

# CARER CONNECT



*Althea*  
PROJECTS



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Facebook

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



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**TALK TO  
US TODAY**



To get involved and really make a difference, please call:  
**07 4779 3332**  
[admin@altheaprojects.org.au](mailto:admin@altheaprojects.org.au)

Welcome to another issue of Carer Connect. Since our last issue the team have been involved with various training, events and activities which has kept everyone busy. We celebrated alongside you at the Foster and Kinship Care Week events, enjoyed a Zambrero Burrito at the National Families Day Out and shared in new learnings through the Practice Meets Theory training and other training held over the past few months.

The next half of the year will be equally full with the team being involved in NAIDOC events, commencing Circle of Security Training in July, facilitating the ongoing monthly Kinship Care Support Group in June, providing further FCQ and Evolve training as joint agency responses, and supporting the Hope and Healing Camps along with the Department of Child Safety and other local agencies. All upcoming events, training

and opportunities will continue to be emailed and shared on our Facebook page.

I'm also excited to be able to offer 3 carers the opportunity to attend the 2018 National Foster and Kinship Care Conference which includes the cost of the two day conference, conference dinner, accommodation and return flights. The conference is being held from the 7-9th September at the RACV Royal Pines Resort, Gold Coast. If you are interested in applying please complete an expression of interest (EOI) form by the 28th July. All EOI's will be considered and the decision will be made by a panel early August.

As I've mentioned previously this year's focus is on improving the practice and the way we support and advocate on behalf of you the foster and kinship carers.



The *'Statement of Commitment Between the Department of Child Safety and the foster and kinship carers of Queensland'* articulates the commitment of the department, key partners (such as Shared Family Care SFC) and foster and kinship carers to work together to ensure children and young people attain quality outcomes that prioritizes their safety and promotes their wellbeing. Each of us have an important role to play in this partnership and it is important that we know our rights but also understand our responsibilities and ensure we are fulfilling these.

I would like to thank you for your continual dedication to the children and young people you welcome into your home and I acknowledge it isn't always easy. The team at SFC are committed to supporting you as carers but they are also required to ensure the needs to the children and young people are met. This support at times will include conversations which may challenge your values, beliefs, behaviour or way of thinking and this can be difficult. As a carer you have the right to feel respected, valued, safe

and confident. One way to feel confident is to be open to the expert knowledge and direction provided from SFC staff on how to provide a high level of care. SFC is a licensed out-of-home care provider and as such all staff are legislated mandatory reporters and have a responsibility to ensure the statement of standards are met. Please feel free to speak to your Family Case Worker about anything that is concerning you, or alternatively you may wish to speak to the Team Leader or myself.

I trust you will enjoy reading the remainder of the newsletter as it includes information about department policies, available resources, upcoming training and events and photos.

Remember you are welcome to call into the office for a chat at any time. Parking is accessible at the rear of the building and we can be found on Level 1 either directly at the top of the stairs or via the lift (which is operational again).

Thanks again

**Teresa Smith, Program Manager**







## Health and Wellbeing



## INVEST IN YOU

Make physical, emotional, and mental health a priority





## Cultural Connect



# EVOLUTION

## TORRES STRAIT MASKS

Evolution: Torres Strait Masks celebrated the rich and continuing tradition of mask making in Zenadh Kes (Torres Strait). This exhibition, prepared by the Titui Cultural Centre, explored the form of masks as contemporary expressions of artist and cultural revival. Evolution was on show at the National Museum of Australia from 19 May to 23 July 2017

Head to <http://www.nma.gov.au/exhibitions/evolution> to have a look at more of what the website contains

WARNING: This website includes images and names of deceased people that may cause distress to Aboriginal and Torres Strait Islander people.



