



Aboriginal Family Support Services Newsletter

March - April 2016

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... and more!



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www.afss.com.au

Solution Based Casework: AFSS team members achieve certification



Above: The AFSS Ceduna Stronger Families team has gained SBC certification. Natalie Ross, Amber Shannon, Helen Dunn and Rebecca Vincent proudly display their certificates showing their achievement with the practice model.

AFSS Stronger Families teams throughout AFSS' regional and metropolitan areas have been engaged in the rollout of a new case management practice model called Solution Based Casework.

All teams have undertaken extensive training, coaching and mentoring and are now celebrating the fruits of their labour by becoming Certified Solution Based Casework (SBC) practitioners. This Certification means that Stronger Families Case Workers are proficient in the use of the SBC practice model and can document and monitor change by caregivers whose children have been identified as at risk.

The intention of this model is to increase parenting capacity whilst generating positive outcomes in relation to child safety and wellbeing.

On 17-18 February AFSS Stronger Families teams came together for a workshop to discuss practice. This time spent together provided the team with the opportunity to celebrate the first round of Case Workers who have achieved SBC Certification.

Port Lincoln Stronger Families Case Worker, Michelle Brookes, has shown mastery in her application of the SBC practice model.

Continued on page 2

A message from the CEO

As you read the pages of this newsletter you will see that these are exciting times at AFSS.

Staff training has taken place in the new Solution Based Casework model, and I congratulate all team members who have achieved certification as practitioners across AFSS' sites.

Congratulations, too, to our trainers Tania Elliott and Wendy Wicks, who played a significant role in ensuring our staff met the necessary requirements.

The success of the new Community Safety and Wellbeing programs is also proving evident, with some great outcomes achieved by our Facilitators in our first Circle of Security – Parenting program. You can read more about the program on pages 4-5 of this newsletter. The rollout of Healthy Homes, Resilient Families is about to take place, and we look forward to seeing some more positive results for participants, some of whom also attended Circle of Security – Parenting.

Another exciting AFSS initiative is the series of community consultations that will take place concerning the AFSS Aboriginal Gambling Help Service. We are always seeking community input to help us ensure that our programs meet the needs of the Aboriginal community in South Australia, and I encourage you to attend the consultations in your region in the coming months. More details can be found on page 6 of this newsletter.



*Sharron Williams
Chief Executive Officer*

AFSS team members achieve certification



Above: Wendy Wicks, Stronger Families Senior Quality Assurance and Accountability Officer, congratulates Michelle Brooks on her achievement.

Continued from page 1

Port Lincoln, Stronger Families Case Manager, Glenys Nowak, is now certified as an SBC Supervisor.

The Ceduna Stronger Families team, Natalie Ross, Amber Shannon and Rebecca Vincent have also shown mastery in their application of the SBC practice model. Case Manager, Helen Dunn (*pictured on page 1*) is now a certified SBC Supervisor.

All teams across the regions and metropolitan area are progressing well with the implementation of SBC and Certification and it is expected that all staff will be SBC certified by the close of 2016.

Foster Carer Bob wins AFSS SA Shorts holiday voucher

AFSS is proud of the hard work put in by our dedicated foster carers around the State and grateful to them for the amazing work they do to help Aboriginal children and families.

To show our appreciation we are now holding an annual prize draw for all current carers, with the prize being a \$500 SA Shorts holiday voucher for the winner, drawn at random from a hat.

