Healthy, and Routines and Rules. Our team recently delivered her a welcome baby gift and had the chance to meet the little one for the first time. We look forward to watching this little one grow and be guided by a strong mum and family.



## 'Soundscape Project' at the

# Coober Pedy **YOUTH SHED**

In mid October, the Young People from AFSS Coober Pedy Youth Shed were lucky enough to participate in a Soundscape podcast called 'The Stories of Coober Pedy', which was organised by a local radio station, Dusty Radio.

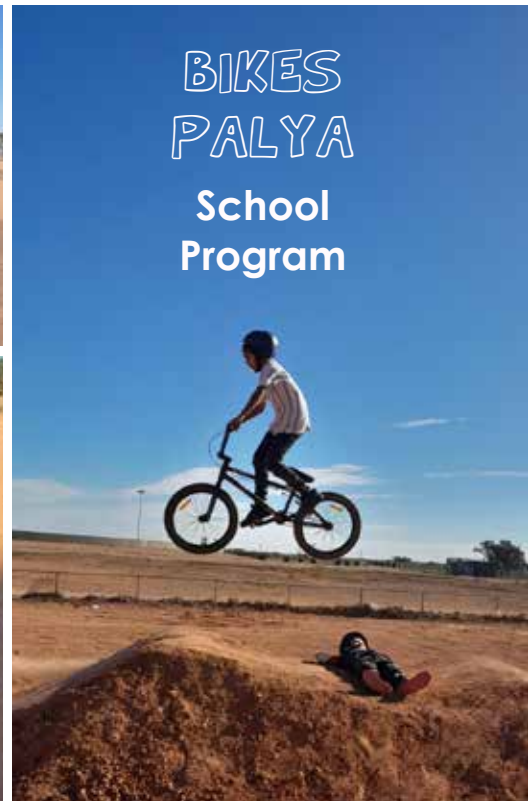
This podcast was designed to document the lives of locals, as well as provide a whole of community engagement opportunity for all. It aims to produce a high-quality soundtrack that can complement the

emerging stories and provide the audio connective-tissue that gives a greater sense of coherence to them and to the series as a whole.

Bridget Chappell conducted two workshops in early October; One for people aged 15 and under, and another for all-ages. During these sessions they guided the participants through deep listening, audio sampling and layering, and other sound production techniques. In subsequent weeks, Dusty volunteers will collaborate with

workshop participants to collect local sounds and formulate them into the soundscapes, to suit particular podcast episodes. Bridget is going to then provide feedback on the drafts that were created, which will guide them to the final production before the launch of the first batch of episodes, predicted to be released by December 31.

The Young People had a great time participating in the project and look forward to seeing the final product!



## BIKES PALYA School Program

The Youth Shed was very busy over the school holidays. A whole new Youth Team have started over the past few months and headed straight from starting their new roles, into the school holiday madness!

We purchased 21 new bikes from Bikes Palya, and the team have been out bike riding, fixing bikes and putting together bikes. It is a massive favourite among the Young People and they are all so excited that we got bikes for the Youth Shed! Bikes Palya ran workshops everyday throughout the school holidays, teaching about tricks and bike safety.

Alongside the program, we also purchased a new shipping container which was placed next to the Youth Shed and has been set up with bike racks and a tool bench for bike repairs and maintenance. A big thanks to Bikes Palya, Glenn Kerrigan and the new staff in the youth team, Simon O'Toole, Jacqui Boland and Ash Mohibi.

## A 10 year achievement for Port Lincoln Foster Carer

On Wednesday 12 October, AFSS Port Lincoln staff celebrated Trish Drew's 10 year anniversary as a Foster Carer. Initially Trish Drew was registered with "Life Without Barriers" as a Therapeutic Foster Carer, but in July 2019, Trish officially transferred to AFSS as a fully registered carer.

Trish has provided care to many Young People throughout the years, and she has the ability to make them feel at home and supported, whether this is through Emergency, Short Term or Respite Care.

