

# caring matters

FKAT NEWSLETTER NO: 23

JUNE 2019

## FROM THE PRESIDENT

THE BIG DAY OUT:  
MAY THE 4TH BE  
WITH YOU

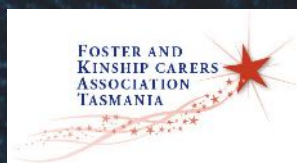
## NATIONAL CONFERENCE

FINANCIAL SUPPORT  
FOR CARERS TO  
ATTEND

## NEWS & EVENTS

OPPORTUNITIES TO  
MEET YOU BOARD  
MEMBERS

FOSTER AND  
KINSHIP CARERS  
ASSOCIATION  
TASMANIA



# from the chair.

MAGGIE PHILLIPS



Winter has arrived not sure I am ready for the next 12 or more weeks of the cold weather time to bring out the winter woollies, hats, gloves and scarves. Also, a time for carers to take extra care on the roads when taking children to school.

After many years of fostering, I have reflected what makes a foster Carer? is it the need to make a difference or are a genuine interest in children and young people. For me it's a combination of all aspects of caring to be effective, this includes empathy and good listening skills, perseverance when things get tough, flexibility and adaptability, patience and humour, being able to look after yourself emotionally and staying well, a willingness to work with other people in the child's life such as birth parents and caseworkers, a willingness to support the child to develop a sense of identity that includes their culture, language and religion, where appropriate.

The hardest thing for a carer is to look after oneself, to recognise its ok to seek help from the supports that are available, take time out, do something for yourself. Looking after yourself means you can be on top of all the demands of caring for the young children/youth in your care.

## Special General Meeting

Recently we held a special general meeting to pass a resolution to the constitution on the 4th May 2019 Launceston. The resolution was passed with a majority in favour and 2 against the amendment. These amendments will be attached to our constitution version 20. Terms of office of all ordinary members will serve on the board for 2 years. Invited community members will serve for 12 months with the option to continue for a further 12 months.

## Big Day Out

Thank you to Anita and Kim organising 'The Big Day Out' What a fantastic day for all those carers and children wh attended. Star Wars was the theme of the day May the Fourth be with you, plenty of food was served for afternoon tea, a big thank you to those who helped prepare and serve. Young people were given the opportunity to show off their best Star Wars costumes and received prizes for their effort, always difficult for the judge to determine who was the best.









Kim Backhouse Vice President represented FKAT recently in relation to OOHC outcomes. Providing feedback especially around care concerns, wellbeing and multiple placements. The Outcomes Framework for Children and Young People in Out of Home Care (Outcomes Framework) was released in October 2018 and establishes outcomes and success factors for children and young people in out of home care. This Companion Document sets out the indicators which will meet the Department of Communities Tasmania's commitment to monitor and report against the Outcomes Framework.

#### FAST

Training sessions will be available to carers who would be interested becoming a FAST representative, recently Julian sent an email to all carers asking if they would like to attend trainings to be held in Hobart on 21st and 22nd of July to be held in the FKAT Centre. If you haven't already registered there is still time to forward your expressions of interest to Julian.

Foster & Kinship Carers Week will be held 2nd week of September for this special event FKAT will be holding high teas around the state more information will be forwarded onto carers as the time gets closer, don't forget to mark this event on your calendar.

#### AFKCP

Australian Foster and Kinship Carers Partnership) will be holding the National Conference Thursday 5th – 7th September 2019, this will be Held in West Australia, this event has been advertised in the previous newsletter FKAT is pleased to advise they will be supporting carers to attend the conference, for those carers who wish to attend please forward your details to FKAT as soon as possible.

#### Learning Incentive...

You will recall in previous newsletter 2019, the Learning Incentive Allowance item for carers who have young people attending year 11 and 12. Some carers have had difficulty with the form due to the date being incorrect.

#### How to apply for the Learning Incentive Allowance – Carer Payment

To apply for the Carer Payment (\$1250), carers must complete the Learning Incentive Allowance 2019 application form and attach the relevant documentation to confirm enrolment in Year 11 or 12 (or equivalent).

Forms must be returned to the postal address or email address stated at the bottom of the application form.

A separate application form will be sent to carers in late 2019 to apply for the second payment of \$1250 (eligibility criteria will apply).

#### Documentation Required

Payments will be made upon receipt of the completed 2019 Learning Incentive Allowance application form and evidence of enrolment from the relevant Tasmanian Assessment, Standards and Certification (TASC) or Vocational Education and Training (VET) institution.

Support Email: [aftercaresupport@communities.tas.gov.au](mailto:aftercaresupport@communities.tas.gov.au) Phone: 6166 0422 it is not necessary for CSO to complete the form, this can be done by the carer.

Application form attached to this newsletter



# CEO

## Dr Julian Watchorn

### TBRI Training In N.Z.

I am writing to report on my trip to Auckland, New Zealand, to attend a two-day TBRI training workshop.