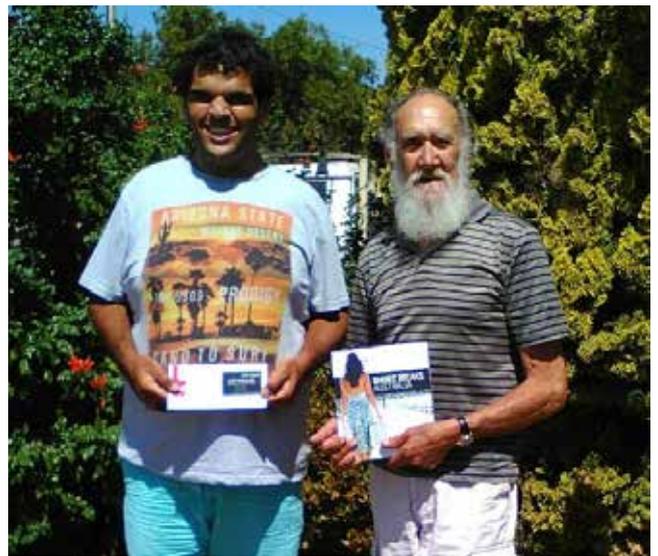
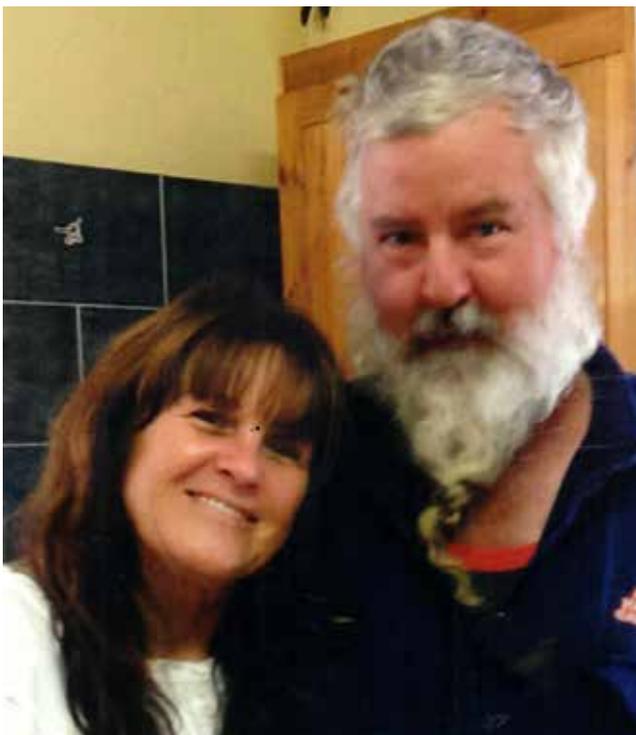
We're pleased to share with you that the winner of the inaugural draw was Robert (Bob) Welsh from Port Augusta.

Bob is a long time AFSS foster carer, registered since 1995, and has been a carer with both AFSS Metro and Northern regions. He is well known and respected by AFSS staff.

Bob was thrilled to learn he was the lucky draw winner and is busy planning his holiday. Bob, Sam (*pictured with Bob*) and the two boys currently in Bob's care are all keen campers and fishermen and enjoy touring the countryside.

Port Lincoln recognises another AFSS Foster Care superstar

During February, Port Lincoln AFSS seized the opportunity to help a wonderful Foster Carer by nominating her for the Watty Aussie Legends Competition, advertised in the Port Lincoln Times, with the prize being a \$5,000 renovation package.



Above: Bob is pictured receiving his prize, with former foster son Sam Power.

They are now looking forward to choosing a location and planning their next holiday break.

Congratulations, Bob. Enjoy your well-deserved holiday!

Jacky and her husband Gary (*pictured at left*) currently care for three siblings and were in the process of moving to a new farm house which needed some TLC and updating, so it was the perfect way to help our carers in a time of need. Jacky was judged one of the top three finalists; the competition then went onto a public voting system. The results published on 16 February read:

“Jacky Townsend of Port Lincoln has been nominated, because ‘she is an absolute superstar who is so deserving of this opportunity’.

“Jacky has had a very difficult life herself, however began fostering three siblings at the start of 2015.”

Jackie was not the winner of the grand prize, however being the true Aussie Legend that she is, Jacky stated that acknowledgment and recognition from her friends here at AFSS Port Lincoln and the entire community was a better prize than any cash prize she might have won.

So here's to ALL of AFSS Foster Carers, our very own Aussie Legends!



Great outcomes achieved through Circle of Security – Parenting program

AFSS Community Safety and Wellbeing (CSW) team has been busy rolling out Circle of Security-Parenting (COS-P) across South Australia with some great outcomes. Below the team is pleased to provide a summary of the completion of the first round of Circle of Security – Parenting.

Circle of Security – Parenting – Berri



The first group of COS-P in Berri has concluded with a celebration. As facilitators we celebrated the participants' commitment, the reflection they had done regarding their relationships with their children and their willingness to provide a safe environment for their kids and families.

The participants celebrated that they have completed this journey which means a great achievement.

It was time to celebrate the engagement with clients and partnerships with organisations; in this case the Aboriginal Sobriety Group provided special support during the process, allowing us to use their exceptional location.

Leila, Rob, and Katie celebrate their new understanding of parenting and will continue participating in further programs offered by AFSS in Berri.

Circle of Security – Parenting – Women's Group Smithfield

AFSS held weekly Wednesday sessions for a group of women in COS-P in the Smithfield training room. Each of the participants was very enthusiastic during the discussions. They were able to relate well on their parenting styles and on how they were parented. There were big realisation

moments during the sessions which enabled our participants to understand and have "aha!" moments. It felt very rewarding as facilitators to see the women acknowledge their behaviour positively towards their children.



