



COMMUNICATIONS UPDATE

WWW.PCAFAMILIES.ORG.AU

Flexi-Funding

Better Futures

Helpine

CAP

ADDITIONAL COSTS OF CARE

INDEPENDENCE, EDUCATION, EMPLOYMENT

REFERRALS, ADVOCACY

CARER ASSISTANCE

EVENTS

Share & Connect
Thurs 17/8/23

Share & Connect
Wed 6/9/23



Let's hear your voice - Better Futures and Home Stretch Evaluation

CREATE Foundation wants to hear about your experience in getting support from the Better Futures program. To read more about the program, see our [website](#)

What you have to say is important because it will help the Department of Families, Fairness and Housing to understand what changes need to be made to help young people live a better life.

CREATE need your help with the recruitment of young people for The Voice of Young People lived experience enquiry, led by the [CREATE Foundation](#), the national consumer body representing the voices of children and young people with an out-of-home care experience.

Some information about this enquiry

- CREATE Foundation has extensive experience working with young people in care, including in research. Their interviewers are experienced in trauma-informed approaches and have working-with-children credentials.
- CREATE will seek to interview a diversity of young people aged 16-21, receiving Better Futures and Homestretch: rural & metro, diverse cultural backgrounds, diverse abilities, on various levels of program support, in residential care or independent accommodation or home-based care, young people who may or may not be engaging with the program, parents etc.
- There is a short timeframe to conduct this recruitment and need your help to spread the word to young people.
- This enquiry with young people is ethics approved.

CREATE will interview young people on the phone. Interviews will take 30-60 minutes, and young people will be reimbursed for their time & expertise with a \$50 voucher.

To get involved, please contact Dr Joseph McDowall via email joseph.mcdowall@create.org.au

Training - Hold my Hand

Hold My Hand is a training program that supports the biological and permanent care children of permanent carers and aims to help parents who care for other children, to understand the challenges their children and young people face. Children of carers often need to grow up and be mature beyond their years, but when they receive adequate support, recognition and resources, they are much more likely to have a positive experience and support the placement. The day begins with a Welcome to Country by a Local Elder and during the break you can explore the beautiful grounds at CERES.



Hold My Hand brings together both parents and children for a fun, interactive day in a safe space to explore their caring experience, with an overall aim to empower all participants. Recommended for around 8 years and over. Morning tea and lunch will be supplied.

Date: Saturday 19th August

Time: 10.30am to 3pm

Venue: CERES, Rooms 2 & 3 Van Raay Meeting Rooms,
Cnr Stewart & Roberts Streets, Brunswick East

Click here to register:

<https://www.eventbrite.com/e/hold-my-hand-tickets-680671876907?aff=oddtcreator>

Q&A- Flexi funding



PCA Families is running Q&A sessions for each of our programs to provide you an opportunity to ask any questions or queries you have regarding our Flexible Funding program.

All questions are welcome.

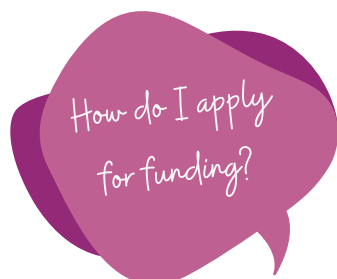
Time: 10.00 - 11.00am

Date: Thursday 24 August

Register: via [zoom](#)

We will also run sessions in the coming weeks on

- Better Futures/Home Stretch programs and
- Helpline.



CREATE - Workshops

Topic: Health & Wellbeing; Healthy Relationships

When: Tuesday 22 and Wednesday 23 August

Time: 4.00 - 6.30pm

Who: Young people 14 and over with a care experience

Where: Milpara Room - Ebdale Hub 20 - Ebdale St Frankston

RSVP: 9918 0002 or email victoria@create.org.au

Light catering will be provided

Attend both days and receive a \$25 Coles Myer Voucher

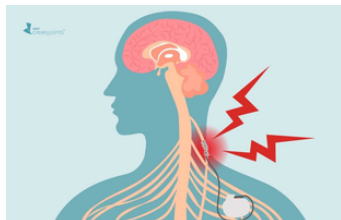


Dates - to add to your calendars



PCA Families will be **closed on Tuesday 22nd August** for a staff planning and training day. We will return your calls and/or respond to your emails in the following days.

PCA Families is planning our **2022/23 AGM in November**. Details of the calls for Nominations for our Board vacancies, the AGM venue and Guest Speaker will be confirmed in our next Communications.



****REMINDER****

Thursday 17 August @ 8.00pm - Share and Connect with Robyn Papworth on **"PLAY AND THE VAGUS NERVE"** more details on the next page.

Register via [zoom](#)



Wednesday 6 September @ 7.30pm - Share and Connect with John Chelley, Leading School Refusal Social Worker in Melbourne discussing **"SCHOOL REFUSAL"**

Register via [zoom](#)

Events - Share & Connect



TOPIC: PLAY AND THE VAGUS NERVE presented by Robyn Papworth

DATE: Thursday 17 August at 8.00pm

LOCATION: [Zoom](#)

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 presentation on "**Play and the Vagus Nerve**" with Robyn Papworth; Paediatric Developmental Educator to discover how incorporating playful activities can positively impact children's physical and emotional health.

We will explore the fascinating connection between play and the vagus nerve, the body's powerful relaxation response system. 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. Let's discover the power of play and the vagus nerve for children's learning, development and well-being.

REGISTER: [here](#)

Carer Assistance Program - Therapeutic Support

Self referral available [here](#).

DFFH Flexible Funding - Funding Additional Needs

Further information available [here](#).

Subscribe to Facebook, LinkedIn or Youtube by clicking these links



Helpline - Information, support and referrals

Further information available [here](#).

Better Futures and Home Stretch - Support to 21

Find out more [here](#).

PCA Families, Level 1, Suite 6, 69-71 Rosstown Road, Carnegie 3163
info@pcfamilies.org.au www.pcfamilies.org.au 03 9020 1833

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.