



Aboriginal Family Support Services Newsletter

January - February 2017

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Aboriginal Family Support
Services

Great cultural experiences enjoyed at Warriparinga



Above: Major Sumner, second from right, showing a keen audience how to make a range of traditional items.

AFSS' Cultural Officers, Leeanne Witenko and Barb Falla, attended the Warriparinga cultural day on 20 December last year, along with a good number of people of all ages, to gain an insight into Aboriginal culture and history, as well as get some hands on experience in traditional skills.

Major Sumner and Shaun Weetra, from the Living Kurna Cultural Centre at Warriparinga, facilitated the day, teaching those who were keen to learn how to make nullas and clap sticks, including burning or painting decorations on these traditional items.

People were also able to learn how to make boomerangs and practice spear throwing.

Lunch was provided and a great cultural experience was enjoyed by all.

If you would like to visit the Living Kurna Cultural Centre, located at Warriparinga Drive, (off Sturt Road), Bedford Park, you can contact the Centre on 8375 5900 or visit www.marion.sa.gov.au/living-kurna-cultural-centre for opening times and more information about the great range of cultural experiences available for you to learn about and enjoy.

Message from the Chief Executive

We are now well into the 2017 year and as usual, everyone at AFSS has hit the ground running, as you can see in the pages of this, the first AFSS newsletter for the year.

The Christmas season saw celebrations with our children and carers across all the regions served by AFSS; needless to say a good time was had by all.

I take this opportunity to thank the generous individuals and organisations, named below, who gave a wonderful array of gifts to AFSS to be distributed to the children in our care.

These gifts all had a special meaning to the children at the festive time of year.

Training has continued to be a major AFSS activity, with training for staff within the new residential housing being at the top of the list.

I reiterate my thanks, expressed in previous newsletters, to Tania Elliott and Arnold Bonilla for a job well done – 99 new residential housing staff in all have undertaken intensive three-week induction. When you add to this other important in-house training sessions for AFSS team members, some of which you can read about in the pages of this newsletter, the workload has been huge.

As the lead Aboriginal child and family welfare organisation in South Australia protecting and promoting the rights of Aboriginal children, families and the broader Aboriginal community, AFSS was pleased to have the opportunity to provide input into the South Australian Children and Young People (Safety) Bill 2016.

I encourage you to read it so that you are aware of the important issues that AFSS has raised to ensure that Aboriginal children and young people kept safe and connected to their culture.

*Sharron Williams
Chief Executive*



AFSS acknowledges generous donations

AFSS would like to acknowledge the generosity of the individuals and organisations who provided Christmas gifts for the children in our care. We thank you, not only for providing the gifts, but for wrapping them all individually too - no mean feat during the busy-ness of the festive season! The gifts that you provided ensured that AFSS foster children and those in our residential houses, know how special, loved and valued they are. We thank:

Veronica Schwenker

Lucia Schwenker

Alex Apostolakis and the team at Workskil Australia

Casey Cameron and the team at People and Culture, Department of the Premier and Cabinet

Wardliparingga team at SAHMRI

Tanya and the Team at Mission Australia

Lynne Quimby

Mr Don Kennealy, St Vincent de Paul, Gawler East

Kenise Neill and the Sisters of St Joseph

Celebrating Christmas with Metro foster carers

AFSS celebrated Christmas with our metro foster carers and children at Marshmallow Park, Adelaide. We express sincere thanks to the wonderful staff at AGL, in particular Barb, for their generous support in ensuring that all our foster carers, their families and the children they care for, had a great day.

It was fine and sunny and there were musicians, games, magicians, clowns and a visit from Santa who rode in on a fire truck.

AFSS recognises and thanks our amazing foster carers for the great work they and their families do to enrich the lives of the Aboriginal children in AFSS' care.

Below: AFSS Support Workers Judy Spooner (right) and Kathi Fejo smile for the camera.



Pictured above and at left below: Clowns and musicians entertained the AFSS carers and children at the picnic. Below right: Hampers donated by AGL.



Shorts Holiday draw recognises the work of our wonderful foster carers

Our carers are a wonderful group of people.

