



# Aboriginal Family Support Services Newsletter

January - February 2021

## National Apology Day at Berri

On 12 February 2021, staff from AFSS Berri office had the pleasure of attending the National Apology Day held at the Aboriginal Cultural Centre in Glossop. A scenic drive west of Berri, Glossop is known for its fresh produce, dried fruits and olive oil. Although one of the smaller towns of South Australia's Riverland region, Glossop is home to the Aboriginal Cultural Centre, hosting a gallery of Australian Aboriginal art.

The community was treated to a beautiful breakfast of bacon and egg rolls, as well as morning tea, which was organised by the students from Glossop's High School and Primary School. It was great to see such a positive and inclusive partnership between the local students, community members, local council and services.

After breakfast, Sam Mitchell, a local Aboriginal man born in Berri, who also works for Life Without Barriers in the Cultural Connections program, provided a Welcome to Country and asked for a minutes silence to pay respect to Elders both past, present and future. We were privileged to hear of Sam's own personal story regarding the impact that the Stolen Generation has had on his own family.

Sam invited members of the community to come forward to light a candle in remembrance of all those affected - past and present - by the Stolen Generation.

The morning brought up a lot of emotions for everybody and the day continues to be a stark reminder that there is still a long way to go, however it was a wonderful opportunity to be able to reflect, learn, and demonstrate our commitment towards the ongoing importance of Aboriginal culture, country and family.

The event was very well attended and provided AFSS employees with the opportunity to be a part of the local community and to continue to build on existing partnerships and form new ones.



## A message from the Chief Executive

It has been a good start to 2021 here at AFSS!

I hope everybody had a wonderful festive season, and I look forward to seeing what we all can achieve this year. We have been extremely lucky here in South Australia to steer clear from COVID-19. And I hope it remains this way for the rest of the year.

We have had a few more staff commence with Foster Care Services at the beginning of this year and I would like to add a warm welcome to you all. We are also seeing a slight increase in people inquiring to become Foster Carers which is really positive to see.

We have also introduced several new staff members in Mount Gambier, including our Manager, 3 Support Workers, a Team Leader and a Community Engagement Officer. Our residential home in Mount Gambier is now fully licensed and ready for clients.

Community Safety and Wellbeing programs are back up and running (through the old face-to-face platform). We have had some great feedback from clients, as most of them have indicated that they would much prefer the wholesome interactions and connections achieved through this method.

While we did not attend the Apology breakfast this year, it was great to have some quality time with staff over morning tea and show our respects and reflect on the past year.

Overall, I am hoping that we can all remain on this safe and positive note. There are also some wonderful Aboriginal and cultural Fringe events which will be happening throughout the state over the next month, so it is a good time to support the local community and enjoy some family time.



*Sharron Williams  
Chief Executive*



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## Christmas at Port Lincoln

AFSS Port Lincoln celebrated Christmas at Glenn Forest with CentaCare, DCP, carers and children. It was a great way to end the working year and over 100 people attended. *Pictured above right: AFSS Manager Angela Fee and DCP Case Worker Donna Carr.*



## Thank you AGL for the Christmas gifts!

The Foster Carer team would like to send a big thank you once again to Barb Causby and the Staff at AGL. Although we were unable to have our usual Christmas event in 2020 (due to COVID-19 restrictions), it was much appreciated that Barb and her team provided some lovely gifts for children in out of home care. Thank you to AFSS staff who collected the gifts and distributed them to the families before Christmas. All the children were very pleased on Christmas day.



Connecting Foster & Kinship Carers - SA (CF&KC-SA) are thrilled to be hosting the National Foster & Kinship Care Conference on **10-12 June 2021**.

This virtual conference will present a unique opportunity for all child protection stakeholders to learn from, and alongside Foster and Kinship Carers, collaborate in a creative environment.

This conference will be culturally responsive, relevant and progressive in reflecting current caring trends and aims to attract participation from a diverse audience of Carers, professional stakeholders, researchers and young people in the Foster and Kinship Care sector. Conference streams will focus on topics with a national lens, identified by the Carer community:

- Education: school transitioning & retention including building secure attachment
- Disability + NDIS
- Managing challenging behaviours and therapeutic parenting techniques
- Cultural connection + support for Aboriginal and Torres Strait Islander children/young people
- Fetal Alcohol Spectrum Disorder and other co-morbidities
- Gender fluidity + LGBTIQ awareness regarding children & young people
- Mental health & wellbeing for Carers, children & young people
- How to advocate effectively
- Legal issues and how best to navigate
- Issues regarding regulation, sensory based support, "meltdowns" & fussy eaters due to trauma

All attendees will be provided the opportunity to explore their current thinking and identify new strategies for care, whilst mixing with likeminded people from all walks of the child protection sector. Please follow this link: <https://2021nationalconference.org.au/> to visit the National Foster & Kinship Care Virtual Conference website for all the details, including the Sponsorship Prospectus and Speaker Expression of Interest form.

