

CARER CATCH UP OPPORTUNITIES: IN THE SOUTH

AFTER HOURS DINNERS

'Families Who Foster' Afterhours Dinners. We meet on the first Tuesday of the month at various locations across the Southern Region. These include:

- ◆ Esplanade Hotel Brighton ◆ Beach Hotel Seaford
- ◆ Caffé Acqua in Mt Barker ◆ The Belair Hotel in Belair

The next catch up is on **Tuesday 07.07.2017** please RSVP to Leanne Freestone on 8186 8917 or email lfreestone@anglicaresa.com.au by Monday 06.07.2017.

FLEURIEU CARER LUNCHES AS ALWAYS

If you live in the Fleurieu region you are always welcome to come and link in with the foster care community. For more information please contact your Foster Care Support Worker, the Duty Line on 8186 8917 or Leanne Freestone on 8186 8900 or email LFreestone@anglicaresa.com.au

NOARLUNGA COFFEE MORNINGS 10AM START

Please come and join us for our monthly Coffee Morning at Colonnades. The Coffee Mornings occur every third Monday of the Month. To RSVP call the Duty Line on 8186 8917 or Leanne on 8186 8917.

VICTOR HARBOR LUNCHES 12PM START

- 25th July - Nino's Café, 17 Albert Place, Victor Harbor
- 16th Aug - Cafe Bavaria 11 Albert Place, Victor Harbor
- 12th Sep - McCracken Country Club, Victor Harbor
- 18th Oct - Nino's Café, 17 Albert Place, Victor Harbor

To find out more information or to RSVP please contact your Foster Care Support Worker, the Duty Line on 8186 8917 or Leanne Freestone on 8186 8900.

SHARING INFORMATION AND RESOURCES

THANK YOU Sally Day

Please see the below link sent in by Foster Carer Sally Day to access some beautiful modern family cards for non-biological families. If you would like a better look visit the website where you can look/ buy online or find local stockists: <http://modernfamilycards.com/>



'CarerNews' is produced for AnglicareSA Foster Carers by the Practice Development Unit.

159 Port Road, HINDMARSH 5007, telephone: 8131 3400

Contributions and suggestions are most welcome....

Coordinator: Tina Macpherson 8131 3460 | tmacpherson@anglicaresa.com.au

If you wish to receive this newsletter electronically please email tmacpherson@anglicaresa.com.au

RESPITE CARE: FOSTER CARE EVENINGS



Thank you to the Foster Carers who joined in with our quarterly Respite Foster Carer evening. Knowing that respite caring has its own particular challenges and rewards we are so pleased that you continue to value these times and see them as opportunities to not only share experiences, information a meal and a good laugh and chat, but also a time to support and encourage each other through challenges as well. Even though a fairly informal get-together we like to have a topical theme or focus each time we meet.

At our last get together on 30.03.2017 we focused on Cyber Safety.

The introduction reflected on friendship and what it means to us and our positive experiences in life. With our creative thinking caps on we put together a wall of 'What friendship is' and 'What Friendship is not'.



This led into discussing how important social media has become to young people (and the not so young). Although social media can be used well, it has its dangers which include a serious potential for harm for our young people. Cyber bullying, sexting and grooming are just some of the possible pitfalls. Many of the children we care for are particularly vulnerable, so we looked at some things to do to keep everyone safer when using social media. Our take home wisdom from the night included:

- *What goes on social media stays on social media.*
- *Do not share information, including images, about a child in care on any form of social media.*
- *Consider attending a session on Cyber Safety when it is next offered through AnglicareSA.*

Carolyn Hill, Foster Care Support Worker, Respite Care

FosterCare
Join the Family.

WINTER EDITION CARERNEWS!

A WORD FROM NICOLE HUNT....

Welcome to the Winter Edition of the CarerNews. Over the past quarter we have been working on a number of key projects, which include the development of an Annual Foster Care Survey and the review of our previous Foster Care Reference Groups.

