



The **Supporter** *ANGLICARE*
SA

Summer 2013 Vol 21 #4

What's inside
AnglicareSA Angels
Living history

Buoyant + Bright

Positive futures for children with autism



Message from the CEO

Where has the past year gone? November marked one year of being "back" in South Australia at AnglicareSA and I have to say, as chief executive officers go, I'm a very proud one.

In the past few months alone, I've seen children with autism literally jumping for joy in the redeveloped AnglicareSA Autism-Specific Early Learning and Care Centre at Daphne St, Prospect. South Australia led the way with the AnglicareSA ASELCC being the first of its kind in Australia when it opened in 2009. Now we're leading the way again with everything at the centre being tailored to support children with autism – and their families. But even things that look like fun – like jumping into the ball pit – have a serious side. As ASELCC manager Sarah Ferguson told everyone at the official opening, it helps children with autism get their "engines rewing just right" so they can get on with the tasks of learning and socialisation without stress.

Anglicare Australia released the State of the Family Report, which featured our own Robin Howard. Robin is a Senior Case Manager, Family Dispute Resolution Practitioner in the KidsAreFirst Parenting Orders service, which is part of AnglicareSA's Community Engagement and Strengthening area. Robin helps parents who are going through conflict in divorce or at the end of a relationship see how their words and actions impact on their children. Using those programs as a base, Robin developed a fatherhood course for

inmates at Yatala Jail, helping dads behind bars maintain relationships or reconnect with their kids. Robin's thinking, which I know we all agree with, is that children should not be punished and kept away from their fathers because those men are in jail – the children have committed no crime.

And, of course, Christmas is just around the corner. It's at this time of year that we really see the community coming together to support people in need. This Christmas, we have Nicky at the forefront of our appeal. Nicky could be any child AnglicareSA has supported this year. There might be a Nicky in your child's class, or living down the road from you. We want to make Christmas bright for every Nicky in South Australia. You can read more about Nicky on the back page.

The story of Christmas, of Jesus being born in a stable, really is one of a family "for whom there was no place at the inn". That story is very familiar for many of AnglicareSA's clients for whom exclusion has become a way of life. Through generous donations from individuals, schools, businesses and the community we can all be there for people at Christmas and beyond.

At AnglicareSA we are there for everyone in need – even the people everyone else has given up on. Thank you for standing with us, standing with them.

*Peter Sandeman
Chief Executive Officer,
AnglicareSA*

“...Through generous donations from individuals, schools, businesses and the community we can all be there for people at Christmas and beyond...”

the **Supporter**

news and views about the work of AnglicareSA

18 King William Rd
North Adelaide, SA 5006
Phone 8305 9200
www.anglicaresa.com.au

Editor: Lauren Goulding
Contributors: Peter Sandeman,
Amy Noonan & Libby Blake
Printed on recycled paper
by The Bowden Group

ANGLICARE
SA



Bright futures

Darkened sensory rooms, ball pits, indoor swings – it’s a child care centre like no other in South Australia.

But while these things sound like fun, they’re actually vitally important for the development of children with autism.

Welcome to AnglicareSA’s Autism-Specific Early Learning and Care Centre at Daphne St, Prospect.

Last month the centre officially opened its \$2.1 million redevelopment, funded by the Federal Government’s Department of Social Services.

Centre Manager Sarah Ferguson says it means the centre is now perfectly suited to the therapeutic needs of children with autism.

“The biggest impairments for a child with autism are social functioning, communications and sensory deregulation – that means what you or I could filter out of our environment they find overwhelming,” Sarah says.

“I was very conscious of the lighting in our new centre because when standard fluoro lighting flickers it’s like a strobe light for them

– all day. They can also struggle with patterns, lines and textures – so the bright, vibrant atmosphere of mainstream child care can be detrimental for children with autism.”

There are bigger rooms and more space for the children, who have both child care staff and special therapists working with them.

The redesign also includes a special parents and carers’ room with a computer so they can “work from home” at the centre, grab a coffee with other families or relax with a book or DVD from the resource centre.

“With ASELC, parents can choose to work if they want to, or go out and have a coffee, have respite. AnglicareSA ASELC creates freedom for families to be able to have a life that’s not all about autism,” Sarah says.

AnglicareSA ASELC has space for up to 20 children with autism and up to 50 children attending the associated mainstream child care centre. There is a waiting list for the ASELC until January 2014.

For more information, phone 8269 8688.

“...ASELCC creates freedom for families to be able to have a life that’s not all about autism.”

