



Aboriginal Family Support Services Newsletter

July - August 2016

AFSS *Connection to Culture* workshop marks Children's Day

Over 140 participants attended the AFSS Connection to Culture workshop held at Tandanya on 4 August to mark Aboriginal and Torres Strait Islander Children's Day.

Tauto Sansbury was MC, facilitating the morning's activities in his inimitable style. Participants listened to informative and helpful presentations from speakers including Amanda Shaw, (Guardian for Children), Ben Sanderson and Cindy Paardekooper (Families SA), Tracy Rigney and Annette Groat, (Principal Aboriginal Consultants, Families SA).

Those present were also privileged to hear a poignant presentation from Sonia Waters on the impact of "welfare" on her family for more than 100 years, accompanied by a special dance performed by her daughters to share their family story of loss, strength, and connection to culture.

The audience also enjoyed amazing dance performances by Yellaka – Old Wisdom New Ways, Kurruru and Kalaya Children's Centre (*pictured above right*). The littlies certainly stole everyone's hearts!

Afternoon sessions provided participants with the opportunity to learn about aspects of Aboriginal culture, from basket weaving and art, to dance and the Kurna language, or else participate in special men's or women's groups. These sessions were provided by Kura Yerlo, Marra Dreaming, Tauondi College and Yellaka – Old Wisdom, New Ways.



Pictured above: The beautiful children from Kalaya Children's Centre were special performers at the workshop, proudly singing Aboriginal songs for the audience to enjoy. More photos on page 2.

They were also able to visit the Aboriginal Services Expo to gain information from Aboriginal service providers about what they offer individuals, organisations and community.

According to Sharron Williams, feedback on the event has been fantastic, and it is hoped that AFSS

will provide similar events in the future.

"AFSS extends sincere thanks to everyone involved in the day's events," said Sharron.

"Without your enthusiastic support the Connection to Culture Workshop would not have been the huge success that it was."

Attention all AFSS foster carers! You could be a winner!

You're all winners in our eyes, but as a special thank you for the love and commitment you show to our wonderful foster kids you'll be placed in a draw for a \$500 weekend getaway.

There will be a prize for one carer household in each region and the metro area. The draw will take place on 30 September and if you're one of the lucky winners we'll be in touch.

A message from the CEO

What an exciting few weeks we have had here at AFSS!

The highlight of our activities since the last AFSS newsletter is our Connection to Culture Workshop, held on 4 August to mark Aboriginal and Torres Strait Islander Children's Day.

As you can see on page 1 and in the photos below, the event was a resounding success. Feedback has been extremely positive, and we have already received requests to make the event annual! Thank you to all who were involved, in particular Warren Guppy, Senior Manager, Metropolitan Services, who was the driving force behind the Workshop from beginning to end.

Equally exciting was the fabulous fund raiser, held at the Majestic Hotels Roof Garden Restaurant and auspiced by Eoin Loftus as a lead up event to his Four Marathons in Four Days across Kangaroo Island later this month. See page 13 for the full story.

I was pleased to attend this event, along with a number of other AFSS staff members, and to witness the raising of around \$10,000, which will go towards special activities for AFSS foster children. Thank you Eoin for your generous and continuing support. We wish you every success in your marathons – I know you have been in intense training. I hope the sun shines as you undertake this major challenge on our behalf.

Throughout these pages you will also see AFSS' community involvement in NAIDOC Week celebrations, in both metropolitan Adelaide and regional South Australia. NAIDOC is such a wonderful time of year for Aboriginal people to get together and celebrate our history, culture, successes and hopes for the future. AFSS is always proud to be a part of NAIDOC Week.

You will also see that our Community Safety and Wellbeing team has been active across the State and is achieving many successes in the lives of those who have attended the various programs we offer.

I am privileged to be the CEO of an Aboriginal organisation that is striving to make a positive impact on the lives of South Australian Aboriginal children and their families.

Sharron Williams
Chief Executive Officer



AFSS Connection to Culture workshop



1. Yellaka - Old Wisdom New Ways. 2. AFSS team members at the registration desk. 3. Participants enjoy morning tea from the Tauondi catering team. 4. Sonia Waters. 5. Ben Sanderson and Cindy Paardekooper. 6. Amanda Shaw. 7. Tracy Rigney and Annette Groat. 8. Kura Yerlo at the Aboriginal Services Expo. 9. Participants in the afternoon Aboriginal art workshop.

Board meeting and celebrations in Coober Pedy

The AFSS board looks forward to visiting our regions, and the AFSS June board meeting was held in Coober Pedy with the joint purpose of meeting local community members and AFSS Coober Pedy staff, and also officially opening the new AFSS Coober Pedy office.

Helen Laxton, Management Support Officer from the Adelaide office, was pleased to be part of the AFSS team travelling to Coober Pedy and shares with our readers her reflections on her first daylight trip to Coober Pedy.

“On Wednesday 15 June 2016 I travelled with our CEO, Board Members and Senior Managers, Warren Guppy, Kate Wright and Leata Clarke to Coober Pedy for the Board Meeting.

