



Aboriginal Family Support Services Newsletter

November - December 2017

AFSS joins Spirit Festival celebrations



The Spirit Festival is about Aboriginal and Torres Strait Islander cultural spirit, enjoyed through fashion, dance, visual art and creative workshops. This year, the Spirit Festival was held on 4 November at Wauwi (Wauwi was the wife of Kadlitpina, Kurna Elder), or Light Square.

AFSS Metro Family Based Foster Care team held an information stall on the day. Information brochures, recruitment packs and promotional giveaways were on hand to share with everyone who attended.

The biggest hit of the day was the making of DIY stress balls.

You can find out how you can make your own on page 7.

It was a great opportunity to get together with Aboriginal community members and share information about the work that AFSS undertakes for Aboriginal children and families.

The children really enjoyed making their own stress balls, so much so that we used eight kilos of flour over the day!

Thank you Illira Wanganeen, Becky Matthews and Jasila Jehangir for your hard work over the weekend.

Pictured above: The AFSS information stall at this year's Spirit Festival.



A message from the Chief Executive

It hardly seems that 12 months have passed since I paused for reflection at the end of the year, and yet here we are, coming to the end of 2017.

It has been another year of growth and energised activity for AFSS in our work for Aboriginal children and families in South Australia.

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 16.

The consolidation of our new residential houses has been a highlight of the year, providing additional caring, residential homes and a family environment for Aboriginal children who are unable to live with their families.

The new positions of Cultural Officers have been of great benefit in helping children remain connected to their families and culture.

Our other programs have continued to consolidate and expand, including Community Safety and Wellbeing, and our Stronger Families program has continued to provide support to Aboriginal families to help keep children safely at home.

As 2017 draws to a close, I take this opportunity to wish all readers of the AFSS Newsletter – our wonderful carers, our Board and staff, the organisations that support us, and of course the special children in our care and families with whom we work – a joyous and safe holiday period.

We look forward to 2018 with anticipation.



Sharron Williams
Chief Executive

Commissioner appointed

Mr Harry Miller, a well-respected Aboriginal leader from the Eyre Peninsula is South Australia's new Commissioner for Aboriginal Engagement.

The role of Commissioner provides Aboriginal leadership in South Australia, advocating on behalf of all Aboriginal people and communities across the state.

Mr Miller brings more than 20 years' experience in Aboriginal affairs to the role of Commissioner for Aboriginal Engagement.

In 2015 Mr Miller won NAIDOC SA's person of the year award

for his contribution to the Port Lincoln community, the health sector, and to local football.

Mr Miller has held a number of leadership positions including:

- Chief Executive Officer of Port Lincoln Aboriginal Health Service
- Coordinator for South Australian Aboriginal Sports
- Member of the Aboriginal Health Council of South Australia
- Member of the Port Lincoln Aboriginal Community Council.



Mr Harry Miller

Mr Miller has also served as a member of the South Australian Aboriginal Advisory Council. We congratulate him on his appointment.

Family Matters - the year in review

The Family Matters Working Group of South Australia has been in action from August 2016. Since the start the working group has worked diligently to raise the awareness of the over-representation of Aboriginal and Torres Strait Islander children and young people, in the out of home care with politicians, government leaders, the wider public and the Aboriginal community.

We have successfully achieved bipartisan support with the signing of the Statement of Commitment by:

- Hon Susan Close MP – Minister for Education and Child Development
- Hon Rachel Sanderson – Shadow Minister for Child Protection
- Hon Steven Marshall – Leader of State Opposition
- Hon Vickie Chapman – Deputy Leader State Opposition
- Hon Tammy Franks MLC – The Greens
- Helen Connolly – Commissioner for Children and Young People.

This year's highlight was the key event for the National Week of Action in Rundle Mall, with cultural performances and guest speakers. In addition, AFSS hosted regional and remote events around South Australia.