AFSS staff formed a great relationship with the two little boys who joined our sessions. To end the amazing journey together, we organised a barbeque with a mini graduation ceremony for the women, which they enjoyed immensely.

Some of the women will be returning after a short break for our Healthy Homes, Resilient Families – Growing up Healthy program.

Our Facilitators Jazmine, Marcia and Margaret, have shared, reflected and grown during this program.

Circle of Security – Parenting – Men's Group Smithfield

The men's group has successfully concluded with young dads having a better understanding on bonding and attachment with their children.

After every session the conversations became more reflective, and the awareness on the kind of relationship they are establishing with their kids was (as they described it) an eye opener. It was a great experience having a group of men opening their lives and sharing feelings and emotions with each other.

Nick, Lesley, Dylon and Steven, expressed their satisfaction on Graduation Day after finishing and achieving something they started, and the AFSS staff praised them for this and celebrated together the achievements of every client.

A common denominator in every group during the



COS-P, was that a safe, confident and comfortable space was the key to get the results expected by the Facilitators, and the AFSS CSW team managed to meet these requirements in every session.

Circle of Security – Parenting – Port Augusta

The first group to complete the new COS-P in Port Augusta was an enthusiastic duo. A talkative pair with plenty of stories, questions and laughs. Each participant had a very different story; one was a grandfather who is now retired and works closely with young families and children in the Port Augusta and Port Pirie regions.

He was keen to understand how children form secure relationships with parents and carers, along with observing and bringing new stories to each session about his grandchildren and even his grown-up sons.

The other, a young mum, was keen to get a little more insight into her little girls' behaviours and learn a bit more about how to better establish herself as a secure base for her little ones.

The versatility of COS-P is astounding and both participants actively engaged in and queried the content presented. Having participants from very different backgrounds and stages of life made for an interesting and dynamic duo whereby both could contribute constantly to our little discussions and talk in depth about what we were learning.

Both enjoyed the program and stated they learnt a great deal of information they had never really thought of before, but were actually seeing all

the time. "Hidden in plain sight" as the Circle of Security creators Cooper, Hoffman and Powell would say.

The young mum is also very keen to get involved in the Port Augusta Healthy Homes, Resilient Families workshops when they start soon. With many more participants scheduled to complete COS-P in the next couple of months in Port Augusta, Whyalla and Coober Pedy, the program is really starting to take off in outback South Australia.

Circle of Security – Parenting – Port Lincoln

Port Lincoln has recently completed two groups of COS-P. These sessions were run with community members who work with Aboriginal children and are carers/parents themselves. Circle of Security Parenting provided opportunities for these parents and caregivers to discuss their children's behavioural concerns and to look at how they can support their children better through these moments.

As each session passed it was noted that more participants were joining in conversations and reflecting more on the children in their lives. Participants commented that they felt closer to each other and safer within the group as each session passed. This was also evident through the increase in sharing stories and concerns as the program progressed. The empathy and understanding that the participants showed, not only to others in the group but also to themselves was commendable and one of the biggest highlights.

Feedback from these sessions was very positive with comments from participants including that they learnt to bring their children in closer, they learnt how to fill their child's "loving cup" and that the program provided a better understanding of what their children really needed.

The best moments for the Facilitator were when participants had "light bulb" moments. You could see that they could relate the information to their child and often reflected on and verbally offered ways in which they could support their children more. The Facilitator was very thankful for the opportunity to be able to "be with" the participants throughout this journey and looks forward to more COS-P groups in the future.



Community consultations will enhance future development of Aboriginal Gambling Help Service

AFSS Gambling Help Service (GHS) is holding a series of regional community consultations to provide opportunity for input from Aboriginal community members on how to enhance the program.

The consultations will take place in May and June this year, in Port Augusta, the Riverland and the Murraylands.

There will be three sessions in each region, and participants are asked to attend all three sessions to ensure that they have the maximum opportunity to be fully involved in decisions about the way that the program is developed in future.

“I encourage community members to attend the consultations in their particular region. This is a great opportunity to learn more about the impacts of gambling, about what the GHS currently does,



Above: Tony Lawrence, GHS Program Coordinator, welcomes your enquiries about the community consultations.

and be able to contribute ideas for the future of the program,” said Tony Lawrence, GHS Program Coordinator.

Each of the three sessions has a separate focus, and a community barbecue lunch will wrap up the proceedings on each day, allowing

community members to share time together with each other, AFSS staff, and other service providers who will be attending. The details for all the sessions are provided below. To find out more, or to register your attendance, please contact Tony on 8205 1500.

