



Aboriginal Family Support Services Newsletter

September - October 2018

AFSS Berri team's Money Minded!

On 30 and 31 August AFSS Berri staff, Meschelle Darr (Case Manager Stronger Families) and Norman Giles (Aboriginal Gambling Help Service Officer) attended an ANZ Money Minded Facilitator Training, organised through Relationships Australia. A small group of seven attendees participated in the two-day workshop featuring several service providers from the Riverland region.

Money Minded is an adult financial education program that aims to help people build their financial skills, knowledge and confidence. It was established in 2002 to respond to the need for financial skills education “especially among the most vulnerable members of our community”. It is delivered by people trained and accredited as facilitators and helps people to learn to live within their means, increase their savings and assets, manage their savings and assets, manage credit and debt and plan for the future. An online version of Money Minded is also available.



Pictured above: AFSS staff Meschelle Darr (Stronger Families) and Norman Giles (Aboriginal Gambling Help Service) hone their money minding skills with other local workshop participants.

Topics covered included:

- Planning and budgeting
- Saving and spending
- Everyday banking
- Planning for the future

During the workshop participants received a MoneyMinded Basics Participant Workbook, MoneyMinded Tote Carry Bag and a Money Minded calculator.

Upon completion participants also received a MoneyMinded Facilitator Kit (the Brick), MoneyMinded Basics Facilitator Guide and MoneyMinded Priority Cards.

ANZ provides these materials free of charge to accredited MoneyMinded facilitators. The materials cannot be used for promotional purposes unless approved by ANZ. Facilitators

may order materials from ANZ via the Facilitator Hub on the MoneyMinded website.

By becoming financial educators workers:

- become equipped to support people with debts and negotiate with services for clients to have a zero balance
- educate clients on where their money goes and how to set themselves up for the future.

Berri staff attended the workshop as there is a growing need for this type of support in the community, as many Aboriginal families are unaware of how a budget works.

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A message from the Chief Executive

I always seem to say that it's been a particularly busy period for us all here at AFSS, and these past months have been no different.

Apart from the preparations for our 40th Anniversary celebrations and the launch of our new Strategic Plan staff have been busy attending a wide range of activities and forums, as the pages of this newsletter attest.

Our carers were celebrated, both by AFSS and by the Department for Child Protection, at a range of events during National Foster and Kinship Care Week. The role our carers play in the lives of the Aboriginal children and young people in their care is immeasurable, and it is important that we take the opportunity to recognise them for the love and support they endlessly provide.

A major statewide event coming up in the near future is Gambling Awareness Week, and the AFSS Gambling Support Workers in our various regions are pleased to be involved.

Kevin Kropinyeri, nationally acclaimed - and hilarious - South Australian Aboriginal comedian, is sure to wow his regional audiences with his talent for generating laughter, but will also bring home the important message that there is help for those in the community who experience issues with their gambling. If you live in Murray Bridge, Ceduna or Port Lincoln, make sure you mark your local event in your calendar.



*Sharron Williams
Chief Executive*

AFSS Berri team's Money Minded!

Continued from page 1

Many of our clients struggle with debts that become intrusive and hang over their heads for a number of years – and perhaps even a lifetime. Here in the Riverland we have witnessed families moving to other regions hoping their debts do not follow them, and in some circumstances will use an alias to stop creditors from finding them.

Attending the workshop equipped AFSS workers with skills in setting up a budget that contains a

minimum of three pages, factoring in bank account and ATM fees for entertainment such as online betting, going to the movies or having a drink with friends.

They also learned how to calculate total spending over a three-month period, using a simple formula to draft an annual budget. They were then shown how to help clients save for a holiday, gift, or other specific goal, but most importantly assist clients to plan for their future, such as preparing a Will and a funeral fund, so when

the time comes the client's family are not left with further debt.

The MoneyMinded workshop was very educational and easy to understand, and is recommended to anyone who assists clients with budgeting. You don't have to be a numbers person, as it's pretty self explanatory.

The MoneyMinded website, www.moneyminded.com.au/ provides facilitators with materials and ongoing support to facilitate a Financial Education Workshop in their community.

Homelessness SA Frontline Workers Forum

Tessa Taylor and Sandra Schulze from the AFSS Youth Accommodation Aboriginal and Torres Strait Islander Specific Service team, attended the Homelessness SA Frontline Worker Forum on 3 September.

Amanda Rishworth, MP, was the MC for the day; Uncle Fred Agius gave the Welcome to Country.

Guest speakers included Nat Cook, MP, who provided the Shadow Minister's address. She encouraged us to get in contact with her to discuss housing issues and other issues and discussed making time to meet with senior managers, some of whom she has already spoken with.

Matt Morries and Lisa Hayton spoke about the impact of being homeless and part of the LGBTIQ community; Sandra spoke with both Matt and Lisa about the need to be culturally appropriate and also welcoming of the LGBTIQ community.

Matt said that he had not had many Aboriginal or Torres Strait Islander people request assistance around LGBTIQ issues, while Lisa said she had spoken with some but did not have any suggestions to help them at the time.

