



Aboriginal Family Support Services Newsletter

May - June 2018

CSW programs a big hit in Whyalla



Above from left: Jeremy Cameron-Clay, Robyn Loney, Jenna Garlett, Warren Garlett, Deanna Van Balen and Corey Slade have just finished cooking Mideast Carrot, Almond and Sour Cream Soup that had the most beautiful texture and taste. A real sense of accomplishment was felt after considerable preparation including chopping up 1kg of carrots each and working together to get the kitchen spotless again afterwards! Absent from photo are Ricky Pokora and Alisha Knudsun.

Community Safety and Wellbeing (CS&W) ran two very successful programs in Whyalla from 16-20 April. According to Corey Slade, CSW Facilitator, "It was a biggie - two programs delivered over five days!"

The programs were both Healthy Homes, Resilient Families programs - Growing Up Healthy and Rules and Routines.

The seven participants worked through three recipes in the Growing Up Healthy program, including Cheat's Tuna Mornay and Mideast Carrot, Almond and Sour Cream Soup (yum!), which had the most beautiful texture and taste.

Sweet and Sour Meatballs was also on the menu. It's good

to freeze and has the added flexibility of the cook being able to make changes to the recipe while still being delicious.

The sugar film was also an eye opener for participants, and Ricky even started drinking bottled water instead of monster energy drinks after watching and discussing it. A great outcome!

According to all the families involved "All our family really loved the meals ... big and little alike".

All participants really enjoyed thinking about and creating their very own "Family Rules Board" as part of the Rules and Routines program. They found it very helpful working backwards from their goal, breaking down

seemingly insurmountable problems into smaller manageable steps.

A big "Aha" moment was understanding that setting in place a few strategies to overcome obstacles that seem to repeat/hinder progress is smarter than merely trying to attack the goal with "effort" over and over again.

CSW looks forward to visiting Whyalla in the future with more programs to empower local Aboriginal families.

To find out more about AFSS' CSW programs, visit the AFSS website, www.afss.com.au



A message from the Chief Executive

There are exciting times ahead for us here at AFSS. This year marks the 40th anniversary of our organisation, and plans are well underway for our anniversary celebrations to be held in October this year.

I am very proud to be leading AFSS at this important time in our history.

We are also planning our celebrations for Aboriginal and Torres Strait Islander Children's Day, which will be held on Friday 3 August at Tauondi College.

Last year's event was a huge success, and we are planning an even bigger and better celebration this year. See the ad on page 12, which includes contact details for prospective stall holders and more information about the event. Make sure you mark the date in your calendar!

Another highlight is our new Strategic Plan, which has been developed in collaboration with staff and Board members. Thank you to everyone for their input and comment on this important document, which will provide us with direction until 2023.

Stay tuned for its release later in the year.

It is pleasing to note our staff's commitment to training. Both the Family Based Care Team and the Stronger Families Team have undertaken professional development recently, which has not only enhanced their skills and knowledge but also cemented the friendships and working relationships amongst the team members located across our offices around the state.

*Sharron Williams
Chief Executive*



Winners are grinners!

Congratulations to the deserving winners of the AFSS quarterly carers' draw to win a Shorts Holiday voucher. We hope you all enjoy a welcome time of rest and relaxation.

- Port Augusta winner - Mattia Johnson
- Metro winner – Kerry Wills
- Port Lincoln winners – Sharron and Brett Wait
- Ceduna winner – Jacqui - Lee Fawcett
- Coober Pedy winners – Tanya Lauder and Jayden Watts.



Skills and sharing at AFSS Family Based Care Workshop

AFSS held a three-day Family Based Care Workshop for staff in Adelaide at Tandanya National Aboriginal Cultural Institute, commencing on 10 April.

As well as providing a great learning opportunity, the event allowed 20 staff from across AFSS' metro and regional Out of Home Care teams to enjoy a time of fun and sharing.

Guest speakers were invited from the Department of Child Protection (DCP) to discuss legislative changes, assessment processes and timeframes, and training.

In addition, the workshop covered a range of other topics including the development of a draft recruitment plan for 2018-19, streamlining processes across each site, trauma training included a group activity on brain construction and development, and results from the recent carers survey conducted by AFSS was also considered.

Feedback from staff on the event was very positive, including:

“A great three days. Always great to spend the time with regional staff. A fantastic opportunity to have our voices heard around our concerns, struggles with system issues, and what supports we need to continue the wonderful work we all do.”