We invite you to attend **three** important consultations in your region:

Session 1 Port Augusta, 24 May, Berri 26 May, Raukkan 27 May

- Discuss the community’s awareness of gambling behaviour and the effectiveness of current gambling help services.

Session 2 Port Augusta 7 June, Berri 9 June, Raukkan 10 June

- Discuss current GHS and Industry programs and provide feedback on how a better, more culturally appropriate service can be provided.

Session 3 Port Augusta 21 June, Berri 23 June, Raukkan 24 June

- Share thoughts and ideas from previous sessions and determine how the GHS can provide a more accessible and user friendly Aboriginal-specific service that would better meet community needs.

Time: 9.30pm - 12.30pm, followed by a free BBQ lunch

Venues: Port Augusta Youth Centre, 2/5 Hobby Street, Port Augusta
Berri Senior Citizens’ Club, 1 Crawford Terrace, Berri
Raukkan Aboriginal School Hall, Taplin Street, Raukkan
Refreshments and morning tea provided

Please RSVP to Tony Lawrence, GHS Program Coordinator, on 8205 1500, by 13 May 2016

AFSS spreads the foster care message at the Nunga Tap Carnival

The Nunga Tap Carnival is an Aboriginal Southern Region sporting carnival which is run each year at Christies Beach High School. Approximately 257 students participated in this year's carnival, held on 10 March.

Twenty Aboriginal service providers and organisations had information stalls at the event, including members of AFSS' Metro Foster Care recruitment team, Sara Azadegan, Jody Lynch and Peter Frankcom.

The AFSS stall was well attended by both adults and children, with the children making full use of the



Above: Sara and Peter at the AFSS information stand.

giveaways, in particular the stress footballs. It was good to see AFSS footballs flying all over the place, and to see wrist bands being worn.

AFSS was pleased to have the opportunity to raise awareness about the foster care program at this event.



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 in need.

You can be single or a couple, with or without children. And whether you're willing to provide emergency, short term, respite or long term care, we'd love to hear from you!

Contact:

Adelaide Peter Frankcom peter.frankcom@afss.com.au (08) 8205 1518

Ceduna Michelle Naylor michelle.naylor@afss.com.au (08) 8625 3466

Cooper Pedy Donna Dixon donna.dixon@afss.com.au (08) 8672 3066

Port Augusta Marie Skipworth marie.skipworth@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



Welcome to the AFSS team



Hello from Port Augusta, I am feeling very blessed to have the opportunity to find a position that is so rewarding and interesting. I have been a nurse most of my life and I am finding this position a complete change, and a new look on how all is done for Carers and children who are in need of care.

I have had the opportunity, while being a volunteer for World Youth International, of seeing how children's lives in Kenya are affected when they become orphans or have parents are unable to care for them through no fault of their own. Most children there come to this position through HIV/AIDS claiming one or both parents. There too, other relatives will take over looking after their brother's or sister's children, but sadly some are less fortunate and do not have a family member able to look after them. Hence they become street children and most times fall into sniffing glue, used for sex and abused in so many ways. I have seen children not even three years old in these gangs of children. Life has no value for these children and while they roam in this way their life expectancy is often a mere few years

So – it's been a learning process on how things are done in Australia and with AFSS. Some things are similar, others different, but here in our community and amongst our people there is the right and effort made for children to be placed in their close or extended family, in order to maintain their identity and cultural ties. This is first and foremost. Unfortunately sometimes this cannot be; in these cases children are found homes or alternative care where they can be safe, clothed, fed and educated. This does not often happen to children in many other countries and they suffer and face harsher

lives and the certainty of earlier chances of death through hunger, accident, violence, abuse and neglect of their health problems.

I am looking forward to continue to learn and be part of AFSS and play a small part in helping families, ensuring children have a childhood that can be positive and assisting them to reach their full potential .

Deb Merchant



I would like to say that I'm a new face at Aboriginal Family Support Services, but clearly I have been around for a while and enjoyed every minute of it.

I moved from Coober Pedy to Adelaide in December and started in my new role as Residential Services Manager in January.

The challenge to continue to manage the Residential Services into a space that builds capacity in creating quality care for young people is an ongoing process.

AFSS has developed Residential Policies and Procedures which have been rolled out across the whole service, both Metro and Regional, and provide good practice for all staff.

Residential Services are maintaining connection to culture opportunities for young people by participating in community events throughout the year, and activities in the houses including painting and other arts and crafts.

