

CARER CONNECT



Althea
PROJECTS



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



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The Shared Family Care team has been busy since the last issue of the Carer Connect Newsletter. As a result, this issue is jammed packed with information for your enjoyment.

Since the last issue of the Newsletter, Sharon Thorburn, the Program Manager resigned. It was of course with sadness we said goodbye to her as she had been the Program Manager since August 2014. However, we are equally happy for Sharon as she commences on a new career pathway and wish her all the success in the future.

Since Sharon's resignation I have been in the role of Acting Program Manager and very recently appointed the position permanently. I am also happy to announce one of our Family Case Worker Justin Pascoe, was successful in his application and appointed to the newly created Team Leader position. With both positions being filled, it is envisaged

further stability in our team is assured, which of course has the flow on effect for further enhancement in our service delivery.

So, what else have we been up to you may ask? In April Shared Family Care sponsored a number of Foster Carers and Family Case Workers to attend the 2017 Foster and Kinship Carer Conference in Cairns.

The feedback from carers and the staff was that the event was inspirational, with some staff saying that it was difficult to choose which workshop to attend as there was so many great presenters. As part of the goal of being industry leaders of innovative best practice and our mission to support and strengthen families so that children and young people can reach their full potential, Shared Family Care strive to ensure that Carers have the opportunity to attend such worthwhile conferences.



A FEW WORDS FROM THE PROGRAM MANAGER

With that in mind, and as a result have four spots available for carers to attend the National FCQ Conference being hosted in Melbourne in September. If you are interested please speak to your Family Case Worker who will assist you in submitting an Expression of Interest form.

Althea Projects is also proud to announce that it was a platinum sponsor in this year's NAIDOC celebrations from the 2nd to 9th July. Althea Projects staff and volunteers engaged with the local community at the official launch, corporate breakfast, NAIDOC March, the Deadly Day Out event at Riverway and the up and coming NAIDOC formal dinner.

In celebrating National Reconciliation Week, Shared Family Care recently held an event at Sherriff Park, Aitkenvale for foster and kinship carers and children. The afternoon was opened by Bindal woman Letitia Tapau who presented the Welcome to Country with the remainder of the afternoon spent enjoying a sausage sizzle, playing cricket, painting hands and yarnning. It was a great afternoon out, with much fun had by all. A big warm thank you to all that came along. We hope we will see you at our next event.

Before long you will be seeing Althea Projects up on billboards around Townsville as we commence our annual marketing campaign. Due to the shortage of foster carers in Townsville the purpose of this marketing is to increase Foster Carer enquiries and interest. I would also like to encourage you to share your stories and testimonies about how you have made a difference in a child's life with those around you. It is through your stories that recruitment is successful.

Althea Projects recently interviewed a number of carers, and their stories are available right now on Althea Projects YouTube channel. If through your interactions with others you do encounter someone who expresses an interest in becoming a foster carer please direct them to call the office on 4779 3332 or visit our webpage.

In addition to the recruitment and advertising initiatives, we are thrilled to be able to continue to have the NQ Cowboys supporting Shared Family Care through their Field of Dreams program. We hope that all the carers and children who attended the game on the 24th June enjoyed the game.

On a personal note, I would like to take this opportunity to thank each and every one of you. Children are our most precious resource, thank you for investing your time, love and care into the children you look after.

Teresa Smith

Program Manager

**TALK TO
US TODAY**



To get involved and really
make a difference, please call:

07 4779 3332

admin@altheaprojects.org.au



Health and Wellbeing



Healthy Eating for Kids and Teens



Basic Tips:

-  Eat breakfast every day and do not skip meals. Skipping meals may lead to extreme hunger, over-eating, and poor food choices.
-  Drink nonfat or 1% milk with meals and water with snacks.
-  Avoid sugar-sweetened drinks including fruit juices, fruit punch, energy drinks, and sodas.
-  Choose one place in the house for eating, such as the kitchen table.
-  Turn off the TV, computer, and video games during meal and snack times.
-  Reduce fast food and restaurant meals.
-  Do not keep problem foods around the house (a problem food is one that you are likely to eat too much of or too often if it is available).
-  Keep healthy snacks readily available so that you can grab and go.
-  Plan ahead for meals and snacks. Cook large meals on the weekends and keep leftovers in the refrigerator or freezer to use for quick meals during the week.





Health and Wellbeing



Michael Carr-Gregg's Top Apps for Health and Wellbeing

1. **ReachOut Breathe**: helps clients control their breath and measures their heart rate in real-time using the camera in your phone. This means that they can actively address the onset of physical stress symptoms such as shortness of breath, increased heart rate and a tightening of the chest.