In some small way we like to acknowledge their love, dedication and commitment to the Aboriginal children and young people in their care.

Our regular Family Based Care draw to win an SA Shorts Holiday voucher, to the value of \$500, will take place on 3 March, when one of our carers, randomly drawn across all the regions, will receive a prize.

See the next newsletter to find out who our deserving winner is.

Metro foster carers Mark these dates!

Training dates for Child Safe Environments training for metro foster carers

3 May 9.30am - 4.30pm

16 August 9.30am - 4.30pm

11 October 9.30am - 4.30pm

Training will be held in the training room on the 1st floor, AFSS, 134 Waymouth Street, Adelaide. Morning tea and lunch supplied.

Contact Becky Matthews on 8205 1522 to register or for more information.



Staff trained in Therapeutic Crisis Intervention

Therapeutic Crisis Intervention training was delivered on 23-25 January by AFSS Trainer Tania Elliot, Managers Angela Fee and Susie Crisa and Ceduna Residential Services Coordinator, Sophia Thompson.

The purpose of the Therapeutic Crisis Intervention (TCI) system is to provide a crisis prevention and intervention model for residential child care organisations that will assist in: Preventing crises from occurring, de-escalating potential crises, effectively managing acute crises, reducing potential and actual injury to children and staff, learning constructive ways to handle stressful situations and developing a learning circle within the organisation.

The Lead Support Workers who



Back: Robel Asfan, Olivia Wells, Doraleen Warrior, Joanne Griffin. Middle: Sophia Thompson, Chelsea Stokes, Anna Tate, Susan Richards. Front: Tania Elliot, Angela Fee, Susie Crisa.

will be managing seven new Residential houses participated in the training. This will develop their skills and assist with the implementation of this therapeutic approach to respond effectively to children and young people in crisis situations, which

is critical in establishing not only a safe environment, but also one that promotes growth and development.

Congratulations and well done to the first round of staff who have successfully completed the TCI training.

Family Matters – Strong community. Strong culture. Stronger children.

Calling on all supporters to host an event during the National Week of Action

The Family Matters Working Group South Australia (FMWGSA) held their first meeting late last year. The Working Group consists of 21 members representing a range of government and non-government organisations including Aboriginal community-controlled and Aboriginal community-managed organisations, with further culturally valid representation provided by Aboriginal Elders and community members. In addition, four Aboriginal Local Ambassadors have been engaged to publicly promote and create awareness of the Family Matters Campaign for South Australia.

Despite numerous legal and policy frameworks protecting the cultural rights of Aboriginal and Torres Strait Islander children, in South Australia they are 9.2 times more likely to be in the child protection system, and the number continues to grow.



Back row l-r: Rebecca Paddon, Malcolm Gollan, Rob Martin, Jeremy Brown, Sharron Williams. Front row l-r: Matthew Sanderson, Leata Clarke, Simon Schrapel, Sonia Waters, Jane Longbottom.

Family Matters is calling on all supporters of the campaign to host an event during the National Week of Action, from 14 - 21 May 2017 to raise awareness of the issues faced by Aboriginal and Torres Strait Islander children in out-of-home care such as foster, residential and kinship care. To get involved contact Joanne, Project Officer on 0457 630 915 or email joanne@childandfamily-sa.org.au

For more campaign information visit www.familymatters.org.au

AFSS Aboriginal Gambling Help Service presentation schedule



Below is the schedule for upcoming AGHS presentations.

If you would like any more information, or if you, your clients, or anyone you know would benefit from attending, please register your interest by calling the AFSS staff member listed below, at the office in the region where the presentation will take place.