AFSS is looking forward to building partnerships with Tandanya, Kaurna Plains School, Marra Dreaming, Taoundi and other community organisations that assist in the provision of building identity and connection.

Susie Crisa



Hello my name is Nora Sevallos and I have been successful in winning the position of Case Manager with the Stronger Families program based at Cross Road. I am from Alice Springs but have lived in Adelaide for the last 14 years. My family background/language group connections are Central Arrernte and Alyawarre on my mothers side and Southern Arrernte (Pertame) and Afghan on my father's side. I have three children and just recently become a grandmother for the first time and another grannie is due in August. I am looking forward to working with the Stronger Families team to create successful outcomes for our families.

Nora Sevallos



My name is Neridene Bilney. I have recently taken on the role as Foster Carer Support Worker (FCSW) in the Port Augusta office. I come with

a NSW Department of Housing background with transferrable skills that I believe will equip me to do well in my job. I lived in NSW for 15 years prior to being the successful candidate as a FCSW. I have worked with Commonwealth Government agencies, State Government agencies and Non-Government agencies. These being: health, employment, housing and education. I am originally from South Australia and am happy to return to be closer to family and friends. I look forward to helping improve the quality of life for our young Aboriginal children. The main loves in my life are my two poodles Sir Charles and Ruby who have settled in well and love the beach and sand. I look forward to meeting you, whether it be at meetings, over the phone or via email.

Neridene Bilney



Hi, my name is Helen Maher and I joined the Stronger Families team based at Cross Road, Adelaide in December 2015. I moved to Adelaide in 2013. Before this I lived in Alice Springs, but I was raised in Melbourne. Prior to joining AFSS I worked with Aboriginal families and young children in Alice Springs, remote Northern Territory and the APY lands.

I have just recently completed my Masters in Social work through Flinders University which included one semester of study in the Philippines. I am passionate about working with families and advocating for children to grow up in a safe environment, allowing them to stay connected to their family and culture. I see this role as a fantastic opportunity to work with families in Adelaide and learn from a diverse range of people.

Helen Maher





tips and info for 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. In this and upcoming issues of the AFSS Newsletter we'll 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, Families SA.

Drugs and alcohol

If a young person is using alcohol and/or drugs there may be noticeable changes in how they look and behave. They may become moody, negative, cranky or worried all the time. Changes in appearance may include having red or puffy eyes and/or loss or gain in weight. There may also be changes in daily functioning such as having trouble concentrating, sleeping a lot more than usual, being withdrawn, decreased energy, a loss of interest in school, poor educational performance and a change in peer group.

Young people with trauma and abuse histories may use drugs not only to simply feel "good", but also to try and make themselves feel better, or even normal. This group of children may use substances to self-medicate the same way that other people may use antidepressants and anti anxiety medication.

Unfortunately, substance use will ultimately make them feel worse and only exacerbate underlying psychological problems.

Strategies

Talk with the young person.

Being involved is the best way to find out what is going on in a young person's life. If you notice behaviour changes that are concerning, the best thing to do is to discuss these concerns with the young person. Communication needs to focus on strengthening your relationship with them.

Express concern, rather than accusing the young person. When you express concern about the substance use, instead of directly accusing them, there is more likely to be an opportunity to talk about what is happening in their life. Avoid jumping into the conversation prematurely to give advice, make judgements, reassure or talk about yourself. Early in a conversation, these responses tend to shut down communication. Instead, remain open and accepting to give the young person confidence that it is safe to talk with you.

Using "I" statements. Try to use "I" statements by focusing on your own concerns rather than attacking with "you"

statements, eg "I'm really worried because when you came home last night I could smell alcohol on your breath and you appeared to be quite intoxicated", instead of "You're heading for big trouble. You were obviously blind drunk last night. What on earth do you think you're doing?"

Be specific about the things that are worrying and focus on your own feelings about this, eg "I'm worried about you because you seem to be very moody at the moment. I also thought you seemed quite defensive last night when I asked you where you had been. This worries me because I value our relationship and I want you to feel like you can talk with me about anything."

Listen to what is said and

how it is said. This is the most useful communication skill, and is the best way to understand another person's experience.

It is often helpful to a young person struggling with an issue to be listened to; talking about experiences requires making some sense of the issue, prioritising important points, and articulating their own version

of the story. As a listener, it is important for you to reflect back to them what you are hearing. Try to avoid interpreting or making judgements while their story is still unfolding, as this will confuse their ability to make sense of things for themselves.

