

COMMUNICATIONS UPDATE

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EVENTS

Click & Connect
Wed 24/5/23

Share & Connect
Thurs 1/6/23

Flexi-Funding

Better Futures

Helpline

CAP

ADDITIONAL COSTS OF CARE

INDEPENDENCE, EDUCATION, EMPLOYMENT

REFERRALS, ADVOCACY

CARER ASSISTANCE



News - Cost of Living

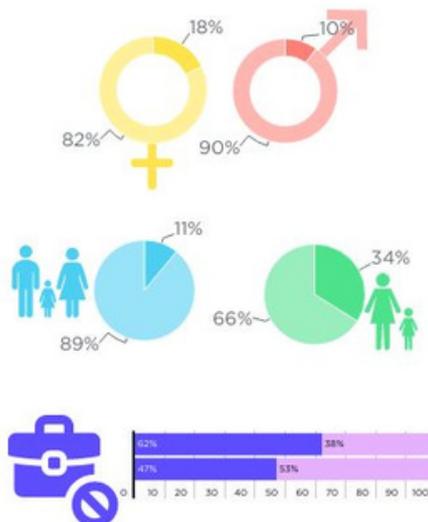
Cost of living pressures are common experiences in the news today (see [here](#)). It is not surprising that parents and carers are experiencing additional pressure. In particular, households receiving income support, sole parent households and households where the main income earner is unemployed face the highest risk of poverty (see [here](#)) Family service organisations, including PCA Families, are encouraging the Government to look at the rising cost of living. If you are facing financial challenges, please contact our Helpline for financial (foodbank vouchers or other support) or counselling support. Remember our Carer Assistance Program is available to help you too. Access helpline [here](#). More information [here](#).

Who is at the highest risk of living in poverty in Australia?



<http://povertyandinequality.acoss.org.au>

SOURCE:
<https://povertyandinequality.acoss.org.au/poverty-in-australia-2023-who-is-affected/>



18% of households where the main earner is a woman live in poverty, compared with 10% of households where the main earner is a man

Sole-parent households are much more likely than couple-parent households to be in poverty.

...and in households where the main income-earner is unemployed, the number of people living in poverty is at 62%.

News - Mothers Day

We are forever thankful for the endless care and love you show your children every day. Thankyou for doing what you do. We see you and appreciate you. Enjoy your mothers day.



**HAPPY
MOTHER'S
DAY**



News - Connected Parenting

The Australian Childhood Foundation offer parents and carers their Bringing Up Great Kids website, a therapeutic service and educational program with free resources to support children being raised in relationships that are safe, caring and respectful. Find their website [here](#). Their connected parenting ebook offers you a great opportunity to reflect on the type of parenting you want your child to experience and how you want your child to experience you. Reflecting on how you parent and what messages you give your child about their priority in your life is important. Children's experiences influence their relationships and their beliefs and behaviour, so being aware can help you to remain flexible and in control of your own feelings and behaviours.



SOURCE:
www.bringingupgreatkids.org/en/find-help (Connected Parenting link)

News - CFECFW Budget Recommendations

The Centre for Excellence in Child and Family Welfare recently prepared their 2023-2024 Victorian State Budget submission for the Andrews Government [here](#). Covering relevant areas like supporting children's rights to be safe, education and health outcomes for children in care and programs for young people who use violence in the home. Many relevant discussions and recommendations that may be of interest.

News - Parents Next Scheme

The Parents Next program which requires parent payment recipients to undertake pre employment requirements in order to receive welfare payments, like attending career advice linked to training courses, is planned to be scrapped 1 July 2024. All compulsory requirements for participants have now been paused as an interim step (from 5 May 2023). With about 95% of participants women, and 75% single parents, the program has faced some criticism in the past!

Find out more [here](#).



Events - Click & Connect Peer Support

TOPIC: EXERCISE PHYSIOLOGY

DATE: Wednesday 24 May 12.00 to 1.00pm

TOPIC: Robyn Papworth is a paediatric exercise physiologist, developmental educator and trainer who is passionate about helping children's body and brain to be ready for kindergarten and school through movement and play strategies. In her YouTube recording with PCA Families, Robyn reminds us that movement development can be fun and there are critical milestones that are part of a progression, not a race to deliver at a point in time. She shares exercises we can do to help with visual tracking, core strength, crossing the midline, spatial awareness and shoulder stabilisation, all key elements to sit in a classroom and learn. She reminds us to connect feelings and visuals with letters, not to teach the ABCs. We need to meet the child with where they are at.

In preparation for this lease watch or read the transcript of the YouTube Recording with Robyn Papworth, exercise physiologist [here](#).

REGISTER: [here](#) via Zoom Link



Carer Assistance Program - Therapeutic Support

Self referral available [here](#).

DFFH Flexible Funding - Funding Additional Needs

Further information available [here](#).

Helpline - Information, support and referrals

Further information available [here](#).

Better Futures and Home Stretch - Support to 21

Find out more [here](#).

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