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FOSTER & KINSHIP CARERS ASSOCIATION TASMANIA NEWSLETTER



MESSAGE FROM THE CEO

Hi Carers,

It has been a busy start to the first half of the year for FKAT and that is set to continue over the coming months with some exciting opportunities around the corner. Dr Julian Watchorn has recently finalised a series of workshops across the State titled 'Resilience and Well-Being' for foster carers. Additional workshops on 'Dealing with Challenging Behaviours' are scheduled for July 23rd in Launceston, 24th in Devonport, and August 2nd in Hobart. We hope to see you all there.

I have been involved in several meetings with the department lately. I have met with Evan Brett, the new statewide manager for Out of Home Care Tasmania who is willing to work closely with FKAT to resolve carers issues. I also attended the Family Based Care Providers Group Meeting on Thursday May 23rd which is a regular meeting for all OoHC providers to discuss issues facing carers and providers.

Upcoming meetings include: Commissioner for Children and Young People; the Informal Kinship Governance Meeting at Campbell Town Monday, July 22nd and the Mission Australia Grandparents Group in Devonport on Wednesday July 31st.

I have been involved in providing ongoing assistance with informal carers in South, North & North-West and provided significant ongoing assistance with two Wellbeing in Care Concerns in the South.

It is very exciting that FKAT now has an office space in Launceston two days a week and I would encourage carers to make an appointment to pop in and see Anita for support or upcoming meetings.

I hope you are well and I look forward to seeing many of you in the coming months.

Cheers,
Kim

NEWS

NEW OFFICE SPACE IN LAUNCESTON

We are excited to announce that FKAT now have an office space at the Centre 31 building in Launceston. If you would like to pop in for a coffee and chat Anita will be available from 10am-2pm Monday and Tuesday. Office can be used for Care concern meetings, departmental or NGO meetings where you would like a neutral space and to receive face to face support. Please message Anita directly on 0451 309 775 if you would like to book a time to pop in.

Please note office is only available Monday and Tuesday 10am-2pm for scheduled appointments.

Opposite the Mish building at 31 Frederick Street, Launceston.



UPDATING THE CARER HANDBOOK

This year FKAT will be doing an update of our existing Carer Handbook. We would love to hear from you regarding what content should be included! Please email suggestions to Kim at ceo@fcatas.org.au by 25th June, 2024.

CEO MEETINGS WITH VICTORIAN STAKEHOLDERS

Over the last month, the FKAT CEO has met with Centre for Excellence in Child and Family Welfare Victoria to discuss working on collaborative projects for Tasmania. Please stay tuned for further details as these projects start to take shape.

Kim also met with CEO Sam from Foster Care Association Victoria to discuss issues that are facing carers nationally. Topics of conversation included Medicare, Superannuation, Medical matters, and more. Ceo's try to meet as regularly as possible to ensure that these concerns are heard and then raised to policy makers at a national level.

MESSAGES FROM THE BOARD

MESSAGE FROM CHAIR

Hi Carers

I hope this report finds you all well.

Foster and Kinship Carers Association Tasmania will be attending the National Kinship, Permanent, and Foster Care Conference in Victoria this August (9th-11th) 2024 and are generously offering sponsorship to the value of \$750.00 for up to 10 more carers who wish to attend. Please do not miss this fantastic opportunity to hear from world class speakers and to meet with fellow carers across Australia. RSVP to Kim to secure your sponsorship.

I would also like to remind carers to save the date 8th September to 14th September, 2024 for Foster Care Week 2024. All regional representatives will be hosting events during this week to spoil and pamper our carers. We would love to see as many of you there as possible.

Take care over the coming months and I look forward to seeing many of you at training and other statewide events.

Jen



MESSAGE FROM VICE PRESIDENT

Hi Carers

The first round of training has been completed in Devonport, May 15th, hosted by Dr. Julian Watchorn. The Wellbeing workshop was well received by carers who attended and gave a great insight into managing our own stress levels, also reminding carers about the need to look after self and to take time out, find a hobby that is creative, also fill your jar with positiveness, and stay away from negative influences, and these are just some of the important messages that carers took from the session.

Our next session with Dr. Julian Watchorn is "Managing Challenging Behaviours". Most carers ask for strategies on how to manage challenges with the young people in their care and aren't always sure what the best approach is when handling high needs behaviours. This session will help give you confidence and provide practical tools that can be easily implemented in your homes. The session will be held at Department for Education, Children and Young People building, 23 Steele Street, Devonport. Don't forget to respond as there will be a limit on attendees.

Foster Care Week will be upon us before we know it so, please mark this date on your Calendar - Wednesday 11th of September, for a special Morning Tea in Devonport, all carers invited. More information in flyers on the next page in this Newsletter. I hope to see you all there.

Maggie



FOSTER CARE WEEK SEPTEMBER 2024

This year Foster Care Week will be held from Sunday 8th of September till Saturday 14th of September, 2024.

FKAT are proud to host a number of events throughout the State during this very special week that is dedicated to celebrating the amazing role that carers have in the lives of the children they care for.

