



JUNE | ISSUE 13

# CARER CONNECT

Official Newsletter of Shared Family Care

## Quote Of The Day

*Remember, the  
kids who need the  
most love, will  
ask for it in the  
most unloving  
ways*

## THIS ISSUE

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# Introducing Althea Projects New CEO

Hello everyone. I am very humbled to introduce myself as the new CEO of Althea Projects. Some of you may know me from earlier on in my career when I was a Child Safety Officer, so long ago when we were Family Services Officers in the old Department of Families, Youth and Community Care. That was over 20 years ago, when I was a new grad with zero experience, so please do not judge me too harshly by this. I have fond memories of my time working in child protection and I see this new role as going back to where it all began. Enriched with lots of practice wisdom and leadership experience, I hope to have significant positive impact to the work of Althea Projects and ultimately those who we work with.

I am strategically driven as a Community Services Leader across the not-for-profit and government sectors, leading and managing services across regional and rural Queensland for more than 20 years. I have a degree in Social Work and Master of Business Administration (majoring in Dispute Resolution) and I have completed a company director's course through the Australian Institute of Company Directors.



For the past 19 years I have worked for Centacare North Queensland in a variety of roles, most recently as Director Governance and Risk. As I said earlier, I have a long history working in child protection services, including delivering counselling and family support services, as well as experience working in family relationships counselling and mediation, workplace mediation, disability services, homelessness, domestic and family violence and gambling help services. I have worked in rural and remote parts of North Queensland, including Mount Isa, Palm Island, Normanton, Doomadgee, and Mornington Island. I work from an ethical leadership framework, leading with integrity, transparency, and collaboration, using flexible and versatile communication. I am optimistic in nature and value collective wisdom, so I will rely on our team and your voices to guide us in our delivery of best practice, evidence-based services. I am passionate about delivering services of the highest quality that are outcomes and client focused, safe, accountable, culturally competent and safe and evidence-based. Having been raised in Ingham and lived in Townsville for almost 30 years, I am very committed to the Townsville and North West Queensland communities and a very proud North Queenslander. On being announced as the new CEO of Althea Projects I immediately found myself connected and committed to the work of this service and intend to ensure we build on the already positive reputation of our services. Since being with Althea over the past few months the Shared Family Care team worked with me to do a full review of our program and practices. We engaged an external provider to assist and I am grateful to the team for working with Judy and me to look at ways we can continue to enhance what we do. I believe there are exciting times ahead for our services and I am fortunate to have picked up from the highly talented Mandy Thompson. Stay tuned as more developments arise. It is my commitment to you all that you will receive the very best service from us and if at any point you have questions or concerns please do not hesitate to discuss with the most appropriate worker. I include myself in this, so please contact me at any time. I look forward to meeting you throughout the coming months.

Paula La Rosa  
CEO – Althea Projects Inc.





# 8 WAYS TO WELLBEING

## 1. BUILD RELATIONSHIPS

HAVING GOOD RELATIONSHIPS WITH OTHER PEOPLE IS THE MOST IMPORTANT FACTOR CONTRIBUTING TO A SENSE OF WELL-BEING.

## 2. EXERCISE AND STAY HEALTHY

EXERCISE HAS BEEN SHOWN TO INCREASE WELL-BEING AS WELL AS REDUCE SYMPTOMS OF DEPRESSION AND ANXIETY.

## 3. DEVELOP GRATITUDE

COUNT YOUR BLESSINGS. TRY KEEPING A GRATITUDE JOURNAL AND WRITE DOWN 3 POSITIVE THINGS EACH DAY. THIS CAN LEAD TO INCREASED WELL-BEING.

## 4. IDENTIFY AND USE YOUR STRENGTHS

WE ALL HAVE DIFFERENT STRENGTHS AND WEAKNESSES BUT FINDING OUT WHAT YOU ARE REALLY GOOD AT AND USING THOSE TALENTS CAN INCREASE WELL-BEING.

