



Aboriginal Family Support Services Newsletter

March - April 2020

COVID-19 - A Message from the Chief Executive

In response to COVID-19, AFSS is following all directions as advised by the South Australian and Australian Governments and is taking all reasonable steps to safeguard and support our employees, clients and their families. A part of our response is to review the services provided in all non-essential program areas and to focus our support to those most in need.

As well as the information that AFSS provides, we encourage you to keep yourself and your families informed by regularly checking the updates provided by the South Australian and Australian Governments. Links are provided below:

www.sahealth.sa.gov.au

www.health.gov.au

www.childprotection.sa.gov.au/carers

AFSS will continue to provide the following essential services:

- Cultural Consultancy
- Emergency Relief (Coober Pedy, Smithfield and Mount Gambier)
- Foster Care Services (all areas)
- Residential Services (all areas)
- Stronger Families (Family Preservation, Reunification and Targeted Intervention all areas)
- Youth Accommodation Aboriginal and Torres Strait Islander Specific - Homelessness Service (Adelaide)

Where possible, services will be provided via phone, video link and email. The following services

are deemed non-essential (workshops, forums, education and awareness programs):

- Aboriginal Gambling Help Service (Berri, Murray Bridge, Port Augusta, Port Lincoln)
- Child Protection Reform – Aboriginal Community Engagement Project
- Coober Pedy Youth Shed
- Community Safety and Wellbeing suite of programs (Circle of Security-Parenting, Respect Sista Girl 2, Seasons for Healing and Healthy Homes, Resilient Families)
- Connection to Culture (Cultural Officers)
- National Disability Insurance Agency ILC Project (Port Augusta)
- STAY (Service to Aboriginal Youth – Coober Pedy)

However, please note that phone and email support will be available for all clients currently participating in these programs.

To minimise contact and limit the potential spread of COVID-19, AFSS has:

- Implemented self-isolation protocols for all employees who have returned from overseas or interstate
- Ensured employees have enough information on which to base their decision making on keeping themselves and their clients safe

- Communicated with all employees to adhere to social distancing requirements
- Cancelled all proposed travel (intrastate and interstate)
- Ceased face-to-face team meetings where larger numbers of employees gather
- Implemented a strict cleaning regime across all sites, with additional cleaning services.

AFSS recommends that you seek updates about COVID-19 through the South Australian and Australian Governments websites listed above.

In these unprecedented times, AFSS will focus on keeping our employees, clients and their families safe. We will still be here to provide services over the phone, video link and through emails and when absolutely necessary, face-to-face (on a case-by case basis).

Further changes to AFSS service delivery will be communicated as required, and on advice from the South Australian Government and Australian Governments.

We appreciate and acknowledge the anxiety and uncertainty that COVID-19 brings and we encourage you to take care of yourself, your families and your communities.

Sharron Williams
Chief Executive

A message from the Chief Executive

It has been a testing time here at AFSS, and I am sure it has been for all of us within the general community and across Australia. COVID-19 is new and uncharted territory and we have been working extra hard here at AFSS, to keep on top of the current situation, and putting procedures into place in order to provide our children in care, and our staff members, with the best possible support during this time.

Despite such uncharted territory, we remain strong as an organisation and we are adapting accordingly to accommodate services both essential and non essential in nature. We have been looking at digital alternatives and replacing our usual fast paced 'face to face' meeting environment, with digital formats such as Zoom and Tele-link-up. Our IT department has been working extra hard to set up work stations from home in order to minimise staff exposure to COVID-19.

This situation also gives us time to reflect, reshuffle and identify strengths and non-strengths within our service, and gives us time to consider improvements for when business returns to normal.

We have also welcomed our new Senior Manager Regional Services, Andrew Birtwistle-Smith, who despite this current situation has shown resilience and adaption to his new role and settling in well.

It is great to see families and children getting creative during this time and making the most of the current situation. It is a good time to slow down and focus on family connection and it allows us to be more productive and proficient. We are seeing some fantastic outcomes from our carers who are home-schooling, as children are getting more quality one on one learning time.



*Sharron Williams
Chief Executive*



www.afss.com.au



A Message to our Carer's

We would like to take this opportunity to acknowledge and thank you for the love and care you give to the children in your home.

