



Aboriginal Family Support Services Newsletter

January - February 2018

Fun for all at AFSS Metro Foster Carer Christmas Party

The annual Christmas Party for Metro Foster Carer families was held on Saturday 9 December at Tusmore Park, Burnside. The lovely, green venue provided shady cover under the trees to keep everyone cool as well as lots of room for the children to run around and let off steam.

Around 50 foster carers, 100 children, Family Based Care staff, AFSS Cultural Officer and 10 AGL staff attended, and everyone enjoyed a fun day in the park.

AGL staff ensured the event ran like clockwork, using their talents as singers, fairy floss dispenser, balloon maker, photo booth operator and last but not least cooks, providing a scrumptious BBQ lunch.

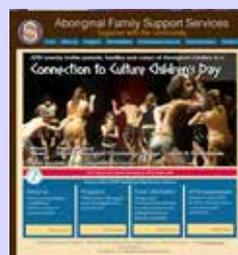
The highlight of the day was the arrival of Santa and his sack of presents, much to the children's delight.

The staff at AGL have been involved in raising funds to contribute to the Christmas party for the past two years and AFSS would like to express our sincere



appreciation to them, in particular Barb Causby, for their continued support of our organisation in ensuring that the children and young people in AFSS care get to enjoy this annual festive event with their foster care families.

Pictured above: (Top) Carers, kids, staff from AFSS Metro team and AGL enjoy the Christmas celebrations. (Bottom) AFSS Metro team members and AGL staff who worked hard to ensure that the Christmas party was a great success.



Message from the Chief Executive

We are already in the second month of 2018 and have hit the ground running.

It was pleasing that a good number of AFSS staff were able to take time out at the end of the year to celebrate the festive season together at a Christmas party at the Hotel Grand Chancellor.

Thanks to Illira Wanganeen, Jasila Jehangir and Lynnette Lemm for the hard work they put in to ensure that a good time was had by all.

The Christmas season also saw celebrations with our children and carers across all the regions served by AFSS.

As you can see in the pages of this newsletter, team members from a number of AFSS programs have recently attended training and workshops to ensure that we continue to provide a service of excellence to Aboriginal children and families in South Australia.

Our Board met for the first time this year on February 8 and we welcome Donna Henry as a new Executive Member.

I am pleased to report that I will now be meeting with Fiona Ward, Deputy Chief Executive, Service Delivery and Practice, Department for Child Protection, on a monthly basis, to discuss the situation of Aboriginal children within the system.

The numbers of our children being removed from their families is still increasing and this is a major cause for concern. It will be good to have the opportunity to regularly hold discussions with the Department about this very concerning issue and other matters relating to our work here at AFSS.



*Sharron Williams
Chief Executive*

AFSS clients enjoy Fringe benefits

There are a growing number of Aboriginal artists performing in the Adelaide Fringe enriching the Fringe's already diverse culture. In December Adelaide Fringe Director and Chief Executive Heather Croall met with AFSS Senior Managers

Susan Richards and Leata Clarke and Managers Kylie Degenhardt and Peter Dyer to discuss an exciting new Fringe initiative which resulted in the Fringe donating tickets to AFSS to share with our clients.



Pictured above: Leata Clarke, Heather Croall, Kylie Degenhardt, Susan Richards and Peter Dyer look at the new Fringe program.

The group discussed the opening night, where Parade Of Light: Tangkuinyendi Yabarra (Dreaming Light) brings to life the Yellaka dance group who will open the Fringe at the North Terrace Street Party, the Salisbury Secret Garden- bringing the Fringe to the suburbs, the Desert Fringe, the Ngundataki (meaning music in Gunditj language) performance, and the Dupang Festival hosted by Tal-Kin-Jeri Dance Group on the Coorong.

Thank you Fringe team and we look forward to continuing and building our partnership!

Murray Bridge students Just 2 Deadly

The National Deadly Awards are an annual celebration of Aboriginal and Torres Strait Islander achievement in music, sport, entertainment, the arts, health, education, training and community.

The first Deadlys took place in Sydney in 1995 and since 2001 the event has been held at the Sydney Opera House. If you don't already know, the word "Deadly" is used by Aboriginal people to indicate great, the best, fantastic and awesome.