As part of our Foster Care participation and engagement strategy, an idea developed by the Foster Care Reference Group was for an Annual Foster Care Survey to be developed and completed at the same point in time each year. We have drafted a number of questions for the Annual Foster Care Survey to capture your feedback about the support and services you receive. The next stage of this project is to undertake a consultation process with Foster Carers to ensure that we have captured the right questions within the Survey. Once the development of the Annual Foster Care Survey is complete and the survey is undertaken, it is vital that the outcome of the Annual Foster Care Survey is shared with you all. It will then inform AnglicareSA's learning, development and continuous improvement planning. The Annual Foster Care Survey will be anonymous and be available online or in hard-copy. Once the results have been compiled we will facilitate a number of focus groups with Foster Carers to work through the results and develop a continuous improvement plan.

In 2016 AnglicareSA announced the closure of the Foster Care Reference Groups to undertake a review of all previous Reference Groups with the view that the review process would be completed by the end of the Financial Year. Unfortunately we were not able to progress the review as quickly as we initially anticipated and needed to put the review on hold to be able to respond to a number of key consultations that were occurring across the sector. We have now been able to progress the review and have commenced the interview stage of this process. A letter has been sent to all previous Foster Care Reference Group members inviting them to undertake an interview to provide feedback on their experiences and ideas for further Reference Groups. This feedback is extremely important and crucial to the redesign and development of future Foster Care Reference Groups. I would like to extend the invitation to be a part of the review process to all our Foster Care Families.

If you would like to take part in the Foster Care Reference Group Review or the Annual Survey Consultation process please contact Joanne Koen on 8131 3430 or via email jkoen@anglicaresa.com.au at any stage. I look forward to providing you with an update on both projects. Take care, **Nicole Hunt, Senior Manager OOH.**

CarerNews

Winter 2017

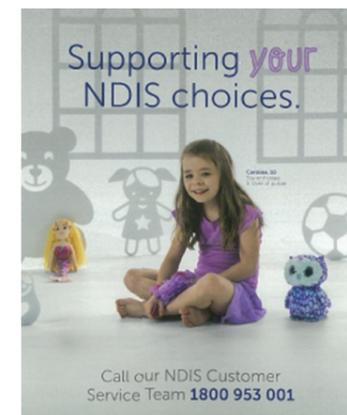
ANGLICARESA'S OUTREACH AUTISM THERAPEUTIC SERVICE (OATS):

OATS was formed in late 2015 in response to families from our Autism Specific Early Learning Childcare Centre (ASELCC) wanting individualised speech and occupational therapy (OT) that could be provided at venues of the family's choice. The service, which was initially funded by the inaugural Abseil for AnglicareSA, now has around 60 children accessing therapy, throughout the whole of metropolitan Adelaide.

The service currently provides individualised therapy to children up to 14 years of age who have a diagnosis of Autism Spectrum Disorder. The children mainly have funding through the National Disability Insurance Scheme (NDIS), although we do have Fee-For-Service options too. The program is a great example of how AnglicareSA can use the NDIS to support a customer first approach by delivering supports how and where families want them.

OATS staff work in partnership with families/carers of the children accessing our service to enable the children to reach their goals. Families are given a choice of where their child can have the therapy sessions – this could be at the ASELCC, a community centre, kindergarten, school and in some cases even the family home.

The team respond quickly to a family's request ensuring that the child is able to receive the therapy in a timely manner. They spend time with families/carers inviting them to join their child's sessions and many families have taken up the offer to attend. This provides staff with the opportunity to get to know the families and talk about the tools, methods and interventions they are working on with their child, hopefully ensuring continuity at home. Our therapists work closely together and also with and alongside teachers and school support officers. To find out more please contact Bridget Knowles, Manager Disability Support on 8269 8699 or via email bknowles@anglicaresa.com.au



What AnglicareSA can do for you!

AnglicareSA can help you access the NDIS and help you understand what it means for you and your family.

