



Foundation Newsletter June 2018

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CEO's Message

May has been another a busy month as we continue to prepare for our Permanency Support Program service ready date of July 1st, 2018. Much of our focus this month has been on providing more information for our Carers and Staff as we head into this new world and this has included our Permanency Support Information Sessions.

Our team ran several sessions in both the Illawarra and Shoalhaven regions to provide clear information to Carers and Staff on the reforms that have occurred in the sector which includes the ongoing recognition that children thrive when they are provide with safe, stable and permanent placements, and where possible, restoration into a safe placement with their family is key.

The feedback I have had from both Carers and Staff has been very positive with the information sessions giving relevant and easy to understand information, with an opportunity to ask questions and gain reassurance around the permanency pathways for children and young people. A number of handouts were also provided at the information sessions and I encourage you to contact your caseworker for this information if you are interested in reading more. Thank you Tracie, Jade and Kristi for all the hard work that you have put into these sessions.

We have additionally held a training session for our staff on the ARC model which will additionally be rolled out to Carers over the coming weeks. The ARC Model provides a trauma informed, therapeutic approach to interventions and supports for Children, Young People and their Caregivers. ARC stands for Attachment, Regulation and Competency and I am very excited to integrate this framework into our everyday practice and I am already receiving a lot of feedback around the principles of ARC being implemented and positive outcomes from this model that we are seeing already. I want to extend my thanks to Su, Natasha, Tash and Kristi for supporting our staff in their ongoing development and providing this excellent training.

WCF continues to move forward in leaps and bounds and I am so proud of the team that we have in our Carers and Staff who support Children and Young People to reach their full potential. I'm reminded of one of our values which is that WCF are Compassionate – we have an all heart attitude and always work with the best interests of those we support in mind.

Sonia Liddicoat, CEO

// Have unity of mind, sympathy, brotherly love, a tender heart and a humble mind. //

1 Peter 3:8

Carer Conversation Corner

with Lisa and Matthew

Tell us your name and suburb you live in:

Lisa, Matthew and our are kids Declan, Portia, Saffron & Riley. We live in Warilla.

How long have you been carers?

We have been carers for 11 years, but only recently transferred to WCF.

Why did you become foster carers?

Of course I can't help but use the old cliché of how rewarding being a carer is, it just sums it up, that and the kids who come into our lives bring so much joy!

What type of care you provide?

We are short term/crisis carers.

What are some of the best bits/good things about being a carer?

We have been blessed to adopt our son from the OOHC system after seven years as his long term carers.

What are some of the challenges?

We have cared for over 25 babies and toddlers, so I would say the extra wrinkles that come with the broken sleep!

Any hint/tips/advice about being a carer that may be useful for other carers (or things you wished you had known when you first started!)

My advice would be to attend every training session offered, it's important to continually gain knowledge or even a refresher on what you already know. It's also a good opportunity to connect with other carers who are facing some of the same challenges.

Celebrate the little milestones, the daily wins as months down the track they all add up to big things. Always advocate for the children, you are their voice and such an important part of their team.



Did you know?



Carer 'Coffee & Chat' Mornings

Last Tuesday of every month

This group is open to carers from all agencies and is an opportunity to get together, meet other carers, share stories, engage in informal mentoring & support and share information that might be relevant to your foster carer journey.

Children are welcome to attend with their carers. There is a great play area where carers can supervise children.

The group meets from 10.30am – 12.30pm at the café inside the Shellharbour Club, Cnr of Wattle and Shellharbour Rds, Shellharbour

Contact: Julie on 0411 409 850

Circle of Security Training

available to WCF Carers

WCF are now taking EOIs for Circle of Security Training!

We are excited to announce our Clinicians Tash B and Tash M are now trained facilitators for Circle of Security.

We strongly encourage you to register your interest.

This training is FREE.

What is Circle of Security Training all about?

