



Reindeer Food

A fun and easy recipe to make with the kids over the festive period.

- | | |
|-------------------------|------------------------------|
| Ingredients | cinnamon |
| 150g porridge | 1/2 mixed spice |
| 50g jumbo oats | 1/2 mixed ginger |
| 50g mixed nuts | 100g sultanas |
| 25g pumpkin seeds | 100g apricots, chopped |
| 25g sunflower seeds | (or any other dried fruit) |
| 50g golden caster sugar | 100g mixture of sweets |
| 4 tbsp sunflower oil | like silver balls, chocolate |
| 2 tbsp maple syrup | chips, jelly beans, m&m's, |
| 1/2 tbsp ground | hundreds & thousands |

- Prep: 15 mins
- Easy
- Serves 6

- Heat oven to 140C/120C fan/gas 1. Put all the ingredients (except the apricots, sultanas and sweets) in a large bowl. Stir everything well, then spread out onto two baking trays in an even layer. Put the tray in the oven for 40 mins.
- Leave the granola to cool on the tray, then break it up into small chunks and stir in the sultanas and apricots.
- Put the granola in a jar ready for breakfast. To make it suitable for magic reindeer, put a few spoonfuls into a small paper bag and mix in some sweets.
- Tie with string or a ribbon and add a fun label for Santa to find.

(Source: <https://www.bbcgoodfood.com/recipes/reindeer-food>)

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CREATE Foundation provides fantastic free support, activities, programs and community. Get the young people in your care involved. To find out more go to: www.create.org.au or email nt@create.org.au or call CREATE: 8953 8358



QUARTERLY NEWSLETTER OF FOSTER & KINSHIP CARERS ASSOCIATION NT

hearts & homes

December 2017 - March 2018



Message from the CEO

We wish you and your families a very merry Christmas from all of our team in Alice Springs and Darwin!

I hope that you took the opportunity to come along to the Children's Christmas Parties in all regions and that everyone enjoyed the fun.

This year has been such a busy year and now that we've had time to reflect on the number of events, activities and information sessions we've hosted over the year, it's been a great opportunity to catch up with many of you personally. We have plans to increase these activities to provide an even greater selection of workshops, information sessions, events & activities for the next year and look forward to sharing our events calendar with you soon.

Now that the Royal Commission findings have been released there is much work

to be done in the Northern Territory. We will continue to press for changes to support these recommendations ensuring the focus is on the best interests of the children and young people in care.

It's always a sad time when we say good-bye to team members but on this occasion, I'd like to congratulate Anne-marie Rayner. Anne-marie has finished studying for her law degree and has accepted a placement in a legal firm in Darwin. She will also be joining our Board once she finishes with us.

This month we also welcomed Sharni as a new admin trainee and look forward to introducing her to you all soon. Sharni has settled in well and hers will most likely be the first friendly voice when you phone us.

We would like to take the opportunity to thank you for working with us throughout the year. Our offices will be closed for the few days between Christmas and New Year but if there is anything that needs urgent attention, please call the Hotline: 1800 700 250

Christmas is a busy time for all of us, so stay safe and enjoy this beautiful time with your family and loved ones.

Ann Owen

Highlights:

FKCANT in numbers

Our new name

Christmas Elves

University options

Effective discipline

Reindeer Food



Get your Discount Card today!

More details on page 7.

Empowering Carers through Knowledge, Support & Advocacy



Foster & Kinship Carers ASSOCIATION NT Incorporated

In this issue:

Message from the CEO	P1
Advocate's Update	P2
Introducing FKCAN	P3
FKCAN in numbers	P3
Common Issues	P3
Santa's Elves	P4
School Holiday Giveaways	P4
Effective discipline strategies	P5
Our new Board	P5
Higher Education for kids in care	P6
Carer discount card	P7
Free first aid training	P7
Reindeer Food Recipe	P8

Who we are?

Foster & Kinship Carers Association NT is an independent, non-government, not-for-profit agency supporting foster and kinship carers in the Northern Territory.

What we do?

We provide information on carers' rights and services, offer confidential advice and advocate on behalf of carers. We also contribute to policy and legislation representing the needs and interests of foster and kinship carers.

Our Purpose

"Empowering carers through Knowledge, Support and Advocacy"

Our Vision

"Confident carers"

How to get support

At Foster Carers Association NT we strive to achieve the best outcomes for our carers.

If you would like to discuss any concerns you may have, please complete the Advocacy form on our website www.fostercarersnt.org.au or call 1300 030 928.