## 5. CREATE FLOW

FLOW IS THE STATE OF BEING SO HIGHLY INVOLVED IN AN ENJOYABLE ACTIVITY THAT YOU LOSE TRACK OF TIME. THIS USUALLY HAPPENS WHEN THE LEVEL OF CHALLENGE IS ABOUT RIGHT FOR YOUR LEVEL OF SKILL.

## 6. GIVE TO OTHERS

MAKING A CONTRIBUTION TO THE COMMUNITY, HOWEVER SMALL, INCREASES SOCIAL WELL-BEING. TAKE SOME TIME TO DO THE THINGS YOU REALLY ENJOY. PLEASANT EVENTS CAN LEAD TO POSITIVE EMOTIONS THAT CAN CANCEL OUT NEGATIVE FEELINGS.

## 7. SPIRITUALITY OR RELIGION

FOR SOME PEOPLE, BEING INVOLVED IN SPIRITUAL OR RELIGIOUS PRACTICES CAN IMPROVE WELL-BEING, HELP IN COPING WITH STRESS AND REDUCE SYMPTOMS OF MENTAL ILLNESS.

## 8. SEEK HELP

IF YOU ARE STRUGGLING TO FEEL HAPPY, COPE WITH EVERYDAY LIFE, FIND MEANING OR FEEL CONNECTED TO OTHERS. ALMOST HALF OF AUSTRALIANS WILL EXPERIENCE A MENTAL DISORDER AT SOME TIME IN THEIR LIFE — DEPRESSION, ANXIETY AND SUBSTANCE ABUSE ARE THE MOST COMMON DISORDERS.