2. **Couchto5k**: that gently and gradually encourages people to move.

3. **Pillboxie**: that can give clients a digital nudge to remind them to take their medication.

4. **Music eScape**: that uses the music playlists on client's phones to manage their mood.

5. **Breakup Shakeup**:

Feeling down after a breakup? Or just finding it hard to find motivation for anything? Have you lost some of your spark? This app can help you come up with cool ideas what to do about it. Getting active and socialising are amongst the best things you can do to start feeling happier and stronger again. So, give it a try, choose from a large library of activities, and find out some more about each of them using the provided links.

6. **ReachOut WorryTime**: Everyone has worries pop into their head from time to time, but sometimes they won't go away and start to impact your everyday life. This app interrupts this repetitive thinking by setting aside your worries until later, so client's don't get caught up in them and can get on with their day. This means they can deal with worries once a day, rather than carrying them around with them 24/7.

7. **SnoreLab**: has monitored more than 5 million nights of sleep and has helped 100,000's people to manage or even eliminate their snoring problem. The most advanced and innovative app of its kind, SnoreLab records, measures and tracks your snoring and helps clients to discover effective ways to reduce it. SnoreLab is very easy to use: simply set SnoreLab running next to your bed whilst you sleep. In the morning you will discover exactly when and how loudly you snored, and you can listen to some highlights! If you then try some snoring remedies, or register some lifestyle factors, you can discover exactly how they impact your snoring, helping you to discover solutions.

8. **Recharge**: contains a six-week sleep training program along with sleep trackers like Jawbone and Fitbit can monitor movement and sleep and learn the association between exercise and sleep, essentially 'beducation' at the touch of a button.

9. **The Check-in**: beyondblue created this app to help young people help each other. It's not easy to start conversations with friends or family who you think might be struggling – or to know how to help once you do talk about it. The Check-in app guides clients through how to approach the topic of mental health, questions you could ask, how to respond and what you could do to best offer support. The app offers tips not just for helping others, but for checking in with your own mental health, including advice from young people who have been through these conversations with friends. For further support, it also connects you to a range of professional online and phone services

10. **My QuitBuddy** is a personalised app to help you get, and stay, smoke free. You can track your quitting progress, such as days smoke-free, cigarettes avoided and dollars saved and gain motivation with the support from thousands of other people quitting through with the community board.

Read more at <https://www.talkinglifestyle.com.au/2017/05/03/michael-carr-greggs-top-apps/#IAMB7W8ADJle4WDO.99>



Cultural Connect



Althea Projects is committed to supporting and strengthening the capacity of vulnerable families, children and young people.

A Journey of Healing

Althea Projects has a proud history of working towards reconciliation with Australia's Aboriginal and Torres Strait Islander peoples.

As a positive pathway to supporting families, children and youth in Townsville and surrounding regions, we recently launched our first **Reconciliation Action Plan 2016-2018**. We believe it is an important step in our endeavours to play a role in a reconciled community.

This year, Althea Projects joins with the Townsville NAIDOC Committee as a *Platinum Sponsor* to celebrate,



NAIDOC Week 2017
'Our Languages Matter'



Find us at NAIDOC Week events being held across Townsville during National NAIDOC Week from 2nd to 9th of July, 2017:



Official Launch



Corporate Breakfast



Elders Luncheon



NAIDOC March



Deadly Day Out



NAIDOC Dinner

For more information about these events, visit www.townsvillenaidoc.com.au

www.altheaprojects.org.au

Level 1, 296 Ross River Road, Aitkenvale QLD 4814 | Phone 07 4779 3332

NATIONAL ABORIGINAL AND TORRES STRAIT IS- LANDER CHILDREN'S DAY

WHEN

**Sunday the 6th of August
9am - 12pm**

WHERE

Wee Care; 9 First Street, Railway Estate

What is Children's Day?

National Aboriginal and Torres Strait Islander Children's Day is the largest national day to celebrate our children. Children's Day is celebrated across Australia each year on 4 August, we will be celebrating the event on Sunday the 6th of August.

FOR MORE INFORMATION CALL:

4779 3332

OR EMAIL:

admin@altheaprojects.org.au



Althea
PROJECTS

**RSVP BY THE
28TH OF JULY**

ACTIVITIES

- Face Painting
- Jumping Castle
- Cultural Activities
- Sausage Sizzle



value our rights,
respect our culture,
Bring us home.