Thank you to our valued supporters, Child and Family Focus SA, Department for Child Protection, Reconciliation SA and Adelaide City Council for their in-kind support and financial



Signing the Statement of Commitment on 9 November are, from left to right: Rob Martin (Co-Chairperson FMWGS.A), Helen Connolly (Commissioner for Children & Young People) and Leata Clarke (Co-Chairperson FMWGS.A).

contributions. Special mention to Joanne Else, Project Officer, for her tireless work in keeping up to date with the national campaign, changes to various policies, report writing and organising many meetings. We thank you. A special thank you to our local ambassador, Tahnee Sutton for sharing her personal story of loss and gratitude in maintaining her connection to culture.

Unfortunately, the proportional rates of representation of

Aboriginal children and young people in state care continues to increase within the in-care population.

We ask for your continued support in 2018.

For more information visit the Family Matters page on the AFSS website, www.afss.com.au

*Leata Clarke & Rob Martin
Co-Chairpersons
Family Matters Working
Group SA*



Reflections on the 2017 SNAICC annual conference

Below we are pleased to present further reports and thoughts from AFSS staff and foster carers who attended the 2017 SNAICC conference.

The SNAICC National Conference was themed Bring them Home: Securing the rights for our Children, in recognition that 2017 is the 20 anniversary of the *Bringing them Home* report. It was an honour to attend SNAICC 2017 with around 1,100 attendees from across Australia from all levels of service provision who dedicate their work to assisting Aboriginal children and families in Australia.

- The conference provided a powerful and inspiring experience and featured:
- International and local keynote speakers
- 70 concurrent sessions, yarning circles, panels and workshops
- Displays, poster presentations, exhibitors
- Cultural highlights and performances.

Professor Mick Dodson opened the conference by calling on conference delegates to look back and reflect on the tragic history and heartbreaking stories of the Stolen Generations.

Aboriginal children continue to be separated from their families and cultures at an alarming rate. It is clear the Australian Government has a long way to go to meet the recommendations of the *Bringing Them Home* report; across the land, there are pockets where good programs exist and are providing good outcomes for Aboriginal children and families. Aboriginal children remain almost 10 times more likely to



be in out-of-home care than other Australian children and the number in care is set to triple by 2035 unless there is systemic change.

A deep sense of frustration and indeed sadness was expressed by conference attendees that we continue to see positive outcomes for our Aboriginal and Torres Strait Islander children decline.

Adjunct Professor Muriel Bamblett told the conference that the best interests of Aboriginal children's wellbeing and safety are found with their families and communities, and in being able to determine their own futures.

A concurrent theme of programs with good outcomes is working with, alongside and in consultation with Aboriginal communities, Aboriginal Elders and the community whose cultural authority exists.

Some good sessions I attended included one on Foetal Alcohol Spectrum Disorder (FASD), highlighting a particularly successful program, the Fitzroy River community program, Marninwarntikura Women's Resource centre. In the Fitzroy River area a very high percentage

of children have FASD. The program is providing great outcomes for these children through assisting families and schools with education and strategies to help the children with the disorder.

Other successful programs include a Western Australian program Yorgum – a Counselling Service integrating Aboriginal ways of healing with Western therapeutic models of counselling to heal children with identified trauma in grief and loss and sexual abuse. The Bouverie Centre also provides family therapy using a trauma informed approach to build the capacity of Aboriginal and Torres Strait Islander communities.

Peter Dyer
Manager Out of Home Care
(Family Based Care)

As this was the first SNAICC conference I have attended, I felt empowered with motivation and confidence to move forward in looking at continually improving Community Safety and Wellbeing for community and staff alike.

During the three-day conference it was quite apparent that empowering Elders and

communities to be in control of programs implemented in to their areas has made many positive and successful changes, although with the lack of ongoing funds it has made it quite difficult to stay positive.

Eunice Bartlett and I presented on Readdressing Child Removal. This session was successful in allowing question time which included questions on ongoing funding as well as the types of workshop and evaluations used to ascertain participants' understanding and learning from the programs.

Barbara Falla and I presented a Connection to Culture session which gave participants a deep understanding of the importance of cultural plans for our children who have unfortunately come into care.

The response from participants was good; during question time people asked several questions of Barbara.

Sessions I attended that had a major impact are as follows:

- **Self Determination in Child Protection.** This session was extremely inspiring. It was led by Megan Van De Berg, Victorian Aboriginal Child Care Agency (VACCA). Megan talked on community self determination and how this has guided best practice models. All Aboriginal child protection matters in Victoria are slowly being transitioned formally to VACCA, I believe all Aboriginal communities across Australia would benefit from using VACCA's model.