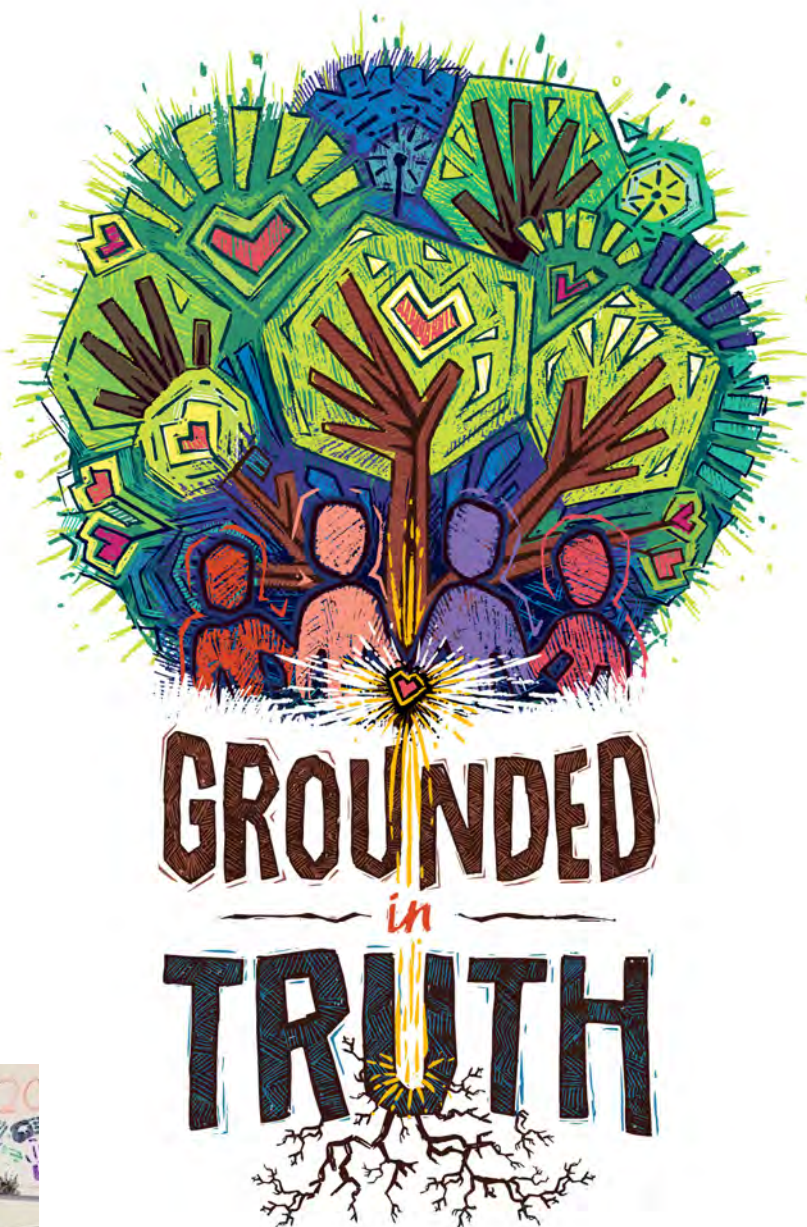
# National Reconciliation Week

National Reconciliation Week has just passed and Althea ensured that that we celebrated the significant event.

On the 30th of May, Shared Family Care invited Bindal Elder, Florence Onus, to a shared lunch where she talked about her life story and what Reconciliation meant to her.

She talked about her life experience being a 4th generation child that was a part of the Stolen Generation.

Shared Family Care was moved by her bravery and perseverance as she explained how her hardship did not prevent her from excelling in both her professional and personal life.





# Townsville NAIDOC Week

Flag Raising Ceremony (The official launch of Townsville NAIDOC week) SUNDAY 7th JULY 2019

- Venue: Jezzine Barracks
- Time: 9:00am- 12:00pm
- Cost: Free hot breakfast

Townsville NAIDOC Breakfast WEDNESDAY 10th JULY 2019

- Venue: The Ville Resort-Casino
- Time: 7:00am- 10:00am (Doors open at 6:30am)
- Cost: \$50 per person

Tickets available at TicketShop, [www.ticketshop.com.au](http://www.ticketshop.com.au) or at 4727 9797

Townsville NAIDOC March FRIDAY 12th JULY 2019

- Venue: Assemble at roundabout of Hinchbrook Drive & Thuringowa Drive (Beside the Kirwan High School
- Time: Assemble 9:30am March to Commence at 10:00am

"Let's march together, bring your family & friends, wave your flags & banners. Don't forget to 'slip, slop, slap'"

Townsville NAIDOC Deadly Day Out FRIDAY 12th JULY 2019

- Venue: Riverway, Pioneer Parklands
- Time: 11:30am- 4:30pm
- Cost: Free Event

Aboriginal & Torres Strait Islander Cultural Performance, Children Rides, Cultural Art & Craft, Information and Food & Drink Stalls.

Townsville NAIDOC Dinner

-TBA

Townsville Elder's Luncheon

-TBA



**VOICE  
TREATY  
TRUTH**  
07-14  
JULY 2019  
*Let's work together for a shared future.*



# LEARNING LANGUAGE

Shared Family Care is going to make it a standing page in the Carer Connect Newsletter to have an Indigenous Australian word and/or words and it's definition, as well as which tribe it originates from.

## **bwgcolman**

[pronounced bwook-a-mun]

From the Manbarra language of Palm Island – meaning ‘Many Tribes, One People’.

State Library celebrates

**INTERNATIONAL YEAR OF  
INDIGENOUS LANGUAGES**



# Reconciliation Action Plan



'Together We Will Make It Right' by Michelle Tyhuis



Michelle Tyhuis (bottom-left) with the Shared Family Care staff and CEO Paula La Rosa

Althea Projects developed and implemented our inaugural Reconciliation Action Plan (RAP) in 2016 in order to appropriately support and guide all of our practice decisions and actions and we are now set to review and renew our RAP for another two years. As a working group it was decided that we will keep Michelle Tyhuis's artwork, titled 'Together We Will Make It Right', as our branded RAP artwork. The past two years of the RAP have seen Althea take part in many different events such as NAIDOC, National Reconciliation Week and many more significant Aboriginal and/or Torres Strait Islander cultural days. We are looking forward to seeing where our renewed RAP will take us and how much of an impact working towards Reconciliation will have for our Indigenous Australians.