I have only travelled through Coober Pedy at night time so I found the daylight Coober Pedy very interesting.

The staff at our office were very hospitable and after having lunch we went to the office for a cuppa and a chat.

Thursday the Board meeting was held and after we went to the office for the official opening of Aylett Street and a lunch with other agency staff and community members.

The town of Coober Pedy is very interesting but going through Donna Dixon’s dugout was really something. An interesting home but I don’t think I could do it. A place for everything and everything in its place wouldn’t work for an old bower bird like me.”



Pictured above: community members enjoy the lunchtime barbecue in the sun at AFSS’ new Coober Pedy office.



Pictured above, from left to right: Standing - Sharron Williams, AFSS CEO; Warren Guppy Senior Manager Metropolitan Services; Kate Wright, Senior Manager Therapeutic Services; Barbara Falla, Executive Board Member; Leata Clarke, Senior Manager Regional Services; Lisa McClure, Manager Coober Pedy. Seated: Wayne Rigney Executive Board Member; Bev Ewen, Board Chair; Margaret Nelson, Executive Board Member; Lillian Fatt; Greg Sinclair, Board Secretary.

Families Week celebrated in Port Lincoln

AFSS Port Lincoln recently participated in a community event to celebrate National Families Week.

Many local agencies and organisations participated in this and provided free art activities, face painting, a shared BBQ lunch and recreational activities.

Around 500 people attended this event on the Foreshore and the day was enjoyed by all. AFSS provided a rock painting art activity and this allowed participants to celebrate what was special about their families. Over 100 rocks were decorated by the children and their carers.



Pictured above: Trina Wilson with her children, Zach, Jessie, Christina and Holly Wilson.



AFSS at NAIDOC Family Fun Day

The NAIDOC Family Fun Day was held at Victoria Park on Friday 8 July following the 2016 NAIDOC March. The event was well attended and the spacious venue allowed Community members and friends gathered to celebrate the end of another successful NAIDOC Week. Although the weather was cold, it remained dry.

AFSS staff were pleased to be involved, catering for the Elders' Pavilion, where community members could enjoy hot food, scones, tea and coffee. Some great live entertainment was enjoyed by all. There were more than 50 stalls including an AFSS recruitment stall providing helpful information, food and activities. This year AFSS



held a raffle, with the major prize being a Winter Warmers Basket (see picture left) and a second prize of a \$50 gift voucher.

Congratulations to the winners, who have been contacted.

Coordinated by the Community Safety and Wellbeing program, and Foster Care team, AFSS would like to thank everyone that helped make the day a great success. A huge thank you goes to Bakery on O'Connell who provided the hot food and scones and donated their pie warmer for the day. All in all it was a great, fun time for all the family and a good opportunity for AFSS staff to engage with the community.



Pictured above, from left: Arnold Bonilla, Sara Azadegan and Andrew McArdle enjoyed the opportunity to meet Elders and other community members while working in the Elders' Pavilion.



Pictured above, from left: Proud graduates Marcia Harris; Jazmine Glancey and her children; Brian and Judy Law.

AFSS celebrates with Healthy Homes graduates

AFSS Community Safety and Wellbeing team, Smithfield celebrated the completion of the six-week Healthy Homes Resilient Families – Growing Up Healthy Program. Graduates included Marcia Harris, Jazmine Glancey and her two children, and Brian and Judy Law.

All of the graduates thoroughly enjoyed the program and some share their thoughts below:

Marcia – “I found it interesting and I didn't know that there were so many sugars that were hidden in foods. We all learnt from each other and Jasila and Joy as Facilitators explained things well. The group was comfortable, easy to get along with and I totally enjoyed the DVD (That Sugar Film).”

Judy and Brian – “We really enjoyed the program. It was really good and educational. We had lots of laughs and giggles with good friends. Food was nice and healthy. We learnt a lot about how sugar affects our bodies. Our daughter really enjoyed the healthy food we brought home.”

Foods that we jointly prepared included chickpea salad and tuna wraps, chicken hokkien noodle stir-fry, roasted sweet potatoes, to name a few, and we finished our celebration with homemade chicken burgers with rocket and Greek salad. We did indulge a little bit on the last day to help celebrate a participant's 71st birthday, and made banana and walnut cake with cream cheese and lemon zest topping.

Each week the participants took home some of their cooking for their families to sample. This helped to stimulate their creative cooking streak and encouraged their families to try new foods.

Thank you to all our participants for your weekly dedication. This made the program a great success.



Pictured above: Community members, clients and service providers celebrate NAIDOC Week together at the AFSS Smithfield community BBQ.

Community BBQ at AFSS Smithfield

On Friday 1 July AFSS' Smithfield Office held a Community BBQ for community members, clients and service providers in the northern suburbs.

This was the first event of this kind led by the Community Safety and Wellbeing team and Urban Youth program.

The purpose was to celebrate the start of NAIDOC week, to build and strengthen relationships with the community and to develop networks with other organisations to foster positive relationships and partnerships.

