



Aboriginal Family Support Services

Newsletter



November - December 2019

Foster and Kinship Carers Week - Foster Carers Lunch

On Tuesday 10 September, the sun was out and the mood was merry, as the Annual Foster Carer Lunch was held at the beautiful Carclew House in North Adelaide.

Around forty carers arrived to meet, chat and most importantly laugh with one another. After a few speeches and Welcome to Country, Spoken in language by Carer Liaison Officer Becky Matthews, the AFSS staff mingled amongst the group while enjoying a lovely spread of platters provided by Aussie Ripper Roasts. These included a variety of yummy desserts - who can say 'no' to a slice of lemon cheese cake or a mini Pavlova?

What was the best way to follow up a belly popping lunch? A relaxing massage from the lovely Erin from Seated Massage of course! Followed by a cup of coffee or an iced tea provided by Fresh Bean Coffee.

All round it was a lovely day had by all. We would like to thank all of the staff from the AFSS Foster Care Services team, as well as our event organiser, Kathi Fejo. It was fabulous to have the whole crew come together to celebrate the amazing efforts of Foster Care families, and the lengths they go to for all the children in their care! To everyone who attended the lunch, AFSS Foster Care Services team hope that you enjoyed the day, the goodie bags and the chance to all come together!

(continued on page 3)



From Left: Kathleen Fejo (Carer Liaison Officer), Peter Dyer (Manager Foster Care Services) Judy Spooner (Carer Liaison Officer), Becky Matthews (Carer Liaison Officer), Rachael Dodd (Assessment Officer) Warren Guppy (Senior Manager Metropolitan Services), Front: Bridie Valentine (Carer Liaison Officer), Robyn Bizilis (Assessment Officer) Kristie Matthews (Placement Officer)

A message from the Chief Executive

2019 has been another successful year of growth and activity here at AFSS. I was pleased to share some of the highlights with the Aboriginal community, both in our Annual Report and at our AGM, which was held here in Adelaide on November 14.

There have been many festivities over the last few weeks to celebrate our achievements throughout the year. A BBQ lunch at Kensington Park also took place to recognize the continuous support from our Foster Carer's and the amazing dedication and hard work they put into looking after our children in care. Thank you for all your hard work throughout the year, we really appreciate all that you do.

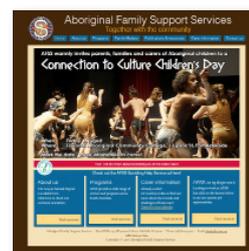
The Just 2 Deadly Awards has also seen another year, which celebrates the achievements of Aboriginal and Torres Strait Islander Youth. It's fantastic to see these achievements and crucial to give recognition to our next generation.

Our programs have continued to expand, including the Community Safety and Wellbeing and our Stronger Families teams. We have also seen the introduction of the ILC - NDIA Community Engagement Project which has allowed us to get together some fantastic publications in order to inform Aboriginal communities about the NDIS scheme.

I would also like to acknowledge the growing relations with our funding bodies and NGO sector as we move into both child protection and early intervention programs. You have been amazing to work with throughout this year.

As 2019 comes to an end, I would like to take this opportunity to thank all of our staff for their incredible effort over the last 12 months. And wish everyone, including our Foster Carers, our Board, the organisations that we work with, and of course the children in our care, a wonderful and safe festive season.

We look forward to seeing you all again in 2020



www.afss.com.au

Foster Care Services Lunch (continued)



FOSTER CARERS URGENTLY WANTED!

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

Please Contact

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

Ceduna: Michelle Naylon
michelle.naylon@afss.com.au
8625 3466

Cooper Pedy: Amanda Zelenko
amanda.zelenko@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



AFSS would like to wish everyone a very Merry Christmas and a happy and safe New Year! We look forward to seeing you all in 2020



Just 2 Deadly Awards



The National Deadly Awards are an annual celebration of Australian Aboriginal and Torres Strait Islander achievement in music, sport, entertainment, the arts, health, education, training and community. The first "Deadlys" began in Sydney in 1995 and since 2001 the event has been held at the Sydney Opera House. The word 'Deadly' is a modern colloquialism used by Aboriginal and Torres Strait Islanders to indicate great, the best, fantastic and awesome.