We can also help you access our range of disability, autism and mental health services for children and adults.

Contact us for further information. We can also meet with you when and where it is convenient for you.

Phone us: **1800 953 001**
Email us: ndis@anglicaresa.com.au
Website: anglicaresa.com.au/ndis-choices

UPDATE FROM THE NORTH ...

TWILIGHT PICNIC: FEEDBACK FROM A FOSTER CARER

The weather was just perfect for a picnic in the park and this year we decided to bring our Nana along. The staff were really involved, preparing food, talking to everyone and making us all feel very welcome which was just great especially as we didn't know many people there so that really helped us to settle in.

Our little one absolutely loved the bouncy castle, we couldn't get her off...and of course meeting Easter Bunny was the highlight! All the children were given a little bunny night light which has been used every night at our house since. It's always good to not have to cook and we were sent home with plenty of leftovers too.

We had a lovely time together and it really touched our Nanas heart to see all the wonderful nurturing families that serve our community in love – lots of big hearts ♥. It's a couple of hours where we can just relax as a family in a lovely setting and just have fun...Looking forward to next year. **Steve and Sally Munday.**



Photo: Chantel Scudds, Manager Northern Foster Care with Easter Bunny and some of this year's picnic go-ers.

NORTHERN FOSTER CARER DINNERS 6 –8 PM

Northern Foster Care had the first ever trial session of 'Families who Foster' evening dinners at the Willaston Hotel. The Willaston is a very family friendly venue and the children enjoyed playing on the playground located just outside of the dining area. The food was delicious, enjoyed by all and reasonably priced. Best of all according to the young ones, was the FREE ice cream they had.

It was great to see all of the children playing together on the playground (a whopping 9 in all). Everyone who came left with happy smiley faces and were excited about attending the next Families who Foster evening dinner and inviting other families to join in as well.

We have had a few other 'Families who Foster evening dinner catch-ups' since then and we would love to invite all Foster Carers and their families to attend our final dinner as part of the trail series.

We will be meeting at the **Eureka Hotel Salisbury on Tuesday the 04.07.2017.** Please RSVP either to your support worker or the Duty Line 8256 2160. As part of the trail we would like your feedback on the dinners and we will be in contact with those that have already attended to talk through your feedback and to assess the ongoing facilitation for the Families who Foster dinners during the warmer months. Please note that the dinner is at your own cost, however, you are not obliged to purchase anything. You are welcome to just come along and let your children play as you chat and catch-up with others. **Amanda Gresch, Foster Care Support Worker.**

A THERAPEUTIC REFLECTION

THE ART OF SELF REGULATION

Offering consistent and predictable opportunities of having a Foster Carer 'being with' a child and their big emotions can be a significant experience for developing attachment relationships. Having a Foster Carer notice and name their feelings can give a child an experience of being seen, heard and understood. Research indicates that co-regulation is an essential ingredient for a child's ability to learn the art of self-regulation. This can be done through offering a child a 'time in' when they are feeling overwhelmed by their big emotions. This is the time to offer co-regulation and put 'being with' into action. The impact of complex developmental trauma on the brain and the attachment relationship can result in a child becoming hypervigilant to their environment (which they have learnt to ensure their survival) but this can quickly result in becoming overwhelmed. It is in these moments that having a caring, soothing and supportive Foster Carer can begin to develop new neuronal pathways in the brain by giving a child new and positive experience of relationships. As Foster Carers we know this can be really hard work! Especially if we are tired, stressed or triggered ourselves and this means we don't always get it right.

The good news is rupture and repair is also a key ingredient for a child to process their experiences and continue on their journey of growth and healing. When we find ourselves responding to a child in a way that we did not intend, the most powerful thing we can do is to recognise it and then apologise and reconnect with the child as soon as possible. That is why self-care is so important! Activating our self-care plan to ensure that our 'emotional cups' are being refilled will mean that we are not 'running on empty' when our children are becoming overwhelmed by their big feelings and need us the most.

