

Autumn 2019



A word from The Head of Out Of Home Care.

Welcome to the 2019 Autumn Edition of the CarerNews, I hope that you had a wonderful Christmas and New Year's period with your family and loved ones and have now settled back into your regular daily routines. During this period, AnglicareSA has been working on a number of key initiatives and projects as part of our continuous improvement plan ensuring we are best able to support the safety and wellbeing of children. Cont pg 2



Easter Twilight Picnic

Invitation to you and your family to join us at one or both of our Annual Twilight Picnics. See Page 3



AnglicareSA Foster Care Reference Group

Seeking Foster Carers of all care types and to apply for the Foster Care Reference Group. See Page 3



National Foster Care and Kinship Conference 2019

5th-7th September Scarborough Beach Rendezvous Hotel. Perth WA. See Page 4

A word from The Head of Out Of Home Care

Cont from front page

To ensure that AnglicareSA is best able to respond to the increase of children and families entering the statutory Child Protection System, AnglicareSA commissioned an external review of its Out of Home Care (OOHC) services which was undertaken by Ernst and Young (EY) during 2018. As part of the review process a number of focus groups were facilitated with our Foster Carers, Stakeholders and Internal Staff. The recommendations from the review undertaken included recommendations for AnglicareSA to review and refresh its service delivery model, policies, procedures and practices. To assist in this process a Project has been established, called the OOHC Child Centric Strategic Reform with a number of key activities scheduled to be undertaken over the following 12 months. A key focus of the Project will be to engage and seek feedback regarding the refreshed service model, policies, procedures and practice framework from our children, young people, Foster Carers and stakeholders. To assist in this process we are in the planning stages of establishing a Foster Care Reference Group and a number of Focus Groups.

One of AnglicareSA key areas of focus, over the past 18 months, has been the systems and programs relating to child protection with an increased focus on early intervention and prevention, particularly supporting those families at highest risk of entering the statutory child protection system. Given this, a new role has been developed titled Head of Child Protection Strategy and Growth. I would like to announce that Nicole Stasiak has been appointed and commenced within this role as of the 4th feb. In addition to her role as the Head of Child Protection Strategy and Growth, Nicole will also be taking on the Head of Out of Home Care role whilst I am on maternity, which commenced on 22 February 2019. I am looking forward to working closely with Nicole on my return to work later this year to ensure the best outcomes for our children, young people and families.

I would like to take this opportunity to wish you all the best for the following 6 – 8 months and thank you for opening your hearts, homes, family and community to children in need.

Take care, Nicole Ford

IT'S A GIRL

We are very pleased to announce that Nicole Ford has given birth to baby Georgia Marie Ford.

Georgia arrived Saturday 9th March at 6:38am! She weighed 7 pounds 3 (3290kg). Mum, Dad and big brother are all smitten and doing well.



Easter Twilight Picnic 2019

AnglicareSA invite you and your family to join us for dinner and children's activities

*Moments
That Matter*



You can attend any of these free dinner events

NORTH

Date: Friday 29th March

Time: 5-7pm

Venue: Stockade Botanical Park
Howard Street, Northfield

Bring: Chairs/picnic rug/table

RSVP: Kristina at krozek@anglicaresa.com.au
or phone 8209 6613 by 20th March

SOUTH

Date: Friday 5th April

Time: 5-7pm

Venue: Trott Park Neighbourhood Centre
34 Hessian Crescent, Trott Park

Bring: Picnic Rug

RSVP: Leanne at lfreestone@anglicaresa.com.au
or phone 8186 8923 by 27th March



AnglicareSA Foster Care Reference Group

AnglicareSA is seeking Foster Carers of all care types and length of care provision to join our Foster Care Reference Group.

Foster Care Reference group members are involved in consultation with the Management Team in Out of Home Care about key developments, projects and events in line with our program logic, business/ strategic plan and outcomes measurement.

Do You:

- Work with empathy, compassion and in a non-judgemental and respectful manner?
- Have the ability to use initiative and work within boundaries, procedures and guidelines?
- Have demonstrated connections and networks with other Foster Carers?
- Actively care for a child/children as an AnglicareSA carer?
- Have a genuine interest in improving AnglicareSA Foster Care Services?
- Have capacity to meet centrally approx. 4 x per year?

If so, please contact Sue Emanuel 8131 3400 or email semanuel@anglicaresa.com.au for a role description and an application form. Applications will need to be in by 12th April 2019. We look forward to reviewing the applications in preparation for our first formal meeting in May.

National Foster Care and Kinship Conference 2019

National Foster Care and Kinship Conference 2019

The 2019 National Foster Care and Kinship Care Conference is being held in Perth, Western Australia from the 5TH-7TH September (Thursday to Saturday). At the very luxurious location of The Scarborough Beach Rendezvous Hotel.