As well as the activities held during the Community BBQ, each member of the teams based in the Smithfield Office had the opportunity to introduce the programs and services delivered by AFSS.

Every participant was able to share messages directed to the future generations to celebrate Aboriginal and Torres Strait Island culture and ideas on how to build a better community.

With over 20 people attending, the event was a successful start to Smithfield Office's open door strategy, which will build and enhance long-lasting relationships with the community.

The first Friday of each month there will be a Community BBQ with a different theme. The second event was held on August 5 celebrating Children's Day.

With consistency as a key for these activities, the teams involved are aiming to deliver excellent holistic services building capacity within Aboriginal families and communities.

Congratulations to Riverland Healthy Homes graduates

AFSS would like to congratulate our recent Healthy Homes and Resilient Families graduates, Robert Tripp, Olga Wilson and Henry Cox. The program was delivered by Arnold Bonilla and Jasila Jehangir, Community Safety Wellbeing facilitators. The program was held at Aboriginal Sobriety Group in Berri for six weeks. Olga, Henry and Rob shared that they had learned a great deal about the effects of sugar and how detrimental it is to health. They have come up with amazing personal and family goals and are on the road to strive for a healthier lifestyle.

Having previous experience in culinary skills, Henry was not shy to exhibit his skills in the kitchen when we prepared our lunch together after every session. It was a great opportunity for the rest of us to learn a few handy tips from Henry.

We are also very proud that Rob has come a long way after making fantastic personal choices for himself and his children.

Olga is driven to make sure that her family is equipped with healthy food choices and is a proud mum of two healthy and active children.

It has been a fantastic journey with all three of them! We would also like to say a huge thank you to Henry Cox, Robert Tripp and Olga Wilson for actively participating in the program – being open, honest and making the sessions very joyful. A special thanks to Tyreese Wilson-Cox for making our sessions lively with lots of giggles and laughter.



Pictured above, from left: Olga Wilson; little Tyreese Wilson Cox; Robert Tripp; and Henry Cox proudly show their certificate of achievement.





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.

Eye Contact

Tip of the iceberg

Young people may avoid eye contact in several ways. Most commonly young people avert their gaze when directly looked at or spoken to. This may involve staring at the ceiling or floor. They may also begin hiding their face with their hands, shadowing their faces with their hats, blinking a lot, shifting and rolling their eyes, becoming preoccupied with objects or physically hiding under objects, such as blankets, tables etc. Some young people may even present with a glazed look over their face, looking completely blanked out.

Underneath the surface

Children who have been raised in an environment of abuse and trauma are often constantly watching activity going on around them. They have developed this skill as a way of attempting to protect themselves from potentially threatening situations. When a young person with a history of childhood trauma becomes stressed, one of the first responses is to cease eye contact. A young person who lacks the ability to make eye contact is scared and in a state of fear. They will avoid eye contact in an attempt to minimise their stress. The child is not purposely avoiding eye contact to control you, nor are they maintaining their sense of control by selectively ignoring you. The child does not want to look at you because any more eye stimulation may lead to information overload.

A traumatised child's system can only take in a limited amount of sensory stimulation at any given

time. Relate this to yourself at the moment. Are you presently aware of the temperature of the room, the way your clothes sit on your body, the noise in the room, the taste in your mouth, the muscle tightness in your shoulders etc.? We are incapable of creating an alert awareness of this all at one time, while staying engaged and focused on our task at hand. We would become stressed if we had to stay alert to every stimulus within both our body and our external environment.

What prevents us from becoming over-stimulated is our regulatory system. A well-developed regulatory system is equipped to keep us from becoming overwhelmed; it modulates, regulates, and calls upon specific senses when appropriate in a balanced and regulatory way. Most adults have a well-developed regulatory system that is intact and is able to shift from moments of feeling overwhelmed back to a state of balance, all within a millisecond. These experiences, shifting from a state of balance to a state of being overwhelmed, happen countless times throughout the day. However traumatised children do not have this regulatory flexibility. It is impossible for their systems.

Children with histories of trauma have developed, through their experiences, a pervasive sense of shame which centres on their core belief that they are bad, worthless and unlovable. They often believe that if they were to look an adult in the eyes, the adult would be able to see into their core and see that they were born a bad person, not worthy of anything good, Lack of eye contact is

a defence mechanism and can be a child's way of coping with the deep sense of underlying shame that they experience after being told off, denied a request, or when they are feeling blamed, ignored and rejected.

It is also important to understand that lack of eye contact can be a sign of respect in some cultures and may not be indicative of shame or stress as outlined above.

Strategies

Non-verbal communication. When a young person looks away from you "listen" to this behaviour. The young person is saying "I can't take anymore stimulation! If I keep looking at you anymore it will be too much." This behaviour is a communication that the young person might be stressed out or experiencing shame.

