

# QUARTERLY NEWSLETTER OF FOSTER & KINSHIP CARERS ASSOCIATION NT

# Hearts & Homes

January 2018 - March 2018



## Message from the CEO

Can you believe it's April already! Our year is slipping by so quickly!

Exciting changes are happening at Foster and Kinship Carers Association NT and this is my opportunity to welcome our two newest staff members.

Cheryl Schmidt joined us in late January to take on the role of Operations Manager. Cheryl is working closely with the team managing the day-to-day business of our Association leaving me more time to focus on the future development and growth of the organisation. Its been a smooth transition as Cheryl comes with a wealth of experience and I welcome a set of 'fresh eyes' to add value to our capacity and services.

Tracey Adamson has joined us as the Media and Marketing Assistant so you will have seen some fresh ideas in our newsletter and Facebook sites which

we're quite excited about! Tracey has worked in the Not for Profit space previously and 'gets' what we do! I'm looking forward to presenting some new ideas and story lines over the coming months. If you think you have something that may be noteworthy, please give Tracey a call.

We're currently reviewing our Membership Database so if you could send us a quick email with your current email address, postal address and telephone numbers we'd be very grateful.

At the February Board Meeting, it was decided that Foster and Kinship Carers Association NT will commence charging a small membership fee as at July 1 each year to help sustain our ongoing work. Most Associations in Australia do implement a small fee and it has been a topic of discussion for some time.

\$20 per household – Full Members and  
\$10 per household – Associate Members

Further to ensure sustainability, training fees will be introduced as at July 1 for Professional Development initiated by our Association. As always, Members of our Association will be able to attend at no cost however, non-members will be charged a fee appropriate to our costs of the training delivered.

Continued on page 2 ...

## Highlights:

Advocacy Service for Carers

New staff update

Upcoming Events

New recruitment campaign

Entertainment Book

Easter recipe and activity



**Get your Discount Card today!**

More details on page 7.

**Order your Entertainment Membership**

Save these school holidays with a membership - page 6.

Empowering Carers through Knowledge, Support & Advocacy



**Foster & Kinship Carers**  
ASSOCIATION NT Incorporated

## In this issue:

Message from the CEO	P1
The Three Pillars Book	P2
Advocacy Service	P3
New Staff in Darwin	P4
Toy Libraries	P4
Upcoming Events	P5
Easter Activity	P5
School term & holiday dates	P5
New recruitment campaign	P6
Carer discount card	P7
PossABILITIES expo	P7
Alice Springs Resources	P7
Easter 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 & 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.fostercarersnt.org.au](http://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**

## Message from the CEO continued ...

With school holidays coming up soon, don't forget our doors are open so pop in and say hello, or make an appointment to discuss any challenges you may be experiencing.

Best wishes to you all.

*Ann Owen*

## Dr Howard Bath: The Three Pillars of Transforming Care book and competition

"The Three Pillars of Transforming Care: Trauma and resilience in the other 23 hours" is for those who live or work with children and young people who have been exposed to severe adversity and trauma. It provides a summary of recent research and clinical wisdom then explores the three core trauma-related needs of these vulnerable young people and what we most need to do to promote healing and growth.

Illustrated throughout by the voices of children and young people who are or who have been in care, the Three Pillars stresses the importance of supportive and informed interactions in the 'livespace', where young people live, work and play, rather than a reliance on formal therapies and treatment.

**We have two books to giveaway, one for Darwin and one for Alice Springs region.**

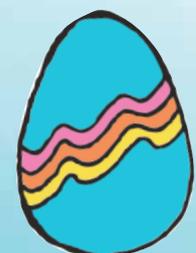
**To win a copy, email your answer to the question below to [info@fkca.org.au](mailto:info@fkca.org.au) by 1st May 2018.**

### Question:

What would you like to learn from reading this book written by Dr Howard Bath and John Seita?



"Safety has to be our first priority for children. The second core need is for healthy connections and 'normal' engagement with the community. Finally, we need to help children and young people cope with their internal challenges. Good old active listening is a good place to start – listen and engage."  
- Dr Howard Bath



## Advocacy Service

One of the key support roles FKCA offers to all our foster and kinship Carer members is our professional advocacy service where we represent your views and assist members to achieve positive outcomes.