Be as calm as possible. If this is difficult, take a few deep breaths, take time to calm down before speaking, choose the right moment, and take some time to think things through. Ask the young person what they believe to be some of the “good things” and “not so good things” about substance abuse. Only the areas of concern identified by the young person are likely to motivate change. Aim to explore concerns about the “less good things”, for example “how do you feel about that?”, “is this a problem for you?”

Find new ways of coping. Young people use alcohol or drugs for many reasons. It is important to help young people find new ways of coping with feelings and the difficult parts of their lives without resorting to alcohol or drugs.

Provide a supportive environment. Aim to provide a supportive environment in which the young person can improve their self-confidence, self mastery and healthy peer relationships. Assist with decision making. Try and engage in communication about making change, eg prompt

the young person to look forward by asking “how would you like things to be different in the future?”, encourage action with questions such as “where does that leave you now? Is there something we could work on to change the behaviour together?”

When a young person is incoherent, agitated, anxious or paranoid (but not physically aggressive). In these situations, talk to the young person calmly and endeavour to reassure them and calm them down. If they remain extremely distressed seek medical assistance either from a medical practitioner or your local accident and emergency department. If you are unsure about what to do telephone the Alcohol and Drug Information Service on 1300 131 340. It is generally not a good time to directly discuss issues related to substance use while a young person is intoxicated.

Keep yourself and others safe. This is the primary focus if a young person who is under the influence of alcohol or drugs becomes aggressive or out of control. Attempt to calm the situation down by remaining as calm and in control as possible. If it is safe to do so, walk away from the situation and confirm that there will be discussion about what has happened once the young person has calmed down. If the young person refuses (or cannot) calm down,

and their behaviour is a threat to themselves or someone else, it may be necessary to call the police on 131 444. The decision to call the police may be difficult but protecting young people from the consequences of their behaviour is not helpful if it allows the behaviour to continue. After an aggressive incident find a way to show the young person that you remain accessible to them for support, and it is aggressive behaviour (rather than the child) that you find unacceptable.

In an emergency. If a young person is considered a threat to themselves (eg threats of suicide, or symptoms of psychosis) a mental health assessment may be required as soon as possible. The young person’s safety is the primary concern. Stay with the young person and contact the Child and Adolescent Mental Health (CAMHS) office in your region. Alternatively, you can contact a psychiatric nurse consultant at the Women’s and Children’s Hospital (WCH) by phoning the switchboard on 8161 7000 and requesting to speak with the Emergency Mental Health Team (an after hours service is available).

For further information contact Aboriginal Drug and Alcohol Council (SA) Inc on 8351 9031 or the Drug and Alcohol Services of SA on 1300 131 340, website www.dassa.sa.gov.au

We want to hear from you!

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!



Just for kids



Colour by numbers

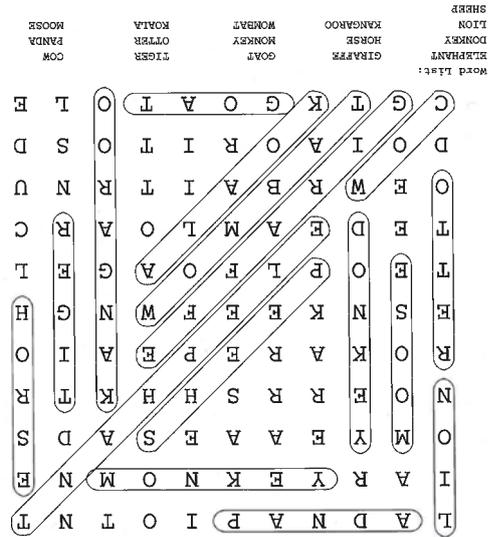
Colour the picture of this happy monkey using the colour code below



