

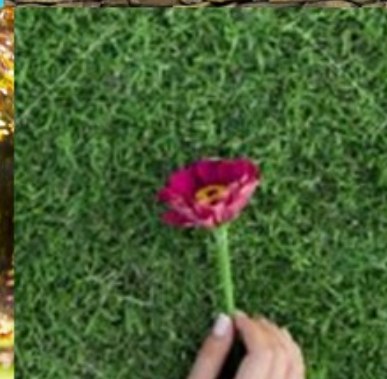
TALK  
TO US  
TODAY



Make a difference  
in a Child's life

07 4779 3332  
[admin@altheaprojects.org.au](mailto:admin@altheaprojects.org.au)

# CARER CONNECT



PROGRAM MANAGER P2—3  
HEALTH AND WELLBEING P4  
ALTHEA GRANT P5  
CHILDRENS DAY P6  
PALM ISLAND FESTIVAL P7  
NAIDOC DAY P8  
CHILD PROTECTION WEEK P9  
FCQ CONFERENCE RECAP P10  
SFC INFORMATION P 1—14  
SFC NEWS P15-18  
TRAINING P19-20  
CARER CONNECT P21  
SHORT BREAKS P22  
KIDS CORNER P 23  
SUPPORTERS P 24





Hello and welcome to our 10th Issue of Carer Connect. I hope and trust that you find the content relevant and informative. If you have any suggestions about other information you may like to see included please don't hesitate to let me know.

The past few months have been busy with various events, some of which are evidenced by the photo's included in the next few pages. These events have been provided as opportunities to have fun, learn and network with other carers, our staff and the Department. Coming up soon is the Partners In Care Family Fun Day, T2I Hope and Healing Camps and the Christmas Party. All of which are joint agency run events and should be loads of fun.

EVOLVE's - Sexualized Behaviours Workshops, FCQ's Reunification and NDIS Training and the Child Protection Symposium have all occurred in the past few months. Circle of Security Training ran over 8 weeks and on conclusion the 3 carers participating had very positive feedback. In addition the Kinship Carer Support Group will continue to run monthly (more information in the Newsletter).

Justin and Mandy along with carers also attended the 2018 National Foster and Kinship Care Conference in September and the feedback was very positive from all who attended. When asked about the experience – Carer Lisa stated the following:

*"The keynote speakers were incredible and offered great practical advice, which we are already putting into*

*practice. Richard Rose, Nathan Wallis, Kurt Fearnley; inspiring people, with down to earth attitudes and common sense solutions. The up to date information, supplied by Nathan, was mind blowing and Richard's practical, no nonsense presentation, allowed me to see how trauma impacts and steps we can take to walk our young people through any minefields which may present over time.*

*Every point made, was a "lightbulb" moment."*



From an agency perspective Shared Family Care has recently undertaken its Licensing Inspection with no reported non-compliances. I would like acknowledge the effort by Kelli-Ann May our Quality Manager and all the other team members for the continual hard work to ensure we meet our compliance requirements.

As part of your support package remember we will pay for your first years membership with Foster Care







Queensland. If you are interested please complete the enclosed Application Form and email to [admin@altheaprojects.org.au](mailto:admin@altheaprojects.org.au).

In addition we are now able to offer for loan the use of a 7 seater Kia van over short periods of time to support your family and placement needs. Loaning the vehicle is subject to the conditions listed in the Loan Agreement and availability. For more information you can speak to Katisha at Reception or your Family Case Worker.

As I'm sure you are aware nationally there is a shortage of Carers, and with the increasing numbers of children entering the statutory system we need your help! Althea Projects uses various advertising strategies to recruit suitable people and will continue to do so. We know that the best type of recruitment is the one on one sharing of your stories about the difference you make. If you have friends or family who may be interested in becoming a carer please encourage them to contact us or visit our webpage. We would love to hear from them.

The Department of Child Safety, Youth and Women have a number of reforms and changes underway.

One of the changes is the release of the Carer Connect app on the 24th September. Carer Connect is a web and mobile friendly app that has been developed to provide carers with improved and secure access to information and support, when and where you need it. This will work in conjunction with kicbox which is the platform for recording a digital life story for children and young people in out of home care. More information is contained in the Newsletter and can be seen at [www.qld.gov.au/carerconnect](http://www.qld.gov.au/carerconnect) and your Family Case Worker will assist you get this setup.

