



Foundation Newsletter

August 2019

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Our vision

Through Christ centered care we are committed to supporting and creating positive opportunities to empower children, young people, individuals and families.

Our values

Compassionate, Christianity, Accountability, Respect,
Reflective and Stability.



CEO Message

Hi everyone, what an incredibly fast year we are having! We have a jam-packed newsletter for you this month, with many resources, events and updates from our teams.

Firstly, I would like to thank our carers who went along to the NAIDOC celebrations held during NAIDOC week across the Shoalhaven and Illawarra. WCF attended the Nowra and Ulladulla NAIDOC, and many staff said they saw and spoke with carers and kids on the day. It is a great day for all to enjoy and I am pleased to see our kids are getting the opportunity to attend.

I am excited to announce that Bill will be releasing his Auto biography very soon! Bill has been working on the story of his incredible life for the last three years with the help of writer, Carol Preston. Bill is hopeful his book will be published in the very near future, he is in the final stages of securing a publisher and printer, and finalising all of his photos (which I am sure you can appreciate would be a big job!). I look forward to updating you all with a release date.

Onto more exciting news, William Campbell College has received the tick of approval from local council, to be built on our farming property at Nowra Hill. Dual Design has been engaged to do the plans for the school and below are some 3D shots of what the school will look like.



We are currently working on sourcing fundraising and grant initiatives to support the build of the school. Watch this very exciting space!



Carers Corner

Hello to all our wonderful Carers!

I cannot believe it is already the end of July with only 5 months before Christmas. I am sure you did not need me to remind you of this! If you are anything like me, with school age children, you are probably enjoying the end of the school holidays and thrilled at having things return to a routine. Speaking of routines, we are now in the process of organising events for the latter half of this year. Given how fast time seems to fly, we in the IAS team will be catching up with Hollea and the rest of the Marketing Team to start organising events for Foster Care Week, which is in September.

Some of the events we are considering are family centred events as well as events just for Carers. We hope to have this finalised over the next couple of weeks so please keep an eye out for our bulletins and emails for these events. We will all be there so please note the dates and we are really looking forward to you joining us at these events!

We at the IAS Team have had a fairly busy month. In the month of June, we welcomed three new Carer Households to the WCF family. A big welcome to our new Carers and we look forward to sharing many warm memories with you all. In the month of July, we are welcoming a few more new Carers with another nine Carers scheduled to join us over the next three months. In anticipation of expanding our family of Carers, we ran the Shared Lives Training from 16-18 July and we had a total of 8 participants.

A big Thank You to Carol and Lisa for running this training! All participants spoke highly of the training and are looking forward to joining WCF as Carers!

In response to the large number of inquiries we received from potential Carers, IAS also ran a weekend course of Shared Lives. This took place on the weekend of 27-28 July. We had a total of 15 participants in this training. We were absolutely thrilled. A big Thank You to Lisa and Carol again for completing this training. This was a huge number of participants and we could not be happier with the response we received from all the participants. What this means now for the IAS Team is that the latter half of this year will be dominated mainly with completing Assessments for new Carers. Some of the team will be travelling to Coffs Harbour, ACT and the outer fringes of the Illawarra to complete these Assessments. As most of you are aware, WCF is committed to ensuring our children are able to spend time and build relationships with their birth families and for this reason, we are travelling where it is required to make this happen.

Taking care of our existing Carers and supporting you all remains our main priority so please do not hesitate to call us. Some of you have already had visits and contacts organised with team members. This will only increase in time as we all get used to this improved way of working together with you.

We also attended the Foster Carers Picnic organised by My Forever Family (MFF) who did a great job with organising this. The spread was impressive!

! It was a bit disappointing for us that we did not see many of you there! Remember that events such as these and those organised during Foster Care Week are our opportunities to catch with all of you, so please make a note of these and do come! Not only are these events an opportunity to bounce ideas with you all but also a chance to talk about the things we are doing well and what we could do better!

We are still in the process of finalising a regular training schedule for all Carers for the latter part of this year and next year. WCF is in the process of developing and sourcing new and interesting training that is more applicable to the needs of the modern family, so that we can help nurture and support your family.

Our thanks go out to all of you for being so generous and caring. Our thanks also to those of you that help us out with respite care at short notice and for being so kind to us at those times when we have to make arrangements at short notice such as late Friday afternoons!

Until next month, please continue to send us your comments and ideas!