The Deadly Awards have been held in schools and communities throughout Adelaide and other parts of SA for several years prior to commencing in Murray Bridge.

In 2009 a group of local Aboriginal Education Officers in Murray Bridge formed an Organising committee and called our local celebration the "Just 2 Deadly" (J2D) Awards for Graduating Year 7 and Year 12 Aboriginal students with our inaugural event commencing in 2010.

The Committee now consists of dedicated Aboriginal Community Education Officers, Aboriginal Secondary Education Transition Officers, other school staff, the Community Education Manager and the Gambling Support Worker from AFSS (Bronte Warneke), with a Parent and Community Engagement Officer who are committed to celebrating the important milestones of our young community members. The Committee works hard and strives to continue the J2D in our local community to provide successful and positive role models who value education for the whole community.

There is set criteria that students must meet to be eligible to participate in the J2D Awards. This event enables families and the community to celebrate, and be proud of the educational achievements of our year 7 and year 12 graduates.

We have just celebrated our 9th year (this year is AFSS 7th year of involvement), and since its

inception have graduated over 400 Aboriginal and Torres Strait Islander students in our communities, with over 85 year 12's pursuing further study or employment.

This year we had 65 Aboriginal students graduate in our event which was held in the Murray Bridge High School Drama Room on Friday 8th November. Schools participating this year were Mannum Community College, Meningie Area, Murray Bridge South, St Joseph's, Tyndale Christian College, Jervois Unity College, Murray Bridge High, ILC and Murray Bridge North Primary Schools.

The success of this event is due to the generosity and support from our donors, AFSS and school backing over the past nine years, we are very fortunate to have such outstanding support from local businesses and organisations in Mannum, Murray Bridge and Meningie which contribute to the success of the Just 2 Deadly Awards. We hope this support continues into the future.



Pictured above: The students proudly pose with their certificates of achievement at the Deadly Awards. This event enables families and the community to celebrate, the educational achievements of the young graduates.

Olivia's Baby Surprise

Congratulations to Olivia King, Manager Residential Services, on the birth of her baby boy Jace who was born on 27 November, weighing 8.2 pounds.

On Friday 1 November, Liv was surprised with a morning tea to help celebrate the start of her new journey. The board room was decked out in blue and looked amazing, thanks to the help of our Executive Support Officer, Helen Laxton. It was a lovely morning had by all and we wish her all the best!

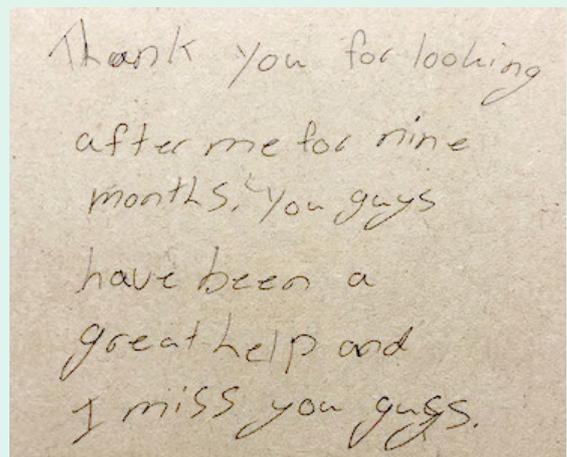


Certificates for Residential Services

On Tuesday 3 December, some of the Support Workers gathered together with CE, Sharron Williams and Senior Manager Residential Services, Susan Richards, to recognise their hard work over the past year. Well done to all who received an award and all the other Support Workers who have done an amazing job this year!



