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e-News June 2019

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Message from the CEO

May has been a busy month with lots happening right across the Northern Territory.

Hopefully you were able to join our Fetal Alcohol Spectrum Disorder training which took place in Alice Springs, Katherine and Darwin over the last few weeks. FASD is such a prevalent disorder in the Northern Territory that we have made a commitment to provide our carers with the latest practice strategies as often as we can. Each of these sessions were full of practical strategies and it was a fun day for all who came along.

Foster and Kinship Carers Association NT membership has grown substantially over recent years and now with over 1,000 members, it is time to review our membership database. Over the next few weeks our newest team member, Sankha will be calling to introduce himself and say hello. Sankha is fine-tuning our membership information and will ensure everything is current and up-to-date. When he calls please spare a few minutes to ensure we have your correct information.

Last weekend we conducted a workshop for the Foster and Kinship Carers Association NT's new Strategic Plan. One of the most important documents that the Association uses, the Strategic Plan is a blueprint to map the organisation's goals and objectives for the next 3 years. The Strategic Plan is where we focus our attention on ensuring our service delivery meets the organisation's goals. This work will continue to evolve over the next few months to capture the essence of our Association and when complete, will be launched publicly. It's an exciting piece of work so watch this space!

Next week the Alice Springs team will welcome a new staff member! Martin Harvey will be joining the Southern Region as the new Carer Support Officer and will work closely with carers to ensure they are well-supported in their carer journey. Martin commences training next week and we look forward to a very connected new addition to the Southern Region Team.

As always, be safe and take care of yourselves.

Best wishes from

Ann & the Team x

Advocate Update

Real Time Facebook Sessions

We are excited to have special guests Izzy Bellomo and Martin Harvey joining us for our next Real Time Facebook Session on Wednesday 5 June to discuss their role as Carer Support Officers. We encourage you to join us to not only meet Izzy and Martin but also as an opportunity to ask them any questions you may have about how they can support you and to learn more about the exciting events and training opportunities that are coming up. We will go live from 6.30pm to 7.00pm.

Like our [Facebook page here](#)

What goes into a healthy lunchbox?

Today we all lead such busy lives and there is a greater selection than ever before of pre-packaged foods available to consumers. When carers are preparing food for school lunches it is a benefit to be informed about what is in items purchased from the supermarket.

Have you wondered if there is a way to compare the nutritional value of similar looking packaged foods? The Australian Government has developed a Health Star Rating system which is a voluntary system that shows stars based on the nutritional value of packaged foods. The purpose of the Star Rating system is to allow us to make healthier choices when choosing

packaged foods. Next time you are at the supermarket carers, look out for the different star ratings. You can find out more [information here](#).

Carer Advisory Group

The Carer Advisory Group have launched another Connect Group in Darwin which is starting in June and facilitated by Carer Advisory Group member Sue McElroy. Sue and her husband Ricky have been Carers for approximately 8 years and are passionate about advocating for the rights and wellbeing of children in care. Sue and Ricky have chosen to start a CAG Connect Group so they can meet more of our carer members and to be another support network when Carers are experiencing difficulties in their caring journey.

CAG Connect Groups are a great place to socialise, discuss your caring experiences and hear from our CAG members. If you are interested in joining a Connect Group **contact us on 1300 030 928 or info@fkca.org.au**



Support Services

Come along to our Carer-Parent Group every 2nd Wednesday!

Come join our Carer-Parent Group for a chance to catch your breath, connect with other carers and let the kids run around. Meeting from 9-

10:30am every 2nd Wednesday, FKCA will shout you a cuppa!

Next dates to head along: 5th June, 19th June

Location: Playshack, The Hub - Shop 7, 3 Maluka Street, Palmerston

Price: Discounted entry for children \$7 – BYO socks!

You can [RSVP here](#)

Last call for CREATE Foundation's conference at Melbourne Zoo!

Applications close May 28th for funding for young people in care and carers to attend [CREATE Foundation](#)'s national "Voices In Action" conference for children and young people living in out-of-home care. If a young person is between 12-25 years of age with a care experience, don't miss out on this opportunity for them to go to Melbourne Zoo in November!

Young people and their carers can apply for grants to attend. Applications close May 28th, so submit yours now! To find out more about this opportunity, [click here](#).



Upcoming Training and Events

New training for FASD

Last week, FKCA had National Organisation of Fetal Alcohol Spectrum Disorder (NOFASD) facilitate trainings in Alice Springs, Katherine and

Darwin.

Thank you to Robyn and Sophie from NOFASD for bringing not only their foundational understanding of FASD training but also a brand new practical session to the Northern Territory! And a lot of fun and knowledge was shared as carers got to get hands on and try some sensory, exercise and play equipment to practice strategies on themselves, which was described by carers as “beneficial and interesting”. Resources and equipment used can be purchased at a relatively low cost. Contact our office for further details on info@fkca.org.au or call 1300 030 928.



The sensory calming “body sock” that allows the wearer to be enclosed in it as much as they wish as demonstrated by Carer Support Officer Izzy Bellomo and foster carer Nigel ‘Tug’ Wilson (left) and Northern Region Advocate, Monalisa (right).

If you missed out on getting along to our training for FASD last week, you can find more information about webinars and online courses, [click here](#).

Australia wide events

- **Wed 29th May** [Real-time Advocacy](#), Facebook Live **6:30pm ACST**
- **Wed 26th June** [Real-time Advocacy](#), Facebook Live **6:30pm ACST**

Darwin events

- **Tue 4th June** [Become a foster or kinship carer session](#) Lyons **5-6pm**
- **Wed 5th June** [Carer/Parent Group](#) Palmerston **9am - 10:30am**
- **Wed 19th June** [Carer/Parent Group](#) Palmerston **9am - 10:30am**

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Our mailing address is: PO Box 42716, Casuarina NT 0811

Darwin Office: 25 Damabila Drive, Lyons NT 0810. Ph: 8945 3364

Alice Springs Office: 10/82 Todd Street, Alice Springs NT 0870. Ph:8952
9202

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