Matt Ball discussed trauma informed care with regard to homelessness, not only from a professional viewpoint but also from experience. Matt suggested the Blueknot Foundation

which holds workshops and has guidelines which are endorsed by national and international experts in the field. These guidelines can be downloaded from www.blueknot.org.au/guidelines Matt also suggested the Substance Abuse and Mental Health Services Administration website as a resource, www.samhsa.gov/

Anastasia Goussios spoke about Compassion Fatigue and how it



is not discussed in the workplace. Signs of this issue to watch for include:

- Chronic physical and emotional exhaustion
- Depersonalisation
- Feelings of inequity toward the caregiver relationship
- Irritability
- Feelings of self-contempt
- Difficulty sleeping
- Weight loss
- Headaches.

Anastasia provided a quote from Charles Figley, psychologist, family therapist, psychoneuroimmunologist, social work educator and researcher: "The expectation that we can be immersed in suffering and loss

daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet."

Anastasia suggested that when talking with clients, workers should be aware of breathing and wriggle their toes to help protect themselves without showing the client what they are doing.

Sandra Schubert spoke about grief and loss and how, when people who have experienced grief and loss look at the various stages and work out which stage they are in they may find themselves back in an earlier stage.

This was upsetting for people.

Sandra also discussed that people can move between stages, not necessarily in any particular order. Grief and loss is something

everyone experiences in their own individual way and can be like a roller coaster rather than set stages.

Sandra also shared information about Griefline which operates nationally between 12 noon and 3am. The phone number is 1300 845 745.

The website www.grieflink.asn.au is also a useful resource, as is the Anglicare living beyond suicide phone number, 1300 761 193.

On a lighter note, entertainment was provided by Bortier Okoe from Ghana, who demonstrated dance moves and got participants to try out their skills with sign language.



Welcome to the AFSS team!



My name is **Pauline Mann** and I am one of the new Family Violence Support Workers at Smithfield. This is a new role funded by the Department of Prime Minister and Cabinet.

The role aims to improve the safety of Aboriginal women and children, and reduce physical and psychological abuse through case management and referrals to other services. I am looking forward to this new and exciting, but challenging role.

I am originally from Ireland where it rains most days! I have been living and working in Victoria for the past five years but have extended family here in Adelaide.



Hi, my name is **Bridie Valentine** and I have joined the team at AFSS as a Carer Liaison Officer. I currently live in Adelaide with my high school sweetheart Tim, who I attended school with in the Barossa. In my spare time I love reading, yoga and travelling

to Springton to see my family. Every now and again I do a small amount of acting in short films and TV Shows such as *Goober* and *Bad Girl*. I volunteered with Anglicare at the Magdalene Centre in emergency relief and loved assisting the community around Adelaide. Previously I have worked in hospitality, retail, marketing and chocolate making (yum!). I have recently completed my Diploma of Community Services and look forward to being able to apply the skills and knowledge I have learned during my time studying. I'm excited to give back to my community by working together to create positive change.



My name is **Kurda Eliassi**. I have recently joined the AFSS team at Smithfield as a Family Violence Worker under the Staying Safe Program. Before my employment with AFSS I worked as a Home Care Coordinator with Aboriginal Community Services. I mainly worked with Elders in the community with managing and facilitating their Home Care Packages as determined by My Aged Care. I have been very fortunate to have had the opportunity to work in the following areas; homelessness,

refugees/asylum seekers and mental health services in different capacities. I have learned so much from these roles, and I have no doubt I will be learning a lot from this role.

My educational background is Bachelor of Psychological Science and Social Science from the University of South Australia.

I am a very easy going person, so if you see me, don't hesitate to come and introduce yourself as I enjoy getting to know the people around me.



Hello my name is **Amy Martin**, I am the new HR and Payroll Officer. I have come to AFSS from a company called Macro Meats as a Senior Payroll Officer and office all-rounder. I have also worked in a nursing home, first as a cook, then as a nurse before moving into admin roles. I have lived in the northern suburbs of Adelaide for my entire life and I am still there. I love to play sport and currently have no children of my own. I am excited to join the team at AFSS and I am looking forward to seeing the new adventure that AFSS will bring to my table.

Meet more new team members on the next page.

Child Protection Reform – An Aboriginal Community Engagement Initiative

Child Protection is changing the way it does business. Are you aware of the new changes in Legislation and how this may affect you, your children, your kin, and the community?

SA Child Protection has stated that they will deliver a Statewide Communication & Engagement

Strategy (SCES) to deliver reform in partnership with Aboriginal communities. Reforms in SA are some of the most significant initiatives in decades.

AFSS wants a long-term plan cemented where the child protection system works with Aboriginal people, one that

includes genuine teamwork and partnership, empowering communities and involving long-term all-of-agency support across the State.

As we know the child protection system can be intimidating; when we think of Child Protection we think of children being “taken”, of being confused and being helpless against a system that seems to have so much power. This makes people scared to ask for help and the still-present fear and distrust of “the welfare” has significant impacts on parenting, safety for children and opportunities to receive help.

Through our AFSS initiative, our goal is to share information about the changes in the child protection system by increasing knowledge and by sharing this information. AFSS’ goal is to demystify “the system”. This will be done through brochures, the AFSS website, AFSS newsletter, a survey, forums and small group gatherings.