## Cultural Connect: 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.

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

**The next round dates are:**  
**Opening- July 1st 2019**  
**Closing- August 16th 2019**

Some examples of what the grant can be used for:

- Text books for University
- Laptop required for educational reasons
- Sporting costs
- Course/training fees
- Uniforms or equipment required for traineeships
- School activities:

**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)**

### 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.

For Foster and Kinship Carer Week, Shared Family Care held a lunch for our Ayr and Charters Towers carers. On the 23rd of April, our Family Case Worker Vicki and the Program Manager Judith attended a lunch held at the Sovereign Hotel in Charters Towers with our carers and a few department representatives.

And then on the 26th of April Case worker Mikayla, Cultural Adviser Lena and the Program Manager Judith attended a morning tea in Ayr with our Burdekin Carers.



# FOSTER AND KINSHIP CARER WEEK



Foster and Kinship Carer Week

21–28 APRIL 2019



# SFC Staff List

THE LIST BELOW ARE ALL CURRENT WORKERS EMPLOYED AT  
ALTHEA PROJECTS- SHARED FAMILY CARE

Name	Position	Email
Paula La Rosa	CEO	ceo@altheaprojects.org.au
Judith Williams	Program Manager	Judith.williams@altheaprojects.org.au
Justin Pascoe	Team Leader	Justin.pascoe@altheaprojects.org.au
Jenny Spiers	Senior Prac	Jenny.spiers@altheaprojects.org.au
Ainslee Tirendi	Family Case Worker	Ainslee.tirendi@altheaprojects.org.au
Beverley Barry	Family Case Worker	Beverley.barry@altheaprojects.org.au
Katisha Skeene	Administration	katisha.skeene@altheaprojects.org.au or admin@altheaprojects.org.au
Kelli-Ann May	Quality Manager	Kelli-ann.may@altheaprojects.org.au
Lena Watego	Cultural Support Advisor	Lena.watego@altheaprojects.org.au
Mikayla Johnstone	Family Case Worker	mikaylaj@altheaprojects.org.au
Noni Dicton	Family Case Worker	Noni.dicton@altheaprojects.org.au
Vicki Crees	Family Case Worker	Vicki.crees@altheaprojects.org.au

If there are any Training, Events or Other opportunities that interest you, please be sure to let your Family Case Worker know so that you have the chance to attend.

## What's Happening

	Training	Events	Other
June	<ul style="list-style-type: none"> <li>Queensland Foster and Kinship Care Carer Finance Training- 18th 9:30am to 12:30pm</li> </ul>	<ul style="list-style-type: none"> <li>Mabo Day- 3rd</li> </ul>	<ul style="list-style-type: none"> <li>Facebook SFC Carer Support Group</li> <li>Carer Support Group – 24th 10-12</li> </ul>
July	<ul style="list-style-type: none"> <li>Standard Training- 27th</li> <li>Queensland Foster and Kinship Care Family Contact Training 16th 9:30am to 12:30pm</li> </ul>	<ul style="list-style-type: none"> <li>NAIDOC Week- 8th to the 12th</li> </ul>	<ul style="list-style-type: none"> <li>Facebook SFC Carer Support Group</li> </ul>
August	<ul style="list-style-type: none"> <li>Pre Service Training- 10th &amp; 17th</li> </ul>	<ul style="list-style-type: none"> <li>Aboriginal &amp; Torres Strait Islander Children's Day- 4th</li> <li>Seniors Week- 19th to the 23rd</li> </ul>	<ul style="list-style-type: none"> <li>Facebook SFC Carer Support Group</li> </ul>
September	<i>No Training at present</i>	<ul style="list-style-type: none"> <li>Child Protection Week – 1st to the 7th</li> <li>R U OK Day- 12th</li> <li>Disability Action Week- 9th to the 13th</li> </ul>	<ul style="list-style-type: none"> <li>Facebook SFC Carer Support Group</li> </ul>
October	<i>No Training at present</i>	<i>No Events at present</i>	<ul style="list-style-type: none"> <li>Facebook SFC Carer Support Group</li> </ul>
November	<i>No Training at present</i>	<ul style="list-style-type: none"> <li>Transition 2 Independence Camps</li> </ul>	<ul style="list-style-type: none"> <li>Facebook SFC Carer Support Group</li> </ul>
December	<i>No Training at present</i>	<i>No Events at present</i>	<ul style="list-style-type: none"> <li>Facebook SFC Carer Support Group</li> </ul>