Opening your homes and hearts to the children in these uncertain times and giving them a place to feel safe and loved, no words can express what this would mean to the children.

Your dedication and commitment to the children is amazing and we are so grateful to have such amazing people like you as a part of the AFSS Family.

The AFSS Board are very grateful for all you do and we can't express how much we really appreciate all you do. Keep smiling and continue being deadly.

We would like to thank you and your family for all you do. From all the Aboriginal Family Support Services Board Members.

Donna Henry
Chairperson, AFSS Board

CS&W, Staying Safe, New Dreams and Reconnect Programs

AFSS Community Safety and Wellbeing, Staying Safe, New Dreams and Reconnect programs are based in the Smithfield Office. Since the COVID-19 pandemic was announced, we have had to adjust to working differently, sometimes from home and sometimes from the office. In response to the social distancing requirements coming into effect, we have had to change how we deliver services, which includes limited home visits and more phone, email and virtual supports.

- We have adapted our communications to zoom meetings where possible. This has been successful when doing a daily catch up with work colleagues in the Smithfield Office each morning and Department for Child Protection Meetings and more importantly with Aboriginal community members who we deliver services to.
- Some families have welcomed more frequent phone conversations during the week, which may not have happened, when it was necessary to commit to more time driving in the community.
- Some families appreciate having documents sent to them by email; for example some families are seeking alternative housing and like to have the latest updates sent to them by the workers which is a topic for discussion, and reduces social isolation.
- Most families are very accepting of the sudden travel restrictions brought about by the pandemic and accept that we can no longer deliver services in the same way as we did previously. We thank all of our clients for their understanding of this situation.
- Some families have questions and anxieties about the spread of COVID 19. We are always happy to source the information and email it to them or explain by phone if clients do not have an email address which they can easily access.
- While children are currently on school holidays in South Australia, we encourage parents who chose not to send children to school after the official Easter school holidays ends, to read and write with them at home or link in to some home education programs which are now available online or on television.
- We also encourage any family (including non Aboriginal Families) who live in the Northern Suburbs or Mount Gambier, who may be experiencing financial hardship to contact us for emergency financial relief in the form of food vouchers for Coles or Woolworths. This process has now been adapted so it can be completed via a simple phone call, to reduce the risk of spreading the virus and keep our most vulnerable people safe. For further information please phone **8254 1077** during office hours. (please see advert on page 5)



Staying Connected With Our Children

Now is the time to stay close to our children.
They need to feel us beside them so they don't feel as worried as they are.
We need to be honest with them and let them know that good people from around the world are working very hard to keep them safe and healthy.
Our children will believe us, we love them deeply.

Be Honest

"COVID 19 is a sickness like a cold. Some people will get it. Maybe someone in our family might get sick. We are all a little bit scared. Being scared is a sign that we are concentrating on being safe. There are really good people like doctors who know what to do. They are helping to figure it out."

Validate Their Feelings

"I know I might look worried sometimes. Mums or dads get worried too, just like children. I know it can make you feel scared. But I am ok."
"It is ok to be feeling scared, or worried, or whatever you are feeling right now. You can share that with me whenever you need to."

Acknowledge Day to Day Disruptions

"Even if school and your after school activities stop for a while, they will start up again. How about we think about some ways of doing versions of these things together at home if we need to?"

Remind Them

"I love you, and that is one thing that will never change."

Here are some ways that parents and carers can share connection, comfort and care with their children right now.

Look to History

"There have been sicknesses like this before. And they have stopped. Clever people from around the world have worked them out together. The scientists are doing this right now with this one."

Remain Available

"You can talk with me whenever you need to. I will answer any questions you have. If I don't know the answers, I will find out and then I will tell you."

Have fun

Share some time with your children that is just for them, and let them lead the play.
"Let's do some things that you like to do."

Create some quiet time

Find a regular time where you can just be still with children. Stroke their hair. Watch a favourite show on TV. Listen to music together. Let them decide if they want to talk. Be present with them. Enjoy it.



Home Schooling vs Large Volume Classes



Home schooling is proving to be a success for many children. Children being home schooled are showing signs of improvement in all areas of learning. One of AFSS Metro foster carers, who is also a school teacher, has been self-isolated due to her own health issues. The carer has been home schooling the children in her care for just over 2 weeks now and has reported the benefits to have been huge for the children's learning in all areas.

