

September - November 2016

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### Moving on towards September!

I always used to think that it took so long to pass between one Christmas and the next, however the reality is it's like no time at all!

The National Conference in June has inspired us! Our team recently participated in a planning workshop to develop ideas and to plan our way forward as we move towards the coming years.

As always, advocating for carers is our first priority and we continue to actively pursue fairness and equity for carers. We have identified five key areas where we will actively work to enhance the care journey for foster and kinship carers.

1. The Association will continue to empower foster and kinship carers through ongoing mentorship, support and professional development opportunities.
2. We will continue to develop useful information and materials to support new and existing foster carers which will be easily accessible through our website and offices.
3. We will continue to offer events and activities, connecting both new and existing foster carers.
4. We will establish support groups around Kinship Care and FASD and other groups as identified to support carers in their role.

5. We are committed to working closely with the Department to ensure policy and practices are improved and to bring about positive change for foster and kinship carers.

It's going to be an exciting year for us, and I look forward to working with you all.

Take care

**Ann Owen**  
Executive Director

### ARE YOUR DETAILS UP TO DATE?

Please contact Anne-Marie to update your contact details on

T: (08) 8945 3364 or  
E: [info@fostercarersnt.org.au](mailto:info@fostercarersnt.org.au)

## Carer Charter of Rights

### Survey

There is still time to have your say. We are inviting all carers to input into the development of the Carers Charter of Rights. To submit your input go to <https://www.surveymonkey.com/r/FL329L8>

### Forums

We will be also be a holding a series of forums throughout the region on the following dates:

**Tennant Creek** 13 Sept, 5.30pm-7.00pm Venue: Blue Stone Motel

**Alice Springs** 15 Sept, 11.00am-12.30pm and 5.30pm-7.00pm Venue: Foster Carers NT Assoc Office

**Katherine** 19 Sept, 11.00am-12.30pm and 5.30pm-7.00pm Venue: Knotts Crossing

**Darwin** 21 Sept, 5.30pm-7.00pm Venue: TBA

For more information contact our office on T: (08) 8945 3364 or E: [info@fostercarersnt.org.au](mailto:info@fostercarersnt.org.au).

## Here's a recipe from Ann to get you all started!

### Quinoa Anzac Biscuits

#### Ingredients

- 1 1/4 cups plain flour (sifted)
- 1 cup of quinoa flakes
- 1/2 cup Rapadura sugar (use coffee sugar as an alternate)
- 3/4 cup of desiccated coconut
- 2 tablespoons of golden syrup
- 150g butter (not margarine)
- 1/2 teaspoon bicarb soda
- 2 tablespoons water

#### Method

Preheat oven to 170 degrees Celcius

Prepare baking trays and line with non stick baking paper.

Mix flour, quinoa flakes, sugar and coconut in a medium sized bowl. Make a well in the centre.

In a small saucepan - mix butter and syrup over a low heat until butter is completely melted. Mix water and bicarb together and add to the syrup butter mixture. It will start to bubble as you stir. Remove from the heat.

Pour into the butter mix into the dry ingredients and mix together until well combined.

Place tablespoonfuls of mixture onto baking tray, press gently with fork to flatten slightly.

Bake for 12 minutes until golden brown.

Allow to cool on the tray before lifting off.

**How do I submit my recipes?** Recipes can be submitted by completing a Recipe Form. You can access the form by going to our website at [www.fostercarersnt.org.au/updates](http://www.fostercarersnt.org.au/updates). Or you can request a form by calling or emailing our office on (08) 8945 3364 or [info@fostercarersnt.org.au](mailto:info@fostercarersnt.org.au).

**Do I have to be a carer to submit a recipe?** No. The cookbook is open to all carers and residents of the Northern Territory community.

**How many recipes can I submit?** You can submit as many recipes as you wish but there is no guarantee that all of your recipes will be selected for publication.

**Who chooses the recipes?** All recipes will be independently tested and tasted. The final recipes for the Family Favourites Cookbook will be chosen by the recipe committee.