“Very well presented and very informative. Great to be with other areas and co-workers sharing information and ideas. It was good that we were able to have our ideas and points of view heard.”



Above: AFSS Family Based Foster Care staff from Adelaide, Ceduna, Coober Pedy, Port Augusta and Port Lincoln.



Above and below: Participants work together on “brain construction” and listen to information presented by guest speakers.



The impact of problem gambling on families

What are the impacts of gambling harm on families?

- May affect the functioning of families
- May affect intimate partners, children and extended family members.
- May affect family relationships and cause emotional problems and financial difficulties.
- Evidence to support the association between gambling harm and family violence.
- Children of problem gamblers are at higher risk of developing a gambling problem.

Effects on intimate relationships

Research shows intimate relationships of people with gambling problems are affected and may involve poor communication, relationship dissatisfaction, conflict, arguments and in some cases separation or divorce.

Impacts on family environments

The family environment can be significantly affected when a family member has a gambling problem:

- High levels of anger and conflict
- Less independence
- Lack of communication and support
- Less participation in social and recreational activities.

Children are exposed to a range of stressors which may include:

- Financial and emotional deprivation
- Physical isolation

- Inconsistent discipline
- Parental neglect/abuse
- Poor role modelling
- Family conflict
- Reduced security/stability

Gambling harm and family violence

Consistent evidence shows that gambling harms are associated with intimate partner violence. People with gambling problems are more likely than people without gambling problems to be victims or perpetrators of intimate partner violence.



Effects on family member health and wellbeing:

- Emotional
- Partners: anger, resentment, depression, anxiety
- Children: depression, hopelessness, anxiety, confusion, guilt
- Physical
- Partners: headaches, gastrointestinal problems, hypertension.

- Children: asthma, allergies, chronic headaches
- Behavioural difficulties
- Partners: excessive drinking, smoking, over/under eating, impulsive spending
- Children: running away, alcohol and tobacco abuse, over-eating, lower academic/employment performance, illegal acts.

If you or someone else is experiencing problems with gambling, some effective coping strategies may include:

- Talk to someone you trust
- Set boundaries/limits
- Take one day at a time
- Find spirituality
- Discover new interests, activities
- Release guilt and responsibility
- Recognise gambling as an addiction
- Seek professional help
- Make a conscious effort to stop helping the gambler to gamble
- Support the gambler in treatment

Summary

Gambling problems CAN have significant impacts on family members such as children, parents, grandparents and siblings. Common family impacts include financial



Funded through the Gamblers Rehabilitation Fund



aha|sa
Australian Hotels Association (AHA)



Government of South Australia
Department for Communities and Social Inclusion

hardship, impaired family relations, diminished emotional and physical health, family conflict, mistrust, family neglect, communication breakdown and confusion about family roles and responsibilities. There is also evidence that gambling problems are associated with family

violence and can be transmitted from one generation to the next. If you are concerned about your family or a family member that may be affected by gambling, please contact the AFSS AGHS in your region. Contact details are at the bottom of this page.

Information in this article from The Impact of Gambling Problems on Families, Commonwealth of Australia. <https://ajfs.gov.au/agrc/publications/impact-gambling-problems-families/export>

AFSS Aboriginal Gambling Help Service presentation schedule

Date and time	Location	Contact
Wednesday July 4 10.00am -12.00 noon Light morning tea provided <i>Taking control of gambling</i> Wednesday August 8 10.00am -12.00 noon Light morning tea provided <i>What am I really gambling with?</i>	AFSS Office 23 Denny Street Berri	Norman Giles Phone 8582 3192
Tuesday July 10 10.00am – 12.00 noon Light morning tea provided <i>Problem Gambling</i> Tuesday August 7 10.00am – 12.00 noon Light refreshments provided <i>What am I really Gambling with?</i>	Moorundi 4 Clara Street Murray Bridge	Bronte Warneke Phone 0418 499 649
Thursday 26 July 1.30pm - 2.30pm <i>Deadly Choice - Taking Control</i> Light refreshments provided Tuesday 28 August 1.30pm - 2.30pm <i>Myths and Facts</i> Light refreshments provided	AFSS 3 Gloucester Terrace Port Lincoln	Anna Angus Phone 0428 329 972

What is the AFSS Aboriginal Gambling Help Service?