Do not press the young person to make eye contact. Forcing a young person to have eye contact will only inflame the situation. Join in the direction of the child's gaze, and by doing this you are meeting the child in their pain, thereby giving them safety to shift back to a place of emotional regulation.

Stop talking. When you see a young person is not making eye contact, stop talking to them as the talking is adding to the overload of stimulation. It is too much.

Work to calm the young person through your relationship. Reposition yourself to the side of the young person which puts them in a less threatening position, thereby removing the perceived threat. If the young person pulls away, do not attempt to put your arm around them but accept that physical touch is adding to the young person's stress. If the young person is sitting or standing up, it is particularly effective for you to sit on the floor next to them (if safe to do so), lower than the young person. You can divert your gaze in the same direction as the young person.

Increase the young person's self awareness. Assist the young person to become more aware of their levels of physiological arousal and begin to understand what influences them. When the child shows some capacity for engagement, "I wonder" statements can help them to identify triggers in their environment and within themselves, which can affect their stress levels. For example looking down at the floor with the young person, you may

say, "John, what's going on? I can see that you're struggling right now?" They moan, "I don't know." You may respond with, "Well, I can tell you're stressed and feeling overwhelmed about something because you can't look at me. I wonder if you're feeling stressed because of..."

Communicate positively. The more positively you can communicate, the less the young person has a need to escalate. If you stay in a positive, but empathetic state, it will encourage the young person to move to a positive state. The young person will make eye contact when their neurological system is in a peaceful, balanced state. These moments of regulation should be more appropriately celebrated and seen as opportunities to make deep connections with the young person.

Allow the process to take its course naturally. Eye contact will happen, but it can only happen when the young person has shifted out of their heightened stress state. Lack of eye contact is not "us against them" or "them against us." And is not a "must have" in order for attachment and regulation to occur. Eye contact does not have to be forced, and if it is forced, it is not genuine and may further contribute to the young person's experience of shame.

We want to hear from you!

Share your news!

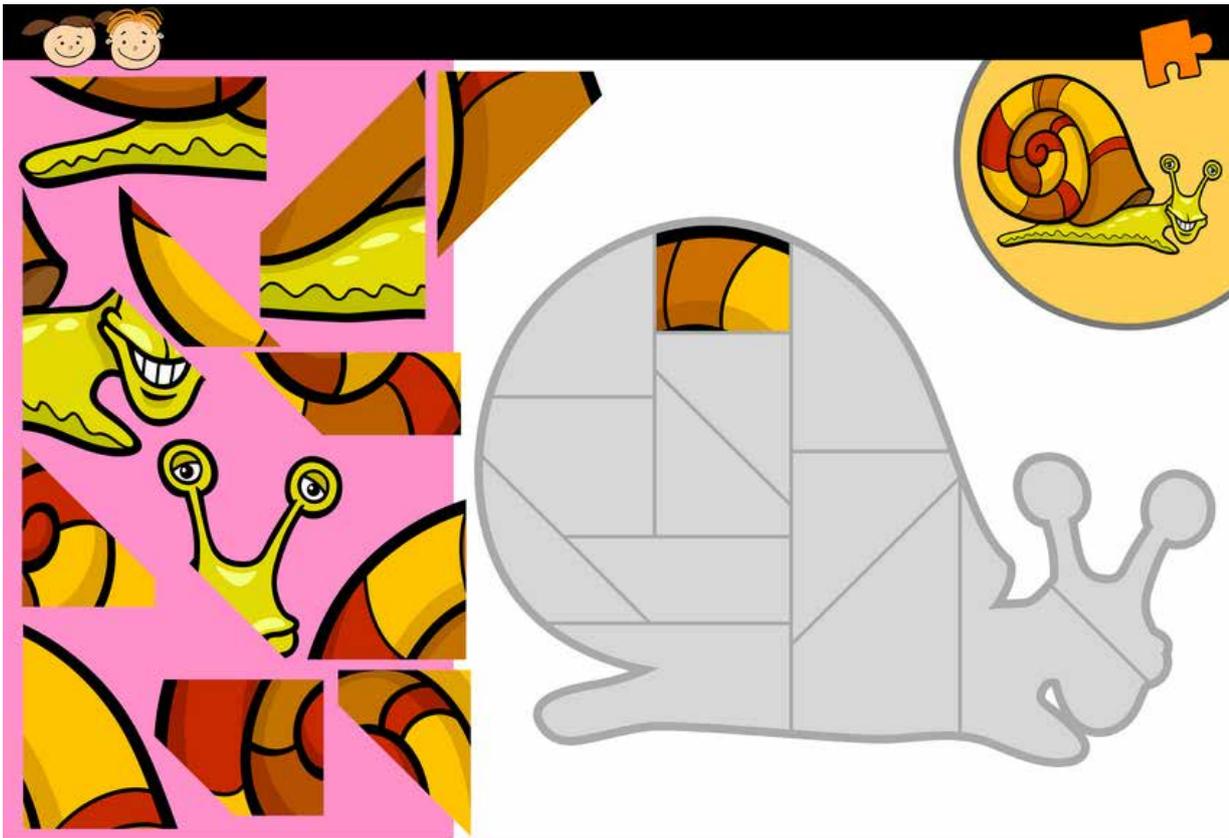
If you have any ideas or information that you'd like to share with other carers on these pages, such as things that you've found helpful, special events or activities that have worked well, we'd love to hear from you and publish your story (your identity will be kept confidential if you wish).

