



Message from Brenda
Welcome to PCA Families
Thrive Spring edition

Dear Members,

Spring is upon us and school holidays will be here soon, so contact us on info@pcfamilies.org.au

If you would like a free zoo pass. One pass is for 2 adults and 2 children for Werribee, Healesville, or Melbourne Zoos.

You are invited to attend our Annual General Meeting where you will have the opportunity to meet with the new Minister Luke Donnellan about your priorities.

We were very pleased with the over 300 responses we received to our Member Survey.

Member’s feedback indicates the importance of peer support, training and education. (Read more about the results in our summer newsletter).

We have been particularly grateful to The William Buckland Foundation for its support of our peer support work over the last three years, carers, and organisations in Ballarat, Bendigo, Echuca, Hamilton, Horsham, Mildura, Morwell, Sale, Shepparton, and Warrnambool. Strong networks have been developed, with stronger carer connection to their peers. Obtaining further funding to support our peer support work is an ongoing priority for our wonderful Fundraising and Member Engagement Committee (see current Board Vacancies).

A special thank you to our Journal Club volunteer facilitators, Chris Cook, Cas O’Neil and Mary Natoli who have been facilitating Journal Club for 10 years. Last Thursday we celebrated with cake and a wonderful group of parents with the topic **Parent the Child You Have, Not the Child You Wish You Had**. Click www.empoweringparents.com for more information.

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PCA Families  **Helpline**

Permanent Care and Adoptive Families (PCA Families) Helpline can assist with a variety of queries in relation to permanent care and adoption.

Our staff have professional and lived experience of the reality of caring for children who come from out of home care and can support you to access appropriate trauma informed services, either from our database or by researching your area. Where needed, our staff can support you to educate your child’s school in trauma sensitive schooling, and advocate on your behalf to build a community of trauma sensitive understanding and support around your child

We also have **flexible funding** which you can apply for by calling our office

9.00am—5.00pm Monday to Friday. T: 03 9020 1833 or E: flexifunding@pcfamilies.org.au

The services we support are:

- ✓ medical
- ✓ education
- ✓ therapies
- ✓ respite
- ✓ transport
- ✓ cultural connection

Journal Club

Association for Children with a Disability (ACD) with special guest Jenny Salgo

Date: Thursday November 7

Time: 7.30 - 9:30pm (early start)

Topic: **Services provided by Association for
Children with a disability**

For nearly 40 years ACD has been supporting children with disability and their families across Victoria.

Their vision is for children with disability and their families to have the same rights and opportunities as other children and families.

ACD is a not-for-profit organisation led by, and for, families of children with disability who empower families with knowledge, skills and confidence to advocate for their child and family.

They also help services and professionals to be inclusive of children with disability and support families.

For parents and professionals they offer:

- Support Line
- Workshops and peer support
- Information and resources

For more information, please refer to website
<https://www.acd.org.au/>

Location: Collingwood Library, 11 Stanton Street,
Abbotsford

Phone: 03 9020 1833

RSVP: deborah@pcfamilies.org.au

What's on

Tuesday September 10
5.20pm – 6.15pm
Mindfulness in Motion

Thursday October 3
8.00pm – 9.30pm
Journal Club – Collingwood

Tuesday October 15
5.20pm – 6.15pm
Mindfulness in Motion

Tuesday October 22
5.20pm – 6.15pm
Mindfulness in Motion

Thursday October 24
6.00—8.00pm
**PCA Families Annual General Meeting
Fitzroy Town Hall**

Tuesday October 29
5.20pm – 6.15pm
Mindfulness in Motion

Thursday November 7
7.30pm – 9.30pm
Journal Club – Collingwood
**TOPIC: Special Guest, Jenny Salgo from
Association for Children with a
Disability**

Thursday November 7 and Friday 8
**National Permanency Conference
Melbourne Convention and Exhibition
Centre**

Tuesday November 12
5.20pm – 6.15pm
Mindfulness in Motion

Tuesday November 19
5.20pm – 6.15pm
Mindfulness in Motion

Tuesday November 26
5.20pm – 6.15pm
Mindfulness in Motion

Annual General Meeting

Annual General Meeting 2019

Join us at our 16th Annual General Meeting on Thursday October 24 at 6.00pm at the Reading room in Fitzroy Town Hall.