# SFC Events Calendar





EVOLVE Therapeutic Services have sent out a 2019 Training and Group Work Calendar. Below are the dates and a small description of the each available session. If you would like to attend please contact Shannon Baker (Shannon.Baker@health.qld.gov.au) for more information

**Nurturing Attachments-** An 18 week (two school terms) program for foster and kinship carers focusing on increasing the strength in relationships with hard to care for children. (3 hr session)

**DATES:** 5th of June, 12th of June, 19th of June, 26th of June, 17th of July, 24th of July, 31st of July, 7th of August, 14th of August, 21st of August, 28th of August, 4th of September, 11th of September, 18th of September

**Drumbeat-** An evidence based group program using music and rhythms played on djembe drums. Analogies are used to create awareness of links between social skills developed as part of the group and those required to form healthy relationships. (2 hrs/session)

**DATES:** 5th of June, 12th of June, 19th of June, 26th of June

**Bringing Up Great Kids-** A group parenting program developed by the Australian Childhood Foundation for a wide range of parents including those who might be considered vulnerable or 'at risk'. (2 hrs/session)

**DATE:** 17th of July, 24th of July, 31st of July, 7th of August, 14th of August, 21st of August, 28th of August, 4th of September, 11th of September, 18th of September

**Quest for Caring-** An 8 week introductory program to understanding and parenting a child with complex needs as a result of trauma. (3 hrs/session)

**DATE:** 16th of October, 23rd of October, 30th of October, 6th of November, 20th of November, 27th of November, 4th of December, 11th of December

**Mini Quest for Caring-** A 2 day condensed Quest program for carers unable to attend an 8 week group

**DATES:** 2nd of September , 3rd of September

**Circle of Security-** An 8 week program in developing attachment with children. (2 hrs/session)

**DATES:** 9th of October, 16th of October, 23rd of October, 30th of October, 6th of November, 13th of November, 20th of November, 27th of November, 4th of December, 11th of December

## EVOLVE Therapeutic Services Training and Group Work Dates



# **CARER FORUM FACILITATED BY QFKC**

## **Topic of Discussion:**

Partners in Care ... Looking back and moving forward



**Queensland  
Foster and  
Kinship Care**

Represent • Advocate • Inform • Support • Excel

## **Mercure Townsville**

**166 – 194 Woolcock St  
Townsville Qld 4810**

**Date: Thursday, 27<sup>th</sup> June  
2019**

**Time: 10am – 2pm**

***Morning Tea & Lunch  
Provided***

***Parking available on site***

**Register Here**



**RSVP to QFKC by  
Tues, 18<sup>th</sup> June 2019**

**07 3256 6166**

**Email: [admin@qfkc.com.au](mailto:admin@qfkc.com.au)**



# CARER CONNECT

Partners in care

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 immunizations.

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 Changes

Over the past few months you may have noticed a real shift in how Respite is being discussed or viewed by both our program and also the Department of Child Safety. This has occurred firstly as a result of the ongoing decrease in carer numbers while at the same time the number of children entering care increasing causing a shortage of formal respite (and primary) carer availability and secondly due an increase in awareness and understanding as a result of trauma informed theories, research and literature about the potential negative impact of respite upon children in care.