Sor Kobir 1



Sor Kobir 2







# Deadly Day Out



## TOWNSVILLE NAIDOC WEEK



Sunday 8th July 2018

**The Official Launch of Townsville NAIDOC Week**  
(Flag Raising & Free Community Brunch)

**Venue:** Jezzine Barracks  
**Time:** 9:00am – 12:00 pm  
**Cost:** Free Event



**BECAUSE OF HER, WE CAN!**  
8-15 JULY 2018

Wednesday 11<sup>th</sup> July 2018

**Townsville NAIDOC Breakfast**

**Venue:** RSL, Charters Towers Road Hermit Park  
**Time:** 7:00am – 9:00am (Doors open at 6.30am)  
**Cost:** \$50 / person

Tickets available at

**ticketShop**

- [www.ticketshop.com.au](http://www.ticketshop.com.au)
- 4727 9797
- Townsville Civic Theatre
- Riverway Arts Centre

*Opportunity for community, organisations and businesses to enjoy a deadly breakfast while hearing some deadly guest speakers and entertainment. THIS IS A VERY POPULAR EVENT DURING OUR NAIDOC WEEK ACTIVITIES SO GET YOUR TICKETS EARLY!!*

Friday 13<sup>th</sup> July 2018

**Townsville NAIDOC March**

**Venue:** Assemble at roundabout of Hinchinbrook Drive & Thuringowa Drive (beside the Kirwan High School)

**Time:** Assemble 9:30am March to Commence at 10:00am

**Shuttle cars will leave from Riverway to Hinchinbrook Drive at 8.30am**

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



Friday 13<sup>th</sup> July 2018

**Townsville**

**NAIDOC Deadly**

**Day Out**

**Venue:** Riverway, Pioneer Parklands

**Time:** 11:30am – 4:30 pm

**Cost:** Free Event

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

Friday 17<sup>th</sup> August 2018

**Townsville NAIDOC Dinner**

**Venue:** RSL, Charters Towers Road Hermit Park  
**Time:** 6.30pm til late (Doors open at 6pm)  
**Cost:** \$55 / person

Tickets available at

**ticketShop**

- [www.ticketshop.com.au](http://www.ticketshop.com.au)
- 4727 9797
- Townsville Civic Theatre
- Riverway Arts Centre

Thursday 27<sup>th</sup> September 2018

**Townsville Elder's Luncheon**

**Venue:** RSL, Charters Towers Road Hermit Park  
**Time:** 11am – 4pm



FOR MORE EVENTS INFORMATION CONTACT EDDIE SAVAGE 0434473850 or [edward.savage09@gmail.com](mailto:edward.savage09@gmail.com)  
TO OBTAIN STALL REGISTRATIONS VISIT THE WEBSITE: [www.townsvillenaidoc.com.au](http://www.townsvillenaidoc.com.au)

CELEBRATE NAIDOC WEEK



## Events



# North Queensland Child Protection Symposium

*From little things big things grow*

**Friday, 31st August 2018, 0900 - 1600**  
**Robert Douglas Auditorium, Townsville Hospital**  
**100 Angus Smith Drive, Douglas**

**Cost:**

Nil - Gold coin donation to a nominated child protection charity

**Refreshments:**

Morning and afternoon tea will be provided.

BBQ lunch hosted by The Townsville Hospital Foundation - sausage and drinks \$2.

**RSVP:**

Please RSVP to Caroline Whitworth via email by 17th August 2018, [caroline.whitworth@health.qld.gov.au](mailto:caroline.whitworth@health.qld.gov.au)

Shirts will be available for purchase prior to the event and on the day.

The symposium is for all government and non-government agencies and workers who have an interest in child protection in our community.

**The program will include speakers from:**

- First 1000 Days Australia Implementation Team Townsville
- From Little Things Big Things Grow
- Nathan Wallis

Proudly supported by:





## 2018 Foster & Kinship Care Conference



### 2018 NATIONAL FOSTER AND KINSHIP CARE CONFERENCE

RACV Royal Pines Resort, Gold Coast | Australia

7 – 9 September, 2018

Foster Care Queensland the peak organization for foster and kinship care in Queensland – invites you to join us by participating in the 2018 National Foster and Kinship Care Conference.

While FCQ represents more than 5,300 Foster and Kinship Carers in Queensland, this conference represents all State and Territory Foster and Kinship Carers throughout Australia which combined, totals more than 25,000 families caring for approximately 47,000 children in the care of all States and Territories.

The purpose of the conference is to bring together like minded people including carers, government and non-government staff and others interested to share their experiences, participate in professional development, network and have fun.