As I come to the end of this quarter's newsletter I would like to say a very BIG thank you for your continual dedication to the children and young people you welcome into your home. Remember 'it takes a BIG heart to shape a little mind'.

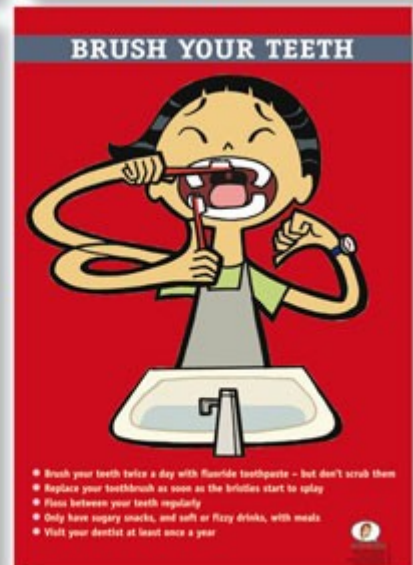
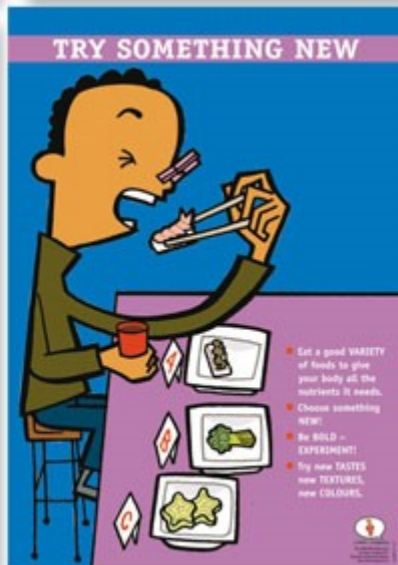
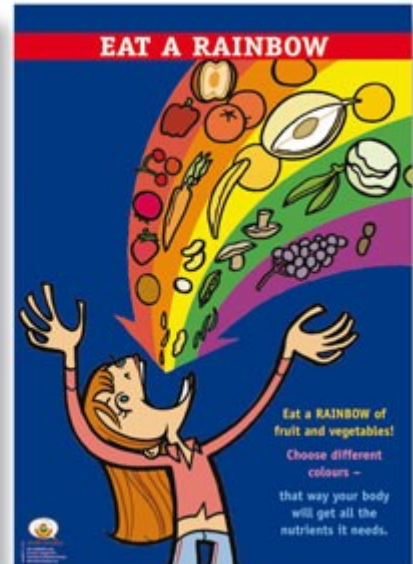
Thanks again

**Teresa Smith**  
**Program Manager**





# Health and Wellbeing



## Five ways to wellbeing





## Aboriginal & Torres Strait Islander Reconciliation Grant

Althea Projects is committed to being a part of closing the gap for both equality and equity of opportunity. Althea Projects welcomes funding applications for those who are experiencing barriers to their advancement or inclusion to participate in events/activities due to a lack of money.

Some examples of what might be applied for with these grant applications are;

- Text books for University
- Laptop required for educational reasons
- Sporting costs
- Course/training fees
- Uniforms or equipment required for traineeships
- School activities
- This list is not exhaustive but provides examples of the grants that could be applied for.
- These grant applications are for one off costs rather than ongoing costs.

### Grant size

Althea Projects allocates \$10,000 per year to grants. Althea Projects aims to provide as many grants as possible per year within this allowance. Given this, applications of up to \$1500 will be preferred. If the funding amount you require is larger than this, you can still apply and Althea Projects may ap-

prove the total or may approve a portion of what is being requested in which to provide you with some assistance towards your goals.

### Eligibility to Apply

- Applicants who identify as Aboriginal or Torres Strait Islander can apply
- There are no age limits
- Applicants must live in the Townsville and surrounding regions including, Home Hill, Ayr, Charter Towers, Hughenden, Ingham and Palm Island.
- Applicants can be individuals or groups
- Applications must be based upon a funding request that would assist you/your team towards reaching your goals.