- **Family Led Decision Making,** presented by Paul Ferris (VACCA), Cindy Namok (Port Kennedy Association), Steve Kirby and John Burton (SNAICC). This again was focused on self determination with families making informed decisions regarding child protection, placement and reunification.

The SNAICC conference dinner allowed all participants to have a much needed break from the formalities and enjoy dinner, dancing and singing together.

Charmayne Stenhouse Manager Community Safety and Wellbeing

I chose the seminars I attended according to what I was interested in learning about, specifically with regard to the children I've cared for so far.

These sessions included Unacceptable Removal of Children from Family; Stop stealing Our Children: Coordination of services; Our Children Need to be With Us and; Community Advocacy for Aboriginal Children in Care.

Other sessions included:

- Key Changes and Trends in Child Protection and Legislation Across Australia
- Monitoring Progress to Reduce Over Representation in Child Protection
- Our Mob, Our Voice: Evaluating Child Protection Reform in Queensland
- Cultural Support Planning: Keeping Children Connected with Family, Community and Culture

- Connection to Culture - Keeping Children and Young People in the Out-of-Home Care System Connected to Their Family, Community and Culture
- Cultural Support in Practice- The Importance of Cultural Identity
- Indigenous Men and Family Violence
- What you don't see Family Violence Campaign
- Who is an Aboriginal Child
- Return to Country Framework
- Reconnecting Aboriginal Children in Out-of-Home Care to Family, Kin, Country and Culture
- Sharing the Stories of the Stolen Generations: Link-Up Victoria Experience
- Storytelling through Film – Fractured – Broken Ties: Reclaimed Lives

I thoroughly enjoyed my time at SNAICC. I learnt so much about culture past and present.

I am extremely proud of the well-educated and knowledgeable people I got to meet and listen to and hear of their involvement in protecting our children. To be at SNAICC was very emotional at times for me and it took a lot of self reflection to come to terms with and fully understand the content of some of the seminars. AFSS should be proud of the staff they sent, they are absolutely lovely and caring people all of whom are extremely passionate about their jobs. They all in their own way helped me with my time away and helped explain some of the content and put it into context.

Continued on page 13





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.

Twelve facts about child injury in Australia

Keeping our children safe

fact: one

Unintentional child injuries are a major public health issue in Australia. Most can be prevented. Preventable injuries are higher amongst children compared with other age groups (ABS 2007).

fact: two

In 2005 - 2006, 22,865 children 0 - 4 years of age were admitted to hospital for injury across Australia. This was second only to admissions to hospital for respiratory conditions. Hospital isolation rates were higher for boys than girls. Hospitalisation rates for falls and poisonings were higher for children living in rural and remote communities, compared to children living in metropolitan areas (1.5 times greater for falls and 1.9 times greater for poisoning) (AIHW 2008).

fact: three

More children die from injury in Australia (36%), than from cancer (19%) and diseases of the nervous system combined (11%) (ABS 2006).

fact: four

The main causes of child deaths from unintentional injury are:

- Transport related (car crashes and driveway run-overs).
- Drowning (in particular swimming pools).
- Unsafe sleeping environments.
- Strangulation/suffocation (entrapment in a cabinet, strangulation by a window blind cord).
- Crush injuries (large objects falling onto a child).

fact: five

Success has been achieved in injury reduction in Australia in a number of areas, with the number of child deaths declining by approximately 60% since 1983 (AIHW 2005). This reduction provides evidence that dramatic success in reducing child injuries and deaths is possible through the use of multiple strategies. These have included legislative changes, environmental changes, community action, information, education and training. There is still much work to be done.

fact: six

There is a strong association between age of a child, developmental stage, how

the child interacts with their environment, the type of activities the child undertakes, socioeconomic status, gender, and the type of injury the child sustains (WHO & UNICEF 2008).

fact: seven

Children 0 - 4 years of age are most vulnerable to being injured in the home and backyard. More than half of unintentional deaths and injuries in this age group occur in the home and backyard, with 55% of these inside the home and 45% in the backyard (Shannon, Brashaw, Lewis & Feldman 1992).

fact: eight

Heights, space, and structures are built for adult use and comfort, but these often present hazards to children (Safekids Canada 2006).

fact: nine

Hospitalisation of young children from unintentional injury is most commonly the result of:

- Falls (from nursery furniture, beds, chairs and in the backyard from playground equipment).