Back Row: David Chikwuba, Ryan Knowles, Sharron Williams (CE), Danielle Greco, Sophie Trabilsie. Front Row: Susan Richards (Senior Manager Residential Services), Ruby Bennett and Hosna Wahabzada



A lovely painting and hand written note completed by one of the young people residing with AFSS Youth Accommodation (YAATSISHS), saying thanks to our Youth Support Workers for their dedication and hard work.

AFSS Collaborates with Menzies for NDIA Plan

AFSS recently received a Grant from ILC (Information, Linkages and Capacity Building) to support the newly established NDIA Community Engagement Project. ILC's main focus is based around inclusion and creating connections. They provide grants to organisations so that they are well equipped to deliver projects in the community that benefit all Australians with a disability.

To meet the demands of this new Project, AFSS has appointed two new positions. Charles Jackson (NDIA Coordinator) and Emily

Nistico (NDIA Project Officer). Their main focus is to engage with the Aboriginal community in the Iron Triangle region and help educate people on the NDIS and connect them to local services. This is done by holding community events and forums and inviting Local Area Coordinators and Service Providers to provide them with information, as well as responding to any questions that they may have about the topic. As part of the project, AFSS has been collaborating with the Menzies School of Health Research to develop strategies and get together

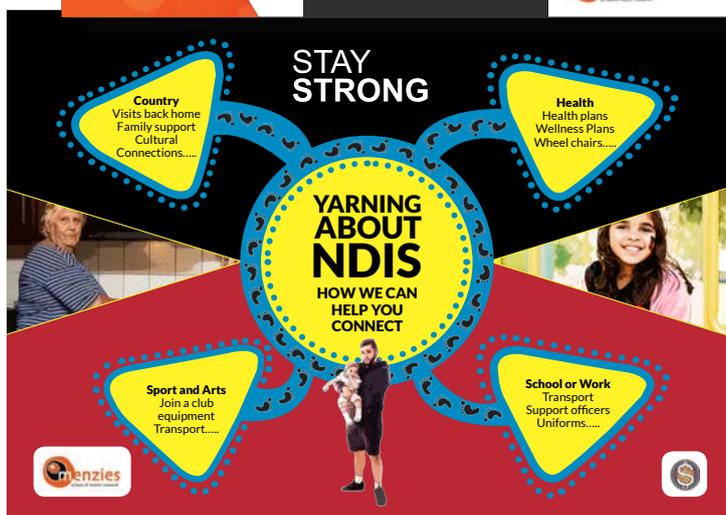
some collateral, publications and video content to ensure that Aboriginal people and their families are well informed about their choices and rights in regards to the National Disability Insurance Scheme. Their goal is to ensure that our resources are easy to understand and culturally appropriate for the Iron Triangle region.

They also regularly visit community and services providers to find out how the NDIS can improve to ensure more Aboriginal people are accessing the scheme, and report this feedback to the NDIA.



Dr. Michelle Sweet
Project Coordinator
Menzies School
of Health Research

For over 20 years Michelle has worked in the Indigenous health and wellbeing area in service provision, research and program development. Her passions lie with advocating, exploring and developing innovative strategies to address health issues. Since 2013 she has been working with the AIMhi team at Menzies School of Health Research in developing strategies and training for implementing digital resources within a practice framework both on an organizational level and individual practice.



Brochures created together with AFSS and the Menzies School of Health Research

Music and it's Role in Healing and Cultural Connection

Music Therapy

Music therapy has been employed as a clinical therapeutic intervention tool to facilitate healing across a variety of populations for many years. There are various theoretical studies that have been completed over the past decade to suggest that individuals with Post Traumatic Stress Disorder (PTSD) and exposure to trauma, benefit substantially from music therapy. The key factors of improvement in candidates were strengthening coping skills, reduction in stress and anxiety levels, the encouragement of emotional expression and an overall improvement in quality of life. Music therapy has also been recognised by the NDIS for inclusion under the support cluster of 'Capacity Building', as it helps to support people with Improved Daily Living through adjustment, adaption and encouraging participation in the broader community.