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!



Just for kids



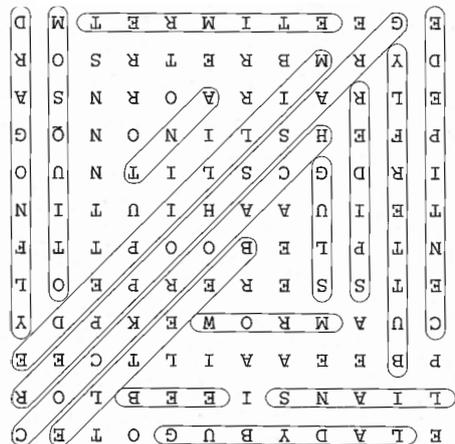
It's a bug's life

Find the names of the bugs in the Word Find. Words are up, down, backwards and forwards. Answers are below.



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

- | | |
|-----------|-------------|
| Snail | Beetle |
| Worm | Dragonfly |
| Spider | Cockroach |
| Centipede | Ant |
| Millipede | Slug |
| Ladybug | Mosquito |
| Butterfly | Grasshopper |
| Bee | Termite |



AFSS welcomes new staff



Hello All my name is **Cara O'Donnell**, I am a proud Barkindji/Wilyakali woman from Broken Hill in far west New South Wales. I come from a very large family from both mum's and dad's side where our culture is still handed down by elders today. Being taught to live off the land and the importance of the reproduction of natural resources were a part of my childhood upbringing.

I have been in Adelaide for the last seven years and am a current student at Flinders University where I study Social Work and Planning. I have had previous positions working in Aboriginal organisations and also ran my own hairdressing business where I was able to employ and teach an Aboriginal apprentice. I have watched my people work tirelessly for equality throughout my life and I'm now grateful to be in a position where I can use education to help our people and lessen the inequality within our society. I am looking forward to working at AFSS in our team at the Community Safety and Wellbeing program to deliver the best educational programs possible to our people.



Hi, I am **Larissa Pilgrim**. I have recently joined the AFSS team in Port Lincoln. I will be working with Donna facilitating the Community Safety and Wellbeing programs around the region. I grew up in Bordertown, but have travelled far and wide for work and life experiences. I have a degree in Early Childhood Education, and am very passionate about the early years and supporting parents in their role. I have been working in Yalata for the last three years as the preschool director and teacher. I am really looking forward to being part of a program that aims to empower individuals (parents in particular) and to build their knowledge and capacities. I am excited to link in with other services and work together to create successful outcomes for families and their children.



Hi my name is **Rebecca Ma** and I joined the Corporate Services team in June 2016. I moved to Adelaide from Beijing in 2009. Prior to joining AFSS I worked with Adelaide Zoo for seven years. It was an amazing journey for my life and career as an immigrant to a new country.

I am very impressed by the warm team and the dynamic organisation here at AFSS.

I am always passionate about working with Not for Profit. I feel it is meaningful to help people through work on a daily basis. I learned a lot from programs whilst I was working for Save the Children Beijing Office 10 years ago. It is fascinating for me to learn more about Aboriginal culture at AFSS. I'm looking forward to meeting you all.



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AFSS celebrates NAIDOC with our communities

NAIDOC Ceduna style

This year's NAIDOC week theme is Songlines:
The living narrative of our nation.

Wow what a busy week in Ceduna! It started with Sunday church service at Koonibba and went right through to Saturday, finishing with the Adult NAIDOC Ball.

Sunday was a deadly turnout for Church, followed with a BBQ lunch held at the Koonibba Hall, and the weather was amazing.

The NAIDOC March was held in the main street of Ceduna with the Raising of the Aboriginal Flag by our elder Nana Marcina Richards who is the oldest living Aboriginal woman in Ceduna region. The march turnout was great and it was wonderful to see so many community members walk side by side, very proud of their heritage and carrying the Aboriginal and Torres Strait Islander flags with pride.

Cultural Family Day was held at the Aboriginal Sporting Complex with a BBQ lunch, bush tucker, Kids' Zone and jumping castles. Despite the rain, everyone enjoyed the day, with animals hands-on and stalls from agencies and departments.

Golf Day and Comedy Workshop followed, with an Adult Comedy Night featuring Kevin Kropinyeri and Joshua Warrior which was very entertaining. Everyone just couldn't stop laughing throughout the night.

The Elder's luncheon featured awards given out to our elders; the quiz night and children's fancy dress up was, as always, a hit with the little ones.

AFSS proudly donated toys to the fancy dress night and these were given out for prizes.



Pictured above: Jacinta Haseldine; Tanyta Haseldine and Nana Marcina Richards (elder) celebrate NAIDOC.