### Application Exclusions

Applications that will not be considered are;

- Updated mobile phone
- Household items
- Payment of everyday living expenses
- Food or rental costs

**For a copy of the Grant Application, please call Shared Family Care on 4779 3332, or email**

**[admin@altheaprojects.org.au](mailto:admin@altheaprojects.org.au)**



# 2018 SNAICC CHILDRENS



SFC celebrated children's day at Rossiter Park, Aitkenvale. It was lovely to see a number of Carers (4) with their children (12) participate in the various activities. These included feeding the ducks, turtles and other wildlife from the platoon. All the children participated in getting their faces, arms and legs painted by Sue from Amusements Plus and then they were keen to show Tisha and myself their artistic abilities by etching their drawings. These works of art are displayed in the office.

**Lena Watego**

**Aboriginal & Torres Strait Islander Family Case Worker**







## Palm Island Spring Festival

### Palm Island Spring Festival.

SFC had a high number of children (25) and a couple of carers, families and staff (15) that journeyed to Palm Island on the local ferry on Friday the 7th of September 2018. To a lot of these children it was their very first time on a ferry and what a journey it was. This year was an exceptionally important Spring Fair as it marked 100 years of settlement on Palm Island. The Centenary program consisted of a number of Aboriginal and Torres Strait Islander Dancers, Cook Island Dancing, singing, a comedian, a slideshow presentation and a number of speeches. It was a wonderful time for all that participated as they met family and were immersed in the sounds of the drums, music and beats of the cultural acts. The children enjoyed swimming of the jetty and the feedback to SFC was that the children all had a great time and were tired on their return.

Lena Watego

Aboriginal & Torres Strait Islander Family Case Worker







## NAIDOC DAY



## The Family Fun Day

On July 13th the SFC Team attended the NAIDOC Family Fun Day that was held at Riverway.

The Day was full of traditional dancing, food and a bunch of activities for everyone to enjoy.







## Child Protection Week

# Shine a Light for Children

In honor of Child Protection Week, Shared Family Care took the theme 'Shine a Light for Children' and held an event at Zambrero's Domain. We had paper lanterns and decorations for carers and children to decorate to celebrate the theme.

Thanks to our sponsors 'Zambrero's', a coffee and/or a burrito was available for all who attended the event.





## 2018 Foster & Kinship Care Conference



### Attendees:

**Mandy Thompson (CEO - Althea) Justin Pascoe (Team Leader - Shared Family Care**

**Lisa McGuire (Kinship Carer) Brad Pascoe (Foster Carer) Clare Penfold (Foster Carer).**

From 8-9 September 2018, a number of SFC staff and carers had the privilege of attending the national Foster and Kinship Carer Conference for 2018. The conference was held on the Gold Coast at the award winning Royal Pines Resort.

Like years in the past, the conference contained a large number of highly captivating keynote speakers and workshop presenters who kept us engaged and motivated.

The highlights of the conference were keynote speakers Richard Rose & Nathan Wallis. Richard educated us with a presentation regarding his Life Story work. Hearing Richard speak was inspiring. Richard shared with us a large number of strategies to engage children who have suffered trauma in play and conversation. Richard's strategies were so simple yet brilliant, reinforcing the keep it simple message that we hear so often.

Nathan Wallis - what can I say. Every time I have heard him present, I have learnt something new. Nathan's presentations are fun, captivating and in terms we can all understand. Nathan has a laugh and a joke which is important when presenting topics as serious as childhood trauma and the impacts it has on the brain. We also learnt that first born female's are also likely to be the most successful and the highest income earners in the family so there is some bragging rights to take back to your families for all you first borns.

In addition to the above speakers, I left the conference dinner on the Saturday night feeling motivated after hearing Kurt Fearnley. Kurt is a successful Australian Paralympian and even crawled the Kokoda Trail. The success and determination he has exhibited throughout his life was nothing short of inspiring.

Overall, the conference was a huge success and a great opportunity for carers and staff to network, share stories and collect resources to help us provide a better quality of care and support to our most important asset; our foster carers and children.

**Justin Pascoe– Team Leader**







## SFC Information

### Billabong Sanctuary

**With school holidays just around the corner Shared Family Care would like to give our Carers and Children the opportunity to enjoy a beautiful day out to Billabong Sanctuary.**

**To book please contact Katisha or your Family Case Worker.**



## Interpretive Shows, Feeding and Handling

### 9:15 AM - KOALAS + KANGAROOS FEEDING



Great photo opportunities as our Rangers feed fresh gum leaves to the koalas, and our friendly free-ranging kangaroos enjoy their morning meal.

