



Aboriginal Family Support Services Newsletter

January - February 2020

AFSS CS&W clients in Whyalla give back

AFSS Community Safety and Wellbeing clients painted some beautiful art works representing their personal learnings from the Seasons for Healing, Circle of Security and Healthy Homes, Resilient Families Modules.

The painting activity was introduced for the clients by Donna Carr and supported by Corey Slade at the final delivery of Routines and Rules in December. The clients used the painting as a meditative tool during the theory components of the program and even volunteered to take them home to ensure they were finished in time.

The clients then gifted the artwork to the staff and team at the Gabmididi Manoo Children and Family Centre, as a sincere thank you, for all the support provided to us on behalf of all of our AFSS clients and staff over the past two years.

Kellie Bails, the Gabmididi Manoo CFC Director was very appreciative and committed to mounting the artworks on the centre's reception walls to promote our mutual relationship and of course the concepts, skills, sharing and support enjoyed by community.



Community Safety and Wellbeing program facilitators and their clients with their artwork.

A message from the Chief Executive

It has been an exciting start to 2020; we started the year off by saying farewell to Tom Steeples, Senior Manager of Regional Services. He has done a wonderful job filling the position over the past 18 months. We wish him all the very best for the future. We also take this opportunity to welcome the new Senior Manager, Andrew Birtwistle-Smith, who will be commencing with us on March 30, 2020.



We also welcome a number of new staff across regional and metro services. As we continue to expand our service footprint, there will be a growing need to recruit staff from within local areas. I look forward to working with them throughout this coming year.

I would like to take this opportunity to thank all of AFSS staff and supporters for their work and commitment throughout the past year. 2019 was a year of growth, in all areas of our service, and I would like to acknowledge their respectful engagement and professionalism.

One of the new areas of growth has been the AFSS Reconnect Program that will soon be under way in the metro area. This is a community based early intervention program for young people aged 12 to 18 who are homeless or at risk of being homeless. It is focused on strengthening family relationships as well as well as encouraging young people to participate in education or employment opportunities.

As an ACCO, we once again participated in the Annual Apology Day community event, which was held at Veale Gardens on February 13 this year. The event has proven to be another success, and is a great day to reflect on our ongoing recognition towards reconciliation.

*Sharron Williams
Chief Executive*



www.afss.com.au

Apology Day - Community Event

The morning started bright and early at 6.30 am at the Convention Centre, for the Apology Day Breakfast. It was a lovely meal, with great entertainment. We then headed on our way back to the car at 8.30 for the next part of the day - to set up for the Apology Day event, which was held at Veale Gardens, from 10am – 2.00pm.

On February 13, in 2008, Prime Minister Kevin Rudd made a formal apology to Australia's Indigenous people, particularly to the Stolen Generations whose lives had been affected by past government policies. It not only marks this important and reconciling event in our Nation's history, but also reminds us that without ongoing recognition, the healing journey for the survivors of the Stolen Generations cannot continue. The Theme for the 2020 was 'Our Healing Journey Continues'. Lots of community stalls offered information, give-aways, balloon twisting, hand massage, seated massage, face painting, basket weaving and much more. It was a great day for all.



bits n pieces

tips and info for foster carers

Are you fire safe in the home? Here is a simple safety checklist which is recommended by Australian fire services.