The new Regional Director for Child Safety, Corinne Porta wrote an article entitled “Next Practice Respite Care” (see attached for your information). This article, based upon trauma informed research, emphasizes that children in care are at a high risk for having or developing attachment disorders therefore their need for a sense of security, belonging and permanency is crucial to their healthy development and long term overall wellbeing. The article explored the language use around respite as being quite carer focused in nature rather than in language suggestive of ‘what’s in the best interest of the child’. For instance, respite in the foster care context is often referred to as being about providing a foster carer and/or their family with a break from the foster child. Respite referred to in this context is carer focused rather than being about the child’s needs and does not consider a foster child’s trauma and attachment history of which is often based upon multiple traumatic separations.

Our agency was involved in discussions with Corinne about how respite might look going into the future and it was acknowledged that change is necessary but will take time to adopt across our region. All agencies including Althea Projects agree in principle with this shift in focus. We all agree that respite or a short break is a legitimate support strategy and will not be removed as such but respite and short breaks can occur through a variety of more natural ways other than a child going from stranger to stranger as a result of poor formal respite carer availability.

Think about the potential messages a child can take from these following real respite scenarios:

- They are the only child in the household that is ever put into respite
- They are put in respite most weekends and on most school holidays
- They are being put in respite on special occasions, ie their birthdays, Easter Sunday, Christmas day, when their carer has family celebration events etc.





- They have been sent to respite but know their carer will be having other children in their home for respite at the same time, maybe those children will even be using their bed while they are away on their respite

- They are going on respite because the family is going on a family holiday

- They are being sent to respite because they misbehaved during the week.

Some more natural ways for respite and short breaks could include:

- Consider not using the term respite with the child and instead what about the term 'sleep over'

- Work with Althea Projects and Child Safety to identify a suitable ongoing respite carer. Develop a relationship with this carer first and then slowly introduce the child to them, then introduce the 'sleep overs'. Maintain contact with the child during these sleep overs.

- Consider a mutual agreement between yourself and another carer in your network with a 48 hour arrangement

- Consider your own support network and use the 48 hour option

- What arrangements would you make for your children?

- Use after school care

- Use day care or family day care

- Use vacation care

- Meet the child's school friends and their parents for future playdates and sleepovers

- If using formal stranger respite then contact them prior to the start of the respite and establish rapport, take the child to the respite yourself and settle them in. Let the child know they can contact you if they need to while on their sleep over

On a final note, respite should never be used as a punishment for behaviour

because to do so is a standard of care issue.

Changes that will impact upon you going forward will include the following;

- In future when you request respite you will be asked if have you explored all your informal supports, day care, family day care to determine if you have any alternatives.

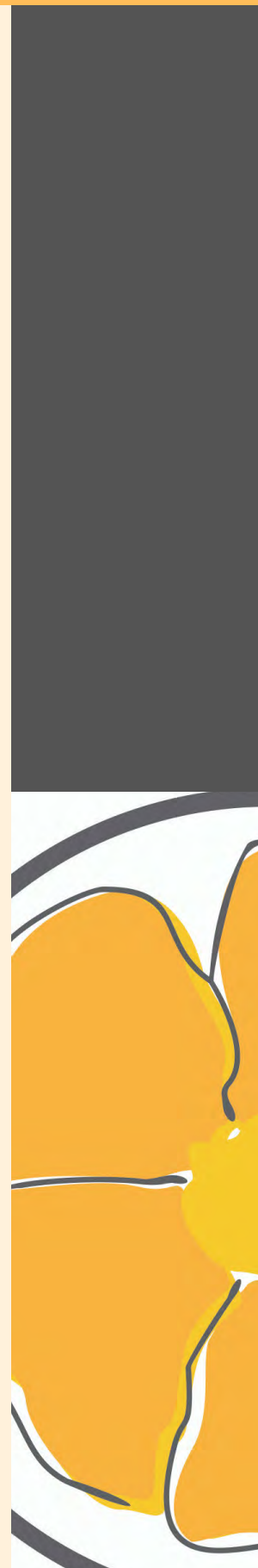
- If formal respite is still required please notify your Family Case Worker giving plenty of notice and we will still endeavour to identify a respite carer and organize this well in advance. This is not always possible due to the lack of available carers. Also be aware that all formal requests will now require the CSSC Managers endorsement prior to being approved.