Visit aboriginalchildrensday.com.au to see how you can get involved



Events



CARING FOR JARJUMS CULTURE

Supporting Carers To Care For Culture

For Aboriginal and Torres Strait Islander Children in Out-Of-Home-Care

A 3-session support and learning program for kinship and foster carers caring for Aboriginal and/or Torres Strait Islander children and young people

Wednesday Evening
5.30pm to 8.30pm
12th, 19th & 26th July

Friday
9am to 12pm
25th Aug, 1st & 8th September

Sunday **15th October** 9am to 3.30pm
&
Sunday **22nd October** 91m to 12pm

For all bookings or enquires:

Tara Douglas, Indigenous Program Co-ordinator, Evolve Therapeutic Services
Tel: 07 44339004 or Email: tara.douglas@health.qld.gov.au

Or

Teena Holthouse, DCSDS - PSS
Tel: 47997943 or Email: Teena.Holthouse@communities.qld.gov.au



Get in the Game Get Started Vouchers

Funding to help kids participate

Fact Sheet for Parents/Carers/Guardians

What is *Get Started Vouchers*?

Get Started Vouchers is one of the funding programs that comprise the Queensland Government's *Get in the Game* initiative to support sport and active recreation at the grassroots level.

Get Started Vouchers assists children and young people who can least afford, or may otherwise benefit from, joining a sport or active recreation club. Eligible children and young people can apply for a voucher¹ valued up to \$150, which can be redeemed at a sport or recreation club that is registered for *Get Started Vouchers*.

Who is eligible?

Eligible applicants are Queensland children and young people aged from 5 to 17 (inclusive) who either:

- hold or whose parent, carer or guardian hold a valid Centrelink Health Care Card or Pensioner Concession Card with the child's name on it; or
- are identified by a registered referral agent².

What funding is available?

A maximum of \$150 per voucher is available to help pay the cost of sport or recreation membership and/or participation fees³. There is a limit of one voucher per child/young person per year.

Where can I redeem the voucher?

A list of registered sport and recreation clubs is available at

www.qld.gov.au/recreation/sports/funding/getinthegame/getstarted/clubs/.

When will vouchers be available?

The following table provides round dates for the next two years.

	Applications Open	Applications close (or earlier if fully allocated)	Vouchers expire (must be presented to a registered club by)
Round 9	25-Jan-17	29-Mar-17	12-May-17
Round 10	12-Jul-17	27-Sep-17	15-Nov-17
Round 11	24-Jan-18	28-Mar-18	11-May-18

How do I apply for a voucher?

To obtain a voucher:

- visit www.qld.gov.au/recreation/sports/funding/getinthegame/
- view the list of registered clubs to find a new club or confirm that the club your child is interested in joining is registered
- contact the club to ask about any specific equipment required for the activity and any additional fees that may not be covered by the voucher
- click on the 'apply for a voucher' link on the department's website and enter your details and the eligible child/young person's details, including a Centrelink Health Care Card or Pensioner Concession Card number **OR** referral agents' details.

If you are eligible, a voucher with a unique reference number will be generated. Print the voucher and take it to the registered sport or recreation club the child/young person intends to join (prior to the expiry date) to receive up to \$150 off the club's membership/participation fees⁴.

Need further information?

For further information about *Get Started Vouchers*, telephone 13QGOV, email getstarted@npsr.qld.gov.au or visit

www.qld.gov.au/recreation/sports/funding/getinthegame/

¹ Vouchers will be distributed in two rounds each year on a first come, first served basis. Once the allocation for each round is exhausted, the program will close and no further vouchers will be offered for that round.

² Refer to the *Get Started Vouchers* Referral Agents Fact Sheet for information on referral agents.

³ If the membership/participation fees are more than \$150, the parent/guardian/carer is required to pay the difference. If the membership/participation fees are less than \$150, the department will pay the club for the membership/participation fees only. The balance is not redeemable in cash or as payment for individual items to participate in the activity (such as jerseys, boots etc.).

⁴ You will still be required to complete and comply with the sport or recreation club's membership process.



SFC Information



BILLABONG SANCTUARY

Shared Family Care have Billabong Sanctuary pass cards available for our Foster Carers. These cards allow you to visit Billabong Sanctuary when you have a child/ren placed in your care. Carers can only use one card at any time which will allow you to bring along up to a total of 17 persons including yourself.

