



Foundation Newsletter
September 2019

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SLNEALNOO



CEO Message

Sonia Liddicoat

Hi Everyone,

I would like to start with some good news and let you know that today I received a call from the Office of the Children's Guardian (OCG) to congratulate WCF on successfully passing our accreditation renewal for a further 5 years. This accreditation would not have been possible without the great work that all of our staff do and without the love, care and support that you provide to all of our children and young people. It has been a real team effort, and I would like to thank you all for your part in making our accreditation renewal successful.

With Foster Care Week coming up on September 10th – 16th, it is an important time to appreciate and reflect on the contribution our Foster Carers make to all of our children, young people and the community. It is also a good time for Carers and our staff to consider the rewards and the challenges that are presented to you each day of your Foster Care journey.

One of the key factors to successful Foster Care is that our Carers and our staff have good working relationships, always keep the lines of communication open and are able to work through matters as they arise. I acknowledge that communication is an area that was raised in both our 2019 Carer and Staff surveys, and is an area that I am keen to improve on.

I acknowledge that we have had a reasonable staff turnover for a variety of reasons and one thing this has highlighted to me that our communication processes need strengthening. I was recently made aware of some difficult issues that some of our Carers have faced with minimal follow up,,

and often little or no resolution. If you feel that these circumstances may apply to you, and would like to have a chat with me, please contact Emma Barker at the Bomaderry Office and she will make a time that we can either meet, or talk over the phone.

In the meantime, I have included a link that talks about how to use communication to reduce stress. It is a worthy read, which I highly recommend:

www.gentle-stress-relief.com/communicating-to-reduce-stress

Another key factor for reducing stress is making time for yourself, to refresh and recharge. Self-care is very important for you to be able to function fully as a Foster Carer and I have included below some ideas to increase happiness and take care of yourself:

- Make time for yourself and your family
- Be realistic and patient with yourself
- Try to maintain a sense of humour
- Keep a healthy perspective and try not to take things too personally
- Schedule things in that make you happy
- Regular exercise, walking is good for the soul

Lastly, I would like to wish a very Happy Father's Day to all the Dads, Foster Dads and other significant males in the lives of children and young people. You are important, valued, loved and deserved to be recognised and thanked.

*A father loves completely,
gives quietly, teaches gently
and inspires deeply.*

PSP Program Update

Marcus Levett

Hello to all our very valued and admired carers out there working extremely hard to provide safety and security to all the children across the organisation. I am writing to you as the Team Leader for the Ulladulla Permanency Support Program with WCF, my name is Marcus Levett. I arrive here at William Campbell Foundation with a focus and a set of values that I feel are mirrored in the existing values of this organisation in regards to compassion, accountability and respect for all, to name a few. I have enjoyed meeting as many carers as I have to this point and look forward to more of these honest, informative and important conversations with you, the ones who provide care around the clock for children. I understand there are many challenges with the care that you provide as we know these kids have come into care due to a variety of different experiences and each with their own set of care and therapeutic needs.

A little bit about me. I have lived on the South Coast of NSW for seven years now since relocating from Sydney. I have two little children of my own and my wife and I are very thankful for that. I have worked in Child Protection and OOHC for the last 10 years after completing a BA in Welfare from the University of Western Sydney in 2010 and look forward now to working alongside carers across the region and know that I always continue to learn. I think we all are continuously learning. Learning best practice as an organisation in line with OCG requirements and legislation; learning each individual child's support needs and learning how to best support the needs of you as carers.

I'm excited for the future and I'm very keen to continue to support Caseworkers in my team along with carers in the Ulladulla region and more broadly across the organisation and other WCF staff where I can be of assistance. Communication is the key I think and I have been encouraged in my time with WCF thus far how honest and passionate carers are in regards to communicating the continued needs of these children.

Marcus Levett



Clinical Team Update



Hi everyone, my name is Natasha Benten, though I prefer to go by Tash.

I'm a Clinician working across the Warilla and Dapto teams. I'm a registered Art Therapist and love using art-making to support learning and self-discovery.

