



**Come along
to our AGM on
Saturday 3rd
November**

FOSTER & KINSHIP CARERS ASSOCIATION NT **September 2018 Quarterly Newsletter**



Message from the CEO

I hope you're all enjoying the school holidays, before you know it Christmas will be here!

The AGM is a great time to catch up with other carers.

Come and see us on 3rd November, 2018 4pm – 6pm at Club Tropical down on Lee Point Road. Consider nominating for a position on the Board. FKCA only holds 4 meetings per year so it's a great place to 'give back' and support a community organisation. If you have any questions, please give me a call so I can send out an information pack.

Some of you may remember that the National Foster and Kinship Carers Conference was held this year at

the Gold Coast, hosted by Foster Care Queensland (FCQ). This year over 780 people attended which was the largest conference to date. It's important for the Northern Territory to participate as we network closely with all the states and territories throughout Australia.

Territory Families sent a delegation of 3 staff members (caseworkers & team leaders) to the conference, 2 of our Board members attended and 3 staff – we found the sessions interesting and came back to the Territory with lots of inspiration.

Save the Date: 2019 National Foster and Kinship Carers Conference will be hosted by WA FCA in Perth next September, so why not plan your holidays to come to this event.

I look forward to seeing you soon, Take care and stay safe!



Empowering Carers through Knowledge, Support & Advocacy



Foster & Kinship Carers
ASSOCIATION NT Incorporated





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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 & Kinship 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.fkca.org.au or call us on 1300 030 928.

Emergency contacts:

In case of an emergency **000**

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

Advocates Update

Hi Carers,

In September, Territory Families joined with the National Association for Prevention of Child Abuse and Neglect (NAPCAN), to celebrate the official launch of National Child Protection Week in the Northern Territory. A key message of the week was "Stronger Communities, Safer Children".

The Honourable Dale Wakefield, Minister for Territory Families, talked about generational change and acknowledged that to tackle challenges with children, there needs to be a focus on families.

There was an informative presentation from Professor Daryl Higgins, Director of Australian Catholic University's Institute of Child Protection Studies, who spoke at length about child maltreatment prevention. The understanding that strong knowledge of the risk factors for child maltreatment can also be used to identify risks for vulnerable children but also may represent opportunities for prevention for all children. The key message highlighted that safe, stable and nurturing relationships are essential to prevent child abuse and neglect.

I would like to invite you to read the NT Government's 2018-2023 plan to implement reforms to better support children, young people and families experiencing vulnerability in the Northern Territory: "Safe, thriving and connected: Generational change for children and families".

On a personal note, I wish to thank everyone at Foster and Kinship Carers Association NT and all the amazing carers for the wonderful years I have spent as your Advocate as I take a new and exciting step in my future career. Have a wonderful remaining 2018 and a fantastic Christmas and 2019.

Lucja Wajs



Rosalyn - Southern Advocate Monalisa - Northern Advocate

Welcome to Monalisa our new Northern Advocate

We are really excited to welcome Monalisa Fungalei into our team as our new Northern Advocate. Monalisa will be based in our Darwin office. Please help us welcome her to the team as she looks forward to meeting our foster and kinship carers.

We are saddened to see our Lucja leave us after seven years but happily support her professional development as she moves on. We thank her for her warmth, humour and professional dedication to all our carers. All the very best.

Annual General Meeting - 3rd November

Foster & Kinship Carers Association NT invites you to their Annual General Meeting

Date: Saturday 3rd November
Time: 4:00pm
Location: Club Tropical Resort- 622 Lee Point Road, Darwin
RSVP: Please register via the link below:
www.trybooking.com/YNFB

Nominations for Board roles are encouraged. If you are interested in nominating, please contact us on 1300 030 928 or info@fkca.org.au for the information.



2018 National Foster and Kinship Care Conference

Hi to all our Foster and Kinship Carers

I recently returned from attending the 2018 National Foster and Kinship Carers Conference which was held at RACV Royal Pines Resort Gold Coast between 7-9 September.

The theme this year was "Make It Happen Make It Matter" and was hosted by Foster Care Queensland. It was a really amazing and uplifting experience to attend the largest ever conference of this type held in Australia with over 780 attendees.

I had the opportunity to meet many lovely carers from across Australia who shared a little of themselves and their personal caring experience with me over the weekend.

It was exciting to see a number of interesting professional guest speakers hosting workshops on a variety of specialized topics were on the program. Amongst the speakers of special interest to me were Dr. Brenda Heyworth, Child and Family Psychiatrist, who spoke to carers about occasions when children don't know how to handle big emotions and instinct takes over.

Dr Hepworth describes this as the call of the wild that dictates "if in doubt come out fighting" and without thinking they release "their inner monkey". She spoke about strategies to help carers to deal with behaviours and emotions, knowing when to enter the "jungle" and when it might be better to stay out.