If you are interested in using the Billabong Sanctuary pass cards please call Shared Family Care on 47793332 to book your preferred date to attend. When contacting Shared Family Care to make your booking please ensure that you have the date you would like to attend, number of children and number of adults attending. Without all these details we are unable to process your booking. Bookings can only be made through Shared Family Care and you must not contact the Billabong Sanctuary directly.





Training



Evolve Therapeutic Services North Queensland 2017 Training calendar

Quest

Term 3:

Monday mornings 9.00-12.00

8 sessions starting 17.7.17 ending 4.9.17

Term 4:

Wednesday mornings 9.00-12.00

8 sessions starting 11.10.17 ending 29.11.17

Mini Quest

2 day program - 8.30am-4.30pm

Townsville: 11th and 12th September

Caring for Culture

Term 3:

Friday mornings 9.00-12.00

3 sessions starting 25.8.17 ending 8.9.17

Term 4:

Friday mornings 9.00-12.00

3 sessions starting 17.11.17 ending 1.12.17

Circle of Security for Foster Carers

Term 3:

Wednesday mornings 9.00-12.00

8 sessions starting 19.7.17 ending 6.9.17

Term 4:

Monday mornings 9.00-12.00

8 sessions starting 9.10.17 ending 27.11.17



Coming to a conference room near you The Friday ESCAPE sessions (Enhancing Stakeholder Capacity and Professional Education)

The Friday ESCAPE is a monthly mental health education program provided free of charge by Townsville Evolve Therapeutic Services (ETS) for all professionals working with children & young people in the care of the Department of Communities – Child Safety & Disabilities Services. It is an opportunity for professionals and carers working with children in care to network, learn and share resources together.

Sessions will be held on the last Friday of every month from 9am-12pm (tea and coffee provided).

Friday ESCAPE	Topic	Facilitator/s	Venue
July 28	Understanding and Working with Infant Mental Health Concerns	Shannon Baker and Dr Susie Cameron	Kirwan Conference Room
August 25	Management of Children impacted by both Disability and Trauma	Rachel Jones and Taryn Dymock	Kirwan Conference Room
September 29	Using Sensory Processing to Help Children Regulate Emotional Distress	Tegan Turner	Kirwan Conference Room
October 27	Planning for Therapy – what works for children with trauma and disturbed attachment	Shannon Baker	Kirwan Conference Room
November 24	Becoming an adolescent in the Child Protection System	Mike St Maurice	Kirwan Conference Room

For all bookings or further enquiries, please contact:

Shannon Baker, Professional Development Coordinator, Evolve Therapeutic Services (ETS) – North Queensland Tel: 4433 9004 or Email: Shannon.Baker@health.qld.gov.au

Please Note: We need minimum number (5) bookings for workshops go ahead





Kids Corner



Shared Family Care PLAY GROUP

Come and join our play group and meet some other wonderful carers.

Please bring along a plate to share for Morning Tea

Heaps of fun activities for the children on offer

**When Friday Mornings 9.30 – 11.30
 Commencing 14 July 2017**

Where WEE CARE (9 First Street Railway Estate)



COST
Gold Coin Donation
to cover costs of
art and craft
materials

For more information please call
Dallas
Ph: 4779 3332





Child Safety News



Department of Communities, Child Safety and Disability Services

Information for foster and kinship carers



Helping with the cost of early childhood education

Attending a quality early childhood program helps set children up for later success at school. Through play-based programs, young children develop their creativity and imagination, social and communication skills, develop self-confidence and make new friends.

The Department of Communities, Child Safety and Disability Services is investing in a new early childhood education and care participation initiative to ensure children in out-of-home care have the same early childhood educational opportunities as other children.

While it is not compulsory for children to participate in early childhood education and care, children who attend kindergarten are better prepared for school.

This initiative provides carers with financial assistance to help meet the cost of early childhood education and care. This new payment is in addition to support payments provided by the department to meet child related costs and does not place a cap on the level of support that carers can receive to meet the cost of early childhood education and care.

What is the early childhood education and care participation initiative?

Kindergarten gap cost payment

Foster and kinship carers will receive a minimum gap cost payment of at least \$25 per week for each child in their care to attend an approved kindergarten program — that is, a play-based program delivered by a qualified early childhood teacher for 15 hours a week, 40 weeks a year.

Where there is a gap in kindergarten costs, carers will receive a guaranteed minimum level of financial assistance to help bridge that gap.

If a child is participating in a kindergarten program through long day care and attends more than 15 hours per week, support to cover the additional costs can be discussed with your child safety service centre.



Information for foster and kinship carers

Existing arrangements with your child safety service centre to provide a higher level of support will continue to be available. Support payment arrangements that are already in place will not be reduced as a result of this new initiative, and may be increased where full gap costs are not currently being met.

