



COMMUNICATIONS UPDATE

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QUICK LINKS

Click & Connect Wed
5/10/22

Share & Connect Thu
6/10/22

Lets Connect Fri
14/10/22 Pakenham

Lets Connect Mon
17/10/22 Geelong



Events - Share & Connect (Journal Club)



TOPIC: BODY KINDNESS: OVER 1M AUSTRALIANS HAVE AN EATING DISORDER AND LESS THAN 25% RECEIVE SUPPORT

DATE: Thursday 6 October at 8.00pm

TOPIC: Body Kind Families is an initiative of the Butterfly Foundation designed to help families access and share information around body image and eating disorders. Access their website [here](#). People who suffer from an eating disorder may display symptoms or they may not show any signs or symptoms at all. They may also make significant efforts to conceal their behaviour or they may not even recognise that there is anything wrong or that their eating habits are 'disordered'. For a parent or carer, this can make the warning signs difficult to identify. What can you do to help?

REGISTER: [here](#) via Zoom Link



Events - Click & Connect

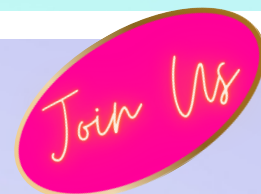
TOPIC: DEVELOPMENTAL TRAUMA

DATE: Wednesday 5 October at midday with hosts Liz & Sonia

TOPIC: Children experiencing developmental trauma can often be labelled as over controlling, naughty, a problem child or even autistic or diagnosed with ADHD. Yet these responses can hold the child back from progressing. Understanding their behaviour from a trauma informed perspective can help. Relationships with the right interventions at the right time over a long period of time can help. Lets discuss "how to"..

HOMEWORK: Please consider listening to or reading the Youtube Recording by Liz Powell titled "What do kangaroos have to do with developmental trauma and control, shame, hoarding and overeating?" Access the recordings and transcripts [here](#).

REGISTER: [here](#) via Zoom Link



News - Generational Trauma

We were reminded recently of how generational trauma can impact families when listening to Lisa Wilkinson, Australian Television presenter and journalist, discuss her family history. Lisa's mother Beryl, had a challenging upbringing with placement in orphanages and finding out later in life, in her 50s, who her father was.



Lisa recognises her father Richard Wilkinson as her guiding light because of this disruption to her mothers upbringing.

As we well know, one strong connected relationship can make all the difference to life outcomes for children who have come from trauma.

Find out more also about Lisa's story [here](#).

Berry Street recommend a focus on relationships as a core tool to heal from trauma.

Read their guide [here](#) which suggests you need to show you are worthy of a child's trust and use strategies to regulate, relate and reason, providing short enjoyable interactions frequently while building identity, belonging and safety. A great resource worth a read.

"Delivering trauma-informed services that empower"

Events - Let's Connect - Pakenham

LOCATION: Pakenham

DATE: Friday 14th October 11am - 2pm with hosts Liz and Ray

TOPIC: Getting together to connect with others with lived experience is important, so lets gather face to face and share tips and advice and/or seek out some specialist advice from one of our PCA Advisors and the group. A PCA Advisor will be available for members to meet with individually and will run the group session.

AGENDA:

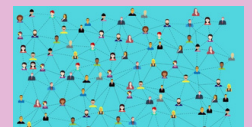
11.00-12.00 - Informal catchup with PCA Families Hosts Liz and Ray (see staff bio's [here](#)).

12.00 - 1.00 - Facilitated discussion by PCA Families Hosts with an opportunity to share the joys, challenges and new ideas, and to have some fun too. Refreshments served.

1.00 - 2.00 - Informal catchup with other parents and carers. PCA Families Hosts will also be available for short consultations at this time.

We will be open and flexible to discuss whatever you wish on the day or you can contact us ahead of time to let us know what you would like to know more about.

Please register your interest in attending via trybooking [here](#).



"Improving the lived experience of young people"

Survey - Members Survey

To ensure that we continue to improve our services we would like to invite you to complete a short (5 minute, 5 question) online survey.

Access the survey [here](#).

The survey is anonymous and will remain open until the 17th October. Results will be shared in future Communications.

SURVEY

News - Child Deaths

The NSW Government recently released its report into Child Deaths for 2021-22. The Victorian Government are expected to release their report this month.

The NSW report shows there were over 100 deaths of children known to the Government, with a 5 year peak and a rise in significant harm.

Aboriginal children are again over represented.

Of the children who died almost 75% had a risk of significant harm report.

This is alarming that so many identified children are not being adequately protected.

Lack of engagement with children or lack of appropriate risk assessment are common themes reported on in the Victorian annual report from 2020-21, alongside poor collaboration and information sharing.

We await the 2021-22 Victorian report and hope for better outcomes for all children at risk. We will do our part to enhance information sharing and child safety, reporting allegations, concerns or complaints that arise.

Access the Victorian report [here](#) and the NSW report [here](#).

If this information is upsetting, help is available at [Lifeline](#) or [Beyond Blue](#).

News - Help Services

Sometimes its helpful to have access to a few extra services.

The services directories below might be useful.

Infoxchange Service Seeker - extensive local welfare search service across everything from counselling and disability to drug & alcohol, education & training and more - [here](#)

Lifeline - free or low costs health and community services including domestic violence, children's services, financial assistance and mental health - [here](#)

Ask Izzy - connecting those in crisis with local services - [here](#)



Events - Let's Connect - Geelong



LOCATION: Geelong

DATE: Monday 17th October 11am - 2pm with PCA Families host Virginia

TOPIC: Getting together to connect with others with lived experience is important, so let's gather face to face and share tips and advice and/or seek out some specialist advice from one of our PCA Advisors and the group. A PCA Advisor will be available for members to meet with individually and will run the group session.

AGENDA:

11.00-12.00 - Informal catchup with PCA Families Host Virginia (see staff bio's [here](#)).

12.00 - 1.00 - Facilitated discussion by PCA Families Host with an opportunity to share the joys, challenges and new ideas, and to have some fun too. Refreshments served.

1.00 - 2.00 - Informal catchup with other parents and carers. PCA Families Host will also be available for short consultations at this time.

We will be open and flexible to discuss whatever you wish on the day or you can contact us ahead of time to let us know what you would like to know more about.

Please register your interest in attending via trybooking [here](#).

Board - AGM

PCA Families Annual General Meeting will be held at 4.30pm on 2 November 2022.

Join in person or online. Register via trybooking [here](#)



DFFH Flexible Funding

If your child or young person is on a Permanent Care Order or you receive the DFFH Care Allowance and they have a Family Court Order or Adoption Order, they are entitled to DFFH Flexible Funding to meet the costs of goods and services they need not covered by the care allowance, or another funding source (eg Medicare, NDIS). Flexible funds can be used for therapeutic, educational or medical services, build skills interest or attachments, support birth family contact and cultural identity, respite, medication, vehicle modifications. For more details on what the funds can be used for see [here](#). Claims should be more than \$100 per invoice and generally paid by PCA Families directly to the supplier. To ensure funds are distributed fairly and equitably and are appropriate and safe for your child, we ask for supporting documentation that services are trauma informed and that both goods and services are recommended by a professional who knows your child or young person. Apply early as the need for supporting documentation can mean it takes 21 days to finalise your application.

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