### 10:00 AM - CASSOWARY FEEDING

The magnificent cassowary is the 3rd largest bird in the world, and is a keystone species in maintaining the health of tropical rainforests. There are fewer than 1000 left in the wild. Learn what we can all do to help them, and hand feed some fruit to Yarrabah and Hope.

### 10:30 AM - TURTLE + BARRAMUNDI FEEDING



Have some fun feeding our Krefft's turtles, and learn a bit about the history of our very own billabong. Watch the barra churn up the water as Rangers toss some pellets to these popular local freshwater fish [during the cooler months only]

### 10:45 AM - WOMBAT EXPERIENCE\*\*

#### Hold-A-Wombat-Townsville

#### Tickle a Wombat's Toes!

The wombat is the largest burrowing mammal in the world! Learn all about these awesome little diggers. Then come up and give Wanda a pat, or purchase a souvenir photo holding Reuben on your lap!

### 11.15 AM - KOALA EXPERIENCE\*\*



#### Hold-A-Koala-Townsville

Why do koalas sleep for most of the day? What is their closest Australian relative? Learn the surprising answers to these questions, then get up close and pat a koala in Koala Crescent, or purchase a souvenir photo as you cuddle one of these endearing marsupials. Billabong Sanctuary is one of the few places in the world where you can hold a koala!

### 12.00 NOON - REPTILE EXPERIENCE\*\*

#### Hold-A-Snake

From the safety of our reptile pit, our expert rangers will showcase one of our venomous snakes, as well as our local pythons. You will then have the chance to get up close with some of our lizards, pythons, and even a baby croc! Handling is free, but you can also purchase a souvenir photo holding a native reptile or a monster Burmese python. He's huge, but he's friendly!





#### 1.00 PM - CROCODILE FEEDING



#### Feed-A-Croc-Townsville

The most exciting show of the day—a powerful saltwater croc explodes out of the water to snatch food from our Rangers! North Queensland is croc country. Learn how to stay safe while you enjoy our magnificent waterways.

#### 2.00 PM - FREE-FLIGHT BIRD SHOW

Gunther the barn owl swoops silently over your head. Yasi the black kite puts on an amazing display of aerial acrobatics. Meet a curlew and a tawny frogmouth and pose for a photo with Quixote, our cheeky rainbow lorikeet.

#### 2:30 PM – TURTLE FEEDING + TURTLE RACES



#### Turtle-Race-Townsville

Have some more fun feeding those Krefft's turtles, then cheer on your favorite racing reptile in the ever-popular turtle derby. The winner gets an extra chunk of fish skin!

#### 2:45 PM – DINGO EXPERIENCE

##### Pat-a-Dingo

Dingoes came to our shores over 18 000 years ago so can be regarded as native animals. Yet they are widely persecuted. In this newly-expanded show, learn more about this misunderstood native animal. Then have a pat and pose for photos with King, Allira or Kalari, our own friendly dingoes. (No extra charge)

#### 3:15 PM – CROCODILE FEEDING



If you missed this spectacular show earlier, here is your chance to see the mighty estuarine crocs in action as they power out of the water for a feed. It's a thrilling spectacle!

#### 3.45 – PM WOMBAT EXPERIENCE \*\*

##### Hold-A-Wombat. Tickle a Wombat's Toes!

The wombat is the largest burrowing mammal in the world! Learn all about these awesome little diggers. Then come up and give Wanda a pat, or purchase a souvenir photo holding Reuben on your lap!



4:00 PM – KOALA EXPERIENCE \*\*



Hold-A-Koala

Come and meet Banjo in Koala Crescent—give him a pat and take a photo. You may also purchase a souvenir photo as you hold one of our friendly handling koalas.

4:20 PM – REPTILE EXPERIENCE \*\*

Hold-A-Snake

Here's your chance to get up close to some of these fascinating creatures. You can also purchase a souvenir photo with a reptile of your choice.

4:40 – KANGAROO FEEDING



Kangaroo— Feeding

Our friendly free ranging kangaroos gather round the feeder for their afternoon meal. They tend to seek out a shady spot to sleep during the heat of the day, so this is another great opportunity to get up and close for a pat and some photos.