Regards from Nazrene, Carol, Ngaere, Lisa and Anita.

CARERS : ORDINARY PEOPLE DOING EXTRAORDINARY THINGS!



PSP Program Update

Hi Carer's, let me introduce myself.

My name is Meg Lawton and I'm the PSP team Leader at Warilla office since March. For those of you I have not met:

I have a louder than necessary laugh, an uncanny ability to embarrass my own children by simply breathing, and filling uncomfortable silences with unnecessary jokes. I have an unhealthy obsession with finding the best coffee, and can sniff out chocolate a mile away.

I also have an eye for spotting untapped possibilities, and a sense when someone's voice has not yet been heard. I have courage to ask difficult questions not knowing where answers may lead. I can reflect and receive feedback on a good day, and am open to be challenged on just about anything other than if pineapple should be on pizza.

But I guess you may also want to know that I come to WCF with a FACS and Teaching background. While FACS and teaching have informed my practice and professional development, I have learnt just about every lesson from parenthood. My three young (now not so young) teachers over the past 25 years have given it to me between the eyes. (some lessons delivered in a less than ideal tone) I have lived overseas 13 years, and chose the Illawarra to put down roots- cause well, who wouldn't? Both my professional and personal journey has brought me to WCF at a time I feel ready and capable to embrace this position with compassion and courage.

Aside from all these slightly interesting facts, the number one thing to remember about me is that every decision, thought, conversation, idea, choice I make is based on the needs of each individual child. We may sometimes disagree on the path, but I know we all have this one goal in common. I look forward to navigating the days ahead knowing we all share one purpose, for the children in our care to be healthy, happy and complete within safe and loving arms, whoever's they may be.

Meg Lawton

PSP Teeam Leader - Warilla

The Ulladulla Permanency Support Program welcomed some new staff members to the team over the last month. Justine White comes into the casework team, bringing with her a huge amount of passion and enthusiasm for the role and has settled in to work with children, young people and carers impressively well. The office also welcomes new Permanency Support Team Leader Marcus Levett to Ulladulla as we look to complete our new team with another caseworker for the Ulladulla in the coming weeks. We are excited for what this will mean in regards to stability and consistency for children and young people, their carers and birth families in the region

Marcus Levett

PSP Teeam Leader - Ulladulla



Clinical Team Update



Hi everyone, my name is Matthew Herbert and for those of you who have not met me I am the Ulladulla Clinical Services Team Clinician. I am a Provisional Psychologist and have been with William Campbell for just over one year supporting carers and young people in both the Ulladulla and Bomaderry regions.

My role with William Campbell Foundation includes carer support through training and therapeutic support plans, and supporting the children in care through assessments, counselling, and mentoring. I am an experienced practitioner of meditation and mindfulness and draw upon this experience during therapy.

Having a regular mindfulness routine has been shown to increase wellbeing by reducing rumination, and relaxing the body. Make it easier to bring mindfulness into your daily life by following these tips.

What to do?

- Our own in and out breath is the most simple and easy thing to focus on and be mindful of
- Slow mindful walking can be a really great de-stress activity
- Simply sitting down and paying attention to your body
- For those more experienced, focusing on your mind can prove challenging and very rewarding
- Mindfulness can be brought to any activity by focusing on that one activity and being curious about what happens while doing it

Where to do it?

- It is easiest to practice in a regular quiet space free from distractions
- Outside in the weather or inside at home
- Mindfulness is something we do purposefully with our mind and we can practice this skill wherever we are

How long to do it for?

- Five minutes can be a good starting time if you have set yourself a regular morning, evening or lunchtime routine, or 5 minutes "when you can" can be beneficial too
- When you find it easy to spend 5 minutes being mindful of the one activity, move this up to 10 minutes a day and then increase again when you are ready
- Each minute spent practicing mindfulness is good for your health, your mind, and your wellbeing.

Ask your caseworker or clinician if you would like further information about this relaxing activity and we can provide you with further information and tips on how to implement this into your existing routine. If you're not sure what I'm talking about, or haven't come across this term before, ask your caseworker, or peruse the many sources and scholarly articles online to see how and why it is good for you.

Matthew Herbert

Ulladulla Clinical Services Team Clinician



Family Support Services Update

What is Family Support Services?

WCF's Family Support Services provides a range of programs and services to children, young people and families with a focus on strengthening families, building relationships and increasing life skills. Our program works to identify strengths that can be built on, to increase the level of family functioning, safety and well-being, to support family preservation and keeping families together.