All carers provide an invaluable service to their community and often go unrecognised for their contributions. AFSS would like to acknowledge the efforts of all carers.

Trish's story was also placed in the Port Lincoln Times. Click on the link below if you would like to read the article.

<https://www.portlincolntimes.com.au/story/7942287/trish-drew-on-her-decade-long-journey-foster-caring-for-local-organisation/>



*AFSS Port Lincoln Manager, Angela Backman with Trish Drew, AFSS Foster Carer.*

## AFSS Port Lincoln help to promote Anti-Poverty Week

AFSS Port Lincoln joined Foodbank, Redcross, Centacare and Uniting Country SA Port Lincoln, to promote Anti-Poverty Week which was acknowledged between 16 - 21 October. Anti-Poverty Week 2022 raised awareness about the impact of poverty on children and how communities can help to address this issue.

AFSS Port Lincoln donated ingredients and jars to help people develop 'meals/snacks. The ingredients for banana bread and chicken noodle soup were assembled in jars and when empty, these jars can also be reused in pantries. The jars were very well received by community accessing Foodbank. We were also fortunate enough to have food donations from Woolworths, Bakers Delight and community members donating home grown produce. All produce donated is given to community free of charge. AFSS and Uniting Country SA staff also provide volunteer hours to support the local Foodbank hub.

Centacare Port Lincoln ran a free raffle for community to win a food hamper worth \$80.00. Community were asked to share their best budgeting tip to go into the raffle.

Many people are struggling with the rising costs of food, fuel and utilities. Foodbank provides people with a dignified shopping experience and access to grocery and household items at discounted prices.

The local Port Lincoln Times attended Foodbank and developed a story for inclusion in our local paper raising awareness about Anti-Poverty Week and Foodbank.

<https://www.portlincolntimes.com.au/story/7949905/foodbank-raise-awareness-for-anti-poverty-week-at-pop-up-shop/?cs=1500>





# AFSS Aboriginal Gambling Help Services - Lived Experience Collective Game/Tool

Some amazing artworks have been created by participants from the 'Lived Experience Collective Game/Tool' which was facilitated by The Office for Problem Gambling, Relationships Australia SA & AFSS Aboriginal Gambling Help Services. This tool has assisted people who have been affected by addictions, mental health challenges and social disadvantage, giving voice to their experiences. It encourages participants to share their expert knowledge and to assist others in overcoming similar obstacles.



## R U OK Day - Thursday September 9

R U OK Day was held on Thursday 9 September. AFSS Managers, NDIS and Residential staff put together some R U OK Day bags with some info and treats, which were handed out to all of AFSS staff. Here are some pics of staff preparing for the day, and the NDIS team who put on a morning tea.



# AFSS 'Be With Me' receives funding extension!



AFSS 'Be With Me' project, which employs our NDIS Navigators, has been successful in receiving a further 18 months of funding. This funding will allow us to continue our project and help assist Aboriginal People who are living with Disability, to live a more inclusive and fuller life, up until June 2024. We look forward to seeing what the next 2 years has to offer, and hope to further extend the funding again in 2 years time.

## NDIA yarning Circles

AFSS Navigators held two Yarning Circles to gather feedback on the NDIS participant booklets.

This was an activity funded by the Participant Engagement team, which AFSS has been on the panel for since 2021.

We spoke to 14 NDIS participants and/or their carers about how the role of the books have helped them, and to see what's working and what's not.

We were really happy with the feedback that we were able to provide about our clients and their journey, and also the feedback that we received from the NDIA on how we ran the yarns and engaged with our clients.



*Pictured: Eileen Collins-Cole, NDIS Navigator.*



*Pictured from left. NDIS Navigators - Eileen Collins-Cole, Shana Karpany and Ricache Van Grosen.*

## 2022 HESTA Excellence Awards!

Our Navigators have also been selected as finalists for the upcoming HESTA Excellence awards for 'Excellence in Teamwork'!