Using the COS-P model developed by the Circle of Security originators, our trained Facilitators work with parents and care-givers to help them to:

- Understand their child's emotional world by learning to read emotional needs
 - Support their child's ability to successfully manage emotions
 - Enhance the development of their child's self esteem
 - Honour the innate wisdom and desire for their child to be secure

I am interested. How do I register my EOI?

If you are interested in attending this training please contact Su Fallon, Clinical Services Manager on s.fallon@wcfoundation.org.au or call 0409 413 965.

Alternatively, please call 1300 000 WCF to speak with Tash B or Tash M.

Top Tips when travelling with kids!

1. **Backseat organisers** - kids can keep their drinks, tablets and toys in them.
2. **DIY Travel Binder** - print out their favourite characters for them to colour in as well as a small pencil case with textas and pencils.
3. **Books and music** - prepare books and music for the road trip/car ride to keep them occupied
4. **Toys and games** - have many toys and games for the kids to play with.
5. **Avoid junk food** - It can be hard to avoid junk food when travelling, but a great way is to develop a rainbow kit using a tackle box or container. Fill it with a variety of healthy snacks.
6. **Portable Lego Box** - Lego is always fun but can be hard to keep track of when travelling. Just fill a little suitcase or lunch box with some lego! So simple and creates wonderful playtime opportunities.



Avoid Junk Food

Backseat Organiser



Portable Lego Box

WCF Carer Hub

WCF are close to releasing the new Carer Hub. The WCF Carer Hub is a resource available to all WCF Carers. Within the hub, you have access to many resources and information to support and guide you through your carer journey.

What makes the WCF Carer Hub a great new initiative is that it will be regularly updated with new tools, information and resources to ensure you have the opportunity to have the most up-to-date tools to support your carer journey.

WCF hope to launch the Carer Hub by July 2018. You will receive an update regarding this and how to login to the new hub.

Contact us 1300 000 WCF

william campbell foundation

Become a foster carer Donate

About us Permanency Support Program Other Services William Campbell College How you can help Work with us

WCF Carer Hub

william campbell foundation

Welcome to the WCF Carer Hub

What is the WCF Carer Hub?

The WCF Carer Hub is a resource available too all WCF Carers.

Within the Hub, you have access to many resources and information to support and guide you through your carer journey.

How to use the WCF Carer Hub?

The WCF Carer Hub can be access anywhere, provided you have an internet connection.

To your right you will see the main directory. This directory is where you will access all of the relevant resources and information. The WCF Carer Hub is updated regularly by our Caseworkers, Casework Managers, Clinical Services Team and Intake, Assessment and Support Team.

As you navigate through the WCF Carer Hub, you will always have access to the directory on the right for easy navigation.

How do I navigate back to the WCF website?

Simply click on the WCF logo at the top left hand corner.