I purchased her book "It's a Jungle" as did a number of carers that I spoke with after her session. The feedback from carers was that they thought her explanation of how the brain works along with suggestions of practical strategies that they might use themselves were very useful and possible for them to try at home. You might like to learn more at www.itsajungle.com.

An outstanding keynote speaker was Richard Rose, Director of Child Trauma Intervention Services in the UK. Richard gave his insightful address on life story work and communicating with troubled children. I have heard Richard Rose speak at several conferences and each time I take away something of value. Richard's informative presentation outlined the life story process and how it helps traumatised children to question process and make sense of their past.

Best wishes to you all,
Rosalyn Havard

The importance of the first thousand days

A new research paper highlighting the importance of the first 1000 days on a child's development and health has been released.

The paper outlines the impact of early experiences on all aspects of development and functioning, including health and wellbeing, mental health, social functioning and cognitive development.

Some of the many key findings included how the foetus uses 'cues' provided by their mother's physical and mental states to 'predict' the kind of world they will be born into, and how to adapt accordingly.

First Thousand Days lead author Dr Tim Moore said this adaptation can be either beneficial or

detrimental, depending on the child's relationships and environments.

Dr Moore, who is a Senior Research Fellow at the Murdoch Children's Research Institute at the Royal Children's Hospital in Melbourne says that "children need to feel calm, safe and protected. When this attachment process is interrupted, the child's brain places an emphasis on developing neuronal pathways that are associated with survival, before developing those that are essential to future learning and growth". we encourage you to read the report here: <https://bit.ly/2O5zDdh>

We would like to invite you to attend the Foetal Alcohol Syndrome Disorder professional development training coming up in October. **Please register your interest by contacting our office on 1300 030 928.**

Foster and Kinship Carers Bi-Annual Sector Forum

As the peak body for foster and kinship carers in the Northern Territory, we are committed to giving our carers and our partner organisations the opportunity to share their unique perspectives around foster care. A sector forum was held in Darwin on 30th August with another to be held in Alice Springs on 27th September.

The forum held in Darwin had a great turn out of over 30 participants, made up of foster and kinship carer members and partner organisations in the sector. The guest speaker panel included Territory Families and CREATE, the peak body for children and young people in out of home care. Territory Families shared information on the new policies that have been implemented which directly impact you as a foster or kinship carer, while CREATE shared about the work that they do and how foster carers can get children and young people in care, involved in their programs. A question and answer session followed, which provided our foster and kinship carers the opportunity to ask Territory Families questions about the new policies.

After the wonderful morning tea provided by Henbury School's Crewz'nBrew, we facilitated an active workshop to capture what matters most

to our foster and kinship carers. It provided a platform for carers and our partner organisations to raise issues that were important to them in person.

Our Alice Springs forum has had a positive response and we look forward to sharing more about that forum in our next newsletter.

It was great to see so many carer members engaging throughout the forums either in person or by sending questions to the panel. We will be making a report of the forum outcomes available in the coming months.

We are also forming a Carer Advisory Group that will meet regularly. If you would like to join the Carer Advisory Group please express your interest via:

Email: info@fkca.org.au
Subject line: Carer Advisory Group
Phone: 1300 030 928

We look forward to forming the Carer Advisory Group and giving our carers a 'strong positive voice'.





Darwin Life Magazine article

Thank you to Darwin Life Magazine for publishing our article in the June - December 2018 edition. The article talks about the need for more foster and kinship carers in the Northern Territory.

We need more everyday Territorians like you, to step up and become foster or kinship carers. We thank you all for making such a difference in the lives of children and young people through being a carer!

If you know someone that is interested in becoming a foster or kinship carer, direct them to our website www.fkcca.org.au or they can call our friendly team on 1300 030 928 for more information.



Did you know CREATE Foundation is the peak body representing children in the out of home care system? Create do important work helping to change the care system by consulting children and young people about their experiences and feeding that back to decision makers in the Department. We have had a lot of great achievements lately such as the role out of new child friendly care plans that will come in to affect soon.

But did you know of the other work we do such as our advocacy workshops and life skills programs we facilitate for teenagers with a care experience? By connecting young people to CREATE at an early age through our Connection events (open to all 0-25yrs) and Youth Advisory Groups (ages 10 – 25years), young people have the confidence to do our advocacy and life skills courses at an age where they are experiencing stress about leaving care.

Speak Up (or SUP for short) is a 3 level module course for young people aged 15 - 25yrs that gives them the skills and confidence to be able to advocate for themselves and others as they navigate the challenging and sometimes overwhelming expectations of the care system such as leaving care meetings and negotiating their needs with caseworkers. Being able to learn these skills at CREATE with other young people with similar experiences in a safe environment allows them to know they are not alone which for many young people is instrumental in building their resilience and being able to make decisions about their lives.

We encourage all foster and kinship carers to contact CREATE Darwin on 08 89459993 or Alice Springs 08 89538358 to link them our kinds to Create's free programs and workshops so you can help them reach their full potential and get the most out of their journey through the care system.