AFSS Aboriginal Gambling Help Service recognises the need in the community to support Aboriginal people and their significant others, where gambling has become, or is potentially developing into, a problem. AFSS also recognises that education and awareness are

fundamental in supporting Aboriginal people who have gambling problems by:

1. Building resilience
2. Promoting connectedness
3. Awareness and education.

To find out more, visit the AFSS website, www.afss.com.au or ring the Aboriginal Gambling Help

Service staff member in your region:

- ❑ Murray Bridge - Bronte Warneke, 0418 499 649
- ❑ Berri/Barmera - Norman Giles, 8532 3192
- ❑ Port Lincoln - Anna Angus, 0428 329 972
- ❑ Port Augusta - Megan Devlin, 8641 1210.



Port Lincoln happenings

Port Lincoln Aboriginal Gambling Help Service (AGHS) hosted a Community Gambling Forum on Wednesday 6 June at the Mallee Park Football Club.

The forum was a great opportunity for the community and service providers to discuss the effects of problem gambling on the local community and how we can all work together to support people affected by gambling harm. Guest speakers talked about the role of venues, barring and financial counselling services.

Port Lincoln AGHS was fortunate in securing funding from the Office of Problem Gambling (OPG) to purchase resources for the AGHS program.

Pictured (top right) are AFSS gambling workers, Bronte Warneke (Murray Bridge), Anna Angus (Port Lincoln) and Norman Giles (Riverland).

One of these resources was a branded table throw. The table throw looks very professional and is a great visual aid in promoting our services at events and display. *See middle photo at right.*

We are excited that local well known and respected Aboriginal artist Susan Betts has been commissioned to develop artwork for AGHS Port Lincoln which will be used in resources, including promotional drink coasters and pull-up banners.

Pictured bottom right are AFSS Port Lincoln Manager and artist Susie Betts.



Family Matters hosts free movie screening

Family Matters Working Group South Australia, proudly supported by Child and Family Focus SA, the University of Adelaide - Adelaide Law School and Women's Legal Service South Australia held a free screening of Larissa Behrendt's documentary *After the Apology* for the National Week of Action on 18 May 2018 at the University of Adelaide.

The event was well attended by both the general community and individuals representative of a broad range of agencies who are involved in the care and protection of children in South Australia.

The campaign was delighted to sign up three new parties to the Family Matters Statement of Commitment, namely the Shadow Minister for Child Protection, the Guardian for Children and Young People and the Executive Director of Reconciliation SA.



Above from left: Jayne Stinson, Shadow Minister for Child Protection, Melissa Clarke, Leata Clarke and Penny Wright, Guardian for Children and Young People, at the event.

Stronger Families team workshop

The Stronger Families team came together again this May to share, learn and celebrate the work that the team continues to do in all our locations around SA.

A key aspect of this workshop was the day we spent with staff from the Menzies Institute learning how to use the Stay Strong App.

AFSS has formed a partnership with Menzies that has allowed us to purchase a specially adapted version of this App.



The Stay Strong App has been developed and trialled in the Northern Territory and is a culturally safe tool for working with clients.

This App will give us another tool to use to engage our clients and support them to keep their children safely at home, or to work towards making change that will allow children to return to their home.

The whole team loved working with Michelle and Jana to learn about the history of the AimHi program and more specifically the Stay Strong App. The team then spent time learning how to use the App.

Over the coming weeks all of the staff will be busy practicing and starting to roll out the use of the App with our clients. We are looking forward to having a new way to work alongside our clients.



Pictured from left to right: Standing - Alban, Wendy, Glenys, Viv, Jessica, Helen, Ashley, Michelle (Menzies Institute), Leonie, Jana (Menzies Institute); Middle row seated - Eileen, Barbara, Kasuni; Front row seated - Jose, Glenys, Carly, Michelle, Amber, Jane and Grace.

AFSS Chief Executive marks 20 years' Service

June 1 marked 20 years of service for Sharron Williams, Chief Executive of AFSS.

This is a remarkable achievement and reflects Sharron's long term passion for, and commitment to, the safety and wellbeing of Aboriginal children and young people and their families and communities across South Australia.



Over the last 20 years, Sharron has been the driving force in taking AFSS from a relatively small organisation with a few programs to where we are today – a peak Statewide organisation that employs over 250 staff in 22 locations across South Australia. This has required ongoing and unwavering commitment, dedication and sacrifice and Sharron's tireless work has guided AFSS to be the strong and influential organisation it is today.