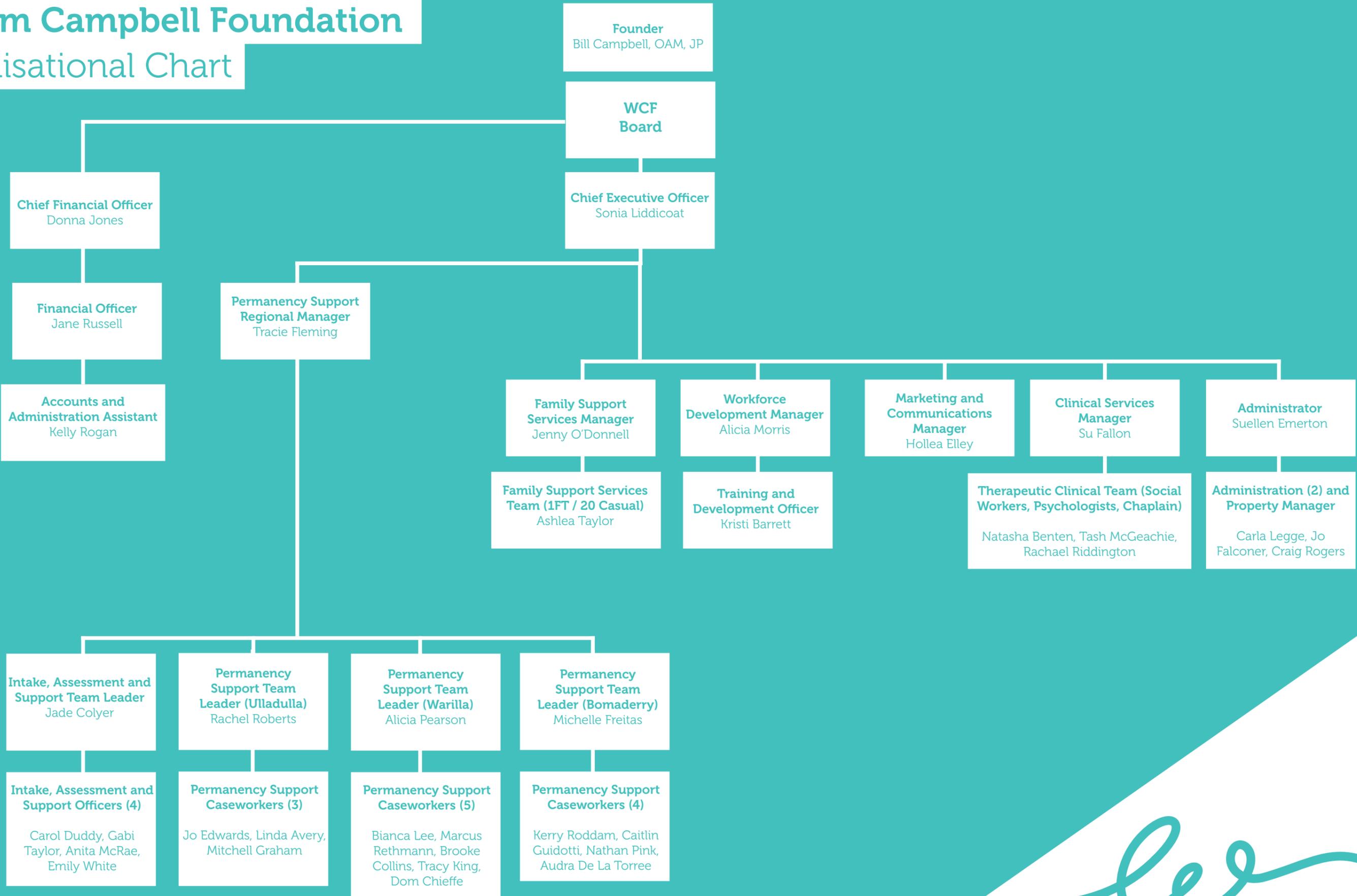
Frequently Asked Questions

If you are having any issues with the WCF Carer Hub, please refer to Frequently Asked Questions.

- Resources
- Policies
- Training
- WCF Chaplain
- Foundation Newsletter
- Foster Care Manual
- Support and Contact
- Feedback
- FAQ's

William Campbell Foundation

Organisational Chart



Important News

THAT'S A WRAP!

That's a wrap for our Permanency Support Information Sessions we offered to both our carers and staff to learn more about the new program. Our sessions were run in Ulladulla, Bomaderry and Warilla.

The feedback from both staff and carers was very positive, with the training able to give clear, relevant information on the Permanency Support Program, and also allow carers and staff time to ask any questions around the program.

All attendees left feeling more reassured about the changes, and also with more of an understanding of what WCF will be doing to support children, young people and carers within the Permanency Support Program. A big thank you to our team who ran the sessions!

If you were unable to make the Permanency Support Information Sessions we strongly encourage you to contact our teams for more information and fact sheets on the new program. Please contact Tracie at t.fleming@wcfoundation.org.au or call 1300 000 WCF.



