



Aboriginal Family Support Services Newsletter

January - February 2019

Men's wellbeing, growth and community in Port Lincoln

Education workshops just for men are the latest feature of programs provided by AFSS' CS&W Port Lincoln.

A number of local men completed the Circle of Security-Parenting program in December.

It's designed to help parents and carers become more aware of their children's needs and work out if their responses are meeting those needs.

Participants came to realise, amongst other things, that their parenting styles historically generally mirrored the way they had been parented themselves.

Learning practical tools such as how to reflect, positive self talk, and "sharing where you're at" with those you trust, has empowered these men with personal improvement enabling them to step up to greater responsibility.

Everyone in the group was thankful to learn that it's never too late to build secure attachment with their children. Research reveals that if you get this right about 33 per cent of the time then that's "good enough parenting". *Great parenting*, however, requires going that difficult extra mile to putting



Above: Pictured in the AFSS Conference Room on completion of the Circle of Security Parenting course are, from left, Gareth Dudley, Corey Slade, James Freeman, and Desmond Haynes.

things right at other times when things don't go to plan.

Pride in their commitment has buoyed this group of men to also successfully complete a second CS&W program in as many months, called Seasons for Healing.

This is an awareness and education program that can help you to manage grief and loss. The program has been specially adapted by AFSS in collaboration with Good Grief Ltd and the

Healing Foundation, to use our natural weather patterns to better understand the process of healing through our grief, loss or life changes.

This tight-knit group really understands the value of the education and the participants are proving it by all committing to redoing the Circle of Security-Parenting training again for another eight weeks from February 2019 in Port Lincoln.

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A message from the Chief Executive

As you can see throughout the pages of this newsletter AFSS' staff continue to shine, and we are proud to acknowledge their achievements.

We have wonderful team members right around the State, all of whom are totally committed to the task, whether they work in the front line of service provision, or in Administration, Training, IT, Communications or other areas that support the success of our activities and programs.



Each one of our staff has the same goal, that of providing the best possible outcomes for Aboriginal children and young people, and their families.

Our new Child Protection Reform – Aboriginal Community Engagement Project is well under way. This important project is about helping Aboriginal parents, carers and wider Aboriginal communities understand the changes to the child protection system.

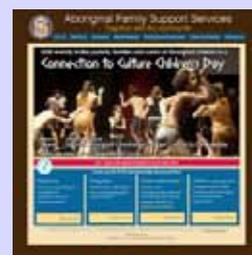
I encourage you to attend one of the forums that we have commenced facilitating around the State, which will give you the opportunity to ask questions as well as find out first-hand what you need to know to help you navigate the child protection system and help find solutions to the many issues that Aboriginal families face in this area.

You will find more information about the program on page 6 of this newsletter.

Our Community Safety and Wellbeing (CS&W) program continues to prove popular and has achieved many positive outcomes for Aboriginal individuals and families, providing the skills, knowledge and confidence that participants need to help them grow personally, as family members and as caregivers to Aboriginal children and young people.

The success of CS&W has proved so popular that we are pleased to have expanded the service to Murray Bridge and Mount Gambier. Keep your eyes open for programs coming to your area in the months ahead.

*Sharron Williams
Chief Executive*



www.afss.com.au

Men's wellbeing, growth and community

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Corey is a Facilitator with AFSS CS&W and plans to build on support and services available for men on the Eyre Peninsula. He welcomes any men to come forward and share their story and knowledge in a supportive, safe space where they can experience growth to enable helpful action rather than just relying on positive intentions alone.

The CS&W program is committed to community safety and wellbeing for Aboriginal and Torres Strait Islander people in South Australia. The program is funded by the Department for Prime Minister and Cabinet's Indigenous Advancement Strategy and focuses on early intervention and prevention. Its goal is to ensure that families have increased capacity, are kept safe from violence and harm, that parents make sure their children go to school and that families are equipped with the skills and knowledge they need to grow happy in a safe and healthy environment.

Want more info on our programs?