**Note: If AFSS carers would like to attend the conference, can you please contact your Carer Liaison Officer directly or ring AFSS on 8205 1500.**

## Seeking a diversity of foster care applicants!

Are you interested in becoming a foster carer?

Can you help provide a safe, nurturing and culturally supportive environment for Aboriginal children and young people within their community?

Aboriginal Family Support Services are seeking foster carers in the Adelaide metropolitan area.

We offer various types of care choices including emergency, respite, short-term and long term care, and provide a range of training, support and guidance throughout your foster care journey.

Enquiries are welcome!  
For more information, please contact:

Tashani Morton - Assessment Administration Officer

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

☎ 8205 1518

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



# Upcoming Community Safety & Wellbeing Programs - March - April

<b>Healthy Homes, Resilient Families Routines and Rules</b> 	Tuesdays 16 - 23 March	10 - 2	AFSS House 4-6 Merrill Street <b>Port Augusta</b>	Fiona Stanley 8641 0907 0409 996 222
<b>Healthy Homes, Resilient Families Growing up Healthy</b> 	Tuesdays & Fridays 22 Feb - 9 April	10 - 2	Port Lincoln Hub Lincoln Garden's Primary School 31B Barley Road <b>Port Lincoln</b>	Corey Slade 8683 1909 0417 255 724
<b>Seasons For Healing</b> 	Thursdays 18 March – 1 April	10 - 2	Christies Beach Primary School 46 Maturin Avenue <b>Christies Beach</b>	Tegan Whalan Tracy Miller 8254 1077
<b>Healthy Homes, Resilient Families Routines and Rules</b> 	Thursdays 18 - 25 March	10 - 2	AFSS House 4-6 Merrill Street <b>Port Augusta</b>	Fiona Stanley 8641 0907 0409 996 222

## Other Events and Dates to Remember

### Create Foundation

**Sibling Day/ Connection Event - 13 March** - LATITUDE @ Greenacres - Bounce, Climb, Fly!

contact: [fabian.mcphee@create.org.au](mailto:fabian.mcphee@create.org.au)

**Youth Advisory Group (YAG) - 19 March** - Metro Adelaide - contact: [fabian.mcphee@create.org.au](mailto:fabian.mcphee@create.org.au)

**Youth Advisory Group (YAG) - 23 March** - Online Zoom - contact: [anita.chaplin@create.org](mailto:anita.chaplin@create.org)

### NIDAC20 6th National Indigenous Drug & Alcohol Conference

**Pre Conference Workshop - 23 March** - The Stamford Grand Hotel, Glenelg SA - contact Denise Gilchrist - [denise@adac.org.au](mailto:denise@adac.org.au) - 0437 002 316

**3 Day Conference Event - 24 March - 26 March** - at the Stamford Grand Hotel, Glenelg SA - contact Denise Gilchrist - [denise@adac.org.au](mailto:denise@adac.org.au) - 0437 002 316

### Tauondi Aboriginal Community College

**Open Day - 15 April** - 10.30 - 2.30 pm - 1 Lipson Street, Port Adelaide - Bring the Family and enjoy a free BBQ, Entertainment & Raffles



# Current and New Staff Updates



*Angelka Del Giacco, Assessment Officer, Metro.*

Hi everyone, my name is Angelka Del Giacco and I am the new Assessment Officer in Foster Care Services here at AFSS Metropolitan office.

I was born and raised in a small town called Whyalla in SA and have recently moved to Adelaide, so I'm new to living the city life! I am very much excited for this new beginning and it's been great so far! I have family and friends who live here as well.

My hobbies include spending time in the outdoors and painting nature landscapes.

As for my professional background, I study Social Work and have worked for both government and non-government organisations. I've worked as a Direct Care Worker in the aged care and disability sector, a Pastoral Care Worker at a local Whyalla high school, and as a Foster Care Recruitment & Assessment Officer. I have experience in general, specialist and SCO foster care assessments, and had the opportunity to gain experience in foster care support work/placements. I have a passion for making a positive difference in people's lives and within

communities, and I'm passionate about educating people to understand the effects of trauma in children and young people.