Pictured above: Some of the lovely young ladies of the Ceduna Aboriginal community at the Youth Ball.

Friday night was the Youth Ball held at the Memorial Hall and as usual a great turnout, and our young people looked magnificent, as you can see in the photo above.

NAIDOC Week finished off with the Adult Ball and announcements of NAIDOC 2016 awards. All in all it was a great week of celebration for the Ceduna community.

NAIDOC Coober Pedy

AFSS Coober Pedy organised a flag raising ceremony by local elder Ian Crombie and Inma dancing by elders Willy Tinkyu and Tommy Baker (pictured left).



There was also a NAIDOC march down the main street.

The event was well attended with many local school children participating (see photo below).





NAIDOC in the Riverland

NAIDOC celebrations in the Riverland this year included the annual march on Monday 4 July (*pictured above*). It was attended by around 100 community members, proudly marching from Rowe Reserve to the Riverfront near the Berri Information Centre, carrying banners and flags. The parade was led by a didgeridoo player and boys with clapsticks, adding to the atmosphere.

The flag raising and awards ceremony on the Riverbank at Berri was another highlight, with around 200 people attending, and there was a tasty BBQ served up at Renmark by Uniting Communities on Friday 8 July.



Above: The AFSS team get ready for the Port Lincoln NAIDOC march with a mass of balloons in the Aboriginal and Torres Strait Islander colours for staff, families and kids to proudly hold aloft.

NAIDOC in Port Lincoln

This year Port Lincoln celebrated NAIDOC week over a two-week period, starting with the March and Opening Ceremony on 4 July. Due to bad weather the march was cancelled, but the Opening Ceremony was held at Youthoria this year, which meant speeches and presentations could be held

out of the bad weather. Awards included the Young Leadership Awards. As NAIDOC fell in the school term this year, there was an increase in attendance with many local schools becoming involved.

AFSS assisted in the Annual Cook Out and Family Day at the Mallee Park Wombat Pit, providing a play dough table for the toddlers, which ended up very wet and soggy! The Community Safety and Wellbeing Program donated their time to help out at the Children's Fancy Dress Disco.

The last event of NAIDOC was the popular Quiz Night at Mallee Park. This year we are pleased to advise that AFSS didn't come last, but fourth! So very proud of the team as they had been in training over the past year!



NAIDOC in Port Augusta

Community members had the privilege of the company of well-respected elders Uncle Jack Crombie and Ralph Coulthard this NAIDOC at a special Remembrance Ceremony, organised by AFSS' Port Augusta Community Safety and Wellbeing team.

Uncle Jack spoke on this year's NAIDOC theme Songlines, and shared stories of his life and cultural family experiences.

Uncle Ralph shared his story and deep spiritual connection throughout the generations and the impact of intergenerational grief. It was very inspirational.

As part of the event, community members were able to release balloons (*see picture above*), to remember their loved ones, which connected families of lost loves ones and brought them together with a heartfelt message.

The event also provided the opportunity for everyone to come together, sharing a meal, a cuppa and a good yarn.



Community Safety and Wellbeing in Port Lincoln

It has been a busy few months for the Community Safety and Wellbeing (CSW) team in Port Lincoln, as we work to make a difference to the lives of local community members.

Two participants completed the Healthy Homes Resilient Families program, which looked at nutrition, sugar intake in food, budgeting and lifestyle choices. Participants enjoyed the practical cooking component and commented that the program gave them more knowledge about what sugar does to your body.



Pictured above, Joanne Sansbury and Katie Georgetown prepare a healthy meal.

Port Lincoln AFSS continues to offer Circle of Security – Parenting throughout Port Lincoln and Ceduna. There has been some great feedback from participants, including:

“A fantastic program that enables you to really reflect on your child and yourself to create connection and wellbeing.”

“Excellent to be able to share thoughts and experiences openly – we all have the same problems.”

“Helps to acknowledge your own emotional wellbeing so then you can help your child.”

“This helps parents who struggle to be bigger, stronger, wiser.”

Facilitators were delighted to also offer this program to the wonderful support workers in Ceduna.

The CSW team regularly supports the Healing Arts and Crafts Circle for women in the community. This program is run by Family Violence Legal Service Aboriginal Corporation and Warna-Manda Aboriginal Corporation. We were proud to run an art activity for the community attending this. We chose Zentangles as a craft activity. Zentangles is a relaxing, fun, easy to learn way to create pictures through drawing structured patterns. Almost anyone can use this to create beautiful pictures.



Pictured above, left to right: Back row: Cassie Taylor, Michelle Brooks, Angela Fee, Jessica Backman, Glenys Nowak. Front row: Sabara Stephens, Kylie Brooks, Toni-Lee Miller, Donna Carr and Cruz Simes (front).

It increases focus and creativity and has a calming effect on the body. This art teaches us not to rush and to take care of ourselves in the present moment. This is great for wellbeing. Feedback from this activity included that “it was so relaxing” and “that this is what I needed to do for myself”.