Date and time	Location	Contact
Tuesday 14 March 10.30am - 12.30pm <i>Deadly Choices</i>	Martins Bend	Norman Giles
Tuesday 25 April 10.30am - 12.30pm <i>Myths and Facts about Gambling</i>	Berri	Phone 8582 3192
Friday, 10 March 3.00pm - 4.00pm <i>Problem Gambling</i>	FOOTSTEPS Road to Recovery Ellis Close	Charles Jackson
Friday, 7 April 2017 3.00pm - 4.00pm <i>What am I really Gambling with?</i>	Port Augusta	Phone 8641 0907
Monday 6 March 10am - 12noon <i>Myths and Facts about Gambling</i>	Carers' SA Meeting Room 95 Swanport Road	Bronte Warneke
Monday 3 April 10am - 12noon <i>Deadly Choices - taking control</i>	Murray Bridge	Phone 0418 499 649

How the AFSS Aboriginal Gambling Help Service can help you

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 by:

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

To find out more, visit the AFSS website, www.afss.com.au or ring the Gambling Help Service staff member in your region:

Murray Bridge - Bronte

Warneke, 0418 499 649

Berri/Barmera - Norman Giles, 8532 3192

Port Augusta - Charlie Jackson, 8641 0907.



Funded through the Gamblers Rehabilitation Fund



aHAlsa
Australian Hotels Association (A/H)



Government of South Australia
Department for Communities and Social Inclusion





focus on foster carers

bits 'n' pieces is designed with our foster carers in mind!

Here you'll find some useful information and news that will help you in your vital role as a carer. We hope you find it interesting and informative.

Dealing with children's behaviours

Behaviours we see in children are really coping mechanisms that children have developed to manage their emotions and the distress that they feel inside. We take a look at some of these behaviours, explain why they are occurring and provide you with tips and information to cope with them. The material is taken from the "Iceberg Model" fact sheets, Department for Child Protection.

Bedtime routines

The transition to bedtime can be a problematic time for many children in care. Children may blatantly refuse to go to bed, appear erratic or oppositional, and continually seek contact with their carer (eg coming out of their room for a drink on an ongoing basis), which may be interpreted as a refusal to obey their carer's instructions.

Think back to the last time you really had a hectic evening with a young person or at work. How long did it take you to go to sleep later that night? It is likely that you needed a period of time to wind down? Similarly, young people in care experience heightened levels of arousal and anxiety that make it difficult for them to wind down and sleep. In addition, bedtime is often a time of the day associated with past abusive and neglectful acts (eg inappropriate sexual contact or a parent returning home intoxicated and violent).

Experiences of maltreatment possibly resulted in young people learning to avoid sleep and instead stay awake in order to remain vigilant to threats or harm. Moreover, a bedtime is a time of the day when young people are likely to ruminate (or think obsessively) about negative events which occurred during the day or past experiences of maltreatment. It is also a time of the day when it is quiet and young people are able to listen to their thoughts without the distraction of background noise. Therefore, the oppositional and/or erratic behaviour observed at bedtime is a means for young people to self-manage their arousal and anxiety (associated with thoughts of being unsafe) as well as to distract themselves from their obsessive thoughts.

Strategies

Maintain a structured and predictable night time routine. For example, time of bedtime, supper, lights out or last walk should be consistent and predictable.

- Engage young people in some form of physical activity. This is best done immediately after dinner and completed at least two hours prior to the scheduled bedtime.
- Reduce the intake of sugary foods and/or drinks (including caffeinated drinks and caffeine rich food). This should be done in the two hours prior to the scheduled bedtime.
- Reduce the level of stimulation (eg loud music). This should be in the hour prior to the scheduled bedtime.
- Conduct gentle activities that reduce the level of arousal in the hour prior to the scheduled bedtime. This may include yoga, relaxation and meditation, journal writing, listening to relaxing music, watching low-stimulation television programs, taking a bath or shower. However, this is a time when computer and video games (eg Play station, X box, Nintendo or PSP) should not be watched or played.
- Provide young people the opportunity to wind down in their beds (eg listen to music). This should be done prior to going to sleep. If the young person is anxious without you, stay in their bedroom for a few minutes.
- Provide young people with a quiet, dark and warm room to sleep in. If the room is too hot or cold, it will disrupt sleep. Sleep time should also be associated with "lights out" to encourage



sleep onset (although some children may need lights on) and “lights on” when young people wake in the morning. This will reinforce young people’s sleep and wake times.