**Do the recipes have to be mine?** While we prefer that the recipes are original, however, we are happy to accept other recipes as long as they have the correct permission for use obtained from their creator.

**When is the deadline for submission?** The deadline for submission will be Friday 3 February 2017

**When will the cookbook be published?** We aim to have the Family Favourites Cookbook published around Monday 1 May 2017 just in time for Mothers Day.

## Family Favourites Cookbook

Foster Carers Association NT Inc. invites you to submit your favourite recipes to be included in our new cookbook.

#### To get involved

1. Go to [www.fostercarersnt.org.au/updates](http://www.fostercarersnt.org.au/updates)
2. Complete and submit the downloadable Recipe Form\* or we can be email or send it to you on request.
3. Recipes will be independently tested and tasted by a recipe committee\*\*.
4. Deadline - Friday, 3 Feb 17.

#### Categories

- ▼ Breakfast Ideas
- ▼ Lunch Ideas ▼ Main meals
- ▼ Snacks ▼ Soups ▼ Basics
- ▼ Allergies ▼ Sweets
- ▼ Drinks

\* Recipes should be original or if not have approval for use by the source. All recipes will require a signed publicity consent form. \*\* Not all recipes will be selected and the recipe committee selections will be final.

For more information contact Anne-Marie on T: (08) 8945 3364 or E: [info@fostercarersnt.org.au](mailto:info@fostercarersnt.org.au)

FosterCarers  
ASSOCIATION NT INCORPORATED

**SEND US YOUR FAVOURITE RECIPES NOW!**

## Some Interesting Facts about sleep

By Lucja Wajs, Lead Advocate



I recently attended Dr Diane Szarkowicz's session held in Katherine on Anger and Anxiety in Children and she talked about sleep. I found the information very interesting and I thought I would share it with you.

### Sleep Quality

Quality of sleep is as important as quantity. Anxiety impacts on sleep onset but also maintenance of sleep. It is normal to take 20 - 30 mins to fall asleep, but if someone is anxious it may take up to 90 mins. The quality of your sleep directly affects the quality of your waking life, including your productivity, emotional balance, creativity. Without enough hours of quality sleep, you will not be able to work, learn, create and communicate at a level even close to your true potential.

### Stages of Sleep

During sleep, we usually pass through stages of sleep. A complete sleep cycle takes 90 to 110 minutes on average. When you have a good night sleep you will go through the cycle about 4-5 times.

**Stage 1** - Light Sleep - shallow sleep. This is where you drift in and out.

**Stage 2** - Onset of Sleep - Breathing and heart rate tend to be more regular. We spend the largest part of sleep in Stage 2.

**Stage 3** - Deep Sleep 1 - Transition from a light sleep to a deeper sleep.

**Stage 4** - Deep Sleep 2 - Very deep sleep. Muscles are relaxed. Very restorative time where energy is restored, body growth and repair takes place.

**REM** - Brain is more active. Characterised by rapid eye movement. Body does not move. Dreams occur at this time and memories are consolidated.

We spend almost 50 percent of our total sleep time in stage 2 sleep, about 20 percent in REM sleep, and the remaining 30 percent in the other stages. Infants, by contrast, spend about half of their sleep time in REM sleep. During stage 1, which is light sleep, we drift in and out of sleep and can be awakened easily. Our eyes move slowly and muscle activity slows. People awakened from stage 1 sleep often remember fragmented visual images. When we enter stage 2 sleep, our eye movements stop. If someone is woken during stages 3 and 4 of sleep they can be grumpy and take some time to fully awake.

### Hormones

Hormones make us sleepy at night. Our hormone levels influence the timing of when we feel sleepy or awake. This is known as our 'body clock' or 'sleep-wake cycle'. The hormone melatonin is released with darkness and tell us our body it's time to sleep. This is why being around too much blue light (eg computer, mobile, television, etc.) before bed can affect our sleep as it can stop the release of melatonin. The best option is to not be exposed to blue lights 40 minutes before sleep. This includes the light emitted from the screens of our many electronic devices.