I have felt extremely welcomed here at AFSS, and I look forward to working alongside you all.



*Shae Williams, Carer Liaison Officer, Metro.*

Hi, my name is Shae Williams, and I am Narungga/Ngarrindjeri woman.

I have previously worked in the health and community service sector, I am very passionate about working within the Aboriginal community.

I love to go to the gym and also dance with the Aboriginal Dance Collective in Adelaide.



*Amanda Esposito, Case Worker, TIS, Stronger Families.*

Hi my name is Amanda.

I have recently joined the Targeted Intervention Service at Cross Roads as a Case Worker.

My work experience has been in Childcare and directing OSHC, then working for the last 9 years in Child Protection with DCP.

I am married to my husband Michael and we have three children Damien, Casey and Aaron, and now we have a gorgeous grandson named Mason.

I am really excited to be joining the AFSS team and look forward to this new experience and the challenges ahead.

I hope to make a positive impact to the families I work along side of and assist my team whenever needed.



**Help to support AFSS by purchasing a yearly digital membership - \$69.99/year**

Please click this following link:  
<http://admin.entertainmentbook.com.au/orderbooks/9x50254>

# AFSS attend TURKINDI'S AGM - 9 February

The TURKINDI Network held their AGM on 9 February 2021, after it was postponed last year due to COVID-19. The AGM was well attended and those present were full of enthusiasm and support. In case you are not aware, 'The Indigenous Information Network of South Australia Inc.' (TURKINDI), which is an Aboriginal name for coming together and sharing information, has come along in leaps and bounds, under the guidance and nurture of Ivan-Tiwu Copley, TURKINDI Chairperson and AFSS board member. TURKINDI is an informal and formal group of Aboriginal and non-Aboriginal people, members and non-members, who through their work, are directly involved in assisting Aboriginal people with access to meaningful employment, training, or information relating to Aboriginal service providers and community events. The Network now has over 3500 email members and in 2019-2020, they sent over 1000 emails and flyers relating to events, seminars and workshops, as well as around 700 job vacancies and training education sessions. The TURKINDI Network is a great resource and AFSS is a strong supporter for the Network. If you would like any further info please contact:

[turkindi@bigpond.com.au](mailto:turkindi@bigpond.com.au)

The board members for 2021 are pictured to the right:



*From Left: Rodney Welch, Di Hart - Secretary, Mark Elliott & Public Officer, Sandra Bahlij, Alex Houthuysen (Hill), Kevin Coleman, Greg McCulloch - Treasurer, Samara Young, Renee Andrew (Nee- Coulthard), Ivan Copley- Chairperson. Absent: Toni Arundel, Tina Quitadamo.*



## National Apology Day morning tea at AFSS

On Thursday February 11, AFSS metro gathered together for morning tea to commemorate the Anniversary of National Apology Day. While we usually attend the the Apology day breakfast at the Convention Centre, we thought that we would be extra carefull this year due to COVID-19 and keep it small and simple. It was a lovely, quiet get together. Thank you Helen once again for your hospitality and organising the lovely food platters.





# Around The Houses

## Ceduna Residential Services

The children and young people have been very busy during the school holidays with arts, crafts and activities. The beaches in and around Ceduna, as well as the water fun park in Wudinna, were the most visited places during the warmer days. They have all been looking forward to going back to school and kindy. A Birthday was also celebrated in January. Thanks so much to one of our talented staff members who created this birthday cake - it was a huge hit!



## A creative Easter gift for our staff

One of the young girls in Residential Care made a lovely Easter gift for the staff at AFSS. She made the bag by herself and the card inside as well.



## Young t-shirt designers in residential care!

The young people who live in one of AFSS Southern residential houses entered the Tandanya Survival Day competition. Their Team Leader cut out a t-shirt shape so that they could create their design.

Two of the young people received a \$50.00 voucher each to spend at Tandanya National Aboriginal Cultural Institute and their t-shirt designs were framed. They also had their photo taken with the framed design.

# Aboriginal Fringe Events



It has been a funny old year for us all with COVID-19 restrictions - the constant check ins and hand sanitising. A good time to shake off the Covid cobwebs, by getting out and about to see a show, and having a good laugh. We have picked out some Aboriginal events below, which we think are of good quality. Click on the following link to view further booking details <https://adelaidefringe.com.au/>

Some events have an option to be viewed from home, so if you are still unable to attend or live in the regions, this is also a good alternative.