- Burns and scalds (from hot drinks and food, liquids, hot objects).
- Poisonings (from medicines, household cleaners, alcohol).
- Vehicle accidents (most young children who die, or are injured, were not properly restrained in the car).
- Near drowning (most commonly in backyard swimming pools).
- Dog bites (mostly by dogs known to the child in the home environment).
- Choking (food or small objects).
- Pedestrian injuries.

fact: ten

The interesting fact about child injury data, which reports on admission to hospital, is that the main causes of injury are consistent from year to year. However, hospital admission data only represents a small insight into child injury.

fact: eleven

Injury is often represented as a pyramid. The smallest group, that of death, at the top, admission to hospital for injury in the middle, and the largest groups of non-hospitalised and those requiring first aid etc. at the base (WHO & UNICEF 2008).



fact: twelve

The annual cost of unintentional injury and death to children 0 - 4 years of age in Australia is estimated to be 1.5 billion dollars (Moller 1998).

For specific causes of injury and death the top five most costly among children under 5 in Victoria were: falls (\$22m); poisoning (\$12m); fire, flames, and burns (\$8m); hit, struck, or crush injury (\$7m); and motor

vehicle traffic (\$4m) (Watson & Ozanne Smith 1997).

More recent figures are not available.

For more information, contact:

Kidsafe SA Inc

Women's and Children's Hospital,
72 King William Rd, North
Adelaide SA 5006

Phone: (08) 8161 6318, email:

sa@kidsafe.org.au

website: www.kidsafesa.com.au

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How to make a stress ball

Here's a quick and easy Christmas stocking filler to make just like the ones AFSS staff made at the Spirit Festival.

- Stretch out your balloon. (Pro tip: Simply blow it up first for some extra stretch.)
- Choose your filling: rice or flour.
- Stick a funnel into the neck of the balloon.
- Slowly fill the balloon. Pour slowly to avoid clogging the neck of the balloon! If it does clog, use a pen or pencil to clear the opening.
- Remove the funnel from the balloon and let out as much air as you can. (Pro tip: To release the air, pinch near the neck and separate your finger and thumb slightly. Too wide an opening can blow flour everywhere.)
- Tie the neck of the balloon closed tightly.
- Snip off the excess rubber.
- Grab your second balloon, and snip off the end and wrap it on top of the first balloon that's filled with flour.
- Tie the end, and voila! You've made yourself a squishy stress ball.



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.

Simply contact Grace Nelligan, AFSS, 341 Waymouth Street, Adelaide SA 5000, phone 8205 1500 or email grace.nelligan@afss.com.au

We look forward to hearing from you!



Just for kids



Show Santa how to reach the presents to put in his sack!





Anti-Poverty Week in Port Lincoln

AFSS Port Lincoln joined Red Cross Port Lincoln and other service providers to host a community event to address food insecurity as part of Anti-Poverty Day on Thursday 19 October. The event aimed to raise awareness about poverty and food security. AFSS and other service providers donated food for a free community lunch which was cooked by Rotary.

The chicken stir-fry was enjoyed by everyone. Our local Kallinyalla nursery donated tomato plants for distribution to community and the Food Bank Van offered a large array of fresh produce for a donation.

The *Guess how many jellybeans* raffle raised additional funds for Red Cross. The event provided an opportunity to promote the Red Cross Street Garden Community Initiative and distribute information relating to budget healthy meals.

Fun run just too deadly

Some of the fit and healthy young people in AFSS care took part in the Southern Deadly Fun Run recently, where participants could undertake a 3km or 5km run or walk. Everyone finished and received a medal.

After the run, a sausage sizzle and a kick of the footy was enjoyed at Christies Beach Park. The next Deadly Fun Run/Indigenous Marathon will be held on 10 December and will see two young Aboriginal people chosen to represent South Australia in running around Uluru in a national event.