With individual advocacy our professional staff provide support in developing your self-confidence, to empower you to communicate your concerns and issues to Territory Families.

FKCA is your association and advocacy is an independent service.

### We can help you:

- Communicate effectively with Territory Families
- Link you into the support and information you need
- Have your voice heard and acknowledged
- Develop your self-advocacy skills

We can provide assistance by contacting Territory Families on your behalf or accompanying you to and/or supporting you at meetings to establish and promote positive communication and promptly resolve matters.

In addition to individual advocacy, FKCA also provides members systemic advocacy. This form of advocacy focuses on bringing about changes to a structure, system, policy or legislation. The most recent success in this area was the release of the Charter of Rights for Carers launched by Minister for Territory Families, Dale Wakefield, in May 2017.

In recognition of the Carers rights to information, Policies regarding the case management of children and young people in out of home care, have been published by Territory Families, see the link below.  
<https://bit.ly/2JffTyC>

Contact our Advocates if you have further questions, need assistance with Policy interpretation or to discuss your concerns.

**Please let us know if we could support you in providing advocacy assistance by completing the form in the link below or contact our Advocates on 1300 030 928.**  
<https://bit.ly/2Jbu8Eq>

**Best Wishes, Lucja, Marie and Rosalyn**



**Lucja Wajs**  
- Practice Manager



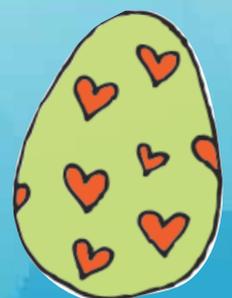
**Marie Fabry**  
- Advocate, Northern Region



**Rosalyn Havard**  
- Advocate, Southern Region

### Stanford University - Foster children research article

Researchers found that neglected children in Romania who were matched with foster care families earlier in life are more likely to be just as resilient and healthy as their peers later in life. **Article link:**  
<https://stanford.io/2GJ09FF>



## New staff - Darwin Office



### Cheryl Schmidt - Operations Manager

Expanding the team in the new position of Operations Manager is Cheryl Schmidt. Cheryl has built her career on advocacy in the area of youth, women and children. In this newly established role Cheryl is responsible for leading the team in all areas of our core business and looking for new opportunities for our members.

A Queenslander originally, Cheryl and her family moved to Darwin with a goal to stay for just 2 years. That was over 12 years ago! The family home now found at Rosebery with her partner and a brady bunch of kids and grandchildren. The latest addition to the family is Archie the most adorable and spoiled mini-schnauzer.

Cheryl is excited to be joining this amazing, highly functioning and dynamic team whose commitment and dedication is second to none. She looks forward to working for the Association and meeting members across the NT.

### Tracey Adamson - Marketing & Media Assistant

Tracey is originally from New Zealand and has lived in the Northern Territory for one and half years. She has worked in the not for profit sector in both New Zealand and Australia for over five years in marketing and fundraising roles.

Tracey's new role at Foster and Kinship Carers NT is Marketing & Media Assistant. She is responsible for putting together marketing material such as brochures, our quarterly newsletters, website updates and Facebook to name a few.

She was introduced to kinship and foster care at a young age through her Nana, who provided a safe and loving home for foster children for many years. Tracey is excited about her new role and looks forward to helping make a difference and getting to know our valuable Carers.



## Toy Libraries - Darwin and Alice Springs

Children's minds need to be constantly stimulated through learning experiences. We know children learn in a number of ways and learning through play is one of the leading strategies.

Did you know that there is Toy Libraries in Darwin and Alice Springs that you can borrow a large range of age appropriate toys from?

### Darwin

There are over 4,000 items available for hire from the Darwin Toy Library. Concession and family memberships are also available.

### Opening hours:

Tuesday: 9am – 2pm

Wednesday: 10am – 6pm

Thursday: 9am – 2pm

Saturday: 9am – 12pm



### Contact details:

Address: Corner McMillans & Marrara Roads

Moil, Darwin

PH: (08) 8927 9077

<https://bit.ly/2JbEYKu>

### Alice Springs

CACTL operates a toy and equipment lending service for children and families. Toys are loaned for a two-week period, after two weeks return your toys and select new toys.