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

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

The Committee now consists of dedicated Aboriginal Community Education Officers, Aboriginal Secondary Education Transition Officers, other school staff, the Community Education Manager, Bronte Warneke, the Community Development Worker at AFSS, and a Parent and Community Engagement Officer.

They are committed to celebrating the important milestones for our young community members. The Committee works hard and strives to continue the J2D in



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

the local community to provide successful and positive role models who value education for the whole community.

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

Murray Bridge has just celebrated its seventh year (this is the fifth year that AFSS has been involved), and since its inception over 340 Aboriginal and Torres Strait Islander students in the region have graduated, with over 65 year 12s pursuing further study or employment.

This year 59 Aboriginal students graduated at the event which was held in the Murray Bridge Unity College Steeple on Friday 10 November.

Schools participating this year

were Mannum Community College, Meningie Area School, Murray Bridge South, St Josephs, Tyndale Christian College, Unity College, Murray Bridge High, the Independent Learning Centre and Murray Bridge North Primary Schools.

The success of this event is due to the generosity and support of donors and sponsors, AFSS and the schools that have supported the awards over the past seven years.

According to AFSS Community Development Worker, Bronte Warneke, "We are very fortunate to have such outstanding support from local businesses and organisations in Mannum, Murray Bridge and Meningie which contribute to the success of the Just 2 Deadly Awards. We hope this support continues into the future."



Aboriginal Transitions Forum focuses on enacting change

On Thursday 23 November, four members of AFSS Youth Accommodation Aboriginal and Torres Strait Islander Specific Service (YAATSISS) and Urban Youth teams attended the Aboriginal Transitions Forum at Tandanya National Aboriginal Cultural Institute, which was hosted by Shelter SA.

Shelter SA is a peak housing organisation and advocates for improved housing outcomes for everyone, including those who are on low incomes and who are living with disadvantage.

The Forum had many guest speakers – from Adelaide Youth Training Centre, Aboriginal Community Connect, Uniting Communities, CAMHS, Integrated Youth Substance Misuse Services (Centacare), Shelter SA, Aboriginal Prisoners and Offenders Support Service and Housing SA Women’s Program – to name a few.

Each guest speaker described their role in working with Aboriginal people and where they fit in the sector, sharing their

stories for what they have done to improve their services, what has and hasn’t worked for them, and sharing their ideas for what is required to make improvements.

Following the guest speakers there were some robust discussions had at each of the tables and there were ideas and post-it notes coming from everywhere!

When the end of the forum was in sight, the whole group summarised the small group findings in order to table a list of needs/ideas for Shelter SA and other organisations to forward to MPs, and lobby policy makers in the lead-up to the state election in order to initiate and enact real change.

Some of the key points were aimed at improving employment outcomes including recruitment, retention and promotion of Aboriginal staff, more community engagement by services, having longer funding contracts and taking best practice approaches to working in this field.

All in all it was a great forum and all who attended gained much from it. Everyone looks forward to supporting Shelter SA to assist them gaining successful outcomes with their political lobbying.

The caterers for the day, Red Ochre Caterers, also receive a special mention. They provided some traditional bush tucker ingredients with a modern twist and served the most beautiful spread of food for morning tea – make sure you try their lemon myrtle tarts. Delicious!

What is YAATSISS?

YAATSISS Specialist Homeless Service (SHS) is a dynamic group of professionals working together to provide young people who are homeless or at the risk of homelessness with accommodation, support and referral to the most appropriate agencies and regions to help them resolve crisis, and build thriving lives.



Pictured below: AFSS YAATSISS and Urban Youth team members join with staff from a range of service providers to workshop issues at the Aboriginal Transitions Forum.



URBAN team members gain Quitskills

AFSS operates two services under the YAATSISS Service Agreement, Olga Fudge Lodge (female) and Narungga House (male).

These services provide a culturally appropriate placement and support model where young Aboriginal and Torres Strait Islander people with complex and extreme needs are supported within an independent living environment.

The staff who work in our YAATSISS program work tirelessly to ensure that clients are supported to develop their self-esteem, resilience and focus on building their strengths. This is achieved through active listening, positive engagement, intake and assessment, advocating on behalf of clients, and being solution-focused.

We use best practice principles which are relationship-based, strength-based, client-centred, flexible, solution-focused.

Clients are helped to transition to a more sustainable housing arrangement; this can be in conjunction with another service offering community housing or through private rental, sometimes applying for brokerage funding for furniture etc.