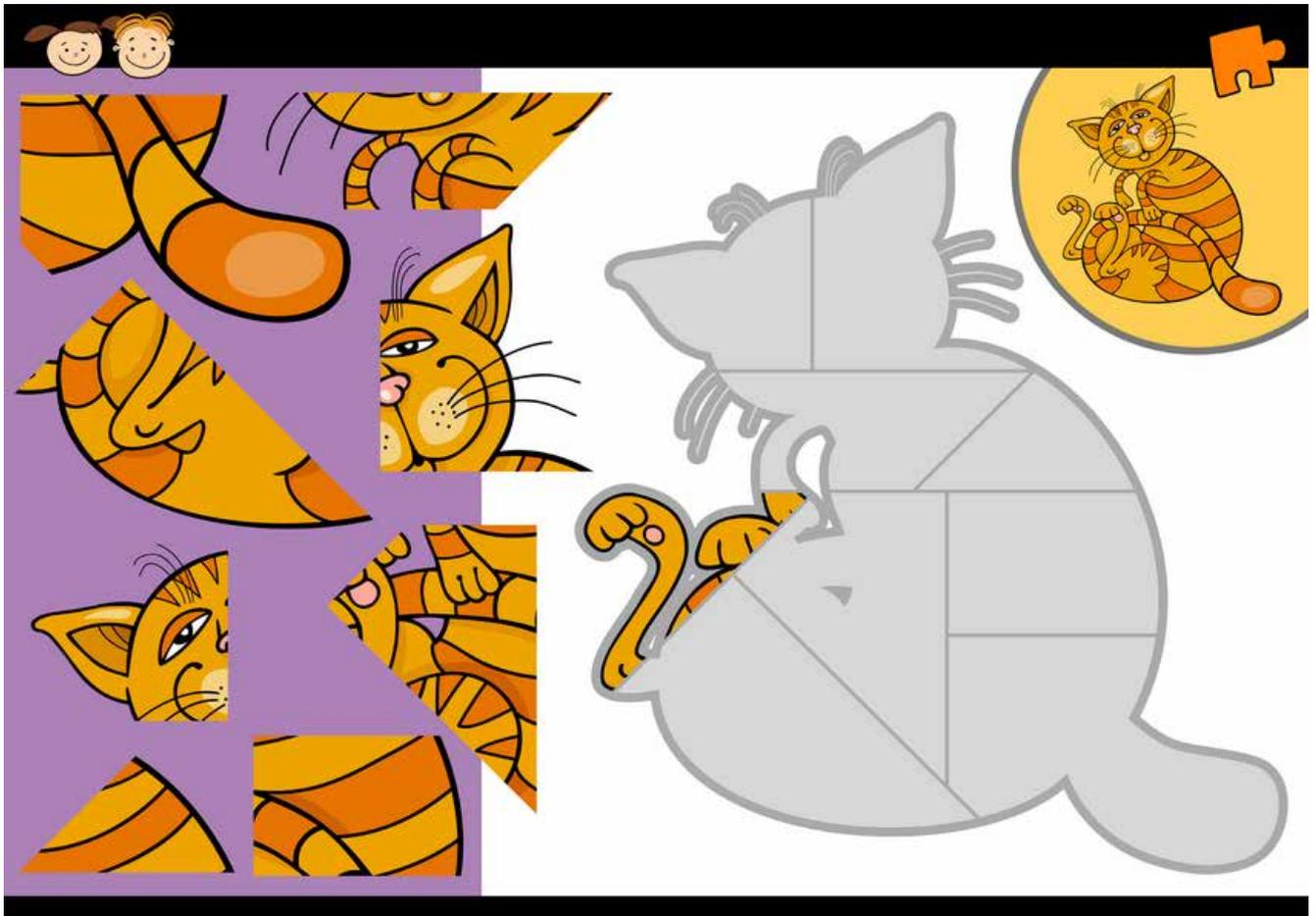
Animal crackers

Find all the animals in the Word Find. They are up, down and sideways. Answers are below.

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



- Word List:
- | | | | | |
|----------|----------|--------|-------|-------|
| ELEPHANT | GIRAFFE | GOAT | TIGER | COW |
| DONKEY | HORSE | MONKEY | OTTER | PANDA |
| LION | KANGAROO | WOMBAT | KOALA | MOOSE |
| SHEEP | | | | |



Cat puzzle

Cut out all the pieces of the cat and glue them in the right spaces to put the cat back together.



AFSS Aboriginal Gambling Help Service presentation schedule

April 2016

The presentation, *Stop The Chase – Myths And Facts About Gambling*, helps participants to develop a realistic understanding about gambling, break down the myths surrounding gambling and identify practical ways to respond to problem gambling.

Below is the April schedule for this important and interesting presentation.

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 GHS worker in your region.



Date and time	Location	Contact
Tuesday 26 April 10.00am -12.00 noon Light morning tea provided	AFSS Training Room 134 Weymouth Street Adelaide	Tony Lawrence Phone 8205 1500
Tuesday 26 April 10.00am - 12.00 noon Light morning tea provided	AFSS training Room 23 Denny Street Berri	Norman Giles Phone 8582 3193
Tuesday 26 April 10.00am – 12.00 noon Light morning tea provided	Bungala Meeting Room 7 Jervois Street Port Augusta	Charles Jackson Phone 8641 0907
Tuesday 26 April 10.00am – 12.00 noon Light morning tea provided	Carers' SA Meeting Room 95 Swanport Road Murray Bridge	Bronte Warneke Phone 0418 499 649

What is the AFSS Aboriginal Gambling Help Service?