Family Time and Supervised Transport:

This service area offers individualised arrangements to meet the specific needs of children and their families, through providing family time and supervised transport support between children, their birth families and significant others, allowing them to spend time together in a safe and supportive environment.

Mentoring:

All Children and Young People are entitled to feel supported. Our mentoring program offers the support of a skilled and qualified mentor to assist them to further develop their skills in a range of areas including relationships, independent life skills, resolving conflict, sporting and leisure activities, culture, religion and community accesses.

NDIS Support:

An exciting new initiative we now offer is NDIS support. With a base at our Nowra Hill property, we facilitate NDIS support, including social and community participation and improved daily living skills. Through this service, our Family Support Worker works with the child or young person to complete achieve the goals detailed in their NDIS plan.

Jenny O'Donnell

Family Support Services Manager

NAIDOC WEEK





South Coast
Medical Service
Aboriginal Corporation

lee
william campbell
foundation

CHRISTMAS family fun Day



SANTA'S Workshop!

Saturday 7 December 2019 | 10am - 2pm
The Farm (16 Gannet Rd, Nowra Hill)

Free lunch, cultural activities,
waterslide, petting zoo, face painting,
Santa's workshop activities, arts and crafts,
and a special visit from Santa!



RSVP 22nd November at wcfoundation.org.au or
call 1300 000 923

KINDNESS ROCKS

CHALLENGE

Big Life Journal

Kindness Rocks are a wonderful way to spread joy and leave encouraging messages for others. You can hide them for others to find (for example, around your neighbourhood or school) or simply pass them to friends and family.

Step 1

Gather rocks

You can find rocks at a local landscaping business or your neighborhood park. Be careful not to take too many rocks from nature as it can disrupt the environment.

Step 2

Prepare rocks for painting

Rinse your rocks well and allow them to dry completely. If you want more vibrant colors, start with a white base coat (you might need a couple layers of paint). Allow the paint to draw in between coats.

Step 3

Choose the right paint

You can use a brush and non-toxic acrylic craft paint or paint pens for your rocks.

Step 4

Have fun creating!

First, paint your rocks solid colors and let them dry. Next, write kindness messages (ideas are provided on the next page) with a fine or medium size marker and include drawings and other decorative elements. Finally, seal rocks with Mod Podge® or another kind of sealant (optional).



Add **#biglifejournal** to the back of your rocks. Share photos of your completed rocks on Facebook or Instagram and tag @biglifejournal

MESSAGE IDEAS FOR YOUR KINDNESS ROCKS

- | | |
|------------------------------------------------|-----------------------------------------------------------------------|
| <input type="checkbox"/> Choose to be happy | <input type="checkbox"/> You are worth it |
| <input type="checkbox"/> There is only one YOU | <input type="checkbox"/> Reach for the stars |
| <input type="checkbox"/> You ROCK | <input type="checkbox"/> Make today great |
| <input type="checkbox"/> Dream Big | <input type="checkbox"/> YOU DECIDE :): |
| <input type="checkbox"/> Be KIND | <input type="checkbox"/> Shine bright! |
| <input type="checkbox"/> You got this | <input type="checkbox"/> You can do hard things |
| <input type="checkbox"/> Choose Kind | <input type="checkbox"/> Keep chasing rainbows |
| <input type="checkbox"/> You matter | <input type="checkbox"/> You can choose to have a good day |
| <input type="checkbox"/> Shine on! | <input type="checkbox"/> Celebrate the little things |
| <input type="checkbox"/> You CAN! | <input type="checkbox"/> You can move mountains |
| <input type="checkbox"/> Be BRAVE | <input type="checkbox"/> You are braver than you think |
| <input type="checkbox"/> Be UNIQUE | <input type="checkbox"/> KEEP GOING, you're doing great! |
| <input type="checkbox"/> You are strong | <input type="checkbox"/> If you get tired, learn to rest, not to quit |
| <input type="checkbox"/> Start today | <input type="checkbox"/> If you can dream it, you can do it |
| <input type="checkbox"/> You are loved | <input type="checkbox"/> Mistakes are proof that you are trying |

KINDNESS ROCKS BASKET

You can also make a Kindness Rocks Basket! Put your rocks into a basket and place it on your front porch, at a community center, in a park, or in a garden for others to take.