- Installing an adequate number of suitable smoke alarms and testing them regularly is the first step in your home fire safety plan.
- Having a written escape plan in case of fire and practicing it regularly.
- Make sure keys to all locked doors are readily accessible in case you need to escape.
- Never leave cooking or any other open flame including candles or oil burners unattended.
- Clean the lint filter of your clothes dryer each and every time you use it.
- Never smoke in bed and take extra care if consuming alcohol whilst smoking.
- In Winter take extra care when using heaters, electric blankets or open fires.
- Don't overload power points and switch off appliances when not in use.
- Always keep lighters and matches away from children and educate them that they are "tools not toys" to only be used by responsible adults.
- If you have a garage or shed remember to take extra care with any stored chemicals and fuels and always refuel mowers, edgers etc when they are cold and in the open.
- If you have a gas, electric or wood BBQ always check that it is in safe working order before lighting and that it is always in the care of a responsible adult when in use.
- If you live in a bushfire prone area keep the ground around your home clear of leaves and other litter and remember to clean your gutters regularly.
- Install non-slip matting around the stove and sink area. If cooking oil catches fire, turn off the hotplate and slide the lid over the pan or use the fire blanket to smother the fire.
- If a kitchen fire occurs and you don't feel confident you can put it out, switch off the appliance, leave the premises and call the fire service on Triple Zero (000) from a safe place.
- Ensure that all cooking appliances are turned off after use.
- Don't leave your cooking unattended. If you must leave the kitchen whilst cooking, turn off the hotplate.
- Don't wear clothes with loose fitting sleeves.
- Don't keep your tea towels, oven mitts and other flammable items near the stove or cook-top.
- Don't use water to put out fat and oil fires. Water can cause the fire to spread rapidly and cause horrific burns.
- Don't carry pans of hot or burning oil through the house as this may spread the fire and cause serious injury.

Is my kitchen fire safe?

Australian fire services recommend this simple safety checklist:

- Keep children away from hotplates and ovens whilst cooking and consider installing a stove guard.
- Heat cooking oil carefully and slowly in the right size saucepan to avoid fat splatters.
- Turn pot and pan handles inwards so they won't be knocked over.
- Clean your stove grill after each use and clean the range hood filter and all kitchen appliances regularly.
- Install a fire extinguisher and fire blanket in the kitchen and know how to use them. They should be situated at least 1 metre away from the stove, between the stove and the nearest exit.





Birthday in Ceduna

Recently a child in care at one of AFSS Ceduna residential homes celebrated his third Birthday. A very talented staff member volunteered to make the Birthday cake. What an amazing job she did. Thank you so much. The Birthday boy loved the cake and his eyes lit up when it was presented. He is still playing with the toys that were on top of the cake.



Around The Houses



Foster Carer Graduation

AFSS Port Lincoln are very proud of foster carer Marlene Wilson who has just graduated from The University of South Australia's Aboriginal Pathway Program. Marlene is the 11th graduate of the program and will be moving on to study a Bachelor of Arts, Aboriginal Studies.

What's on at the Fringe in March...



Malka Wira Wira Aboriginal art exhibition

VISUAL ARTS AND DESIGN
TIMES: 10:00 am
DATES: 27 Feb - 15 Mar
VENUE: Red Poles
190 McMurfire Rd McLaren Vale



Kurruru Contemporary Indigenous Dance Masterclass

WORKSHOPS & TALKS
TIMES: 10:00 am
DATES: 7 March
VENUE: Ngunyawayiti Space
Tandanya Theatre



(MIS)CONCEIVE DANCE

TIMES: 7:00 pm
DATES: 5 - 14 March
VENUE: Ngunyawayiti Space
Tandanya Theatre



The Garden Sessions

MUSIC
TIMES: 10:00 am - 10 pm daily
DATES: 15 Feb - 15 Mar
VENUE: Garden of Unearthly Delights



Tandanya

VISUAL ARTS & DESIGN
TIMES: 10:00 am, 2:00 pm
DATES: 26 Feb - 15 Mar
VENUE: Tandanya



Yabarra - Dreaming In Light

ART - LIGHT SHOW
TIMES: 10:00 am - 10 pm daily
DATES: 15 Feb - 15 Mar
VENUE: Tandanya



I Dont Want to Play House

THEATRE
TIMES: 2:00 pm, 8:15 pm
DATES: 13 Feb - 14 Mar
VENUE: Ngunyawayiti Space
Tandanya Theatre



Fringe Walk

EVENTS
TIMES: 10:00 am - 10 pm daily
DATES: 15 Feb - 15 Mar
VENUE: North Terrace



Current and new staff updates



Sophie Bishop, Human Resources Administrator, Corporate Services.

Hi, my name is Sophie Bishop, I am the new HR/Payroll Administrator. I have recently moved to Adelaide from Millicent in the South East after working at ANZ for the past 2 years. As much as I loved my previous role, I knew it was important for me to branch out and make the move. I'm currently living in a share house with 2 of my closest friends who are also from the south east. The hardest part about my move was leaving my family as I am a family orientated person, growing up with one sister.