Once a client leaves our service we offer an outreach service to keep supporting them on a client needs basis.

The YAATSISS model has three distinct but interrelated components:

- Waitlist Outreach
- Supported Residential Care
- Post Supported Residential Care Outreach.



Pictured above: From left, Peter Thomas and Lou Jayleigh, facilitators (Cancer Council SA), Letiticia Fortune and Bojana Knezevic (AFSS UYS - front centre), Andrew Thomas, Daniel Shaw and Wendy Baldwin (DECD).

At the end of last year, Bojana Knezevic and Letiticia Fortune from the AFSS URBAN Youth Services team attended a two-day Quitskills for Youth Workers smoking cessation training program.

The aim of the program was to tackle smoking in the Aboriginal community, and was led by Peter Thomas and Lou Jayleigh from the Cancer Council SA.

Both AFSS' Youth Workers gained the knowledge, skills and confidence they need to support young people in addressing smoking behaviour and in understanding the value of a strong prevention message.

They also learned how to provide a cessation plan to support the individual on their quitting journey.

An important learning of the training was the normalisation of smoking, with four in 10 Aboriginal people smoking,

as opposed to just over one in 10 in the wider Australian community.

Having the knowledge to begin conversations in family homes and with young people about the negative impact of smoking will hopefully be a positive contributor to Closing the Gap and improving the long term health outcomes of the Aboriginal people.

As the first group to attend a Quitskills program targeting Aboriginal youth, the group will be the pioneers in future collaboration projects that will hopefully see the reduction in young people picking up smoking at an early age.

If anyone would like more information, support or resources, please contact Bojana or Letiticia at AFSS on 8351 2661 or through the contact page on the AFSS website, www.afss.com.au and let us all be a part of creating positive change.





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.

Preventing choking, suffocation and strangulation in young children

Choking, suffocation and strangulation are common causes of accidental injury and death in young children. Choking on food and small objects such as toys; suffocation from plastic bags or being wedged between a mattress and cot, or under a pillow; and strangulation from cords on children's clothes and blind/curtain cords are common causes. With choking, suffocation and strangulation, the breathing tubes (airways) become blocked and the child cannot breathe. This causes lack of oxygen to the brain if the airway is blocked.

Choking

Most parents have had some sort of near-miss choking incident with their young child. Choking on food or a small object may occur at all ages. However, it is a particular problem for young children 0–4 years due to their small breathing tubes (airways) and the fact that they are still developing their teeth and the ability to chew and swallow. Young children are most at risk of choking on some foods because their incisor teeth erupt 10 months to 2 years before the second molars (at 20–30 months). Thus there is a period of time that children are able to bite off

portions of food without being able to fully grind the food before they swallow it.

The most common types of food that young children choke on are nuts, popcorn, corn chips, whole grapes, hard or sticky lollies, foods that have small and hard pieces (such as raw carrot, celery or apple), foods with tough skin such as sausages and hotdogs, and stringy meats such as chicken and steak. Young children commonly place small objects into their mouth as a means of exploring the world around them. These can be small items such as buttons, batteries, coins, parts from toys, marbles, pen tops, and other small round objects.

Prevention of choking

How to make eating safer for young children

There is conflict between the importance for children to eat raw, natural and often more healthy foods, and their ability to chew these foods properly. Some useful advice to consider when preparing food for young children is:

- Do not give foods that can break off into small hard pieces.
- Avoid pieces of raw carrot, celery sticks and chunks of apple (for example). These

foods can instead be grated, par boiled so they are slightly softer, or mashed.

- Sausages, frankfurts and other meats with coarse outer skins should be cut into small pieces and the skin/fat removed. Stringy meats such as chicken and steak also need to be cut into small pieces or minced.
- Do not give popcorn, nuts, whole grapes, hard lollies, corn chips or other similar foods to young children.

Because the environment in which children eat also has an impact on safe eating, it is important to:

- Always stay with your young child.
- Make sure that your young child sits quietly while eating.
- Never force your young child to eat, as this may cause them to choke.

How to prevent choking on non-food objects

As a rule of thumb, any object smaller than a table tennis ball can be a choking hazard and should be kept well out of reach of young children. This can be difficult with older children in the household, but it is important to stress the necessity of keeping older children's toys away from young children. This may mean

separate play areas for children of different ages.