Official opening of the Aboriginal and Torres Strait Islander Women's Rehabilitation House of Hope

On Wednesday 13 June, AFSS attended the official opening of the Women's Rehabilitation House in Monarto. The (Leila Rankine) House of Hope is situated in close proximity to the Men's Rehabilitation facility (LTW); both properties are located in a lush bushland setting, idyllic for peace and tranquillity (Ngarrindjeri country).

The cold weather and the intermittent showers did not deter the many guests attending the opening. Management and staff were well organised with marquees, seating, catering, extra toilet facilities and even a smokers' marquee (way over yonder in the Mallee).

The event began at 11.00am with a Welcome to Country and dance performance by local Ngarrindjeri dancers Rita Lindsay and family.

Official guest speakers were local State MP for Hammond, the Honourable Adrian Pederick, Joe Silvestri (ASG CEO), Polly Sumner Dodd (ASG Board member)' Bigsunday foundation projects officer, and Aunty Gayle Rankine who cut the ribbon in honour of her mother Leila Rankine for whom the house is officially named.

House of Hope Women's rehab mirrors the Men's rehab centre, with female clients attending a 12 -24 week program to assist with their addiction and walk with them through their journey of recovery and wellbeing, and will continue after the women have successfully completed



Above, back row from left: Jason Russell (Berri ASG), Norman Giles (Berri AFSS), Bronte Warneke (Murray Bridge AFSS). Front row from left: Ian Sansbury (Adelaide ASG), Don Scordo (Manager ASG Berri), Jason Warrior (Adelaide ASG).

the program. The house is running at full capacity and has a long waiting list to cater to a need that is crucial to our community.

CEO Joe Silvestri stated "ATSI women were commonly referred to mainstream rehab centres and found that these women were not able to last the duration of the program because of the cultural differences, and became more withdrawn."

After the opening ceremony guests were able to view the facility at their leisure, while ASG staff created a scrumptious BBQ lunch, comprising of grilled octopus, marinated ribs, chilli/spiced and plain grilled sausages, grilled chicken and steak, with potato salad and green salad (yum!).

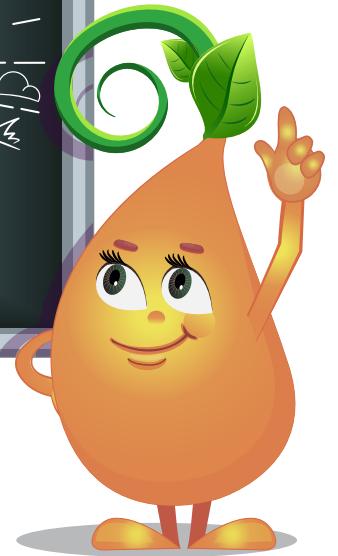
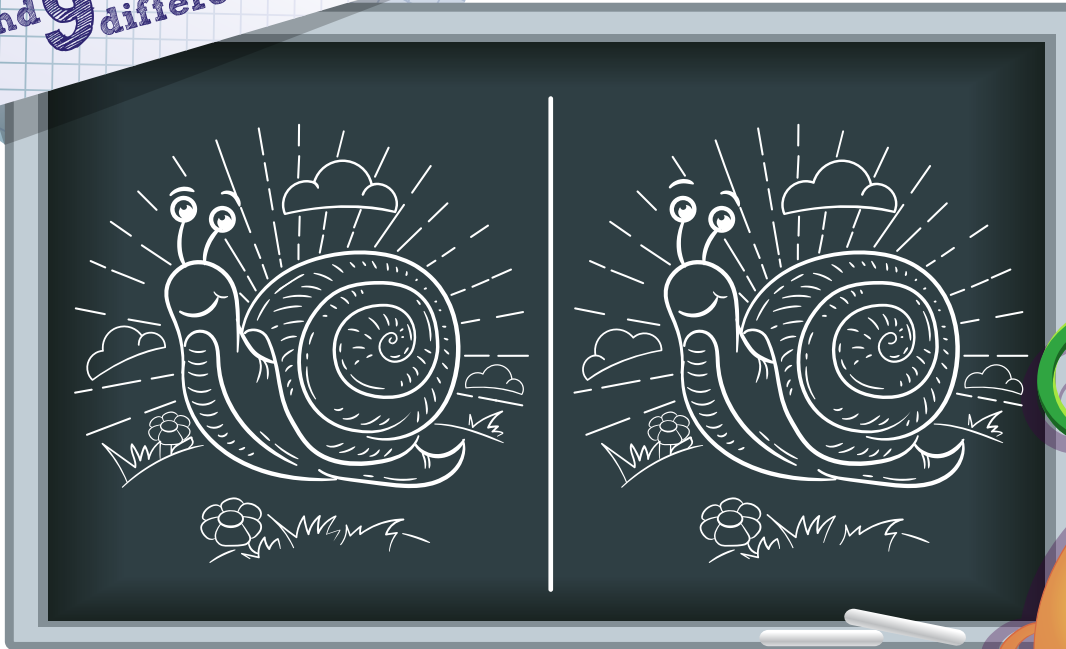
The house is coupled with two outer buildings, comprising of a staff office and a gym and recreation area for the women to do some artwork or exercise and to relax.