KINDNESS ROCKS

TAKE ONE FOR YOU
or
PASS ALONG

Big Life Journal
biglifejournal.com

Big Life Journal

Printables by Big Life Journal - biglifejournal.com

3 of 3

0 - 6 months



Rearward-facing Restraint



Rearward-facing Restraint

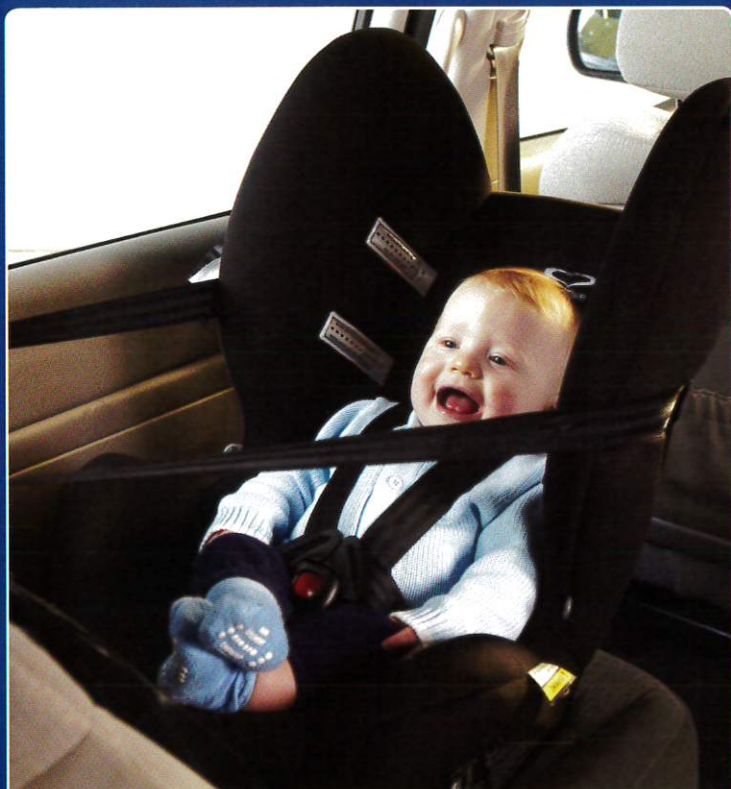
**The best safety
feature available?
It's you.**



**Guarantee your child is travelling
in the safest position:**

- Make sure your child travels rearward-facing for as long as possible
- Seek advice from a qualified expert that you're fitting and using the restraint correctly

6 months - 4 years



Rearward-facing Restraint



Forward-facing Restraint

**The best safety
feature available?
It's you.**



**Guarantee your child is travelling
in the safest position:**

- Make sure your child travels rearward-facing for as long as possible
- Move to a forward-facing restraint only when your child is big enough
- Seek advice from a qualified expert that you're fitting and using the restraint correctly

4 - 7 years



Forward-facing Restraint



Booster Seat

The best safety feature available?

It's you.



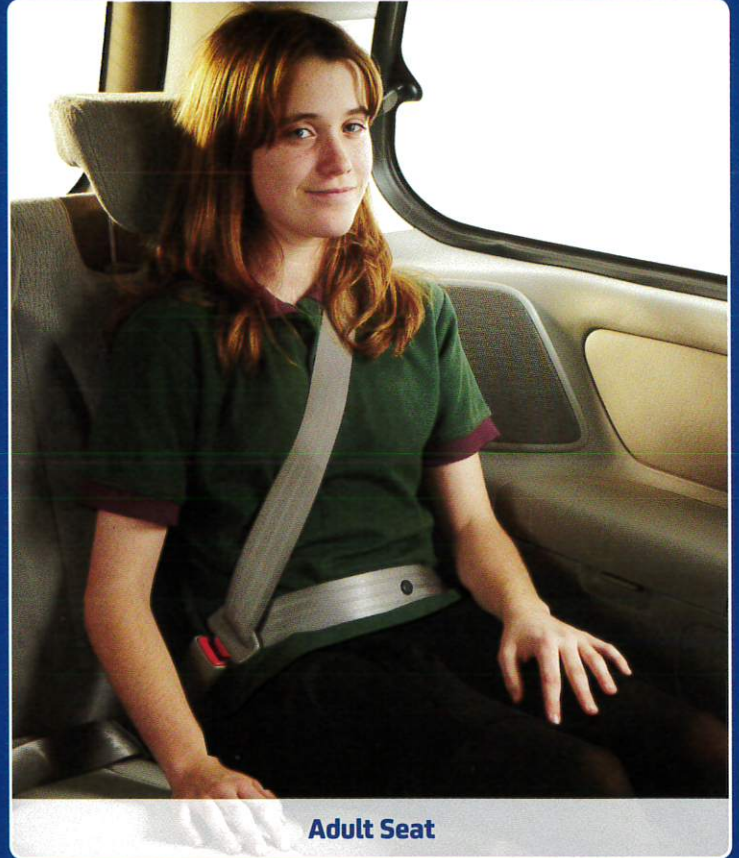
**Guarantee your child is travelling
in the safest position:**

