



FOSTER & KINSHIP CARERS ASSOCIATION NT December 2018 Quarterly Newsletter



Message from the CEO

Christmas has come around ... again!

Do you sometimes feel that every year slips by too quickly as we once again we head into one of the most magical times of the year, albeit a little crazy. For our Foster and Kinship carers though, I know this is the busiest time of all. So much to do, and so little time!

It is a time when most of us are well-into the pre-Christmas planning, putting up Christmas decorations, sorting out our gift lists and planning what's going to be on our table for the big day, however it is important to remember that not everyone is excited about Christmas. It can often be difficult time for children in care. It's a time which inadvertently reminds many young people that their family is not together and sometimes they might feel disconnected and a little sad. Be sure to take extra special care

to help them through this difficult time.

Over the past few months we've had a few staff changes in Darwin. Monalisa has come onboard as our new Advocate and will be our Top End representative, and Izzy is heading up our brand new Carer Liaison Officer role. Rosalyn continues to represent the Association in Alice Springs. As always, we strive to ensure our foster and kinship carers are well supported in their role as they care for some of the Territory's most vulnerable children.

Our AGM was held in early November and we welcome our new Board of Directors for 2019. Returning Directors are Kay Eade (Chair) Anne-marie Rayner (Vice) Denise Jenkins (Treasurer) Sue Price (Secretary), Louisa Castle, Margaret Furber and Lyndon Ross. Kathleen Wileman is taking a break next year, however we welcome aboard new Directors Hilary Berry, Steve Downie and Andi Bracey.

As we draw towards the festive season we would like to wish you and your loved ones a very Merry Christmas and a safe and happy New Year. Our offices will be closed for a few days but will reopen on Monday 7th January. Pop in and say hello!

Best wishes

From Ann and the Team xx

Highlights:

Big Screen Advertising
cinema ad

Foster and Kinship
Carer Excellence
Awards 2018

Mark your diaries for
upcoming training

Carer Advisory Group



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 carer members.

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. We provide a free advocacy service to all members

Emergency contacts:

In case of an emergency **000**
Territory Families after hours &
child protection hot-line **1 800 700 250**



Christmas Lights 2018

DARWIN CHRISTMAS LIGHTS: NOMINATE A HOUSE

Is a house on your street shining bright with Christmas lights? Or maybe your whole street shines with Christmas cheer.

If you've been out in the sun for hours putting up your decorations, Mix 104.9 are calling all houses from Darwin to Palmerston to nominate the house that shines brightest of them all to join Mix104.9's Christmas Lights Directory!

TO ENTER

1. Take a photo of the house with the most twinkle.
2. Upload the photo on their website detailing the house, address and the home owner's contact information as well as yours.

If you have the house with the brightest lights in the Top End and receive the most votes you will win your very own \$5,000 Joyce Mayne shopping spree!

Enter here: www.mix1049.com.au/christmas-lights



Who do I contact while we are closed?

If any urgent matters arise while we are closed please call the Territory Families after hours and child protection hot-line on:

1 800 700 250

We are closed Wednesday 20th December and reopen on Monday 7th January

Have you been to the cinema's lately?

We are so excited! We've just launched our very first cinema advertisement ever!

Come see our shining stars Caitlyn and Rumsely. Vote on our Facebook poll if you've seen it! The cinema ad is playing at Gateway in Palmerston and Alice Springs cinema!

Do you know someone interested in becoming a foster or kinship carer?

Call our friendly team on 1300 030 928 or visit our website for more information www.fkca.org.au



Our Carer Advisory Group

In October we commenced our very first Carer Advisory Group.

We sought interest from carers in both the Northern & Southern regions to develop a balanced and transparent group to represent foster and kinship carers across the Northern Territory.

Currently with 11 FKCA carer members, we are confident that the FKCA Carer Advisory Group has the best interests of Foster and Kinship Carers at heart.

Meetings are facilitated by Monalisa, our Darwin Advocate and represent a wealth of knowledge. Experienced carers on this Advisory panel have been delivering foster care for 5 to 15 years and have a common interest of ensuring the voices of carers are heard.