Other reports in schools with limited numbers of children attending is also indicating that children's learning is greater with less numbers in the classroom. Is this a positive benefit coming from COVID-19 for all children? Does this mean that in future the Government need to look at having smaller numbers in a class once we come out of the current conditions that we are all now experiencing?



Aboriginal Family Support Services

Together with the community

Emergency Relief - COVID-19

Aboriginal Family Support Services understands the financial difficulties affecting many families as COVID-19 advances across Australia. AFSS is able to provide Emergency Relief to support both Aboriginal and non-Aboriginal families affected by job losses and financial difficulties. We can now offer Emergency Relief (through food vouchers and some assistance to pay utility bills) to families in need in Coober Pedy, Mount Gambier, and Northern Adelaide remotely without clients having to attend our office. For more information please contact AFSS on one of the following numbers;

Adelaide and Mount Gambier - 8254 1077
or Coober Pedy - 8672 3066



Learning and School Holiday Resources

Australian

ABC Kids has a range of games, activities, podcasts, videos and education programs.

www.abc.net.au/abckids/

ABC Education hosts thousands of free, curriculum-linked resources for Primary and Secondary students and teachers.

www.education.abc.net.au/

Crackerjack Education offers Indigenous teaching resources.

www.crackerjackeducation.com.au/

Deadly Story is a cultural information website to support Aboriginal and Torres Strait Islander children and young people in the Victorian out-of-home care system to connect with their Country, their Communities, and their Aboriginal and Torres Strait Islander culture and identity. They have a range of online resources.

www.deadlystory.com/

Science

Dr. Karl offers science videos, articles and podcasts for adults and young people (AUS).

<https://drkarl.com/category/national-geographic-kids/>

Fizzics Education offers dozens of free resources, including videos of science experiments, trivia and lesson plans.

www.fizzicseducation.com.au/

Cincinnati Zoo & Botanical Garden is live-streaming the 'Home Safari' via their facebook page.

cincinnati-zoo.org/

Maths

ABC mathseeds teaches children ages 3-9 core maths skills

www.mathseeds.com.au/

History/Geography

BBC history for kids

www.bbc.co.uk/history/forkids/

National Geographic for Kids

www.natgeokids.com/au/

Writing/Reading

Enjoy an online reading at **libraries** across Australia.

www.nla.gov.au/research-guides/ebooks

Languages

Duolingo is a free online platform for learning languages.

www.duolingo.com/

Music

The New Victory Theatre hosts a series of online music classes for children and young people

newvictory.org/

The Kennedy Center has videos of all major concerts and a children's series called Lunch Doodles with Mo Willems.

www.kennedy-center.org/

Arts and Culture

Visit museums and galleries online, such as:

South Australian Museum is hosting online tours.

www.samuseum.sa.gov.au/the-museum/venue-hire/virtual-tour

Space Center Houston

spacecenter.org/

Google has partnered with galleries and museums all over the world to produce **virtual tours and online resources**. You can:

Explore monuments and museums using Street View. Explore the collections of hundreds of art galleries across the globe. Use Art Zoom to explore individual art works in-depth. Explore the history of sports all over the world using Sports Spotlight. Read all about Natural History and how scientists learn about the world around us.

Animals/Zoos

Watch Zoos Victoria's animal **live streams** on their **YouTube**.

www.zoo.org.au/animals-at-home/

Virtual Playdates/Classrooms

Use an online platform to connect with family, friends and classmates using:

Skype - www.skype.com

Hangouts - hangouts.google.com/

Zoom - www.zoom.us/

Facebook groups for families who are isolating/distancing



No Scaredy Cats

The No Scaredy Cats workshop was developed by Michael Hawton (a Psychologist). He noticed an increasing number of children (between 2-12 years) needed help to manage low-level anxiety/"worries". The "worries" were often about events/situations beyond children's control. For example, world events, family issues, and relationships with peers.

AFSS Carer Liaison Officers attended the No Scaredy Cats Workshop which is a workshop designed to assist workers who support children.

The Workshop focus was to empower services, such as AFSS to:

- 1) Assist care-givers to identify, and respond to, low-level anxiety reactions in children;
- 2) Empower care-givers to prevent children's experience of low-level anxiety, by building strong strategies for children to use; and
- 3) Enable care-givers to empower children with resilient thinking skills.

