

# CARER CONNECT



*Supporting and strengthening families so children can reach their full potential.*

## SHARING. CARING. CONNECTING.

## IN THIS ISSUE

Welcome to the new look 'Althea Projects - Shared Family Care Newsletter' - The quarterly **Carer Connect**.

After listening to our carers, we have updated our newsletter, and will begin its distribution on a quarterly basis from August 2015.

We would like to take this opportunity to invite all carers to feel free to contribute information that can be included.

Thank you for your support and dedication to Foster Care.

We look forward to keeping in touch through Carer Connect.

**W**e would like to take this opportunity to invite all carers and carer supports to feel free to contribute information that can be shared with other carers, this is the most valuable and useful of information— CEO, Mandy Thompson

Foster Care Recruitment Page 2

Health and Wellbeing Page 3

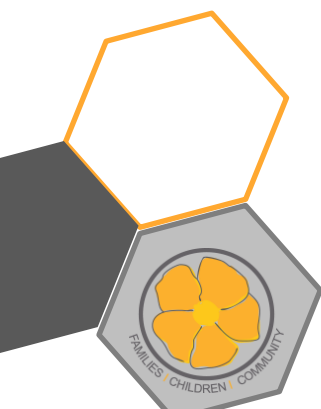
Cultural Connect Page 4

Events Page 5

Training Page 7

Kids Corner Page 8

Child Safety News Page 8



Please send your contributions to [admin@altheaprojects.org.au](mailto:admin@altheaprojects.org.au)

# Is there room in your life for one more - Foster a Child today

*Do you know someone that would make a great foster carer? If so, get them to call today!*

Enquiries can be made by contacting Shared Family Care on (07) 47 793 332 or email [admin@altheaprojects.org.au](mailto:admin@altheaprojects.org.au)

FACT - WE NEED MORE CARERS

## 900 children.

As at 30 June 2014, there were 900 children from the North Queensland region placed in out-of-home care.

## Recruitment Events

UPCOMING RECRUITMENT EVENTS

In September, the Shared Family Care team will focus on a recruitment campaign within the Stockland and Kmart Shopping Centers in Aitkenvale. Staff will engage the interests of families within the community 3 days per week over the period of 8 weeks.

So if you're out and about be sure to come and say hi!



Recruitment is always front of mind for our team.

So when an opportunity for a little bit of impromptu publicity arose in May, it was grabbed with both hands.

When a little birdie spotted a nationally shown rugby league program filming across the road at Central's Rugby League Club.

The never shy Ana made her way over for a photo session with two former NRL stars Gordon Tallis and Steve Menzies (pictured above) before sending them back to Sydney with a flyer promoting Foster Care to mention on the show.



Commencing on the 6-Aug-2015, Shared Family Care will be playing our new foster care recruitment advertisement during every movie at Event Cinemas and Birch Carol and Coyle in the Townsville City area for the next 12 months!

Check out our Facebook page for a preview of the advertisement and while you're there be sure to 'like' our page. Keep the support coming!

[www.facebook.com/AltheaProjects](http://www.facebook.com/AltheaProjects)

A Community Corner was held at the Cowboys home game against Manly on the 30 May 2015 with a huge turn out and success.

It was a great event for all involved and a nice opportunity to meet and greet the public, spreading the word about Althea and foster care.



# Health and Wellbeing

KEEPING HEALTHY THIS WINTER SEASON

The one predictable thing about the flu, is that it is unpredictable!

Commonly known as 'the flu', influenza is a highly contagious disease that can be serious, debilitating and affect the whole body. The flu is caused by a particular group of RNA viruses and is spread by infected people coughing or sneezing as well as from surfaces contaminated by respiratory secretions. So it's easy to catch and spread and hard to avoid.

The flu is an ever mutating bug that can leave you feeling like you've just been run over by a bus. Don't get it confused with the common cold, which is much less severe – when you have the flu you will know it.

Seasonal influenza can be fatal to people in high-risk groups

**“Influenza is highly contagious and can be spread for up to a day before symptoms appear and for five days afterwards” -**  
flusmart.org.au

The flu vaccine helps prevent us from getting the flu each season. It contains dead, broken-up bits of flu viruses that are expected to circulate during the upcoming season. Once injected into our arms, the pieces of dead virus stimulate our body's immune response to produce antibodies, which act as a defense that can rapidly swing into action when a live flu virus infects our nose and throat. Because the viruses in the vaccine are dead, they can't give us flu.

So, if you or a loved one fall within the high-risk groups described below, getting the vaccine remains the most effective way to avoid the inconvenience and potentially severe health risks of the flu – and passing it on. Protect you and your loved ones this flu season.

## Facts on the Flu

### 65 + years

Anyone aged 65 or over should get the flu shot.