If you would like to attend any of these events please RSVP to your regional representatives or Kim at ceo@fkat.org.au

We look forward to celebrating you all!

Much love, FKAT Ceo and board.



FOSTER CARE WEEK
Morning Tea
Wednesday 11th September

Foster and Kinship Carers Association Tasmania warmly invite you to join us for a very special morning tea and treat yourself to delicious food, hot coffee, pampering and more! Each carer receives a thank you gift.

10:30am-12:30pm
Carers home
13A Lower Madden St
Devonport

RSVP to Maggie on
0400 876 907
by 1st September.



FOSTER AND KINSHIP CARERS ASSOCIATION TASMANIA WARMLY INVITE YOU TO JOIN US FOR

FOSTER CARE WEEK
Special events

FRIDAY | 13th SEPT | AT 10:30AM
MORNING TEA AT CLAREMONT OFFICE
BOYD STREET, CLAREMONT
RSVP to Kim - ceo@fkat.org.au by 3rd Sept

TUESDAY | 10th SEPT | AT 10AM-2PM
PAMPER MORNING
DETAILS TO BE ADVISED
RSVP to Kim - ceo@fkat.org.au by 3rd Sept

WE LOOK FORWARD TO SEEING YOU ALL THERE.



TUESDAY, SEPTEMBER 10TH
PLEASE JOIN US FOR A VERY SPECIAL

Foster Care Week
High Tea

CATARACT ON PATERSON
10:00AM-12NOON

HIGH TEA INCLUDING A SELECTION OF SWEETS, SAVOURIES, AND NON-ALCOHOLIC DRINKS

RSVP ESSENTIAL AS LIMITED SPOTS

RSVP BY 20TH AUGUST TO KIM AT CEO@FKAT.ORG.AU

135 PATERSON STREET, LAUNCESTON



FOSTER CARE WEEK AND CHILD PROTECTION WEEK 2024



“

Child abuse and neglect is preventable. If we all work together as a community we can create an Australia where all children can grow up safe and well. What role can you play in supporting children and their families

Leesa Waters, CEO, NAPCAN

NATIONAL CHILD PROTECTION WEEK 1 – 7 SEPTEMBER 2024

This year National Child Protection Week will continue to champion the message “every Child in every community needs a fair go”.

This message captures the essence of National Child Protection Week which aims to promote a safe and supported life for every child, now and into the future.

Many of our supporters may choose to continue to focus on this overarching message. However, many of our partners tell us that they value having a fresh annual theme to focus their local conversations each year.

So.... to build on last year’s theme of ‘Where we start matters’, this year’s theme will be: ‘Every conversation matters’.

The theme provides a platform to engage in important conversations, promote the value of conversations, and equip us to have conversations that keep kids safe.

TRAINING



THE NATIONAL
**Kinship, Permanent
& Foster Care**
CONFERENCE 2024

9-11 August 2024
Melbourne Convention
& Exhibition Centre

Conference:
Melbourne Convention & Exhibition Centre
Gala Dinner Location:
Melbourne Arts Centre



think
business
events
Conference Organisers
Think Business Events
ncc@thinkbusinessevents.com.au
+61 3 9417 1350

nationalcareconference2024.com.au



TBRI® Caregiver Training INTRODUCTION & OVERVIEW

Presented by Lionel Walters, TBRI® Practitioner

Trust-based Relational Intervention® (TBRI®) is an attachment-based, trauma-informed intervention that is designed to meet the complex needs of vulnerable children. TBRI® uses Empowering Principles to meet physical needs, Connecting Principles to address attachment needs, and Correcting Principles to disarm fear-based behaviors.

THURSDAY 6 JUNE, 9.30AM - 2.30PM
PARANAPLE CENTRE, DEVONPORT

REGISTER AT
dhhs.sproutlabs.com.au



For questions, contact DECYP
Workforce Development at
cyf.wd@decyp.tas.gov.au



FKAT
Presents
training with
St Johns
Ambulance



FIRST AID TRAINING

Enrol in St Johns Ambulance comprehensive First Aid 1 day Training and gain the knowledge and skills needed to save lives. Course is completely free for all carers and covered by the Foster and Kinship Carers Association Tasmania

FREE TRAINING


Hobart


Friday 5th July
177 Main Road,
Moonah
9:30am-2:30pm

North & North-West

Monday 1st July
ETC bakery Elizabeth Town (upstairs)
9:30am-2:30pm

**CONTACT FKAT TO
RSVP**

 0499 149 960

 ceo@fcatas.org.au

*Carers will need to complete an online assessment prior to doing the face to face course.

**DONT MISS OUT. ENROL
TODAY!**

SPECIALIST TRAINING *Opportunities*

Foster and Kinship Carers Association Tasmania are pleased to invite you to hear from some of Launceston's leading practitioners in their specialist areas.



NITA JOY - LAUREL HOUSE

Nita Joy is head of the Education and training development at Laurel House and will be offering training on managing problem harmful sexualised behaviours in children and young people and discussing the support that Laurel House offer carers and children.

