

COMMUNICATIONS UPDATE

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Flexi-Funding

Better Futures

Helpine

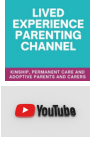
CAP

ADDITIONAL COSTS OF CARE

INDEPENDENCE, EDUCATION, EMPLOYMENT

REFERRALS, ADVOCACY

CARER ASSISTANCE



EVENTS

Click & Connect
Wed 22/3/23

Share & Connect
Thurs 4/5/23



News - Flexi Funding Success

Its nice to hear from our carers and share some of the good work that is being done with flexi funds.

Carer Luke applied for funding for a new trumpet for Miss 14yo, who is on a permanent care order. Miss 14yo loves playing the trumpet and music is her passion. Typical of any 14yo teen, Miss 14yo had braces put on recently. Those braces severely impacted her ability to play the trumpet, cutting into her lips as she played, which in turn impacted her ability to hit the notes correctly.

From a timing perspective, Luke advised it was important to capture her enthusiasm before she decided it was too hard to continue with her music. Her braces were already causing stress with eating, general maintenance and hygiene, including daily pain. Luke located an alternate trumpet that would compensate for the braces on her teeth. Luke sourced the trumpet and even negotiated a discounted price and free delivery, and applied for that cost in his funding application. This was an opportunity to considerably lessen some of the pain that Miss 14yo was experiencing and to help her feel good about her music again. Carer Luke reports that is has been a success with it being much easier for her to play through her braces and recommit to band again. We wish Luke and Miss 14yo all the best! Thanks to Virginia too for understanding the importance of this to Luke and Miss 14yo!



Events - Share & Connect (JC)

TOPIC: DR VICKI RUSSELL - FASD ADVOCATE

DATE: Thursday 4 May at 8.00pm

LOCATION: Zoom online

TOPIC: Dr Vicki Russell PhD is a Churchill Fellow (2001). Vicki worked for 30 years in non-government sector management in the delivery of trauma counselling; alcohol and other drug prevention; and neurodevelopmental disability (Fetal Alcohol Spectrum Disorder). She trained in narrative practice and has a Certificate of Mastery in the Fetal Alcohol-Neurobehavioural approach (USA).

Vicki has developed and delivered education and training programs on trauma and FASD to professional and non-professional groups across all levels of prevention. Vicki is currently in private practice as a consultant and is a current Board member and volunteer with RFFADA (Russell Family Fetal Alcohol Disorders Association).

Vicki will introduce Fetal Alcohol Spectrum Disorder and explore the diagnosis and the outcomes for the individual across the lifespan, including strategies for management.

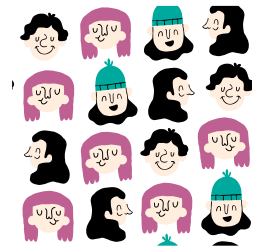
Vicki will also look at and open up for discussion the impact for those who care for individuals living with FASD.

REGISTER: [here](#)



News - Call for Expression of Interest

A reminder that the call for Expressions of Interest for PCA Families Lived Experience Advisory Group closes on Friday 31 March. Up to 12 members will be appointed for a period of up to three years. Please email: ceo@pcfamilies.org.au for a copy of the Group's Terms of Reference and an Expression of Interest Form.



Events - Click & Connect

TOPIC: DISENFRANCHISED GRIEF AND AMBIGUOUS LOSS
- SUPPORTING YOUR CHILD

DATE: Wednesday 22 March 12.00 to 1.00pm with hosts Liz and Sonia

TOPIC: Disenfranchised loss or grief reflects a loss that is not socially acknowledged by society or is not mourned or supported. Ambiguous loss is a loss without closure and without significant likelihood of reaching emotional closure or a clear understanding. This kind of loss leaves a person searching for answers, and complicates and delays the process of grieving, often resulting in unresolved grief. Perhaps the loss is considered too small or distant. Perhaps society just can't see the loss justifies the grieving. It can include things like infertility, loss of one's home or country or loss of sense of safety. So how do you help to process disenfranchised grief and ambiguous loss? What can help you and what can help your child? Let's use the collective wisdom in the room to learn from and share with each other.

REGISTER: [here](#) via Zoom Link



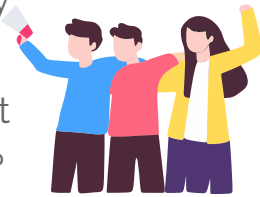


News - Camps, Sports and Excursion Fund

You may be entitled to the camps, sports and excursions fund (CSEF) so that your child doesn't have to miss out. Schools are required to administer and support families to access these funds so that a family's financial circumstances are not a barrier to student participation. Applications must be processed by 23 June 2023. Find out more [here](#) or call 1800 060 970.

News - Young People & Future Health

The indirect effects of COVID-19 will be intergenerational, so Vic Health launched the Future Healthy program to better support young people. They asked young people what they need to help foster healthier outcomes around eating, getting active, mental wellbeing and social connection. What do young Victorians think? What have Vic Health done to meet their needs? Find out more [here](#) about what young people want and the grassroots organisations that are available in your community to help cultivate vibrant connected and active communities for young people.



News - Regional Travel Fares Reduced

From 31 March you can go anywhere on Victoria's regional train network for the same rate as a daily metro fare. That means no more than \$9.20! Find out more about the countdown to cheaper regional fares [here](#).



Carer Assistance Program - Therapeutic Support

Self referral available [here](#).

Helpline - Information, support and referrals

Further information available [here](#).

DFFH Flexible Funding - Funding Additional Needs

Further information available [here](#).

Better Futures and Home Stretch - Support to 21

Find out more [here](#).

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