In hosting the 2018 National Foster and Kinship Care Conference we aim to draw attention to the specific needs of our carer community and the children they care for and to simply Make it Happen Make it Matter!



We are excited to be able to offer 3 carers the opportunity to attend. If you are interested please complete an Expression of Interest which can be requested via email—  
[admin@altheaprojects.org.au](mailto:admin@altheaprojects.org.au)

Please note: This offer includes the cost of the two day conference, conference dinner, accommodation and return flights.





## 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.





# 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

<b>Dates:</b>	<b>25th June</b>	<b>24th September</b>
	<b>23rd July</b>	<b>22nd October</b>
	<b>27th August</b>	<b>26th November</b>

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



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

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

Phone: 4779 3332 (option 2)

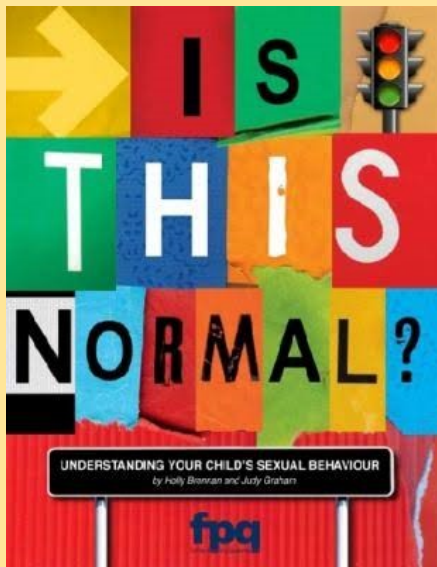
Follow us on Facebook @ Althea Projects





## SFC News

Shared Family Care have a number of books available as resources for you to loan. The below two books are recent purchases to our library. 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**

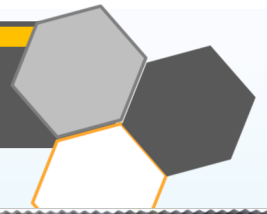
**Illustrated: Jodi Edwards**

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+.





# Family Day Out



For National Families Week 2018 Shared Family Care held a Family Fun Day the Wee Care Residential on Sunday the 13th of May. The afternoon was full of fun and games with a sausage sizzle, Zambrero's, cake, drinks, a jumping castle, face painting, balloon animals, a craft table and a coloring competition with prizes to be won.

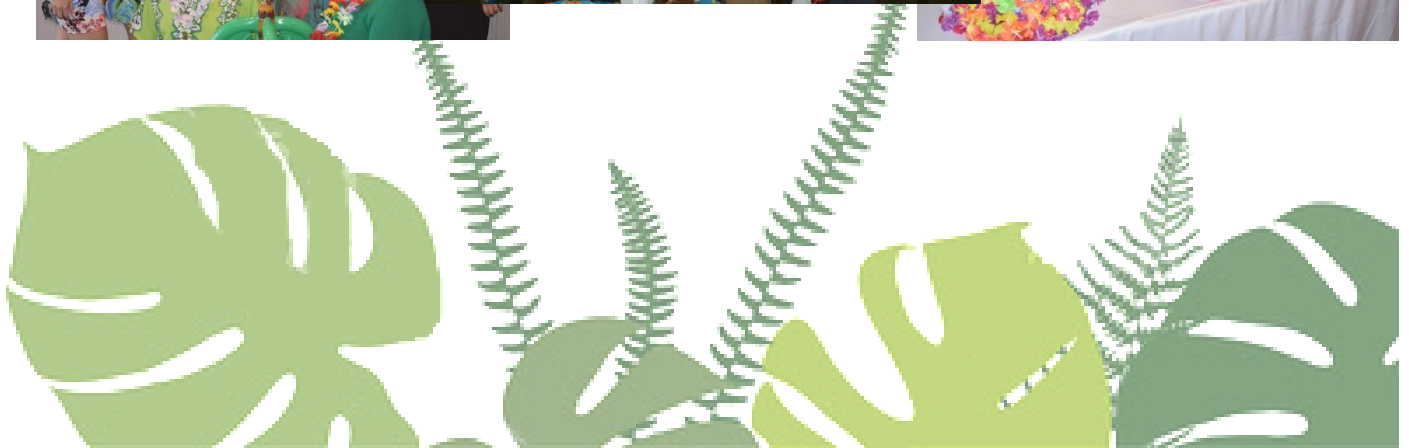
Have a look at the pictures that captured all the fun!