We have Special Guest The Hon. Luke Donnellan MP, Minister for Child Protection and Minister for Disability, Ageing and Carers.

Date Thursday October 24, 2018

Time 6.00pm

Where Reading Room, Fitzroy Town Hall, 201 Napier Street, Fitzroy

Parking around Napier streets

Queries contact PCA Families 03 9020 1833 or email info@pcafamilies.org.au

RSVP <https://www.trybooking.com/BECTT>



Board recruitment

DO YOU HAVE EXPERIENCE IN:

- ACCOUNTING
- MARKETING *or*
- FUNDRAISING?

One of the key areas of focus in our Strategic Plan is the development of a stronger member engagement strategy. So the Board is delighted to have received such a strong response from members following our request in the Winter Newsletter for expressions of interest from those interested in the governance of our organisation.

We are currently particularly seeking members with qualifications and skills in the areas of **accountancy**, **marketing** or **fundraising** and preferably also with prior experience in governance to join the Board. However it is clear that many Permanent Care and Adoptive Families' members are seeking to engage more closely with the Board and to influence our direction.

In light of that, our succession plan for the Board involves interested persons joining a subcommittee to gain closer experience prior to potentially joining the Board itself.

We are delighted that a number of members will be joining the Board's Marketing and Fundraising Committee and helping us review data about what members would like us to focus on. This will not only inform our marketing and fundraising strategies but will also help flesh out our strategic advocacy and member engagement strategy.

We will keep you informed as this work progresses. Meanwhile if you want to be more engaged with Permanent Care and Adoptive Families, especially if you do have **bookkeeping**, **marketing** or **fund-raising** qualifications and expertise, there is still time to get in touch. Please email a short resume to info@pcafamilies.org.au which will then be forwarded to President, Meredith Carter. If you would like to talk to Meredith regarding these positions, please contact her on 0400 511 763.

Youth Programs

TERM 4 dates

Tuesdays 5.20—6.15pm

October 15, 22, 29

November 12, 19, and 26

mindfulness
in motion



The *Mindfulness in Motion Kids Program* is designed specifically to assist young peoples' personal growth. Classes blend skill development, personal observation and experiential learning in an environment that is fun, supportive and engaging for young people.

Classes focus on acquiring:

- Resilience
- Focus
- Teamwork
- Assertiveness
- Emotional regulation
- Self-reflection
- Body awareness

We are continuing the Mindfulness in Motion program in term 3 in 2019. Flexi funding can cover the cost if your child is on a permanent care order and ICAV will cover the cost if you child is intercountry adopted. Children not in either of these categories are asked to pay \$100 towards the cost of the program.

The classes run **Tuesday** evenings on the dates listed below.

Age limit 5 - 12 years old

Time: 5.20 – 6.15pm

Dates: **TERM 4**

Tuesday October 15, 22, 29, and November 12, 19, 26

Address: Mindfulness in Motion, 6 Oakover Road, Preston

Cost: **free of charge to permanent care and intercountry adopted children**
\$100.00 per child otherwise <https://www.trybooking.com/BAYWC>

To register: contact Deborah on Deborah@pcafamilies.org.au or call 9020 1839

Your Instructors:

Guy Rhynsburger is the senior instructor at Mindfulness in Motions, with over 20 year's martial arts experience. Guy has been working with young people from a variety of backgrounds teaching life skills for well over 15 years.

All instructors have a current Working with Children Check and police check.



Volunteers needed

Are you interested in volunteering?

Do you have lived experience of adoption
or permanent care?

Are you a

- ✓ team player,
- ✓ non-judgemental,
- ✓ organised and
- ✓ considerate?



If you answered “yes” to all of the above then you might consider volunteering for PCA Families with our peer support group, Journal Club. The group meets from around 8 -9.30pm in Abbotsford on the first Thursday of every month.

For more information about this volunteer position please contact Anne at anne@pcafamilies.org.au

Member Consultation Survey

Thank you to everyone who responded to our 2019 Members Survey – we received over 300 surveys with the majority of families who have the permanent care of a child under 18 years of age.

Respondents were from across the regions who found assistance primarily through Peer Support Groups, followed by the Helpline and accessing education/training seminars. There was a number of Members who spoke of being dissatisfied with support received. This may be due to Members not being linked into PCA Families until later into a placement – and as a result few supports being in place.