My favourite things to do are attend music festivals, making trips home to visit my family and friends, going on spontaneous trips and finding new and fun activities to do. I am very lucky to have been given this opportunity and I look forward learning what my role has to offer. I'm excited to meet you all.



Rebecca Hansch, Foster Care Services, Murray Bridge.

Hello Everyone, I'd like to take this opportunity to say a massive thank you for making me feel welcome. I have recently accepted the position of an Assessment Officer at Murray Bridge, in Foster Care Services.

I'm really excited to work in this role because it gives me the opportunity to support AFSS' amazing foster carers and indirectly contribute to positive outcomes for Aboriginal children.

I grew up in Adelaide, have a degree in Social Work and I have moved between case-work and leadership roles within the Government and NGO's.

My career has helped me see different parts of our wonderful country across South Australia as well as far North Queensland, Victoria and Darwin.

Most of my roles have been in health services and I have worked a couple of short stints in DCP.

I have also travelled overseas.

I decided to return to SA about 10 years ago, to be closer to family.

I am blessed to live in Ngarrindjeri country and love observing the landscape and nature.

I have a dog and 3 horses.

I follow the "horsemanship philosophy" of the Dorrance's, Ray Hunt and Buck Brannaman. Recently, I achieved my only "bucket list" item - to ride, and learn from, my "horse hero", Buck Brannaman, in Australia.

I look forward to working with you all and contributing to the fantastic work everyone does in AFSS.



Allison Cunningham, Case Worker, Port Lincoln.

My name is Allison and I am the new Case Worker for Stronger Families, Port Lincoln. I'm from Elliston and have lived in Port Lincoln throughout my schooling and spent most of my adult life living in Adelaide. I especially enjoy being on the West Coast, and being outdoors and exploring the coastline. I am in my fifth and final year of a combined degree of a Bachelor of Social Work and a Bachelor of Arts (Aboriginal Cultures and Australian Society). I am excited to be joining AFSS and to be back in the community. I am hopeful that this role will give me a great foundation of skills and experience that will complement my studies and kick start my future career as a Social Worker.



Nicole Barber , TIS Case Worker, Berri.

Hi my name is Nicole Barber (but I prefer to be called Nic). I was born in Kwinana and was the first Australian born child to my parents. I have one younger brother and have 3 adult sons, and last year I was blessed with my first 2 grandchildren – a gorgeous baby girl followed by an adorable baby boy, 4 months later. I have a little yellow canary and 3 dogs that live with me to keep me company, not to mention very busy!

As a child my parents, 4 siblings, my dog, 2 cats, 7 birds, a rabbit and a kangaroo lived in a mobile home and moved wherever the road took us. Our childhood was a busy one – often doing our school lessons on the side of the road, or as we travelled. We spent time living on the mission in Carnarvon, where we were welcomed and treated like family by the Aboriginal people. Eventually when Dad got “itchy” feet again, we headed to South Australia and found the Riverland and made our home in Renmark, then later moving to Barmera. I attended University to study

Parks and Wildlife after completing high school but ended up having my 3 children by the age of 23. I took some time out to raise them and then began my work in Community Services, where I have stayed for the past 17 – 18 years. Here I have gained experience doing financial counselling, crisis intervention, homelessness and youth work. I am really excited to have been given the opportunity to work for Aboriginal Family Support Services, and to work along side Aboriginal families to achieve positive outcomes.

Farewell Tom Steeples

Tom has been working with AFSS for the last 18 months as Senior Manager of Regional Services. He has decided to dedicate his time on completing the thesis on Youth Homelessness for his PHD in Philosophy. Tom has done some excellent things during his time working with AFSS. He is known for his strong passion for the environment and chaired the AFSS Green Team (which has made a great impact on the food waste process here at head office). We will miss his professional and jovial nature and wish him all the very best in becoming Dr. Tom Steeples!



FOSTER CARERS URGENTLY WANTED!



Aboriginal Family Support Services is looking for foster carers who are committed to providing safe and culturally appropriate homes for children.