Learning an Instrument

Encouraging children to learn an instrument is equally beneficial. The simple act of focusing on learning an instrument is therapeutic in itself. It helps to improve self regulation, memory, confidence, brain development and social skills. Recently there was a series broadcast on the ABC called "Don't Stop the Music" featuring Guy Sebastian, who went out into underprivileged



schools and introduced music into the curriculum. The benefits were outstanding. Children's confidence levels increased and there was a significant improvement in their social and cognitive behaviour. Kids who were feeling socially isolated prior to the program, made new friendship connections and had a brand new hobby to focus on to keep them occupied. The South Australian Government has recently increased its budget for music education in primary schools, as the amazing benefits are starting to become more apparent on a wider scale.



Connection to Culture

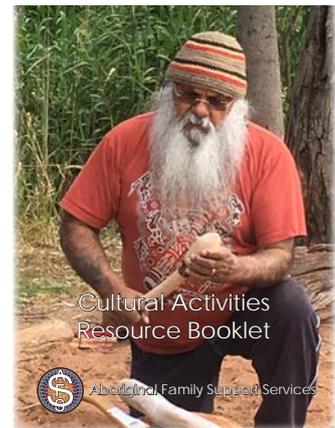
Joining a specific Cultural, Music, or Arts program is also a great way to make connections to your culture. Music is one of the oldest and primal forms of artistic expression. And learning about the history of your ancestors and how they used this medium is a great way to get a hands on feel about your past, make new connections and develop skills for life.

Our Cultural Officers here at AFSS have specific plans in place to ensure that each child is connected to their culture, language group, and community. They also work closely with Foster Carers and incorporate various local Aboriginal art programs to ensure that the children have maximum exposure to such an

interactive, hands on experience. These include the Kurruru Youth Performing Arts, Kura Yerlo Children's Centre, Tauondi College and the Tandanya National Cultural Institute.

If you are thinking about getting your children, or foster children involved in the amazing benefits of music or other Aboriginal cultural activities, please have a look at the resources and contact details below. You can also view our Cultural Activities handbook at:

<https://www.afss.com.au/connection-to-culture>



Tandanya

www.tandanya.com.au/

Kurruru Youth Performing arts

www.kurayerloinc.org.au/kurruru



Australian Music Therapy Association

www.austmta.org.au/

Lessons Australia

<https://lessonsaustralia.com.au/>



Murraylands Mental Health and Wellbeing Expo 2019

This year was the 10th Annual Mental Health & Wellbeing Expo in Murray Bridge and was opened by the Hon. John Dawkins MLC with Uncle Major (Moogy) Sumner who performed a smoking ceremony, invoking the blessings of the Ngarrindjeri ancestors with a Welcome to Country to the community.

Over 400 people attended the event, which included over 30 agencies from the Murraylands region providing promotional items and the opportunity to discuss any concerns with their own or their family's mental health.

Guest speaker was Heath Black, Heath was well known in the AFL football circles for his left foot and agility on the field. After leaving professional football and spiralling

out of control, Heath realised the full extent of his mental health issue. After a series of misdiagnoses, he was finally diagnosed with both Bipolar II and Adult ADHD in 2011. Heath now shares his experiences Australia wide. Other guest speakers included a representative from Relationships Australia and "Linda" who has lived experience.

Other exciting things included a smoothie bike, roving magician, bandana making, Aromatherapy and hand massages, glitter tattoos, live music provided by The Station (Headspace) and a free raffle with prizes provided by Bunnings and lots of giveaways.

Lunch consisted of healthy veggie hamburgers and was provided free to the community by Mobilong Rotary.

TRCN House Supervisors day at the Haus at Harndorf



Susan Richards; Senior Manager Residential Services

On Friday 18 October AFSS residential care leadership team attended the Inaugural Therapeutic Residential Care Network (TRCN) house supervisors day at the Haus at Harndorf. The TRCN is made up of key residential leadership staff from AFSS, Junction, Baptist Care, ac.care, Uniting Country SA and Centacare Country. All agencies provide therapeutically informed care for young people.