If you or someone you care about is interested in any of our education programs in Port Lincoln, please contact Corey on 8683 1909.

For people in other areas of South Australia, please visit the homepage of the AFSS website, www.afss.com.au to find out when CS&W programs will be held in your region during Term 1.

You can also ring AFSS CS&W on 8254 1077.

10 years and counting!



Above: Lyn Lemm and Rob Phillips are pictured following the presentation of their certificates.

We recently celebrated milestones for two of our long-serving team members in Corporate Services.

Lyn Lemm clocked up her 10 years' service on 24 November 2018. Lyn is our Management Support Officer, where she looks after a multitude of requests on a daily basis. Lyn handles all of the travel bookings, car service and repair bookings, tracking down training venues, booking in applicants for recruitment interviews and a million other things that get thrown her way. Some of our Carers may also have met Lyn when she had a stint as a Carer Support Worker.

We well remember Lyn's initial interview for the role – it was a 40+ degree day and Lyn laboured up the stairs to Level 2, not realising there was a lift that would have saved her the exercise in the extreme heat – all part of the test!

Then our next celebration was for **Rob Phillips**, our IT Coordinator, whose service commenced way back on 9 February 2009. Like Lyn, Rob is widely loved across AFSS (especially when the computers

stop working!). Being here as long as Rob has been has enabled him to have “all things IT” working just the way he wants it and he does an amazing job keeping everything humming along.

Rob was one of 176 applicants for the job when we advertised back in 2008 and to still be here 10 years later indicates he must have picked the right place to work!

We celebrated each of these milestone occasions with a morning tea and presentation of a framed certificate, together with a gift card, in recognition of the long and committed service Lyn and Rob have provided.

The Corporate Services team boasts other long serving employees – Senior Manager (Peter Shattock) clocked up his 10 years in July 2018, Kim Appelby (Payroll Coordinator) will achieve that milestone in December 2019, Philip Holland (Manager HR) in November 2020 and our Receptionist/Admin Officer (Lizzie Wright) in November 2021.



National Apology Day – Berri 2019



It was a cool summer morning as the ceremonial smoke gently cleansed the area and slowly rose to meet the Aboriginal and Australian flags flying in unison high above the riverbank (pictured above). Sam Mitchell, local Ngarrindjeri man and Case Manager for the

Assertive Outreach Program (Life Without Barriers), begins the event. In Sam's opening speech he outlined the significance for all Aboriginal and

non-Aboriginal Australians to come together to commemorate an important milestone in Australian history, a day to honour the Stolen Generations and their families.

The Apology was given by the Australian Government in recognition of the harmful

policies of past governments. Saying sorry was about acknowledging the pain and suffering of the individuals, their families and communities. The Riverland community commemorated the 11th Anniversary of the National

"The Apology was a historic step and a starting point. A comprehensive formal process of truth-telling about a shared history is necessary to achieve justice and thereby healing and to ensure that past wrongs are never repeated".
The Apology, 2018 Reconciliation Australia

Apology Day at the Riverfront in Berri, starting with a scrumptious barbecue breakfast organised by Aboriginal Sobriety Group which included bacon, eggs and sausages, along with tea and coffee supplied by AFSS. Local Ngarrindjeri Elder, Aunty Christine Abdulla gave a

Welcome speech and reflected on her past and her experience of the Stolen Generations. Several other community members were invited to come forward to share their experience of the trauma inflicted on them and their families, of the sorrow for

their loss and the many years spent searching for connection to family.

In honouring the past, 11 balloons were

released to commemorate the 11th anniversary of the National Apology.

Before the one minute's silence, Sam played *They Took the Children Away* by Uncle Archie Roach, a song written in silent protest of his experience when he was removed from his family.