There were plenty of parking spaces that catered for the 170 guests and with the wet conditions the gravelled driveway and walk ways surrounding the centre, meant there was no walking through the mud.

It was a great couple of hours at the opening ceremony, viewing the centre and meeting the many staff and community members who contributed to the establishment of the centre. We were able to meet other services to network and strengthen those partnerships already formed.

Just for kids

Find 9 differences!



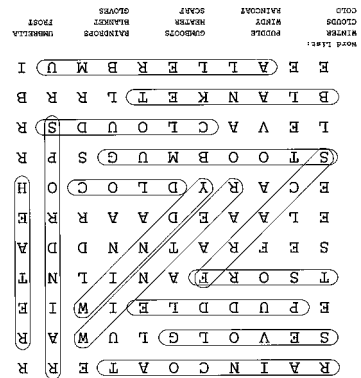
The right answer



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

Winter Word Find

Find the words from the word list in the puzzle on the left. Words may go up, down or sideways. Answers below.



Word List:
 WINTER
 CLOUDS
 COLD

PUDDLE
 WINDY
 RAINCOAT

GUMBOOTS
 HEATER
 SCARF

RAINDROPS
 BLANKET
 GLOVES

UMBRELLA
 FROST





Around the houses

Swimming with seals and dolphins at Streaky Bay

A great story from one of our Ceduna house residents!

We all woke up early got ready, had some breakfast then got the things that we needed for the day. I helped pack everything in the car then we all jumped in and headed off. Everyone was excited and nervous at the same time and on the way there we listened to music and sang along with it. I was having fun but after a while I got tired and fell asleep in the car. Before I knew it one of the other children was waking me up to tell me we were almost there. We had to drive on the dirt a little but once we got to the place we got out the car and got our stuff out too. We then got dressed in our wetsuits but we had to leave clothes on under them so when we were finished we could take them straight off to be washed. While we waited for the other families that were doing it, I got so nervous that I didn't want to do it anymore. Once the other families got there they changed and got their things ready. Then we had to wait just a little longer while they got the boat ready. Finally we were going and everyone was so excited but I wasn't – I was still so nervous! We hopped on the boat and sat down and soon after we headed off to see the seals. On the way we stopped to have a look to see if we could find any and saw some on the beach. It was so cool. Soon we got out of the boat to swim with the seals but before we got out they handed us goggles to wear. Then we jumped in! The seals came up to us and followed us around. I had so much fun playing with them, swimming with them, touching them and also swimming in and out of the water with them. One of the seals went and popped their head out of the water and looked someone right in the face then went back under the water. There was one big fat seal and he spent most of his time sleeping in the sun and not playing. When we got out of the water we had a warm drink and biscuits and went for a drive on the boat to find the dolphins. When we found them some of the



fast swimmers were allowed to get out of the boat into the water with them. I went in but they didn't like being touched or followed so we didn't get too close, but we saw them from a distance. It was fun. We got back in the boat and headed to shore. We all gave our goggles back and then got off the boat but had to take our wetsuits off before going inside. We put our stuff in the car and jumped in the car and went to the park to have lunch. We bought hot chips and other stuff. Then we played on the playground and on the beach. It was fun. Soon it was time to go home so we jumped back in the car and headed home. It was a fun day and on the way home we listened to music and I fell asleep again. Once we got home everyone woke me up. We all helped unpack the car. We had showers and watched movies for the rest of the night. After tea it was time to head to bed – and we all were very tired!

Skills on display

Here's a shot of one of our talented young people getting busy with the tools. He was making a shoe rack. His concentration and skills were great, and he had a real sense of pride when he'd finished his project. Too deadly!