**\*\* Optional Souvenir Photo for a small extra charge. A portion of all proceeds supports Magnetic Island Koala Hospital.**

ATTENTION PARENTS:

For the koalas' safety, as well as that of our visitors, we are required to restrict koala handling to children over 1.2 metres in height (4 feet). A board is posted by the photo area for reference.

Children who do not meet this requirement are still welcome to join Mum and Dad or big brother and sister for a family photo.







## SFC News



### **FAST REPRESENTITIVES**

**Shared Family Care are proud to support Leann Pascoe in her new role as a FAST Representative here in the Townsville Region. Below is an article that Leann has sent to us explaining what her new role entails. Congratulations to Leann for this achievement.**

Hi Everyone

My name is Leann Pascoe and I am one of the newly appointed FAST Representative's in the Townsville Region

#### **WHAT IS FAST?**

For those of you who do not know what the role of a FAST Representative entails, the acronym FAST stands for Fostering Advocacy Support Team. FAST is a team of trained specialist local Foster and Kinship Carers who have volunteered to provide advice, support and advocate on behalf of other Foster and Kinship Carers. We can also provide face to face support to carers within proximity or tele link into meetings where needed. In addition to the above, FAST Representatives also provide a local avenue for Foster and Kinship Carer to receive advice, support and/or advocacy on individual matters.

#### **A LITTLE BIT ABOUT ME!**

My husband Brad and I have been approved general foster carers for over twelve years and have experienced many highs and lows in this time. The positives have far outweighed the negatives but in our times of stress, support and advocacy from our agency and Foster Care Queensland is something that we have valued and relied upon. Based on this, I feel that I am in the perfect position to provide guidance and support to other foster carers to broker positive relationships between carers and the department to achieve the best outcomes possible for children and young people.

I look forward to meeting everyone in the coming months and encourage you to contact myself or one of the other FAST Representative's should you have any questions or require support

Thanks

**If you would like you contact me for more information, please call or text me on: 0417 784 792**





## SFC News

LOCATION: TAIHS MATERNAL HEALTH CLINIC,  
57/59 GORDEN STREET, GARBUTT  
WEDNESDAY, 3RD OF OCTOBER, 2:30-6PM  
RSVP: MONDAY, 24TH OF SEPTEMBER

***PARTNERS IN CARE  
YOU SPOKE, WE LISTENED***

# ***FAMILY FUN DAY!***

***BRINGING THE CARING COMMUNITY TOGETHER***

### ACTIVITIES

TUG OF WAR  
BELLY BUMPER  
UFO  
SLIMY SPAGHETTI CRAFT TABLE  
SAND CRAFT TABLE  
PLAY DOUGH  
CLAP STICK PAINTING  
PUPPET SHOW  
BOOK MARK STICKER STATION  
STREET SOCCER

### ENTERTAINMENT

TIDDAHS SINGING GROUP  
INDIGENOUS DANCE GROUPS  
FACE PAINTING  
COLOURED HAIR SPRAY  
TEMPORARY TATTOOS  
CREATE YOUNG CONSULTANTS

### FOOD AND DRINK

BBQ SAUSAGES  
CORDIAL AND WATER  
AVAILABLE

PLEASE BRING A PICNIC BLANKET AND A CHAIR







# Kinship Care Support Group

*Facilitated by Althea Projects—Shared Family Care*

Are you a kinship carer? If so, you are invited to attend Shared Family Care's Kinship Care Support Group. Meet other kinship carers, enjoy a relaxed morning tea, hear from professionals who are able to assist you and participate in facilitated discussions and training. The support group is co-facilitated by two regular staff members from Shared Family Care and held on the last Monday of each month.

**Venue:** Wee Care Residential—9 First Street, Railway Estate

**Time:** 9:30am—11:30am

**Dates:** 24th September

22nd October

26th November

*Please note that others, including children and family members*



**Althea**  
**PROJECTS**

**To find out more and to register:**

Email: [admin@altheaprojects.org.au](mailto:admin@altheaprojects.org.au)

Phone: 4779 3332 (option 2)

Follow us on Facebook @ Althea Projects

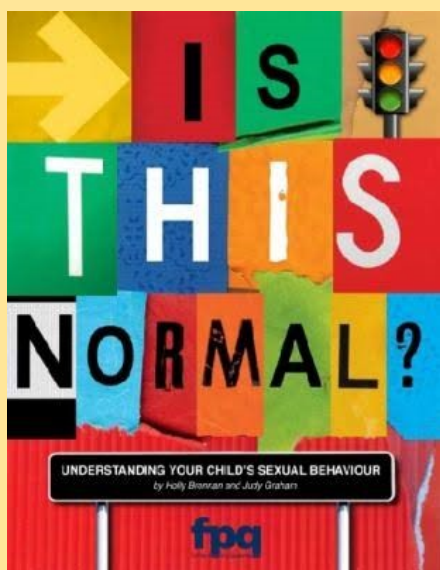


## SFC News



Shared Family Care have a number of books available as resources for you to loan.