- Provide a bedtime focus. This is a shared activity between the child and their carer that is promised to the young person earlier in the evening and occurs when the child goes to bed. This provides the child with a “bedtime focus” and will support the transition to bedtime because it provides them with something to look forward to, eg earlier in the night, you may suggest to the child: “Johnny, I would really like to read you a story tonight when you go to bed”. Other shared bedtime activities may include a massage, listening to relaxing music, journal writing, playing a board game, having a chat or sharing a laugh.

Overall, shared time spent between a child and their carer (even if it’s only five minutes) at the point of bedtime, is the most effective way to support children reduce their anxiety levels and build positive connections.

We want to hear from you!

Share your news!

If you have any ideas or information that you’d like to share with other carers on these pages, such as things that you’ve found helpful, special events or activities that have worked well, we’d love to hear from you and publish your story (your identity will be kept confidential if you wish).

Simply write to Grace Nelligan, AFSS, 341 Waymouth Street, Adelaide SA 5000 or email grace.nelligan@afss.com.au.

We look forward to hearing from you!

Christmas fun at AFSS Ceduna

On 2 December the Ceduna office held a Christmas function for AFSS foster carers and their birth and foster children in the back yard of the office. Michelle Naylor organised two jumping castles appropriate for different age groups that were well used by the 20 children and young people attending. Everyone, including the 20 adults who came along to celebrate Christmas with the children, enjoyed the food, and also the fun and laughter during the afternoon.

There was much anticipation as everyone waited for the star of the day to appear. Finally Santa arrived to give out all the presents for everyone. The event was a great success.

Pictured right: Top - Santa was a welcome sight for all the children who came to the Christmas celebrations.

Bottom left: Ceduna AFSS Manager Katharine Micka with one of Santa’s little helpers.

Bottom right: The Spiderman jumping castle was a big hit with the boys.



Just for kids

Hello summer!



Everyone enjoys summer - even monsters!
Colour in the picture of monsters having fun at the beach.

Put the pieces in the right spaces in the puzzle below. Answers on page 11.



Word find

Find the words below. They are up, down and sideways.

Answers on page 11.

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

Word list

- Summer
- Swimming
- Travel
- Sunshine
- Relaxing
- Playtime
- Holidays
- Friends
- Camping
- Beach
- Fishing
- Ice cream
- Sandcastle
- Surfing



AFSS welcomes new team members



Hi, my name is **Tracy Miller** and I am a new Facilitator for the Community Safety and Wellbeing program based at Smithfield.

During my late teens and 20s I worked as a youth worker, and then travelled around the UK and Europe in a VW combi van, teaching outdoor pursuits. I came to Australia when I was 25 and worked for the National Parks at Innes and Robe, then carried on travelling around the West and East Coast. I fell in love with Australia and knew this was where I was going to live one day.

On return to the UK I started a corporate career until I had my children Oliver and Libby. Then I started working as an SSO to fit around my children and worked primarily with children for whom English was a second language and those who had barriers to learning in the mainstream system. At the same time as the school had agreed to sponsor my teaching degree the news came through we had our visa to come to Australia; there was no competition and my family and I arrived eight years ago.

I have completed a Diploma

in Indigenous Studies and am currently doing my Cert IV in Training and Assessment.

I feel very privileged to have been given this position where I can help facilitate a change for the better.

Tracy Miller



Hi, my name is **Tamara Young**. I am a proud Kamilaroi woman. My childhood was spent moving quite a lot until I was lucky enough to win a scholarship for a boarding school in Adelaide. I have been living in Adelaide ever since.

Professionally I have had a diverse range of employment, from civil construction to call centres (inbound and outbound), employment services and now beginning my journey with AFSS as an Assessment Officer.

It is through this diversity of work and the experiences gained that I have realised my passion for working with people and for people.

I am bubbly and outgoing, enjoy a challenge and learning new things. I am so grateful to be provided with the opportunity

to work within AFSS as a Foster Care Assessment Officer.

Outside of work hours you can find me at the beach, adventuring/taking road trips, spending time with friends and family and playing fetch with my cheeky puppy.