## Janama Collection and Expansion: Circle of Arts Foundation

### Visual Arts And Design

TIMES: 10:30, 6.00 pm  
DATES: 19 Feb - 21 Mar  
VENUE: Glenelg Art Gallery

The works of Eddie Janama Kitching, an Aboriginal Artist, who's artwork reflects his own journey in discovering his Grandmother's country.



## Mi:Wi 3027

### Theatre

TIMES: 10:00 am  
DATES: 4-7 March  
VENUE: The Studio at Holden Street Theatres.

Explores the friendship between Roland Carter, a Ngarindjeri man, and Leonhard Adams, German anthropologist during the war.



## Deadly Funny - Adelaide

### Comedy

TIMES: 9:00 pm  
DATES: 25 Feb  
VENUE: Ngunyawayiti Theatre at Tandanya National Aboriginal Cultural Institute.

Cheeky and loud, black and proud, Melbourne International Comedy Festival's Deadly Funny program returns to Adelaide Fringe.



## Caravan Sounds Live in the Laneway

### Music

TIMES: 4.00pm  
DATES: 19 Feb  
VENUE: Tandanya Cafe at Tandanya National Aboriginal Cultural Institute.

Caravan Sound's pop-up DJ booth will host MoZzi and a deadly lineup of live acoustic acts featuring First Nations artists.



## First Nation Voices

### Music

TIMES: Varied  
DATES: 19 Feb - 20 Mar  
VENUE: Varied - Adelaide, Port Augusta, Murray Bridge.

Glenn Skuthorpe, Russell Smith & special guests, Australia's sought after First Nation musicians.

## For Kids

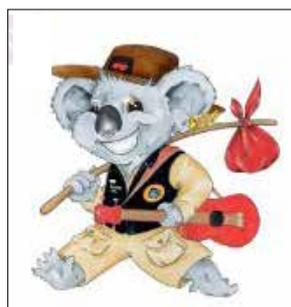


## The Secret Garden

### Children's Events

TIMES: 5:00pm, 5:35pm, 6:10pm, 6:45 pm  
DATES: 6 Mar - 7 Mar  
VENUE: Duck Flat Community Garden, Mount Barker.

This delightful performance, brings a much-loved story to life through performance, puppetry, soundscape, new media and interactive elements.



## Blinky Bill On The Loose

### Children's Events

TIMES: 6:40pm  
DATES: 13 March - 21 Mar  
VENUE: Adelaide Botanic Garden.

Blinky goes on an adventure and meets many delightful new friends including Professor Wombat, Angelina Wallaby and Go-Go Goanna.