This award is all about recognising teams that have developed and/or improved a product, service, process, or system to enhance the health and wellbeing of individuals, families and/or communities. The 'Be With Me' Navigators team has been recognised for their dedication to Aboriginal people with disability, by assisting them to access and utilise appropriate support while encouraging a culturally safe environment.

Shana May and Eileen will travel to Melbourne to attend the awards ceremony on behalf of the team.

We wish them all the best!

If you would like to find out more, contact our friendly team for a yarn:

✉ [ndis@afss.com.au](mailto:ndis@afss.com.au)

📞 82813440

🌐 [www.afss.com.au](http://www.afss.com.au)







# AFSS is Seeking Foster Carers across South Australia

- Are you passionate about the future of Aboriginal children and young people?
- Are you supportive and understanding?
- Can you help keep young people safe and connected to their culture and community?



AFSS is looking for people just like you, who want to play their part in caring for Aboriginal children and young people.

Please Contact AFSS:

Maya Liddle ✉ [maya.liddle@afss.com.au](mailto:maya.liddle@afss.com.au) ☎ 8297 5708



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*Kerry Rogers, Senior Manager - Cultural Clinician.*

My Name is Kerry Rogers, I have begun my journey in AFSS as the Senior Manger Cultural Clinician. I am an Eastern Arrernte and Anmatyerre woman (Alice Springs area) who has been living and working on Kaurna land here in Adelaide for a lot of years, returning back to country as often as I can.

I have worked across government and non-government in various roles during my working career of over 30 years, hoping to amplify Aboriginal voices and share knowledge. I have always worked with and for Aboriginal people, my people, in various roles including health, education, law, disability, youth and women, child protection and consultancy.

My background is in Psychology and Management and my passion is in working through culture, exploring and embedding these practices for the best outcomes for Aboriginal children, families and communities.

My interests are in bush medicine and gardening; I enjoy learning new things and enjoy a good yarn. I will be out and about catching up with everyone across the programs soon.

Something I believe strongly is to never judge someone's choices especially if I don't know what their options were.



*Mandie Stebbing, HR/Payroll Administration Officer.*

Hi, my name is Mandie and I have recently started as HR/Payroll Administration Officer.

I had been working in not-for-profit organisations for about 10 years across a combination of finance and payroll, however have spent the last six years predominantly in payroll where I gained extensive knowledge of payroll legislation and compliance. In the last 10 months I moved into the "for profit" world, however found I did not get the same satisfaction I get from working in not-for-profit organisations. With a keen interest in HR in combination with payroll, luck would have it, that this position was presented to me and here I am!

When I am not working, I love spending time with my family and friends. I am a bit of a bookworm and love to read and much like most bookworms, I am also a cat lover and have a cat called Luna who provides endless hours of entertainment. I am quite involved in multiple book clubs and a book community on Instagram (also known as Bookstagram), where I post pictures and reviews of mostly fiction books that I have read. My favourite time of the year is Spring/ Summer and I love travelling to warmer places when the weather gets cold!



*Jynaya Smith, Aboriginal Cultural Consultant, Gazetted Organisation.*

My name is Jynaya Smith, I am a proud descendant of the Ngarrindjeri Kaurna, Narrangga and Eastern Arrente people which is located in the Alice Springs regions.

My working background consists of many years of experience in Administration and Case Management roles with Federal Government agencies and non-for-profit community sector organisations, some of which include Services Australia, APOSS & Nunkuwarrin Yuntii.

Since leaving school many moons ago, I have been proactive with working and gaining qualifications in legal services, business, community services, and many more.

I look forward to starting this position with AFSS and also applying my knowledge and experience, hoping it will make a positive difference to our community.

I have commenced as the new Aboriginal Cultural Consultant, (Gazetted Organisation), which is a part-time role (Mon-Wed).



## The official launch of AFSS Family Group Conference Program

*Pictured from left: FGC Coordinator - Charmayne Stenhouse & AFSS Chairperson - Donna Henry.*

AFSS Family Group Conference Program's (FGC) official launch was opened by the FGC Coordinator Charmayne Stenhouse and AFSS Chairperson Donna Henry, followed by a traditional smoking ceremony performed by Kuma Kaaru and represented by Robert Taylor and Cliff Wilson along with Zoe Bettison (MP). For many of the attendees, this was their first time participating in a traditional smoking ceremony.



