



COMMUNICATIONS UPDATE

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EVENTS

Share & Connect
Thurs 17/8/23

Flexi-Funding

ADDITIONAL COSTS OF CARE

Better Futures

INDEPENDENCE, EDUCATION, EMPLOYMENT

Helpine

REFERRALS, ADVOCACY

CAP

CARER ASSISTANCE



Share and Connect - Play and the Vagus Nerve



Date: Thursday August 17th, 2023 at 8:00pm to 9:30pm

Register: [Here via Zoom](#)

Presenter: Robyn Papworth; Paediatric Developmental Educator



Are you a caregiver or parent looking to enhance the well-being and development of the children in your care?

Join us for a fun and informative workshop on "Play and the Vagus Nerve" to discover how incorporating playful activities can positively impact children's physical and emotional health.

During this session, we will explore the fascinating connection between play and the vagus nerve, the body's powerful relaxation response system. As caregivers, understanding this connection can help us create nurturing environments that promote emotional regulation, reduce stress, and foster overall well-being in children.

Introduction to the Vagus Nerve:

Learn about the vagus nerve, its role in regulating various bodily functions, and its significance in promoting relaxation and emotional well-being.

Benefits of Vagus Nerve Play:

Discover the many advantages of incorporating vagus nerve play into children's daily routines, from stress reduction to improved social skills.

Practical Playful Activities:

Playful activities that stimulate the vagus nerve, such as deep breathing exercises, singing, upside down play.

Creating a Vagus Nerve Play Toolkit:

Learn a collection of fun and creative activities that you can easily incorporate into your caregiving routine.

Q&A Session:

Get your questions answered by Robyn and share experiences with other caregivers in a supportive and inclusive environment.

Come join us for this exciting evening and together, let's discover the power of play and the vagus nerve for children's learning, development and well-being. [Register here](#)

News - Neurodiverse Hangout for 14-16 year olds

Time and Venue:

4:30pm - 5:45pm, 30 Seddon Street, IVANHOE @ the MCPC Group Room

Six Sessions

Thursday 17th and Thursday 31st August
Thursday 14th and Thursday 28th September
Thursday 12th and Thursday 26th October

Cost

\$255 per 75 minute session



The idea of a neurodiverse hangout group evolved from reflecting on the beautiful knowledge that teens possess about their unique neurodiversity, and how powerful this could be if shared with other neurodivergent peers.

The hangout is a safe space, where teens can form connections, and feel supported to share parts of their experiences, and what has helped (and not helped!) along the way. Content will be facilitated by MCPC Psychologists Georgina and Michelle.

If you're interested in taking part, please email Georgina Swinburne georginaswinburne@melbournecpc.com.au

Dr Georgina Swinburne
Clinical Psychologist

Dr Michelle Stewart
Clinical Psychologist

New staff - meet Rachael



Rachael has recently joined PCA Families as a Client Services Officer within our Better Futures/Homestretch Program. She has over 10 years' experience in Community Services and was involved with the Community Detention Program at Australian Red Cross as a Team Leader in Housing & Transit. Her role was to assist Asylum Seekers move from detention into the community and help build their capacity to live independently. Rachael has completed Post Graduate Studies in International and Community Development.

Rachael and her husband are permanent carers to a young boy aged 7 who transitioned from Foster Care and they live in Central Victoria. Rachael is passionate about seeing more children move into permanent homes and is looking forward to learning more about the sector. Rachael will join us part time and will be working Tuesdays and Thursdays.

New - Expression of interest to participate as a mentor



The ICAFSS Mentor Program supports young intercountry adoptees (aged 7-17) by creating opportunities to make positive connections with their peers and community through fun group activities (including physical, cultural, creative and therapeutic activities). Examples include culturally specific cooking classes, therapeutic creative workshops, rock-climbing, bowling and wildlife park visits.

Mentors play a key role in the success of this program by being present at group activities as positive role models and sharing their life experiences (including adoption experiences) where appropriate. They may also support young intercountry adoptees to feel a greater sense of connection with their culture and country of origin, assisting with positive identity development. **Please note this is a volunteer role.**

What does a mentor provide?

- Attending and participating in group-based activities with young intercountry adoptees.
- Support and encouragement to young people to foster confidence and wellbeing.
- Empowering the strengths of young people.
- Supporting and ensuring group cohesion and safety.
- Supporting cultural connections for young people at risk of cultural loss due to their adoption experience.
- Providing opportunities for young people to learn from the experiences of older people with similar experiences.

Who can apply to be a Mentor?

We encourage people who were adopted from overseas (inter-country adoptees) and people from Culturally and Linguistically Diverse (CALD) backgrounds to apply. People who have been locally adopted (born and adopted in Australia) will also be considered. Applications from all states and territories of Australia are welcome and encouraged.

How much of my time is required?

The frequency and format of activities may vary in different states of Australia. As a guide, if you put your name forward as a prospective volunteer mentor we ask that you be willing to commit to attending scheduled activities regularly (at most once per month). These may take place after school/early evening, on weekends or school holidays and usually last for a couple of hours (but might last half a day on occasion). We will ask about your availability and preferences as a part of the selection process.

What are the legal requirements?

All Mentors will be required to undertake an application process including a Working With Children Check in the relevant state/territory and a National Police Screening. Training will be provided before mentors commence their time in the program.

For those interested in becoming a mentor please email Jane at j.sliwka@rasa.org.au to discuss further. The ICAFSS Service (including the National Mentor Program) is funded by the Department of Social Services (DSS). Read [more](#).

R U OK? Day

Let the people in your world know you're here, to really hear them, because a conversation could change a life.



Asking R U OK? is the first step, but we also need to genuinely listen to what comes next.

R U OK?Day is Thursday 14 September 2023, an annual National Day of Action and a reminder that every day is the day to check in with your friends, family and colleagues.

Let the people in your world know you're here, to really hear, because a conversation could change a life.

Visit ruok.org.au for FREE resources to help you have an R U OK? conversation and your guide to supporting R U OK?

#RUOKDay2023 #RUOK

Carer Assistance Program (CAP)

CAP currently has a wait list and as such appointments are available from the second week of August 2023, and you will be contacted accordingly once you have been allocated a CAP Appointment.

If you are seeking immediate support at this time, we encourage you contact your GP for a Mental Health Plan to access Private Psychology Appointments. If you are also providing care to a loved one, Carer Gateway Free Confidential Counselling is also available to you. In addition, you can call our Helpline on 03 9020 1833 (choose option 1) or email helpline@pcafamilies.org.au to explore additional support which may assist you.

We thank you for your patience and understanding at this time. Should you have any additional questions, do not hesitate to contact, FCAV on 9416 4292 or by completing a [form](#) Read [more](#)

Carer Assistance Program - Therapeutic Support

Self referral available [here](#).

DFFH Flexible Funding - Funding Additional Needs

Further information available [here](#).

Helpline - Information, support and referrals

Further information available [here](#).

Better Futures and Home Stretch - Support to 21

Find out more [here](#).

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