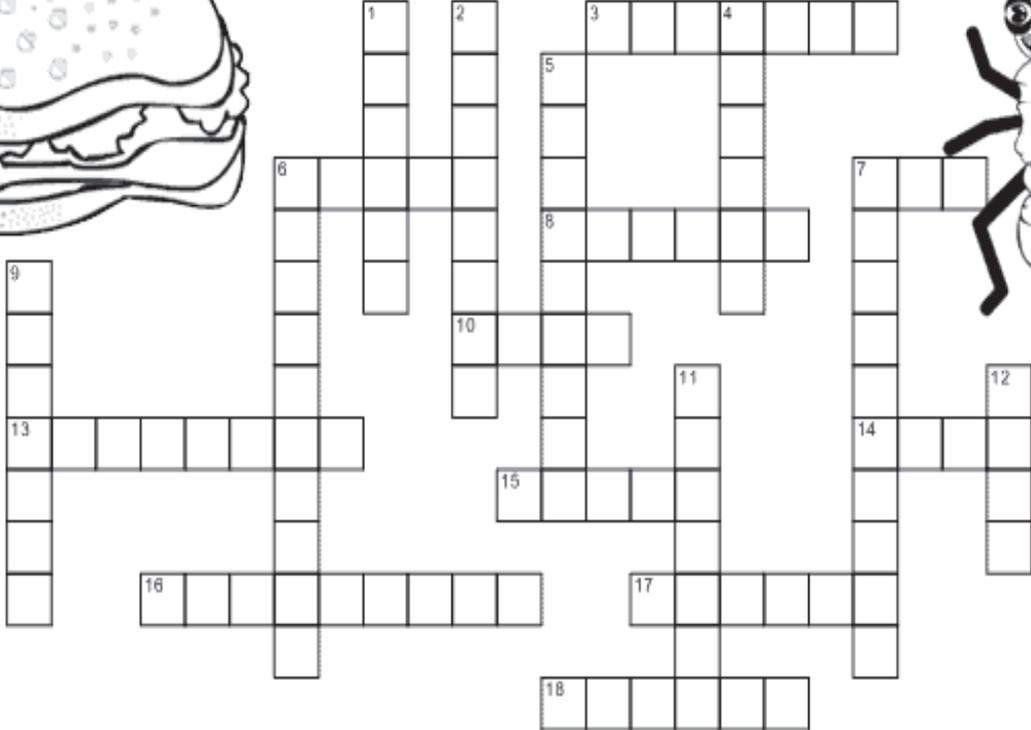
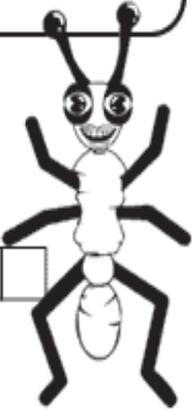
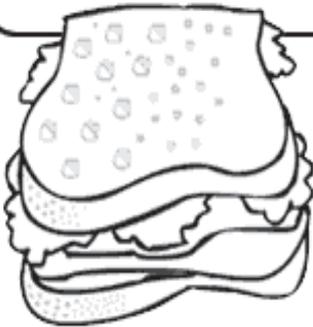
The day was full of opportunities for learning and sector relationship building. Guest speakers were Penny Wright from the Office of the Guardian for Children and Young People and Mark Davies from Connected Self. Mark ended his session with an 'out of your comfort zone' activity and had everyone singing along to the guitar!

At the end of the day Warrawong Reptile Conservation Park brought reptiles along to the session so those brave enough were able to have a hold!



Stacey Jamieson, CS&W Program Facilitator, Bronte Warneke, Gambling Support Worker, Murray Bridge.