### Opening hours:

Monday: 9am – 12pm

Tuesday: 9am – 12pm

Wednesday: 9am – 3pm

Thursday: 9am – 3pm

Friday: 9am – 4:30pm

Saturday: 9am – 12pm



### Contact details:

Address: Shop 8, Diarama Village, Alice Springs

PH: (08) 8952 6720

<https://bit.ly/2H9qAC8>

## Upcoming Events - Mark your Diaries

### Alice Springs upcoming events:

*Gillen Club Friday night social carer get together*

**Date** 27th April and 8th June  
**Time** From 6pm  
**Location** Gillen Club Milner Road, Alice Springs  
Kids eat free with a Carers Discount Card

*Come along to a morning tea and get to know others Carers in and around Alice Springs.*

**Date** 21st May  
**Time** 10 am - 11am  
**Location** Flying Doctor Café  
Stuart Terrace, Alice Springs

**To RSVP please contact: Rosalyn Havard on 1300 030 928 or [rosalyn.havard@fkca.org.au](mailto:rosalyn.havard@fkca.org.au)**

### Darwin & Katherine upcoming events:

Upcoming sessions in Darwin & Katherine include:

**Legal sessions** - Advocating for your rights: Carers involvement in the legal process

- Complex Issues: Permanent Care Orders and investigations

Look out for upcoming e-newsletters for dates and information for these sessions.

**For more information please contact: Marie Fabry on 1300 030 928 or [marie.fabry@fkca.org.au](mailto:marie.fabry@fkca.org.au)**

## Easter Activity: Crayon Easter Egg Window Decoration

If your windows are looking bare, have the kids make some Crayon Resist Easter Eggs to hang up! They are so pretty when the sun is shining through them and it's a fun craft for the kids to do.

### Materials Needed:

- o Watercolours
- o White paper
- o Pink ribbon or bow tie
- o White crayon
- o Scissors
- o Tape or glue

### Instructions:

1. Start by having the kids (or adult) draw the outline of an egg with the white crayon, making it as small or big as you like. Then have the kids scribble squiggles and zig-zags over the egg.
2. Grab some watercolours and paint rainbow stripes over the egg. Let it dry.
3. Once the eggs are dry, cut them out and tape a bow at the top! Cute and so pretty hanging in the window!

(Source: <https://bit.ly/2JgFgzR>)



## School term & holiday dates in the NT:

<b>Term 1 break</b>	Monday 16th - Friday 20th April
<b>Term 2 dates</b>	Monday 23rd April - Friday 29th June
<b>Term 2 break</b>	Monday 2nd July - Friday 20th July
<b>Term 3 dates</b>	Tuesday 24th July - Friday 28th September
<b>Term 3 break</b>	Monday 1st October - Friday 12th October



## New recruitment campaign



Look out for our new 'side of the bus' advert in and around Darwin featuring Millie\* from the end of April. Sharni Tyrrell, our amazing Administration Officer has kindly let us feature her daughter Millie\* in our new marketing campaign.

"I am more than happy to allow my daughter to feature in our new campaign to support such a worthy cause. There is such a shortage of Carers for children in crisis, so it's great to be able to help".

We are asking local Territorians to

**Open your heart  
Open your home**

**Become a Foster or Kinship Carer**

to encourage everyday people, to become valuable Foster and Kinship Carers, like yourselves.

During the campaign we will be running a competition with great prizes, so get involved and be in to win!

*\*We have changed the child's name to Millie to protect her privacy.*



### Spot the bus competition - great prizes!

#### To enter:

1. Spot our bus around Darwin
2. Take a selfie with the bus (in a safe area)
3. Post it on our Facebook page.

Monthly prize

If you are based outside of Darwin, don't worry you can still enter our competition.

All you need to do is comment on your favourite bus photo on our Facebook page and you're in the monthly draw. We have great prizes available, perfect for all ages.

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



Picnic blanket



Water bottle



Coffee cups



Cooler bag



**Just in time  
for school holidays**



### Entertainment 2017 | 2018 Memberships

Looking for fun family friendly activities these school holidays? By purchasing an Entertainment Membership not only will you be supporting us and foster and kinship Carers in the NT but you will also save big on amazing attractions, activities and holiday (not to mention shopping and dining!) We are selling all Entertainment Memberships eg: Darwin, Sydney, Melbourne and even New Zealand & Bali!