## Toddler Bop

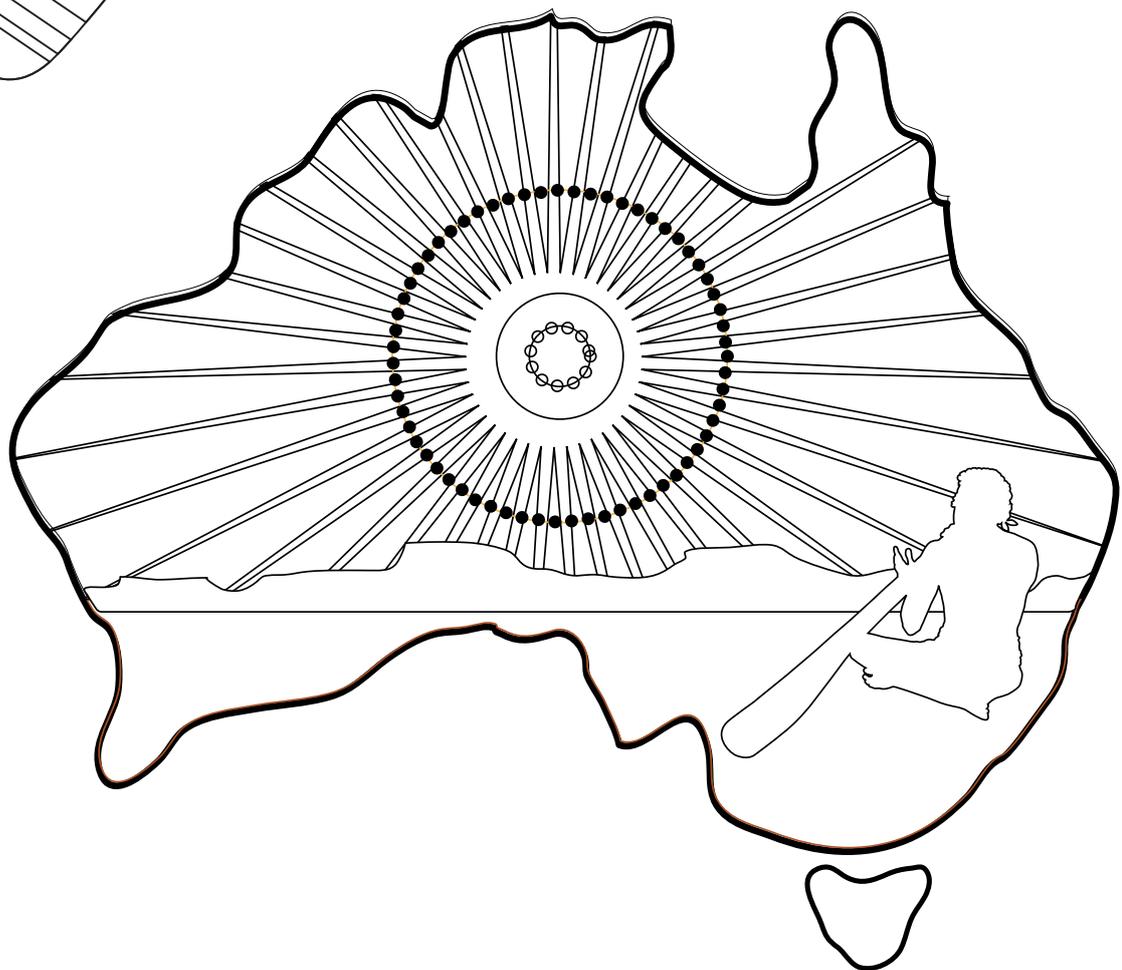
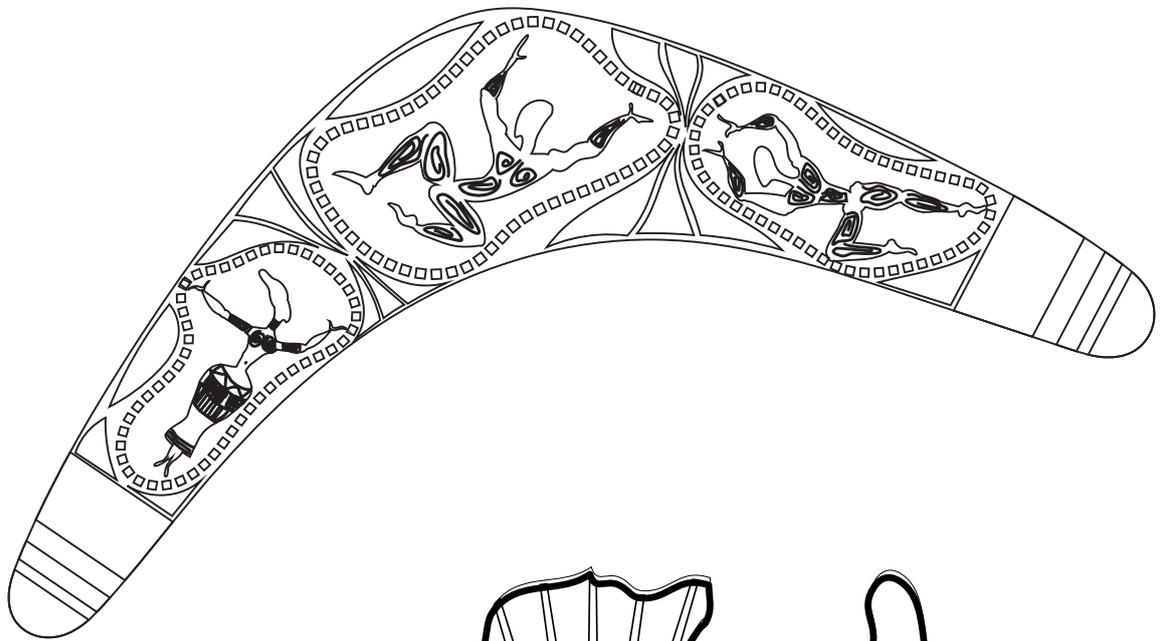
### Children's Events

TIMES: 10:00 am - 11:30 am  
DATES: 23 Feb - 9 Mar  
VENUE: The Parks Theatre, Angle Park.

Introduces children between 1 and 5 years to music, instruments, rhythm and dance. Children are provided instruments to play in class and explore basic dance techniques.