Once again AnglicareSA would be honoured to sponsor a small group of foster carers to attend this very informative and inspirational conference. If you are interested in attending the conference as an AnglicareSA Foster Carer we would be interested in hearing from you. Please email Sue Emanuel semanuel@anglicaresa.com.au by the 29th March 2019 and request a National Foster And Kinship Care Conference Nomination Form.

Once you have completed the nomination form please return it to Sue Emanuel by COB 19th April 2019. As per previous years a panel will then consider all nominations that we receive. If you have been successful in your nomination to attend the conference, we will notify you by the 1st May 2019 giving you plenty of time to plan your trip.

Thank you





Feedback -National Foster and Kinship Care Conference 2018 - Gold Coast

The 2018 National Foster Care and Kinship Care Conference, themed 'Make it Happen Make it Matter' reflected the very reason why we all work or provide a service in child protection and our responsibility to do the very best we can for our nation's most vulnerable children. Alex and Greg share their experience of the foster care conference

'Make It Happen, Make It Matter' was the title of the 2018 Foster Carers Queensland conference, the largest in Australia, where my husband and I were lucky enough to be immersed in an incredible learning experience for foster and kinship carers. It was a great opportunity to learn more about useful approaches to continue to care for our kids, find new resources to help us do that, make new connections with other carers, and to see our support workers in a different and more relaxed environment.

The conference opened and closed with great keynote presentations by some knowledgeable and inspirational speakers, and the rest of the weekend was filled with a broad range of workshops. The AnglicareSA contingent of carers and support workers in attendance meant that familiar faces would often pop up in workshops or between sessions, which lead to further conversations and exchanging of ideas and sharing's of what we had learned

One absolute standout for us was the workshop presented by Josh, who spoke about his experience of growing up in foster care as a transgendered child, trying to negotiate health, education and child protection systems that did not adequately understand or know how to manage his needs. He presented the workshop alongside his foster mother, detailing his eye-opening and at times frustrating journey of pioneering gender transition in the foster care system, and her efforts to advocate for him. There is a lot for anyone to learn from stories like this.

It was also a delight to feel like we immediately fit in amongst a collection of people, all bound by the same drive to be there for the children we care for. This conference provided an instant connection and understanding that we are not alone as we work to overcome our challenges as foster and kinship carers.

Alex and Greg Foster Care Family

Southern Foster Care Christmas Celebration

Once again our amazing foster Care families, their children and support staff attended Christmas lunch at the Watermark – Glenelg.

It was great to see so many smiling faces and children enjoying the time together. As usual Santa attended and was able to present the children with beautiful wooden toys generously donated to us by the Toy Boys.

A wonderful time was had by all and as always the Watermark delivered and delivered well. Providing a great venue for us all to get together and as always cooking and preparing some very delicious meals.

Thank you to all our families for attending and sharing such special moments with us all.

Ida Mandelos Coordinator OOHC South.



Coffee Mornings

Come and spend time with other families and Placement Support Workers

Noarlunga Coffee Mornings

McDonald's Party Room

Cnr Beach & Dyson Roads, Noarlunga

3rd Monday of every month at 10am

18th February | 18th March

15th April | 20th May

17th June | 15th July

19th August | 16th September

21st October | 18th November

Victor Harbor Lunches

Wednesday February 13th – McCracken Country Club at McCracken Drive, VICTOR HARBOR, 12.00pm

Tuesday March 12th – Goolwa Hotel at 7 Cadell Street, GOOLWA, 12.00pm

Wednesday April 10th – Nino's at 17 Albert Place, VICTOR HARBOR, 12.00pm

Tuesday May 14th – Hotel Crown at 2 Ocean Street, VICTOR HARBOR, 12.00pm

Wednesday June 19th – Middleton Tavern at 37 Goolwa Road, MIDDLETON, 12.00pm

Tuesday July 23rd – Encounter Bistro at 1 Albert Place, VICTOR HARBOR, 12.00pm

Being With..... Therapeutic Murmurs from the Fresh Start Team



What does “being with” mean? As Placement Support Workers we talk about this often, what it looks like, feels like, sounds like...for ourselves but also for the families we work with.

As human beings we have a strong need to try and “fix” problems, jumping in to offer solutions or provide alternative options to overcome a challenge. Even more so, we often jump in and focus on what is going well to distract someone from feelings of despair. ‘Being with’ is a way to allow a person to experience a feeling within a safe relationship without being talked out of it. Kent Hoffmann (2017) explains being with as “I’m here with you in this feeling...I’m willing to be with you in some of your experience...Whatever happens, we’ll find our way through it together”.