We felt it was a useful and necessary source of education that we can use to support AFSS carers in their important role.

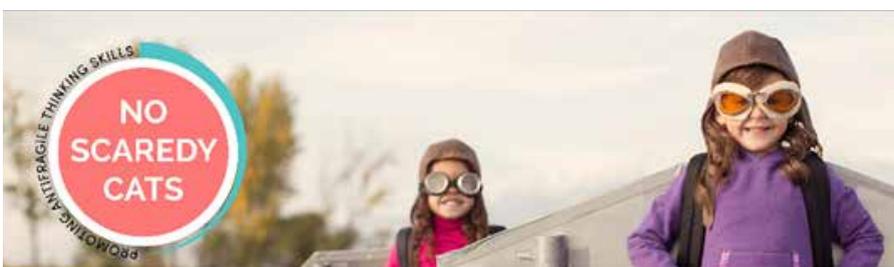
Some important take-away messages/tools:

- We can all help children find skills and knowledge to control the way they respond to what is happening around them;
- Having "prompts" (e.g. how the hand can represent how a child's brain works in reaction to stress/worry) can enable us to react appropriately to children's needs.
- Resources - lists, pictures, cards and short films to better discuss the concepts.

If you would like support in assisting your child/children, we would love to help you help your child. Please contact your Carer Liaison Officer or your AFSS office, or send AFSS an email on afss@afss.com.au



Supporting you to reduce anxiety and build resilience in children aged 2-12



FOSTER CARERS URGENTLY WANTED!



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

Please Contact

Adelaide: Peter Dyer
peter.dyer@afss.com.au
8205 1500

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

Cooper Pedy: Amanda Zelenko
amanda.zelenko@afss.com.au
8672 3066

Murray Bridge: Rebecca Hansch
rebecca.hansch@afss.com.au
8532 1790

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

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





“Whilst we are stuck inside we have been getting creative. I made a cardboard house and car for my teddies, I also enjoy playing Lego and having tech time and spending time with my carers.”

Hand Sanitiser for Metro Houses

Last month, Susan Richards Senior Manager Residential Services and her partner Peter, delivered hand sanitiser to the metro residential houses. The hand sanitiser was made using the recipe from the World Health Organisation. To thank Peter and Susan, the children made a beautiful thank you card.



Ceduna Residential Services

With COVID-19 restrictions in place, Ceduna Residential Services took the time to prepare for ANZAC day. The children and young people have coloured in poppies and hung them up at the front of the house. The next activity will be to bake ANZAC biscuits to share.

Around The Houses



Current and new staff updates



Margaret Stuart, Stronger Families, Port Augusta.

Hello! Let me introduce myself to you. My name is Margaret Stuart and I am a proud Adnyamathanha Kuyani, Arabunna and Dieri person. I would like to say how privileged I am to be given the opportunity to be employed with Aboriginal Family Support Services (AFSS) in the Stronger Families program in Port Augusta.

On a personal note I have three grown up children, and I am a proud grandmother to ten grandchildren.

I have lived and worked in Port Augusta the majority of my life. I have great connections to the other traditional groups residing here in Port Augusta and the other surrounding areas.

I have lived in Port Augusta most of my life. I have been employed in various roles and my previous role was working in DCP, in the Aboriginal Families Team (AFT). I also have other certificates, including a Diploma in Childcare, Governance and Indigenous Leadership.

I am passionate about supporting and empowering families to make positive changes for the next generations to come and I look forward to working with the amazing team in Port Augusta.



John Rigney, Reconnect Youth Worker, Smithfield.

I am a Ngarrindjeri Man from the Aboriginal Community of Raukkan, situated in the Lower River Murray Lakes Region of South Australia.

I am proud to bring to Aboriginal Family Support Services my experience in providing support and leadership to Aboriginal communities across the state of South Australia.

Having Worked in Aboriginal services for most of my life, I am aware of the challenges that we face as Aboriginal people in various settings of our communities.

I strive to provide professional service delivery to achieve positive life changing outcomes for members of our communities.

The majority of the community across our state know me as John RIGNEY in a professional capacity, but also as Ringo from my performing arts background.

I have toured America and Australia not only as a band member of the iconic Ngarrindjeri band "Rough Image", but also as a cultural ambassador.

