

# FOSTER & KINSHIP CARERS ASSOCIATION TASMANIA SPECIAL EDITION NEWSLETTER

FOSTER AND  
KINSHIP CARERS  
ASSOCIATION  
TASMANIA



## MESSAGE FROM THE CEO

Hi carers,

It has been wonderful starting to see more of you connecting in with FKAT at events and connecting with each other over the last few months as weather gets warmer. Thank you to everyone that attended one of our nine Foster Care Week events. We engaged with over 120 carers that week and it was a huge success. It has been a pleasure to be out meeting face to face with you all and I am looking forward to seeing you at our upcoming AGM in Launceston.

## UPCOMING AGM LAUNCESTON 29TH OCTOBER, 2022

FKAT have now emailed out nomination forms and an accompanying letter detailing the process of nominating and voting to members, informing them of the upcoming AGM to be held in Launceston on the 29th October.

There are board vacancies in each region and members are encouraged to nominate, vote and attend the AGM.

## INFORMAL KINSHIP/GRANDPARENT CARER TRAINING OPPORTUNITY

Please see back pages of newsletter for all the details.

CEO@FCATAS.ORG.AU



# FOSTER & KINSHIP CARERS ASSOCIATION TASMANIA SPECIAL EDITION NEWSLETTER

## FOSTER CARE WEEK

A big heartfelt thank you to those carers whom attended events across the State during Foster Care Week 2022. It was great to see so many carers out with their families enjoying the luncheons, training and events that were hosted. In total FKAT held nine events and engaged with over 120 carers across Tasmania. Some of the highlights included having Cameron Lee speak with carers regarding Child Safety legal proceedings. This training was well received with carers giving exceptional feedback regarding the value of the content presented. Luncheons in each region were well attended and carers enjoyed being treated to a meal and a small gift. The Family Fun Day in the North West was also a favourite with children participating in lots of free activities including rock climbing, mini golf, face painting and more. Carers loved having their nails painted and being able to relax on the day while the kids were entertained. Thank you again to all kinship, Foster and grandparent carers for all of the love and dedication you put into caring for the most vulnerable children in our State. FKAT appreciate the opportunity to support you in your efforts and to provide as many training opportunities as possible as well as hosting events throughout the year that all ages can enjoy.



Ulverstone Rotary Club helping feed the crowds at the North West Family Fun Day



Maggie (left) and Trish (right) representing FKAT at the Family Fun Day.

# Life Without Barriers and FKAT present Tuning in to kids and Tuning in to teens (pilot) training!

Please don't miss this wonderful opportunity to participate in the first pilot program for this amazing training. Register today!



## Tuning in to Kids and Tuning in to Teens

Zoom Training for Tasmanian Foster and Kinship Carers

Tuning in to Kids and Teens are six-session group programs. These programs are delivered by training youth mental health clinicians and child and family practitioners for Foster and Kinship Carers.

From Tuning in to Kids or Tuning in to Teens, you will:

- gain an understanding of kids and teens
- learn skills to teach kids and teens to manage their emotions
- develop better communication
- support kids and teens in a way that reduces behaviour challenges
- build techniques to teach kids and teens to deal with conflict
- develop skills to teach kids and teens the skills of emotional intelligence

**DON'T MISS OUT!  
REGISTER NOW**

Follow the QR code to register or go to [bit.ly/fosteringbhmh](https://bit.ly/fosteringbhmh)

\*Spaces are limited\*



All training will be delivered via Zoom so you can participate from the comfort of your own home.



A six-session group program for Foster and Kinship Carers across Tasmania

### When?

**Mondays:** 24, 31 Oct, 14, 21, 28 Nov, and 5 Dec  
Tuning in to Teens: 12:00 pm to 2:00 pm

**Tuesdays:** 25 Oct, 1, 8, 22, 29 Nov & 6 Dec  
Tuning in to Kids: 9:30 am to 11:30 am  
Tuning in to Teens: 12:00 pm to 2:00 pm

**Wednesdays:** 26 Oct, 2, 9, 16, 23 & 30 Nov  
Tuning in to Kids: 9:30 am to 11:30 am  
Tuning in to Teens: 12:00 pm to 2:00 pm

**Thursdays:** 27 Oct, 3, 10, 17, 24 Nov & 1 Dec  
Tuning in to Kids: 9:30 am to 11:30 am  
Tuning in to Teens: 12:00 pm to 2:00 pm

Tuning in to Kids is designed for caregivers of children aged 3-10.

Tuning in to Teens is designed for caregivers of children and young people between 10-18 years of age.

All sessions will be held via Zoom.

Don't see a session you can attend? Register for our [waitlist](#) here:



### What is Emotional Intelligence?

Emotional Intelligence is about using your emotions to guide you through the world. It is about using your knowledge of emotions to:

- make decisions
- calm yourself down
- manage anger and conflict
- help you in your relationships with people
- understand what is happening in social situations
- assist you in any aspects of life that involve you and another person.

### Why is Emotional Intelligence Important?

Kids and teens with greater emotional intelligence:

- have greater success with making friendships and be more able to manage conflict with peers
- have better concentration, which means they are more likely to be successful academically
- be more able to self-soothe and manage when upset or angry
- tend to have fewer childhood illnesses
- have more stable and satisfying relationships as adults
- have greater career success ... emotional intelligence may be a better predictor of academic and career success than IQ!

When parents and Carers focus on helping kids and teens learn about emotions, they are more likely to have higher emotional intelligence. In these programs, you will learn what to do to help these skills develop.