#### BUY YOURS HERE:

<https://bit.ly/2H6BQiy>

entertainment



## Get your discount card now!

Members of FKCA who are Foster & Kinship Carers are able to enjoy a variety of discounts and special offers from participating businesses in Darwin, Alice Springs and Katherine.

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

[www.fkca.org.au](http://www.fkca.org.au)

## PossABILITIES expo at Henbury School

FKCA attended the PossABILITIES expo (formerly the Youth and Disability Expo) held on 22nd March at Henbury School in Darwin.

There were over 40 stalls from service providers and organisations in the disabilities and community services sector. It was a fabulous opportunity for FKCA to engage with people interested in learning more about becoming a foster or kinship Carer.

Our two Darwin Advocates, Lucja Wajs and Marie Fabry along with our Board Member and a foster Carer herself, Sue Price represented FKCA at the expo.

It is so valuable having a foster and kinship Carer at events so people interested in learning more about becoming a Carer themselves, can talk to an existing Carer. **If you would like to get involved and join our future events to help us engage more potential carers, please contact us 1300 030 928.**

Thank you to Henbury School also for having us a part of the PossABILITIES expo again and we look forward to future events together.



## Alice Springs resources available to borrow

We now have a range of Honey Ant Reader books available for short term loan for Carer's and members in Alice Springs.

Honey Ant Reader books come with audio CD's in various Indigenous languages including Walpiri, Central Arrernte, Western Arrernte, Luritja, Pitjantjatjara and Ngaanyatjarra.

The books are written to teach standard English using stories and rhymes. The books come in a range of topics including nana dig, honey ants yum, nana dig in red sand and big mob ants.

Also, there are books available on wellbeing topics (suitable for 8+) such as:

- What to do when you dread your bed.  
A kid's guide to overcoming sleep problems
- What to do when your brain gets stuck.  
A kid's guide to overcoming OCD
- Have you filled a bucket today?  
A guide to daily happiness for kids

**To borrow any of these resources please contact:  
Southern Region Advocate - Rosalyn Havard on  
1300 030 928 or [rosalyn.havard@fkca.org.au](mailto:rosalyn.havard@fkca.org.au)**





## Chocolate cornflake egg nests

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

<b>Ingredients</b>	100g cornflakes
100g milk chocolate	Mini sugar-coated Easter eggs
50g butter	eggs
2tbsp golden syrup	Cupcake cases

### Method:

1. Break up the chocolate into squares and place in a plastic or glass microwave-proof mixing bowl with the butter and syrup and heat in the microwave on 30 second bursts until melted, then stir until smooth. You can also place chocolate in a bowl over a pan of gently simmering water until everything is melted and smooth.
2. Add the cornflakes and stir with a spoon until they are well coated in chocolate.
3. Place 12 paper cupcake cases in a bun tin and spoon the mixture into the cases. Place in the fridge to set for 30 mins. Decorate with sugar eggs

### Competition Winner

Foster Carer Coco Petit, based in Alice Springs was thrilled to win the Desert Park voucher for 2 children and 1 adult recently. We're sure the kids would have loved seeing all the animals.



## Connect with us



Like us @FosterandKinshipCarersNT



Follow us @FosterandKinshipCarersNT



Follow us @FosterandKinshipCarersNT



Subscribe to our YouTube channel.

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

## Contact us



1300 030 928



[info@fkca.org.au](mailto:info@fkca.org.au)



[www.fkca.org.au](http://www.fkca.org.au)

CREATE's National Survey is now open! The National Survey offers children and young people aged 10-25 years with a care experience the opportunity to share with CREATE, their experiences living in the care system. Survey link: <https://bit.ly/2JgzQES>



Disclaimer: All data and information provided in this document is for informational purposes only. Foster Carers Association NT Incorporated makes no representations as to accuracy, completeness, suitability, or validity of any information in this document and will not be liable for any errors, omissions, or delays in this information or any losses, injuries, or damages arising from its display or use.