Tamara Young



My name is **Claire Hose** and I am a new Facilitator with the AFSS Community Safety and Wellbeing team in Smithfield. I live in Croydon but I grew up in rural Victoria and moved to Adelaide in 1997. I lived in Melbourne for several years before coming to Adelaide to study and work. I have two boys (eight and 10) and I enjoy sewing, making things and op-shopping.

My work background has been in alcohol and other drugs; I worked with the AIDS Council of SA for 12 years before they closed in 2013. I then moved to Hepatitis SA where I worked as an Educator until October. It is great to be doing something a bit different. I really look forward to meeting and working with everyone at AFSS.

Claire Hose



Hello My name is **Eunice Bartlett**. I am from the Kokotha/Narungga language group.

I have three children aged from 38-26 and 10 grandchildren – my little angels.

I believe that through the positions detailed below I have made a difference to Aboriginal people, communities, mainstream, government and non-government organisations.

I have come from a 24 year employment, the Department for Education and Child Development in many roles as an Early Childhood Worker.

I have been very passionate about working for Aboriginal people and communities.

I want to make a difference in people's lives no matter how small.

My roles include Child Youth and Family Health Services, as a Cultural Consultant for 12 months and at the Women's and Children's Hospital as an Education Development Officer, developing and implementing cultural awareness to hospital staff.

I have also had a variety of other positions in Coober Pedy and Port Augusta including; Cleaner, Aboriginal Health Liaison Officer, Mentor, Career Employment Group, Aboriginal Youth, Legal Secretary, Aboriginal Legal Rights Movement, Trainee Financial Counsellor.

I am now a qualified Financial Counsellor.

I am currently employed as a Facilitator in the Community Safety and Wellbeing team and I am based at the Smithfield office.

I have been attending lots of training in the first week and thoroughly enjoyed it.

I have found that the office environment has got a lovely, friendly feeling.

I can be a very serious person but also have a good sense of humour. I am a friendly person and very approachable. Come and talk to me or call me. I have a lot of knowledge, and I'm willing to help in any way I can.

Eunice Wanganeen/Bartlett



My name is **Timothy Mitchell**. I've been with AFSS for nine years. I started with AFSS in 2008

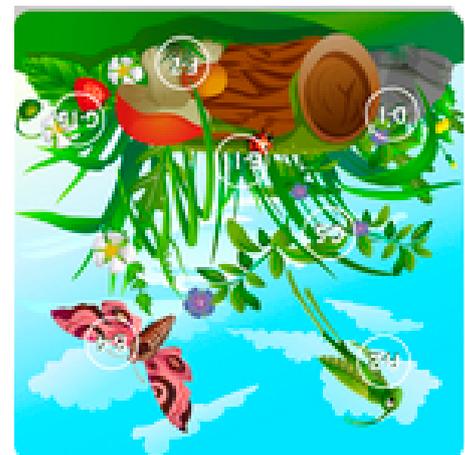
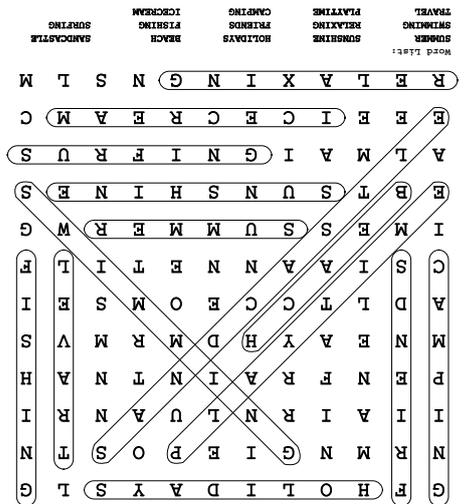
doing admin duties, then moved in the Community Wellbeing program where I started to work closely with the Aboriginal community, facilitating programs.

After the Community Wellbeing program I moved to Residential Services where I learned a lot of knowledge, not only from the staff but from the young people in the houses, as a Support Worker.

I am now based in Smithfield in the Community Safety and Wellbeing program where I am excited to start a new journey.