By not fixing the sadness or trying to push the emotion away, we allow ourselves and others to share and recognise the felt experience. This builds vital connections between two people; and is an essential part of establishing and maintaining a healing environment. There are a number of things that prevent us from being with. Often our own feelings and emotions are the biggest barrier. It may be that what we are hearing is very upsetting. For us as Placement Support Worker’s it is important at this time to remember that no matter how we feel, we are needed in that moment. Just as you as Foster Parents remind yourself, ‘no matter how I feel, my child needs me’.

As Placement Support Workers, we often feel a strong desire to try jump in and “fix” things when the families we support come across challenges. Just as we imagine you as Foster Parents want to jump in and offer solutions to fix challenges for your children. What we are all learning every day, is to sit in that space of often discomfort and difficulty. To listen, reflect and ensure our families are heard. We know this is often what our families need, and in many cases doing just this allows the solution to be identified naturally.

Within Circle of Security it states “It’s the relationship...that will build my child’s capacity to organise her/his feelings. My child’s problem may look like something that is being done on purpose. But at its root, it’s an issue of needing to reconnect and learning to handle difficult feelings in a safe and secure way”. This can relate to us as adults also. How we should consider our own troubles and worries. Having space to share concerns and difficulties with someone we trust is crucial. Maya Angelou highlighted “people will forget what you said, people will forget what you did, but people will never forget how you made them feel”.

Ultimately; ‘Being with’ encourages the children we support to gain a sense of emotional safety, connection and ability to manage life’s unpredictable ups and downs.

Hanna Dige and Emma Johnson Placement Support Workers, Fresh Start Therapeutic Program)

Aboriginal Practice and Support Worker



Hi I'm Taila Giles the Aboriginal Practice and Support Worker with the Central Foster Care team.

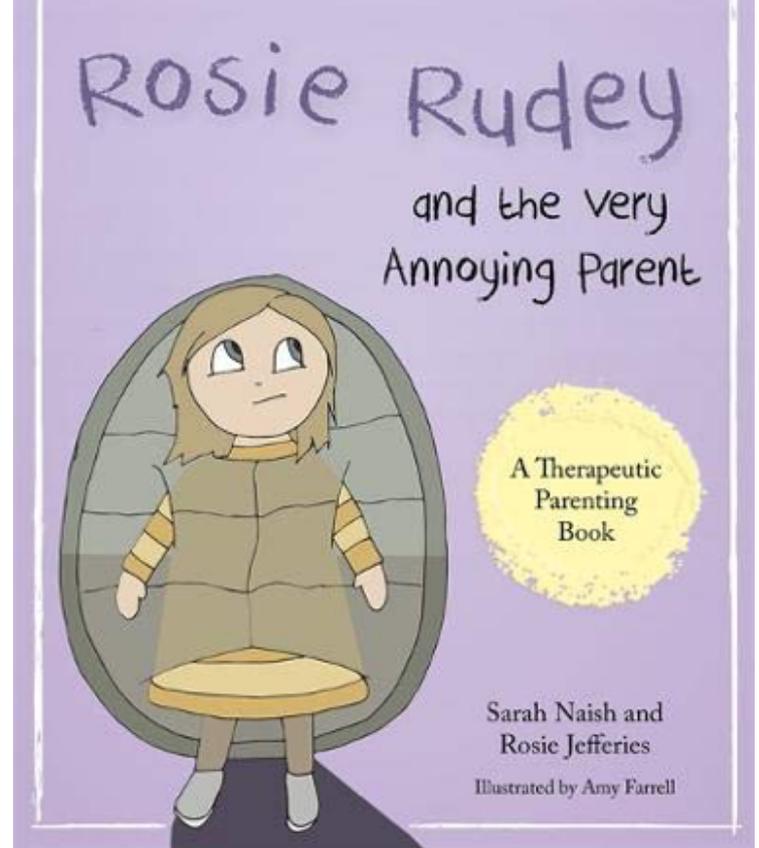
My ancestors are from Ooldea. Ooldea is a tiny settlement in South Australia on the eastern edge of the Nullarbor Plain, 863 km west of Port Augusta. Ooldea is 143 km from the bitumen Eyre Highway. My grandmother was the 3rd generation in my family to be forcibly removed from her mother and placed in an institution. I have been motivated to be involved in the Out of Home Care sector because of my family's history.

I am grateful for the opportunity to support AnglicareSA Foster Carers in the journey of cultural awareness and connection for Aboriginal children and young people in our care. I am looking forward to supporting and sharing in the continual learning journey to developing our collective understanding of the significance and importance of connection.

Below are some significant dates for Aboriginal and Torres Strait Islander Peoples' that you may want to explore and share the history of with your young people.