You're Invited
The Archbishop's Gala Banquet
Friday 2nd May 2014 - 7pm
St Peters Cathedral, North Adelaide
\$250 per ticket - Tables of 10 available
For ticket sales contact Emma: eyeend@anglicaresa.com.au



Helping dads behind bars

They've committed no crime but still they must walk past the razor wire, be submitted to a search and sit on a chair bolted to the floor in a cold visiting room.

They are children whose fathers are in jail.

As part of Anglicare Australia's State of the Family Report, launched in October for Anti-Poverty Week, AnglicareSA's Robin Howard wrote about a parenting program she offered for men in Yatala prison.

In order to provide a male and female facilitator, Robin drew on two AnglicareSA programs which have a child and family focus – the KidsAreFirst program and Families in Focus. Both programs are funded by the Department of Families, Housing, Community Services, and Indigenous Affairs (FACHSIA), which is now the Federal Government's Department of Social Services.

KidsAreFirst works with separated parents and their children where the couple's high-level conflict includes and affects their children. Families in Focus provides counsellors who work with men who use violence and abuse in the relationships or face relationship difficulties and challenges

in raising children.

Robin says she focussed on the rights of the children.

"Children who have fathers in prison are often confused, sad, anxious and angry."

"They may not be able to speak to others about their fathers because of their embarrassment and fear of being judged and treated differently. Children who don't have contact with their imprisoned fathers can demonise or deify them, and can have feelings of abandonment and guilt that they somehow have been the cause of the imprisonment.

"A key outcome, for me, was for dads to understand their children's experiences and the importance of maintaining contact with them and I was clear the intended beneficiaries should be their children."

Robin says there were moments of real growth throughout the program and the men in the program also did a lot to support each other.

"Children can benefit, prisoners are less-likely to reoffend and the community is the winner in the long run."

"Children can benefit, prisoners are less-likely to reoffend and the community is the winner in the long run."

Stories of hope

AnglicareSA sponsored the My Hope Seniors Writing Competition at St Richard's Anglican Church, Lockleys.

Open to people aged 60 and older, they were encouraged to share the richness and experiences of a life as it is lived out. Entries included prose (short stories) and poetry. Pictured is the winner of the prose competition, Valerie Volk. The first prize winner of the poetry was Alice Palmer.



Light from dark

Together, they walked. They walked to remember someone they have lost. They walked together to know they are not alone.

It was AnglicareSA's Living Beyond Suicide "Walk Through The Darkness" event, an annual walk along the beach for people who have experienced suicide, their supporters and people working for suicide prevention.

Living Beyond Suicide project officer Janette McKinnon says the walk is a way for people to connect.

"The days, months and years following the death of a loved one by suicide can be a very confusing time. They may feel a sense of blame or guilt, they may feel rejected or abandoned, they may feel shame or anger. With the quiet walk as a group, it's easy to realise you're not alone," Janette says.

"Living Beyond Suicide works with families after someone they love has suicided. We support them through the grieving process and work to reduce negative outcomes, including copycat suicides.

"We also work towards reducing the stigma associated with suicide as this has a direct impact on the people we work with."

The most recent Australian Bureau of Statistics figures show there were 2361 deaths from suicide in Australia in 2010, the highest since 2001. Deaths in South Australia in 2010 were at a three-year high – 197 people suicided, up from 186 in 2009 and 175 in 2008.

Janette says each suicide may affect between six and 28 people. Using these guidelines, there are between 1182 and 5516 newly-bereaved South Australians each year.

There were two walks – one in Encounter Bay and walks leaving from West Beach and



Tennyson and meeting at Henley Square – and the approaching dawn is symbolic of hope, Janette says. Dawn heralds a new day – not the same as the day before it, but a new reality.

"Some people find it helpful to realise and acknowledge that their lives will never be the same again. One person described it as 'at some point, life will start to feel normal again – not the old normal, the new normal'. As every day is different, everyone's feelings are different."

As Christmas approaches, which can be a difficult time for anyone who is grieving, Janette says people who have been affected by suicide should plan ahead.

"Sometimes anticipation can be more difficult than the actual day. Perhaps you could place a favourite flower, plant, a candle or another object on the Christmas table and make a toast to the person who has died. There is no right or wrong way to do it."

Here to help

Living Beyond Suicide is part of the National Suicide Prevention Program which is funded by the Federal Department of Health.

For support or more information, contact Living Beyond Suicide from 10am to 10pm on **1300 761 193**. Families or people who feel under pressure can also call the Suicide Call Back Service on **1300 659 467**.

For urgent help, call Lifeline on **13 11 14**.

Jackie Howard
with AnglicareSA
Staff and residents

New resolutions

It's a time when families come together. But once all the food, fun and presents have happened, the Christmas and New Year period can also be a time for older people and their families to reassess.