Timothy Mitchell

Answers to Kids' Page puzzles





Non-government agencies recognised in Solution Based Casework

Non-government agencies working together to protect at-risk children gathered in December 2016 to celebrate the implementation of SBC in South Australia.

The Solution Based Casework (SBC) Milestone 4 event held at Centacare's Seaton site focussed on the achievements of staff practicing SBC, sector collaboration, new SBC developments and how the model is helping families effect positive change. The new approach to assessment and case planning targets specific everyday events in the life of a family that have caused difficulties.

The celebration was organised by Rebecca Starrs, SBC Implementation Lead for External Agencies in Department for Child Protection (DCP). "This is an opportunity for all key agencies in frontline child protection work to learn from each other and receive recognition from the department," Rebecca said. "I am proud of the commitment of agencies in their SBC certification process state-wide and look forward to more certifications in the new year." Centacare, Uniting Care Wesley Country, AFSS, ac.care and AnglicareSA were all awarded a certificate of recognition acknowledging staff for their commitment and dedication to SBC.

The SBC approach is used across the DCP and was developed by US-based child welfare expert Dr Dana Christensen in response to a lack of practice models in child welfare agencies around the world.

What is Solution Based Casework?

SBC is an evidenced-informed casework practice model being implemented by the DCP that concentrates on partnerships with families, focusing on practical solutions to difficult situations, and celebrating behavioural change. SBC allows

for involvement from child welfare caseworkers, supervisors, leaders, carers and providers, and lays the foundation for improved partnerships and teamwork for the child protection system. Importantly SBC ensures the views of children are taken into account when making decisions or changes to services that affect them.

Attention all Metro carers:

AFSS Metropolitan Family Based Care team – 2017 update

New faces

The Metropolitan Family Based Care team has gone through some staff changes and we wanted to let you know about them:

Manager: Peter Dyer

Carer Support Workers: Becky Matthews, Kathleen Fejo, Judy Spooner

Assessment Officers: Peter Frankcom, Jasila Jehangir, Tamara Young

Placement Officer: Illira Wanganeen.

Department for Child Protection (DCP)

The Department has asked if they can have email addresses for all AFSS carers. The purpose is for the Minister for Child Protection or senior staff from DCP to contact you directly about broad issues that impact on you as foster carers. We will be in touch shortly to seek your permission to provide your email address. It is fine if you do not want DCP to have your email address.

Plans for 2017

A few weeks ago the team held a planning day and is now busy finalising our 2017 Work Plan. This includes planning Support Worker home visits for the next 12 months, planning for a number of carer forums where we will be seeking your input about what

topics you'd like us to cover and your ideas about activities for annual events and anniversaries such as Carers' Week and the annual Christmas function. Finally, on behalf of AFSS and the team, I would like to thank you for your ongoing commitment to being a foster carer with AFSS and the great care that you provide for Aboriginal children and young people. We know it's not always easy navigating the child protection system, DCP and AFSS; we are aiming to improve the way we do business so we can support you better, and we will be seeking your input about this as we move forward.

Please contact me or your Support Worker for more information.

Warren Guppy
Senior Manager Metropolitan Services

Sizzling good summer fun

On January 11 AFSS provided a fun school holiday activity down on the Port Lincoln foreshore.

Scott Easton, one of our new Family Based Carers, also owner and operator from Extreme Kites and Paddles, provided his services where all AFSS carers

and children were invited to participate in Bubble Soccer, Zorb Ball and a sausage sizzle from 5-7pm.

It was a great evening of fun and relaxation, which turned into a community event with nearly 60 adults and children joining in.

Below: Bubble Soccer was a highlight of the fun and games on the foreshore.



Port Lincoln celebrates Christmas

On 19 December AFSS, along with Centacare and the Department for Child Protection, put together a Christmas show for our Kinship Carers, Foster Carers and young people at the Port Lincoln Wellington Square Park. Despite it being an extremely hot and windy day and the jumping castle being cancelled there was a great turn out and fun had by all.

The children enjoyed activities such as zorb balls, pine-cone decorating, photo booth and of course old mate Santa was there to greet the children with cold drinks and lolly bags.