Here are some links where you can find out more about sleep:

Sleep Health Foundation - [www.sleephealthfoundation.org.au](http://www.sleephealthfoundation.org.au)

Raising Children Network - [http://raisingchildren.net.au/articles/sleep\\_faqs.html](http://raisingchildren.net.au/articles/sleep_faqs.html)

National Sleep Research Project - 40 Amazing facts About Sleep - [www.abc.net.au/science/sleep/facts.htm](http://www.abc.net.au/science/sleep/facts.htm)

## Volatile Substance Abuse (VSA) morning tea information session

By Rosalyn Havard, Southern Region Advocate

On Wednesday 24 August, Jessica Richardson, Supply Reduction Officer from CAYLUS (Central Australian Youth Link- Up Service) facilitated an information session for foster carers held at Foster Carers Association NT office in Alice Springs. She provided carers with an overview of her role at CAYLUS including what volatile substances are and how they are misused. There are over 250 products in a supermarket setting that can be described as volatile substances.

Volatile Substances are products that release chemicals as fumes. These fumes can then be inhaled hence the term inhaling. This activity is also known as chroming or huffing. The powder from products is filtered through items such as socks gloves or sleeves.

The range of products described as volatile substances include:

- deodorant hairspray
- cooking oil
- glues
- air freshener spray
- nail polish nail polish remover, and
- paint thinner, to name a few.

Jessica's role includes providing advice and support to retailers and relaying trends to shops police and security about products (volatile substances) being misused.

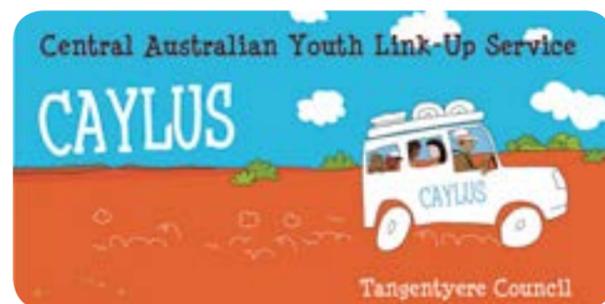
Educating stores on current VSA issues, developing and implementing retail management plans, placing targeted high risk products in locked cabinets or behind counters, maintaining a register of people purchasing

products and requiring and recording photo ID and education around refusing suspect sales are also part of Jessica's work.

Jessica identified the known hot spots used by children and youth to engage in volatile substance abuse around Alice Springs such as Billy Goat Hill, Todd River, Adelaide House, CBD and Anzac lawns. She described the signs of a person affected from using volatile substances as being similar to intoxication and include aggression inappropriate or uncontrollable giggling slow responses irrational or bizarre behaviour, suspicious secretive behaviour, big mood swings, paint and powder around the mouth and stains on clothes, or smelling like paint or glue, flu like symptoms such as a runny nose and eyes.

The dangers are, sudden sniffing death, suffocation (spraying substances directly into the mouth or nose can be very dangerous as this can freeze the throat and airways, overdose especially when mixed with other drugs and injury from burns, fights, car accidents, drowning or disorientation.

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### Current Carer Rates (weekly)

Age	0-5	6-9	10-13	14-17
<b>Level 1</b>	\$232.09	\$248.38	\$292.46	\$362.10
<b>Level 1 - Remote</b>	\$255.38	\$273.30	\$321.72	\$398.36
<b>Level 2</b>	\$359.83	\$385.08	\$453.37	\$561.33
<b>Level 2 - Remote</b>	\$383.01	\$409.90	\$482.63	\$597.49
<b>Level 3</b>	\$487.47	\$521.68	\$614.18	\$760.47
<b>Level 3 - Remote</b>	\$510.65	\$546.50	\$643.44	\$796.63
<b>Level 4</b>	\$615.11	\$658.28	\$775.10	\$959.59
<b>Level 4 - Remote</b>	\$638.29	\$683.10	\$804.35	\$995.85