## Foster & Kinship Carer Week



In honor of Foster & Kinship Carer Week 2018 we held 3 (three) different events for the Townsville, Burdekin and the Charters Towers Region.

On the 27th of April a Tropical Themed Dinner was held in Townsville at the Brothers League Club







## Foster & Kinship Carer Week



### Charters Towers

24th of April we held a lunch at the Enterprise Hotel in Charters Towers



### Burdekin

23rd of April we held a lunch at the Commerical Hotel in Ayr

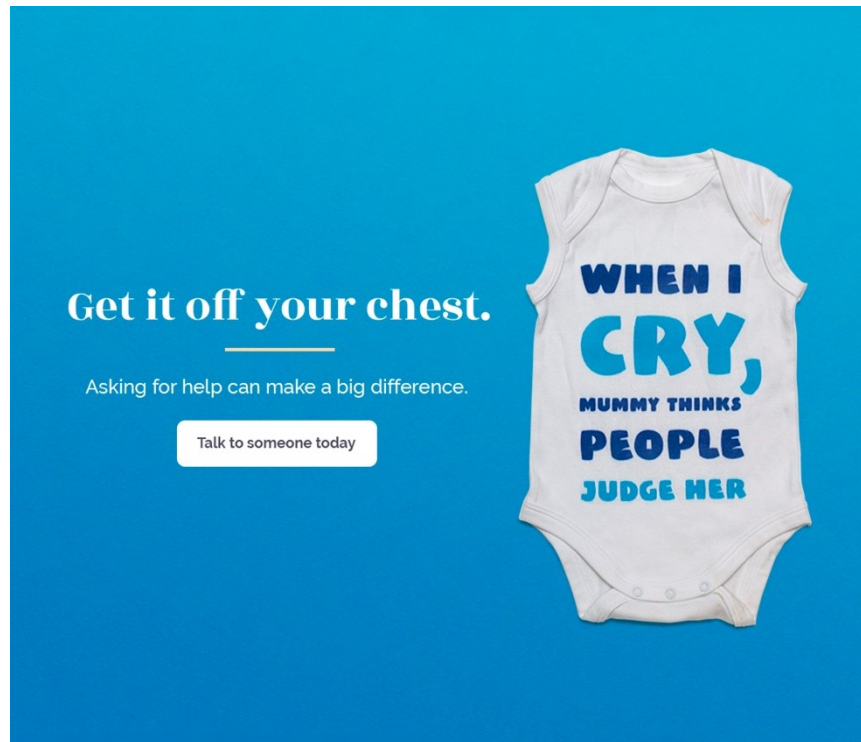






# *Talking Families*

## Community education campaign



It's perfectly normal to feel stressed and need a hand when we're not coping.

Find easy ways to ask for help at [talkingfamilies.qld.gov.au](http://talkingfamilies.qld.gov.au) or follow @talkingfamilies.qld on Facebook.

Talking Families is an initiative by the Queensland Family and Child Commission.



## Foster Care Queensland



In 2017, Housing and Public Works announced an initiative with Department of Child Safety, that would be rolled out across Queensland for Foster and Kinship Carers, that would see carers who owned their own home have smoke alarms installed in their home that met the newly introduced smoke alarm legislation that was introduced in January 2017.

The Department of Housing and Public Works is the department that is actually managing the installation of these smoke alarms and many carers across Queensland received their first correspondence in respect to this initiative mid-2017. There has been little communication since this time.

On the 4th of June 2018, FCQ, in partnership with Operational Support, Child Safety, met with Child Safety's key contact officer who is liaising with the Department of Housing and Public works, to receive an update as to what carers should expect in this space.