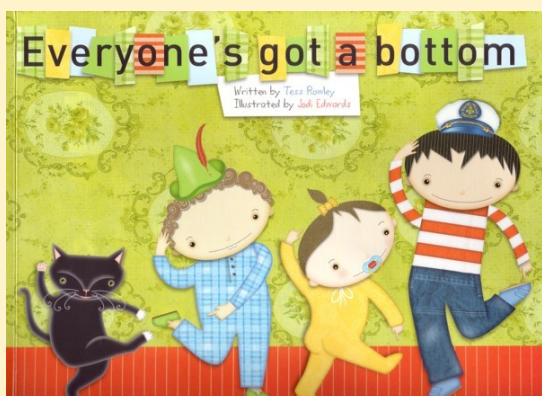
Please speak to your Family Case Worker about loaning either these or other books, but remember to return these in a timely manner so others can access.



**Title: Is this Normal?: Understanding Your Child's Sexual Behaviour**

**Authors: Holly Brennan, Judy Graham**

Aimed at parents and carers, this book explains normal sexual development in children and adolescents and what is considered either concerning, harmful, or problematic sexual behaviour. It provides advice on identifying inappropriate behaviour, responding to questions and situations, recognizing sexual abuse, and where to go for further information and support.



**Title: Everyone's Got a Bottom**

**Author: Tess Rowley**

**Illustrated: Jodi Edwards**

Is a story about Ben and his brother and sister learning and talking together about bodies. It is a tool for parents and carers to gently start a conversation with children about self protection. It's about children keeping safe in a style that is fun, positive and protective. Ages 4+.





## Training



### REUNIFICATION

# TRAINING

Length of training: 3 hours

Reunification is the ultimate goal for most children and young people in out of home care. A successful reunification will see children return to their family of origin in a home environment that has been assessed as being no longer harmful.

This training provides participants with an over- view of Reunification and includes

Exploring parenting

Assessing and planning reunification What makes a good reunification

Building resilience in children and young people

What carers should do if they have worries Grief and loss for carer families

### WHERE

Althea Projects

L1/296 Ross River Road

Aitkenvale Qld 4814

### WHEN

Tuesday, 18 September 2018

### TIME

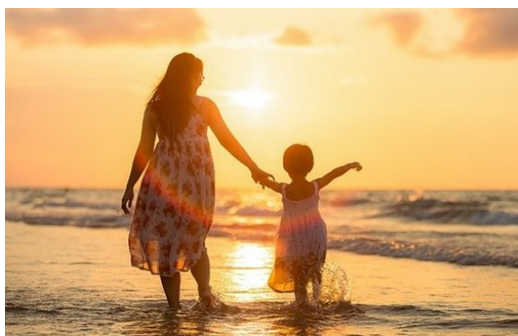
9.30am - 12.30pm

### RSVP

By Friday, 14 September  
2018 Colleen at FCQ

E: [fcq@fcq.com.au](mailto:fcq@fcq.com.au)

Ph: 3256 6166





## Training



# You are invited to attend Foster Carer Standard Training

Training Dates: **Wednesday 10<sup>th</sup> October 2018**

Time: **9am – 2:30pm**

Venue: **Life**

Without Barri-  
ers Training

Room

**1/3 Ramsay Street, Garbutt**

### Training Agenda

Promoting Positive Behaviours

Caring for children and young people who have experienced sexual  
abuse

Support, Advocacy and Self-care

**Morning Tea and Lunch provided**

Please RSVP to confirm your attendance by Friday 5<sup>th</sup> October  
to your Foster Care Worker in your agency.

Presented by:



*Althea*  
PROJECTS

WE  
LIVE WITHOUT BARRIERS  
WE



# CARER CONNECT

Partners in care

## Available from late September!

Following the successful pilot of Carer Connect, the state wide rollout of the app will commence from 24 September 2018.