The CSW team recently had the opportunity to work with Family Violence Legal Service Aboriginal Corporation and Aboriginal children at Gidja Club during their school holidays program.

Each session provided a story and an art opportunity for the children to express their experiences, discuss any worries they may have and to identify individual supports in a culturally safe environment.

All activities provided were based around building and supporting emotional intelligence as well as providing opportunities to talk and express any worries.



Pictured above in Ceduna are, from left to right: Donna Carr (facilitator), Annie Coleman, Samantha Wilkins, Sophia Thompson, Lorenzo Coaby and Troy Herrmann.



Pictured: Susie Betts enjoying Zentangles and creating a great piece of art.

During one activity the children were given a person cutout and some face stickers representing a variety of emotions. The children chose an emotion, then drew a story from their own lives

to express this emotion. This activity gave the children the opportunity to draw and express any concerns that they may have, such as instances of bullying, being left out and times when they were angry or sad. The activity also highlighted the role families play in making children feel loved.

Talking about our feelings and naming them allows children to express anything that is worrying them and gives them opportunities to know that other children often have similar worries; this can be reassuring to them.

Co-facilitating this activity with Family Violence Legal Services Aboriginal Corporation provided opportunities to strengthen positive working relationships and allowed opportunity for the children to connect with positive role models and to identify supportive people within the children's community that they can trust.

\$10,000 raised to support AFSS foster children

Eoin Loftus has an ongoing commitment to raise funds to support AFSS' children undertake extra-curricular activities (*see story May-June AFSS newsletter*). As a part of this commitment, he organised a fund raising event at the Majestic Hotel Roof Garden on 30 July to support his 4 Marathons in 4 Days later this month, when he will undertake a sponsored run across Kangaroo Island to raise further funds.

Around 70 people attended, including a number of AFSS staff. All were Welcomed to Country in fine style by Jack Buckskin, who also played the didjeridoo and shared some insights into Aboriginal culture with the audience.

A lively auction was a major feature of the fundraising event, and a young Aboriginal

secondary student shared his story how the fund that Eoin has established helped him reach his dream of playing rugby at the National U15 Rugby championships in NSW.

AFSS expresses our sincere thanks to Eoin for his continuing support, which has already made a difference to the lives of some of the children in the care of AFSS foster carers.

You can support Eoin's marathons!

If you, or any interested organisations, would like to support Eoin financially in his marathon efforts, please email grace.nelligan@afss.com.au for further details or visit www.mycase.com.au then enter LOFTUS in the filter.



Pictured above: Jack Buckskin provided a great cultural experience for the guests.



Pictured: AFSS staff members Susie Crisa (left) and Anita Harbers were pleased to support Eoin's fundraising event.

First Circle of Security Parenting for Coober Pedy

The Circle of Security Parenting (COS-P) workshop was presented in Coober Pedy for the first time by the Port Augusta Community Safety and Wellbeing team.

If you haven't heard, COS-P is a relationship-based parenting program about bonding and attachment between children and their caregivers. This workshop was made up of a group of ladies who were keen to share their stories from the beginning, tantrum stories being the most challenging for parents to overcome.

The idea of our little ones as a smoke alarm was also a different way to look at tantrums. It goes like this; if a smoke alarm goes off when there is a fire we do not go straight up to it and turn it off. We must first put out the fire that is causing the alarm to go off.

The fires in our little ones are emotions which are difficult or overwhelming for them. We need to help them with their little emotional fires in order to turn off their alarm, which we often see as a tantrum.

We changed our approach slightly for the Coober Pedy group and created laminated pages to help physically illustrate the concepts in the DVD. We



Pictured from left to right: Grace, Kim, Caroline, Jillian and Alicia at the Coober Pedy Circle of Security Parenting workshop.

all stood up and went over to our little circle and “walked through” the concept with participants, letting them ask questions as we went. This received great feedback from the participants who said that it made the concepts much easier to see and understand. There have been a few bumps along the way but the Coober Pedy COS-P group is nearing its graduation unbelievably quickly. A few catch up sessions here and there and the Coober Pedy group will soon enough have another tool in their parenting toolbox.

New program hits the ground running

The Healthy Homes, Resilient Families – Growing up Healthy workshops in Whyalla and Coober Pedy have hit the ground running.

The Whyalla workshop is a small and talkative group with plenty of questions, comments and thoughtful conversations. The Coober Pedy group is a little larger and filled with great questions and plenty of laughs.

So far we have made a variety of different dishes including pizza scrolls, damper, rice salad, dips, juices, fried rice, kangaroo stew, stir-fry, along with fun snack and lunchbox ideas for the little fussy eaters in the family.