Most people also know me from my own band "Kineman Karma" to which I have also toured

Australia with having worked in the performing arts industry for many years. I have also worked with SAPOL for approximately 20 Years as a Senior Community Constable. I am excited to be a part of the team and look forward to my new journey as a Youth Worker of the Reconnect Program. Looking forward to meeting you all.



Fiona Stanley, Gambling Support Worker, Port Augusta.

Hi. My name is Fiona Stanley. I am an Adnyamathana woman and I have lived and worked in and around Port Augusta for the past 30 years, or so. The positions I have occupied are varied and I have extensive experience working with Aboriginal people having had the good fortune to travel overseas, returning and putting what I have learned, into practice.

One of my most memorable experiences however, was when I worked as a Community Development Officer with Red Cross and my role was to be responsible for the delivery of the Food Security Program in the East Kimberley region of Western Australia.

I am excited to be working in this role with AFSS and look forward to working with community.



CREATE Foundation – Do you know who we are?

CREATE Foundation is the national consumer body representing children and young people in out-of-home care. Our mission is, "Creating a better life for children and young people in care". CREATE does this by:

- Connecting children and young people to each other, CREATE and their community;
- Empowering children and young people to build self-confidence, self-esteem, and skills that enable them to have a voice and be heard; and
- Changing the care system, in consultation with children and young people, through advocacy to improve policies, practices and services, and increase community awareness.

Our clubCREATE program connecting children and young people 0-25 with a care experience has over 23,000 members. For more information please head to www.create.org.au

A word from the SA State Coordinator, Amy Duke.

"In South Australia we have a small but energetic team who delivers a bunch of events for children, young people and their carers/families. We hold connection events and Youth Advisory Groups, also SPEAK Up training and an advocacy event called the Hour of Power (HOP). All this to say that we like to create a fun environment, hear from young people about their experiences and try to make sure children and young people know their rights.

We are keen for children and young people who have a care experience, have their voice heard within the systems that impact on them. If you want to be on our e-mail list to hear about events, receive our ClubCREATE magazine or just want to ask a question, please contact myself (Amy Duke), Fabian or Olivia on 08 8212 8898 or sa@create.org.au



Create Foundation Staff from left; Amy Duke, Fabian McPhee and Olivia Shields.

A survey conducted by Create Foundation to gather information from young people in care.

IF YOU COULD TELL A NEW CARER THREE THINGS TO HELP THEM BE THE BEST CARER **WHAT WOULD THEY BE?**

19
FEMALE

- Be gentle
- Not single anyone out
- Be supportive

16
MALE

- Support the kids always
- Provide anything they need
- Good role model always

18
FEMALE

- Don't be offensive or standoffish if you get into to disagreement, just make sure you have your Cultural awareness training so you have a better understanding.
- Have rules and structure/ guidelines - it's important for young people transitioning

20
FEMALE

- Be patient
- Be understanding
- Be caring

18
FEMALE

- Understand
- Honest
- Respectful

22
FEMALE

- Changing someone's life potentially, so take it seriously
- Kindness
- Understanding

20
FEMALE

- Responsible
- Open
- Be like a second family-welcoming & loving

19
FEMALE

- Support the child as much as possible
- Help the child set up for when they are ready to leave
- Listen to the child and just be there for them

21
MALE

- Be supportive
- Be understanding
- Be friendly

18
FEMALE

- Be there for us
- Support us
- Understanding

25
FEMALE

- Loving
- Supporting & caring

Things I Need You to Know . . . by Mitch Ablett, Ph.D.

I need lots of attention.
Even when I swear at you, I still need your attention.
I will talk endlessly about stuff like video games because that's all I'm really good at.
I will do odd, quirky things that always seem to get weird looks from people.
And when I tell you I don't care, it really means I just don't know how to let myself care.
The four letter word that makes me the most uncomfortable is "SPED."

I don't want to be here because it means I failed in order to get here.
I've never belonged to things much in the past.
I learned a long time ago to reject you before you can reject me.
Did I mention that I want your attention?

I'll be looking for ways to get control by hitting your buttons,
And by "splitting" you against one another,
And against my family as well,
And by sparking other kids to get in trouble,
Because control is something I've been without for quite awhile.