- When buying toys it is important to look carefully at them for choking hazards. Toys should have labelling on them to state what age they are suitable for (for example, suitable for children under three). These labels are not related to the intelligence needed to use the toy, but are an indication of the safety of the product.
- Pen tops have been associated with a number of choking incidents. Look for pens tops with a hole in the top.

What to do if a young child chokes

Check first if the child is still able to breathe, cough or cry.

If the child IS breathing, coughing or crying, the child may be able to dislodge the food by coughing:

- Check the child's mouth for food; remove any food that you can see (scoop it out with your fingers).
- Stay with the child and watch to see if their breathing improves.
- If coughing has not removed the food and your child is not breathing easily, phone 000 for an ambulance.

If the child is NOT breathing

- Phone 000 for an ambulance.



- If the child is conscious, place them face down over your lap so that their head is lower than their chest.
- Give up to 5 sharp blows between the shoulder blades using the heel of your hand.
- Check the child's mouth after each back blow and remove any food.
- If the child is still not breathing, commence CPR. The ambulance service operator will be able to tell you what to do next.

Suffocation

A number of household items are potential suffocation hazards for young children. The most obvious are thin plastic bags and plastic wrap. Other less obvious items include pillows, bean bags, balloons, bedding, mattresses, portable cots, disused refrigerators and toy boxes.

Prevention of suffocation

- Always tie a knot in the plastic bag before storing it or throwing it away.
- Do not give balloons, particularly uninflated balloons, to young children. Older children should be told of the dangers of making "balloon" by sucking on plastic film or broken balloon pieces. The plastic can be inhaled and block the child's airway. Foil balloons are safer for young children.
- Ensure that a baby's face and head remain uncovered during sleep, as this reduces the risk of suffocation.
- Choose a firm mattress and place a baby on its back to sleep. Babies have suffocated when lying down on soft surfaces such as pillows, bean bags, and water beds.

- Only use cots that meet the mandatory safety standards – Australian Standard AS/NZS 2172.
- Only use portable cots that comply with the mandatory Australian Standard AS/NZS 2195–1999.
- Make sure there is no more than a 20mm gap between the mattress and the side and ends of the cot. This will reduce the risk of a baby getting trapped between the mattress and the sides of the cot.
- Do not use pillows or bumpers in cots for children under two years old. It is possible for them to suffocate if their face is turned down and buried in the pillow or cot bumper, or by getting their head stuck underneath.

Strangulation

Curtain and blind cords are the most common cause of strangulation in young children. This can happen when the cords are too long, or they end in a loop, and when furniture or bedding is too close to windows. Young children playing or sleeping near curtain and blind cords can accidentally become tangled. Once around a child's neck, a cord can quickly tighten and strangle the child.

Removing dangers

- Only buy new curtains and blinds which have warning labels to remind you of dangers to children.
- Check with the manufacturer before following the steps below for making your existing blind and curtain cords safe.
- If you are renting your home, ask your landlord or agent to make these changes.

Continued on page 12



Just for kids

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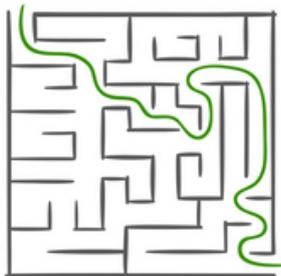


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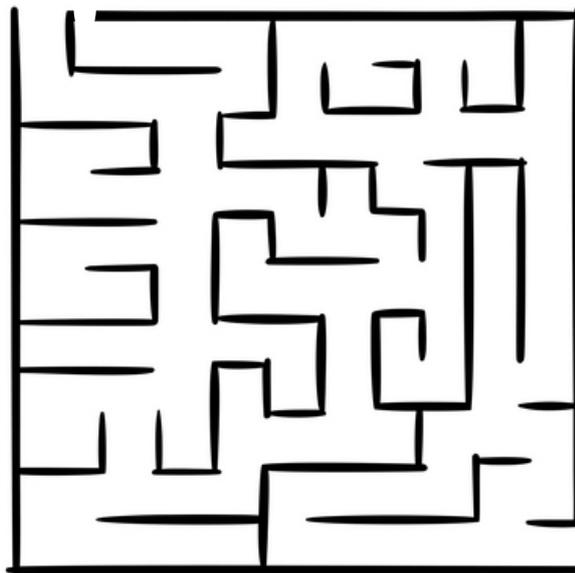
Word List:

SCHOOL	DESK	UNIFORM	FRIENDS	LUNCH
CLASSROOM	HOMEWORK	SPORTS	TIMETABLE	TEACHER
LESSONS	PLAYGROUND	COMPUTER	PENCILS	OVAL

It's Emily's first day at school. Help her get to the school bus on time!



