



Aboriginal Family Support Services Newsletter

January-February 2023



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Kanku Breakaways Conservation Park Bush Trip

On Tuesday 24 January, our staff and the Young People from the Coober Pedy Youth Shed, planned a trip out to Kanku Breakaways Conservation Park. To start off the day, we packed some sandwiches, drinks, fruit and snacks, then we headed off on our trip. We stopped at all the lookouts along the way and read all of the informative signs. The kids had a great time climbing the hills and exploring, looking for Kangaroos and Lizards.

A message from the Chief Executive

I would like to welcome you all to AFSS January/February 2023 Newsletter. I hope you all had a lovely Christmas and a Happy New Year.

2023 marks the 45th Anniversary since AFSS started providing culturally responsive services for Aboriginal children, Young People and their families. What a fantastic milestone that we have achieved!

2023 has taken off to a steady start here at AFSS, with all programs and services back into full swing. AFSS Community Safety and Wellbeing Workshops (Term 1) commenced at the beginning of February. Please check the calendar on page 3 to see which workshops are still available and give our friendly staff a call if you think that any of these may benefit you.

The program is all about early intervention and prevention, aiming to ensure that families are able to deal with life's challenges, are kept safe from violence and harm, that parents are assisted to make sure children go to school, and that families have the skills and knowledge they need to grow happy and strong in a safe and healthy environment.

I would like to welcome any new staff onboard. It is fantastic to see some fresh faces this year. We now have over 450 staff members who are all making a fantastic contribution to the organisation.

It is also great to see our staff out and about in the community promoting AFSS programs and services. Staff attended the peaceful walk on Monday 13 to commemorate Apology Day. It is the 15th anniversary since Federal Parliament initiated this day in Australia. The walk began in Victoria Park and finished in Veale Gardens, where staff set up stalls for the day.



*Sharron Williams
Chief Executive*





Community Safety and Wellbeing Workshop Calendar - Term 1 - 2023



Workshop	Where	When	Facilitator(s)
Healthy Homes Resilient Families Growing Up Healthy	Pangula Mannamurra Aboriginal Corporation Community Hall 191 Commercial Street West Mount Gambier	Thursdays 16 Feb - 16 Mar 10am - 2pm	Dawn Cardona
Healthy Homes Resilient Families Growing Up Healthy & Rules and Routines (Combined)	Aboriginal Family Support Services 254 Kings Road Paralowie	Wednesdays 8 Mar - 24 May 10am - 2pm	Annette O'Loughlin & Nartiea Morgan
Healthy Homes Resilient Families Routines & Rules	Pangula Mannamurra Aboriginal Corporation Community Hall 191 Commercial Street West Mount Gambier	Wednesdays 22 - 29 Mar 10am - 2pm	Dawn Cardona
Healthy Homes Resilient Families Routines & Rules	Salisbury East Neighbourhood Centre 28 Smith Road Salisbury East	Mondays 20 - 27 Mar 10am - 2pm	Catherine Momo
Healthy Homes Resilient Families Routines & Rules	Salisbury East Neighbourhood Centre 28 Smith Road Salisbury East	Thursdays 23 - 30 Mar 10am - 2pm	Catherine Momo
Healthy Homes Resilient Families Routines & Rules	Ceduna Blues Sports Club Lot 184 - Eyre Highway Ceduna	Tues/Wed 28-29 Mar 10am - 2pm	Melissa Mcnab



Contact: CS&W Facilitators ☎ 8281 5440 🌐 csw@afss.com.au 📍 254 Kings Road, Paralowie SA 5108

Healthy Homes, Resilient Families: Growing up Healthy

This program will provide you with the latest information about eating healthy, storing food safely, and planning and budgeting for healthy eating. It will help you make good food choices for you and your family.

The topics covered include:

- An introduction - growing up healthy
- Nutrition
- Food safety
- Menu planning and budgeting
- Lifestyle
- Food making and Graduation

Healthy Homes, Resilient Families: Routines and Rules

This program will provide you with the tools you need to create routines. Every family needs routines! They help to keep life organised and stop things becoming too stressful. Children do best when routines are regular, predictable and consistent.

You'll learn:

- How to identify the challenges in family life
- The importance of routines to help family life run smoother
- How to develop routines for areas that have specific challenges
- How to support and promote children through good communication
- How to establish rules that will help to provide positive outcomes for your family.



Participants from AFSS Healthy Homes, Resilient Families: Growing up Healthy cooking up a storm!