AFSS at Aboriginal Children's Health Expo

The Aboriginal Children's Health Expo was held at the Adelaide Entertainment Centre on 19 April 2018. AFSS attended the Expo represented by Kathi Fejo and Peter Frankcom who ably staffed the brightly decorated stand throughout the day. During the afternoon Becky Matthews joined the team at the Expo.

Again the event was well organised, as it is each year, with loads of stands and entertainment for the many children who attended.

There was face painting, a petting zoo, bungee jumping and rock wall climbing to name a few of the activities available to the children. There were also stage acts, including singers and dancers.

Looking for something different this year AFSS chose to provide plain calico bags, paints and brushes plus gloves and cleaning materials, to enable the children to put show their artistic talents. This proved to be an extremely popular choice and we soon ran out of bags. Once resupplied with bags the fun continued.

As with previous Expos the lunch provided was



Above: The AFSS information stand – ready and waiting for the crowds to arrive.

amazing and team serving the food were better than ever (if that's possible).

The Expo also provided a great opportunity for networking; moving around the stands and discussing different issues with variety of workers was invaluable and presented some new ideas for team discussion back in the office.

This annual Expo is certainly an event not to be missed and we look forward to being involved again next year.



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 in need.

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

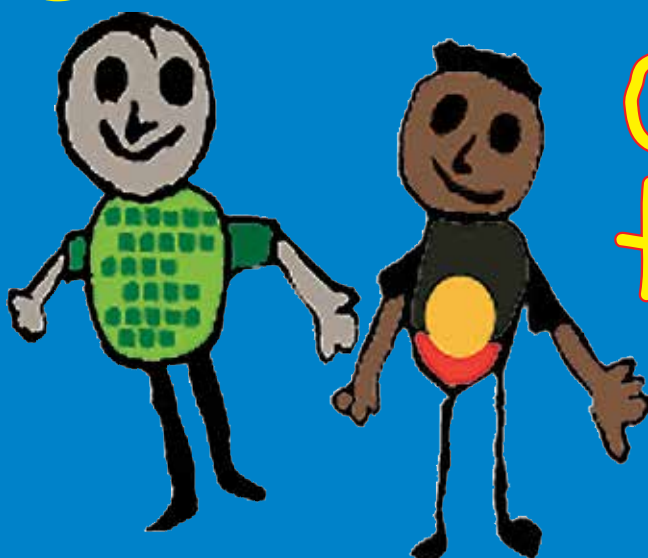


Aboriginal Family Support Services Inc
Together with the community



SAVE THE DATE! AFSS'

Connection to Culture Aboriginal Children's



Day

**Attention all parents, families
and carers of Aboriginal children!**

Aboriginal Family Support Services warmly
invites you to celebrate our Connection to Culture Aboriginal
Children's Day

When: **Friday 3 August 10.00am - 3.00pm**

Where: **Tauondi Aboriginal Community College
1 Lipson St, Port Adelaide**

Featuring entertainment for kids and adults alike:

Weaving | Painting | Craft | Boomerang making
Playdough making | Dreamcatcher making | Face painting
Balloon twisting | Henna tattoos | Seated
massage | Jumping castle and more!

Information
stalls

Delicious food
provided

To find out more, or for
info on having a stall at
the event, please contact Barbara Falla
phone 8205 1500 email barbara.falla@afss.com.au



Welcome to the AFSS team!



Hello everyone, my name is **Jane Leitch** and I joined the AFSS Ceduna team in May as a Case Worker in the Stronger Families program. I'm very pleased to be part of the AFSS Ceduna regional team and the State AFSS community! I'm also enjoying living in Denial Bay, just outside Ceduna.

My background includes working with the state government, in native title and Aboriginal heritage law. I've worked in the private sector and as a carer for a close family member. What brings me to Ceduna and AFSS is previous work with the traditional Aboriginal communities of Maralinga Tjarutja, the Oak Valley mob and Tjuntjuntjara, the Pila Nguru mob, in WA.

I was part of the small team of lawyers from the Native Title Section, Attorney-General's Department, tasked with the project of the hand-back of the Unnamed Conservation Park to its traditional owners. This happened in 2004 and the park is now called Mamungari Conservation Park, a UNESCO World Biosphere Reserve. It

was an honour to work with the Aboriginal communities. I love the desert out here and the country. It is wild and beautiful. Working with traditional Aboriginal people changed my life.