*Pictured from left; Robert Taylor, Cliff Wilson and Zoe Bettison (MP).*



*The Hon. Zoe Bettison MP (Minister for Tourism and Multicultural Affairs SA).*

Dignitaries attending were Cathy Taylor (Chief Executive for Child Protection in South Australia), Fiona Ward (Acting Chief Executive for Child Protection), and the Hon. Zoe Bettison MP (Minister for Tourism and Multicultural Affairs SA), representing the Minister for Child Protection.

Michael Riddel from Spirit Dreaming made the trip down all the way from NSW especially to lend support to the FGC launch and was also very gracious in delivering a last-minute speech on the value of FGC's in the Aboriginal community.

The family theme of the day's proceedings was nicely reflected by performances from Aboriginal community grandmothers, the Deadly Nannas, and Aboriginal dance troupe, the Dusty Feet Mob.

The Deadly Nannas, who performed their songs in both Ngarrindjeri and English, all did a fabulous job in their performances to include participation from the audience, especially their rap song about life as a young Aboriginal person navigating life, culture, family and welfare.



*Pictured from left; Phyllis Williams, Vicki Hartman, Pauline Walker, Vicki Cummings, Georgie Trevorrow, Diana Murphy and Lena Rigney.*





The day's afternoon tea was catered for by Tauondi College and was very well received. Some of the delicious goodies included bush tucker wraps, saltbush goat's cheese, lemon myrtle scones and lemon myrtle and macadamia biscuits, all made in-house by Tauondi's catering employee, Sue Lambert.

We were also lucky enough to have Kaurna Tea from the BushPotTii ladies, Kylie and Aimee, as a special treat.

All ingredients are sourced locally and



*Members of the dance troupe, Dusty Feet Mob.*

made here in South Australia from all native ingredients. It was a hit with everyone, and as stated by Felicity from Playford Uniting Church, "it's a nice alternative from the normal coffee and tea that's always offered". A huge thank you also goes out to the ladies from The Drip Coffee Cartel, for supplying the days warming beverages from their little coffee caravan.

To close, we had the very talented group 'Dusty Feet Mob' who came all the way down from Port Augusta especially for the day. The young performers managed to scrape in a much needed feed before they performed both a traditional and newer dance rendition to the songs 'Amazing Grace' and 'I am, you are, we are Australian'.

The groups spokesperson touched on the importance of the work being done by the FGC team and how important it is for Aboriginal children to remain connected to family, country and culture, while in out-of-home care, given the over-representation of children in the Child Protection system in South Australia.

And lastly, a huge thank you goes out to all of AFSS staff from 4 Ann Street, for coming together so well in preparations prior to the day, setting up early and cleaning at the end of the day - well done to all!!

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# Healthy Homes, Resilient Families - Growing Up Healthy Mount Gambier

In Term 2, the Mount Gambier Community Safety & Wellbeing team facilitated a Healthy Homes, Resilient Families - Growing up Healthy workshop, at AFSS Mount Gambier office. Participants had the opportunity of making homemade Sushi, a highly nutritional and fun recipe. Participants all had a great time and were very excited to learn some new tips when it came to selecting their weekly shopping. The participants eagerly contributed to the cooking of meals each week and learnt a lot about how to cook with less sugar. One participant stated, "I really enjoyed the program and learnt so much about sugar and how it is not good for you".



## Seasons for Healing Mount Gambier



In Term 2, the team also facilitated a Seasons for Healing workshop at AFSS Mount Gambier office. Although there were only a few participants attending, they all enjoyed the program and were very thankful for the experience and the memories that flowed during the sessions. The group shared their stories and encouraged each other to feel safe in talking about their own emotions when it came to grief and loss. Participants were thankful for their experience and AFSS facilitators Dawn and Damien thanked them for being so open and sharing with their stories.