Carer Connect is a web and mobile friendly app that has been developed to provide Queensland foster and kinship carers with improved and secure access to information and support, when and where they need it.

## Registering for the app

Your foster and kinship care agency support worker will assist you to register for Carer Connect at your monthly check-in meeting.

Your support worker will also assist you to understand how to use the app, keep information secure, create a profile and contribute stories and photos to kicbox.

## What information is available in the app?

The app contains relevant information and documentation to support an understanding of how the needs of the child or young person in your care can best be supported.

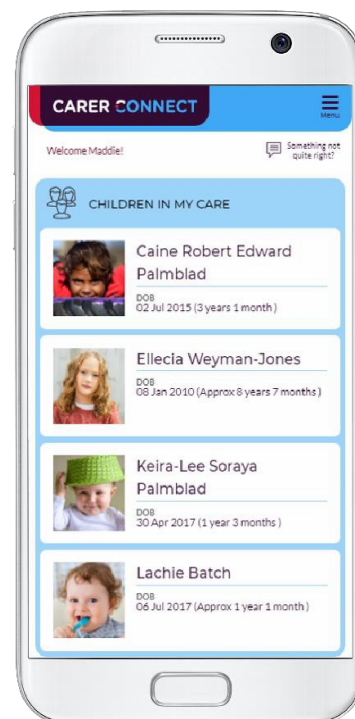
Information available may include:

- Placement agreement and Authority to Care.
- Medical information e.g. serious health condition alert, health passport and immunisations.
- Child Safety contact information, including the after-hours phone number.
- Type of child protection order and expiry date.
- Cultural information and cultural plan (where applicable).
- Current education information.

## What can carers do in the app?

In addition to viewing child and carer entity information, you can:

- Upload pictures of your home and family to show a child or young person when they are transitioning to a new placement with you.
- View noticeboard articles that announce everything from training and social events to legislation changes.
- Make contributions to the life story of the child or young person in your care, by posting stories and photos to kicbox.



For more information, including a demo video and user guides visit [www.qld.gov.au/carerconnect](http://www.qld.gov.au/carerconnect), or email [carerconnect@csyw.qld.gov.au](mailto:carerconnect@csyw.qld.gov.au)



## Respite



### Short breaks

Just as families need support or some time-out from parenting, or to deal with a personal matter, there are times when foster and kinship carers need a break too. Short breaks from caring can happen through regular, planned visits, or they can be arranged if you need to deal with personal matters or recover from illness. Short breaks may be for a few hours, a weekend or even a few weeks. Your need for a short break from caring can be included in your foster care agreement and/or the child's placement agreement.

Carers who are approved and trained as foster or kinship carers can provide short breaks for other carers, either through regular, ongoing planned visits or in emergency situations. Child Safety can also approve a member of the child's family or community to provide short breaks.

Carers who provide short breaks may receive a caring allowance in proportion to the time they provide care. See the section 'Money matters' within the Foster and kinship carer handbook for more information. Ideally, regular short breaks should be provided by the same person, and be someone known to the child or who they can form a trusting relationship with, such as a member of the child's family or community.

What do I do when a short break is not available? You may be wondering whether a friend can help you out as a one-off favor. Someone you know — not necessarily an approved foster or kinship carer — can look after the child in your care for a short time (up to 48 hours). You must let your child safety officer know of the arrangement, and provide your friend's name, address and phone number, in case of an emergency.

Members of your extended family, or the child's extended family, can also help (for example, a grandparent, aunt or older sibling). If you need a more regular time-out plan, Child Safety can organize this. Some options may include:

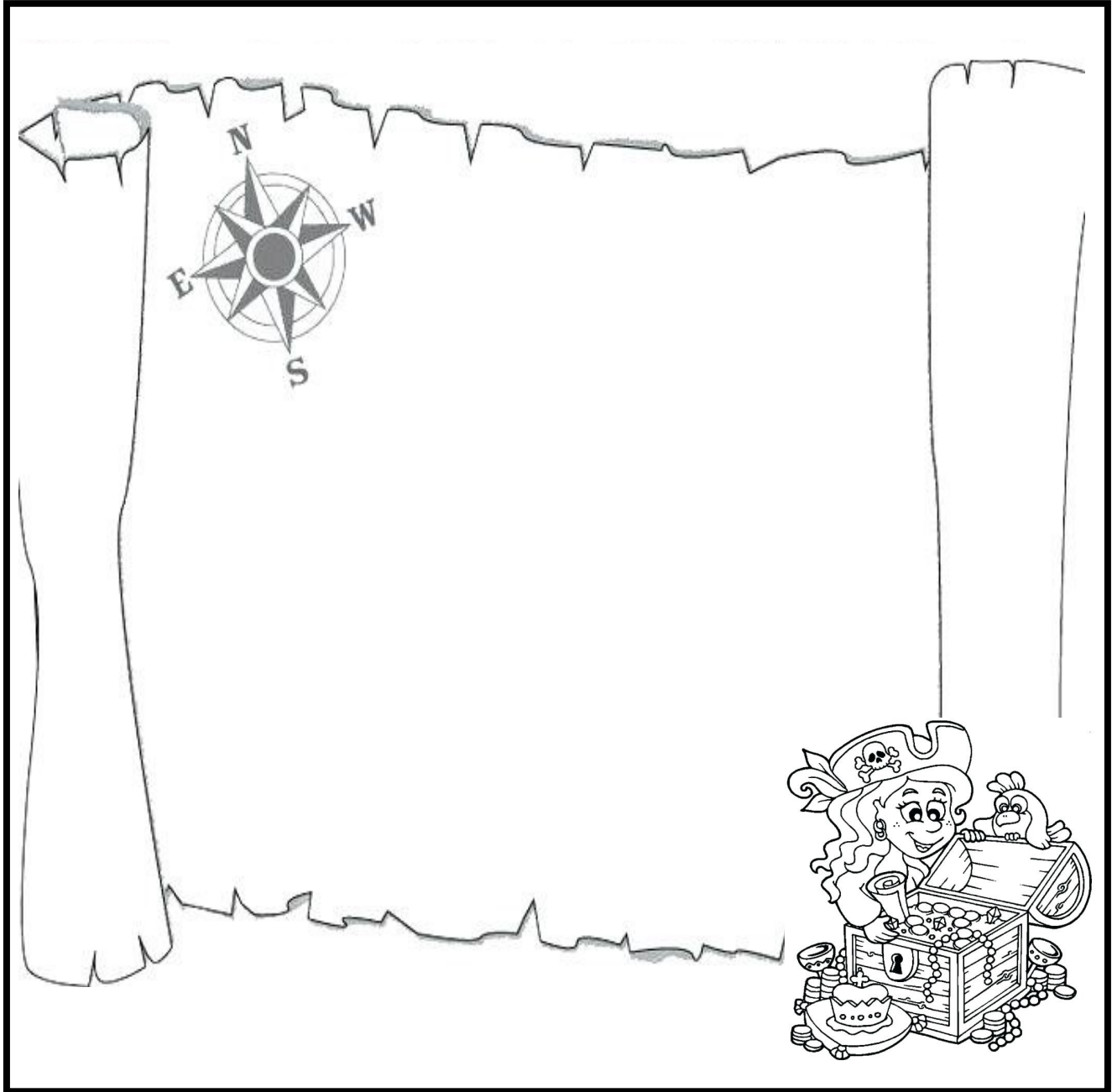
- vacation care
- child care
- a sleepover at a school friend's house
- help from community members
- recreational camps
- employing help (such as a registered nurse for a child with disability)
- life skills development courses (such as cooking classes) for older children.







## Kids Corner



### KIDS ACTIVITY

Create your own treasure map, be sure to make it exciting and adventurous.





## Partnerships & Supporters



*Our deepest appreciation*

# Zambrero

## MEXICAN WITH A MISSION

### **Burritos for a cause**

Zambrero have selected Althea to partner with on a new initiative that they are commencing to provide meals to those in need in their local communities. This will equate to 450 meals three times a year to be provided. Value of this partnership is equivalent of \$17,000.00 per year. These will be provided for use in all of our programs and will consist of:

- Bulk meals delivered for specific events, ie, Drop-in Centre “Mexican Mondays” lunch service once a month.
- Foster Carer training
- Foster & Kinship Carer peer support meetings.
- Other significant dates for us such as Child Protection Week, SNAICC Children’s Day.
- Gift vouchers (meal cards) for use with ERF, Christmas Hampers, Carer thank you cards.