Training sessions around the Impact of Trauma and Parenting Adolescents were identified as of most interest. PCA Families will look to develop further in this area and to continue providing a high quality of information and advocacy work as required.

Members were committed to providing safe and happy homes where children were able to meet their full potential. The majority of Parents/Carers felt they were coping adequately or Well. We will continue to provide a service that supports families through the easy and not so-easy times. We appreciate the honesty, commitment and generosity of our members.



Additional Child Care Subsidy (child wellbeing)

As Permanent Carers you are eligible to apply, via your child care centre or after school care provider, for an additional subsidy on top of the existing Child Care Subsidy (CCS). The Additional Child Care Subsidy (child wellbeing) - ACCS - is paid directly to childcare providers to be passed onto families as a fee reduction. The Factsheet below, produced by DHHS, outlines the required evidence to provide to your child care provider. Please read "Information for permanent carers" on page 2 of the factsheet.

If you require a hardcopy of the ACCS factsheet or an agency support letter for your child care provider, please contact PCA Families on 9020 1833 to discuss your requirements. Note: while Permanent Care Orders are in place until the child turns 18yo, you may be required to apply through your child care provider every 13 weeks. Please speak to your child care provider directly to discuss the application process requirements.

For grandparent carers, please make sure you are receiving all the child care benefits you are entitled to for your grandchildren. Call Centrelink's Grandparent Adviser line on 1800 245 965 to discuss further.

http://www.pcafamilies.org.au/uploaded-files/Additional-Child-Care-Subsidy---carer-factsheet-20190402_1567388874.pdf



SAVE the DATE – REACH for La Trobe - Shepparton Campus

Tuesday 29 October 2019

Experience university life and hear about the journey to higher education from La Trobe University students with an out-of-home care background.

This taster day is aimed at secondary school aged students and their supporters (foster carers, grandparents, case managers, care workers, etc.) Come and learn about university – what's on offer, how to apply, and the support available when you get here. There will be some great activities and workshops on the day, as well as free morning tea and lunch.

More and more young people from a care background are going on to higher education and university. You can be one of them!

To register your interest, please contact Naomi Tootell on 03 9479 5452 or email reachforlatrobe@latrobe.edu.au

National Permanency Conference

Carer Sessions

The National Permanency Conference 2019 – Strengthening Connections: Contact & Identity will be held at the Melbourne Convention and Exhibition Centre on 7th and 8th November. The conference will focus on maintaining strong connections to family, origin and culture for children, and on the important roles both permanency and contact with the family of origin play in shaping a child's identity.

Are you the carer or parent of a child through foster care, kinship care, permanent care or adoption? Do you want to be part of the National Permanency Conference 2019 in Melbourne at a fraction of the cost of the full program? Come along to our Carer & Parent Session to hear talks tailored to supporting you in parenting children who have had challenging starts to life. The talks will focus on contact/access, permanency and the school setting for children who have experienced displacement and trauma.

Date: Thursday 7th November from

Time: 9:30am to 12:30pm.

Where: Melbourne Convention and Exhibition Centre

Cost: \$59.95 including GST, or \$550 for group of 10

Your ticket includes attendance to the Carer & Parent session, morning tea, a conference satchel and an opportunity to network and meet other parents and carers. Plus, if you purchase your ticket prior to 21st October, you will go in the draw to win a full 2-day conference ticket to experience all the event has to offer.

The timetable for the Carer & Parent session and to book your ticket, head to website <https://www.nationalpermanencyconference.org.au/>

PCA Families are giving away four free carer & parent tickets. Call Deb on 9020 1839 to get your free ticket.



Adoption research project

University of Canberra research project on language development in internationally adopted children

The University of Canberra is conducting a research project about adoptive parents' experiences and expectations of language development in their internationally adopted child.

The survey is for parents of a child adopted from a non-English speaking country and will take around 5 minutes to complete. It will be of great benefit to find out more information in this area and if there is a need to provide more support about language development to parents of children adopted internationally. You can find further information in the attached documents.

Link to survey: http://canberrahealth.az1.qualtrics.com/jfe/form/SV_0vOhXQnH2dVALGt

PCA Families has zero tolerance of child abuse and we are committed to establishing and maintaining child safe environments

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