Community Safety and Wellbeing Team 2019 Planning Workshop

Staff from AFSS Community Safety and Wellbeing (CS&W) team came together in Berri to reflect on our services during 2018. This included CS&W staff from metropolitan and regional areas and the Family Violence team. It provided a time to discuss what had been achieved over the past year and to reflect on how we can improve our services. Every single member of the team delivered a session where they had the chance to display how their work over the last 12 months helped to achieve positive outcome for their clients. They also reflected on the number of programs they delivered, the number of participants in each of their programs and retention rates. It was fantastic to see hard evidence of the outcomes achieved.

The workshop was held over three days and staff were able to discuss areas for improvement across a range of programs and identify gaps in our service for future consideration. There was also a focus on the AFSS Strategic Plan 2018 to 2023 and how each of us can embed the Plan's directions into our day-to-day work. All staff agreed to aim at aligning our program delivery with AFSS' Strategic Plan as it is central to all of our efforts.

The AFSS CS&W team were also very fortunate to have our Department for Prime Minister and Cabinet Contract Manager, Joanne Bridge, in attendance for the presentations, and the team enjoyed sharing their successes with her so she could see first-hand the great work the team does.



Above: The AFSS CS&W team take a photo opportunity, pictured with Joanne Bridge, Department for Prime Minister and Cabinet.

Overall, the CS&W team demonstrated their passion and commitment to the work they do and to the delivery of programs to Aboriginal communities across South Australia. The workshop

was beneficial for the team to ensure that our service remains on track and continues to result in positive outcomes for the Aboriginal children, families and communities that we work with.



Ceduna Carers' Christmas Event

On Thursday 13 December a Christmas celebration was held on the Ceduna foreshore lawn in front of the Sailing Club. Around 100 people attended the event, held from 4pm - 6pm.

It was organised jointly by AFSS, Centacare and the Department for Child Protection and luckily the weather cooled down on that day.

Santa arrived in an SA Police vehicle (*pictured above*) at 5pm, and sat on a beautifully decorated chair to give out presents to all the excited children and young people attending.

A shared supper was provided including pizza, fruit and ice cream. Games and sporting activities were fun and greatly enjoyed by everyone.



Child Protection Reform – Aboriginal Community Engagement Project

AFSS Child Protection Reform - Aboriginal Community Engagement Project is about helping Aboriginal parents, carers and wider Aboriginal communities understand the changes to the child protection system. We will do this through engagement with Aboriginal communities, by providing information and education, by holding community forums and gatherings and by connecting you with the right people and services.

It can often be confronting and intimidating when child protection agencies are involved in your family. If you are better informed about the changes, then you can more actively participate



in the decisions that will affect you and your children.

It is really important for you to know that AFSS has NO role in removing children from families.

This is not our job. AFSS, along with Aboriginal communities, do have a role to make sure all Aboriginal children and young people are safe and secure in their family and cultures.

AFSS will make child protection notifications if we feel that children and young people are not safe or if they are being abused or neglected.

What are the changes that you need to know about?

Why is welfare involved with my family?

Some key reasons that welfare becomes involved in your family include:

- Children exposed to family violence and physical violence between adults or adults and children, ongoing yelling
- Drugs and alcohol, petrol sniffing and not being able to look after your children because you are intoxicated
- Letting people – including drug dealers – or other drug users - around your children
- Children not being fed or dressed properly – such as a

Other useful contacts:

Aboriginal Legal Rights Movement (ALRM)

Phone: 1800 643 222 Website: www.alrm.org.au

Commissioner for Aboriginal Children and Young People

Phone: 8226 3355 Email: CommissionerCYP@sa.gov.au

Commissioner for Aboriginal Engagement

Phone: 8226 3500 Email: DPC.