It was a great way for all involved to come together and celebrate the year that was and we look forward to working together throughout 2017.



Above: Santa was a popular guest at the Christmas celebrations.



A caring Port Augusta Christmas

The 2016 Christmas period was a busy and exciting time for Family Based Care Port Augusta. With carers' luncheons in Port Augusta, Port Pirie and Moonta, the Christmas spirit was in full swing.

Veteran Family Based Care worker Deb Merchant (*pictured above right*) and newbie Alicia Keilty (*pictured left*) went along to all three and it was a great opportunity to catch up and chat with carers in an informal and fun environment. A few of the children in care also came and it was great fun to see their little faces enjoying the trip out. Free Christmas cakes across the board, along with gift vouchers for both the carers and children made for an especially festive and relaxed lead up to Christmas. There was a reasonable turnout of carers and those who chose to come along enjoyed the chats with staff and other carers along with the delicious food provided at each venue. It was a time enjoyed by all and Family Based Care Port Augusta are especially looking forward to the next round.



Coober Pedy youth shine

Youth Advisory Committee (YAC) members who are also mentors have completed a number of exciting projects that have enhanced their skill set, broadened their opportunities outside of Coober Pedy and increased their leadership skills so they can be mentors and role models to other youth. They have been meeting regularly every Monday 11.30am to 12.30pm at either AFSS or Coober Pedy Area School.

YAC members were involved in YMCA youth empowerment workshops from 25-26 November 2016. The training sessions focused on leadership, democracy and youth advocacy.

YAC members have shared that this opportunity gave them insight into what happens outside of Coober Pedy and meeting other youth across South Australia was exciting.

During their Adelaide visit they went to Parliament House and learnt about the Youth Parliament. The YAC members were concerned that they are the only regional team represented across South Australia and discussed with the YMCA how they could assist

in getting a voice out to other communities about the YMCA workshops and youth parliament.

YAC members also participated in a Professional and Personal Development program at the University of Adelaide (*see picture top left*), learning about emotional intelligence, self motivation, self-confidence, critical thinking and handling relationships.

They thoroughly enjoyed the program and learning about why people are different and why they react differently to various situations. They said it would help them when mentoring other youth and also helped them to focus better on schooling, career choices and their personal life. The next step is to finalise their Governance Training with Australian Institute of Management.

YAC members also participated in a morning tea with Country Cabinet. They had a great opportunity to meet the ministers and they had a meeting with the Hon Zoe Bettison, Minister for Youth, and discussed current issues affecting the youth of Coober Pedy. Minister Bettison and Minister Brock were extremely interested in becoming involved with the Coober Pedy Youth Advisory Group, as an avenue to engage with remote youth issues.



Aerosol Project

In December an aerosol painting project with artist Narisha Cash of Tandanya National Aboriginal Cultural Institute was held at AFSS Coober Pedy. Youth across all our programs attended (Youth Justice, YAC and community youth) and successfully completed the three-day project guided by Nish Cash. The outcomes achieved were working together as a team, using aerosol paints for a positive project not just graffiti, and creating a mural for the youth community garden area at AFSS Coober Pedy office (*see picture centre left*).

Woomera visit

Youth Support Worker, Ish Gunasekara, in partnership with the District Council of Coober Pedy Youth Shed and RAAF attended the Woomera Open Day (*see picture bottom left*). Sixteen young people participated from Coober Pedy. The visit included visiting the Woomera testing range, RAAF base, museum and Woomera RSL. The youth experienced the life of a Defence Forces Officer and were introduced to the Royal Air Force cadets and how they can join.

Resi Services Metro swings into action

Well, it's been a busy four months for the Resi Services Metro teams, recruiting almost 100 staff and setting up seven new AFSS residential houses.

Kylie Degenhardt, Mel Taylor and Susie Crisa have worked tirelessly to ensure the houses are furnished and safe for children. Our focus is ensuring that our houses are comfortable homes for the children and young people in our care and also meet the Regulations and Licensing Standards of our funding body, the Department for Child Protection. The key to AFSS residential houses and the services and supports we provide is that the homes are culturally appropriate and we support the children and young people's connection to culture.