AnglicareSA Active Living General Manager Jacqueline Howard says Christmas can be an opportunity to reflect on life and a time to talk with and observe older relatives.

"For an older person, it might be a time when they can talk with their loved ones about the challenges of managing on their own and, equally, it can provide an opportunity for families to broach this sensitive subject with their elderly relatives," Jackie says.

"For some families, it might have been a while since they've seen their elderly relatives and they may realise how frail they have become and that extra help may now be needed."

"Ageing, and all its highs and lows, is part of life – and AnglicareSA is there to help and support."

"We have a whole range of services to support people as they grow older, from support with

cleaning, shopping or medical and allied health appointments, or even registered nurse support at home right through to independent living units and high-care residential aged-care facilities," Jackie says.

New methods of funding will give older people choice and control over the services they receive and how those services are delivered. Known as Client Directed Care (CDC), the reforms transfer the care package to the customer themselves.

"Growing older is a fact of life, but no one says you can't continue to live life to the full. We respect and honour older people and are privileged to be able to encourage and assist them to appreciate a life lived and continue to live life to the full, whatever that means to them."

For more information about aged care generally visit the "My Aged Care" website www.myagedcare.gov.au or phone the national contact centre 1800 200 422.

To learn more about what AnglicareSA Active Living has to offer, contact the AnglicareSA switchboard who will direct your call 8305 9200.

Keys to the past

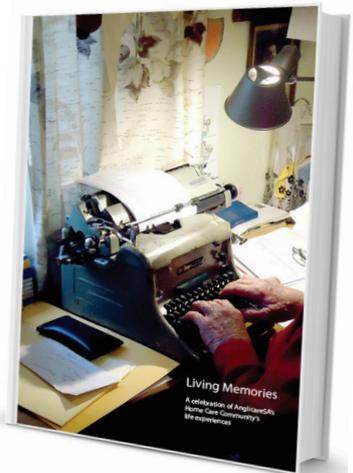
Tales of war-torn Europe, life in Australia, births, deaths and marriages – the rich tapestry of life is unveiled in a new book by AnglicareSA Home Care clients. *Living Memories*, launched on December 11, features the stories for 33 clients who receive support to continue living in their own homes.

AnglicareSA Home Care Senior Manager Susan Chessman says the book makes up part of South Australian history. "Living Memories tells of 33 ordinary people whose extraordinary stories reflect the past 80 years of South Australian history – all the highs and lows, joys and tragedies, progress and destruction," Susan says.

Featured in the book is the late Max Fatchen, a prominent South Australian Walkley Award-winning journalist who travelled the world while his heart remained in Angle Vale.

What all the book's authors share is support from AnglicareSA. During his interview, Max described that support as an expression of compassion. "What Anglicare expresses is compassion, care, a feeling of belonging and belief because Anglicare people believe in what they're doing," Max said. "And that is what Anglicare does. It illuminates lives that otherwise have no illumination."

To purchase a copy of *Living Memories*, for \$15 contact Anita McStay on 8305 9286.





Angels everywhere this Christmas

If only every child's smile could be this bright this Christmas.

Joshua, Niki and their class at Pedare Christian College have spent this year as AnglicareSA Angels, raising funds and awareness for our organisation.

Now they are organising donations for the annual AnglicareSA Christmas appeal to help other children for whom life is that much tougher as they hand over the halos to Trinity College, Gawler.

Nick Hatley, Head of Trinity College, says the school will use its milestone year to fundraise for AnglicareSA throughout the year.

"At Trinity our focus is developing positive and confident young men and women who are ready to change the world for the better – it starts at school and it starts with AnglicareSA," Nick says.

"We have always been committed to supporting the work of AnglicareSA but in 2014, our 30th year, Trinity students will be working extra-hard to help AnglicareSA help South Australians in need."

"We will be partnering with AnglicareSA to fundraise throughout the year and our students will be on hand to help at events and volunteer where possible."

AnglicareSA chief executive officer Peter Sandeman says Anglican schools have always provided vital support for AnglicareSA.

"We rely on students to make South Australia a better place. What they learn now will have an impact on the future of our state – and, judging by the

students' passion for social justice, it looks like our state will be in safe hands," Peter says.

Outside the school gates the entire SA community can make a difference this festive season by contributing to the AnglicareSA Christmas Appeal.

Tax-deductible cash donations not only help fund programs, they allow our staff and volunteers working in emergency assistance to save AnglicareSA money by buying in bulk and purchasing items which are in need.

Otherwise, non-perishable foodstuffs, toiletries and new toys are generous, useful and bring a lot of joy this Christmas.