IT'S THAT TIME AGAIN!

It's that time again .. where a lot of people's Working with Children Check will be coming up for renewal. You should receive notification via your email address - unless you have changed your email address since you applied for your first Working with Children Check.

If you know your expiration date and closer to the time you haven't received notification of your renewal – you can call the NSW Office of the Children's Guardian – 02 9286 7219 – they will ask you some personal identity questions and assist you. You can renew your Working with Children Check from 3 months before your expiration date.

It is important that you follow through with your renewal. You will be required to go online – <https://www.kidsguardian.nsw.gov.au> and follow the prompts to renew your check.

Once you have made your application online – you will receive an email from the NSW Office of the Children's Guardian to say that you then have to attend your local office of Service NSW, to finalise your check. Please note – if you are a paid employee working anywhere with children and young people, you are required to pay \$80 and own the check for 5 years. If you are a foster carer OR an adult member of an authorised foster carer's household, **your check is free.**

When your renewal comes through, please inform your Caseworker who will send the information to Head Office for verification and recording purposes.

Please note – it is an offence to work with children and young people without a cleared Working with Children Check and penalties may apply.



Changes to Childcare Subsidy

The Australian Government is investing an additional \$2.5 billion over four years into a new Childcare Package. From 2 July 2018, this package will support the 1.2 million families who use approved child care. The changes will provide more support for more families and be targeted to those who need it the most.

The new Child Care Subsidy will be the main way the Government will assist families with their child care fees. The new system will support a more affordable, accessible and flexible child care system.

Current payments

Under the current system there are two payments:

- **Child Care Rebate** – this covers 50% of your child care fees up to an annual cap of \$7500.
- **Child Care Benefit** – this is an income-tested fee reduction and is usually paid directly to your child's care service.

The new Child Care Subsidy

From 2 July 2018, the two payments above will be replaced with a single, means-tested subsidy. It will be paid directly to your child's care centre.

To be eligible, you will need to earn less than \$351,248 in combined family income and be undertaking one or more of the following activities for at least 8 hours a fortnight: paid work (includes if you are currently on leave); self-employment; unpaid work in a family business; looking for work; volunteering; training; or studying. (There are exemptions for parents who cannot meet these activity requirements.)

How much subsidy you receive will depend on:

- Your family's combined income – this gives you the percentage of the child care fees you will receive a subsidy for
- The type of care your child is attending – the maximum subsidy you receive per hour depends on the type of care (Preschool, Long Day Care etc.)
- The number of hours you are undertaking the activities outlined above – this tells you the number of hours you can claim the subsidy for.

Transitioning to the new system

Under the new system, existing child care payments will be replaced with the Child Care Subsidy. Even if you are currently receiving the Child Care Benefit or Child Care Rebate, you will need to update your details through your Centrelink account on MyGov. You will need to provide a combined family income estimate, the hours of recognised activity, and details about the type of care your child is in.

What does this mean for you?

In the past, gap child care fees were paid directly to Child Care centres by WCF. Under this new scheme, third parties are unable to cover gaps directly by paying centres. This means Carers will have to cover the rebated cost of the Child Care and provide a copy of the paid invoice to the Caseworker.

The Caseworker will then submit the payment request for reimbursement with the Carer's fortnightly allowance. Carers are encouraged to discuss this with their caseworkers to allow WCF to support Carers with this transition.

Where can you get more information?

The Department of Education has detailed information on the Child Care subsidy.

Visit www.education.gov.au/childcare

The Department of Human Services has more information on eligibility and payments

Visit <https://www.humanservices.gov.au/individuals/services/centrelink/child-care-subsidy>

These changes will go into affect from the 2nd July 2018.

If you have any questions please visit the above websites.

TRAINING, TRAINING, TRAINING!

