

# COMMUNICATIONS UPDATE

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LIVED  
EXPERIENCE  
PARENTING  
CHANNEL

KINSHIP, PERMANENT CARE AND  
ADOPTIVE PARENTS AND CARERS

## New Video - Youtube Podcast 10



victoria nyabenda

### Culture and Trauma - An African Refugee in Long Term Care

Tory is an African refugee who came to Australia at 5 years old.

At 7 years old she found herself in long term care with her older sister.

Tory is the youngest of six siblings and has to adjust to being the oldest sibling in the carers home. She also has to learn to live alongside 10 animals in her new home, after being taught all her life to avoid them in Africa, so as to keep herself safe from disease.

Tory lives in care for 11 years and now sees the carers children as part of her extended sibling group.

Eventually Tory moves out of care two days before her 18th birthday, with a gentle push from her carers, into independent living with Youth Foyers.

Tory reflects on the supports offered to her, that she sometimes rejected and wishes she didn't, and the importance of having a strong open relationship with her carer.

Tory is now studying teaching, works part time and continues to be an important part of her carer's family and lives.

Listen to her podcast by clicking [here](#)

## News - Open Days and Scholarships

Open Days are a great way to find out more about where young people leaving school might spend the next 3 to 6 years of their lives! Lookout and Raising Expectations offer some additional support with specialised tours that meet the needs of our young people. They offer the time they need to find a place where they can feel comfortable in determining their future life journey.

Here are some important dates for your young people:

Federation Uni - **14 July** (9.30-11.00) - Berwick Campus

Federation Uni - **29 July** (10.30-12.00) - Churchill Campus

Monash Uni - **2 August** - Caulfield, Peninsula, Churchill

Chisholm TAFE - **3 August** (10.00-11.30) - Frankston Campus

Holmesglen TAFE - **4 August** (10.30-12.00) - Moorabbin Campus

Chisholm TAFE - **5 August** (10.00-11.30)- Berwick Campus

Photography Studies College - 26 August (2.00-4.00pm)

**Raising Expectations also have information about a number of scholarships available, depending on where your young person may wish to study. See [here](#) for further information.**



**"Improving  
the lived  
experience  
of young  
people"**

## News - External Resources on Website

We are continuing to add resources to our Support and Services on our website. The new tab "External Resources" is updated weekly so remember to check it out. This week we have added some resources on Childhood Trauma and Life Story Work, a variety of podcasts from adoptees and some important information for Kinship carers. Click [here](#).

## News - Home Stretch and Better Futures

The link to Home Stretch and Better Futures for permanent carers on our website is [here](#)

Children turning 18 between July to September 2021 will be the first group progressed.

At this stage we are asking that you wait for information to be made available before getting in touch with PCA Families, DFFH or Better Futures providers.

Referrals to Home Stretch will be gradually progressed when we have the appropriate processes in place and information available. No eligible young people will miss out on support. We thank everyone for their patience.



## Click and Connect - Sensory Challenges

Please join us at midday on Wednesday 14 July to discuss sensory challenges.

To register please click [here](#) or see our website for links [here](#).

Some children may be anxious in unpredictable environments, get tired in busy environments or avoid tasks that involve the senses. So when do you investigate further, who can help and what strategies and sensory resources should you engage with to assist your children.

One in six children experience sensory processing challenges so its commonly experienced! For those of you working or who have children at home, you are welcome to join on mute with video off - we welcome participation in any format and the chat function is always available when you are muted and busy!

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 - Next Meeting



**Topic: Relationships Australia Intercountry Adoption Counselling Services**

Please join us at 8pm on Thursday 5 August by registering [here](#)

Relationships Australia in South Australia (RASA) have been running Post Adoption Support Services (PASS) since 2006, and are now managing the nationwide service. Over this period, PASS has provided support to both local and intercountry adoptees, adoptive parents and families, and birth parents and families, as well as providing training to allied health professionals about adoption. Relationships Australia also runs Forced Adoption Support Services and supports those growing up in out of home care. There are many common themes! Nikki Hartman, Program Manager of Post Adoption Programs and Program Manager Time for Kids has been working in the service since 2006 and joins us as guest speaker.

## 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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