Puzzle answer



AFSS staff enjoy the festive spirit



AFSS staff ended 2017 with a bang and a well-deserved party (*pictured left*). The AFSS Christmas party was held at Hotel Grand Chancellor. Everyone thoroughly enjoyed, not only the amazing buffet lunch but also the fun activities held throughout the event. Trivia, People Bingo and Famous Faces brought lots of laughter, joy and opportunities for staff to share and to get to know each other better. Santa made an entry and surprised everyone with presents (even the staff on the naughty list!).

Visit focuses on the youth voice



AFSS Port Lincoln team welcomed Penny Wright (Guardian) and Conrad Morris (Advocate for Aboriginal Children), from the Office of the Guardian for Children and Young People. The main reason for their trip to Port Lincoln was to speak to young people in residential care services to ensure all of their needs are being met. Penny and Conrad then met with the AFSS team to share information and discuss local issues.

Pictured above: From left, Corey Slade, Conrad Morris, Rebecca Salisbury, Jessica Backman, Anna Angus, Penny Wright, (back) Glenys Nowak, Toni-Lee Miller, Donna Carr, Angela Fee.

AFSS and Family Matters raise profile

Susan Richards, AFSS Senior Manager Residential Services Metro, and Joanne Else, Family Matters (SA) Lead joined Premier Jay Weatherill and the Labor Candidate for Adelaide Jo Chapley for afternoon tea at Prospect RSL.

During the afternoon tea Susan and Joanne had the opportunity to network with other guests from across Adelaide and not only raise the profile of the work we do at AFSS but also raise awareness of the Family Matters campaign and the great work Joanne and the team are doing across the nation.



Pictured above: From left, Senior Manager Residential Services Susan Richards, Premier Jay Weatherill and Joanne Else, Family Matters (SA) Lead.



AFSS recognises staff commitment

A small celebration was held in December acknowledge a number of employees who have worked at AFSS for five years or more, and we are pleased to share with you information about these dedicated staff members:

Peter Dyer has an absolute commitment to his role as Manager and in supporting our Family Based Care team to achieve positive outcomes for children and young people living in a foster care placement. This involves navigating the child protection system and working closely with the Department for Child Protection (DCP) across Metropolitan Adelaide, which Peter excels at!

Peter has celebrated his five-year anniversary with AFSS.

Bronte Warneke also celebrates his fifth year with AFSS. Bronte is AFSS' only employee in Murray Bridge. Housed with the Moorundi Aboriginal Community Controlled Health Service, Bronte is an excellent ambassador for AFSS in Murray Bridge and surrounding regions and he does an excellent job in representing AFSS across a range of community events and activities while promoting the Aboriginal Gambling Help Service.

Tania Elliott also celebrates five years of service. Tania has been instrumental in taking AFSS training programs to another level. With an eye for detail and quality assurance, Tania coordinates training for all staff across AFSS as well as designs AFSS training packages as required.



Above, from left: Tania Elliott, Sandra Schulze, Peter Dyer and Bronte Warneke.

This includes two weeks of training that is delivered to all new AFSS employees employed in an AFSS Residential Service.

Sandra Schulze celebrates over seven years with AFSS. Initially working in AFSS Residential Services, she is currently a Lead Support Worker at Olga Fudge Lodge, one of AFSS' Homelessness services. Sandra works tirelessly to ensure that our services for homeless people are of a high quality and that clients are supported to navigate support structures.

Susie Crisa began her journey with AFSS as a Project Officer in Coober Pedy. Susie has held a number of positions, including Manager Coober Pedy prior to relocating to Adelaide as a Manager of AFSS Residential Services. Susie approaches her work with dedication and a drive to provide the best possible environment we can for both AFSS employees and for the children and young people in our care.



Above, from left: Susie Crisa and Anita Harbers.