The list of future dishes is constantly expanding and every participant gets a great array of recipes at the end of the workshops sourced by the facilitators, along with a Deadly Tucker Cookbook. Both groups love the film used in the workshops and describe it as a fun and different way to look at what we are all eating. There are a lot of little shocks about the reality of nutrition and plenty of



Pictured: Robyn and Sam at the Whyalla Healthy Homes workshop.

talks along the way they help us all to make a few better decisions for ourselves and our little ones. Both groups are a pleasure to work with and so far all the feedback has been overwhelmingly positive. The final graduation and evaluations from both groups are quickly approaching and the Port Augusta Community Safety and Wellbeing facilitators are looking forward to their first round of feedback. These workshops are fun and informative with a little theory at the start and a bunch of fun and cooking at the end. If you're keen to attend, contact AFSS in Port Augusta, Port Lincoln or Adelaide.

NAIDOC Week in the Murraylands

The annual NAIDOC Murraylands events started at Victor Harbor on the lovely foreshore Friday 1 July. Rotary provided a free BBQ lunch and the Little Caravan of Fun from Tauondi College provided free warm beverages ensuring a great day for students and community members. The Ngarrindjeri for Smarties pocket-sized dictionary was launched by one of South Australia's NAIDOC week award winners, Eunice Aston. The book was dedicated to the late Aunty Eileen McHughes.

Sunday 3 July opened with a smoking ceremony by Uncle Moogy (Major) Sumner on the Imperials Football Club oval. Netball games included a "partners" match, which provided much laughter and entertainment for the crowd.

The Elders three-course lunch was catered by The Little Local Co from Raukkan, Amy and Neil Chinsami with the new Aboriginal Community Controlled Health Service (Moorundi) as facilitators for the afternoon with light entertainment from Bec Gollan and Katie Aspel.

Outside the local Mobilong Rotary Club cooked up a storm with their BBQs for the community and footballers when they finished their match.

Monday 4 July was a little drizzly but didn't dampen the spirits of the youngsters from local schools who attended the bridge walk, finishing at the local council offices where the NAIDOC awards were presented. After morning tea community members took part in the fun day activities at Ninkowar.

Terri's looking forward to a change of pace

Terri Cekic has been a member of our Corporate Services team since March 2009, after a long career with David Jones. During her time with AFSS, Terri has been the person making sure all of our bills are paid.

After working full time for many years, Terri has decided to take some more time for herself and start transitioning to a well-earned retirement.

So from July 4 this year, Terri has reduced her time back to two days per week and we were delighted to celebrate this transition with Terri at a team lunch.

It sounds like maybe Terri's cat, Reebok, is not so happy at having to share the house more during the week but Terri will now have more time to travel and do those things she's been putting off while working full time.



Pictured above from left: AFSS Community Development Worker, Bronte Warneke with SA NAIDOC Lifetime Achievement Award winner Eunice Aston and Rotary's Paul Harris Fellow Award winner and Ngarrindjeri 2016 NAIDOC award winner for Government Worker, Harley Hall.

Wednesday 6 July saw the flag raising at Meningie with Jordan Sumner as the MC. Entertainment was provided by Rita and Mark Lindsay who sang a song in the Ngarrindjeri language.

There were numerous other events which continued throughout Strathalbyn, Mannum and more in Murray Bridge during NAIDOC week.

This time of year was very busy for all who either participated in these events or was on the organising committee. Congratulations to everyone who took part and organised the events. NAIDOC in the Murraylands goes from strength to strength each year, bringing fun and much happiness for all to share and enjoy.



Pictured above: Terri Cekic is a valued member of the AFSS Corporate Services team.

We take this opportunity to thank Terri for her work for the more than seven years she has been with us and wish her well in the next phase of her life. Thank you Terri!





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Visit the AFSS
website
www.afss.com.au

Ceduna office hosts Australia's Biggest Morning Tea



Pictured above, from left: Jacinta Haseldine; Veronica Newchurch (carer); Sophia Thompson; Cath Dunn; Michelle Naylor and Katharine Micka enjoy the Biggest Morning Tea.

A carer asked AFSS Ceduna office if we would host Australia's Biggest Morning Tea, so we organised for carers and staff to attend this event on Thursday 16 June.

Staff cooked and baked up a storm with a culinary variety of cakes and bakes from all over the world. It included Baklava, scones, zucchini bake, Black Forest cake, dips with vegetables and other delightful treats.

Around 20 carers and staff attended the event and we were able to raise just under \$100 which was donated to the Cancer Council. It was a great occasion to get our fantastic foster carers and staff together for a chat and a cuppa. We are planning to hold this event next year and hopefully we can raise more many for this worthy cause. Thank you to Michelle Naylor for organising the morning tea.

Lunch will acknowledge our valued foster carers

As part of the Foster Carer Week celebrations, the metro Foster Care team is organising a lunch for our carers on Tuesday 13 September from **12 noon – 3pm, Adelaide Zoo Figtree Function Room, Plane Tree Drive, Adelaide**, in appreciation of the care, support and dedicated work our carers each and every day in caring for foster children.

Foster carers will have the opportunity to catch up in a relaxed setting and share stories of their experiences and exchange ideas.

Our foster carers do an amazing job providing loving and stable family environments for children and young people that are unable to reside with their families.