Senator Kerryne Liddle visits Whyalla

In January, AFSS Whyalla staff members had the pleasure of meeting Senator Kerryne Liddle who is an Australian politician and the first Indigenous Federal Member of Parliament from South Australia. She is an Arrrente woman and a member of the Liberal Party.

Stronger Families staff, Christie Pope and Summa Milligan were invited to a 'Meet and Greet' on Thursday 12 January, where they got to hear about Kerryne's history and journey into parliament.

Kerryne discussed how her focus is on advancing the interests of South Australia and our community, as well as protecting Australia's national interests in an increasingly complex world.

Kerryne discussed looking at South Australia through a different lens and ways in which we can reach out to communities to discuss greater investments in the country and how to demand improvements in service delivery to benefit those who need it the most.

Kerryne made herself available the next morning to pop into AFSS Whyalla Office to meet the rest of the team and let the staff know that she is available and open to have discussions that might relate to client's families needs in the future.



Pictured from left: Summa Milligan, Christie Pope, Jacqueline Hobbs, Senator Kerryne Liddle and Wendy Vandertuuk.



Photo above: Jack Butler's family with Mackenzie Hiep in the middle.

Good News Story in Whyalla!

Mackenzie Hiep was awarded the "Jack Butler" award at Whyalla Secondary College's Trophy Night. This trophy and \$500 prize money is awarded to a student who has overcome adversity due to their hard work and dedication. Mackenzie and her family have been working with the Whyalla IFS team who are all so thrilled for Mackenzie and her achievements. Mackenzie applied for University in Adelaide and has just received the amazing news that she has been accepted into a double degree of Teaching and Science. Mackenzie plans to put the prize money towards a new laptop for her studies at University.

WHAT'S HAPPENING IN MAD MARCH?

2 MAR

Introduction to face painting
Thu, 1:00–2:30 pm
Holden Hill Community Centre, 82 Valiant Rd Holden Hill SA

2 MAR

Keeping Kids in Mind (Online)
Thu, 6:00–8:00 pm
Australia

7 MAR

Adelaide Festival Discounted Tickets:
Ngapa William Cooper
Tue, 7:30–9:30 pm
Adelaide Town Hall, 128 King William St
Adelaide SA

8 MAR

Circle of Security® for Dads (Online)
Wed, 6:00–8:00 pm
Australia

9 MAR

Glenunga Green Thumb Series:
Gardening with Local Native Plants (CC)
Thu, 1:30–2:30 pm
Glenunga Hub, 1/70 Conyngham St
Glenunga SA

10 MAR

Jurrungu Ngan-ga
Fri 10–Sun 12 Mar
Adelaide Festival Centre
King William St
Adelaide SA

18 MAR

National Close the Gap Day
Saturday
Australia

21 MAR

Harmony Day
Tuesday
Australia

21 MAR

FWA Community Managers Forum
March 2023
Tue, 7:30–8:30 am
Australia

23 MAR

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



25 MAR

Aboriginal Inspired Jewellery Making Workshop
Sat 1:00 am–1:00 pm
Mount Barker Community Centre
3 Dumas St
Mount Barker SA

29 MAR

The National Aboriginal Child Safety and Domestic Violence Summit
Wed 29–Fri 31 Mar
Pullman Adelaide
16 Hindmarsh Square
Adelaide SA



Search "SA Aboriginal events 2023" for further details and bookings

Starting the year with sharing culture at AFSS Mt Gambier

For the commencement of 2023, AFSS Mount Gambier Office held a staff gathering and the theme for the day was 'sharing our culture around the world'. Staff members cooked and brought in dishes from their culture/birthplace/origin. Each staff member spoke about their meal and the significant connections it had to their culture. After the meal, we also had a trivia quiz. It was a wonderful gathering and a great start to 2023!



Aboriginal Gambling Help Service

**Are you feeling stuck? Relationships suffering?
Finances getting out of control?**

If you would like to know more, please don't hesitate to ask for help!
Contact AFSS Aboriginal Gambling Help Service in your region:

- Riverland:** 0439 085 591
- Murray Bridge:** 0418 499 649
- Port Augusta:** 0409 996 222
- Port Lincoln:** 0428 329 972



Funded through the Gamblers Rehabilitation Fund



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Australian Hotels Association (SA)

SKYCITY ENTERTAINMENT GROUP



Government of South Australia
Department of Human Services





NDIS Team out and about in Community

On 23 January, The NDIS Navigator team attended the City of Salisbury event for the unveiling of the Clock Tower Artwork, which was created by Kaurna and Ngarrindjeri Landscape Architect and Visual Artist, Paul Herzich. The Artwork represents local features of significance, including the vernal pools in Parafield, as well as the Dingo whose skeleton was found in Greenfield. Before the Clock Tower Artwork was revealed by Elder Kevin O'Loughlin (Uncle Dookie), he shared the history of the region for Kaurna people and the story behind some of the animals found in the community and how they fit into the dreamtime stories of Kaurna people. Uncle Dookie spoke about how important Reconciliation is, for both Aboriginal and Non Aboriginal people, and how it can help to enhance the strengths within our communities and families.