### Current Respite Rates (daily)

Age	0-5	6-9	10-13	14-17
<b>Respite Level 1</b>	\$39.82	\$42.55	\$50.17	\$62.17
<b>Respite Level 2</b>	\$58.10	\$62.17	\$73.14	\$90.50
<b>Respite Level 3</b>	\$76.39	\$81.59	\$96.12	\$119.04
<b>Respite Level 4</b>	\$94.47	\$101.21	\$119.14	\$147.52

Rates current as at 31 August 2016 as per Carer Community website

Carer payments will vary based on age, location and needs. For a more detailed explanation about carer payment rates go to [www.carercommunity.nt.gov.au](http://www.carercommunity.nt.gov.au)

To make inquiries about current payment rates contact the Department of Children and Families (DCF) Payments Inquiry Line.

**E: Finance.DCF@nt.gov.au**

**T: (08) 8999 1006**

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Jessica provided those who attended further information about current relevant legislation.

Reporting VSA is **mandatory** for those under 18 years old. Jessica provided information that there has been a significant reduction currently, demonstrated through the amount of used aerosol cans collected from hot spots by the service, although she noted the activity rises and decreases when persons known to misuse come to the area and introduce others to VSA or during school holidays when children and young people are bored or have less supervision. VSA is a problem Australia wide not limited to Central Australia.

Foster Carers Association NT plan to repeat this information session in 2017 and invite carers who would like to know more about this topic to watch for the event being advertised.



### Are you a grandparent/kinship carer raising a child? Do you know someone who fits that description?

As part of a project to develop information resources for carers, the Raising Children Network are trying to find out where grandparents/kinship carers in Australia go for support about raising the children in their care. Who do they talk to when they need some advice about the challenges they might be having? Are there local support groups they can join or organisations in the local community they can turn to for support?

They would really like you to email them so that they can understand and address the information needs of this very important and diverse range of carers.

All you need to do is contact [rcnfeedback@parentingrc.org.au](mailto:rcnfeedback@parentingrc.org.au) with details of a contact name and a contact phone number/email if possible.

Your help is really appreciated. The Raising Children Network is the Australian parenting website, funded by the Australian Government. To see our current resources go to [www.raisingchildren.net.au](http://www.raisingchildren.net.au).

Grandparent and kinship carers who would like to assist this project, or are seeking support and/or resources relating to their caring role, can also contact Foster Carers Association NT Advocate Catherine Collier for assistance or to discuss on (08) 8945 3364

## Stressed with Centrelink? Don't get frustrated and confused. Call Andrew!

Centrelink Grandparent Adviser NT can work with any formal or informal non parent carers to advise and advocate regarding Centrelink and related matters

Centrelink services and making a claim application can be difficult to navigate. Due to the valuable role carers play in the community the Federal Government has broadened the role of the Centrelink Grandparent Adviser to incorporate Foster and Kinship Carers for children and young people under DCF orders, and other non-parent, paid and unpaid carers.

Earlier this year Foster Carers Association NT met Andrew Eaton, our very own Northern Territory Grandparent Adviser (previously Northern Territory non-parent Carers had access to services provided by the SA Centrelink Grandparent Adviser). Andrew now attends DCF Induction Carer Training to talk about his role and how he can help carers.

Andrew can support you over the phone while you complete online claim applications, track claim applications, can review your claims and support you to get the right entitlements, advise on claim application documentation requirements and other matters pertaining to Centrelink.

Carer Centrelink support payments may include;

- Family Tax Benefit
- Child Care Benefit and Rebate
- Carer Payment (Disability)
- Carer Allowance (Disability)
- Foster Child Health Care Card
- Medicare Benefit
- Schoolkids Bonus

See below for details of your Centrelink Grandparent Adviser for the NT?