# Just for KIDS



# Seasons for Healing in Whyalla

Our clients have been really patient, waiting over a year since the last delivery of Seasons for Healing in the Whyalla area, due to COVID-19. We think that this fact may have contributed to making the delivery of this particular program, all the sweeter.

The groups 'in-joke', is that most of us are repeat offenders (RO's)... that is - participant's in AFSS Community Safety and Wellbeing Programs that keep coming back! It's interesting to note that most RO's also repeat participation in our 'deep dive' programs of Circle of Security-Parenting and Seasons for Healing.

Naomi having participated twice in 'Seasons', this time round commented that she felt relieved and more at peace in general despite major grief this past year. Naomi suddenly became aware of her personal growth and was able to digest the principles to a deeper level.

Sharna shared with the group that the skills she had learnt and applied through our 'deep dive' programs had enabled her to self-regulate and meet her child's needs during a recent 'critical incident', whereby historically she had habitually remained stuck attending to her own needs whilst

heightened.

This program has also seen the transition of our newest CS&W Facilitator Fiona Stanley with the local Women. Fiona will be taking over most of the existing program delivery in a satellite service to the Whyalla area as she is based closer to AFSS Port Augusta. Corey will still co-facilitate with Fiona as a team when required to move forward.

Fiona is a warm, open minded, empathetic and evidently a fast friend, to all she meets. I feel privileged to have shared this space and confident our dear client's are in good hands.



*Front Row: Cindy (1st program), Shamaya (4th program), Sharna (4th program), Tracy (Community Safety and Wellbeing Companion). Back Row: Corey (CSW C), Monica (4th program), Georgie (6th program), Naomi (5th program), Fiona (CSW Facilitator). Absent: Kiara (1st program).*

# Helping Your Child

Although childhood trauma can have serious, lasting effects, there is hope. With the help of supportive, caring adults, children can and do recover. Consider the following tips:

**Identify trauma triggers.** Something you are doing or saying, or something harmless in your home, may be triggering your child without either of you realizing it. It is important to watch for patterns of behaviour and reactions that do not seem to “fit” the situation. What distracts your child, makes him or her anxious, or results in a tantrum or outburst? Help your child avoid situations that trigger traumatic memories, at least until more healing has occurred.

**Be emotionally and physically available.** Some traumatized children act in ways that keep adults at a distance (whether they mean to or not). Provide attention, comfort, and encouragement in ways your child will accept. Younger children may want extra hugs or cuddling; for older youth, this might just mean spending time together as a family. Follow their lead and be patient if children seem needy.



**Respond, don't react.** Your reactions may trigger a child or youth who is already feeling overwhelmed. (Some children are even uncomfortable being looked at directly for too long.) When your child is upset, do what you can to keep calm: Lower your voice, acknowledge your child's feelings, and be reassuring and honest.

**Avoid physical punishment.** This may make an abused child's stress or feeling of panic even worse. Parents need to set reasonable and consistent limits and expectations and use praise for desirable behaviours. Don't take behaviour personally. Allow the child to feel his or her feelings without judgment. Help him or her find words and other acceptable ways of expressing feelings, and offer praise when these are used.

**Listen. Don't avoid difficult topics or uncomfortable conversations.** (But don't force children to talk before they are ready.) Let children know that it's normal to have many feelings after a traumatic experience. Take their reactions seriously, correct any misinformation about the traumatic event, and reassure them that what happened was not their fault.

**Help your child learn to relax.** Encourage your child to practice slow breathing, listen to calming music, or say positive things ("I am safe now."). Be consistent and predictable. Develop a regular routine for meals, play time, and bedtime. Prepare your child in advance for changes or new experiences.

**Be patient.** Everyone heals differently from trauma, and trust does not develop overnight. Respecting each child's own course of recovery is important.

**Allow some control.** Reasonable, age-appropriate choices encourage a child or youth's sense of having control of his or her own life.

**Encourage self-esteem.** Positive experiences can help children recover from trauma and increase resilience. Examples include mastering a new skill; feeling a sense of belonging to a community, group, or cause; setting and achieving goals; and being of service to others.

Acknowledgements: This factsheet was developed by Child Welfare Information Gateway based on interviews with Children's Bureau grantees funded through the Integrating Trauma-Informed and Trauma-Focused Practice in Child Protective Service Delivery.