Emergency contacts:

In case of an emergency **000**

Territory Families after hours & child protection hot-line **1 800 700 250**

Advocate's Update



Hi foster and kinship carers,
2017 was another year of exciting professional learning experiences and challenges for the Advocates. With significant achievement by introducing the Charter of Carers Rights, we spent much of the year consulting with Carers for their input to the Charter and introducing the final document to the Carers and the Territory Families employees.

Ann Owen, FCA NT Chief Executive Officer, Marnie Couch, Former Executive Director of the Territory Families and myself, travelled to Katherine, Alice Springs and Nhulunbuy to launch the Charter. The document was officially launched in Darwin. Worked with partner agencies and our Carers we provided a range of services including Carers information sessions, educational trainings, information stalls and advocacy service, ensuring continuous improvement of the Out of Home Care system.

Our team of Advocates responded to ongoing and new matters affecting the Carers of the Northern Territory (or brought to our attention by the Carers). The Advocates were able to provide practical advice to Carers affected by decisions undertaken by the Territory Families Department and worked hard to negotiate the best outcomes for the Carers.

In early 2018 the Advocates will run the forums in Katherine, Darwin and Alice Springs to research current practices around allegations in care, if you would like to participate in these forums please send your advocate an email.

Our Advocates talked to many prospect foster and kinship carers and community groups about the process of becoming a carer, work hard to stay up to date with current research in Australia and interstate on the OoHC, child development to regularly update the Carers via media channels on OoHC issues.

At a recent time, our Advocates have presented the Carers with an interesting study project summary, undertaken by Associate Professor Melissa Green, conducted in collaboration with the NSW Department of Family and Community Services (FACS), which aims to inform policy to direct child protection services toward children at risk of developing mental health disorders at the earliest possible time in the life course.

Associate Professor Green highlighted the results of the study would promote timely and efficient risk determination and resource allocation to protect vulnerable youth.

If you would like to read further, this is the link: <https://australianrotaryhealth.org.au/associate-professor-melissa-green/>

Take care and see you soon,
Lucja Wajs



Get your discount card now!

Members of our Association who are Foster & Kinship carers will be able to enjoy a variety of discounts and special offers from participating businesses.

A full list of participating businesses is available on our website.

www.fostercarersnt.org.au



Free first aid training - Limited offer!

As part of our commitment to empowering carers with knowledge we are offering the opportunity for FREE enrollment in the following accredited first aid courses.

- HTLAID003 - Provide First Aid
- Caring for Kids
- HLTAID001 - Provide Cardiopulmonary Resuscitation

For more information or to make a booking contact us on 1300 030 928. Conditions apply.





Supporting kids in care with higher education

It is important to support young people in care or who left care to think about continuing education in TAFE or higher education at University. The research project undertaken by Dr Andrew Harvey, from the La Trobe University (March 2017) and his colleagues confirms that care leavers are critically underrepresented in higher education.

“Data suggest the transition rate of care leavers into higher education was extremely low, with perhaps as few as one per cent of them accessing it in their lifetime,” Dr Harvey says.

Dr Harvey points out that commonly, children in care confront educational challenges and disruptions from an early age of their life and the factors which may influence poor school success include: placement instability, frequent school changes, bullying, lack of family support, trauma associates with experienced abuse and neglect, mental health issues and behavioural issues, lower expectations from carers and teachers.

<https://nest.latrobe/get-care-leavers-university-matters/>

“The abrupt reduction in support that care leavers experience at age 18 contrasts to the experience of most young people in the general population who stay in the parental home receiving continuous support into their early – to- mid 20s” the research indicates.

Over the past few years, a small number of Australian universities have begun to introduce targeted initiatives to support care leavers in higher education La Trobe University encourages care leavers to attend university by continuing their tradition of providing alternative pathways to university – read more about the Aspire Early Admissions Program: <http://www.latrobe.edu.au/study/aspire> and available scholarship

<http://www.latrobe.edu.au/scholarships/la-trobe-access-scholarship>

Support available for care leavers offered by the Federation University Australia: <https://federation.edu.au/current-students/assistance-support-and-services/student-support-services/care-leaver-support>

The initiatives to assist young people in OoHC to reach their full potential and attain higher level of education is also offered by the Western Sydney University: https://www.westernsydney.edu.au/informationabout/scholarships_home/all_uws_scholarships/DEPFAMPAT