Please Contact

Adelaide: Peter Dyer
peter.dyer@afss.com.au
8205 1500

Ceduna: Michelle Naylor
michelle.naylor@afss.com.au
8625 3466

Coober Pedy: Amanda Zelenko
amanda.zelenko@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

AFSS Reconnect Program



AFSS Reconnect Program is a community based early intervention program for young people aged 12 to 18 who are homeless or at risk of being homeless. The program works with young people and their families to strengthen relationships, improve the well-being of children and young people, reduce the costs of family breakdown and strengthen family, community and cultural connections and relationships.

AFSS Reconnect Youth Workers provide an early intervention case management service to young people between the ages of 12 and 18. There is a focus on ensuring young people are engaged with peers, family and community, participating in schooling, training and education or employment, developing independence and resilience and build their sense of self worth and wellbeing.

Experienced Youth Workers support young Aboriginal people to develop and implement their case plans that set out their own clear and achievable goals, involving their family where possible and appropriate.

Leveraging AFSS' existing networks in the youth and homelessness sector, Reconnect Youth Workers assist young people to secure or maintain stable accommodation

through networking and advocacy and where possible and appropriate, through reconnection to their families and communities.

Reconnect also engages young Aboriginal people in existing AFSS' programs with a focus on life skills including health and wellbeing, budgeting, cooking skills and independent living skills. There is also a focus on social events where clients' families can be invited in group settings to help family reconnection in a safe space.

Reconnect Youth Workers work with young Aboriginal people to achieve their educational and career aspirations, linking young people into appropriate education and employment pathways. It also supports young Aboriginal people to be job ready through participation in programs that build esteem and confidence.

Young Aboriginal people involved in the Reconnect Service will be linked to a broad range of social, cultural and sporting experiences including the annual Aboriginal Sports Carnival, NAIDOC and Reconciliation Week and with Aboriginal local cultural agencies including Tandanya, the Zebra Finch Aboriginal Men's Group, Neporendi and Marra Dreaming. Young Aboriginal people can



Aboriginal Family Support Services

Reconnect Program



Together with the community

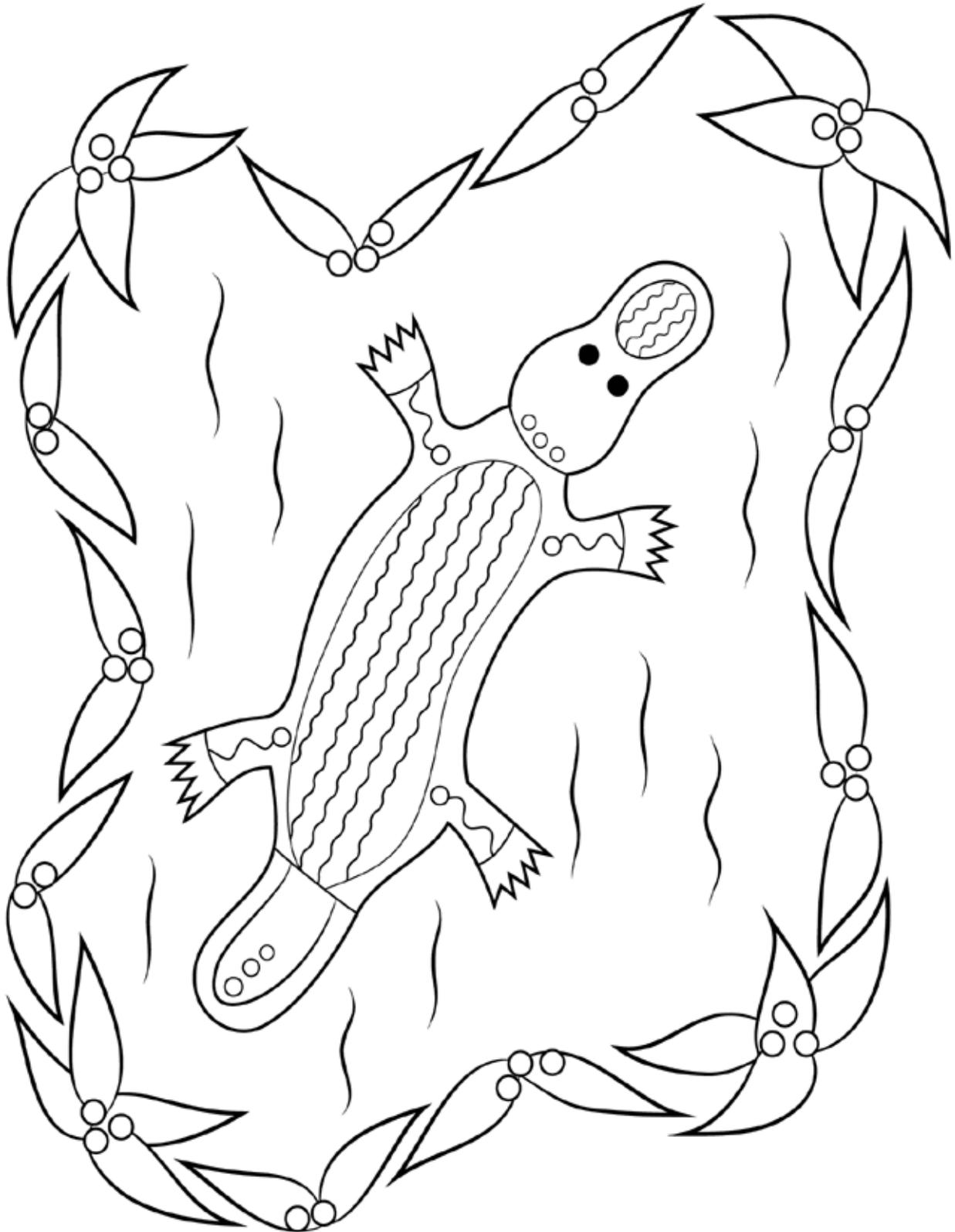
participate in workshops such as art, basket weaving, artefact making and dance to strengthen cultural and community links and enhance cultural identities.