### High Risk

Aboriginal or Torres Strait Islander people aged 15 years or over or children aged between 6 months to five years.

Pregnant women.

Anyone with medical conditions that can lead to severe influenza, including people with heart disease, severe asthma and diabetes.




Fit, healthy children cannot always fit off a flu.

## Do I have flu symptoms?

- ✓ **Fever (often high)**
- ✓ **Chills**
- ✓ **Severe cough**
- ✓ **Headaches**
- ✓ **Muscle aches and pains**
- ✓ **Sore throat**
- ✓ **Children's symptoms made include nausea, vomiting and diarrhea**

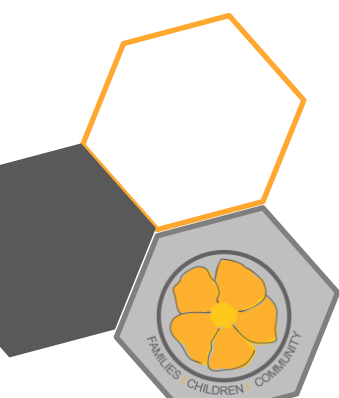
If you don't have the high fever but you are suffering from the others you are likely to be experiencing an unpleasant cold, rather than the flu. It's common for Australian adults to contract a nasty cold two or three times a year, children get far more colds than adults.

## Reduce your risk of catching the flu

-  **Get vaccinated!**  
Vaccination is the single most effective way of protecting yourself against the flu.
-  **Hand washing and personal hygiene.** To assist in stopping the spread of the virus.
-  **Where possible, avoid crowds during the flu season**

FOR MORE INFORMATION

Be sure to contact your local GP.





# Cultural Connect

RECONCILIATION ACTION PLAN 2015

In late 2015, Althea Projects Inc. will be launching the organisation's first Reconciliation Action Plan. The RAP will enshrine a whole-of-organisation approach to Reconciliation. It will reflect our belief that **Indigenous business, as the saying goes, is everyone's business.**

The organisation is focused and committed to incorporating Indigenous perspectives into our practice, embracing the knowledge and culture of Australia's first peoples. Our RAP will aim to affirm the positive steps Althea continues to take in advancing Indigenous opportunities and employment outcomes, and commits to maintaining our organisation as a culturally safe, respectful and equitable environment. Let's take a moment to consider the true meaning of Reconciliation:

An honest and critical understanding of Australia's shared history, and how it has informed the lives of Aboriginal and Torres Strait Islander people and other Australians today.

Other Australians and Aboriginal and Torres Strait Islander peoples building and preserving mutual, positive, and respectful relationships.

Optimising on these relationships to work together on closing the gap and to achieve a shared sense of fairness and justice as a foundation for success and to enhance our national wellbeing.

## Celebrating Aboriginal & Torres Strait Islander Culture

NAIDOC WEEK 2015

The Shared Family Care team joined forces with TAIHS Kinship and Foster Service to hold a NAIDOC event with this year's theme being



**We all Stand on Sacred Ground:**

Learn, Respect & Celebrate

5 - 12 JULY 2015

Local facilitators from the Cultural Centre provided children and their carers an opportunity to get up close and personal with boomerang painting, an interactive dance workshop, artifacts and weapons display and to hear local dreamtime stories.

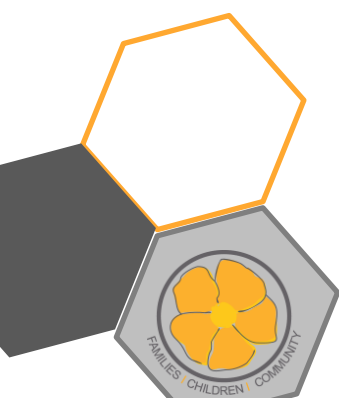
The event was hugely successful with a great turn out on the day.

Check out our pictures from the day!



### FOR MORE INFORMATION

We always welcome suggestions and ideas on how best to celebrate the culture of Aboriginal and Torres Strait Islander children. Contact us today!



# Events




WITHIN THE ORGANISATION & COMMUNITY


















What's happening at Shared Family Care?



## September/October School Holidays 2015

Stuck with ideas on how to entertain the children during the September/October school holidays? Check out some ideas we have put together to help you.

-  Invite a friend over to play
-  Check out Reef HQ with your membership card
-  Have a theme day. This may be butterflies, pirates, princesses, fairies, dinosaurs or a particular colour.