Scholarships available at the Charles Darwin University in Darwin: <http://www.cdu.edu.au/student-central/scholarships>

If you are interested in reading more about the research report on supporting care leavers in higher education “Recruiting and supporting care leavers in Australian higher education” (March 2017) please see the link: http://www.latrobe.edu.au/_data/assets/pdf_file/0003/790842/La-Trobe-NPP-Care-Leavers-Research-Report-7-April-2017.pdf

From foster care to Yale

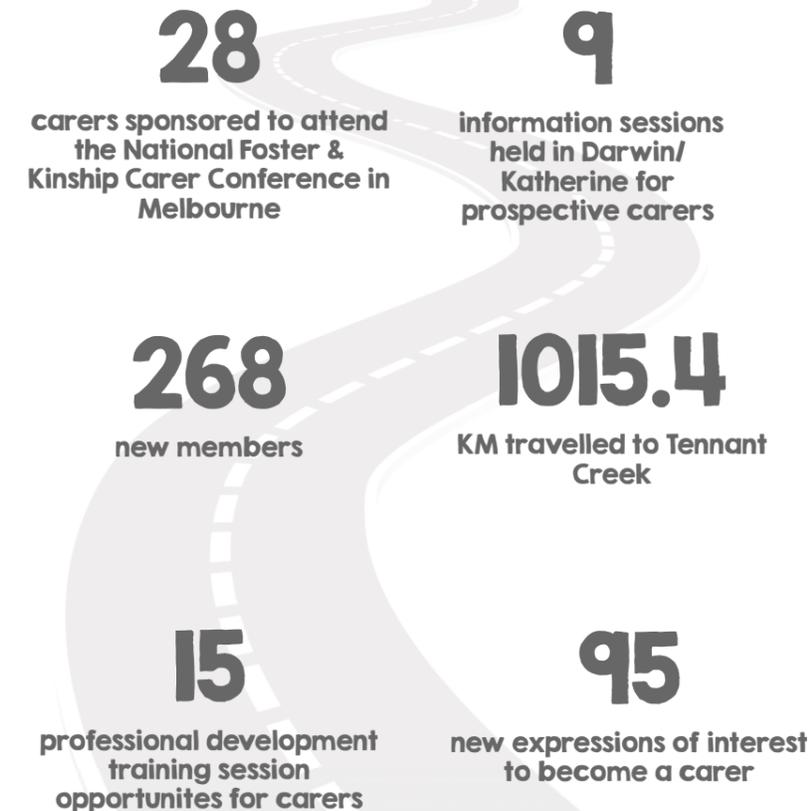


Listen to Rodney Walker’s incredible story about his journey from foster care to Harvard.

With a little support and encouragement from carers, anything is possible.

<https://www.youtube.com/watch?v=wZr3agwQKIE>

FKCANT in numbers

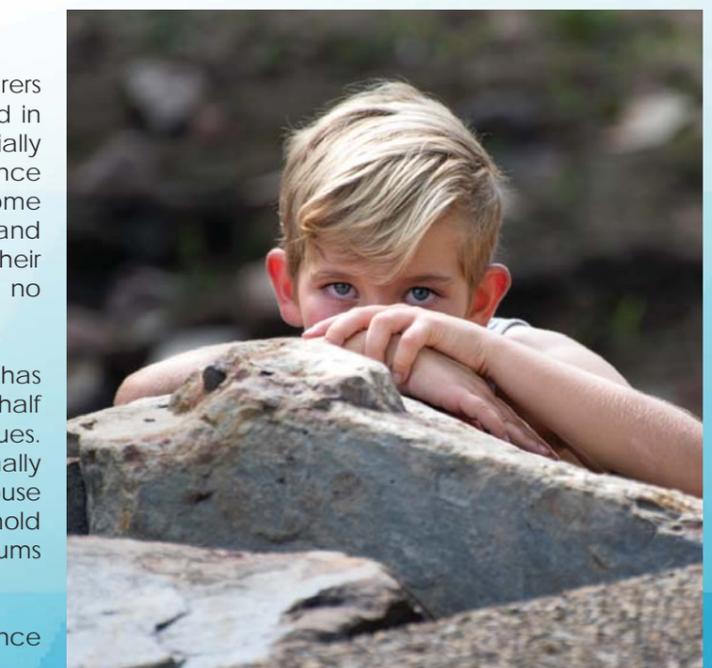


Common issues

One issue that appears to be a constant in most carers lives is when your property is damaged by a child in care to such an extent the damage will substantially leave you out of pocket or when claiming on insurance there will be an increase in insurance premiums for some years. It is without doubt that most carers are able and willing to absorb any small costs of damages on their insurance as per the “who pays guide” however, no carer should be out of pocket for damages.