CommissionerforAboriginalEngagement@sa.gov.au

Commissioner for Children and Young People

Phone: 8226 3355 Email: CommissionerCYP@sa.gov.au

DCP Central Complaints Unit

Phone: 1800 003 305 Website: www.childprotection.sa.gov.au/department/contact-department/making-complaint

Family Matters

Phone: 8305 4213 Email: joanne@childandfamily-sa.org.au

Office of the Guardian for Children and Young People

Phone: 8226 8570 Email: GCYP@GCYP.sa.gov.au Website: www.gcyp.sa.gov.au

SA Ombudsman

Phone: 1800 182 150 Email: ombudsman@ombudsman.sa.gov.au

baby only wearing a nappy in winter or baby underweight and malnourished

- Not taking your baby or child to a Doctor when they are sick and ignoring a doctor's medical advice
- Overcrowding in your house
- Living in unhygienic and dirty conditions
- Your children not going to school on a regular basis and not talking to the school about your child's attendance
- Your children being sexually abused, or the potential for them to be abused, by a child abuser who is known to your family
- Physical abuse of your children including hitting, shoving, shaking, kicking and biting. Tying children up. Locking children in cupboards and rooms for long periods of time
- Leaving young children home alone with no adult.

Working in partnership, Aboriginal communities and AFSS, must take a lead role in informing DCP about what the issues for community are so that outcomes for Aboriginal children in the child protection system result in more children living with family and kin.

What can you do?

Talk to AFSS and get involved with our Aboriginal Community Engagement Project. You can also think about becoming an AFSS foster carer, ensuring we have a large pool of Aboriginal foster carers to care for children who are removed from their

families. The more carers we have, the better the options of Aboriginal children being placed with Aboriginal families.

Contact AFSS in your local area and speak with an AFSS worker. You can also contact the AFSS Child Protection Reform

– Aboriginal Community Engagement Project through Brigitte Goepfert (Project Officer - Child Protection Reform), 134 Waymouth Street Adelaide, phone 8205 1500, mobile 0499 889 720, email brigitte.goepfert@afss.com.au



AFSS' staff attend 2019 National Apology Breakfast

On 13 February AFSS team members attended the 11th Anniversary of the Apology Breakfast in the Adelaide Convention Centre. There were over 1,800 attendees; we were delighted to experience such an event. The music was appropriate and fitting for the occasion with Vonda Last performing, accompanied by composer and violinist Julian Ferraretto.

A highlight was the enjoyable interview between the Hon John Hill (Former Independent Assessor, Stolen Generation Individual Reparation Scheme) and Dr Jenni Caruso, followed by a hot breakfast enjoyed by all.

The most impressive and inspirational segment was the yarning by Uncle Jack Charles who was part of the Stolen Generation himself. He spoke openly and transparently about the very personal experiences of his childhood, his life on the streets of Melbourne and periods of incarceration. He developed a love of theatre and acting and has won many prestigious awards a highlight of which is *Bastardy*, a documentary of his life. Uncle Jack is 75 years young and shared his story in a very meaningful way.

Pictured above at the breakfast are AFSS' team members, from left, Becky Matthews, Jody Lynch (DCP), Kristee Matthews, Bridie Valentine and Robyn Bizilis.



Mapping Family – become the author of your own family history

On 19 February AFSS Cultural Officers, Barb Falla and Adrian Stanley, attended the SA Museum Launch of *Mapping Family – Become the Author of Your Own Family History*.

Uncle Fred Agius performed a Smoking Ceremony as attendees were entering the SA Museum, followed by a Kaurna Welcome to Country.

Dr Jane Lomax-Smith AM, Chair of the South Australian Museum Board, and Mr Brian Oldman, Director, welcomed everyone and spoke about Mapping and the online App.

The Hon Steven Marshall MP, Premier of South Australia opened the event and set the scene for the focus of the occasion and welcomed all those who were in attendance.

Ali Abdullah-Highfold, Family and Community History Officer at the Museum, spoke about the program and the App that people can use to find their family.

He explained that the genealogy books that are currently in place may have some gaps and anomalies; also new generations need to be added, and mapping is a way of doing this.

Mapping Family is an important new digital and print resource for Australian Aboriginal people derived from the genealogies and data cards collected in South Australia.

New Acting Lead Support Worker

Hi, my name is **Jessica Reynolds**. I have been given the opportunity over the past few months to step into the Acting Lead Support Worker role within the AFSS residential services.