Ideas for donations include:

- Food including pasta, rice, tinned foods, tea and coffee, cereals and long-life milk.
- Christmas "treats" including lollies, mince pies, Christmas puddings and biscuits.
- Toiletries including sunblock, deodorant, shampoo and conditioner, combs and nappies.

Donations can be dropped off at any AnglicareSA site, including head office at 18 King William Rd, North Adelaide or check www.anglicaresa.com. To make a financial donation or arrange collection, please contact Fundraising Coordinator Emma Yeend on 8305 9230.



She lost her precious trinkets when she had to change foster homes.



Her mummy lost her job and now the power has been cut off.



No one will pair up with him in class because his clothes are stinky.



There wasn't enough money to go on the school excursion so she missed out.



He just can't get used to living in a new country without his dad.

It's not easy being a kid sometimes. Home life isn't always about full tummies, warm beds, fun games or even clean clothes. In fact, life can be pretty tough.

Life has been tough for Nicky. You see, Nicky could be any child in a family AnglicareSA has supported this year. Nicky could be your neighbour's child. He could go to your kid's school. You might see her at the supermarket. Or, in the worst case, you might see Nicky at hospital.

A lot of kids have aspects of Nicky.

In an ideal world, Nicky wouldn't have a hard life. Nicky wouldn't worry about his parents. Nicky wouldn't worry about her little brother. Or whether Father Christmas will come this year.

In an ideal world, AnglicareSA would be able to support everyone who's doing it tough.

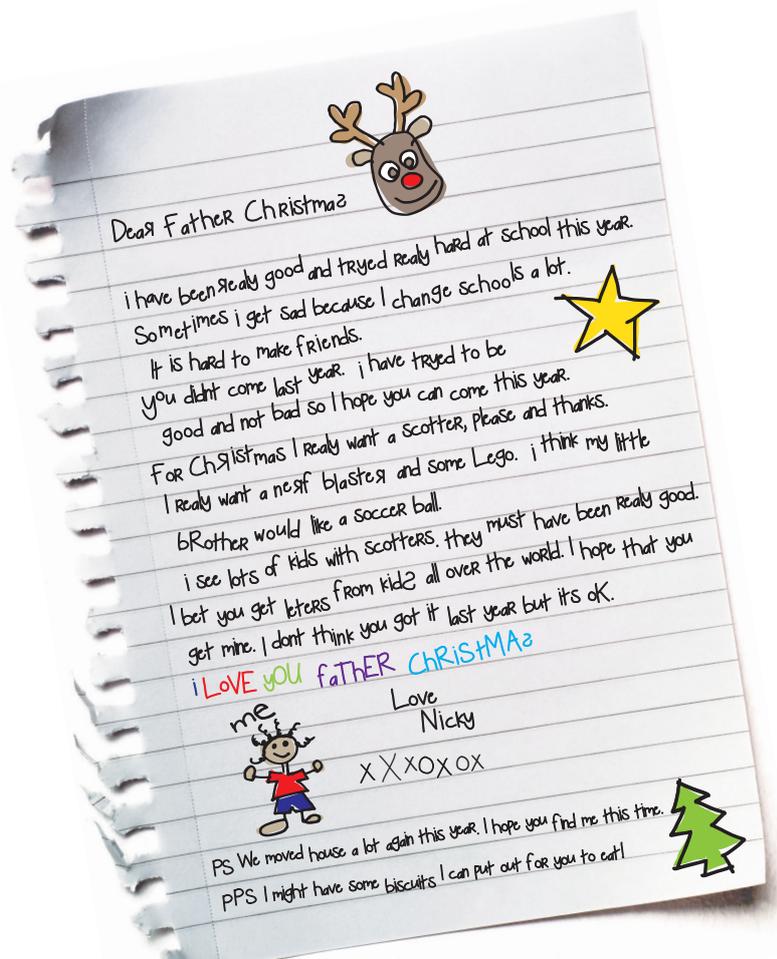
We can do a lot and we know we make a difference.

But we can do so much more. And we can only do it with your help. Join us.



Please help us make Christmas bright for Nicky and the families of South Australia.

anglicaresa.com.au



Dear Father Christmas

i have been really good and tryed really hard at school this year. Sometimes i get sad because i change schools a lot.

It is hard to make friends.

You didnt come last year. i have tryed to be good and not bad so i hope you can come this year.

For Christmas i really want a scotter, please and thanks. I really want a new blastex and some Lego. i think my little

brother would like a soccer ball.

i see lots of kids with scotters. they must have been really good. I bet you get letters from kids all over the world. I hope that you get mine. I dont think you got it last year but its ok.

i LOVE YOU FATHER CHRISTMAS



Love Nicky

X X O X O X

PS We moved house a lot again this year. I hope you find me this time. PPS I might have some biscuits I can put out for you to eat!