At AFSS it is important that the voices of those who are affected by Child Protection are given an opportunity to be heard through genuine local consultation and real input into policy making with the Department for Child Protection. AFSS is here to support you in getting your ideas and suggestions across, as we know that the best people to give input and guidance on how to change a system are the ones living and experiencing the difficulties. Child Protection policy reform can only benefit more from input by Aboriginal people.

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Welcome to the AFSS team!



Hi, I’m **Rebecca Braithwaite**, the new Manager, Finance and Admin. I am a wife to an incredible man who believes he is a comedian (he’s not) and a mother to three, two girls (17 and 10) and a very spoilt American Staffy who I possibly love more than the rest of my family, so they tell me! After 11 years at Junction Australia as their Financial Operations Manager, I decided it was time for a change, so I took a leap and resigned without another role. Very scary but something told me it was the right time. Three months later I find myself here, starting an exciting new chapter with you all – nothing happens by chance.

I love summer days, the beach, or a weekend with friends up the river, Bali, creating family memories, tattoos, music of all kinds, cuddles with my fur baby on the lounge, a Sunday afternoon with wine and cheese and yes, I believe Dr Phil to

be essential TV viewing. Look forward to meeting you all. Smile and be kind, always.



Hi, my name is **Brigitte Goepfert**. I am pleased to have the opportunity to use my expertise around child protection in the newly created contract position of Project Officer – Child Protection Reform. I am keen to work with AFSS in making a difference in the lives of Aboriginal children, parents, kin, carers and communities.

After 17 years in DCP I decided that a new challenge was overdue. In DCP I worked mostly in remote and rural areas.

I have an 11-year old-daughter Jadzia, two cats, a dog, a turtle, and too many varieties of fish to name

I like camping, fishing, having a BBQ and generally hanging out with my partner, daughter, family and friends.

I am really excited about the next phase of my working life and look forward to the challenges that come with this role.

Gambling Harm Awareness Week

October 22 - 28 2018

Gambling Harm Awareness Week (GHAW) is an annual event that aims to promote awareness of gambling harm through engaging with the wider community. GHAW will be held from 22 - 28 October and the theme this year is Online Gambling. This includes sportsbetting.

Research indicates that the gambling environment in Australia is changing. Sports betting participation has grown substantially in recent years and is emerging as a significant contributor to gambling harm, especially among younger adult males. The online accessibility of sports betting, as well as the saturation of advertisements, promotions and inducements in sports and sports-related media, have arguably normalised sports betting in this country.

Research also shows that in Aboriginal communities, the action of each problem gambler may affect the lives of between 10 and 15 other people, being families or friends. The most common effects of gambling harm are: impaired family relationships, emotional problems and financial difficulties.

When family and friends are aware of gambling problems, they can play an important role in supporting the gambler to seek help and address their problems. Families and friends can also benefit from services and resources which enable them to protect their own emotional, social and financial wellbeing.

Potential signs of risky internet gambling:

- Gambling on multiple different activities, online and offline
- Gambling online frequently and spending increasing amounts of money
- Losing track of money won and lost on gambling sites and time spent gambling
- Gambling alone for long uninterrupted sessions
- Lying about or hiding online gambling
- Gambling on credit (including using credit cards)
- Neglecting other important activities, including relationships with friends and family, work or study, eating, sleeping, and self-care.

You are not alone! Resources to help manage Internet gambling:

- Set a spend/deposit limit for your online gambling accounts.
- Reduce limits on credit cards and transfers from bank accounts.
- Avoid gambling when drinking alcohol.
- Find non-gambling activities, online and offline.
- Limit exposure to advertisements by installing ad-

blocking software and enabling pop-up blockers.

- Unsubscribe to any notifications and updates from gambling sites.
- Avoid watching live sporting/racing events or televised poker.
- Search for self-help tips on gambling help websites.
- Suspend gambling accounts.
- Self-exclude from online gambling sites.
- Use software to block Internet gambling sites.
- Contact a professional through face-to-face counselling, telephone helplines, or online chat and email, such as the services available at www.gamblinghelponline.org.au

Funded by the Office for Problem Gambling and led by the Flinders Gambling Help Service, AFSS' Aboriginal Gambling Help Service has planned a range of activities during GHAW to improve knowledge and awareness of the gambling harm associated with online gambling, including sports betting.

For further information about GHAW activities contact your local AFSS office, details on the back page of this newsletter.



Funded through the Gamblers Rehabilitation Fund



ahaisa
Australian Horse Association (AHA)



Government of South Australia
Department for Communities and Social Inclusion

KEVIN KROPINYERI

I'M RESPONSIBLE



PORT LINCOLN - MONDAY 22 OCTOBER - RAVENDALE SPORTING COMPLEX
CEDUNA - TUESDAY 23 OCTOBER - CEDUNA ABORIGINAL COMPLEX
MURRAY BRIDGE - WEDNESDAY 24 OCTOBER - MURRAY BRIDGE
COMMUNITY CLUB