- Make sure your child stays in a forward-facing restraint for as long as they fit
- Even at 7yrs, do not move your child to an adult seatbelt unless they're 148cm-150cm and can achieve a good adult seatbelt fit
- Seek advice from a qualified expert that you're fitting and using the restraint correctly

7 years - and over



Booster Seat



Adult Seat

The best safety feature available? It's you.



**Guarantee your child is travelling
in the safest position:**

- Keep your child in a booster seat for as long as they fit
- Unless your child is 148cm-150cm and can achieve a good adult seatbelt fit, do not move them
- Seek advice from a qualified expert that you're fitting and using the restraint correctly



Keep up to date with our blog!

Visit www.wcfoundation.org.au/blog to read our newest article:

NAIDOC Week 2019 - Voice, Treaty, Truth

WORKING WITH CHILDREN CHECK PROCESS

As a valued Foster Carer with William Campbell Foundation, you are required to have a current clear Working with Children Check (WwCC) to be able to care for children and young people.

If you have an existing WwCC that is due to be renewed, you need to go online <https://www.kidsguardian.nsw.gov.au> to renew your application. Just follow the prompts to renew. There is no charge for a foster carer (or adult member of a foster carer household) to apply for a WwCC.

You then need to go to Service NSW to provide your identity documents. That process links you back to the Office of the Children's Guardian's system and you will receive a letter from them giving you your updated WwCC information and expiry date.

That information along with your date of birth, has to go to your Caseworker who will send it to Head Office for verification.

Please note – if you allow your WwCC to expire – WCF is required by law to immediately remove any children you may be caring for and suspend your household. Please cooperate with us in not allowing your WwCC to expire as fines and penalties apply to our Agency plus most importantly, if you are caring for children, there is disruption in their lives if they are to be removed.

Thank you so much for your attention to this very important matter.

Prayer Meeting

87 Terry St, Albion Park

First Monday of the month

Next date:

Monday 5th of August

All are welcome to come and pray for our children
and young people!

For more information please contact:

Rachael Riddington
William Campbell Foundation Chaplain

0488 524 168
r.riddington@wcfoundation.org.au

What's on



Berry Small Farm Field Days

Berry Showground

6 - 7/09/19

Adult \$10 (Children under 15 years free.)

The eighth annual Berry Small Farm Field Days will be held with even more exhibitors to interest both small landholders and backyard gardeners alike. Following the success of last year the event will again showcase locally produced food delights, guaranteed to tickle your taste buds. The Millpaca Livestock Pavilion has a huge variety of farm animals & chooks on display, & is sure to be a big hit with the kids, as will the Heavy Horses & Brahman Bulls. There are a number of interesting talks & demonstrations - for example last year featured Jason Hodges from Better Homes & Gardens, along with John Gabriele from The Compost Heap, Anthony & Brydon from the Berry Vets & a special demonstration of hot shoeing a horse by one of Britain's first female farriers, Helena Tomsett. The garden section is always a highlight being creatively designed, featuring a variety of stalls where you can wander through and view all sorts of items for your garden.

Travelling Film Festival Wollongong

68 Burelli Street, Wollongong

2 - 4 August 2019

The Travelling Film Festival (TFF), Australia's longest running travelling film festival, showcases Australian and international features, documentaries and short films in regional Australia.

The Travelling Film Festival (TFF) treats Wollongong to the best in world cinema at Greater Union Cinemas. They will be returning with an exciting new program in 2018.

The always-popular Opening Night celebration will include free drinks after the screening.

Make sure you stay in the loop by 'liking' the dedicated Facebook page for updates, special offers and exclusive competitions!