Hello my name is **Carly Newchurch**. My Aboriginal background is Mirning, Wirangu, Kokatha and Ngarrindjeri people. I'm a local community member of Ceduna and have lived here most of my life.

I have joined the AFSS team (officially my third week) as a Case Worker for the Stronger Families team. I have some background in child protection as I used to be a Care and Protection Worker and Aboriginal Family Practitioner in the Department for Child Protection in Ceduna.

I would like to enrol into and complete my Masters of Social Work so I can continue to expand my knowledge and skills to help my people. Being a part of AFSS will allow me to work with families to help better their lives and also the lives of their children.

Office of Problem Gambling - Shared Space Event

On 5 June AFSS Senior Manager, Warren Guppy and Aboriginal Gambling Help Workers, Bronte Warneke (Murray Bridge), Norman Giles (Berri) and Anna Angus (Port Lincoln), attended an Office of Problem Gambling Shared Space Event in Adelaide. Presentations were provided by the Gambling Advisory Committee (GAC), the Independent Gambling Authority and Turning Point.

The GAC was established under legislation to provide advice to the State Government and its Ministers on a broad range of matters associated with gambling. In June 2015, the GAC commissioned research to identify strategies and develop recommendations to improve referral pathways from gaming venues to gambling help services for people affected by problem gambling.

Flinders University Centre for Gambling Research was selected to undertake the research through a selective tender process. The research took place between May and September 2016 and the final report was released in November 2016. Work is now under way to implement elements of the report's recommendations. The Independent Gambling Authority was set up to assist with the barring of people who are experiencing problem gambling, while Turning Point is responsible for the Australia-wide 24/7 Gambling Help Line.

It was an informative event and provided an opportunity to network with other gambling help services and with industry members.

Everything you've always wanted to know about YAATSISS

Youth Accommodation Aboriginal and Torres Strait Islander Specific Services (YAATSISS) is an emergency accommodation service for young Aboriginal people from the ages of 15 to 25. Referrals come from a range of sources including the Homelessness Gateway, self referrals, other accommodation or youth services, juvenile justice service providers, schools, the Department for Child Protection, the Child Abuse Report Line, SAPOL and Job Active.

The primary aims of AFSS' Accommodation Service are:

- to provide supported accommodation and related support services to help people who are at risk of homelessness achieve the maximum possible degree of self reliance and independence
- to resolve crisis, to re-establish family links, and to re-establish a capacity to live independently of specialist homelessness services.

Culture and family

AFSS believes that culture must be embedded in all we do and we abide by the following principles:

- Our clients have an inalienable right to explore and connect with their cultural heritage and family.
- Our organisation, our service and our employees respect and accept our clients' cultural experiences, their beliefs, their stories and their individual journey.
- We respect the cultural

history and connections of our clients and promote opportunities for our clients to engage with their communities and celebrate Aboriginal and Torres Strait Islander cultures.

- Our organisation promotes the employment of Aboriginal and Torres Strait Islander employees in our services as this improves cultural safety for clients, provides role models for our clients and reinforces connection with culture.

Client targets

We have an overall target of 45 open clients at any one time. All clients who present to our service will be considered potential clients and will be assessed to identify their presenting crisis as well as their short, medium and long term needs.

Our Service

Includes Waitlist, Residential and Outreach services:

Waitlist

While we may not have a bed available, we will provide waitlist services for clients who meet the criteria for Supported Residential Care through case management, referral and brokerage. Waitlist can involve early intervention to support clients before they become homeless. We work with relevant stakeholders to ensure early identification and case management of people who are at risk of homelessness. Waitlist support also focuses on ensuring clients' present circumstances are safe and secure and they are engaged in purposeful case planning.

Residential

Supported residential care accommodation for young people is offered at two residential facilities, Narungga House (7 beds for males) and Olga Fudge Lodge (8 beds for females). Olga Fudge Lodge can accommodate women with children. A total of 15 beds across the 2 locations are available. Case planning and case management focuses on stabilising young people, securing benefits they are entitled to and other social supports, organising health checks, connecting with family and culture, fostering independent living skills and connecting to education and/or employment options. Exit points are primarily to supported housing, private rental, family, community housing and medium to longer term supported residential care options. Clients residing with the Service for over three months will participate in a case plan review to reprioritise their goals, particularly as they relate to housing.