Anita Harbers also celebrates seven years, predominantly working in our Residential Services and a current Lead Support Worker at an AFSS Residential Service in the northern suburbs. Anita has worked across AFSS Residential Services for most of her time here. A quiet achiever, Anita displays an enduring commitment to the work that she does with AFSS and the children and young people in our service.

Welcome to the AFSS team



My name is **Jess Turner**. I am a proud mother to my four-year-old son who has an outgoing personality. I recently joined the AFSS Stronger Families Program as Case Manager in Port Augusta. I have lived in Port Augusta all of my life and I have been working in the Community Service Sector for 10 years since graduating from the University of South Australia with a bachelor degree in Social Work. I have worked mainly in the child protection and homelessness areas. I look forward to working with vulnerable families to make positive changes to achieve safe environments for children to grow, develop and to reach their full potential.



My name is **Corey Slade** and I am a Community Safety and Wellbeing Facilitator out of Port

Lincoln. I live up the track a bit in beautiful Tumby Bay with my “girls”, two beautiful daughters and wife who grew up locally.

I left home at 16 to serve in the Royal Australian Air Force as an Avionics Technician which I thoroughly enjoyed, though I discovered that I wanted to work more closely with people rather than machinery! This led me to become more involved in the fitness and recreation industry. This journey evolved over a period of 25 years.

I've thoroughly enjoyed mentoring and supporting many young people and at the other end of the spectrum I've also worked with the aged and frail, providing me with crucial perspective on life's journey.

In a nutshell I love working with people and I have a natural affinity for kids and youth.

I look forward to working with all the passionate advocates of the Aboriginal community.



My name is **Zane Watts**. I am the new Cultural Officer for AFSS. I am from the Larakia Tribe from Darwin; I am also connected to the Mara and Alawa tribes from along the Roper River. My skin is keila.

I have obtained my Certificate

III in Community Services from Taoundi College, and have worked as a permanent part-time Residential Support Worker for AFSS for over a year prior to my new role.

I am excited about creating cultural plans for children, helping them to expand their cultural identity and assisting to keep them connected to their family and community. I look forward to working with everyone.



Hi, my name is **Adam Dear**. I joined AFSS 13 months ago as a Youth Support Worker in Residential services and have recently been given the opportunity to move to Lead Support worker. I have experience working in the mental health sector and working with clients with complex needs. I have recently begun studying a Bachelor of Psychological Science at Charles Darwin University which will support me to fulfil my role as Lead Support Worker and further my personal growth and professional development. I am passionate about working with young people to achieve positive outcomes, working in child protection and advocating for the rights of young people. I look forward to working within the AFSS leadership team and meeting with you all.



Preventing choking, suffocation and strangulation in young children

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Long cords

- Cut long loose cords so that they hang at least 160cm above floor level.
- Screw a cleat into a high spot on the wall or window frame

where the young child cannot reach.

- Always wrap the cord around the cleat.

Loops

- Install a cord tensioning device to tighten long loops and attach the cord to the wall.

Clothing and Jewellery

Young children can be strangled by items of clothing or jewellery.

To prevent this happening:

- Choose clothing without ties or ribbons, and avoid crocheted jackets that may pull tight around a baby's neck.
- Always remove a baby's bib before putting them down to sleep.
- Avoid necklaces and other jewellery that can pull around a baby's neck.
- Be aware of cords and strings on clothing e.g. parkas and hooded jumpers than can catch on play equipment or furniture.
- If using a dummy cord, make sure it is no longer than 10cm.

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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Community Safety and Wellbeing even bigger and better in 2018!

AFSS' Community Safety and Wellbeing Planning Week was held in (very) Sunny Port Augusta.

Our planning workshop was at the end of November 2017. All Facilitators from the CSW team joined Charmayne and Warren at The Arid Lands Port Augusta. We also had a couple of very welcome guests Lisa McClure and Angela Fee who joined us for a couple of days. We were even met by an emissary from the Arid Lands – Mr Brown Snake – whom we respectfully avoided. The week was a time of getting to know everyone in our team

which has grown during 2017, presenting our good news and success stories, also reviewing programs delivered. We then cemented our program planner for 2018.