My file says I'm not retarded but I think I am.
My diagnosis crawls through my file like some sort of bug I want to squash.
You WILL misunderstand me.
You WILL assume I'm being "lazy" or "manipulative" or "nasty" on purpose.
I really just don't know what else to do to not have to feel the way I feel.

Every day, my medication is a reminder of how I'm sick but you can't see how.
Bald kids with cancer get cards and warm smiles.
I get blamed and punished because I'm bad.
And even if you tell me I'm not bad, I won't believe you.
It's your job to say nice things to me, so again, I won't believe you.
But did I already say (because it's hard for me to focus on things and I forget) . . .
I really want your attention?

I just want a chance to fit in; to do something right once in a while.
I just want to feel okay for a day.
I just want my family to be proud of me for once.
I just don't want to have to remember all the bad stuff from before all the time.
I just want you to follow through on your promises to me (because others haven't).
I just don't want you to confuse my actions with who I really want to be in the future.
And yes, before I forget, the future means almost nothing to me.

I will try to embarrass you.
I will try to make you angry.
I will try to make you nervous.
I will try to make you hate me.
Because then I will know I'm not crazy for feeling these things myself.
Because then I will know who I can begin to trust.

And trust is five letters because it's better even though it's hard.
Four-letter words are just easy but if I can get to five letters then . . .
Maybe I can make it to six, and then . . .
Maybe I can start CARING. . .

And then maybe, just maybe, I'll let myself believe I deserve your attention.

Originally published in the Journal of Safe Management of Disruptive and
Assaultive Behavior, Spring 2013. © 2013 CPI.





Aboriginal Gambling Help Service

AFSS 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.



Child Protection Reform

Supported by the Sidney Myer Foundation, and overseen by a Steering Committee, AFSS Aboriginal Community Engagement Project aims to engage with Aboriginal families and communities across Northern Metropolitan Adelaide and Port Augusta about child protection.



Community Safety & Wellbeing

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.



YAATSISHS

The Youth Accommodation Aboriginal Torres Strait Islander Support Homeless Services (YAATSISHS) assists and supports Aboriginal youth, aged between 15 and 25 years, who are homeless or at risk homelessness, and youth in crisis.

AFSS



Programs & Services



Residential Care

At AFSS we provide 24/7 Residential Care for Aboriginal children and young people who are unable to live with their birth families.

Our Youth Support Workers are actively engaged and dedicated to making a difference, working rotating rosters to ensure we are able to provide the best care and support for young people who have experienced trauma.



Connection to Culture

This program is about ensuring children and young people in the Out of Home Care system – family based placements or residential services placements – are supported to maintain a connection to their family and culture through an active and rigorous approach to creating and sustaining cultural connections.



STAY

The aim of this program is to mentor children and young people in Coober Pedy who are, or may be at risk of becoming involved with the youth justice system through community activities.



Foster Care

A foster carer provides a secure, stable and positive environment that caters for the physical and emotional needs of a child who is unable to live with their birth family. Being an AFSS foster carer involves nurturing the child's self esteem and identifying and ensuring that there is a strong connection to culture.



Cultural Consultancy

As a Gazetted organisation we undertake to provide advocacy, consultation and cultural advice in child protection matters relating to Aboriginal children and young people within Youth Court applications and Family Care Meetings.



Stronger Families

The goal of the AFSS Stronger Families program is to provide social work and case management to keep children safely at home and to strengthen their families to cope with the challenges they're facing. We aim for a strong connection to family, community and culture.

Just for KIDS

 <p>Hands</p>	<p>I should always wash my hands with soap after I go to the</p>	<p>I wash my hands with</p>	 <p>Soap</p>
<p>I wash my hands to make them</p>	 <p>TOILET</p>	<p>SOAP AND WATER</p>	 <p>EAT</p> <p>I should always wash my hands before I</p>
<p>Germ on my hands can make me</p>	 <p>CLEAN</p>	<p>GERMS</p>  <p>GERMS</p>	<p>I wash my hands to kill the</p>
 <p>Germ</p>	 <p>GOOD</p> <p>Clean hands feel</p>	<p>Use Soap and water to kill</p>	 <p>Water</p>

Four Finger Fold Game

1. Cut out the square and open out the paper. Fold it diagonally the other way, so you have a cross pattern on the paper.
2. Fold each corner into the centre.
3. Turn it over, fold each corner into the centre again.
4. Fold it in half one way.
5. Now fold it in half the other way.
6. Open the folds and now you are ready to play.