The event was a great opportunity to also network with other service providers and organisations within the Salisbury community.

Photo 1: Eileen Collins-Cole, Elder Kevin O'Loughlin (Uncle Dookie), Shana-May Karpany and Artist Paul Herzich

Photo 2: Clock Tower Artwork

Photo 3: Eileen Collins-Cole, Shana-May Karpany, Liv King and Ricache Van Groesen



NDIS Team attend Aboriginal Children and Young People Community Forum

On 15 December 2022, the AFSS NDIS team attended an Aboriginal Children and Young People Community Forum, which was held across South Australia.

The Inquiry focused on how the Aboriginal and Torres Strait Islander Child Placement Principle is applied in the removal and placement of Aboriginal children in out-of-home care. As part of the forum, April Lawrie, Commissioner for Aboriginal Children and Young People, spoke of the alarming statistics of removal and placement of our Aboriginal children. April created the space for Aboriginal people impacted

by removal and placement, to share their experiences, suggest improvements and have their voices heard.

The alarming statistics showed that South Australia has the second highest rate of Aboriginal entry into out-of-home care nationally, the highest rate of Aboriginal children on long-term guardianship orders, the lowest rate of reunification for Aboriginal children (7%), the second lowest proportion of expenditure on family support services (8.8%) and the third lowest proportion of expenditure on Aboriginal Community Controlled

Organisations (3.4%). Without change, it is predicted that by 2031, as many as 140 in every 1000 Aboriginal children will be in state care.

The AFSS NDIS team took part in group table talk discussions around processes and barriers for Aboriginal families' experiences with Child Protection interventions, removals and placements. We discussed the comparison between different cultures and Aboriginal culture, the application of attitudes and application of Child Protection Services.



From left: Shana-May Karpany - NDIS Navigator, Bianca Ford - NDIS Support Coordinator, Eileen Collins-Cole - NDIS Navigator, Tarnlee Butler, Charmayne Stenbouse - Department of Human Services, April Lawrie - Commissioner for Aboriginal Children & Young People and Liv King, Manager NDIS/ILC (far right).



Port Lincoln COLOUR FUN RUN

On 18 January 2023, AFSS Port Lincoln held its Annual Colour Fun Run. With much preparation involved for the event, the rain held off and we had a lovely sunny day - who would have thought in the middle of January! With the weather gods on our side, we had the biggest mob of kids and families who came together on the lawns. As the kids arrived, they were greeted by our staff and shown the way through. Laughing, smiling and on continuous rotation, the kids were splashed with lashings of colour. And then for the grand finale, the roles were reversed and the kids threw colour on all of our staff. Overall, it was a fun day had by all and AFSS would like to thank the following agencies for their amazing support:

- Rotary
- Woolworths
- Bendigo Bank
- Bakers Delight
- Port Lincoln City Council



What services does AFSS NDIS provide?



If you are living with a disability, AFSS NDIS team wants to support you and help you live the life that you want!

We have been supporting Aboriginal Communities in South Australia for over 40 years, and have all of the experience and knowledge to help you achieve your goals, in a culturally safe, respectful, environment. We can provide the following services;

Support Coordination and Specialist Support Coordination

We can help you to understand and use your NDIS plan effectively. We can also help you to connect with your supports and get the services that you need.

Navigating the NDIS with our 'Be With Me' Program

AFSS 'Be With Me' Navigators facilitate connections for Aboriginal people living with a disability, and provide them with assistance when required to apply for an NDIS Plan. This can include supporting clients with their NDIS application, gathering evidence, attending big appointments, or connecting with advocates.

'Be With Me' Navigators can also help clients who already have a current NDIS plan, to review and understand their plan, and help them with their goals to make sure that it fits their needs. They can also provide assistance in helping them connect with their current service providers, or other beneficial services within the community.

In home support work and community inclusion support work

We can help you to reach your goals in the home and in the community. These supports are provided by a Support Worker, who can help you to become more independent and active within the community. We can support you in areas such as transport, shopping, cleaning, personal care and social activities.

Mentoring

AFSS mentors work with children, Young People and adults. We build a relationship with you and support and encourage your growth. Do you have goals around personal development, social skills, self esteem or choices? If so, we are here to help you all along the way!