-  Visit Jezzine Barracks
-  Have a picnic
-  Visit Lollypops
-  Go to the movies
-  Visit the beach
-  Check to see what's on at the library
-  Visit the park or a playground
-  Visit the Museum
-  Check out the Cultural Centre
-  Go ten pin bowling
-  Go fishing
-  Go swimming, visit the water park
-  Visit Billabong Sanctuary
-  Get your jump on at Launch Zone
-  Catch a big one at the Barra Farm
-  Check out what's on at your local PCYC
-  Take a trip to Magnetic Island

## Events within the Community

### Seniors week luncheon

Fri 21 Aug / 10:30am / Reid Park

### Overcoming problems course

Wed 26 Aug / 7:00pm / Atkinson House,  
145 Stanley Street, Townsville

### Cootharinga's walk with me event

Fri 11 Sept / 4:00pm / The Strand

### Aboriginal and Torres Strait Youth Fitness and Mentoring Program

Tues 18 Aug / 3pm / 1/31 Geaney Ln,  
Deeragun

### Townsville cultural festival

Wed 19 to Sun 23 Aug / Jezzine Park,  
Kissing Point

### North QLD Babies & Kids Market

Sat 22 Aug / 8:30am to 12:30pm /  
Emmaus Hall, Ryan Catholic College

### Riverway movie night

Fri 28 Aug / 6pm & 7:30pm / Riverway,  
Thuringowa

Fri 18 Sep / 6:30pm / Riverway,  
Thuringowa

### Cyclone day

Sun 1 Nov / 9am to 12pm / The Strand

### Thuringowa remembrance day

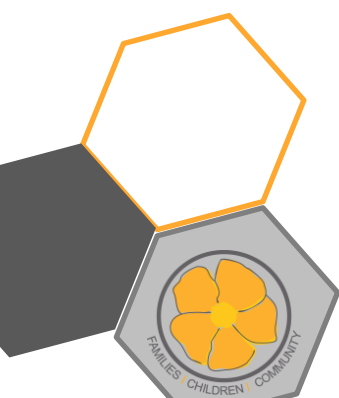
Wed 11 Nov / 10:40am / Thuringowa  
Central, near Dan Gleeson Park

### Carols by candlelight

Sun 6 Dec / 5:30pm to 9pm / Reid Park

### New Years Eve pictures in the park

Thu 31 Dec / 7pm to 12:30am / The  
Strand



# Events Cont.



**FAMILY FUN DAY**

LOADS OF ACTIVITIES FOR  
YOUNG CHILDREN & HEAPS OF  
GIVEAWAYS

Sausage sizzle, Jumping castle, face painting & more

WHEN: 9<sup>TH</sup> SEPTEMBER 2015  
TIME: 10am -12pm  
WHERE: THE STRAND NEAR THE  
WATER PARK

Protecting **children** is  
**EVERYBODY'S**  
**BUSINESS**

Logos: FAFHS, UnitingCare Community, Relationships Australia QUEENSLAND, Actforkids, Centacare North Queensland, GOOD BEGINNINGS, the power of humanity, AUSTRALIAN RED CROSS, family and child connect, stronger families

## Unity & diversity conference

Fri 21 Aug / 8:30am to 5:00pm /  
Jezzine Baracks

## Quota Fun Day

For deaf and hard of hearing children  
and their families

Sun 23 Aug / 10am to 2pm / Sherrif  
Park, Mundingburra

## Deadly, Strong & Proud

Free workshop for female parents of  
Aboriginal & Torres Strait Islander  
school-aged children, held of 4 days

Topics covered:

Day1 – Communication, relationship  
building

Day 2 – Self-esteem, culture, identity

Day 3 – Anger management,  
problem solving

Day 4 – Grief & Loss, self-care,  
reflections

2,3,4,7 Sep / 9:30am to 2:00pm each  
day / Contact Greta Tupou 47 253 353

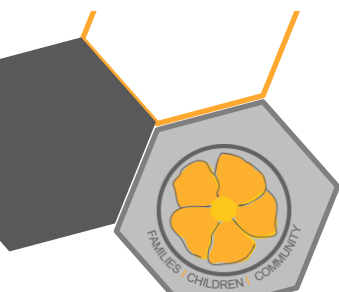
## Wee Care Playgroup

Meet each Thursday, during school  
terms, bring a hat, gold coin  
donation.

Thu 3 Sep / 9:30am to 11:30am / Wee  
Care Residential, 9 First Street,  
Railway Estate.

## FOR MORE INFORMATION

Contact the Shared Family Care office on 47 793 332  
for further details regarding events.





# Training

## DEVELOPMENT OPPORTUNITIES

There is some great free training offered for Foster carers by Evolve around Brain development, attachment, trauma and Anxiety. The course goes for 2 days and is happening in September and will also be run again in November.

**BRAIN DEVELOPMENT,  
ATTACHMENT, TRAUMA AND  
ANXIETY (Day 1)**

**SUPPORTING POSITIVE  
BEHAVIOURS (Day 2)**

**September 14 & 15**

**Townsville**

**BRAIN DEVELOPMENT,  
ATTACHMENT, TRAUMA AND  
ANXIETY (Day 1)**

**SUPPORTING POSITIVE  
BEHAVIOURS (Day 2)**

**November 2 & 3**

**Townsville**

To register your interest please contact Wayne Scott.