Details and dates can be found on Facebook: Indigenous Marathon Project, if you'd like to find out more. Get running and good luck!

Pictured below Auntie Georgina Williams welcomes everyone to Country at the beginning of the event.



The Nickname

A young boy aged six stayed in Residential Services for quite some time and is now placed with kinship carers.

Sometimes he stays in one of AFSS' residential houses for short respite. On one particular occasion he was brought to the house – a light coloured brick home – by his carers who said goodbye with the words “See you in a couple of days, Trump!” Staff were puzzled about the young man's new nickname.

The carers replied, “Last time we picked him up we asked him where he had been” His reply was “I stayed at the White House!” So the carers told him “You must be Donald Trump then!” When staff then asked him why his nickname was Trump he replied, “Because I've been to the White House, that's why!” Kids are priceless!



Supporting young people post 18 years to continue education

The Department for Child Protection (DCP) is committed to supporting young people in care to reach their full potential, which includes getting a good education and a good job in the future. As part of the Nyland Royal Commission recommendations for young people who are transitioning to adult life (15 to 25 years), DCP will continue to provide modified carer payments so that young people can stay at home while they finish their education or training.

Who is this for?

Kinship, specific child only and foster carers of young people who are turning 18 on 1 July 2017 or later

In post-secondary education or training including university or other training after high school including apprenticeships or vocational studies

Studying full-time (or part-time where they have a disability), and

It is in the young person's best interests to remain in the carer's home.

How much is the modified payment?

The payment that will be extended is the same as for young people completing high school post-18, which is the basic 17-year-old carer subsidy together with the term by term education grant.

How long will the payment be extended?

This payment will be available until the young person:

- Moves out of the family home or
- Completes their qualification or
- Turns 25 - whichever is sooner.

Where can I find more information?

The Carer Support Payments Handbook has been updated and is available on the DCP website for reference.

I think this sounds like it fits our family's situation, what do I need to do?

Contact your allocated DCP case manager or office who will help you to claim the payment if it's right for your circumstances.

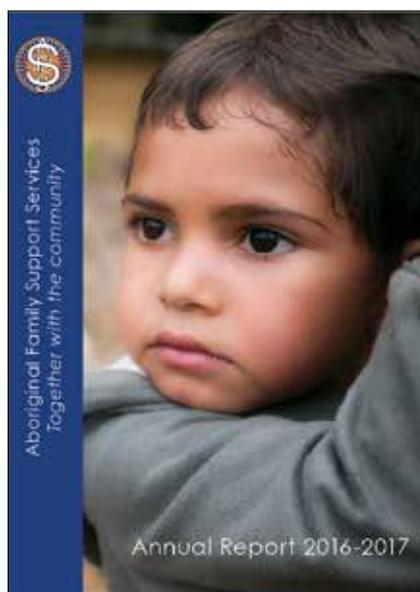
AFSS holds Annual General Meeting

This year's AFSS Annual General Meeting was held on 16 November 2017 at Head Office, 134 Waymouth Street Adelaide.

Community members, AFSS Board members and staff attended, and were Welcomed to Country by Michael O'Brien.

A minute's silence was observed in respect of those who have passed.

CE of AFSS Ms Sharron Williams thanked the



Board and staff of AFSS for all their support during a very challenging year.

The 2016-17 Annual Report was also presented. The Report is available to download from the homepage of the AFSS website, www.afss.com.au or if you would like to receive a hard copy please ring AFSS on 8205 1500 and we will be happy to send one out to you.

A light lunch was served following the meeting, which enabled everyone who attended to spend some time together in an informal atmosphere.

AFSS is pleased to announce the Board members for the coming year:

- Tauto Sansbury - Chairperson
- Greg Sinclair - Deputy Chair
- Wayne Rigney - Secretary
- Ivan Copley - Treasurer
- Margaret Nelson - Executive Member
- Sharron Williams - Public Officer.

AFSS gets into the Halloween spirit



Metro

Some of the young people in AFSS' care got into the Halloween spirit and decorated their houses so well that even the ghouls were too scared to Trick or Treat (see picture below).

A quick walk around the block and a few scares later, their baskets and tummies were full of treats and sweets.