Picnic Crossword Puzzle



ACROSS

- 3. A fun picnic game played with a disc shaped toy.
- 6. Coleslaw is a type of _____.
- 7. A popular round-shaped baked dessert that is cut into wedges to serve.
- 8. One type of container used to carry picnic goodies.
- 10. It's yummy on the cob.
- 13. This comes in black lumps and is sometimes used on a picnic grill.
- 14. This type of weather can often ruin a picnic.
- 15. Tall and leafy, these provide shady places for your picnic blanket.
- 16. A bright evening show that sometimes follows a picnic.
- 17. A square of cloth or paper used to keep things clean when eating your picnic meal.
- 18. Grilled wiener on a bun.

DOWN

- 1. A picnic container that keeps food cold.
- 2. Two pieces of bread stuffed with meat, cheese, or other good stuff.
- 4. Most popular season of the year for picnics in North America.
- 5. A ground beef patty on a bun.
- 6. Eye protection from the sun.
- 7. A fun area for kids inside some parks.
- 9. Red condiment made from tomatoes.
- 11. Yellow sauce sometimes used on hamburgers and hotdogs.
- 12. Tiny picnic invaders.

Just for **KIDS**

New and Current Staff Updates



Emily Nistico, NDIA Project Officer

Hi my name is Emily Nistico, in August 2019 I joined the Port Augusta AFSS team as an NDIA Project Officer. Born and bred in Port Augusta, I am very passionate about our community and doing what I can to give back. I studied a Bachelor of Psychological Science and plan to pursue more studies in Social Work. It is exciting to be part of a unique role in AFSS, and I feel privileged to be given the opportunity to help the Aboriginal community in the Iron Triangle region.



Leonie Plusb, Case Manager, Stronger Families

Hello everyone, I would like to say how honoured I am to return to AFSS as the new Case Manager

for the Strong Families, Targeted Intervention Service (TIS) program in Berri. I have previously worked for AFSS in Berri in the roles of Gambling Support Worker and as a Case Worker for the Stronger Families TIS program.

Since leaving AFSS, I have broadened my experience and knowledge while working for Anglicare in Bendigo as the Senior Worker and Acting Team Leader for the Stronger Families program. In 2015 I returned to SA and worked for Lutheran Community Care as a Foster Support Worker until I gained a position within The Department for Child Protection as an Aboriginal Family Practitioner. I was then able to step up into the position of Acting Senior Practitioner and then Acting Supervisor in the Kanggarendi Team - an intervention program for Aboriginal families whose children were at risk of being removed or entering into the child protection system.

My passion is working with Aboriginal and Torres Strait Islander families to promote child safety and well-being so that children can remain with family in a safe and nurturing environment where they can thrive, have a voice in their life and be successful.

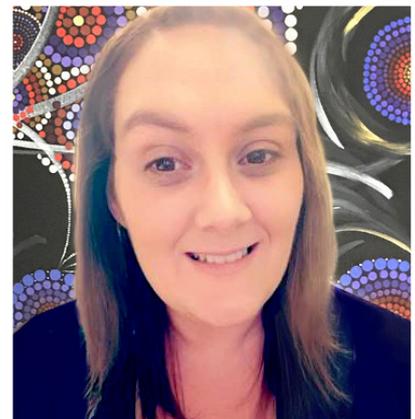
My move back to the Riverland has provided me with the opportunity to spend more time with family and especially my two beautiful granddaughters who I now see every day.

10-Year Milestone



Pictured: Kim receiving a certificate of commemoration from Senior Manager, Corporate Services Peter Shattock.

On 14 December 2019, AFSS Payroll Coordinator, Kim Appelby, reached a significant milestone of 10 years service. In those 10 years, Kim has been with AFSS during its growth which has seen a significant increase in the number of staff being paid since her early days. It is a credit to Kim that she has kept up with all that Payroll requires and managed to get everyone paid, which is all done quietly behind the scenes!



Amy Magnusson moves to Foster Care Services

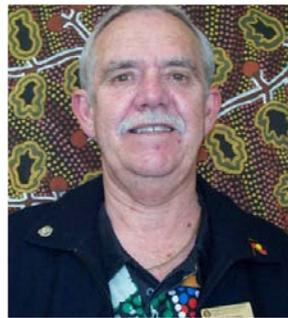
Amy Magnusson has been working as HR and Payroll Administrator for Corporate Services for just over a year. She has recently won the position of Assessment Officer in Foster Care Services, based at Head Office. We wish her all the best in her new role!