Supported by the Australian Government's Department of Social Services



Arts and Crafts at Marra Dreaming

Just for KIDS



Problem Gambling Myths and Facts

Myth: You have to gamble every day to be a gambler

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 or their loved ones.

Myth: Children are not affected by problem gamblers:

Children will often pick up on the stress and tension. They will also be affected if there is no money for things like food or school items. Children have been shown to be at higher risk of developing self harm behaviours, drug and alcohol abuse, eating disorders, depression.

Myth: Problem gamblers gamble at every opportunity

Most gamblers have a favourite form of gambling. Some gamblers have secondary forms of gambling, e.g. pokies and scratchies (secondary).

Myth: If the gambler can afford it, it's okay

Problems caused by excessive gambling are not just financial. Too much time and resources spent on gambling mean less time and resources for family and friends. It can lead to relationship breakdowns. Commitments to cultural obligations may also suffer

as a consequence of problem gambling. This can create shame and guilt for the gambler and their family.

Aboriginal Elders may be more vulnerable to problem gambling as they are expected to participate in social events and often are too shame to look for help.

Myth: Money problems from gambling cause relationship breakdowns

Money problems do play a significant part in ending relationships. However, many non-gambling people will say the lies, distrust and betrayals are the biggest cause.

Myth: Partners and family often drive people to gamble

Problem gamblers are clever at finding ways to justify their gambling. Blaming others is a way to avoid taking responsibility for actions, including actions needed to overcome the gambling problems.

Myth: If a problem gambler builds up a debt, help them get out of it as soon as possible

Quick fix solutions are often attractive to everyone involved and may appear to be the right thing to do. However bailing the gambler out of debt may actually make matters worse by helping

gambling problems to continue. It won't change the patterns of behaviour or underlying gambling issues.

Myth: Problem gamblers are irresponsible people

Many problem gamblers are very successful. Often people who are in a gambling state or have relapsed may be unable to manage their situation and feel shame and guilt, so their behaviour seems irresponsible or even irrational.

Myth: Problem gamblers are irresponsible people

Parents can feel responsible for their son or daughter's gambling problem. They can feel hurt and guilt, but they are not to blame.

Myth: Problem gambling is easy to recognise

Problem gambling can be much harder to recognise than drug or alcohol addiction. Many gamblers do not realise they have a gambling problem until they are in serious financial debt and other areas of their life are in trouble. They are often in self denial.