I am now Acting Lead Support Worker until the end of June. I have a partner and two cats named Mila and Luna that I love very much. I have worked in this area for over three years now; I have previously worked in the disability field and also as a School Services Officer. Since working with AFSS I have grown and developed as a Youth Support Worker and a leader.



I am very passionate about my job and I love what I do. In my new AFSS role I look forward to leading and working alongside the team to provide support for young people.



AFSS' tour Down Under Connection

AFSS' Board member Ivan Tiwu Copley was proud to perform a Smoking Ceremony at the Tour Down Under start line on his Country, the land of the Peramangk people.

The ceremony took place in Lobethal at the commencement of Stage 3, witnessed by thousands of Tour fans.

It was a great day and Ivan (*pictured right*) was joined for the occasion by his son Vic Copley (*pictured left*) and little granddaughter Isabella.



Around the houses



Youth get green thumbs

The young people in the AFSS' Devonshire Residential Services house are learning all about the joys of sustainability and fresh, home grown produce through the development of a wonderful and productive veggie patch in the back yard. Just check out the garden shown above and produce shown here on the right!

What great skills they are developing to take with them into their adult lives!



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.

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 Lisa McClure lisa.mcclure@afss.com.au 8672 3066

Port Augusta Deb Merchant deborah.merchant@afss.com.au 8641 0907

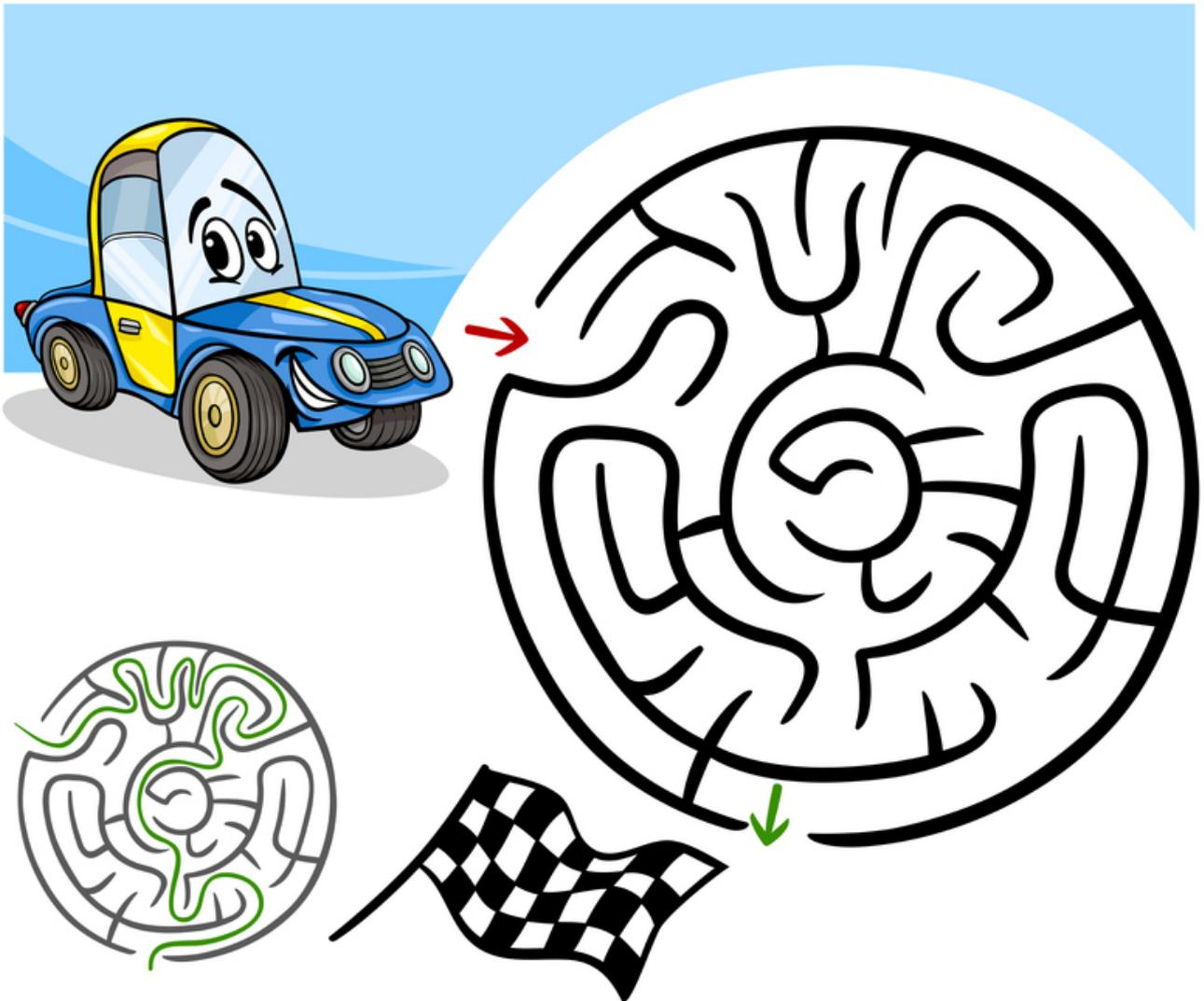
Port Lincoln Toni-Lee Miller toni-lee.miller@afss.com.au 8683 1909