6.30PM START PORT LINCOLN, 6.00PM CEDUNA AND MURRAY BRIDGE, LIGHT SUPPER PROVIDED



Funded through the Gamblers Rehabilitation Fund



aha|sa
Aboriginal Health and Support Services

SKYCITY
ENTERTAINMENT
GROUP



Government of South Australia
Department of Human Services

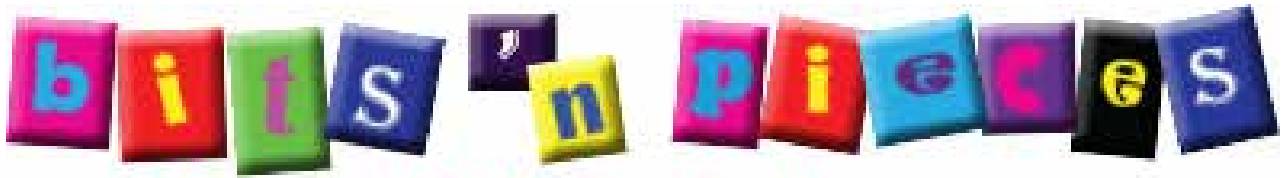


Flinders Aboriginal
Gambling Service



Aboriginal Family Support Services
Together with the community





tips and info for foster carers

All about Kidsafe

Kidsafe was established in 1979 to focus the attention of policy makers and the community at large on the need for improved child safety measures.

Kidsafe SA Incorporated is the South Australian licensee of the Child Accident Prevention Foundation of Australia (CAPFA), a national organisation devoted to the prevention of unintentional death and injuries to children. And it is our youngest children who are most at risk.

It is a not-for-profit, non-government organisation dedicated to the prevention of unintentional death and injuries to South Australian children.

In fact, half the children injured are younger than five years old. More than half of these injuries happen at home.

Unfortunately these accidents are very often predictable and therefore often preventable. In the 30+ years since the establishment of Kidsafe, the number of children killed as a result of accidental injury has more than halved.

Kidsafe, along with other like-minded agencies has undoubtedly played a major role in this decrease.

However, injury is still the leading cause of death in Australian children aged one to 14 years, accounting for nearly half of all deaths in this age group.

There is still more work to be done!

Kidsafe SA Safety Centre

Kidsafe SA provides an education, information and

and purchase from the Kidsafe Centre, including TV safety straps, cupboard locks and latches, tap protectors, stove and oven knob covers, power point covers and baby sleeping bags. To view all the safety products we have for sale, you can view and order on line.

The Kidsafe Centre is located on Level 1 of the Gilbert Building (opposite the Playdeck and next

to the Starlight Express Room), at the Women's and Children's Hospital – 72 King William Road, North Adelaide.

It's best to visit the Kidsafe Centre via the main entrance to the hospital –

Kermode Street entrance. If you are unable to visit the Kidsafe Centre, all resources and safety products can be found online at the resources tab and the online shop.

This information is taken from the Kidsafe SA website. Used with kind permission.

To find out more contact:

Kidsafe SA Inc

Women's and Children's Hospital, 72 King William Rd, North Adelaide SA 5006

Phone: (08) 8161 6318, email: sa@kidsafe.org.au

website:

www.kidsafesa.com.au



resource service for parents and carers of children, on all aspects of child safety and injury prevention. We operate the Kidsafe Centre where a large range of resources, brochures, information sheets and DVD's are available on child safety and injury prevention including the prevention of burns and scalds, drowning, falls, choking, poisoning, child car restraints, safe infant sleeping etc.

There is also an extensive range of safety products for the home available for inspection

Community Co-Creation Workshop

Recommendations for a culturally grounded model of care for Aboriginal children aged 0 -3 presented by Uniting Communities and Legacy of Trust and Hope Aboriginal Community Group

On Tuesday 25 September at the Quest Port Adelaide, Becky Matthews, Carer Liaison Officer, and Brigitte Goepfert, Project Officer – Child Protection Reform, participated in the Community Co-creation workshop exploring what a culturally grounded model of care for Aboriginal children 0-3 should look like in the new child protection reform.

Hosts were Uniting Communities and Legacy of Trust and Hope (Lo'TaH). There was a good turnout with people from a range of sectors coming together.

This was a great opportunity to network and to support Lo'TaH

in their endeavours to provide DCP with recommendations for a culturally grounded model of care.

There was a lot of brainstorming with all participants giving valuable input. It was great to see the Aunties and other carers advocating for Aboriginal children to have the right to know *who they are, who's their family and where they belong.*

A key theme that kept coming up was the lack of input sought from families around keeping Aboriginal children connected to parents, kin and country when they enter care.

Deb Moyle and Dana Shen did a fantastic job presenting the workshop. It was informative and thought-provoking. It was clear that Elders, kin and carers have a lot to offer in regards to suggestions for making sure our Aboriginal children are connected to culture.

As the new Project Officer - for AFSS, Brigitte hopes to forge a strong partnership with Lo'TaH in AFSS' aim to cement cultural care through consultation within the new child protection reform.

Brigitte can be contacted at email Brigitte.goepfert@afss.com.au



The poster features a large, colorful Aboriginal dot painting of a tree on the left side. At the top left, a girl in a green dress and red top holds an ice cream cone. At the top right, a boy in a green shirt and blue shorts holds several colorful balloons. At the bottom center, a man in a red shirt and blue pants holds the hand of a smaller child in a yellow shirt and green pants. The text is centered and uses various colors and fonts.

AFSS Metro Carers!