Tuesday July 23rd - Tailrace Centre, Riverside from 10am - 12noon

Wednesday August 21st - FKAT Penguin office from 10am -12noon



PENNY BEESTON - LAUNCESTON ART THERAPY

Penny is an Arts Therapist and Psychotherapist, with a masters of Therapeutic Arts. Penny has over 20 years experience working with young people in the areas of complex trauma, mental health and sexual assault. Penny will be guiding us through art therapy techniques that can be used to regulate our own emotions and also benefit the children in our care.

Tuesday August 6th - Tailrace Centre, Riverside from 10am -12noon



JESS DOWNIE - MEDIATION MATTERS

Jess has worked with families in the Child Safety system for many years now helping to resolve conflict and facilitate Family Group Conferences. Jess also has a background in Law and works at the Launceston Community Legal Centre. Jess will be walking us through Family Group Conferences and how to manage these sometimes-challenging meetings. Jess alongside her legal colleague will be available to answer any legal questions that carers may have regarding children in care.

Tuesday August 27th - Tailrace Centre, Riverside from 10am - 12noon.

RSVP to Kim at ceo@fkat.org.au

TRAINING



FOSTER AND KINSHIP CARERS ASSOCIATION TASMANIA PRESENT

STATEWIDE TRAINING WITH DR JULIAN WATCHORN

Training in each region will begin at 10:00am and conclude at 12:30pm.

Private consultation begins at 1:00pm and concludes at 2:30pm.



NORTH

Friday May 17th
Resilience & Wellbeing for Carers.
Tailrace Centre, Riverside.

Tuesday July 23rd
Managing Challenging Behaviours.
Tailrace Centre, Riverside.

NORTH- WEST

Wednesday May 15th
Resilience & Wellbeing for Carers.
Penguin Office

Thursday May 16th - 10:00am - 12:30pm.
Informal Kinship training (all welcome).
Paranple Convention Centre, Devonport.

Wednesday July 24th
Managing Challenging Behaviours.
Penguin Office

SOUTH

Monday May 20th
Resilience & Wellbeing for Carers
Claremont Office

Friday August 2nd
Managing Challenging Behaviours
Claremont Office

We look forward to seeing you all there.

CLAREMONT OFFICE SUPPORT SESSIONS

Julian will also be in the Claremont office in Hobart for carers to drop in and chat through personal matters including care concerns.

9:30am-2:30pm

- 5th April
- 3rd May
- 7th June
- 6th September
- 25th October
- 6th December



Put the dates in your diary now!

To RSVP and for more information email julian at julian@psych.co

Dr Julian Watchorn Statewide Training

Please don't miss out on this amazing opportunity to hear Julian's latest training. Feedback from sessions on resilience and well-being that have already been held has been fantastic and carers are leaving feeling empowered and upskilled.

Training dates in JULY and AUGUST for managing challenging behaviours still have spaces available so please register with Julian to attend these upcoming sessions.

Julian is also making himself available to do one on one carer consultations following each training session. Due to limited time please make sure you contact Julian directly to secure a private consultation.

Email Julian at julian@psych.co to RSVP



Fostering Hope Free, Online, Trauma Awareness Training

As carers we know how much it means for our kids to have 'normal' childhoods, being able to go to school, participate in after school activities, be invited to birthday parties, and have friends over to play. Yet, often, our children's behaviours can be barriers to participation, and we know it's not their fault and it's also not intentional by others. As a carer, I've found giving people enough information about the impacts of trauma without overwhelming them can increase their compassion and willingness to also care for our children. With the support of the Tasmanian Community Fund, Fostering Hope partnered with Dr Suse from Shine Through Psychology to develop easy to understand, free, online trauma awareness videos to encourage people already working and volunteering with children and young people and increase their understanding of the impacts of unsafe beginnings. We hope this resource is something you can share with family, friends, teachers, coaches, and others to increase their understanding of the children living in your home. The course consists of six videos that take about an hour total.

Videos: <https://fosteringhope.thinkific.com/courses/trauma-awareness-training>

We hope you enjoy this free resource.

STATEWIDE EVENT

create
FOUNDATION

Connection Event!

Join our State-wide community at LexFun
in Launceston!

WHEN:

Friday 7th June
1.00-3.00pm

WHERE:

LEX Fun
50 Glen Dhu st,
Launceston

This event is for young people in care
who are Club CREATE members, and
their carers and household.

BBQ lunch
included!



LIMITED PLACES!!

Please RSVP to
tasmania@create.org.au
or
0491 389 543
or
scan the QR code



Hold finger on QR
code to open link!

Ask us about
buses from
North West and
South regions!

Playgrounds,
trampolines,
inflatables, under 5
play, photo booth,
face paint and more!

Fun for all ages!

A big warm thankyou to our sponsors for making this event possible:



FOSTER AND
KINSHIP CARERS
ASSOCIATION
TASMANIA



WE
LIFE WITHOUT BARRIERS
VE