RSVP by scanning the QR code  
or  
email [ceo@fcatas.org.au](mailto:ceo@fcatas.org.au)

### REGISTER HERE

Follow the QR code or go to [bit.ly/fosteringbhmh](https://bit.ly/fosteringbhmh)  
\*Spaces are limited\*



### OTHER TRAINING

Check out other learning opportunities at [bit.ly/fbmhlearn](https://bit.ly/fbmhlearn)



## Drug Education Network Focus Groups

Drug education network will be holding focus groups in each region this coming November.

Please register your interest with Clare Thompson if you can attend any of the following groups:

Launceston - Venue to be advised  
1st November 10am-12noon

Rokeby - FKAT office, 4 Hart Place, Rokeby.  
17th November 10am-12:30pm

Penguin - FKAT office, 62 Main Rd, Penguin.  
23rd November 10am-12noon



### Do you have young people in your life?

The subject of alcohol and other drugs can be a tricky one to raise, regardless of how old the kids in your life are. Are you concerned about a young person and not sure what to say? Want to help them but not sure how?

Let's change that.

### Be part of the Community Conversations project with the Drug Education Network.

Tell us what you need to know to help your young people be safer around alcohol and other drugs.

#### Join us for Focus Groups.

Sign up and come along to share your thoughts and ideas in person. Expressions of interest close on Friday 14th October, 2022. Start with the survey: [www.den.click/convo](http://www.den.click/convo)

#### Tell us your thoughts.

Can't make it to a focus group? Share your knowledge through our survey. [www.den.click/convo](http://www.den.click/convo)

#### Have a chat with us.

Want to take the survey on the phone or learn more about the project? Call Clare on **6336 7959** or **1300 369 319**. (If we can't answer, please leave a message: we'll call you back.)



About the project: The Drug Education Network (DEN) has received funding to create several online resources to prevent harms to young people from alcohol and other drugs. The **Community Conversations** project is a first for Tasmania with the resources being designed together with adult family members and friends of young people, and will focus on what they want to know about alcohol and drug awareness to help the young people they support navigate their adolescent journey. To learn more, visit <http://code.den.org.au/community-conversations>.

# INFORMAL KINSHIP CARERS

## FREE STATEWIDE TRAINING

Foster and Kinship Carers Association of Tasmania will be offering several training opportunities in the coming months; Managing Challenging Behaviour, Working with schools and other government agencies through problems and issues and Circle of Security online course **for all informal kin, grandparents raising grandchildren, and other informal kin relatives in a caring role.**



## TRAINING DATES 2022

Dates	Region	Training
26th October 2022 10:30am - 1pm	Launceston Venue TBA.	Managing Challenging Behaviour
27th October 2022 10:30am - 1pm	FKAT office Penguin, 62 Main Rd, Penguin. Entry from the back please.	Managing Challenging Behaviour
28th October 2022 10:30am - 1pm	Hobart - Rokeby Office 4 Hart Place, Rokeby	Managing Challenging Behaviour
7th December 2022 10:30am - 1pm	FKAT office Penguin, 62 Main Rd, Penguin. Enter from the back please.	Working with schools and government Agencies through problems and issues.
8th December 2022 10:30am - 1pm	Launceston Venue TBA.	Working with schools and government Agencies through problems and issues.
9th December 2022 10:30am - 1pm	Hobart - Rokeby Office 4 Hart Place, Rokeby.	Working with schools and government Agencies through problems and issues.
Term 4, 2022		
Circle of Security - Online facilitated by Rosie Martin (possibly the option of face to face)		
8 week course delivered via teams online for 90 minutes.		

## FKAT CONTACT AND RSVP

**Pre-registration is essential. Please RSVP a minimum of two weeks prior to event to [ceo@fcatas.org.au](mailto:ceo@fcatas.org.au) or phone 0499 149 960 if you are interested in attending this free training.**

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## TRAINING DATES 2023

Dates	Region	Training
1st March 2023 10:30am - 1pm	FKAT office Penguin, 62 Main Rd, Penguin. Entry from the back please.	Age/Life Transitions (0-4 yrs), (5-11 yrs), (12-18 yrs)
2nd March 2023 10:30am - 1pm	Launceston Venue TBA.	Age/Life Transitions (0-4 yrs), (5-11 yrs), (12-18 yrs)
3rd March 2023 10:30am - 1pm	Hobart - Rokeby Office 4 Hart Place, Rokeby.	Age/Life Transitions (0-4 yrs), (5-11 yrs), (12-18 yrs)

## CIRCLE OF SECURITY

### Term 1, 2023

Circle of Security - Online facilitated by Rosie Martin (possibly the option of face to face)  
8 week course delivered via teams online for 90 minutes.

## FKAT CONTACT AND RSVP

**Pre-registration is essential. Please RSVP a minimum of two weeks prior to the event to [ceofcatas.org.au](http://ceofcatas.org.au) or phone 0499 149 960 if you are interested in attending this free training.**



# CONNECTION EVENT

## **HALLOWEEN** PARTY

28 October

5-7pm

CREATE and FKAT invite you to our  
spooky Halloween party!

Games, free BBQ, & trick or treat

Woody's Skate and Play  
10/12 Knoll St, Glenorchy

RSVP to [tasmania@create.org.au](mailto:tasmania@create.org.au)  
or 0472 654 807

A free event for children & young people with a  
care experience, their carers, family members  
and other children in the household.

Children & young people under 18  
must be accompanied by an adult.



CREATE Foundation acknowledges the Traditional Custodians of this land  
and pay our respects to them, their culture & Elders past, present & future.