FKCANT can report that in 2017 their advocacy has produced a number of positive outcomes on behalf of carers in relation to out of pocket insurance issues. In one instance a child in care had intentionally damaged a carers vehicle and some large household items. Had the carer claimed on the household insurance policy for the damage, policy premiums would increase for up to 5 years.

Should you have issues with matters of insurance please contact us to talk the issues through.



Introducing Foster and Kinship Carer Association NT

Our new name has been formally approved and we will be transitioning the change to Foster and Kinship Carers Association NT Incorporated (FKCANT) over the coming weeks.

We’re very excited about this change and whilst our business has always been to support kinship carers, it’s now reflected in our name and will be easier for people to recognise what we do.

As part of this change, our logo has undergone a slight revamp too!

Check out our new look!



Merry Christmas from the team at Foster and Kinship Carers Association NT Inc.

Our office will be closed 21 December to 1 January.

We hope you enjoy the festive period.





UGL Kentz Joint Venture team are Santa's Elves

We would like to say a heartfelt thank you to the UGL Kentz Joint Venture team working in Darwin who have very generously donated a huge selection of toys and other amazing gifts to make this year's Christmas special for Children in Care.

It was fantastic to meet Nigel Wilson and Carl Ormandy when they delivered tons of toys and gifts to our office!

It was a real Santa's Elves moment and we are so grateful for the generosity of people who are so willing to give with their hearts. Without a doubt, there will be some very happy children this year!

Christmas is often difficult for children & young people in foster care. Many will be away from their family members, sometimes for the first time and often they are a very long way from home with no opportunity to visit their family. We thank you for generously supporting the most vulnerable children in our community.



School Holiday Giveaways

It's Christmas time and we are feeling generous. We know kids need to be entertained and so we are offering you the chance to win a mystery family pass.

Answer the following questions by emailing info@fostercarersnt.org.au and the winner will receive a mystery family pass!

- What word looks the same upside down and backwards?
- What do babies and basketball players have in common?
- Why do French people like to eat snails?
- Everyone has me except for a few. You may not be able to identify me but I can always identify you. What am I?

Winners will be contacted when our office re-opens on Tuesday 2 January.

Getting started with effective discipline

Explain the ground rules

Make sure your expectations are clear and at the emotional age and maturity of the child or young person. When they do the right thing, show that you have noticed and you appreciate it.

Keep it simple

Having a few simple rules helps kids understand what the limits are. Set reasonable and enforceable limits and follow through consistently. Being consistent is easier when you focus on the things you think are most important, for example, 'remember your manners at home and when you're out', 'clean up after yourself', 'help others whenever you can whether or not they ask', 'stick to the safety rules'.

Stay calm

Avoid getting into power struggles. Recognise your own triggers and be ready with strategies that will help you cool down such as walking away and discussing the issue later when you are calm, or giving yourself some time out.

Teach rather than punish

Punishment puts the focus on what not to do instead of teaching kids what they should be doing. When problems or misbehaviour occur, think less about 'punishment' and more about helping the child recognise more appropriate behaviour.

Source: Childs Story
<http://raisingchildren.net.au/>
<http://www.relationshipsnsw.org.au/>
www.kidsmatter.edu.au



Royal Commission

The Royal Commission into the Protection and Detention of Children in the Northern Territory has released it's final report.



<https://childdetentionnt.royalcommission.gov.au/Pages/Report.aspx>

Our new Board of Management

As you know, we held our AGM in November and we have welcomed two new Directors to our Board and have our latest nominee taking up the remaining position in late December. The following positions have been taken up by the following members.

We're delighted to have a very good representation of members on our Board across the Northern Territory and I look forward to working together to influence positive change in Out-of-Home Care ensuring a better future for children and young people in care.

Chair	Alice Springs	Kathryn Howitt
Vice-Chair	Alice Springs	Kay Eade
Treasurer	Darwin	Dom Crea
Secretary	Darwin	Sue Price
	Acacia	Louisa Castle
	Darwin	Lyndon Ross
	Alice Springs	Kathleen Wileman
	Alice Springs	Margaret Furber
	Darwin	Denise Jenkins
As at 21 st December	Darwin	Anne-marie Rayner