The past month has had a major training focus! Our Clinician, Tash B, attended Therapeutic Crisis Intervention training (TCI) and will now be able to facilitate this course to WCF staff and carers. The course is designed to pro actively prevent and/or de-escalate a potential crisis situation with a child or young person.

It teaches how to manage a crisis situation in a therapeutic manner, and, following the crisis, process the event with children and young people to help improve their coping strategies. The course would be suitable for carers who care for children or young people with complex behavioural/emotional support needs. For more information, please contact myself on s.fallon@wcfoundation.org.au.

Also this month, Clinicians Tash B and Tash M, along with our Chaplain, Rachael Riddington, attended Richard Rose's 1 day training in Therapeutic Life Story Work (TLSW). This has provided the team with valuable resources to complement their current work.

Also in May, myself and Tash B, ran an ARC training workshop for all WCF Caseworkers, and some Family Support Workers. This has provided staff with the next level of knowledge in how to implement the ARC therapeutic model across the agency.

Training in the ARC therapeutic model will also be available for carers in the near future.

TEENAGE LIVING SKILLS PROGRAM

The teenage Living Skills Program has also now commenced and will continue to occur monthly. Monthly sessions are also held on the alternate fortnight for Indigenous youth and incorporate cultural learning into the program.

The program is held in a fully functional house in the Nowra CBD providing lots of learning opportunities around what is involved when living independently. The program has been well received by the young people attending and has created a safe space for young people to network and learn valuable life skills. The young people attending the group have so far had the opportunity to learn cooking skills, cleaning skills and employment seeking. Young people who would like to attend the group are welcome to join at any time. Transport and dinner is provided.

Please contact your Caseworker or Clinician, Tash McGeachie, for more information: t.mcgeachie@wcfoundation.org.au

Chaplain's Corner



Hi Everyone,

The beautiful ladies from SHINE are back for another WCF girls camp in the July School holidays! The dates are July 16th-18th at 87 Terry St, Albion Park. Many of our girls have attended the SHINE camps in the past and they have all come away feeling empowered, enriched and valued.

The SHINE ladies focus on three core areas of the girls lives - their Worth, Strength and Value. They bring loads of love and kindness to each of the girls and we have loads of fun in the process. If your girls are aged 11+ and keen to come along for another SHINE camp, please let me know asap.

We have limited spaces available and the SHINE ladies are already working on an individualised program just for our girls so getting numbers is really important!

Cost is \$50 over the 3 days. The last day will be an activity day which is yet to be announced!

Contact Rachael on r.riddington@wcfoundation.org.au or call 0488 524 168.



Events

CREATE FOUNDATION - Snap that Stigma Roadshow

The 10th of May 2018 was a busy day for two of our Permanency Support Team Leaders who attended the Create Foundation Snap that Stigma Roadshow as Panel Members. The Snap that Stigma Roadshow is a series of events that bring together like-minded members of our community to initiate the conversation about the stigma and barriers faced by children and young people living with a disability and have experience in Out of Home Care. Thank you CREATE for the amazing opportunity!



National Sorry Day

WCF were proud to attend the **National Sorry Day** walk hosted by the South Coast Medical Service Aboriginal Corporation on the 25th May 2018.

It was a great day as the community learnt more about the history of the Stolen Generation and particularly the stories of the Bomaderry Homes, and its role in further education and healing for our younger generations.



WCF Bunnings BBQ at Shellharbour!

Our team had a great day on the 6th May 2018 at the new Shellharbour Bunnings! A big thank you to Bunnings Shellharbour and all the community who came along to purchase their sausage sandwiches and support WCF!

We met many special people in the community who were interested in supporting WCF, becoming carers and who were happy to see their donations going to a fabulous program!

The money raised yesterday will go towards our SWAG Camps (Strength, Well-being and Growth) to further support more school holiday camps for our children and young people!

To learn more about our SWAG Camps visit <https://www.wcfoundation.org.au/chaplaincy>. WCF would also like to say a special thank you to our staff for taking time out of their weekend to come down and help out!