Aboriginal Family Support Services - Aboriginal Gambling Help Service

With the temporary unexpected closure of gaming venues in our city there may be some people experiencing a range of issues related to gambling withdrawal. Identifying the signs and symptoms of gambling withdrawal can help you or your family to better manage them. There are a range of different withdrawal symptoms which can be grouped as either physical or emotional symptoms. Some people may experience all of them or just some. Everyone is different.

You may be experiencing emotional gambling withdrawal symptoms which can include but are not limited to:

Depression: this is one of the most common symptoms of gambling withdrawal. Depression is a common and serious illness that can negatively affect how you feel the way you think and how you act. It can cause feelings of sadness and/or a loss of interest in activities you once enjoyed. It can also lead to a number of emotional and physical problems and can decrease your ability to function at work and home. Depression can also change your sleep patterns, you may be having trouble falling and/or staying asleep, lack of sleep can cause poor health, lower concentration and lack of motivation.

Anxiety: is an emotion which makes you feel tense and have worried thoughts, this can lead to physical changes such as increased

blood pressure. Anxiety can stop you from confronting your issues as it changes how you think that things are and can make issues seem worse than they actually are.

Other physical symptoms that may be experienced when going through gambling withdrawal may include sweating, headaches, racing heart, palpitations, muscle tension or soreness, tightness in the chest, trouble breathing, tremors and nausea. These symptoms may not occur all at the same time or some people may not experience them at all.

Cravings to gamble occur because the brain knows that the easiest and quickest way to get the "thrill" sensation your body is yearning for is by gambling. Cravings for an addictive behaviour are much more intense than something like everyday food cravings. You have powerful memories linked to gambling which makes it seem even more appealing. Cravings come and go and are at times weak or extremely powerful. Their types and intensity differ from one person to another. Cravings typically involve a trigger, which immediately causes obsessive thinking. The trigger could be anything from hearing a familiar noise similar to a gaming machine, coins or even an advertisement.

Some people may turn to online gambling to satisfy their gambling cravings. There are

many additional risks for harm, particularly for vulnerable people in our community. Online gambling is constantly available, easy access, and provides opportunities to bet for uninterrupted periods in private. Use of money online appears to lead to increased gambling and losses as people feel that they are not spending 'real money'. There are also risks related to the security of your personal information. If you are concerned about your online gambling, all online gambling websites must provide a facility for you to self-exclude from that company. This can usually be found in the "Responsible Gambling" section of their website, or through your personal account page. Call the customer services number on the website, or email them if you need help with this.

If you are experiencing problems from gambling withdrawal yourself or you are concerned about a family member, there are many free and confidential supports (some are 24/7) available to support you and or your family.

Your local gambling help services:

Aboriginal Gambling Help Service

8683 1909 / 0428 32 972

Uniting Country Gambling Help

Service 8682 7902 / 0428 326 557

Gambling Helpline: 1800 858 858

For internet support: Gambling

Help Online: [https://www.](https://www.gamblinghelponline.org.au/)

[gamblinghelponline.org.au/](https://www.gamblinghelponline.org.au/)

New service at Port Lincoln

In February this year, Senior Manager Residential Services, Susan Richards, visited Port Lincoln and spent time with Port Lincoln Manager Angela Fee and Youth Workers Ky Miller and Emma Grantham, to hear all about the new residential house in Port Lincoln. The team provide a culturally responsive therapeutically informed approach to working with young people and spend time building trusting relationships and supporting young people to heal through understanding and engagement.



Angela Fee, Port Lincoln Manager and Youth Workers, Emma Grantham and Ky Miller.



Angela Fee and Emma Grantham.

Residential Care Certificates

On Monday 16 March, AFSS CE, Sharron Williams, had morning tea with Residential Services to acknowledge their hard work and dedication.