**Andrew Eaton** - Department of Human Services  
80 Mitchell St, Darwin NT 0801  
T: (08) 8948 7531 M: 0437 924 521  
E: [grandparent.adviser.nt@humanservices.gov.au](mailto:grandparent.adviser.nt@humanservices.gov.au)

**National Grandparent Adviser Free-call:**

**1800 245 965**

You can also find information regarding payment types, eligibility, how to claim and submit a claim online at the Australian Government – Department of Human Services website:

[www.humanservices.gov.au/customer/subjects/support-non-parent-carers](http://www.humanservices.gov.au/customer/subjects/support-non-parent-carers)

United Nations Convention on  
**a child's right to be safe**

**Article 19** You have the Right to be protected from hurt and mistreatment.

I have so much to learn to keep me safe!  
That hot things burn, scissors are sharp  
and to hold the hand of a grownup  
when crossing the road.

Help me encircle myself with the security  
of those I love or can trust.

Myself, my family, my teacher, my neighbour.  
I have so much to learn to keep me safe!  
To protect myself, to be the boss of my body  
and to express my feelings especially  
when I feel scared or upset.

Help me learn to use my voice as an effective  
way to say "Stop!" "Back off!" "Listen to me!"

*I have the right  
to be safe AT  
ALL TIMES.*

Written by Fairy Queen Caroline. Artwork by Kerry-Jessie 2016

Meerilinga™ promoting positive childhoods

CHILDREN'S WEEK

**NATIONAL CHILD PROTECTION WEEK 2016**

**4th – 10th Sept**

**PLAY YOUR PART**

**NAPCAN**  
PREVENT CHILD ABUSE & NEGLECT

**WHITE BALLOON DAY** BRAVEHEARTS

**Bravehearts' 20th Anniversary WHITE BALLOON DAY** Friday, 9th September 2016

White Balloon Day is a campaign led by Bravehearts (Child Protection Advocates) with a goal to prevent child sexual abuse in Australia. Bravehearts' programs and resources educate, empower and protect Aussie kids from child sexual assault.

With 1 in 5 children in Australia sexually harmed each year, it is likely there is a child in your life, or the life of someone you know, who has been a victim of this crime.

*'It's important that all kids know that their body belongs to them and if they ever feel unsafe or unsure, about anything, they should run and tell an adult that they trust.'*

To download your National Child Protection Week 2016 colouring sheet go to <http://napcan.org.au/resource-hub/napcan-child-protection-week-posters/>

**What's On**

**Carer Morning Teas hosted by the Department of Children and Families (DCF)** These monthly get-togethers provide an opportunity for Carers to get to know some of the DCF staff, meet new Carers, and share experiences. It is also an opportunity to tell DCF what you feel is working and what may not be working, or requires improvement, in relation to DCF services and your experience of and interactions with the Department. **Darwin** - 9 Sept, 14 Oct, 11 Nov **Katherine** - 15 Sept, 11 Oct, 17 Nov **Alice Springs** - 23 Sept, 28 Oct, 25 Nov. For information about other regions call your local DCF office for times and locations.

**National Child Protection Week** 4-10 Sept 2016 National Child Protection Week invites all Australians to play their part to promote the safety and wellbeing of children and young people. **"Protecting children is everyone's business."** To find out what events are happening in your region go to [www.napcan.org.au/ncpw/events/2016/NT/](http://www.napcan.org.au/ncpw/events/2016/NT/) or follow on Facebook at [www.facebook.com/napcan.playyourpart](http://www.facebook.com/napcan.playyourpart)

**CREATE Connection Event - Territory Wildlife Park** 10 Sept 2016. Come and join CREATE to celebrate National Child Protection Week. This is a free event. BBQ and drink provided. Plenty of activities for the kids. RSVP by emailing [nt@create.org.au](mailto:nt@create.org.au) or call (08) 8945 9993.