At the past two meetings, the Group identified their objectives and goals for the coming year to ensure the needs of carers were well-represented.

In summary, the goals of the Carer Advisory Group are to:

- Provide comment and advice on policy, legislation or other matters referred by Territory Families
- Identify issues and seek solutions to influence positive change for the Out of Home care sector
- Engage in open and transparent discussions to develop a more cohesive partnership and positive outcome for children and young people in care

Working closely with Monalisa, carers on the Advisory Group meet regularly via video link and maintain a balanced and respectful conversation ensuring the things that matter to carers remain at the core of discussion.

It is reassuring to see the passion and energy of this first Carer Advisory group. Their commitment to supporting other carers is driving positive change for all foster and kinship carers and I look forward to future conversations.



Foster & Kinship Carer Excellence Awards 2018

The annual Foster and Kinship Carer Excellence Awards were held recently right across the Territory celebrating the dedication, commitment, and achievements of foster and kinship carers and the enormous contribution they make to vulnerable children in every region across the Territory.

It was wonderful to see so many of our carers recognised for doing what they do best and a reflection of the commitment and hard work that happens every day. It was a great opportunity to celebrate the unsung heroes who improve children's lives every day.

Carers who received awards were:

Central region:

- Outstanding contribution by a foster care - Penny and Scott Weily
- Outstanding contribution by a kinship carer - Kate Axten

Barkly region:

- Outstanding contribution by a foster care - Sam Cameron and Darrin Whatley
- Outstanding contribution by a kinship carer - Emily Mourilyan and Trevor McDonald

Katherine region:

- Outstanding contribution by a foster care Davina and Trevor Griffiths
- Outstanding contribution by a kinship carer Anastacia Wilfred / Lynette Tasman (tie)

Darwin region:

- Outstanding contribution by a foster care - Craig Jones
- Outstanding contribution by a kinship carer - Louise and Trevor Kwiwa

Northern remote region:

- Outstanding contribution by a foster care Rose Gurlarrangi and James Cooper
- Outstanding contribution by a kinship carer Jacobina Djurundudu and Gavin Gondarra, Ann Munkara

Nhulunbuy region

- Outstanding contribution by a foster care Maria and Fabio Zuglian
- Outstanding contribution by a kinship carer Caroline and Djawa Yunupingu



New staff

Izzy joins the team as our new Carer Liaison Officer:

Recently relocated to Darwin with my partner after having travelled Australia for most of 2018. In Melbourne, I have worked in various roles across youth services, youth justice and then more recently in Family Support.

I am passionate about social justice and have for a long time sought to support those who are vulnerable in our community. I am really excited with Foster and Kinship Carers Association NT and hope to bring more opportunities to carers, enhancing community awareness and continuing to improve their journey.

One of my primary roles as Carer Liaison Officer is to focus on supporting existing foster and kinship carers through providing training opportunities, and organising networking and social events.

I am also available for informal support for everyday issues related to being a carer, so please do not hesitate to give me a call if you ever need to! Contact Izzy on izzy.bellomo@fkca.org.au or call 1300 030 928.



Monalisa, Rosalyn and Izzy

Southern Region update



Santa visits the Southern Region: The Alice Springs Christmas Party was held on Saturday November 24th at the Gillen Club. Approximately 130 children and carers attended.

This year the theme for the Alice Springs party was 'Red Red Centre Christmas'. It was a very successful and fun event with face painters, balloon artist, photo booth, delicious food and best of all, a visit and gift from Santa.

In Tennant Creek the annual party was held at the Tennant Creek Town Pool on Tuesday 27th November 2018. This year's theme for the party was a Hawaiian Christmas. Keeping cool at the pool was a priority on a hot afternoon. Santa stopped by with gifts for the children too!

Surviving the Holiday Season:

While most people look forward to the holidays for some families Christmas and other special occasions can be a stressful and difficult time.

For children with a background of trauma, FASD, ADHD or sensory processing difficulties the holiday season can be very difficult. It is not much fun for their carers either as sometimes the triggers that set off challenging behaviours are not known or obvious. Special days like Christmas can be a reminder to children in care of all that they have lost, bad memories or how their brain works differently to other people.