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

AFSS also recognises that education and awareness are fundamental in supporting Aboriginal people who have gambling problems 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 Program Coordinator Tony Lawrence on 8205 1500.



Funded through
the Gamblers
Rehabilitation Fund



aha|sa
Australian Health Association (AHA)



Government of South Australia
Department for Communities
and Social Inclusion

AFSS Ceduna takes foster carer recruitment message to the local community

A Foster Carer recruitment event was held in Ceduna on 3 and 4 March.

The event took place in the foyer of the Memorial Hall in the main street. Two information sessions were held, one in the late afternoon to early evening and another during the day to the early afternoon.

By doing this we were able to ensure that we could reach people working 9-5 as well as those shopping in the town.

The recruitment event was a joint initiative between AFSS, Families SA, and Centacare Country SA.

As always, AFSS giveaways were a great attraction. Seven interested families and couples took home an information pack, which is a great outcome for a small town like Ceduna.

Many more AFSS recruitment events are planned for this year, with more information stalls and open days.

We look forward to recruiting many more foster carers for our region.

Any readers in the Ceduna area are welcome to call our office on 8625 3466 for further information, or you can find out more about the important role our Foster Carers play in the lives of the Aboriginal children in our care on our website, www.afss.com.au

Above right: AFSS giveaways are always popular at Foster Carer recruitment events held around South Australia.



Aboriginal Family Support Services
Together with the community

AFSS Community Safety and Wellbeing team is pleased to offer

Healthy Homes, Resilient Families – Growing up Healthy

Do you need a hand making healthy food choices or managing your weekly food budget?

The Healthy Homes, Resilient Families program can help you with these things and more!

There are six weekly three-hour sessions and you'll find heaps of useful information about:

- Growing up healthy
- Nutrition
- Food safety... and much more!

The program's not just about listening. Each week you'll do something practical to help you develop your skills and practice what you've learned.

If you think this program's just what you need to help you grow a healthy family, why not contact the AFSS Community Safety and Wellbeing team at one of the offices below to find out more, or to register for the next program in your region?

AFSS' Community Safety and Wellbeing Facilitators run the program across South Australia and provide a culturally safe and friendly environment.

Smithfield
39A Anderson Walk
Phone (08) 8254 1077

Port Augusta
1st Floor, 47 Commercial Rd
Phone (08) 8641 0907

Port Lincoln
3 Gloucester Tce
Phone (08) 8683 1909

You can also email
csw@afss.com.au

We look forward to seeing you!





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

1st Floor
47 Commercial Road
Port Augusta SA 5700
Phone (08) 8641 0907

Port Lincoln

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

AFSS team making a difference in the lives of Aboriginal youth

Deb Eckert, Manager Youth Accommodation Aboriginal Torres Strait Islander Specific Services, and Peter Dyer Manager Metropolitan Family Based Out of Home Care, recently were invited to speak to students at Tauondi College about what it takes to be a youth worker and to share information about AFSS and our services to South Australian Aboriginal families.

It was wonderful to see a previous client of Olga Fudge Lodge at Tauondi, who said that the reason she is studying is the staff at Olga inspired her to want to make a difference and to study community service, so she could help people like we had helped her.

What wonderful feedback to get from a client!

“We should all be proud of the work that we do and it’s not often we get really positive feedback,” says Deb. “Sometimes it may make us question why we do this work when we don’t often see the results of our efforts.”

The AFSS client who is studying at Tauondi lived at Olga several times over a few years.

It is wonderful to see that she has worked hard improve her life and this is in no small part thanks to the staff at AFSS who inspired her to do it.

In the words of Deb, “Well done to you all who work on the ground with our clients making a difference.

“I am proud of the work that you all do.”

Metro Adelaide foster carer information sessions

The AFSS metropolitan area Foster Care team will be holding information sessions over the coming months for people who would like to find out more about the rewarding role of AFSS foster carers. Sessions are planned for the following dates:

- 20 April, at the Living Kaurna Centre at Warraparinga Drive, Marion 6.30pm start.
- 24 May (Western Adelaide), in the meeting room at the SA Maritime Museum 126 Lipson St Port Adelaide, from 6.30pm until 8.30pm.
- 22 June a session will be held for the Far South region, venue to be advised. Please visit the AFSS website www.afss.com.au for location details nearer the date.

To find out more, please contact the AFSS Metropolitan Recruitment Officer, Peter Frankcom, on 8205 1518.