We are pleased to provide the following update:-

- Building and Asset Services, which is a business arm of the Department of Housing and Public Works, has held an industry briefing across Queensland with local contractors. The tender for contracts will not be given to one big corporate business, rather this initiative will support tenders from local business owners in your areas.
- Tenders will close mid-June and installations will commence from 1st September 2018 and continue over a three year period until the end of 2021.
- The Department of Housing and Public Works will continue to receive updated lists of current carers from Child Safety to ensure currency of information.
- If you have submitted your paper work as requested with accompanying evidence of ownership (Rates bill), then the next contact you will have is from a local contractor in your area. This will not be until at least September 2018 of this year and as stated above could be as much as three years away.
- Once you receive a call from the contractor in your area, they will arrange a 'Safety check' to be completed at your home. This means that the contractor will come to your home and ensure the property is safe to work on i.e. free from asbestos and wiring meets safety requirements.
- If your home does not meet the Safety test, you will need to fix any identified issues at your own expense prior to the contractors coming back to complete installation. If you do not fix the identified issues, there will be no installation.
- This initiative will only meet the cost of the installation. Any cosmetic issues that arise as a result of the installation will be at the expense of the carer i.e. if an existing smoke alarm is not needed, it will simply be disconnected, if you don't wish to have it there anymore, you will need to remove and patch / paint at own expense.
- Updated letters are currently being put together for carers who may not have been on the list provided to the Department of Housing and Public Works last year. So if you don't have a letter, you should receive one in the very near future.

If you have any further questions that have not been answered by this update, you can email the following email address **[smokeaip@communities.qld.gov.au](mailto:smokeaip@communities.qld.gov.au)** - Please note however that this email address is not monitored daily so it may be some time before you get a response.





## Training Calendar



### July

16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> Circle of Security (Townsville)

### August

3<sup>rd</sup> and 10<sup>th</sup> Caring for Jarjums (Townsville)

6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> Circle of Security (Townsville)

21<sup>st</sup> EVOLVE– Sexualized Behaviors (Part 1) - *More info to come*

### September

3<sup>rd</sup> Circle of Security (Townsville)

4<sup>th</sup> EVOLVE – Sexualized Behaviors (Part 2)- *More Info to come*

7-9<sup>th</sup> Foster Care Conference

18<sup>th</sup> FCQ Reunification

### October

19<sup>th</sup> and 26<sup>th</sup> Caring for Jarjums (Townsville)







## Training



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# Circle of Security Training

Circle of Security encourages carers to better understand and meet children's emotional needs. The program looks at how to enrich each child's emotional development and supports carers to develop a 'Secure Base' or a 'Safe Haven'. The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.



Our trained Facilitator will work with care-givers to help them to:

- Understand the theoretical foundation of the Circle of Security
- Shift caregiver focus from behaviour management to enhancing the quality of the relationship
- Understand specific steps to build self-reflection in caregivers
- Use video examples to support increased empathy in caregivers
- Identify new options to help caregivers manage emotions
- Learn step-by-step approaches for promoting secure attachment in children

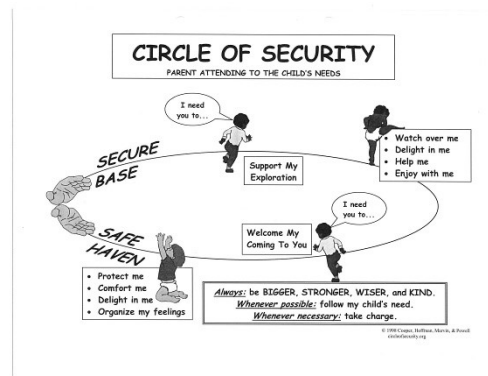
**Facilitator:** Dallas Grant

**Dates and Times:** 9-12 Monday mornings  
Commencing 16th July  
(8 sessions in total)

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

All enquiries and RSVP's via phone on 4779 3332 or via email to [Dallas.Grant@altheaprojects.org.au](mailto:Dallas.Grant@altheaprojects.org.au)

Registration closes on Monday the 2nd July



*Baby Sitting available on request for ages 0-12*



## Training

# EFFECTIVE SAFETY & SUPPORT NETWORKS



### Length of training: 6 hours

A Safety and Support Network is a team of family, friends, community members, carers and professionals who are willing to meet with the child or young person, the family and Child Safety and work together to keep the child or young person safe.