AFSS Ceduna staff get into the spirit on 31 October. From left to right are: Samantha Wilkins, Shelley Hertz and Sophia Thompson.

Ceduna

This year the children in the Ceduna Residential Service asked to participate in the Halloween festivities as well as have a dress up competition of staff. The children were the judges and gave out a small prize to the best dressed staff member. The three children aged 10 and 12 spent the week leading up to the 31 October making decorations such as spiders with pipe cleaners, cutting out bats, pumpkins, spiders and skulls. They also made individual treat bags to give out, all decorated with homemade stickers. This year Ceduna had a scavenger hunt to find the houses that were participating in 'trick or treat'. The address of the first house was given out late afternoon to all who had registered. From then on clues were given out by each

of the occupants where to find the next one and so on.

The children gave out lolly bags to many people dressed up knocking at the door. The children then joined the trick or treat house visits in the late afternoon. All enjoyed their Halloween and are planning next year's already.



Port Lincoln

On 31 October the streets come alive for Halloween with ghosts and gremlins and all things spooky, so the Residential Service in Port Lincoln took to the streets to flush out the treats that many businesses were handing out. We even got the staff involved.

With all the lollies collected, AFSS might need to hand out toothbrushes next year instead!



Port Lincoln focuses on mental health

AFSS Gambling Help Service and Uniting Care Wesley (UCW) Gambling Help Service collaborated to host an information stall at the Port Lincoln Mental Health Week Community Awareness event.

This was one of a range of events scheduled to run during Mental Health Week 2017.

The event was well attended with more than 500 community members attending. AFSS Aboriginal Gambling Help Service Community Development Worker Anna Angus and Sue Olsen from UCW Gambling Help Service staffed the information stall at the Mental Health Week Sideshow Alley.

Service providers gathered on the Port Lincoln foreshore and provided a range of activities to engage the local community.

The fun activities for all ages included a bouncy castle, face painting, rock painting, yarnng spaces, balloon cartoons, Big Bear FREE hugs and a drumming circle.

The local Sing Australia and Cellar Folk Club provided the entertainment.

Community members were able to talk to service providers about mental health supports available in the region.

An amazing lunch was provided for with a gold coin donation. A local seafood business donated fish and Rotary cooked it, which was served with a light salad.



Above: Emmi Lou Douglas and Kauligab Miller enjoyed the AFSS rock painting.

AFSS and UCW engaged with community members and discussed the support services available for people affected by problem gambling in our community and provided free giveaways.

Circus tickets donated to AFSS Ceduna

Mark O'Driscoll, from the local Ceduna SAPOL, visited the Ceduna AFSS office early in November with free tickets to the circus.

He was instrumental in organising this event for the Ceduna community.

The free tickets were allocated to a foster carer family, for a family working with the Stronger Families program and for the children placed and staff working in the Residential Services at the time of the scheduled performance.

A BIG thank you goes out to Mark and the community members for making this possible.



Above: Mark O'Driscoll presents circus tickets to AFSS Ceduna Stronger Families Case Worker Helen Dunn.

Reflections on the 2017 SNAICC annual conference

Continued from page 5

I've come away from the conference with much more of an understanding of Aboriginal culture past and present.

Just a little something to share, written at one of the seminars:

*Every day in a hundred small ways our children ask,
"Do you see me? Do you hear me? Do I matter?" Their
behaviour often reflects our response.*

**Kerri-Ann, AFSS Foster Carer
Port Augusta Office**

Commemorating the 20th Anniversary of the *Bringing Them Home* report, the 3 day conference was an excellent event, not only for viewing what other organisations around the country are doing with children in out of home care but for learning new skills and building on current networks and knowledge.

Networking is a valuable part of any conference, however the SNAICC Conference is a gathering of like minded people all striving for similar outcomes. I was fortunate to be part of the plenary audience each day and to hear from the range of excellent keynote speakers.

I viewed a number of sessions from Connecting to Country Kin and Culture – Growing up Children in Culture to Working with a Trauma Informed Approach.