Aboriginal Family Support Services
Together with the community



Just for kids



Spot 9 Differences!



Answer on page 14



AFSS Metro Foster Carer Training

Child Safe Environments Training Through Their Eyes

Wednesday 27 March

10am - 4pm

RSVP 22 March

Wednesday 26 June

10am - 4pm

RSVP 21 June

Wednesday 25 September

10am - 4pm

RSVP 20 September

Wednesday 18 December

10am - 4pm

RSVP 13 December

Training sessions will be held in the
Training Room, AFSS, 134 Waymouth
Street, Adelaide

**Morning tea and
lunch provided**

RSVP

Carer Liaison
Officer Becky
Matthews

or your
Carer Liaison Officer
Phone 8205 1500



Aboriginal Gambling Help Service

Recognising the Warning Signs

It's important to recognise the warning signs for gambling harm. A person may exhibit a few of these signs and not have gambling problems or exhibit only one sign and experience significant gambling problems. These signs are only an indication that there may be a problem.

However, the more signs a person exhibits the more likely they are to have gambling problems. A person may shift in and out of gambling problems over time.

Signs that indicate a person may be experiencing gambling harm:

Gambling behaviours

- Frequently thinks and talks about gambling.
- Expresses thoughts about gambling that are not realistic: Example – “It must be my turn for a large win” or “If I don't gamble today my lucky numbers will come up and I will miss out”.
- Gambles almost every day or mainly on paydays.
- Increases the time they spend gambling.

- Increases the number or range of venues they gamble in or the types of gambling they play such as racing, keno, sports betting.
- Has a pattern of spending all available funds in an episode of gambling.



- Gambles rather than doing things they previously enjoyed.
- Continues to gamble despite promising to stop.
- Gambles to escape problems.
- Demonstrates a pattern of returning to gambling in order to recover losses.
- Lies to cover up or fund gambling.
- Becomes defensive or angry when asked about their gambling.

- After losing engages in risky behaviour or uses alcohol to forget about gambling problems.

After gambling expresses

- remorse
- guilt
- depressed feelings
- hopelessness
- fear of others finding out
- worry over where they will get money to cover living expenses
- anger towards themselves, or family and friends
- relief if they have won.

Signs evident while gambling

- Gambles for three or more hours without a break.
- Stops gambling when the venue is closing.
- Regularly starts gambling as soon as the venue is open.
- Friends or relatives call or arrive at the venue asking if the person is still there.
- Leaves the venue to find money so that they can continue gambling.
- Borrows money from others while at the venue.
- Looks very sad or depressed after gambling.
- Becomes angry if someone takes their favourite gambling machine or spot in the venues.