Network members are not 'add-ons' to the casework but are integral to case and safety planning. In this integrated practice approach, network members are essential to enhancing safety as they keep in regular contact with the child or young person and their families, take specific actions when situations become fragile or dangerous, and listen and respond to the child or young person and their worries.

An important difference between a Safety and Support Network and a more general 'group of concerned people' is that Safety and Support Network members know the harms that have already been experienced and the worries and goals for the future. That is, they know the risks of future harm to the child or young person should nothing change in the family or if new issues emerge. The key premise for any Safety and Support Network is that network members are: • informed • willing to help, and • clear about what they must do to respond.

### WHERE

**Althea Projects-  
Level 1, 296 Ross River Road,  
Aitkenvale.**

### WHEN

**Thursday, 28th June 2018**

### TIME

**9.00am - 3.00pm**

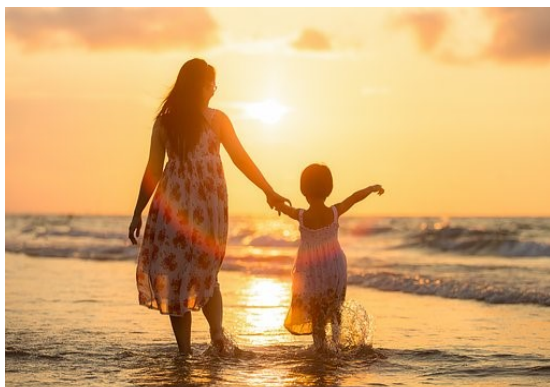
### RSVP

**By Friday, 22nd June 2018**

**Admin at FCQ**

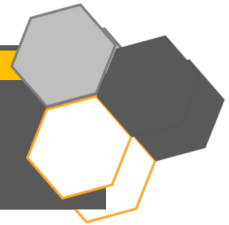
**E: [admin@fcq.com.au](mailto:admin@fcq.com.au)**

**Ph: 3256 6166**





## Training



# NDIS TRAINING

Length of training: 4 hours

This training explores how the National Disability Insurance Scheme works for children subject to Child Protection orders under the Child Protection Act 1999. Co-written with colleagues from the Disabilities department through the Department of Communities, Child Safety and Disability Services, this training is aimed at assisting carers to understand the following:-

- An overview of NDIS – what does it mean, how do children and young people qualify for service
- How plans are developed and how carers can be involved in this process for the children they care for
- What services are available through NDIS for children and young people and how this will look from a practical point of view

The interface between Child Safety and NDIS



### where

Life Without Barriers  
1/3 Ramsay Street Garbutt

### when

Wednesday, 27th June 2018

### time

1:00pm to 5:00pm

### RSVP

By Friday, 22 June 2018

To:

Admin at FCQ

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

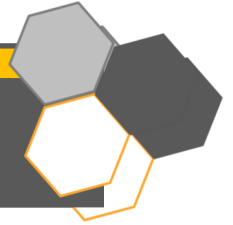
Ph: 3256 6166







## Training



### Free Autism Workshop



Cootharinga North Queensland are partnering with Griffith University to bring a two day workshop to parents and carers of children with Autism. This workshop may be helpful for parents of children with other developmental disabilities too.

**WHEN:** 9:30am—3:00pm Tuesday 26th & Wednesday 27th June 2018

**WHERE:** Oonoonba Community Centre, 2 Shannon St, Oonoonba QLD 4811

**COST:** Gold Coin Donation

**RSVP ESSENTIAL (for Catering):**

Tuesday, 19th June 2018

Phone or email Isabel on 4759 2033 or [issabel.bowrey@cootharinga.org.au](mailto:issabel.bowrey@cootharinga.org.au)

*This workshop will cover:*

- An update of the latest research around understanding autism
- Identifying your child's strengths and areas of difficulties
- Communication your child's profile of strengths and difficulties to those in school and in the community
- Identifying and using evidence-supported strategies to both enhance strengths and minimize difficulties.



Our Vision:  
"Building a better world  
with people of all abilities!"