Some of the ways we support this are that each child or young person has a Cultural Plan developed in consultation with our Cultural Officers; Cultural events are attended and celebrated and all of our houses have the map of Aboriginal Australia which shows the Aboriginal names and regions across Australia.

To ensure that children and young people are truly supported it is vital that we support our staff and that they all have the skills to provide an excellent service.

Tania Elliott and Arnold Bonilla facilitate three weeks of training for all AFSS Resi Support Workers. The training covers mandatory training such as Trauma Informed Practice, WHS and Child Safe Environments. In addition to this the training also includes professional

development sessions on self care, team building sessions, visits to the new AFSS residential houses prior to children moving in and shadowing experienced AFSS staff whilst on



Pictured: The bedroom and living area an AFSS house and Lead Support Workers Andrea Frullani, Olivia Wells and Joanne Griffin standing in front of the map of Aboriginal Australia in the house living room.

shift in existing houses. We have three out of the seven houses operational and plan to have the other four houses open early March.



Strong children strong community

Stand with us – become a carer

Aboriginal Family Support Services is looking for family based carers who are committed to providing safe and culturally appropriate homes for children & young people. You can be single or a couple, with or without children. And whether you're willing to provide emergency, short term, respite or long term care, we'd love to hear from you!

Contact:

- Adelaide Peter Frankcom peter.frankcom@afss.com.au 8205 1500
- Ceduna Michelle Naylon michelle.naylon@afss.com.au (08) 8625 3466
- Coober Pedy Donna Dixon donna.dixon@afss.com.au (08) 8672 3066
- Port Augusta Deb Merchant debora.merchant@afss.com.au (08) 8641 0907
- Port Lincoln Toni-Lee Miller toni-lee.miller@afss.com.au (08) 8683 1909



Aboriginal Family Support Services Inc
Together with the community





Where to find us

Adelaide

134 Waymouth Street
Adelaide SA 5000
Phone (08) 8205 1500

Berri

23 Denny Street
Berri SA 5343

Phone (08) 8582 3192

Smithfield

39a Anderson Walk,
Smithfield SA 5114
Phone (08) 8254 1077

Ceduna

28 Poynton Street
Ceduna SA 5690
Phone: (08) 8625 3466

Coober Pedy

Lot 1991 Aylett Street
Coober Pedy SA 5723
Phone (08) 8672 3066

Murray Bridge

C/- ALRM Inc
27 Beatty Terrace
Murray Bridge SA 5254
Phone 0418 499 649

Port Augusta

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

Port Lincoln

3 Gloucester Terrace
Port Lincoln SA 5606
Phone (08) 8683 1909



AFSS has gone digital!

AFSS is always looking for new ways to attract people to become foster carers and open their homes and hearts to Aboriginal children.

One of our most recent activities has been digital advertising.

AFSS is seeking Aboriginal and non-Aboriginal foster carers across South Australia.

If you've been thinking about foster care, don't wait – you can

make a real difference to the lives of Aboriginal children.

If you didn't see the eye catching digital ad at AFSS' Community Safety and Wellbeing Office on Anderson Walk Smithfield in December, look out for our recruitment sign, it's coming to an area near you!

Contact the office in your region for details of info sessions near you.

Honouring the Stolen Generations 9th Anniversary of the National Apology

In 2008, then Prime Minister Kevin Rudd issued a national apology to the Stolen Generation. Since that time, an annual Apology Day event has been held for Aboriginal people who were removed from their families by government agencies.

This year's community day event was held on 13 February in Veale Gardens, providing the opportunity for community-based and Aboriginal organisations to come together to remember and honour the Stolen Generation by providing a family wellbeing day in the parklands.

Stalls provided community members with a great range of activities, including free massage,

balloon twisting, hand massage, face painting, basket weaving, Ngankari services and a great range of entertainment, as well as a barbecue lunch for all who attended.

AFSS' stall this year was face painting, which proved to be a real hit with the kids.