Want to know more or get some help?

Contact AFSS Gambling Help Service on 8205 1500

This information sheet was produced using: Chris Losinger Gambling Problems and Myths



Redress Support Service

All about Aboriginal Culture

What is the National Redress Scheme?

The National Redress Scheme has been created in response to recommendations by the Royal Commission into Institutional Responses to Child Sexual Abuse. The Royal Commission listened to thousands of people about the abuse they experienced as children. The abuse happened in orphanages, Children's Homes, schools, churches and other religious organisations, sports clubs, hospitals, foster care and other institutions.

The National Redress Scheme:

- acknowledges that many children were sexually abused in Australian institutions
- recognises the suffering they endured because of this abuse
- holds institutions accountable for this abuse, and
- helps people who have experienced institutional child sexual abuse gain access to counselling, a direct personal response, and a Redress payment.

The achievements of the Royal Commission into Institutional Responses to Child Sexual Abuse are a tribute to the victims and survivors, their families and supporters. Their courage has helped create a culture of accountability and of trust in children's voices that help all of us take responsibility for keeping children safe and well.

What we do

The Redress Support Service (RSS) provides support, counselling and limited case management to those considering applying to the National Redress Scheme (NRS). Our service is committed to providing individualised, non-judgemental, respectful, confidential and culturally appropriate support in a safe environment.

The Redress Support Service is a free service.

We can support you to:

- Gain an understanding of the National Redress Scheme
- Explore your options in regard to Redress or civil claims
- Access State Care records & provide supported release of information
- Attend therapeutic & social groups
- Connect with related services that can provide broader support.

You can apply to the NRS if:

You experienced sexual abuse when you were a child (under 18 years of age) and

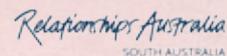
- The abuse happened before 1 July 2018, and
- An institution was responsible for bringing you into contact with the person who abused you
- You were born before 30 June 2010
- You are an Australian citizen or permanent resident.

Referral to the Redress Support Service:

Referrals may be made by individuals themselves to the RSS, or referred through professional, social or community services

Referrals by individuals: Please contact the Redress Support Service on 1800 998 187

Referrals by service providers: An agency Redress Support Service specific online referral form is available at www.elmplace.org.au



The Redress Support Service acknowledges the Traditional Owners of country throughout South Australia and recognise their continuing connection to land, waters and culture. We pay our respects to Elders past, present and emerging.

Redress Support Services is provided by Relationships Australia South Australia Ltd and funded by the Australian Government Department of Social Services
August 2019





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
Murray Bridge, SA 5253
Phone: (08) 8532 1790

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

'With Love Formal Wear' Dressing our Kids in Care

'With Love' formal wear is a non-profit charity organisation that dresses Young People in Care at no cost for Year 12 Formals and Year 7 Graduations.

They work closely with the Department of Child Protection and the Office of the Guardian for Children and Young People

Our Mission

- To provide formal wear and accessories at no cost to Young People in Care
- To follow the principle that it takes a village to raise a child
- To give young people the opportunity to dress up, look beautiful and feel special
- To boost young people's self-esteem, confidence and self-worth
- To develop a sense of community that leaves both the donator and recipient feeling empowered

We invite you to direct any young People in Care and their carers to our facebook page:

www.facebook.com/withloveformalwear/

Or alternatively email joss@withloveformalwear.com if you would like further assistance.

If you identify any vulnerable young people who you feel may also benefit from 'With Love Formal Wear' please refer them to our Pop-Up Boutique for assistance.

We are proudly in partnership with Para Hills Community Hub (22 Wilkinson Road Para Hills). We Will host Pop-up Boutiques each school holidays.

Term 1 - Thursday April 16 from 2-7 pm & Saturday 18 April 10-1pm

Term 2 - Thursday July 9 from 2-7 pm & Saturday 11 July 10-1pm

Term 3 - Thursday Oct 1 from 2-7 pm & Saturday 18 Oct 10-1pm

We also have a 2 hour makeup workshop with Anthony Adams:

Friday April 17 11-1pm

Friday 10 July 11-1pm

Friday 2nd Oct 11-1pm

