



COMMUNICATIONS UPDATE

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AGM - Notice of Annual General Meeting & Board Members Election

Notice of AGM

The Annual General Meeting of PCA Families will be held via webinar:

Date: Wednesday 27 October 2021

Time: 4.00-6:00pm

Register: [Here](#)

After registering, you will receive a confirmation email containing information about joining the webinar.

The meeting will feature guest speakers Liana Buchanan, Commissioner for Children and Young People, who will launch PCA Families' research report "Permanence and Stability – the missing ingredients for Victoria's most vulnerable children".

Proxy Voting

If you cannot attend the AGM via webinar, you may still vote on appointments to the PCA Families Board by providing your proxy to a PCA Families member who is attending or to the Chair. The biographies of the nominees are included on the proxy form which is available [here](#). Proxies must be received by **Monday 25 October at 4pm** either via email to info@pcfamilies.org.au or by post to PCA Families, P O Box 201, Fitzroy 3065.

For more information about the PCA Families Constitution or voting, please see [here](#).

"Delivering trauma-informed services that empower"

News - Join us on Twitter

We are excited to launch our Twitter account this week with a focus on research, advocacy and policy information of which we become aware.

To join our Twitter account please click here [here](#)



News - Isolation and Quarantine

Emergency accommodation is available if you need to self isolate safely with IIATS (Integrated Intake Assessment and Triage Service) giving priority to people who:

- live with others who are at higher risk of severe COVID-19 (for example, someone who has a compromised immune system or is elderly)
- are at higher risk of transmitting COVID-19 because they live in high-density settings or in accommodation with shared facilities
- work in a frontline occupation.

A variety of other relief packages (food and personal care) for those in quarantine are also available. See the other supports [here](#)

News - Returning to School

With children transitioning back to school, it may be necessary to lean in to any additional anxiety for your children. Returning to school can be a time for worry and anxiety after a lengthy period at home. Check your own worries or frustrations, ask the school for help, find a go to person at school (friend or buddy), shift any conversations to what they enjoy at school and remember your child has a window of tolerance to stress (where they can think, learn and love). The University of Melbourne offer some advice about leaning into any resistance. They remind us that its not just about your child using their coping strategies. Read their advice in their article [here](#)

News - Life After School Guide

Raising Expectations have provided a very detailed guide to Life After School, including information about careers, supports, study and training, pathways, mature age, scholarships, grants and additional financial and other supports. See their handy guide [here](#)

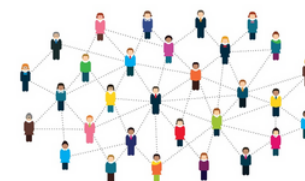


News - Masks

The latest research suggests that double masking with a cloth mask covering a well fitted surgical mask, can improve your own protection from aerosol droplets by 90%. Access the article and research [here](#)

"Improving the lived experience of young people"

Click and Connect - School and Kinder Readiness



Topic: School and Kinder Readiness

Please join us at midday on **Wednesday 20 October** by [registering here](#)

An effective start to kinder or school, or any other life transition, involves the appropriate sharing of information about your child and the appropriate skill set in the child, plus a few other tips thrown in the mix. You may be surprised to learn that the important things are not whether your child is ready for their ABC's. Please join us in discussing school readiness.

Each Wednesday fortnight various parents and carers come together on Zoom to learn from each other and share their challenges and lived experience in our Click and Connect meetings. We share the joys and the struggles and find new ways to tackle situations by sharing together. We welcome any new parents or carers that would like to join us for one or more meetings.

Journal Club

Topic: Save the Date

Please join us at 8pm on **Thursday November 4** by [registering here](#)



News - Better Futures and Home Stretch

PCA Families will begin processing eligible persons for Better Futures and Home Stretch from Monday 18 October. Young people who turned 18 years from 1 October 2021 will be the first group progressed. As this is a new program, we are continuing to develop processes and ask for people's patience. For those who turned 18 years prior to 1 October 2021, please contact the Better Futures and Home Stretch providers as advised in letters from DFFH. For more information, please see the PCA families website [here](#).



Flexi-Funds

A reminder that PCA Families has Flexible Funding available to meet the extraordinary needs of children and young people subject to a Permanent Care Order, or where you are receiving DFFH care allowance and have a Family Court Order or Special Needs Adoption Order.

Flexi funds can be used for therapeutic, educational and medical services, to build skills, interests or attachment, to elevate family contact and cultural identity, to offer respite, home medication or other services like whitegoods, one off clothing, estate planning or vehicle needs eg car seats.

[For details about what the funds can be used for - see here](#)

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