Recently I came across a great resource (from Big Life Journal) that supports siblings to find new ways to be kind to one another – the sibling kindness jar! So, if you're experiencing some sibling rivalry at home, or would just like to promote more kindness in your household, it may be worth giving the sibling kindness jar a try. Some other ways to foster positive sibling relationships are:

- Treat children equally and avoid making comparisons between them. Clear family values and house rules can help with ensuring fair and consistent treatment.
- Spend some time individually with each child, as this may reduce competitive behaviours. Adopting Dan Hughes' attitude of PACE - playfulness, acceptance, curiosity, and empathy - will ensure your one on one time is connected and meaningful.
- Encourage siblings to respect each other, be there for each other, and to take care of one another. This could include choosing an activity from the kindness jar do to for a sibling.
- Try incorporating a sibling ritual into the night time routine. This might include saying "goodnight" or "I love you", sharing something they like about each other, or giving hug or secret handshake.
- When sibling rivalry occurs use it as an opportunity to teach skills like emotional regulation, problem-solving, compromise, and assertiveness. With practice this will help them to learn healthy and constructive ways of managing conflicts.
- Notice the activities your children play well together – encourage them to do them more often!

The clinical team has access to a range of useful resources, so please ask your Caseworker or Clinician if you are looking for something in particular and we'll see what we can send your way.

Natasha Benten
Clinician

SIBLING KINDNESS JAR



Cut the strips below, fold, and put them in an empty jar. Take turns taking the strips out of the jar and doing kind things for each other.

Name 3 things you love about your sibling.

Make your sibling a snack.

Say something encouraging to your sibling.

Help your sibling with their homework.

Give your sibling a compliment.

Keep your sibling company.

Decorate an empty box for your sibling and fill with special notes.

Complete one of your sibling's chores.

Thank your sibling for something.

Cheer your sibling up.

Do a random kind act of kindness for your sibling.

Play your sibling's favorite game together.

Give your sibling a back rub.

Say, "I am sorry" to your sibling if you are sorry for something.

Let your sibling choose a game to play.

Share a treat with your sibling.

Write your sibling a letter or poem.

Create an album of special moments together.

Put a kind note in your sibling's lunchbox.

Offer your sibling help.

Listen to your sibling if they want to tell you something.

Forgive your sibling when they make you sad.





Family Support Services Update

Family Time.

In my last two newsletter items I have talked generally about what the Family Support Service does so now I thought I would start with the service that probably affects you all as carers the most, Family Time.

This can be a tough time for children, mums, dads and you guys as the carers. As a carer, you only want the children you care for to be safe and secure and sometimes, I think it's hard for you to feel comfortable when they leave with a worker (who you may not know) so that they can visit their birth family.

When we receive a referral from the caseworker the FSS team make sure that we choose a worker who is going to be a good match for the child as well as the birth family. We look at mum and dad's strengths, their difficulties as well as the children's needs. From there we allocate a worker who is a good match for both so that we can ensure a positive and safe experience for everyone.

Where ever possible we try to ensure that the same worker is available for all family time sessions however there are occasions when this can't occur. I know it seems like there are times where lots of workers are involved in your child's life however the same process occurs when looking at a second worker, we try to ensure that we have a worker come on board who is the best match for the family.

As well as making sure that children have a safe and positive experience when spending time with their family, it is also important to support mum and dad to have the same experience. Sometimes parents find it hard to know how to spend time with their children so the workers support them by having discussions around what they can do with their children, what is appropriate or not as well as promoting and building on the parent's strengths.

Often the key to positive family time is finding the right location. We try to steer away from places that don't provide opportunities for children and parents to spend quality time together such as McDonalds. Depending on the age of the child or children, it can be a bit tricky. Most times we find that family time occurs in a park, at the local library, a play centre for younger children where parents can interact with them or at Cottage 1 at Nowra Hill, which is where I work from.

Workers also support parents to have positive family time by bringing activity boxes which are used to not only promote interactions but also gives parents ideas on what they can do themselves to have fun with their children.