**Carer Charter of Rights Forums** Come along and have your say about what you want to see in the Carer Charter of Rights. Your input in the development of the Charter is important. The forums will be held on the following dates: **Tennant Creek** 13 Sept, 11.00am-12.30pm and 5.30pm-7.00pm at Blue Stone Motel. **Alice Springs** 15 Sept, 11.00am-12.30pm and 5.30pm-7.00pm at FCANT office. **Katherine** 19 Sept, 11.00am-12.30pm and 5.30pm-7.00pm. **Darwin** 21 Sept, 5.30pm-7.00pm at venue TBA. For more information or to RSVP call (08) 8945 3364 or email [info@fostercarersnt.org.au](mailto:info@fostercarersnt.org.au)

**NT School Holiday Activities - 3-10 October 2016** In the lead up to the school holidays we will try and keep you up to date about what's on. Be sure to visit our website at [www.fostercarersnt.org.au](http://www.fostercarersnt.org.au). We will add activities as we find them.

**Katherine Region Foster & Kinship Carers Get Together** Lucja will be holding a social event in Katherine during the month of October. More details will be distributed shortly. To contact Lucja email [lucja.wajs@fostercarersnt.org.au](mailto:lucja.wajs@fostercarersnt.org.au)

**Fetal Alcohol (and Related Disorders) Support Group** Oct 2016 (TBA) If you are interested in joining this group call Cath on (08) 8945 3364 or email [catherine.collier@fostercarersnt.org.au](mailto:catherine.collier@fostercarersnt.org.au)

**Children's Week** 22-30 Oct, celebrates the right of children to enjoy childhood. It is also a time for children to demonstrate their talents, skills and abilities. Take some time to celebrate the children in your care. Look out for activities taking place in your region.

**Challenging / Sexual Behaviours Alice Springs Information session** Nov 2016 (TBA) 10.00am-11.00am. Vicki Hayes from Sexual Assault Referral Vicki will discuss age appropriate sexual behaviour in children and young people and whether sexual behaviour is normal or concerning. She will use the Traffic Light chart to help carers identify the difference. Morning tea will be offered. For more information or to RSVP call (08) 8952 9202 or [rosalyn.havard@fostercarersnt.org.au](mailto:rosalyn.havard@fostercarersnt.org.au)

**Neuroscience of Attachment Darwin Information Session** Tuesday 8 Nov 2016 Dr. Diane Szarkowicz will present an information session about the impact of childhood trauma on the developing brain. Venue: TBA

**Kinship Carer Support Group** Nov 2016 (TBA) If you are interested in joining this group call Cath on (08) 8945 3364 or email [catherine.collier@fostercarersnt.org.au](mailto:catherine.collier@fostercarersnt.org.au)

**2016 Foster & Kinship Carer Excellence Awards**

**Do you know a foster or kinship carer who is making an outstanding contribution to enriching the lives of foster children? It's time to start thinking about who you will nominate this year. Nomination forms will be available soon!**



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Subscribe to our  
**NEW YouTube**  
channel.

Go to [www.youtube.com](http://www.youtube.com) and search for Foster Carers NT.

## Foster Carers Assoc. NT Inc. AGM coming soon!

(late October/early November)

Nominations for Board roles are encouraged. If you are interested in nominating contact Ann on (08) 8945 3364 to discuss.

A Notice of Meeting will be mailed out to all members in late September.

## Meditation made easy with the new and improved free Smiling Mind App!



Smiling Mind is a unique web and app-based program developed by psychologists and educators to help bring balance to people's lives.

Smiling Mind aims to build happier, healthier and more compassionate people. Their mindfulness meditation programs are designed to assist people in dealing with the pressure, stress and challenges of daily life.

The programs have been developed to suit different age groups.

- 7-9 years
- 10-12 years
- 13-15 years
- 16-18 years

There are also programs for mindfulness in the classroom and the workplace as well as modules to complement regular sports training.

Smiling Mind is modern meditation. This simple tool helps put a smile on your mind, anytime, anywhere and every day.

This program can be accessed both at the Smiling Mind website [www.smilingmind.com.au](http://www.smilingmind.com.au) or via your iPhone or Android smartphone. The app is free of charge and available for download from the [App Store](#) or [Google Play](#).



## IN CASE OF EMERGENCY

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**DCF AFTER HOURS &  
CHILD PROTECTION HOTLINE**

**1 800 700 250**

### Disclaimer

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Empowering Carers through Knowledge, Support & Advocacy



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