My favourite session, on a lighter level, Connecting Children To Culture at a Very Young Age would have to be Larry Brandy, an excellent story teller:

Larry is a Wiradjuri man, from Condoblin New South Wales, who has been sharing his culture with people of all ages, and in particular children. Larry uses real tools and artefacts to show how Aboriginal people used their knowledge to hunt and find food in traditional times. Larry involves children in his performances as this is the best way for them to learn. He has been amazed how even very young children learn from him about Aboriginal culture. Larry particularly likes working with Aboriginal children as they love learning about their culture in a fun interactive way. Larry has performed in libraries, preschools, museums and schools around Canberra and New South Wales. He has also performed overseas in Indonesia, New Caledonia, Canada and Alaska, as well as at an Apache Reservation in the United States. Larry

has recently written two activity books aimed at children. One is called Yalbalanga (Wiradjuri for to learn) and the other is called W is for Wiradjuri. It is a colouring in book with drawings by a young Wiradjuri artist, which also teaches children the Wiradjuri name for animals and plants featured in the book.

Dinner at Old Parliament House was a great evening, great networking and contacts, great people at our table. Loved the karaoke and in particular Eunice on the stage singing up a storm – excellent!

Below some useful website links are provided if you would like more information:

www.mmrc.com.au/

www.mmrc.com.au/pages/the-lillivan-story

www.bouverie.org.au/

www.yorgum.org.au/

www.reconciliation.org.au/

www.snaicc.org.au/

raisingchildren.net.au/

Barb Falla, Cultural Officer

AFSS welcomes new team member



Hi, my name is **Jill Jordan** and I have joined the **team in Corporate Services**. I have two daughters and three grandsons, who keep me very busy and I enjoy spending a lot of time with them. We have lots of laughs.

I have spent equal time in Adelaide and in Naracoorte operating my own Transport Business, lived in Cairns for a few years and had the opportunity to work at Tjapkuai Aboriginal Cultural Park, in the payroll/finance team, so I feel very blessed to have worked and been involved with many people from different areas in that region and also being part of the tourism.





Toblerone Cheesecake

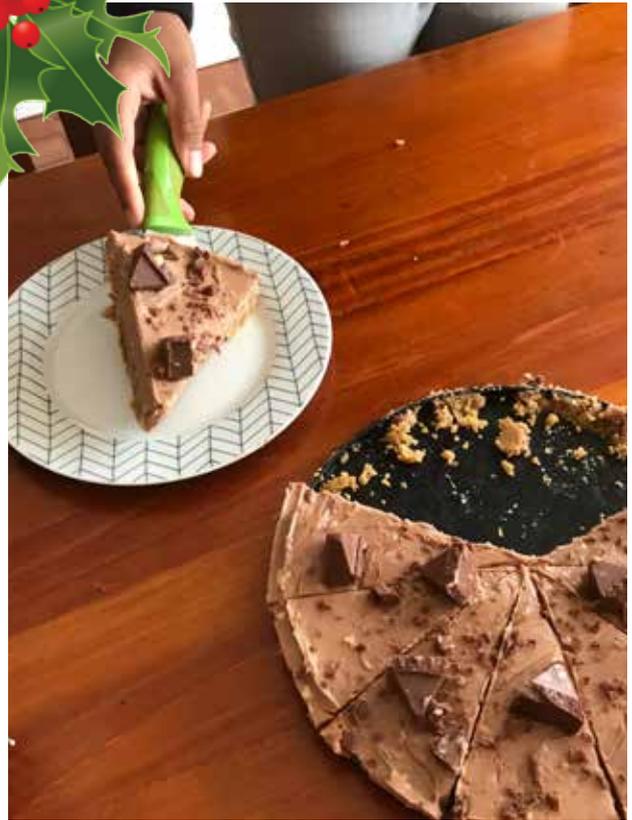


Ingredients:

- 1 cup (or a bit more) of Digestive Biscuits (McVities English ones are the best ☺) crushed up.
- ½ cup caster sugar
- ½ cup thickened cream
- 200g Toblerone (melted)
- 100g Toblerone (grated/shaved for topping)
- 500g Philadelphia cream cheese, cubed
- 80g butter (melted)

Method:

- Combine the biscuits and butter and press into the base of a 20cm spring form pan and put in the fridge to chill.
- Beat the cream cheese and sugar until it is smooth with an electric mixer.
- Add in the melted Toblerone and the cream until well combined.
- Pour the mixture on to the biscuit base and put in the fridge for 2-3 hours or overnight.
- Top with the grated Toblerone.