Every child's family time is individual. The FSS Team encourage workers to provide us with feedback around family time to ensure it continues to be positive. If you have any questions about the FSS Family Time Program, please talk to your caseworker.

Jenny O'Donnell
Family Support Services Manager

Carers Corner

Nazrene
Thomson



Hello to all our wonderful Carers!

This month we welcome the newest addition to our team, Beth Marshall. The lovely Beth, previously from FACS, comes with a wealth of knowledge and experience in Out of Home Care and we are thrilled to have her join us. Over the course of the next few months, some of our Warilla Carers will meet her. Of course, you can meet all of us at the Family Fun Day being held at Integral Energy Park on 14 September.

This month we also welcome another new Carer to the WCF family (you know who you are!). It is lovely to see our family of Carer's expanding particularly in relation to providing respite.

Approaching us very rapidly is Foster Care Week commencing 8-14 September 2019. Foster Care Week is all about raising awareness about foster care in the general community. It is also about celebrating and appreciating our amazing Carers, who make a valuable impression in the lives of vulnerable children and young people. In talking about Carers, we are talking about everyone from general Carers to Kinship Carers and Respite Carers.

On this note, Foster Care Week is also about raising awareness about the need for more Foster Carers, especially for our young people. Sadly, there are many young people who are unable to stay or remain with their families for various reasons. We are always looking for Carers who can expand their hearts and homes to help young people get back on their feet and experience some stability and security. If you think you can help or know someone who may be interested, please let us know.

As mentioned earlier, we have the Family Fun Day organised at Integral Energy Park on 14 September.

We have a stall with face painting for children (or for those who are young at heart), so do come and say 'hi'!!

Father's Day is also around the corner. Did you know that Father's Day has been celebrated in some countries since the middle ages! Father's Day is an opportunity for us to appreciate the bonds and relationships we have with the male figures in our lives. It gives us a chance to reflect on the types of engagements we have with male figures and in turn, it gives them a chance to reflect on the relationship they have with others.

We live in a community where there are many different types of families. Dads and fathers take many different forms now. A father is not just someone who is our flesh and blood, it also someone who believes in us, even for a moment in time. A father does not have to be someone who holds us when we are born, it is also someone who picks us up when we fall down. A father is a person who has heart.

I was recently trolling the internet for some quotes for Father's Day. Of course, there were many poignant and beautiful ones, but the one that really caught my interest was this one.

"By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong."

As a parent of a young boy, I can really relate to this!!

For all our dads and dads-alike, Happy Father's Day!!

I came across this lovely article that I found really useful from one of our Clinicians, Natasha and I thought I could share this with you all:

3 DAYS OF MINDFULNESS FOR EMOTIONAL INTELLIGENCE

Start
here!

1 Explore how different emotions feel.

See how it makes you feel inside when you slowly read these words. Spend at least ten seconds with each word: Happy. Sad. Excited. Mad. Stressed. Bored. Loving. Anxious. Worried. Scared. Jealous. Quiet. Silly. Peaceful.



Can you feel the difference?

2 Recognise at least one strong emotion today.

It might be anger, joy or excitement. See if you can feel the emotion in your body. Can you feel butterflies in your tummy when you're excited? How does your face feel when you are happy? When you are upset, how does your tummy feel, and how do your muscles feel? How does your body feel when you're angry?



See if you can figure out what sensation goes with what emotion.

3 Name at least one difficult emotion today.

Next time you experience a difficult emotion, try to give it a name if you can. It might be anger, jealousy, anxiety, sadness or something else.

Paying attention to and naming the feeling can take its power away.



What emotion did you name? How did it make you feel?



3 DAYS OF MINDFULNESS FOR HAPPINESS

Start
here!

1 Think of a happy memory.

Close your eyes and remember a time when you felt happy. Maybe someone was kind to you. Perhaps you got a smile from a friend or your pet was happy to see you. Remember a wonderful moment like that. Simply close your eyes and bring it into your mind. What did you see and hear? Did you laugh or smile? Who was there?