As you may be aware, Trust-Based Relational Intervention (TBRI) is a therapeutic model that trains caregivers to provide effective support and treatment for at-risk children and was developed by Dr. Karyn Purvis and Dr. David Cross at the TCU 'Institute of Child Development'. They define TBRI as, "an attachment-based, trauma-informed intervention that is designed to meet the complex needs of vulnerable children." I had contact with the Immerse organisation (a N.Z. foster carer agency) which has as their aim to develop a therapeutic foster care agency. They searched for an evidence-based framework to work with children who have suffered complex developmental trauma. They decided to adopt TBRI, an attachment-based, trauma-informed, multi-systemic, whole-child, and evidence-based intervention that is designed to meet the complex needs of vulnerable children. Every foster parent with Immerse receives ongoing training, support and resources framed around TBRI.

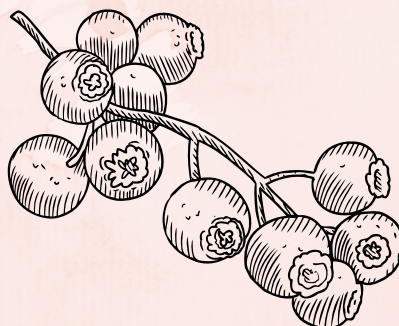
The content and quality of the TBRI training I attended was excellent and I could see immediate benefits for foster and kinship carers in Tasmanian if they were to adopt such a therapeutic care model. The first day of training looked at content delivery in regards to the TBRI model, while on the second day we explored how to integrate TBRI into an organisation at a systemic level. I had a number of conversations with David Cross around the possibility of having TBRI as the over-arching therapeutic care model for Out of Home Care in Tasmania. I also spoke with a number of foster carers who have undertaken TBRI training workshops, about their experiences with the model.



### FAST Training

FKAT established FAST (Foster and Kinship Care Advocacy and Support Team) in 2005 with the aim of providing greater levels of support and advocacy for foster and kinship Carers. FAST is a team of trained carers that have volunteered to provide support, advice and advocate on the behalf of other foster or kinship Carers either in a group or individual basis.

At the present time we have one FAST representative for each of the three regions in the State. They have the capacity to provide advice, support and advocacy to all carers in their region and can also provide face to face support to carers within proximity or tele link into meetings where needed. Due to increasing demand, we are looking to expand the number of FAST reps we have in 2019 and will be conducting a two-day FAST training workshop in late July at our Rokeby office. I have already emailed out for expressions of interest, but I am still happy to hear from any carers who may be interested in taking on a FAST role and undertaking the training.



# Children's Art 2019

HI ALL,  
CELEBRATING CHILDRENS ART 2019!

DON'T MISS OUT SUBMISSIONS CLOSE 3 JULY 2019 FOR WORKS OF ART FROM CHILDREN 4 YEARS AND UNDER FOR THE MAKING MARKS, CHILDREN'S ART EXHIBITION (2019).

THE B4 EARLY YEARS COALITION (B4) AND PARTNERS\* INVITE ALL CHILDREN AGED BIRTH TO 4 YEARS TO MAKE MARKS AND SUBMIT THEIR WORK. SUBMISSION IS EASY ATTACHED TO THIS EMAIL IS SOME INFORMATION ON HOW TO SUBMIT, THE SUBMISSION AND CONSENT FORMS. MORE INFORMATION AND IDEAS ABOUT MAKING MARKS WITH CHILDREN IN THE EARLY YEARS CAN BE FOUND [WWW.B4.EDUCATION.TAS.GOV.AU/TOOLS-AND-RESOURCES/](http://WWW.B4.EDUCATION.TAS.GOV.AU/TOOLS-AND-RESOURCES/)

MAKING MARKS AIMS TO CELEBRATE, NURTURE AND SUPPORT THE VOICE OF THE CHILD THROUGH ART AND WILL BE OFFICIALLY LAUNCHED ON WEDNESDAY 25 SEPTEMBER AT THE TASMANIAN MUSEUM AND ART GALLERY (TMAG). THE EXHIBITION IS BEING HELD IN CONJUNCTION WITH THE EARLY CHILDHOOD AUSTRALIA (ECA) CONFERENCE IN HOBART.

APPROXIMATELY 50 INDIVIDUAL WORKS WILL BE SELECTED BY A CURATORIAL TEAM LED BY DR BARBARA PISCITELLI AM FOR THE EXHIBITION. WORKS SELECTED WILL BE REPRESENTATIVE OF THE DEPTH, DIVERSITY AND RANGE OF ART FROM ACROSS TASMANIA GEOGRAPHICALLY AND WITHIN CHILDREN FROM BIRTH TO 4 YEARS. ALL WORK ENTERED WILL BE DISPLAYED IN A DIGITAL FORMAT AT THE EXHIBITION.

TO ENTER PLEASE SEND DIGITAL WORKS AND FORMS TO [B4@EDUCATION.TAS.GOV.AU](mailto:B4@EDUCATION.TAS.GOV.AU) OR PHONE 03 616 55666 IF YOU HAVE ANY QUESTIONS OR QUERIES.