You're warmly invited to the

AFSS 40th Anniversary Celebration

to be held at

Carclew, 11 Jeffcott St, North Adelaide
from 10.00am - 2.00pm

Friday, 2 November 2018

Fun for kids
and adults alike

For more information contact Barbara Falla
Email: Barbara.Falla@afss.com.au Phone 8205 1500



National Foster and Kinship Care Week 2018

The National Foster and Kinship Care Week was another great example of celebrating foster and kinship carers who open their homes to children and young people unable to live with their birth families. AFSS acknowledges all of our wonderful carers across South Australia who do a fantastic job in providing excellent care for Aboriginal children and young people.



AFSS Foster Care Lunch

Held at the Watershed for the second year running, AFSS foster carers and some of the beautiful children they care for, attended the AFSS Foster and Kinship Care Week luncheon, along with the Metropolitan Family Based Care team (*see photo above*).

A relaxing lunch was shared and provided an opportunity for AFSS employees and carers to catch up with each other. The door prize for the day was won by Jo Quinn – congratulations Jo!

DCP Foster carer dinner at Plant 4

Along with some of the AFSS foster carers, AFSS Senior Manager Metropolitan Services, Warren Guppy, attended the DCP-convened Foster and Kinship Care Week Dinner held at Plant 4 in Bowden – a magnificent function centre. Kinship and foster carers, DCP employees, including members from DCP Executive and the Minister for Child Protection and employees from across the NGO Out of Home Care sector gathered at Plant 4 for a celebration and recognition of the great work that carers do. Formalities were kept to a minimum with the night hosted by foster carers and with speeches by the Minister for Child Protection - the Hon Rachael Sanderson MP - and DCP Chief Executive Cathy Taylor.

Encouragement and thanks

DCP's Maria Krahling was very busy (as usual) in the lead-up to Foster and Kinship Care Week collecting and collating notes of thanks and

encouragement from the NGO foster care sector, a very important process that recognises the great work that kinship and foster carers undertake on a daily basis.

Below are some snippets provided by AFSS Carer Liaison Officers about our wonderful carers. Please check out the DCP website for the hundreds of other thanks and encouragement messages provided from across the OOHC sector.

Dear carers, each year I am inspired more and more by the love, compassion, dedication and commitment you show to the children you care for, and bring happiness and love into their lives. It takes special people to be “that person”. Thank you from AFSS

A massive thank you for caring for children who for varying reasons cannot reside with their birth parents. Heroes who open their homes to children. Many thanks.

Thank you for fostering LOVE!

Gratis tibi ago

Thank you for everything. You are Superstars!

Thank you for sharing your kindness and compassion with the world

Thank you for your continual compassion and commitment!



Pictured above: AFSS Foster Carers and their daughters (from left to right - Kelly Andrew, Jo Quinn, Ngabuia Henry, Donna Henry, enjoying the DCP Foster Carers Dinner at Plant 4.

Community Safety and Wellbeing - Staying Safe Project

AFSS has successfully implemented a new program – the Staying Safe Project. The objectives of the project are to reduce family violence; improve the safety of women and children; reduce physical and psychological abuse, neglect and trauma caused to children through exposure to, and their experiences of, family violence in the home; and to interrupt the intergenerational cycle of violent behaviours caused by family violence.

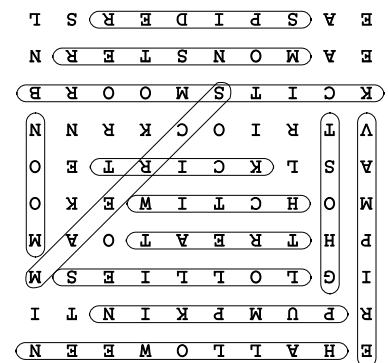
The Staying Safe Project will be delivered in greater metropolitan Adelaide to Aboriginal or Torres Strait Islander people and families who have past or current risks of domestic and family violence and are at risk of or have had children

removed as result of domestic and family violence.

AFSS is aware historically that client engagement may be a barrier for some, and we will implement an Assertive Case Management approach to increase client engagement. An intense case management and case coordination approach will

be utilised to work with clients to address multiple and complex needs in a culturally competent and trauma informed approach with the aim of reducing and eliminating family violence and improving family functioning.

Answers to *Just for Kids* puzzles page 12



Foster Carers needed URGENTLY

Aboriginal Family Support Services is looking for family based carers who are committed to providing safe and culturally appropriate homes for children.

You can be single or a couple, with or without children. And whether you're willing to provide emergency, short term, respite or long term care, we'd love to hear from you!

Contact:

Adelaide Peter Frankcom peter.frankcom@afss.com.au 8205 1500

Ceduna Michelle Naylor michelle.naylor@afss.com.au 8625 3466

Coober Pedy Lisa McClure lisa.mcclure@afss.com.au 8672 3066

Port Augusta Deb Merchant deborah.merchant@afss.com.au 8641 0907

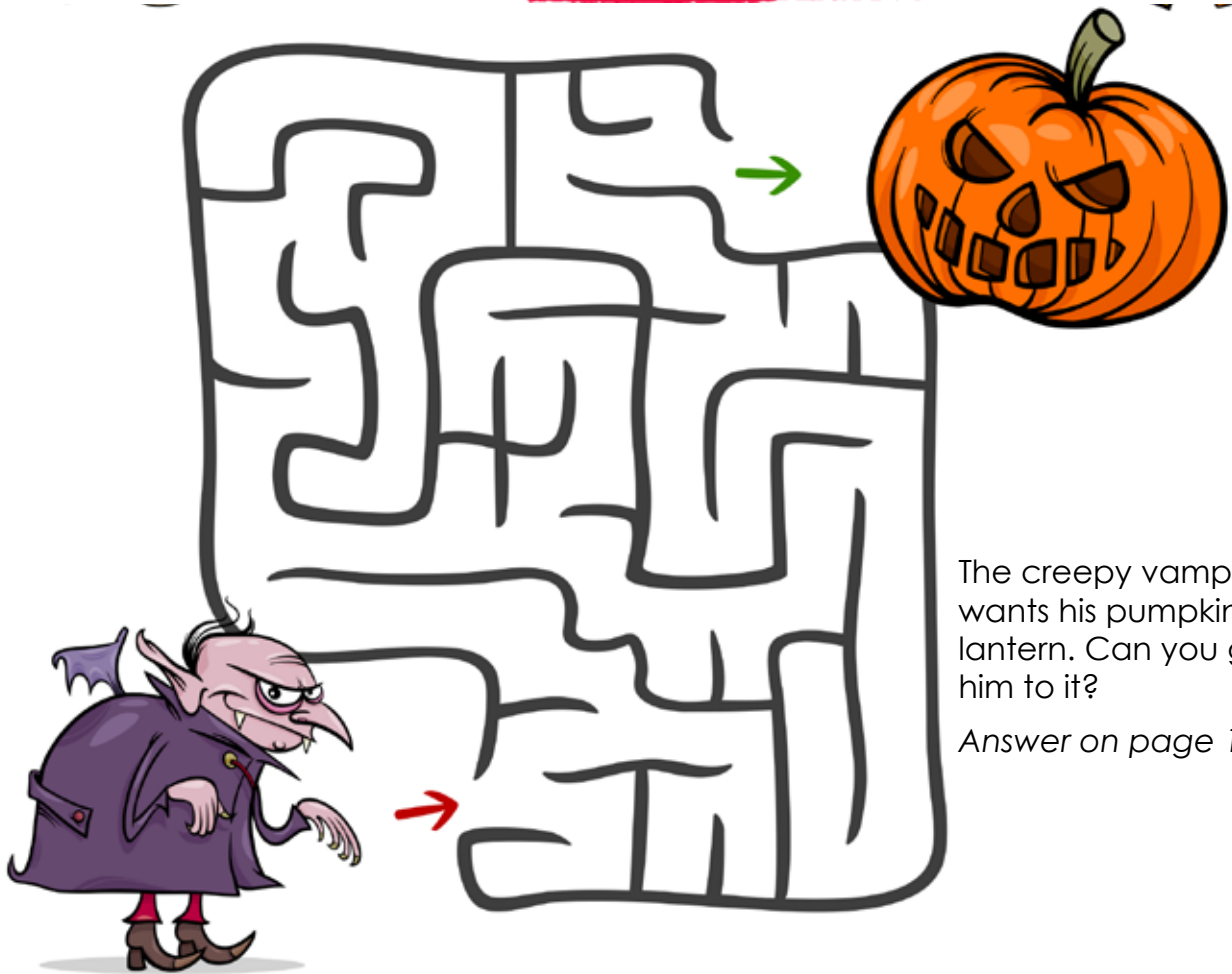
Port Lincoln Toni-Lee Miller toni-lee.miller@afss.com.au 8683 1909



Aboriginal Family Support Services
Together with the community



Just for kids



The creepy vampire wants his pumpkin lantern. Can you get him to it?

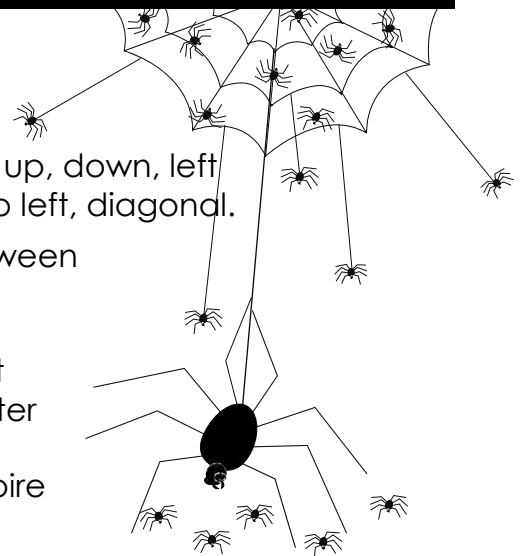
Answer on page 11

Find these spooky words in the Halloween word find!

E	H	A	L	L	O	W	E	E	N
R	P	U	M	P	K	I	N	T	I
I	G	L	O	L	L	I	E	S	M
P	H	T	R	E	A	T	O	A	M
M	O	H	C	T	I	W	E	K	O
A	S	L	K	C	I	R	T	E	O
V	T	R	I	O	C	K	R	N	N
K	C	I	T	S	M	O	O	R	B
E	A	M	O	N	S	T	E	R	N
E	A	S	P	I	D	E	R	S	L

Words can be up, down, left to right, right to left, diagonal.