Back row: Alex Langridge, Susan Richards, Ilana Armon, Sam Tucker, Front row: Shyla Bechara, Divya Sibal

Always a sense of humour here at AFSS

Our senior managers have been working extra hard and getting together every morning to discuss the never ending changes with COVID-19. It is so important that we keep on top of the situation and discuss the requirements that we must take in order to keep our children in care safe and protected. It is also just as important to keep a sense of humour, (which is never absent here at AFSS). Warren Guppy, our Senior Manager Metropolitan Services, decided to lighten up the situation and rolled into last weeks managers meeting with an extra layer of fur and a chux for a mask. (Also complimented with some self portrait socks.)





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

Mount Gambier

Pangula Mannamurna
191 Commercial Street West
Mt Gambier SA 5290
Phone: 0499 889 729

Murray Bridge

4a, 17-19 Adelaide Rd
Murray Bridge, SA 5253
Phone: (08) 8532 1790

Port Augusta

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

Port Lincoln

21 Washington Street
Port Lincoln SA 5606
Phone (08) 8683 1909

MENTAL HEALTH IS LIKE A TREE

To stay strong and healthy it needs looking after. You need to take care of the roots of the tree for it to grow tall and stand strong.



SPIRITUAL

RITES CULTURE ELDER'S
IDENTITY LANGUAGE
COUNTRY CEREMONY PRIDE
BELIEFS LANGUAGE TOTEMS
ABORIGINALITY TRADITION
SACRED DREAMING LORE

MENTAL AND EMOTIONAL

HEALTHY HEADSPACE
POSITIVE THINKING RESILIENCE
FEELING DEADLY STRONG
SUPPORT THOUGHTS
HEALING FEELINGS

FAMILY

FRIENDS
AUNTIES AND UNCLAS
KINSHIP PARENTS
BELONGING SUPPORT
SAFE PLACE MOB
CLAN ROLE MODELS

PHYSICAL

HEALTHY BODY
EXERCISE GOOD SLEEP
SPORT GOOD TUCKER
HEALTHY LIFESTYLE
LOOKING DEADLY DANCE
FISHING HUNTING

Adapted from Menzies School of Health Research – Aboriginal and Islander Mental Health Initiative.

YOU MIGHT NOTICE CHANGES

When you've got a lot going on you can feel sad, weak, tired, stressed and angry. Everybody has these feelings when life is tough, but when these feelings go on for a long time it can weaken our body, mind and spirit. When this happens, there are some changes you might notice, like:

- Feeling sad inside and no interest in doing things
- Feeling like everything is an effort
- Wanting to be alone
- Not eating good tucker
- Not being able to sleep
- Feeling nervous or jumpy
- Feeling guilt or shame
- Being so sad nothing can cheer you up
- Crying and you don't know why
- Having trouble focusing or remembering things
- Having too much alcohol, gunja/yandi and other drugs
- Having bad thoughts or thinking of dying

YOU CAN KEEP YOURSELF STRONG BY

- Yarn with friends and family about what's going on
- Getting enough sleep
- Eating good, healthy tucker
- Staying connected with family and friends who give you strength and support
- Practicing culture through local totems and stories
- Spend time with local Elders to learn history, go on country, and learn art and crafts
- Reconnecting with country by going camping, hunting, fishing, swimming or surfing
- Taking time out for yourself to do things you enjoy like a hot bath, bush walk or drawing
- Making deadly choices and good changes
- Setting yourself goals
- Staying connected to your physical body by playing sports, music or dancing

Having ways to practice culture, language, and spiritual beliefs can make you feel proud and keep your spirit strong and your mind positive and resilient. Sometimes your community isn't on traditional country but you can still get involved in Aboriginal and Torres Strait Islander culture by sharing stories with local Elders and discovering local history.



HOW HEADSPACE CAN HELP

headspace is your space to yarn safe. **headspace** can help you or a friend with any problems you have with: physical health, mental health and wellbeing, drugs and alcohol, work, school and study.

headspace has centres where you can yarn to someone face-to-face, or you can contact our online and telephone support service, eheadspace.org.au or 1800 650 890. Remember, if you or a friend have a big worry and need urgent medical help, you need to call 000 straight away.

FIND OUT MORE AT WWW.YARNSAFE.ORG.AU



headspace would like to acknowledge Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians. We value their cultures, identities, and continuing connection to country, waters, kin and community. We pay our respects to Elders past and present and are committed to making a positive contribution to the wellbeing of Aboriginal and Torres Strait Islander young people, by providing services that are welcoming, safe, culturally appropriate and inclusive.

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