These are only a few of the warning signs that can indicate a gambling problem.

Continued on next page



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If you would like more information or have concerns about your or somebody else's gambling, contact the Aboriginal Gambling Help Service in your area:

Port Lincoln

Anna Angus - 8683 1909

Berri

Norman Giles – 8582 3192

Port Augusta

Megan Devlin – 8641 0907

Murray Bridge

Bronte Warneke – 0418 499 649

This information was sourced from the Guidelines for Providing Mental Health First Aid to Aboriginal and Torres Strait Islander People with Gambling Problem website www.mhfa.com.au

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

AFSS' Regional Managers forum in Port Augusta

Following much planning, the Regional Managers and the Senior Manager, Regional Services had a two-day forum at the end of February.

As the photo shows it was another warm and sunny day in Port Augusta. The team discussed the AFSS Strategic Plan, as well as their own plans for the regions. Other topics covered included how to recruit and support both foster carers and staff in regional communities, as well as ways to use social media to keep communities informed about local issues.

This was the first forum where all the Regional Managers and the new Senior Manager were in the same place at the same time – this is one of the challenges of regional work, and it is hoped that there will be similar events in the future.



Pictured, from left to right: Angela Fee (Regional Manager Port Lincoln), Katharine Micka (Regional Manager Ceduna), Ray Willis (Regional Manager Port Augusta), Tom Steeples (Senior Manager, Regional Services) and Lisa McClure (Regional Manager Coober Pedy) at the Regional Managers' meeting in Port Augusta.



AFSS Metropolitan Family Based Care - Foster Carers and Children's Christmas Party 2018



AFSS Young People attend Adelaide Fringe event

AFSS would like to thank the Fringe Donor Circle who made it possible for AFSS foster carers and children to receive tickets to the Gavin Wanganeen Fringe Talk Show.

Gavin was interviewed by Holly Ransom. During the interview he shared stories from his early life growing up in Salisbury South Australia, to moving interstate at the age of 16 to play football and his great passion and new calling as a talented artist.

Susan Richards, AFSS Senior Manager Residential Services, bumped into Gavin Wanganeen after his show and was excited to be snapped with the AFL legend!

Above: AFSS and AGL team members ensured that Metro children, carers and families had a great time.

For the third year running, the fabulous employees from AGL donated their time, energy and money in a partnership with AFSS for the 2018 Foster Carers Christmas function. On Saturday 8 December 2018 Barb Causby (AGL) and staff from AGL, along with the Metropolitan Family Based Care team, convened the AFSS 2018 Foster Carers and Children's Christmas Party at Tusmore Park.

The weather was a bit wet and damp on the day but the spirit and sense of fun were evident as AFSS foster carers, the children and young people they care for, AFSS and AGL staff enjoyed a lovely BBQ lunch cooked by the AGL team. Santa arrived during a heavy downpour and was seated under a tent and surrounded by children trying to shelter from the rain. Each child received a

beautiful gift and AFSS foster carers who attended on the day received a Christmas Hamper. AFSS foster carers who could not attend on the day were not forgotten and each of them, and the children they care for, received a Coles/Myer voucher.

AFSS takes this opportunity to acknowledge and give a massive thank you to staff from AGL for their generosity and hard work that made the day such a great success. Funding and resources for the event, as well as gifts, hampers and vouchers are sourced from AFSS, AGL and a grant from Variety SA.



Reward and Recognition - AFSS Strategic Plan in Action

In November 2018 AFSS launched its 2018-2023 Strategic Plan. As part of the roll out and implementation of our new Strategic Plan Sharron Williams presented six awards to AFSS staff who have demonstrated elements of the plan in their work at AFSS. Staff were invited to join Sharron for morning tea where they were acknowledged for going over and above in their work. Staff also had the opportunity to chat with Sharron about the work they do on a day-to-day basis.

Awards were received by the following staff who have each demonstrated a commitment to AFSS and the young people we work with, in line with AFSS' Strategic Plan:

Isaya McKenzie for Talking, Listening and Sharing and Leading.