The WCF Team! A big thank you to Alicia, Tracy, Sophie, Nathan, Tracie, Dom, Rachael, Michelle, Bianca, Rachel, Mitchell, Anita, Jo and Hollea!



Illawarra Aboriginal Medical Service

NAIDOC OPEN DAY – Save the Date:

Thursday, 12 July, 2018



Flyer with more information about the Open Day to follow



CareWays™
community



BECAUSE OF HER, WE CAN!

8-15 JULY 2018



NAIDOC @ Koonawarra

Koonawarra
Community

Free
Family
Fun

10am - 2pm

Centre

36 Fowlers Rd

All Welcome

Thursday July 12th 2018

- *Free BBQ
- *Jumping Castle
- *Dance
- *Art
- *Giveaways
- *Performance
- *Face Painting
- *Smoking Ceremony



BECAUSE OF HER, WE CAN!

8-15 JULY 2018

Ph: 1300 307 902

Email: help@careways.org.au



CareWays community

Connected, caring and supportive communities



Warrawong
Free
Event

Greene St NAIDOC

Family FunDay

Tuesday
10 July 2018
10am-1pm

Waste Wise Event

Celebrate
our Aboriginal
and Torres Strait
Islander Culture

Deadly things
to experience...

- Welcome to Country
- Entertainment
- local artists and dancers
- Giveaways and information stalls
- Activities for young and old
- Free BBQ (healthy options) and water

- Drug and Alcohol free
- BYO chair
- Listen to i98fm for weather details

Sponsored By: Barnardos South Coast, Illawarra Legal Centre, Warrawong Fire Station, Warrawong Residents Forum, Coomaditchie United Aboriginal Corporation, Care South, Lake Illawarra Police, Wollongong City Council, ISSIT

What's on

Jamberoo Music Festival

21 July 2018, Jamberoo

Featuring a collection of Australia's finest Blues, Roots, Folk, Rock & Indi Musicians, the festival will include top quality market stalls, street performers, busking competition and of course, amazing local and national talent.

Visit jamberoomusicfestival.com for more information.

Beachside Ice Skating

7 July - 22nd July, Novotel Wollongong

Winter is coming to the beach with an open-air genuine ice skating experience on our rooftop terrace this July!

Sessions start from 12 midday, with the last session at 7pm on Sunday – Thursday.

Friday & Saturday evenings will hold 2 additional sessions from 8pm that are strictly over 18 only sessions.

There will be a variety of food and beverage available to purchase on site.

For more information:
www.whatsoninwollongong.com.au



Nowra Chilli and Chocolate Festival

29 July 2018, Nowra

The Nowra Chilli and Chocolate Festival is a one day Festival to embrace promote and sell chilli and chocolate products in a relaxed and family friendly atmosphere.

On display and for sale will be a variety of exhibitors. Food and drink can be purchased on site and an ATM is available for use. The venue is pram friendly and a change table / disabled bathroom is available on site.

Cooking demonstration, chilli eating competition, live entertainment and lots more makes this a fantastic and fun Festival for all ages.

For more information:
www.chillichocolatenowra.info



LET'S COOK WINTER WARMER DOUBLE

The quickest Salted Caramel Fudge!

Psst... the fudge is VERY hot. Be careful when pouring. Keep an eye on it when setting in the fridge. Once hard enough, take out and store in a container at room temperature. Requires adult supervision but is a great fun and easy family recipe!

Ingredients:

- 150g unsalted butter
- 395g sweetened condensed milk
- 500g brown sugar
- good pinch of sea salt (plus extra for sprinkling)
- 250g white chocolate melts

Method:

1. Grease and line 18x28cm rectangular slice tin with baking paper and set aside.
2. Place the butter, condensed milk and brown sugar into a microwave-safe bowl. Melt together in the microwave for 8 minutes (take out every 2 minutes to stir)
3. Stir through sea salt and white chocolate melts
4. Pour the fudge into the prepared tin and sprinkle over the extra sea salt
5. Place into the fridge to set for about 2 hours or until set before cutting into pieces.