Mark your diaries

Look out for our e-news with booking details:

- **October:**
NOFASD sessions
Alice Springs - Monday 22nd Oct
Katherine - Wednesday 24th Oct
Darwin - Thursday 25th Oct
- **November:**
SARC session:
Alice Springs - Wednesday 14th Nov
Territory Families Christmas party for children and young people in out of home care:
Alice Springs - Saturday 24th Nov
Tennant Creek - Tuesday 27th Nov
- **December:**
Territory Families Christmas party for children and young people in out of home care:
Darwin - Thursday 6th Dec



Grill'd - Local Matters in Darwin



Thank you Grill'd Casuarina for selecting us as one of three charities of the month in June.

We came second in the monthly competition and won \$100 as part of the Local Matters campaign.

Thanks Grill'd for supporting charities in your local community, we greatly appreciate it.



8 FREE SUITCASES perfect for school holidays!

Are you planning to go away these school holidays? We have 8 suitcases that have been kindly donated by Inplex - Manigurr-Ma Village in Darwin.

The suitcases are pink and measure:
70cm H x 48 cm W x 46cm D.

The suitcases are in our Darwin office, but if we get enough interest, we may be able to send some to Alice Springs.

If you would like a free, near-new suitcase for a child or young person in care, please contact us via media@fkca.org.au or 1300 030 928

Ts and Cs: For members of Foster and Kinship Carers Association NT only & first in first served!



Free First Aid Training - \$180 value

As part of our commitment to empowering Carers with knowledge we are offering the opportunity for FREE enrolment in the following accredited first aid course worth \$180, in Alice Springs, Tennant Creek and Darwin.

HTLAID003 - Provide First Aid course

For more information or to make a booking contact Sharni on 1300 030 928 or email us info@fkca.org.au - Conditions apply

School holiday competition:

WIN this school holidays!

Question:

What travels around the world but stays in one spot?

Prizes:

Darwin - We have 2 x Ten Pin Bowling vouchers to giveaway (donated by Planet Ten Pin - thank you!)

Alice Springs - We have two family movie passes to giveaway valued at \$70 each (donated by Alice Springs Cinema - thank you!)

Email media@fkca.org.au your answer by Sunday 31st October, 2018, to go in the draw! One entry per person and for our members only.



Spot the bus competition - great prizes!

To enter:

1. Spot our bus around Darwin - we are bus #195
2. Take a photo of the bus (in a safe area) and post it on our Facebook page or comment on our page where you saw the bus
3. Go into the draw to WIN!

Live outside of Darwin?

You can still enter our competition. All you need to do is like the bus post on Facebook and share our post to enter the monthly draw. You must like our Facebook page as well.

We have great prizes available, perfect for all ages.

Enter here: <https://bit.ly/2GtD1LR>

School term & holiday dates in the NT:

Term 3 break	Monday 1st October - Friday 12th October
Term 4 dates	Monday 15th October - Thursday 13th December
Term 4 break	Friday 14th - December - Monday 28th January
2019 Term 1 dates	Tuesday 29th January - Friday 12th April

Share your story:

If you would like to share your story on why you became a foster or kinship carer please email media@fkca.org.au or call 1300 030 928.

FOSTER AND KINSHIP CARER Excellence Awards 2018



NOMINATIONS ARE NOW OPEN for the 2018 Foster and Kinship Carer Excellence Awards. Nominate a SUPER foster or kinship carers by 5th October. Download the application form from:

www.territoryfamilies.nt.gov.au



Cookie Art for the school holidays

Perfect for the upcoming school holidays and the approaching wet season, to keep the young one's entertained.

- 4 cups sifted all-purpose flour, plus more for dusting
- 1/2 tsp salt
- 1 tsp baking powder
- 1 cup unsalted butter
- 2 cups sugar
- 2 large eggs
- 2 tsp vanilla extract
- Assorted liquid food colouring, for decorating
- A drinking straw



How to make the cookies:

1. Preheat oven to 160C. Line two baking trays with baking paper
2. Sift flour, salt, and baking powder together.
3. In another bowl, use an electric beater to mix the butter and sugar until fluffy. Beat in the eggs.
4. Add flour mixture to the butter mixture. Blend on low speed until well combined. Stir in vanilla. Cover with cling wrap and refrigerate for 45mins.
5. On a floured work surface, roll dough to 0.5cm thick. Transfer the rolled dough to a baking sheet; chill for 15mins or until firm.
6. Cut dough into large rectangles and place them 5cm apart on both of the prepared baking trays. To decorate, place a few drops of food colouring on a cookie and gently blow across the cookie using straw. Place trays of decorated cookies in refrigerator; chill for 15mins or until firm.
7. Bake for 12-15 minutes, until the edges start to brown. Transfer cookies to wire racks; let cool and enjoy!

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Christmas is only 12 Friday's away!



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