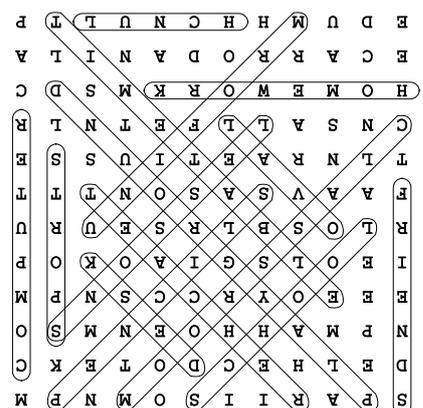
It was great to have everyone combining different skills but equal passion into planning for our program delivery. The team looked at other ways to add to our current portfolio and worked on ways to make our programs more accessible to community.

Everyone came away feeling energised and empowered to make CS&W even bigger and better this year.

Below: Back row from left, Tracy Miller, Charmayne Stenhouse, Frank Newchurch, Warren Guppy, Donna Carr and Jayne Fejo. Front row from left, Bianca Bettley, Ish Gunasekara, Dot Goldsmith, Tia Morgan and Nirelle Ware.



Word find Answer below





Reunification celebrated

A Stronger Families Reunification closure celebration was recently held in Port Lincoln for Ian Miller and his sons Cruz and Levi.

The celebration was enjoyed at the at Glen Forest Animal farm, where a shared lunch was enjoyed and the children had fun seeing the animals and playing Putt Putt.

The children's father Ian is now bringing up the children alone and has done an amazing job of keeping his family together. A great time was had by all at the farm.

Pictured left: Ian and his sons, Cruz and Levi. Case Worker Michelle Brooks is pictured in the background.

Back to basics training provides solid foundation



On 27 November, Judy Spooner, Kathi Fejo and Becky Matthews from the Metro Family Based Care team attended Therapeutic Foster Care with Colby Pearce at the Glenunga Community Centre.

Mr Pearce is a clinical psychologist, running his own practice, Secure Start, for many years in North Adelaide and Belair.

He has developed this new program to help foster carers with behavioural management, when children come into their care, using a common language and common purpose.

The training was about going back to basics when working with foster carers and the children in their care.

According to Becky, "We all get busy in our day-to-day lives, but we need to make time for the children. "We need to listen, show them that we care and that they are important and valued. Celebrate all the positives, but also acknowledge, when times are not going well and they have feelings of anger and sadness, that this is OK and that we value those feelings."

AFSS Support Workers use this same approach with carers. By doing so we also encourage our carers to respond to the children in the same way.

We focus on the positives, acknowledge the wonderful and to make time for each other.



Dreamtime Bags

Just before Christmas Olivia Brownsey kindly put together Dreamtime Bags for children who are placed in emergency situations and do not have their own belongings.

Olivia does this regularly after witnessing first-hand what it was like for children coming into her parents' care arriving with nothing. Her parents, Alison and Darryl Brownsey are AFSS foster carers. The bags always include a lovely soft cuddly toy, basic clothing and toiletries.

AFSS sends a huge thank you to Olivia and her family for their wonderful generosity, with a special mention to Darryl, Olivia's dad for loading the trailer and delivering the bags to us.

The joy on the face of a little six-year-old boy when he recently received his Dreamtime Bag was beautiful – a real testament to the joy that Olivia and her family's caring generosity brings to children at a difficult and stressful time in their young lives.

Pictured above: Peter Shattock, Senior Manager, Corporate Services, receiving the Dreamtime Bags from Olivia on delivery day.



News from AFSS' Aboriginal Gambling Help Service

Did you know??



Problem gambling is characterized by many difficulties in limiting money and/or time spent on gambling which leads to adverse consequences for the gambler, others, or the community.

Social cost



The social cost of gambling costs Australians \$4.7 BILLION a year. (Time spent with family, friends, money in community.)

Mental health



There's a strong link between people with a gambling problem and mental health issues; problem gamblers have a higher rate of presenting for medical attention, with an increased incidence of physical illness such as high blood pressure, insomnia, migraine, depression, anxiety and other stress related symptoms.

Youth impacts



Research suggests that young people may be five times more likely to develop problems with gambling than adults. Evidence from around the country suggests that youth engagement with gambling should be taken seriously. Growth in technology has resulted in the gambling environment changing rapidly. While many young people don't gamble regularly, of particular concern is the prevalence of simulated gaming/gambling among young people. Simulated gaming is often present in video games and internet sites that offer "free to play" games.