AFSS Board 2020



Donna Henry
CHAIRPERSON



Ivan Copley - DEPUTY
CHAIRPERSON/TREASURER



Greg Sinclair
EXECUTIVE MEMBER



Margaret Nelson
EXECUTIVE MEMBER



Dennis Rigney
EXECUTIVE MEMBER



Wayne Rigney
SECRETARY



Sharron Williams
PUBLIC OFFICER

AFSS Senior Managers



AFSS Senior Management team, from left: Peter Shattock Senior Manager Corporate Services; Kate Wright Senior Manager Therapeutic Services; Warren Guppy Senior Manager Metropolitan Services; Tom Steeples, Senior Manager Regional Services; Susan Richards Senior Manager Residential Services.





Foster Carers Christmas Lunch

(Pictured Left)

The Foster Care Services team and AGL staff once again celebrated Christmas with our Metro Foster Carers and children. It was a wonderful sunny day spent at a new location, Kensington Gardens Reserve.

Families spent time together under the shady trees, running around the adventure playground and enjoying the various activities such as face painting, before sharing a BBQ lunch provided by the AGL staff. The Minister for Child Protection, The Hon. Rachel Sanderson also stopped by to celebrate and chat with carers and staff.

Santa arrived and handed out gifts to the children with the help of AFSS and an elf.

AFSS would like to thank and recognise our wonderful Foster Carers who enrich the lives of Aboriginal children in their care. AFSS would also like to thank the amazing AGL staff, especially Barb, for their generous support to our Foster Carers and their families.



Port Augusta Participate in the Local Christmas Pageant

On 6 December, AFSS Port Augusta debuted in the local Christmas Pageant, starring as the well-known children's movie, Moana. Nine staff members were involved in the event, as well as family members who volunteered their time. The staff put a lot of love and effort into the float and costumes which were mostly all hand-made. Regional Manager Tom Steeples was in Port Augusta for the week leading up to the pageant, and witnessed the afternoon fun from down the main

streets of Port Augusta. The staff had lots of fun painting, making and putting together the float. The streets were flooded with children and their families who enjoyed the pageant. The AFSS community spirit was high as lollies, AFSS hand clappers and stress balls were distributed out to the children as we walked and we proudly showed off our new AFSS banner. Overall, it was a successful community event and a memory that will be cherished by staff.

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CS&W Client Christmas Party at Smithfield



The Smithfield Client Christmas Party was a great success! Held on Monday 16 December, at the Smithfield Football Club, we invited our families to attend a fun family lunch. We had 79 clients (adults and children) to attend our day.

The kids were well entertained by a ball pit, (which had far less balls inside than out by the end of the day). We also had Bugs & Slugs attend, with a display of interesting creatures for children to study and even bravely touch! Additionally, Bugs & Slugs had lots of craft activities available for the kids, with

an option to decorate Christmas baubles or gingerbread men.

Children had the opportunity to write a letter to Santa, too.

There was a great feed on offer with staff creating a range of salads and cooking a barbeque. To cool down in the afternoon, Super Doopers were a great hit!

Our stage was definitely a crowd pleaser. We had Katie Aspel perform several songs, followed by the Dances with Dogs Club of SA providing several short performances. Annabelle the little Chihuahua was a crowd pleaser

with her wonderful backwards walking, and Shack the Australian Shepherd broke from his routine to give a child a kiss before coming right back to perform! The dogs were a crowd favourite with the kids and many of the adults as well.

Four lucky children walked away with door prizes, and every child got a present as they left the event.

A big thank you to the Smithfield Football Club for donating the very cool clubrooms, so families could enjoy the day.