Bianca Bird, Fresh Start Therapeutic Practitioner.



**LEARNING AND DEVELOPMENT
UPCOMING TRAINING**



JULY

Therapeutic Crisis Intervention (TCIF)
3rd, 4th, 12th 19th – Hindmarsh
CSE Refreshers – 9.30 – 12.30:
North - Friday 7th – St. John's
South – Friday 7th – Christie Downs
Central – Friday 21st – Hindmarsh

AUGUST

Centrelink Liaison- Bronwyn Hill
Friday 4th – St. John's
Recharge & Revitalise
North Friday 18th at Bagster Road
South Date to be confirmed— at Woodcroft
Trauma & Attachment
Tuesday 23rd 6-9pm Hindmarsh
Orientation Refresher - South
Friday 25th - Woodcroft

SEPTEMBER

Orientation Refresher – North
Friday 1st – St. John's
Sleep Essentials
South - Friday 8th – Woodcroft
North - Friday 22nd Playford Centre
Infant Care (0-2)
Central (Hindmarsh) – Tues 26th & Wed 27th

OCTOBER

Foetal Alcohol Syndrome Disorder
South – Thursday 19th - Woodcroft
North – Friday 20th - Playford Centre
CSE Refresher – Tuesday 31st, 9.30 – 12.30
North – St. John's
South – Woodcroft

ANGLICARESA'S WANSLEA CHILDCARE CENTRE

Wanslea Early Learning & Child Care Centre is situated in the Eastern suburbs and has the capacity to educate and care for 90 children a day from birth to school age.



Our program is based on the idea that each child is unique and has the right to play, grow and learn in a safe and nurturing environment. Educators work in partnership with families and management to provide high quality educational programs that are stimulating and lots of fun. To cater for both the nurturing and learning needs of the child, the day is broken into periods of: planned group activity, quiet times and self-directed play. We support all children to develop independence and a strong sense of self.

Child care is so much more than taking care of children, meeting their physical needs and keeping them busy, and at Wanslea we care about your child's emotional well-being too. Our approach to managing behaviour:

- ◆ is relationship based
- ◆ encourages peaceful ways of resolving conflict.

We provide a stimulating environment, catering for the educational needs of young children so that they reach their full potential in a play based learning environment. For more information or to discuss a booking please call the centre or Trish Cook on 8271 8592.

UPDATE FROM THE SOUTH

TWILIGHT PICNIC

The Southern Foster Care Twilight Picnic was a treat for all the senses, fun filled and action packed with plenty of activities for the whole family. We all enjoyed the fabulously amazing magic show; the magician certainly knew how to tickle our funny bones. It was also amazing to see so many of you glittering away with a new tattoo or a personalised item created with the Easter Craft activities. Although I did not have a go myself, judging by the giggles, squeals and laughter that could be heard, lots of fun was had and energy was burned on the jumping castle.

The dinner was appreciated by many people (thank you Botanic Chicken & Seafood for a delicious meal) and a visit by the ice cream van topped it all off nicely. Congratulations to all the raffle winners (for some it paid to trade an ice cream ticket for a second raffle ticket!). But the highlight for us all was the arrival of the Easter Bunny, who gave out lots of hugs and from what I could see was 'quite a good groover'! Easter Bunny surprised us all this year by not only giving gift packs of eggs but also glow-in-the-dark bunnies, and set up the wonderful event of the evening THE GAIANT EASTER EGG HUNT. It Seemed everyone was up and searching for Easter egg treats.

Thank you to all who came along and found a picnic table, chair or nice green patch of grass to cosy up into with their loved ones to enjoy the warm and sunny evening.

The light hearted banter, happy smiling faces and children's laughter created such an inviting sharing space for all who were there. It truly was a chance to forget about the busyness of life and 'just be' with the family for a while. It was great to be involved in an opportunity for families and staff coming together to enjoy a night of fun and celebration of Easter.



Matt Holland, Foster Care Support worker, Respite Care.