Notice how you feel when you remember the memory.

2 Send kind thoughts.

Close your eyes and bring someone you really like to mind. Imagine them happy and smiling at you. Say to them: May you be healthy and strong. May you be happy. May you be peaceful. Notice how your mind and heart feel when you do this. Notice how your body feels. Now try a self hug and send kind thoughts to yourself! Say to yourself: May I be healthy and strong. May I be happy. May I be peaceful.



How does this make you feel?

3 Go to sleep smiling.

Next time you go to sleep, think of five things you are grateful for. Things like a friend who makes you happy, your family, a pet, the warm sun on your face, and good food. Spend a minute or two thinking of the things you are thankful for. See how this makes you feel.



You can try this out pretty much any time, not just when you go to sleep. This exercise might even change your mood when you are sad or angry.



3 DAYS OF MINDFULNESS FOR AWARENESS

Start
here!

1 Wash your hands mindfully today.

How does washing your hands really feel? Slow down and feel the flow of water. Watch the water flow. Feel the soap. How does it feel in your hands? Feel the cloth you dry your hands with. Take your time and enjoy it!



You have just learned to pay attention better.

2 Eat a raisin or a piece of chocolate mindfully.

Slow down and really look at it. Then feel the raisin or chocolate between your fingers. How does it feel? Smell it. Take your time. Put it on your tongue - what does it feel like? Bite it. Are there many flavours? Does it taste different when you slow down and pay attention like this? Swallow and see what flavours linger.



Was this experience different from how you usually eat? How?

3 Try mindful listening.

Sit down for a minute and close your eyes. Listen very carefully and be still. At first you might think there are no noises. But maybe you can hear the sound of a plane or car outside, a clock ticking, an appliance humming, the roof creaking, or your ears buzzing. Count how many noises you can notice in a minute.



How does focusing your attention like this feel?



3 DAYS OF MINDFULNESS FOR FOCUS AND CALM

Start
here!

1 Find your breath.

Take three slow, mindful breaths right now. Feel each breath from start to finish. Take it slow and put all of your curiosity into it. Can you feel your breath at your nose, belly or chest? Does your belly go up and down? Does your chest expand and contract? Can you feel your breath at the tip of your nose?



How did this exercise make you feel?

2 Try 10 mindful breaths.

Put your hands on your belly and count every time your belly goes up and when it goes down. Like this: belly goes up – one. Belly goes down – two. And so on, all the way to ten. See how paying attention to your breath makes you feel. How do you feel afterwards?



When angry, anxious or sad, take ten mindful breaths and see if it makes a difference.

3 Fill an idea jar.

What are the best ways for you to calm down and relax? Maybe yoga stretches help you calm down. Perhaps drawing is soothing for you. Write your ideas down on pieces of paper and put them in a jar.



When difficult emotions become too much to handle, pay a visit to the “idea jar.”



Your invitation to the....