Eileen Collins-Cole for Talking, Listening and Sharing and Delivering.

Emily Karamanov for Developing and Delivering.

Jo Griffin for Developing and Leading.



Rodrigo Barreira Mercado for Integrity and Developing.

Jess Reynolds for Leading and Delivering.

Pictured from left, Rod, Jo, and Jess receive their certificates from Sharron Williams, AFSS Chief Executive.



Aboriginal Family Support Services

Together with the community

Child Protection Reform – Aboriginal Community Engagement

Come and join us for a child protection reform forum
Learn about the changes and how they will affect you and your family

The AFSS Child Protection Reform - Aboriginal Community Engagement Project wants to inform, educate and support Aboriginal communities about the changes in child protection. The project aims to create and strengthen communication and consultation pathways between Aboriginal communities and the Department for Child Protection (DCP).

AFSS' role is to work in partnership with other organisations to help local families to learn and understand the changes to child protection and to assist with solutions to the difficulties many families face when dealing with child protection concerns. Kalaya Children's Centre has come together with AFSS to support their local families.

By coming together and speaking up we can talk with DCP about the specific needs of Aboriginal parents, families, carers and the children in their care and work together with DCP to find solutions.

Our key focus at AFSS is to provide information and education about the changes in the child protection system and to focus on better ways to keep children within their family, kin and community.

Lunch and refreshments provided

When: 5 April 2019
Where: Kalaya Children's Centre
50 Webb St, Queenstown, SA 5014
Time: 10.00am – 11.30am
Contact: Brigitte Goepfert at AFSS
brigitte.goepfert@afss.com.au
Phone: 8205 1530 or 0499 889 720
or Belinda Sassi or Jess Weber at Kalaya
Phone: 8447 6519

Crèche (care of children under 6 years) and transport available.

We look forward to seeing you there!





Where to find us

Adelaide

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

Berri

23 Denny Street
Berri SA 5343
Phone (08) 8582 3192

Smithfield

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

Ceduna

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

Coober Pedy

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

Mount Gambier

Pangula Mannamurna
191 Commercial Street West
Mt Gambier SA 5290
Phone: 0499 889 729

Murray Bridge

4a, 17-19 Adelaide Rd
PO Box 1577, Murray Bridge,
SA 5253
Phone: 0418 499 649

Port Augusta

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

Port Lincoln

21 Washington Street
Port Lincoln SA 5606
Phone (08) 8683 1909



CS&W heads to Yalata

Healthy Homes Resilient Families - Growing Up Healthy was run by the AFSS Community Safety and Wellbeing team in Yalata from 4-6 December last year.

Though the first day started a little slow, over 20 people attended on the second day.

Once the word had spread everyone was really excited to participate, especially in the practical cooking sessions, but were also keen to learn about good family nutritional health and food safety.

We cooked Quinoa Porridge with caramelised apple on the first day and Satay Pork Fillets with Fried Rice and veggies on the second day.

The group was very hands on (*pictured above, with Corey and Donna from AFSS' CS&W Port Lincoln*), requesting assistance when required, helping and sharing with each other and letting us know when they had learnt something new, which was great.

To our surprise and delight most who participated on the second day sat down

immediately and ate their meals, sharing with other friends and family who came in late.

It was great to see such an inclusive attitude between everyone.

The final day was spent predominantly setting up and assisting Tullawon Health Services with the family Christmas activities.

A temperature of 45 degrees Celsius was challenging, with over 150 people (mainly children) inside a large non air-conditioned building.

Thankfully this was completely offset by the pleasure of being able to help out the kids with artwork, tie-dyeing t-shirts and finally collecting their Christmas pressies.

All in all we felt the trip brought us closer to members of the Yalata community and hopefully they gained something from our efforts.

CS&W will be back in 2019!

Thank you to Desley, Chief Executive at Yalata, for the opportunity of working with Yalata community members.