Aboriginal Family Support Services
Together with the community



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

✉ ndis@afss.com.au

☎ 82813440

🌐 www.afss.com.au



Aboriginal Family Support Services
Together with the community

☎ 82051500

🌐 www.afss.com.au



AFSS NDIS

'Be With Me'

Disability and Aboriginality
The Intersection Explained

Training Sessions Open to Community

When: Thursday 23 March - 6 April - 20 April & 4 May

Where: 254 Kings Road Paralowie SA Time: 10am-2pm



If you are interested please email NDIS@afss.com.au
or call (08) 82813440 / 0458 966 906 and ask for Eileen, AFSS NDIS Navigator

(Min of 10 people for training to commence)

Staff Updates



Rupinder Kaur, Payroll and HR Administration Officer.

My name is Rupinder Kaur. I have recently started my role as a Payroll and HR Administration Officer with Aboriginal Family Support Services. I am glad to tell you all that this is a role that I have been looking for, as it is challenging as well as rewarding at the same time. The nature of the job provides me with the highest level of job satisfaction. I am enjoying this role as I have a personality that is fit to work under pressure, take on responsibilities, and enjoys multitasking and the challenges that come along with day to day work.

My working background includes Administration roles in different aged care organisations around Adelaide. I have spent 4-5 years as a member of Administration staff and the last 2 years as a Human Resources Business Partner Assistant at Ananda Aged Care. During my time at Ananda, I had the opportunity to have a closer understanding of payroll as well as accounts, which acted as a boost for my skills. I have always enjoyed working in nursing homes, but at the same time, I felt the need to look for challenges and opportunities available all over the region. Due to all of these reasons, I feel honoured to have the opportunity to work with Aboriginal Family Support Services.

One of the strongest skills I have acquired while working, is being a team player. However, I do

prefer working independently at times. My successful time working at different nursing homes can be contributed to my exceptional communication skills and these allow me to work efficiently with the organisations that have a significant focus on workplace diversity such as Aboriginal Family Support Services.

Additionally, I am also studying a Bachelor of Human Resource Management at University of South Australian. This is playing an important role in my continuous professional development and is adding to my skill set every day.

I love spending my free time with my family and friends, trying new cuisines, going for a walk at the beach, and cooking pasta. I also find listening to music extremely soothing.



Jessica Hammer, Kinship Liaison Officer, Port Augusta.

My name is Jessica Hammer, I am the new Kinship Liaison Officer at Port Augusta. I have been involved in Community Services since the age of 17 and have continued on with employment in many related fields such as alcohol and other drugs, Mental Health and Youth Work. I have also worked with programs in Youth Services such as Homelessness and Family Support Programs. I am a Personal Trainer in my after hours and have a small studio that is a safe place and supports mental health, and also allows people to train in a care free environment. I am excited to work with Kinship Carers and help families stay together.



Catherine Momo, Community Safety & Wellbeing, Program Facilitator.

Hello, AFSS Family. Thank you for giving me the opportunity to experience and further my knowledge within this field and organisation.

My name is Catherine, I recently became a program facilitator with the Community Safety & Wellbeing team at AFSS Paralowie office. Prior this job, I was working in the youth sector as a Therapeutic Care Worker.

I have had the pleasure of working alongside the community and with other team members to build a safe and loving environment for Young People to develop and grow.

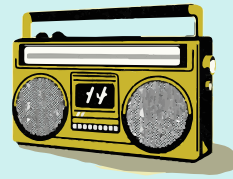
I'm excited to use the skills and knowledge I have gained over the years as a Youth Worker in my current job to represent AFSS and its beliefs through the community and the people I come into contact with.

A little about me: I consider myself to be a happy person, always smiling. I believe in kindness and always treating people with respect and the way that you would like to be treated.

When I'm not working, I like relaxing, going to the beach, gardening and spending time with my family.

AFSS Coober Pedy **YOUTH SHED**

'Making Noise' for SA Youth Week - 2023



SA Youth Week (SAYW), which is held from 24 March to 2 April 2023, is an initiative that celebrates and recognises the value of young South Australians in their communities.

This year the State Government, through the Department of Human Services (DHS), provided grants of up to \$2,000 for local councils and non-government organisations across South Australia working directly with young people to host events and activities during SAYW 2023. The events and activities should be designed to promote, acknowledge, recognise and celebrate the contributions of young people in our communities.