For more great easy recipes visit playbakesmile.com



LET'S COOK WINTER WARMER DOUBLE

An oldy but a goody! Pumpkin Soup

Ingredients:

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 1 leek, white part only, finely sliced
- 1 garlic clove, crushed
- 1/2 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon freshly grated nutmeg
- 1kg peeled pumpkin, diced
- 1 large potato, peeled, diced
- 1L Massel chicken style liquid stock or vegetable liquid stock
- 1/2 cup (125ml) thin cream

Method:

1. Heat oil in a large saucepan over low heat, add onion and leek and cook for 2-3 minutes, until softened but not coloured. Add garlic and spices and cook, stirring, for 30 seconds. Add pumpkin, potato and stock and bring to the boil. Turn heat to low, cover and simmer for 30 minutes. Allow to cool slightly, then blend in batches.
2. Return soup to pan, stir through cream and reheat gently. Season and add a little more nutmeg if desired.

For more great easy recipes
visit taste.com.au



Frequently Asked Questions

What are the NSW Child Safe Standards for Permanent Care?

At WCF, as with all agencies that support children, Foster Carers and staff, we are governed by the NSW Child Safe Standards for Permanent Care. These 23 standards of care are designed to help children and young people meet their full potential and are provided and overseen by the NSW Office of the Children's Guardian.

The standards provide guidance to agencies in areas including, but not limited to, Children's Rights, Child Protection and Safety, Health, Education and Independent Living. They also guide agencies in casework practices, monitoring placements and record keeping, as well as the recruitment, selection and training of Staff and Carers. For more information, or if you are interested in reading the Standards, please visit the NSW Office of the Children's Guardian website kids.guardian.nsw.gov.au

What is the Employee Assistance Program (EAP)?

WCF is pleased to provide the Employee Assistance Program (EAP) as a support to our Carers and Staff. EAP is a free and confidential counselling service that our Carers and Staff can access when they feel it would be helpful for them. The phone service will connect you with a counsellor local to you.

Common issues that EAP have identified they are accessed for include depression, grief, anxiety, substance abuse and workplace challenges. If you feel that this service would be helpful for you, you can contact EAP on 1800 818 728 or visit the website accesseap.com.au

Additionally EAP have a free app available called 'EAP in Focus' which is available from the Apple App Store or Google Play. The app has some useful resources such as mindfulness and relaxation activities and a weekly check in for you to take some time to see how you might be travelling each week.

THANK YOU

To all WCF staff and carers who make this newsletter possible. Every month staff and carers send in various events, resources, information, stories and photos that help build the Foundation Newsletter.

A special thank you this month to Alicia P, Alicia M, Emily, Jade, Kristi, Lisa, Rachael, Rachel, Su, Suellen and Sonia.

If you would like to contribute to the newsletter please email on h.elley@wcfoundation.org.au.

Emergency and After Hours contact

In an emergency situation

- Seek appropriate help immediately (Ambulance, Police or Fire Brigade)
- Contact WCF as soon as practicable
- If you are contacted by the police please refer them immediately to WCF Case Manager or on-call Caseworker and they will ensure that you have support and assistance as soon as possible

Head Office:

PO Box 3035, Minnamurra NSW 2533

P: 02 4237 5566 E: headoffice@wcfoundation.org.au

Bomaderry Office:

281A Princes Hwy, Bomaderry NSW 2541

Emergency After Hours: 1300 000 WCF

Warilla Office:

Suite 1, 8 Commerce Drive, Warilla NSW 2528

Emergency After Hours: 1300 000 WCF

Ulladulla Office:

Office 26, 44 Deering Street, Ulladulla NSW 2539

Emergency After Hours: 1300 000 WCF



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