Research suggests that young people who engage in simulated gambling activities are at greater risk of developing pathological gambling issues.

Who's impacted?



It's not just gamblers who need support, it's also those around them.

It's estimated that for every Aboriginal person who has a problem with gambling, another 15 or more are also negatively affected. A person's gambling behaviour can have social, physical and financial impacts on those closest to them. Whether

it's their partner, child or friend, their behaviour can have a significant impact. Aboriginal Gambling Help Service provides support and information to families and friends affected by problem gambling.

Fact or fiction?

A problem gambler may gamble often or not very often.



Frequency is not as important as the impact of the gambling – psychological, marital, emotional, legal, financial – on themselves and on their loved ones.

There's help available!

Educating families and raising awareness of the impact of problem gambling are fundamental in supporting Aboriginal people who are affected by problem gambling. This can only be effectively achieved within the broader context of educating families and communities, agencies, clubs and hotels. AFSS has a range of workshops to provide a better understanding of gambling related issues. If you would like more information about the workshops, please contact AFSS at afss@afss.com.au or visit the Gambling Help Service page on the AFSS website, at www.afss.com.au



Support for problem gamblers, families and friends - it's free and confidential:

- Aboriginal Gambling Help Service: afss@afss.com.au
- Gambling Helpline: 1800 858 858
- officeforproblemgambling.sa.gov.au
- gamblinghelponline.org.au



Funded through the Gamblers Rehabilitation Fund



aha|sa
Australian Horseracing Association (AHA)



Government of South Australia
Department for Communities and Social Inclusion

AFSS Aboriginal Gambling Help Service presentation schedule

Port Lincoln Community Gambling Information Forum
Tuesday April 17 2018 10.00am – 3.00pm
Guest speakers - Lunch provided
Please RSVP: 0428 329 972 or 8683 1909

Date and time	Location	Contact
Wednesday 28 February 9.30am -12.00 noon Light morning tea provided <i>Stop the chase - Myths and facts about gambling</i>	AFSS Office 23 Denny Street Berri	Norman Giles Phone 8582 3192
Tuesday 6 March 10.00am – 12.00 noon Light morning tea provided <i>What am I really gambling with?</i> Tuesday 3 April 10.00am - 12 noon Light morning tea provided <i>Stop the chase</i>	Moorundi 4 Clara Street Murray Bridge	Bronte Warneke Phone 0418 499 649
Wednesday 14 March 1.00 - 2.00pm <i>Stop the chase - Myths and facts about gambling</i>	AFSS 3 Gloucester Terrace Port Lincoln	Anna Angus Phone 0428 329 972



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





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

Cooper Pedy

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

Murray Bridge

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

Port Augusta

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

Port Lincoln

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



Around the houses...



Music plays a big part in the lives of our youth. One of our young people made their first beat in a music program called Logic Audio, using computer skills paired with rhythm, timing, mathematics and patience to make a funky beat.

Look out Kanye West. Hip Hop ya don't stop!

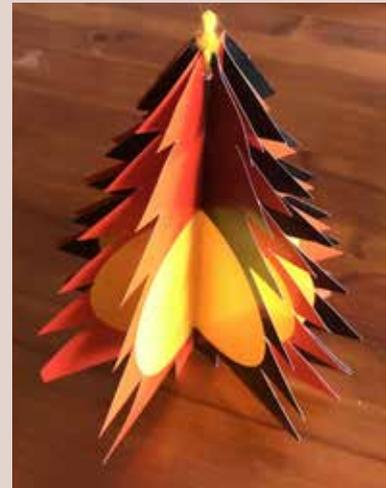


The young people at one of the northern residential houses have been keeping a small veggie garden in the back yard, growing strawberries, beans, lettuce, parsley and carrots.

Pictured are some of the carrots that were harvested recently.

As you can see they don't look like supermarket carrots, but they sure tasted great!

One of the young residents said, "they look funny and cute but it still doesn't make me want to eat my vegetables."



Some of the young people and staff in an AFSS residential house got very creative with decorations to add the Christmas spirit to their home recently, as you can see from the picture above.

The decorations were not only bright and festive, they were planet-friendly, based on the three Rs – Reduce, Reuse, Recycle.

Pretty deadly talent, don't you agree?