- Your Family Case Worker may undertake an ecomap with you to identify any potential supports or a respite carer

- During your interviews for your renewal assessment your Family Case Workers will discuss your supports with you (both informal and formal) and will include these within the assessment

- Supports will now be listed in your Foster Carer Agreement, Kinship Carer Agreement or Placement Agreements.

Please feel free to contact your Family Case Worker to discuss further.



Title: Brain Development for Babies (DVD)

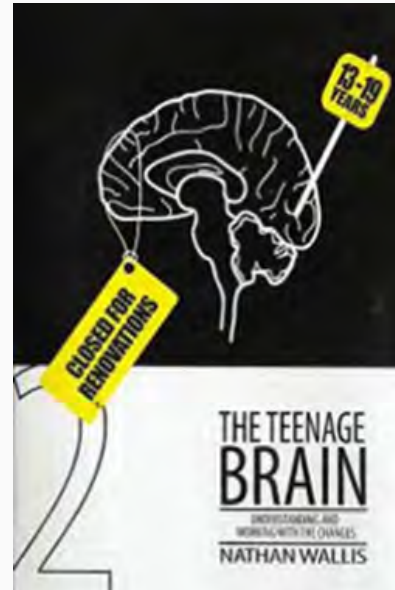
Authors: Nathan Wallis

Information about the human brain has exploded in the last 20 years - we have learnt more than in the previous 300 years! The bad news is that the advice your well-meaning family gives you is largely unaware of any of this. In fact in some cases, the advice they give has now been proven by science to be completely wrong. Nathan Wallis is a New Zealand University Lecturer in Human Development who has built up an international reputation as a lively, humorous and engaging speaker on brain development. This easy to follow introduction allows the parent to separate the myths from the research and describes in a nutshell the stuff parents really want to know - what they can do to help their baby's brain reach full potential. As well as teaching neuroscience, Nathan is a father, step father and foster parents which gives him the insight to be able to apply this knowledge to everyday life.

Title: The Teenage Brain (DVD)

Author: Nathan Wallis

13-19 years. The teenage years can be some of the most rewarding and memorable times we spend with our children, and also some of the hardest parenting we ever do! Many of us think that today's youth are more self-obsessed, defiant and unmotivated than ever before, but a quick look at history tells us this is not new! Plato wrote in the 1st century b.c that teenagers.....now love luxury; they have bad manners, contempt for authority; they show disrespect for elders and love chatter in the place of exercise. They are now tyrants.....They contradict their parents and tyrannize their teachers. In fact these are inscriptions on the pyramids from 6000years ago that say the same thing! Brain scans have given us insight into why this is and the radical changes the brain goes through in the teenage years. Understanding these changes and how to best work with them can help us to make those years a much more pleasurable experience! Nathan Wallis gives a straight forward and easy to follow explanation of these changes, with practical and grounded advice on how to navigate our way through the often turbulent, teenage years.