I would like to highly recommend reading an article I found online co-authored by T'Meika Knapp, Nicole Littler and Caroline Brown (Child Trauma Service Tasmania at the Australian Childhood Foundation) - The Neurobiology of Christmas-10 things Parents and Carers can do to help a traumatised child cope with this holiday season. Read the article here <https://bit.ly/2KB4yK2>

Season's greetings to all and stay safe especially if travelling.

Best wishes and see you in 2019!
Rosalyn

We are sponsoring Foster & Kinship Carers to attend First Aid training - for FREE

Contact Sharni on 1300 030 928 or email us info@fkca.org.au



School term & holiday dates in the NT:

Term 4 break	Friday 14th - December - Monday 28th January
2019	
Term 1 dates	Tuesday 29th January - Friday 12th April
Term 1 break	April 13th - April 22nd
Term 2 dates	Tuesday April 23rd - Friday 28th June
Term 2 break	June 29th - July 22nd

Mark your diaries

February 19th Understanding your teenager
Palmerston Recreation Centre Room 1
RSVP here: www.trybooking.com/ZOHJ

- Coming soon:
- Child psychologist Danielle Gray
- Legal aid session
- Fetal Alcohol Spectrum Disorder (FASD)
- NDIS
- All of the event details will be released in the New Year

Contact us if you have a suggestion for training on:
email info@fkca.org.au or call 1300 030 928

Understanding your teenager training seminar:

February 19th in Palmerston
RSVP now: www.trybooking.com/ZOHJ

Relationships Australia is running this essential seminar ideal for parents, grandparents and foster and kinship carers who have young people aged 10-18 years olds, in their care.

Topics covered include:

- The ESSENCE of Adolescence; research by Dr Dan Siegel about the brain during this stage of life development
- Developmental stages of the teenager— behavior and brain changes
- Changes in sleep pattern and needs
- Internet & social media usage



CREATE Foundation is the national consumer body representing the voices of children and young people with an out-of-home care experience (including kinship care, foster care and residential care).

Create do important work helping to change the care system by consulting children and young people about their experiences in care 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 08 894 59993 or Alice Springs 08 8953 8358 to link them 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.

MEMBERS ONLY:

How Territorian are you?

Question:

Are there more saltwater crocodiles or camels in the Northern Territory?

Prizes:

Darwin 2 x prize packs to win
Alice Springs 2 x family movie passes to win

Email media@fkca.org.au your answer by Thursday 31st January 2019, to go in the draw! One entry per person and for our members only.

SEPTEMBER WINNERS:

Natalie Sarny from Katherine
Rowena Willis from Alice Springs



Christmas Tree Brownies

Makes: 12

Prep: 15 mins (+ cooling & chilling time)

Cooking: 45 mins

Ingredients:

- 190g butter, chopped
- 295g brown sugar
- 290g packet Milk Choc Melts
- 100ml Nestle Sweetened Condensed Milk
- 3 eggs, lightly whisked
- 1 ½ cups plain flour
- ¼ cup cocoa powder
- 12 large candy canes, straight part only
- Coloured writing icing, to decorate
- Smarties or M&M's, to decorate
- Icing sugar mixture, to dust

Method:

1. Preheat oven to 160C. Grease the base and sides of a 19cm square cake pan and line with baking paper.
2. Place butter, choc melts, brown sugar and condensed milk in a saucepan over low heat. Cook, stirring for 5mins or until mixture is smooth.
3. Add eggs, flour and cocoa powder to the butter mixture. Stir until the mixture is smooth and well combined.
4. Pour mixture into the prepared pan. Bake for 30-40mins or until a skewer comes out clean. Allow to cool then place in the fridge to chill.
5. Turn brownie onto a clean, flat surface and cut in half. Cut each half into six triangles.
6. Insert a candy cane into the base of each brownie. Decorate with writing icing and Smarties or M&M's then dust with icing sugar.

Source: <https://bit.ly/2KDMa7>



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