

# COMMUNICATIONS UPDATE

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## QUICK LINKS

**Click & Connect**  
**Wed 2/11/22**

**Share & Connect**  
**Thu 10/11/22**



## News - Earshot Podcast

The phrase "Love is Not Enough" is well understood in our community. The ABC have captured a "Love is Not Enough" story in their Earshot Podcasts. Baby Noelle, who was found in the arms of her dead birth mother on the streets of Kinshasa in The Congo, was adopted by a Melbourne family at the age of four. Now, she's 16 and living in Melbourne with her Mum Jess and her sisters, but she's never known another Congolese person. Find out how her trip to Shepparton goes. She wants to meet the Congolese community so that it might help take away that emptiness that she feels inside. Find out more [here](#).



## News - Carer KaFE Thrive Program

Carer KaFE is excited to bring their THRIVE program to parents and carers again starting on 6 November. Based on the BEACON framework which brings together science on wellbeing combined with professional input. The program supports families with children in out of home care, over a 7 week period (one face to face event at the Mantra Epping followed by 6 online sessions of 75 minutes on Wednesday or Thursday evenings). Childminding costs can also be covered by Carer KaFE or onsite childminding is also available for the face to face session.

**THRIVE ability** **carer • KaFE**

### HOW TO THRIVE

Carer KaFE is excited to bring to carers "HOW TO THRIVE" - an evidence-based yet practical program dedicated to supporting the health & wellbeing of carers...

B	E	A	C	O	N
<b>Belonging</b>	<b>Engagement</b>	<b>Accountability</b>	<b>Compassion</b>	<b>Optimism</b>	<b>Nurture</b>
I prioritise connecting closely.	I am meaningfully engaged, know and use my strengths.	I hold myself accountable for being at my best through goals, grit and a growth mindset.	I can recognise and soothe my pain with self-compassion. I balance my own needs with going to others.	I am positive, resilient and hopeful for the future.	I nurture my body and mind by eating, moving and resting well.

"How to Thrive" is underpinned by the BEACON framework which brings together the latest science on wellbeing & combines it with qualified social workers / psychologists who have experience supporting others just like you.

Feedback on the previous sessions run by Carer KaFE was very good! Find out more [here](#).

# News - Member Feedback Survey

Thanks to everyone who contributed to the recent Member Feedback Survey.

We learnt some things about what we are doing well, what we can improve on, how we can involve those with lived experience and the other services members would like us to provide.



There were 51 responses to the survey.

Below are the top responses to each question.

3 Things Done Well	3 Things to Improve	Additional Services	Ideas on Strengthening the Lived Experience Voice
<ul style="list-style-type: none"> <li>• Communication</li> <li>• Training</li> <li>• Flexi-Funding</li> </ul>	<ul style="list-style-type: none"> <li>• Flexi-Funding processing time</li> <li>• Referrals to other Services</li> <li>• Support for young and older carers</li> </ul>	<ul style="list-style-type: none"> <li>• Out of hours service</li> <li>• Tailored training</li> <li>• Working with schools</li> </ul>	<ul style="list-style-type: none"> <li>• Gather information from families</li> <li>• Involve people with lived experience as guest speakers</li> <li>• Forums to share ideas and experiences</li> </ul>

In the week beginning 28 November, we will be running several online focus groups to further explore member views on the future directions of PCA Families and to inform our advocacy priorities.

If you would like to express an interest in participating in a focus group please register your interest [here](#).



PCA Families will confirm your attendance and focus group details two weeks prior to the session.

We look forward to your participation in the PCA Families strategic planning process.



Thank-you sincerely, Wendy Mason (CEO).

**"Delivering trauma informed services that empower"**

## News - Flood Relief

The Victorian Government is supporting flood-affected communities with an investment in schools and health services and direct relief to students and families. That direct relief includes new uniforms, shoes and stationery, as well as internet dongles and other digital devices. Find out more [here](#).



## Event - Year End Celebration

On Friday 2 December the Always Playgroup will be hosting an end of year celebration, with gifts for children. Last year over 25 families attended so we hope this year will be just as eventful. Please RSVP attendances to [allwaysplaygroup@gmail.com](mailto:allwaysplaygroup@gmail.com)



## News - Halloween Safety

The Victorian Government and Neighbourhood Watch offer a number of suggestions around Child Safety during Halloween celebrations. Suggestions such as avoiding masks so you can identify your children readily or planning your route in advance. See some helpful links [here](#) and child safe standards [here](#) and neighbourhood watch guidelines [here](#).



## "Support that improves the lived experience of young people"

### Events - Share & Connect (Journal Club)

**TOPIC: NDIS DIAGNOSABLE DISABILITIES: COMMUNICATING DISABILITY RELATED NEEDS AS DISTINGUISHED FROM PARENTAL RESPONSIBILITY**

**DATE: Thursday 10 November at 8.00pm**

**(Note, this meeting is a different timing to the usual first Thursday of the month)**

**TOPIC:** Bobbi Cook is a kinship carer and behaviour specialist who has lived the highs and lows of caring for those with a trauma history. She has shared many of her wisdoms with PCA Families in our Youtube recordings and we hope to hear more insights from her about how to succeed with obtaining NDIS support. Bobbi says

*"But I would say 80% of kids in permanent care would have a diagnosable disability that is NDIS eligible. If you present your case in a way that shows the disability to the NDIS you do actually qualify for that level of funding... talk about how you actually communicate effectively with the NDIS to actually show the gap between reasonable parental responsibility and disability related needs."*

So bring your questions and lets learn from someone with lived experience.

**REGISTER:** [here](#) via Zoom Link





## Events - Click & Connect

TOPIC: FOOD AND TRAUMA



DATE: Wednesday 2 November 12:00 midday until 1:00pm with hosts Liz & Sonia

**TOPIC:** Food and Trauma - How can we help? Can the right diet help you heal from trauma? How does food affect behaviour or trauma and vica versa? Stress and trauma impacts our nervous system which in turn impacts our capacity to take care of ourselves. How do you help someone who is overwhelmed or where nutrition suggestions are seen as a threat or otherwise engage the flight, flight response system?

**HOMEWORK:** Bring your own lived experience of what has worked to share with the group and learn from each other.

**REGISTER:** [here](#) via Zoom Link

## "Delivering trauma-informed services that empower"

### Board - AGM

PCA Families Annual General Meeting will be held at 4.30pm on 2 November 2022. Join in person (President Room, Rendezous Hotel, 328 Flinders Street, Melbourne) 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.

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