**If you live in the Mount Gambier or Limestone Coast region and would like to attend or find out more about our upcoming CS&W programs, then please contact Dawn Cardona on 8723 6110.**



# Thank you Bakery 77 for giving back to the community!

Bakery 77 is a family owned business that produces and sells bread, cookies, cakes, donuts, pastries, and pies.

Matthew and Cassie are the owners and have been amazing providing AFSS' clients with bakery goods every week.

If you head down to the bakery, you will always be greeted with warm smiles from them and their amazing staff.

We would like to take this opportunity to thank Matthew and Cassie for everything that they do and for having such a big heart and choosing to help us and our clients.

Please support them and pop into the shop if you are ever down South. We recommend their Bee Sting (Bienenstich) and pastries which have received rave reviews from not only the public, but food critics as well!

## "I AM A MAN, I AM A FATHER" DAD CIRCLE

**Want to socialise and connect with other fathers and father figures? Come along and share parenting experiences in a safe men's group setting.**

**Dad Circle will feature guest speakers on a range of helpful topics relating to fatherhood.**

<b>WHEN:</b>	Fortnightly sessions starting Monday, 26 September, 5.30pm to 7pm	
<b>WHERE:</b>	Junction Community Centre, 2A May Terrace, Ottoway	
<b>DETAILS:</b>	<b>FREE</b> gatherings, including a light meal. All fathers and male carers are welcome.	
<b>RSVP:</b>	Encouraged due to catering. Please call <b>(08) 8440 2299</b> or email <a href="mailto:cfc@unitingsa.com.au">cfc@unitingsa.com.au</a>	

**Bakery 77 - Shop 2 / 11-15 Main South Road, Reynella SA 5161 - 8381 2331**



## Where to find us

**Adelaide**  
134 Waymouth Street  
Adelaide SA 5000  
☎ 8205 1500

**Berri**  
23 Denny Street  
Berri SA 5343  
☎ 8582 3192

**Ceduna**  
28 Poynton Street  
Ceduna SA 5690  
☎ 8625 3466

**Cooper Pedy**  
Lot 1991 Aylett Street  
Cooper Pedy SA 5723  
☎ 8672 3066

**Cross Road**  
503 Cross Road  
South Plympton SA 5038  
☎ 8297 5708

**Mount Gambier**  
20 Elizabeth Street  
Mount Gambier SA 5290  
☎ 8723 6110

**Morphett Vale**  
Unit 1-365 Main South Road  
Morphett Vale SA 5162  
☎ 8186 4000

**Murray Bridge**  
67 Adelaide Road  
Murray Bridge SA 5253  
☎ 8532 1790

**Paralowie**  
254 Kings Road  
Paralowie SA 5108  
☎ 8281 5440

**Port Augusta**  
8-10 Victoria Parade  
Port Augusta SA 5700  
☎ 8641 0907

**Port Lincoln**  
21 Washington Street  
Port Lincoln SA 5606  
☎ 8683 1909

**Port Pirie**  
23 Norman Street  
Port Pirie SA 5540  
☎ 8632 2227

**Salisbury**  
4 Ann Street  
Salisbury SA 5108  
☎ 8182 6567

**Salisbury**  
20 Ann Street  
Salisbury SA 5108  
☎ 8281 3440

**Whyalla**  
19B Darling Terrace  
Whyalla SA 5600  
☎ 8644 0116



Aboriginal Family Support Services  
Together with the community

# ANNUAL GENERAL MEETING

Friday 25 November 2022  
11.00am – 12.00pm

Training Room - 1st Floor  
134 Waymouth Street, Adelaide

A light lunch will be provided.

Please RSVP to Helen Laxton, Executive Support Officer  
(08) 8205 1523  
helen.laxton@afss.com.au  
By Monday 14 November for catering purposes.



**Young People from residential services having fun on the beach in Ceduna.**

*Disclaimer: This newsletter is intended to provide information only and may not necessarily represent the views or opinions of Aboriginal Family Support Services (AFSS). All details are correct as at time of publication.*