Aboriginal Gambling Help Service Unplugged – Port Lincoln

The Aboriginal Gambling Help Service in Port Lincoln was fortunate in securing a grant from the Office for Problem Gambling to host Unplugged Workshops in Port Lincoln.

The Unplugged Workshops have helped professionals and parents understand problematic gaming and identify when a child or young person is at risk and learn proven strategies to help parents manage healthier online use. The workshops covered a range of topics such as what is internet and gaming addiction, identifying signs of problematic gaming, managing associated behavioral problems and practical tips and strategies to combat problem gaming.

It was also interesting to learn in the workshop the blurring of lines between gaming and gambling and combined with social media advertising, how children are being exposed to a gambling

like experience that may serve to normalize gambling as a suitable and acceptable activity. Video micro transactions such as loot boxes use similar visual and audio stimuli to that of poker machines. This exposure and normalization may encourage a transition from simulated to commercial



gambling. The World Health Organisation (WHO) has recently officially categorised gaming disorder: 'as a disorder due to addictive behaviours' placing it in the same category as gambling addictions.

Another interesting topic was the recommended Screen Time Guidelines for children. Screen Time includes TV, computers, smart phones, iPads and gaming. The guidelines recommends that children under 2 years: no screen time, children 2-5 year: 30 minutes or less per day, 5-12 years: 30 minutes or less per day and over 12

years: 2 hours or less per day.

If you have concerns about someone that you feel may be experiencing difficulties with gaming or would like further information about the topics discussed above there are numerous resources that you can access:

- GameQuitters.com
- [Online Gaming Addiction Facebook Group](#)
- Internetsafeeducation.com
- FamilyZone.com
- eSafety.gov.au
- [ACCM – Australian Council on Children and the Media](#)
- Smartsocial.com
- www.cgiclinic.com (Dr Le)
- [How the Iphone rewrote the teenage brain](#)

If you have any concerns about gambling, contact your local AFSS Aboriginal Gambling Help Service, or the Gambling Helpline below.



Picture: (L to R): Corey Slade (AFSS), Jody Hillier (UCA SA), Tina Binder (Facilitator), Mishelle Di Pinto, Jessica Di Pinto.





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

Merry Christmas from the WHS Team



Picture: Back: Tania Elliott (Training Facilitator), Kurda Eliassi (Case Worker), Jayne Fejo (Case Worker). Front: Susie Crisa (Training Officer), Jo Millard (Case Worker Stronger Families), Susan Richards (Senior Manager Residential Services)

For many people, Christmas and New Year celebrations can be a time of stress, physically, emotionally and financially. Remember to manage your physical stress by keeping yourself healthy - eat well, exercise, get enough sleep and keep hydrated. Look after yourself, if you need time to yourself, take that time.

The Festive Season can be an extremely emotional time - a time of sadness and loneliness. There are many factors that contribute to this – grief, loss, family tension etc. Manage your expectations and be realistic. Are your family likely to argue? Avoid triggers that contribute to this and manage your stress and anxiety that can come with this time of the year. Do you often feel lonely at Christmas? Reach out and connect with friends and family, volunteer, attend a community event or just do something that relaxes you during this time. If you notice someone feeling down or acting out of character, reach out, offer support and understanding in a non-judgemental way. There are many services available to help you or someone you know who may be experiencing this: **(Beyond Blue 1300 224 636 or Lifeline 131 114)**

Think about your budget and plan ahead for the food, presents and the increase in social events. This time of year is for spending time with those you love and resting. Although gifts are great, remember what really makes the holidays so special. Understand that although people may have an expectation of the "PERFECT" Christmas or New Year Celebration, the most important thing is your own health and well-being. Don't get caught up in the 'Keeping up With the Jones' attitude, enjoy your holiday and the time spent with your loved ones. And if anyone is feeling alone – make sure you are there for them.

Let's hope that 2020 is a year of great achievements and wonderful work. The WHS Committee wish you and your loved ones a Happy and Safe Festive Season!

Eat, Be Safe and Be Merry