\* A COLLABORATION BETWEEN B4 EARLY YEARS COALITION (B4), EARLY CHILDHOOD AUSTRALIA (ECA) TASMANIA, NATIONAL ECA CONFERENCE ORGANISING COMMITTEE, LADY GOWRIE, GOODSTART EARLY LEARNING, NORTHERN CHILDREN'S NETWORK, ALL THAT WE ARE, DR BARBARA PISCITELLI AM AND THE TASMANIAN MUSEUM AND GALLERY (TMAG)





# Board Members

President: Maggie Phillips  
Vice President: Kim Backhouse  
Treasurer: Carol Scholes-Robertson  
Secretary: Trish McMillan

Public Officer: Anne Bailey  
Northern Representative: Anita Jones  
Northern Representative: *vacant*  
North West Representative: Mark Dawson  
North West Representative: Anne Bailey  
Southern Representative: Trish McMillan  
Southern Representative: Ros Deeks

Community Member: *vacant*  
Community Member: Roger Colbeck

---

## VACANT EXECUTIVE POSITION

Dear Members,

We currently have a vacancy on the FKAT Board. Cecily Rosol, one of the two Northern Representatives on the Board, has stepped aside after having been a valuable support and resource for our organisation. I wish to thank Cecily for all her hard work and support. We are seeking expressions of interest from carers who wish to take up this position temporarily until it is voted upon at the next AGM.

If you are interested in applying for this position or would like to discuss this further please email me at [ceo@fkat.org.au](mailto:ceo@fkat.org.au).

Julian Watchorn CEO



# EVENTS CALENDAR

## WHAT'S ON

### Carer Connect Meetings

North/West Carer Connect meetings are the third Wednesday of the Month, commencing 17/7/19 and 21/8/19 then 18/9/19 at 10.30 to 12 noon, at the Uniting Church Hall, Reiby St, Ulverstone.

### Board Meeting

We have a Board Meeting scheduled for the 17th August in Devonport. Members are welcome to come and meeting the Board before or after the meeting.

### Regional Representative Meetings

Teleconference on the **25th June** at 7.30pm.

Face-to-face meeting at Campbelltown, **July 28th** at 11.00am.

### Newsletter

Next newsletter due out in **September**.





# 2019 National Foster and Kinship Care Conference Perth, Western Australia September 05th - 7th, 2019

The conference aims to provide an exciting and nurturing learning environment, acknowledging, inspiring and promoting personal and professional connections in the fostering sector.

Attendees will be provided with the opportunity to explore their current thinking and identify new strategies for care, while at the same time, have the opportunity to mix with like minded people from all walks of child protection and out of home care.

9:00am Friday, 6th September 2019 to 5:00pm Saturday, 7th September 2019 followed by a celebratory Gala Dinner. Interstate and country attendees are invited to a Welcome Function on Thursday, 5th September 2019 from 5:00 to 7:00pm where drinks and canapés will be served.

Rendezvous Hotel Perth Scarborough  
148 The Esplanade  
Scarborough 6019  
Australia

<https://www.fcawa.com.au/>

For more information contact us at [admin@fkat.org.au](mailto:admin@fkat.org.au)

## Financial assistance from FKAT to attend

FKAT is offering to provide 15 foster or kinship carers (5 from each region) with financial assistance to attend this year's conference. If you wish to apply for this assistance please email our office [admin @fkat.org.au](mailto:admin@fkat.org.au)



**CYF** **CREATE  
YOUR  
FUTURE**

**YOU'RE INVITED TO....**

**You and Your Peeps, and Sailing!**

You and Your Peeps is a Create Your Future **workshop** which explores healthy and supportive relationships, and how to build a support network for yourself.

**Lunch provided, followed by a one hour sail on the Derwent River, on the historic Lady Nelson!**

- Who:** This is a free event for any young person with a care experience aged 13-25 years
- When:** Saturday 29th June
- Drop off:** Call the CREATE office to find out!
- Pick up:** Call the CREATE office to find out!
- RSVP:** YES PLEASE! Call Heather on 6223 7749 or message us on Facebook :)



# National survey of foster and kinship carers

The Home Stretch Symposium is in Sydney on 27 and 28 August  
<http://thehomestretch.org.au/symposium/>

As part of the program the organisers are keen to include the views of foster and kinship carers. At the suggestion of the Symposium Planning Group they have developed a survey for foster and kinship carers. The survey will give the views of a cross section of foster and kinship carers from all Australian states and territories.

The success of this survey depends on it getting to as many foster and kinship carers as possible. If you wish to complete the survey, then go to [https://www.surveymonkey.com/r/foster\\_and\\_kinship\\_carers](https://www.surveymonkey.com/r/foster_and_kinship_carers)

They need responses by 31 July to allow time for analysis. After completing the survey carers can go into the draw for one of three \$100 vouchers.



# CONTACT US

Office:

4 Hart Place, ROKEBY, TAS 7019

Ph: 03 6212 0513

Opening Hours:

Mon - Thu: 9.00am to 3.00pm

Fri: 9.00am - 2.00pm

Postal address:

PO Box 241  
Hobart 7000

Email:

[admin@fkat.org.au](mailto:admin@fkat.org.au)

Follow us on Facebook

[www.facebook.com/fkatas](http://www.facebook.com/fkatas)