- Halloween
- Trick
- Treat
- Ghost
- Monster
- Lollies
- Vampire
- Witch
- Moon
- Pumpkin
- Scream
- Broomstick
- Spider



Answers on page 11

Child and Family Focus SA Workshop

Held on Tuesday 4 September at Child and Family Focus SA, 47 King William Street, Unley.

This workshop was facilitated for attendees to provide information for a project report by kinship carer Susan Lane, which will include broad recommendations about systems and long-term changes and key elements of practice in each areas shown below.

Put children's needs to maintain and build relationships at the centre of all we do.

Think differently about a range of respite options as part of formal and informal supports that improve outcomes for children, young people, carers and the placement. They can include short breaks, in and out of carer's home, holiday camps, activities that help maintain children and young people's networks, babysitting and other identified supports.

Maintain and build children and young people's and carer's family and social networks.

Susan first explained that she is a kinship carer for her 10 year old granddaughter and how she finds it difficult to get respite care or just a few hours off to go to the hairdresser or other appointments she may have. Susan explained that her granddaughter gets suspended from school on a regular basis and how hard it is to just get casual care during the day for a school-aged child. Susan introduced her neighbour who has become a casual carer for her granddaughter. The neighbour stated that she could see Susan struggling and offered to help

out. This has worked really well and the child spends a few hours every fortnight with the neighbour's family giving Susan the break she needs to maintain the kinship placement and have some time for herself.

Discussion then focused on how well informal situations can work, giving foster carers and kinship carers a short break. Participants talked about who can say this is OK and it appeared that the DCP workers attending the workshop were happy for this to happen. Gary Warren from DCP Placement Services Unit spoke about how hard enabling carers to have a respite break and how DCP would support an informal arrangement.

The different range of formal and informal respite options for children were then discussed.

Family members of foster and kinship carers could become involved with casual babysitting of child/children on a regular basis. This would also build relationships and social networks for children in care. Having a network of carers who live near to each other to have each other's child/children for short breaks or babysitting was suggested.

The appropriateness of the word *respite* was raised in relation to breaks for foster carers and kinship carers. The meaning of *respite* has negative connotations, meaning "short period of rest or relief from something unpleasant." The group was asked to put forward names that could be used instead of *respite*. The most popular name was *flexitime*, also *mytime* and *recharge* were suggested as possible replacements for *respite*.

Building children's networks in social settings and having greater support for the carers and the children in care was also put on the table. All of the recommendations will go into a report to be submitted to the DCP and the Minister.

Susan will provide a copy of her final report to all who attended the workshop.

Child Protection Reform – An Aboriginal Community Engagement Initiative

Continued from page 5

The focus of the project aims to increase participation of those most affected by the child protection system and to hear their views on finding ways to keep children within their family and/or community. Through this AFSS aims to develop local child protection decision-making processes that can be shared with DCP. AFSS believes that outcomes for families at a local level will improve if Aboriginal communities can positively and proactively engage with DCP and out-of-home care providers.

What you can do?

- When the opportunity arises, come along, have your say, bring along family.
- Help to make a difference to Aboriginal children, their parents and the communities.
- Speak with AFSS Carer Liaison Officers or contact Brigitte Goepfert, Project Officer, Child Protection Reform, email Brigitte.goepfert@afss.com.au phone 8205 1500.



Team delivers the goods across SA

Mount Gambier

AFSS Community Safety and Wellbeing team has just finished delivery of Circle of Security in Mount Gambier. All five participants graduated. They have learnt so much and it has made a real difference in their lives. Pangula Mannamurna CEO, Andrew Birtwistle-Smith was very happy - he just wants more for the Mount Gambier area!

As Andrew pointed out, in the APY lands which is a remote region, people are never more than two hours from an Aboriginal Health Organisation, yet people travel longer to access Pangula's services.

The participants attended every week for eight weeks and have built trust and connection with each other and the CS&W Facilitator Tracy Miller. It was such a pleasure to learn and work with the group.

Tracy shares some comments from the group below:

"This course is helpful for more than just parents, I have been able to incorporate the skills into my role as a child counsellor"

"As a carer I now have a better understanding of what's going on with the children and what has been missing from their circle in the past."



Pictured above: Facilitator Tracy Miller with the participants who completed Circle of Security in Mount Gambier. All of the group really enjoyed the program and reported big changes in the way they looked at their children's need for attachment, not attention.

"It is very skilful to have to build up stronger relationships."

"It gives you a much better understanding of your child's needs and becomes easier to parent."

"I'm excited to be a parent after doing Circle of Security."

"It is a life changer. It opened my eyes up and showed me what my child needs from me as a parent."

"Excellent program for Community with kids of all ages."

"Tracy was knowledgeable and delivered the course clearly so we were all able to understand the information. She was bright and very welcoming to everyone

making Monday my favourite day for the duration of the course.

The information that I received has changed the way we look at things in our home and I have found both the children and myself are a lot calmer and have been able to repair any ruptures on the circle"

These comments are testament to the good that Circle of Security as a program is doing within Aboriginal communities.

Port Pirie

CS&W Facilitator Bianca Bettley recently completed two modules of the Healthy Homes Resilient Families - Growing up Healthy and Rules & Routines with a group of 10 participants. All 10 participants completed both programs successfully and will go on to complete the Circle of Security – Parenting with AFSS later in the year.

All participants learned something new each lesson and two travelled every week from as far afield as Crystal Brook and Peterborough.