**Wayne Scott**

**Evolve Therapeutic Services**

**(Queensland Health)**

**Child and Youth Mental Health  
Services**

148 Thuringowa Drive Kirwan 4817

Phone: 4799 9068

## 1-2-3 MAGIC & EMOTION COACHING PARENT PROGRAM



This 4 x 2 hours a week parenting program raises key ideas about children's abilities, the common problems parents face and ways to help make parenting enjoyable.

It is aimed at **parents of children aged 2 to 12 years.**

Participants are provided with a workbook and sessions are held in small groups.





**Contact: Centacare NQ 07-4772 9000 to register.**

*There is a sliding scale of fees in relation to family income. Please contact to discuss. This course also has a one-off small fee for the workbook.*



[www.centacarenq.org.au](http://www.centacarenq.org.au)

## Centacare courses offered in the Burdekin & Charters Towers

-  123 Magic and Emotion Coaching
-  Engaging adolescents
-  Budgeting
-  Stress management

Contact Centacare to register your interest in upcoming training opportunities Ph.: 07- 4772 9000

## DON'T FORGET! CHARTERS TOWERS CARER CONNECT

TUES 25<sup>TH</sup> AUGUST

TUES 29<sup>TH</sup> SEPT

TUES 27<sup>TH</sup> OCT

TUES 24<sup>TH</sup> NOV



# Kids Corner

RECIPES, ARTS & CRAFTS, ACTIVITIES & MORE

## Choc Banana Bites



Difficulty - Easy

This is a fun recipe to do with a friend - one can dip the banana and the other can roll it in the coconut. Use firm bananas that don't squash when you hold them. This recipe makes about 10 bite size pieces.

### Ingredients

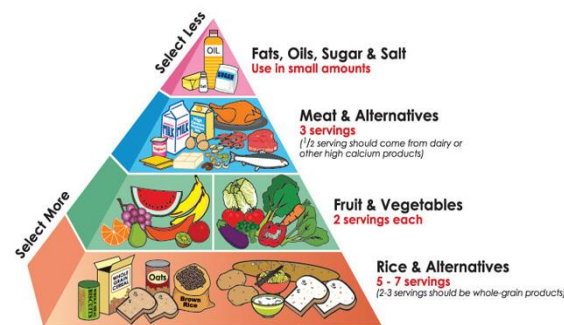
- 1 orange
- 2 medium sized bananas
- ½ cup desiccated coconut

### Utensils

- Lemon squeezer
- Chopping board and knife
- Greaseproof paper (optional)
- Small bowl

### Method

1. Squeeze the juice from the orange. Pour into a small bowl.
2. Peel the bananas. Cut off the ends.
3. Cut bananas into bite size pieces.
4. Spread coconut onto a sheet of grease proof paper or onto a cutting board.
5. Using a skewer or a fork, dip banana pieces into the orange juice.
6. Roll banana in coconut.
7. Eat immediately, or keep in the fridge until chilled.



**Don't forget the healthy eating pyramid**

## Child Safety News

CHANGE IN POLICIES, UPDATES, NEWS & EVENTS

There has been a change to the terminology of what is known as the 48 hour rule. This is now referred to as Sporting and Overnight arrangements. This is just a name change and still allows carers to leave a child in the care of another person for up to 48 hours. Please note that **you must let the child's CSO know of the arrangement, and provide the following details:**

- ✓ Friend's name
- ✓ Address
- ✓ Phone Number.

If you have any questions about this please contact your support worker for further details

*This is stated in the Carer's Handbook Page 13.*

## SORTLI MOBILE APP



Sortli (short for 'sort out your life') is a free mobile app for young people to help you think about your future life and plan your transition to independence.

It's a fun, informative and easy-to-navigate app that can be installed on your Apple, Android or Microsoft mobile device. It can be accessed anywhere at any time.

Sortli has been developed by young people who have already left the care system and are living independently, and professionals who work with young people in care.

Sortli is your pocket companion to services and support. It provides a step-by-step guide for all the important areas of your life, such as finding a place to live, looking after your health, managing your budget, finding a job, or doing some training and general life skills.

It works by helping you to set your own personal goals and milestones, keep track of your progress and celebrate your successes. The information you enter into the app is stored on your mobile device only and is not provided back to the developers, the government or anyone else.

Sortli covers sensitive topics and is not suitable for young people under 15 years of age.

**Carer Connect  
SFC**

Address: Level 2, 296 Ross River Road, Ross River Road (PO Box 905, Aitkenvale Q 4814)

Phone: 07 47 793 332

Fax: 07 47 793 303