AFSS Coober Pedy Youth Shed was lucky enough to be nominated to participate and receive this grant, and in the



Pictured above, Rosie and Jaz in Studio 2 recording the Youth Week training announcement.

beginning of February, six Young People from the region (aged 12-24 years), teamed up with Dusty Radio to participate in a 5 week training workshop, which was designed to give them all the skills to develop their own radio show. The final product will be broadcast during SA Youth Week (24 March -2 April), so keep an ear out!

Aims and objectives

SAYW 2023 grants support youth-led events and activities held during SAYW in South Australia that support the objectives of SAYW by:

- Providing opportunities for young people aged 12 to 24 years to be involved in the planning and delivery of events that celebrate young people and youth culture.
- Providing opportunities for young people to express their ideas and views, pursue their interests, showcase their skills and talents, raise issues of concern to them and/or act on issues that affect their lives.
- Providing opportunities for the wider community to listen to young people and acknowledge and celebrate the positive contributions that young people make to their local communities.
- Providing activities that are accessible for all young people.



Rock Painting @ the Coober Pedy Youth Shed!

AFSS Coober Pedy Youth Shed school holiday program started on January 3. Although the numbers were lower than we expected, we still went ahead and continued with the planned programs. We were lucky enough to have Kaye Swain visit the shed for 3 weeks and teach the kids rock painting. Some of the days were spent going out on bush trips to collect the rocks, and then heading back to the shed to prepare and clean them, before applying the base coats and designing and painting them. The rocks were either taken home by the kids, or sent out into the world through the SA Rocks Facebook Page. One of our rocks has even travelled as far as Thailand! #SARocks



AFSS Coober Pedy YOUTH SHED



A Visit from the Local CFS & Fire Safety Talk

On the last week of the school holidays, we were lucky enough to have the local CFS volunteers come out and visit the Coober Pedy Youth Shed and do a fire safety talk and let the kids have a go on the hoses and fire extinguishers. The kids learnt what to do if there is a fire and how to get out safely.





2023 marks the Forty Fifth (45) Anniversary of AFSS providing culturally responsive services for Aboriginal children, youth and families, to sustain a safe, resilient future while being connected to culture.

Culture gives us strength, stability, wisdom and power to achieve long lasting positive change through our actions, recognising the ongoing survival of the oldest existing culture in the world today.

As an Aboriginal Community Controlled Organisation we have a responsibility to advocate and amplify voices for Aboriginal children, families and community, while listening to our ancestors, moving forward with resilience and aspiration.

January 26 is not a day of celebration for many Australians, particularly for Aboriginal people. It marks the beginning of the grief, dispossession of their land, violence, massacres and genocide, representing the attempt to end culture and connection to language and access to country for Aboriginal people.

The debate about "changing the date" is about more than just a day. It's about who we are as a country and whether we remain trapped by our history and by the failure to imagine any relationship with Aboriginal peoples.

As an Aboriginal organisation, January 26 is an opportunity to celebrate the richness of our culture and people. We are still here, our

languages are still spoken and our cultures are strong.

We need to consider the children who we work with and demonstrate strength and resilience.

Working in an Aboriginal organisation is and needs to be different, we need to show support to our colleagues and stand together showing how we work towards growing cultural pride for our children and families.

Culture isn't a privilege, it's a right and we all need to stand up and support the rights of children in our care.

Some of the ways to stand in solidarity with our Aboriginal Children, families and our colleagues can be found in the link below.

https://www.afss.com.au/_files/ugd/83f599_1a2b140be4d84fc48230342e66a92c12.pdf

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

Coober Pedy
Lot 1991 Aylett Street
Coober 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



(08) 8209 0700
info@closingthegapday.net



Closing the Gap Day 2023.

Thursday 16 March
11 am - 3 pm

Kaurna Country
Jubilee Pavilion,
Adelaide Showground
Goodwood Road, Wayville SA



Join Sonder and Nunkuwarrin Yunti at Closing the Gap Day, an event for Aboriginal and Torres Strait Islander peoples of all ages and mobs.



Over 100 stallholders

Learn about the local services that can support your health, wellbeing and other areas of your lives



Celebrating First Nations

Performances by Katie Aspel, Nathan May, Nancy Bates and Eddie Peters, and market place



Free community event

Kids activities, raffle prizes, giveaways, hot lunch and more!

Register now!

Scan the QR code and select 'General Admission' or visit closingthegapday.net

Exhibit at Closing the Gap Day
Scan the QR code and select 'Exhibitor.'

Are you an Aboriginal and/or Torres Strait Islander artist?

Scan the QR code and select 'Market place.'



If you love savings on food and entertainment, then follow this link to purchase a digital Entertainment Book & help support AFSS!

<https://au.entdigital.net/orderbooks/9x50254>

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.