Attention AFSS Metro Carers!

Child Safe Environments Training

Date: 28 November 2018

Time: 9.30am - 4pm

Venue: 1st floor Training Room, AFSS Head Office
134 Waymouth Street Adelaide

Contact : Becky Matthews ph: 8205 1500

Bookings by 22/11/18

Morning tea and lunch provided

R U OK? morning tea in Port Lincoln

Port Lincoln AFSS was proud to host an R U OK Day morning tea for our service partners and community organisation workers. We recognise that the busy roles we work in can take a toll on our mental and emotional wellbeing. In the spirit of R U OK Day we wanted to provide an opportunity to bring our amazing community workers together for a morning of self care and connection with others.

We were honoured and overwhelmed by the response to this, with around 40 people attending from 13 different agencies. The sun shone throughout the morning and the event provided a wonderful opportunity for participants to connect and unwind.

Some fantastic food and hot drinks were provided and participants took the opportunity to catch up and network with old and new colleagues. It was wonderful to be able to take a moment and look around



Pictured above: Sharing this important day, from left to right are AFSS Port Lincoln team members Jessica Backman, Arlene Burgoyne, middle Anna Angus, back Glenys Nowak, Toni-Lee Miller and Donna Carr.

and see so many wonderful people engaged in meaningful conversations, smiling and laughing in the sunshine.

Feedback given from the event included:

“A wonderful event to build relationships with other agencies & learn about what

everyone does- thank you for hosting.”

A very worthwhile initiative to get to know what other services are doing to support vulnerable families.”

“Thank you- great networking op – do it again please!”

“Perfect place to connect and share – thank you.”

“Thank you for bringing us together AFSS, it is vital to share, talk and collaborate as one in the community.”

We are so lucky to be able to work in a community with so many wonderful caring people. AFSS would like to thank all who attended and remind them and others that it doesn't have to be R U OK Day to check in with people – a conversation can change a life. If you're not feeling OK, it's OK to ask for help and support; you're not alone and there are people that you can talk to.

Team delivers the goods across SA

Port Augusta

The CS&W team has recently completed delivery of Healthy Homes, Resilient Families – Growing Up Healthy program in Port Augusta. We started with 3 participants and all 3 graduated, walking away with new information to teach their families at home about healthy eating and food safety. Every week a different module was delivered and included the participants cooking lunch for everyone.

One participant shared that “after the first session I went home and

the next morning when I was feeding my son, I chose to give him the cereal that had less sugar in it. Before this program I would have never realised how much sugar I was giving my son.”

One of the most fascinating sessions for the participants was in module 3, Food safety in the Growing Up Healthy program, where participants learnt and saw how many germs were actually left on the hands using a black light kit after they believed they had washed their hands properly. This was quite an eye opener for everyone!





Where to find us

Adelaide

134 Waymouth Street
Adelaide SA 5000
Phone (08) 8205 1500

Berri

23 Denny Street
Berri SA 5343
Phone (08) 8582 3192

Smithfield

39a Anderson Walk
Smithfield SA 5114
Phone (08) 8254 1077

Ceduna

28 Poynton Street
Ceduna SA 5690
Phone: (08) 8625 3466

Coober Pedy

Lot 1991 Aylett Street
Coober Pedy SA 5723
Phone (08) 8672 3066

Murray Bridge

C/-Moorundi Aboriginal
Community Controlled
Health Service
1 Wharf Road (Ninkowar)
PO Box 1214
Murray Bridge SA 5253
Phone: 0418 499 649

Port Augusta

8-10 Victoria Parade
Port Augusta SA 5700
Phone (08) 8641 0907

Port Lincoln

3 Gloucester Terrace
Port Lincoln SA 5606
Phone (08) 8683 1909



Carers Week in Ceduna



Foster and kinship carers were invited for a sit down dinner on the evening of the 11 September. It was organised that the children and young people of the carers would attend a separate movie night. This ensured that the carers could relax during the evening.

Foster and kinship carers are very special people and we thank them for finding room in their homes, lives and hearts to care for children and young people. We thank carers for their patience and perseverance in always standing by the children and young people and the willingness to look beyond their behaviour to clearly see the pain, confusion and fears that hide beneath. Thanks also to the members of carers' families – their children in particular – for so generously sharing their significant loved ones with the children and young people who enter carers' families.

A separate Teddy Bears' Picnic was held on 13 September on the Ceduna foreshore. This was organised in partnership with

Centacare. The event included activities hosted by the Ngura Yadurirn Family and Children's Centre and Save the Children as well as the Ceduna library. There were many activities – making teddy bear face masks, throwing sandbags into a teddy bear target, story telling, making teddy bear sandwiches, eating teddy bear food.

Teddies could be registered and care for a bear was a great success. Bears were named and could be taken home to care for, with a special certificate. A scavenger hunt with prizes, giving out teddy bear goodie bags and a teddy bear photo booth were also a part of the event.

It was a great success, with approximately 50 children and young people attending. We hope to repeat this event next year. Thank you to all for making the day such a success – including the weather.

Pictured above: Katharine Micka, AFSS Ceduna Manager, and Tom Steeples, AFSS Senior Manager Regional Services, get right into the spirit of the Teddy Bears' Picnic.