LET'S COOK!

Oven-roasted meatballs with kale pesto and mozzarella

Ingredients:

- 500g beef mince
- 1 egg
- 3/4 cup (75g) fresh breadcrumbs
- 1/4 cup (65g) kale pesto (from delis) or basil pesto, plus extra to serve
- 4 garlic cloves, roughly chopped
- 1 bunch oregano, leaves picked
- 1 tbs olive oil
- 1 red onion, finely chopped
- 700ml tomato passata (sugo)
- 1 cup (100g) grated mozzarella
- Basil leaves, to serve

Method:

1. Preheat oven to 200°C. Combine mince, egg, breadcrumbs, pesto and one-quarter chopped garlic in a bowl. Roughly chop half the oregano and add to beef mixture. Season, then form into 6cm meatballs.
2. Heat oil in a deep ovenproof frypan over medium heat. Add the meatballs and cook, turning, for 6-7 minutes until browned all over. Remove from pan and set aside.
3. Add onion and remaining garlic to pan and cook, stirring, for 3 minutes or until softened. Add tomato passata, season, then bring to a simmer.
4. Return meatballs to pan and scatter with cheese and remaining oregano. Bake for 15-20 minutes until meatballs are cooked through and cheese is bubbling.
5. Serve with extra pesto and basil leaves.



LET'S BAKE!

Apple & Pecan Cake with Hot Maple Butter

Ingredients:

- 150g unsalted butter melted
- 2 granny smith apples, peeled and grated
- 1 cup (175g) brown sugar
- 2 eggs
- 1½ cups (225g) self-raising flour
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 2 teaspoons vanilla extract
- ½ cup (60g) pecans, finely chopped

Method:

1. Preheat oven to 160°C. Place the butter, apple, sugar, eggs, flour, baking powder, cinnamon, vanilla and pecan in a large bowl and mix until well combined.
2. Pour into a lightly greased 20cm springform cake tin lined with non-stick baking paper, and smooth the top. Cook for 50–55 minutes or until cooked when tested with a skewer.
3. To make the maple butter, place the maple syrup and butter in a small saucepan over high heat. Stir until the butter is melted and the mixture is smooth. Pour over the warm cake and slice to serve. Serves 8–10.

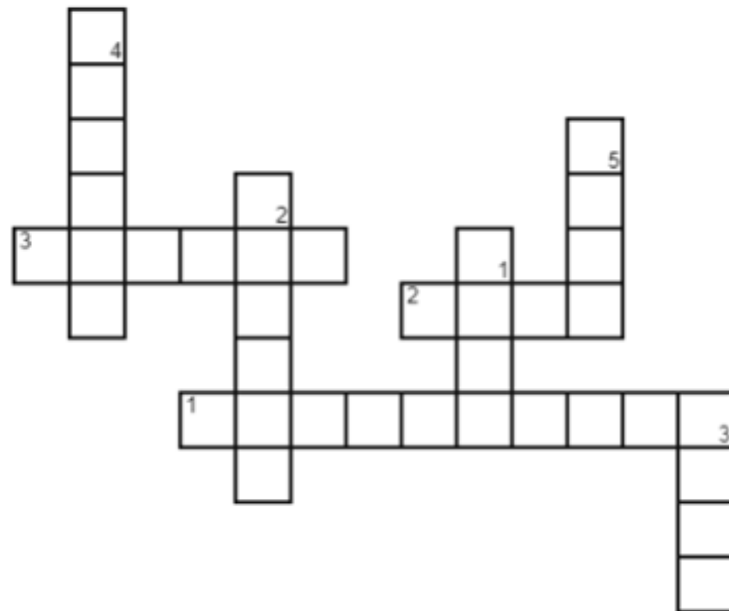
Hot Maple Butter

- ½ cup (125ml) maple syrup
- 30g unsalted butter





August Newsletter Competition



Across

1. We have been engaged to do the plans for William Campbell College
2. Good starting amount of minutes to spend on mindfulness
3. The day we hold our monthly prayer meeting

Down

1. Number of carers scheduled to join us over the next three months
2. New Permanency Support Team Leader of Ulladulla
3. An exciting new initiative we now offer
4. Topic of our latest blog article
5. What we're baking this week

First person to complete and email your completed crossword (using word and phrases from this months newsletter) to h.elley@wcfoundation.org.au will win a \$20 Bunnings or Myers giftcard!

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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