Significant dates for Aboriginal and Torres Strait Islander Peoples'

26th January – Survival Day
13th February – National Apology Day
21st March – Harmony Day
21st March – National Close the Gap Day
26th May – National Sorry Day
27th May – Anniversary of the 1967 Referendum
27th May – 3rd June – National Reconciliation Week
3rd June – Mabo Day



Book Review

Introducing: Rosie Rudey and the Very Annoying Parent: A story about a prickly child who is scared of getting close (Therapeutic Parenting Book)

"In my 11 years of fostering I have read many books, but these are different. They are people friendly but real - they are written by someone that has been through looking after traumatised children and who better to offer help, theories and guidance? Children respond to the characters and can express themselves through the books. I will be offering my copies to everyone that comes into my home to read.

- Foster Carer (name anonymous).

Sarah has written this book with her eldest daughter, Rosie Jefferies (now an adult reflecting on her time as a foster child).

These books are available in the AnglicareSA Foster Care Resource Library and can help foster parents and children to develop a shared language about behaviors that does not create a shame response in the child and also can help grandparents and babysitters to better understand a trauma-informed therapeutic parenting approach and why and how it works.

If you are interested in looking through a display book – or borrowing a copy for your family from our northern or southern Foster Care Resource Library – Please don't hesitate to speak to your Placement Support Worker.

Kylie Li and Carolyn Hill Placement Support Workers Southern and Northern Teams

Training Calendar

Trauma & Attachment

Claire Simmons

Thur 28th Mar, 6. – 9pm

Creche NOT available for this session

Refreshments provided

Three Pillars

Thur 21st & Fri 22nd March

AnglicareSA Western Hub

9.30 – 4.00 (both days)

Creche NOT available for this session

Refreshments provided

Sexual Predator Awareness

Carl Collins

Thursday 4th April, 9.30am – 12.30pm

AnglicareSA Playford

Onsite crèche available on request

Refreshments provided

Infant Care, Part A & Part B - North

Friday 17th May, 9.30am – 2.30pm

AnglicareSA Playford

Onsite crèche available on request

Refreshments provided

SAPOL - Cyber Safety

Friday 3rd May, 10.00am – 12.00pm

AnglicareSA Western Hub

Creche NOT available for this session

Refreshments provided

Super Sensory Workshop

Grace Frost

AnglicareSA Western Hub

Friday 7th June, 11.30am – 2.30pm

Therapeutic Crisis Intervention

Wed 12th, Fri 14th, Mon 17th & Fri 21st June

9.30 – 4.30 each day

AnglicareSA Western Hub

Lunch and light refreshments provided

To book into any session or enquire about others:

Email: fostercaretraining@anglicaresa.com.au

or call The Learning and Development team

8131 3461 or 8131 3451

or contact your support worker who can arrange to book you in.



Cooking with Kids

Baked Bean Pies

Makes 12 pies

Preparation time: 30 minutes

Cooking time 30 minutes

Ingredients:

24 slices wholegrain bread, crusts removed

400g can reduced-salt baked beans

¼ cup reduced-fat tasty cheese, grated

2 eggs, lightly beaten

½ cup reduced fat milk

Canola spray

Method:

Preheat oven to 200 C and lightly spray a 12 x1 non-stick muffin tin and line with a slice of bread. Divide the baked beans between the muffin molds and top each pie with a piece of bread cut to fit.

In a jug whisk together the eggs and milk. Slowly pour a little of the egg mixture over each pie. Set aside for a few minutes until all the egg mixture has been absorbed. Top with the grated cheese.

Bake in oven for 30 minutes or until the bread is crisp and golden.

Hint/Tip: Wrap and freeze pies and use as a quick snack or lunch box item.

Variation: use Spaghetti Bolognese mixture in place of beans to make a meat pie.

From Carolyn Hill Respite Placement
Support Worker Northern Foster Care

Stability in Family-Based Care Program

When a young person in care turns 18, the departmental authority will cease. This might mean they no longer want to live in their current family-based care placement - but a lot of the time, they do.

The Stability in Family-Based Care (SFBC) program helps support young people to achieve their potential with the opportunity to remain in their family-based care placement until they turn 21.

The program will provide primary family-based carers who continue to care for a young person after their Youth Court order or long term formal agreement expires on their 18th birthday with extended carer payments until the young person turns 21.

For further information visit: <https://www.childprotection.sa.gov.au/sites/default/files/sfbc-fact-sheet.pdf>



Refer a Friend to be a Foster Carer:

If you refer a friend to be a Foster Carer and they complete assessment and training process to be an approved Foster Carer, upon their approval Anglicare SA will give you a gift card to the value of \$100

Contact Linda Ward
8131 3456
fostercareenquires@anglicaresa.com.au
to ask for the refer a friend form

If you wish to receive a paper copy of the CarerNews please contact Tina Macpherson on 8131 3460 or email tmacpherson@anglicaresa.com.au

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