The following table indicates symptoms and behaviors of children who have experienced trauma:

Young Children (ages 0-5)	School-Age Children (Ages 6–12)	Teens (Ages 13–18)
<ul style="list-style-type: none"> <li>• Irritability, “fussiness</li> <li>• Startling easily or being difficult to calm</li> <li>• Frequent tantrums</li> <li>• Clinginess, reluctance to explore the world</li> <li>• Activity levels that are much higher or lower than peers</li> <li>• Repeating traumatic events over and over in dramatic play or conversation</li> <li>• Delays in reaching physical, language, or other milestones</li> </ul>	<ul style="list-style-type: none"> <li>• Difficulty paying attention</li> <li>• Being quiet or withdrawn</li> <li>• Frequent tears or sadness</li> <li>• Talking often about scary feelings and ideas</li> <li>• Difficulty transitioning from one activity to the next</li> <li>• Fighting with peers or adults</li> <li>• Changes in school performance</li> <li>• Wanting to be left alone</li> <li>• Eating much more or less than peers</li> <li>• Getting into trouble at home or school</li> <li>• Frequent headaches or stomachaches with no apparent cause</li> <li>• Behaviors common to younger children (thumb sucking, bed wetting, fear of the dark)</li> </ul>	<ul style="list-style-type: none"> <li>• Talking about the trauma constantly, or denying that it happened</li> <li>• Refusal to follow rules, or talking back frequently</li> <li>• Being tired all the time, sleeping much more (or less) than peers, nightmares</li> <li>• Risky behaviors</li> <li>• Fighting</li> <li>• Not wanting to spend time with friends</li> <li>• Using drugs or alcohol, running away from home, or getting into trouble with the law</li> </ul>

## Hon. Rachel Sanderson MP - Minister for Child Protection visits Berri

On Thursday 28 January 2021, AFSS Berri office were delighted to receive a visit from the Honourable Rachel Sanderson MP, Minister for Child Protection. The purpose of the Minister's visit was to work in partnership with AFSS and other local Berri agencies to identify service gaps for families, children and young people involved with child protection in the Riverland area. Areas such as early intervention for families, reunification services, family based care and residential care services, were the main topics of conversation.

As with most regional towns, the Riverland is no exception, there are complexities and difficulties in being able to provide comprehensive service delivery. Lack of funding and grant opportunities means that agencies need to think creatively around the use of funding and how to best help the most number of families in various areas of the child protection system, stemming from early intervention to the placement of children.

AFSS employees spoke with the Minister around some of the new and innovative ways they are

trying to work with families, through support and positive reinforcement, and working from a child focused and strength based service delivery. Many of the families that AFSS is working with are achieving positive and lasting changes to their lives and the lives of their children. The AFSS Berri employees, Leonie Plush, Alban Kartinyeri and Nicole Barber wanted to thank the Minister for taking the time out of her busy schedule to visit AFSS in Berri and being open to hearing of the struggles and successes of working in a regional town.



# Screen time and its link to gambling later in life

## So what is Screentime?

- Watching TV
- Watching DVD's and other online shows
- Using computers or other devices to access online entertainment
- Playing games on consoles, computers and mobile phones
- Texting

Did you know that too much screentime can affect children's development? The Australian Government has released recommendations for different age groups as to how much screen time is ok:

- 0-2 years: ZERO screentime (includes watching TV, electronic media, DVD's, computers and electronic games.)
- 2-5 years: less than 1 hour per day
- 5-17 years: less than 2 hours per day

Increased screen time is something we all face as the online world becomes part of socialising, education and general living. The recommendations above also do not take into account screentime for education use and with more schools taking learning online, screen time will only be increasing.

So what are some good guidelines to follow?

## For younger kids:

- Install parental controls so what they are accessing is appropriate.
- Only use age-appropriate sites with high learning potential and not games.

- Sit with kids so you can explain how you are navigating and what they are seeing.
- Always have the device in an area where you are so you are able to see what they are doing.
- Put a time limit on your sessions, instilling the idea of developing a balance to tech use early.
- Avoid just-before-bed computer time as it can be stimulating and interrupt sleep.
- Kids model their behaviour of tech from what they see and the boundaries around screen time that is the family norm. Setting up good family guidelines around tech use early helps in later years.

How much is too much? (Signs to look out for)

- General health and wellbeing is neglected or reduced personal hygiene.
- Isolated or withdrawn for long periods of time.
- Appearing anxious or irritable when away from the computer.
- Ongoing headaches, eye strain, sleep disturbance, excessive tiredness.
- Obsession with particular websites or games.
- Anger when being asked to take a break from online activity, negative changes in behaviour and a declining interest in social activities like meeting friends or playing sports.
- A decline in school performance or failing to complete school work.