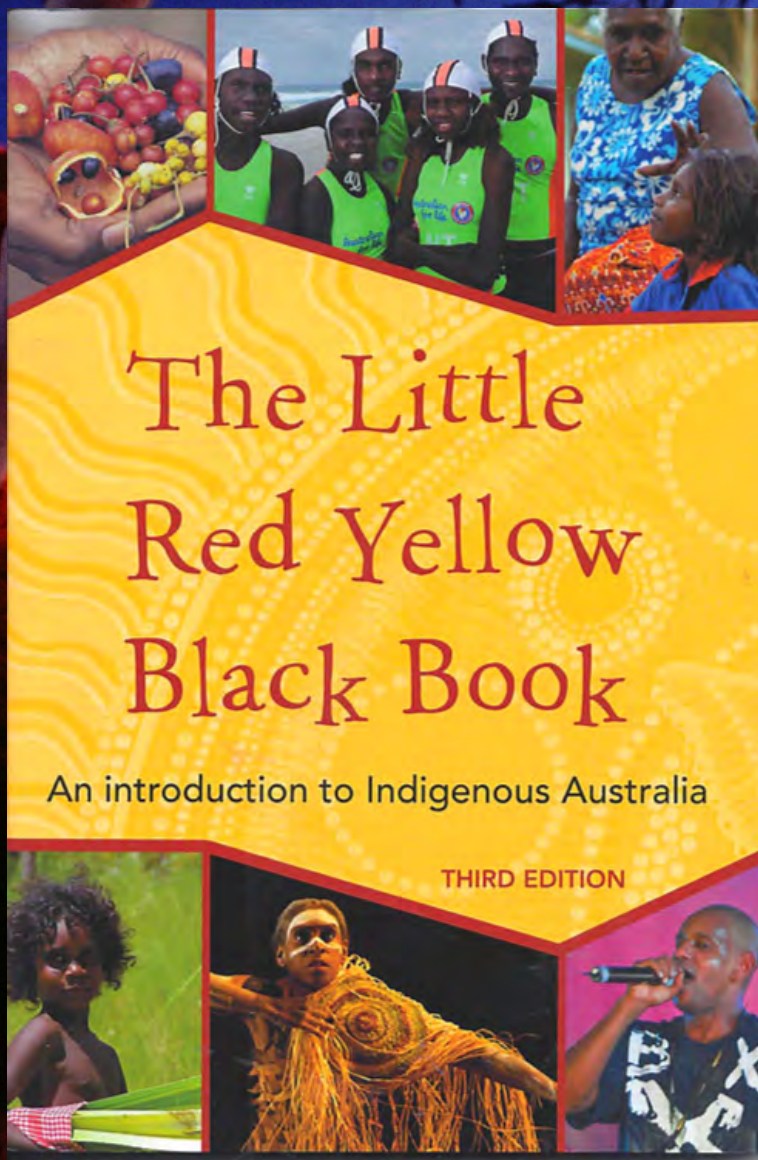
# RESOURCES

If any of these resources interest you, please let your Family Case Worker know so that you have the chance to borrow out these resources



# RESOURCES

If any of these resources interest you, please let your Family Case Worker know so that you have the chance to borrow out these resources



This updated edition of The Little Red Yellow Black Book is an authoritative introduction to indigenous Australia. Featuring real-life case studies and covering history, culture, arts, sports, languages, population, health, education and the workforce, governance, resistance, and reconciliation. Written in a first-person, Indigenous voice form an Indigenous perspective, the book offers something for everyone: from sport to educations, arts and theatre to governance, history to Indigenous tour operators, native title to health, and much more.

# KIDS CORNER



Color in Aladdin and his friends!  
Do you have a favorite Disney  
movie?



# MYER

*Support Myer Townsville for The Althea Project!*

*Get your new Entertainment Membership today*

Want to know how to tackle the school holidays and help us raise much needed funds? The new Entertainment Membership is here, packed with amazing offers, including family activities, casual dining and tasty treats. So who wants an ice cream?

*Purchase your 2019 | 2020 Entertainment Membership today!*



*Althea's  
Angels*

Go to the link below:

<https://www.entertainmentbook.com.au/orderbooks/9373e42>

**MYER**  
TOWNSVILLE

*Allthea's Angels*  
**CHARITY DINNER**

**SAVE THE DATE**  
**FRIDAY 25 OCTOBER**

Tickets on sale soon!



*Allthea's*  
*Angels*

When no one else can be there  
for our children... We are

*All proceeds go to Allthea's Angels*



# PARTNERSHIPS AND SUPPORTERS



**WE'RE DONATING  
\$1 TOWARDS  
ALTHEA PROJECTS**

**FOR EVERY BURRITO OR BOWL  
SOLD IN JUNE**

**Zambrero**  
MEXICAN WITH A MISSION



*Althea*  
**PROJECTS**