# 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.

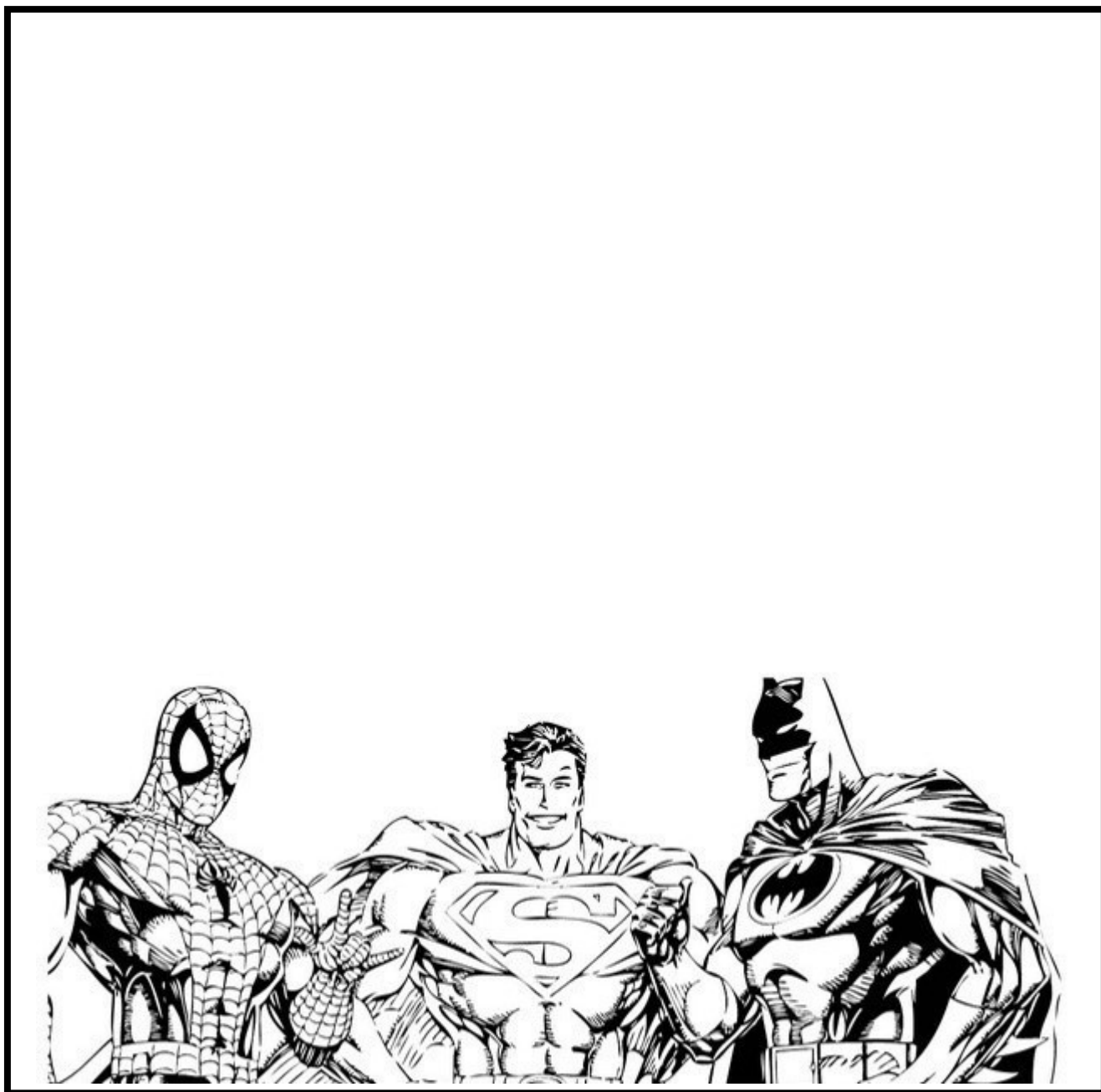
Some options may include:

- 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.



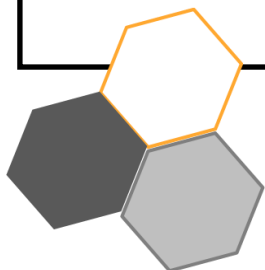


## Kids Corner



### KIDS ACTIVITY

Draw your favorite Superhero in the box above, or create or own and give him or her a name.







## 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.