With increased screen time, parents also need to be aware of the blurred lines between gaming and gambling, both activities comprise elements of skill and chance with gaming and gambling featuring similar graphics and visuals. Game design is evolving to include gambling like elements. As an example:

A loot box is an in-game reward. Players pay for the chance to win a mystery virtual item which may turn out to be worth less than the purchase price. Psychologically, loot boxes are similar to pokies and scratchies as they require no skill and the outcome is based on chance. Skins are cosmetic items that change the look of a character or weapon; they can be earned while playing, won in a loot box or bought using in-game or actual currency, including gift cards and vouchers.



If you have any questions, or would like further information, please contact your local Aboriginal Gambling Help Service (See next page for AFSS AGHS), or visit:

**Kids Helpline** - <https://kidshelpline.com.au/teens/issues/when-online-gaming-takes-over-your-life>

**eSafety Parents** - <https://www.esafety.gov.au/parents>

**Gambling Helpline** - 1800 858 858

(Information sourced from Australian Parent's Council, Problem Gambling Help SA, Esafety Commissioner).





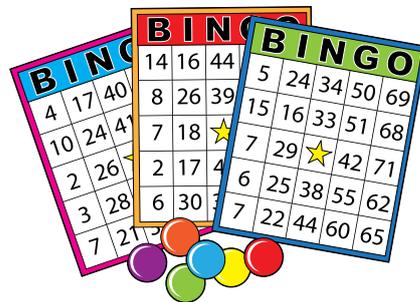
## Aboriginal Family Support Services

*Together with the community*

AFSS Aboriginal Gambling Help Service and Uniting Country Gambling Help Service is pleased to offer:

### **BINGO - BINGO - BINGO**

Anna and Renae invite you to an afternoon of fun and opportunities to win some great prizes (non-monetary bingo).



**When:** Thursday 25 March  
**Time:** 1:00 am - 3:00 pm  
**Where:** Shop 13 Harwill Court  
3/5 Eyre Street Port Lincoln

Afternoon tea will be provided.

For more information please contact:

Renae: 0428 326 557 or Anna: 0428 329 972

COVID Safe

## How the AFSS Aboriginal Gambling Help Service can help you

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](http://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** - Alban Kartinyeri  
0439 085 591

**Port Augusta** - Russell Coulthard  
0409 996 222

**Port Lincoln** - Anna Angus  
0428 329 972





## Where to find us

### Adelaide

134 Waymouth Street  
Adelaide SA 5000  
☎ 8205 1500

### Berri

23 Denny Street  
Berri SA 5343  
☎ 8582 3192

### Smithfield

39a Anderson Walk  
Smithfield SA 5114  
☎ 8254 1077

### Ceduna

28 Poynton Street  
Ceduna SA 5690  
☎ 8625 3466

### Coober Pedy

Lot 1991 Aylett Street  
Coober Pedy SA 5723  
☎ 8672 3066

### Mount Gambier

68 White Ave Compton  
Mt Gambier SA 5291  
☎ 8725 6200

### Murray Bridge

4a, 17-19 Adelaide Rd  
Murray Bridge SA 5253  
☎ 8532 1790

### Port Augusta

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

### Port Lincoln

21 Washington Street  
Port Lincoln SA 5606  
☎ 8683 1909



MORE INFORMATION  
AND BOOKINGS  
T: 1800 161 196  
E: [info@everydayjustice.com.au](mailto:info@everydayjustice.com.au)  
[everydayjustice.com.au](http://everydayjustice.com.au)

## A new free legal service to help people who have 'everyday' legal issues but can't afford a lawyer

### What we can help with

- Employment law 
- Tenancy 
- Credit & Debt 
- Financial abuse 
- Fines & Infringements 
- Human Rights 
- Climate Change law 
- Public interest law 

### What we can't help with

- Family law 
- Criminal law
- Immigration
- Property
- Centrelink matters 
- NDIS
- Workers compensation

## TYPES OF SERVICES



On the spot  
Legal Advice



Limited Representation  
(e.g. drafting a letter or basic  
court document)



Full Legal Representation  
(subject to our Eligibility Test)

### NATIONWIDE SERVICE

Appointments available via  
phone and video call  
Mon-Fri 10am-4pm AEDT

### APPOINTMENTS

To make an appointment,  
visit our website:  
[everydayjustice.com.au](http://everydayjustice.com.au)