Outreach

Once a client leaves AFSS or another Supported Residential Service, we can provide outreach services to assist clients to maintain their accommodation, build upon and consolidate



their independent living skills and to maintain engagement with friends, family and community. We work with our clients prior to them leaving our service to set up supports and referrals. We ensure we allocate an outreach worker that a client is familiar with and with whom they have built a relationship. Offering incentivised outreach visits, eg bus tickets, food parcels, help in navigating external agencies (eg Centrelink, Housing SA, Job Active, and Utilities) and connecting with local community groups and centres. Our overall aim is to secure and sustain their accommodation and to stabilise their life situation.

Long Term Housing Options

For the benefit our clients' long term stability, AFSS develops and maintains ongoing relationships with a range of housing providers and other homelessness services. This includes Housing SA (and their Private Rental Liaison Officer), community housing providers and the private rental market.

Brokerage funds

These can be allocated to assist transition into long term accommodation, some start up costs (such as crockery, cutlery and household items), the purchase of specialist services required by clients, where those services are not provided by mainstream agencies or where there are lengthy waiting lists, or to overcome geographical restrictions to service provision.

Vacancies

When there are vacancies in the Service, AFSS will work in conjunction with the Western Adelaide and Inner Southern

Youth Homelessness services, HYPA, Housing SA and other housing and homeless services to promote our vacancies and ensure we are at capacity.

Sector network

AFSS actively engages with the housing sector network including attendance at key operational and strategic meetings. In order to secure the best outcomes for our clients AFSS:

- works in conjunction with Western Adelaide and Inner Southern Youth Homelessness, HYPA and Housing SA

- attends key operational and strategic meetings
- develops and maintains ongoing relationships with housing providers and other homelessness services and liaises with Housing SA to foster increased understanding about community housing and the specific needs of Aboriginal and Torres Strait Islander young people.

To find out more contact AFSS at: 134 Waymouth Street Adelaide 5000, phone 8205 1500, website: www.afss.com.au



Family Matters in Ceduna

For Family Matters Week AFSS and Save the Children Australia organised an information stall on Thursday 17 May in the local Foodland supermarket. The set up included an information table and board, balloons to give away and a photo booth. The photo booth was extremely popular and made shoppers flock to see what Family Matters was about as well as sign the 'Statement of Commitment – Pledge'.

There were many laughs and giggles, especially when looking at the photos taken. These will be sent out to all who had the courage to pose. Overall the information stall was a great success.

Pictured above: Katharine Micka, AFSS Ceduna Manager, and Michelle Naylor, Family Support Worker, get into the swing of things for their photo booth shoot.





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
2 Clara Street
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



Falls



tips and info for foster carers

Falls are the most common injury a child is likely to be hospitalised for, particularly in the 0-4 years age group.

Broken bones in the arms and legs are the most common type of injury from falls. Falls are also the leading cause of traumatic brain injury (head injury) in young children.

Children are more at risk of serious injury if they fall from a height greater than 2 metres. The higher the drop, the more likely it is that the injury will be severe, particularly if the ground they fall onto is hard. Childhood injuries are not usually “accidents”.

Most injuries can be predicted, and therefore prevented. It is the responsibility of adults to keep young children safe.

Why do kids fall?

Falling is a normal part of a young child’s development as they learn to walk, climb, jump, run and play. Be aware of your child’s developmental stage as children rapidly grow in their abilities. Fortunately, most children who fall are not injured, other than a few bruises and scrapes.

Babies

Children under 12 months of age often fall from a height due to rolling or climbing. It is important to never leave a child on their own on a change table, couch or bed. They can roll off and hurt themselves.

Falls

They can take you by surprise – one day they might not be able to roll, the next day they can. Always use a five point harness

for when children are in high chairs, prams/strollers and shopping trolleys – sometimes they like to stand up or try and climb out and can fall.

Toddlers

Toddlers are top heavy and like to explore, which makes them prone to falling. Children in this age group often fall from playground equipment (including trampolines), household furniture and stairs. Always watch children when they play and explore, and ensure play equipment is properly installed and that children use it as designed.

Older children

Older children tend to fall during play, exploration, sport and leisure times. Most falls are again from playground equipment or from small wheeled devices (check out the KidsafeSA fact sheet online).

Prevention

Please use the Kidsafe Falls Prevention Checklist to check your home and back yard to help prevent falls. You can also find the Home Safety Checklist on the website www.kidsafesa.com.au that you can use to prevent a range of different injuries that occur within the home.

** This information is taken from a fact sheet distributed by Kidsafe SA. 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

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