Above: Evie's delicious Toblerone Cheesecake would be a real treat for Christmas.



Foster Carers needed URGENTLY

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 8205 1500

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

Coober Pedy David Pietsch david.pietsch@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



Aboriginal Family Support Services Inc
Together with the community

Guardian for Children and Young People visits AFSS Residential Services

On 24 November Penny Wright, Guardian for Children and Young people, visited four young people at one of the AFSS residential houses.

It was a terrific afternoon. One of the young people, Evie took on the role of hosting an afternoon tea which included serving a delicious Toblerone cheesecake that Evie had made the day before. You will find the recipe on the left.

Penny was extremely interested to chat with the young people and hear about their interests and their schools for next year, which included a showing of the new high school uniform and discussing their artwork. Penny's visit ended with a game of table tennis with young person Jack, one of the young residents.

A member of the AFSS Residential Services staff, Ria Boosey, has compiled a list of healthy treats and recipes for young people to make and enjoy and she was pleased to be able to share this engagement tool with Penny.

Penny learned how we ensure our services are therapeutically informed, safe, homely and culturally safe for young people.

Penny went home with a list of new recipes from Evie and Ria and commented that the house was a real home, with fun and laughter, including some good humoured sibling rivalry!

AFSS team member focuses on healthy food

Ria Boosey, AFSS Residential Services team member, is passionate about ensuring the children and young people in AFSS care eat healthy foods, and so she spent hours poring over recipes to find healthy options for staff to make in our residential services.

The fruits of Ria's labour have resulted in a recipe book put together for the houses featuring a range of easy-to-make healthy treats. It's important that the tasty little treats we all enjoy can be good for us too!



Above: From left, Susan Richards, AFSS Senior Manager Residential Services Metro, Penny Wright and Glenn Kerrigan, Manager Residential Services Southern.



Above: Ria Boosey and Penny Wright in the lovely garden of one of AFSS residential houses.





Where to find us

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Ceduna SA 5690
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Coober Pedy

Lot 1991 Aylett Street
Coober Pedy SA 5723
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Murray Bridge

C/-Moorundi Aboriginal
Community Controlled
Health Service
2 Clara Street
Murray Bridge SA 5253

Port Augusta

8-10 Victoria Parade
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Port Lincoln

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AFSS Family Day at Point Pearce

On Wednesday 11 October AFSS' Community Safety and Wellbeing (CSW) team attended Point Pearce community for the AFSS Family Day.

As the CSW team prepared the community hall for the Family Day with all the AFSS promotional gear – water bottles, beanies, hats, pens, wrist bands, lunch bags, AFSS tattoos and stickers and the AFSS display banner, the community was all a-buzz with excitement. AFSS balloons were also flying high on this day.

Bianca Bettley provided face painting which went off with a blast. All the children and even some parents and other adults got their faces painted and there was a huge line up throughout the day. The kids were proud walking around with their faces painted. Seeing the children being so happy and proud was fantastic, as was knowing that AFSS was a part of this.

Some of the older members of the Point Pearce community took some of the AFSS lunch bags as they said they were perfect for them to hold all their medications in.

Many community members thanked us for visiting Point Pearce. One comment was “Thank you for coming here and holding this family day as we have too many funerals here, and to have a family community gathering in a happy environment was what the community needed, it refreshed us.”

Point Pearce also had the Yorke Peninsula Country Times attend the event so check it out!

A big thank you to the Point Pearce Council for supporting AFSS CSW in making this event a reality.

Pictured above, back row, from left: Frank Newchurch, Nirelle Ware and Eunice Bartlett from AFSS; Kaylene O'Loughlin from Point Pearce; Bianca Bettley and Barbara Falla from AFSS; and Lynette Newchurch, Point Pearce Community Council. Front row: Point Pearce Children Kyrell Miller, Quientrell Miller, Kysab Sansbury, Janaya Karpany, Travis Karpany and Kiana Sansbury. Photo courtesy Yorke Peninsula Country Times.