All children in out-of-home care are eligible for a health care card which significantly reduces the cost of kindergarten. So make sure you provide the child's health care card details to the kindergarten.

This payment will be offered from **1 March to 30 June 2017 only**.

Eligibility

Eligible children include:

- » children who are subject to an interim or final child protection order granting custody or guardianship to the Chief Executive
- » children who are residing in an out-of-home care placement with a foster or kinship carer
- » children who are attending, or will attend an approved kindergarten program.

Early childhood education and care gap cost payment

From 1 July 2017, foster and kinship carers will receive a guaranteed minimum gap cost payment of at least \$2000 per annum for each child in their care to attend early childhood education and care, or a guaranteed minimum payment of approximately \$40 per week. This will replace the kindergarten gap cost payment.

Support payment arrangements that are already in place will not be reduced as a result of this new initiative, and may be increased where full gap costs are not currently being met.

Eligibility

Eligible children include:

- » children who are subject to an interim or final child protection order granting custody or guardianship to the Chief Executive
- » children who are residing in an out-of-home care placement with a foster or kinship carer

- » children who are attending kindergarten, limited-hours care and long day care
- » children who are aged between one and five years, and have not commenced Prep.

What should I do if I have a child currently attending early childhood education and care?

If you have a child in your care who meets the eligibility criteria and you are not currently receiving financial assistance to help with early childhood education and care costs, please talk to your Child Safety Officer about receiving this payment.

If you already have support payment arrangements in place, talk to your Child Safety Officer about whether your current level of support can be increased.

How will the payment be paid?

If you are paying some or all of the costs for the child to attend early childhood education and care, you will receive the additional payment on a regular basis as discussed with your child safety service centre. This could include the child safety service centre making payments directly to the early childhood education and care provider.

If the child's placement with you is stable and long term, the child safety service centre may reimburse you in lump sum payments. However, if the child's placement with you is temporary, or you would prefer more regular payments, the child safety service centre can make fortnightly payments to you.

More information

To find out more about eligibility for receiving these additional payment, talk to your Child Safety Officer.

Information about the early childhood education and care participation initiative can be found in the Community Support section on the Queensland Government website www.qld.gov.au/community/caring-child



Partnerships & Supporters



Our deepest appreciation

Aboriginal Women's Shelter - Flora House

Adspeak Marketing

APEX

Australian Government - Dept of Social Services

Backpacks 4 Aussie Kids Inc

B-Fitt

Billabong Sanctuary

Brothers League's Club

Café Bambini Fairfield Waters

Café 1939, Townsville Airport

Captains Lounge Café, Townsville Airport

Centacare Townsville

Centrelink (Townsville Cyclones Social Club)

Child and Mental Health Services

Churches of Christ Pathways Fostering Service

Click Clack Knitting Group

Coast 2 Country Housing Company

CWA Country Women's Association

Danielle Josey

Drug Arm Australasia

Drop-In Centre

Families of Townsville

Family Emergency Accommodation Townsville

Food Relief NQ

Food Rescue

Fortel Communication Pty Ltd

Foster Care Queensland

Grill'd Restaurant, Townsville

GYG Restaurants, Townsville

HiQu Dental

IGA Magnetic Island and Bushland Beach

Life Without Barriers

Leos Club

Lions Club City of Townsville

Lotsa Printing Pty Ltd

Maria House - Women's Shelter - Oz-care

Mayors Christmas Tree Appeal

Moore Stephens Queensland Limited

Nth Qld Domestic Violence Resource Service

Pyjama Foundation

QCWA Tsv Branch

Qld Dept of Communities, Child Safety and Disability Services

Qld Youth Services

Red Cross

Reef HQ

Relationships Australia

Richard Kelly Automotive

Ridley Animal Nutrition

Rotary Club of Townsville Sunrise Inc

Seaview Hotel

Second Bite

Second to None Nutrition

Sera's Women's Shelter

Sk8way

Southside Milk Supplies

Intersport Warehouse

Strand Café, Townsville Airport

Sun City Trees

TATSICHS Recognised Entity

TAIHS Foster & Kinship Services

TM & VM Thomson Builders

The Alannah and Madeline Foundation

The Townsville Hospital

Townsville Tidy Bags

Undees for Kids

VARIETY—The Children's Charity

Zambrero Stores:

Cannon Park
Willows Shopping Centre
Castletown
Thuringowa
Domain Central
Flinders Street
Stockland Centre