FAMILY FUN DAY

11am to 2pm

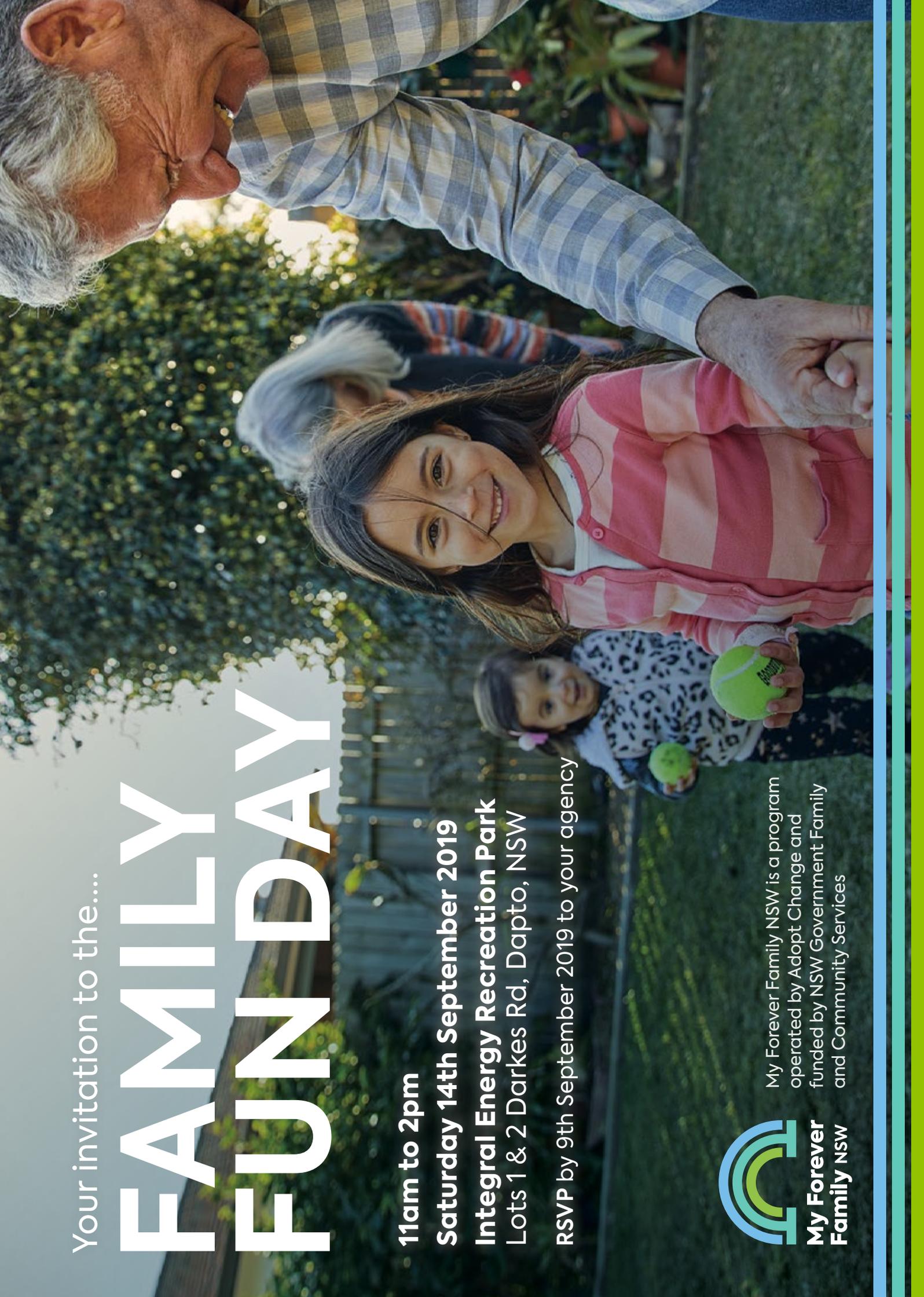
Saturday 14th September 2019

**Integral Energy Recreation Park
Lots 1 & 2 Darkes Rd, Dapto, NSW**

RSVP by 9th September 2019 to your agency



My Forever Family NSW is a program
operated by Adopt Change and
funded by NSW Government Family
and Community Services



Find *SOMETHING SPECIAL* in Others!

Get to know your friends, classmates, and family!
Write the person's name inside each square.

MY NAME _____

someone
with a nice
smile

someone who has
a great handshake

someone who
loves to help
others

someone who
loves dancing

someone
who loves
snow

someone who
loves to read

someone born in
another country

someone who
plays piano

someone
who loves
dogs

someone who
recently learned
a new skill

someone who
loves to travel

someone
who loves
to draw

someone who
makes funny
jokes

someone who
loves to cook

someone who
has a sibling



CHRISTMAS FAMILY FUN DAY



South Coast
Medical Service
Aboriginal Corporation

lee
william campbell
foundation



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



**ASK
RUOK?**



The Trust the Signs Tour is coming to Nowra

FREE event - all welcome

Learn when and how to ask R U OK? | BBQ | Activities for all ages

More info at ruok.org.au

Date: Saturday, 7 September

Time: 12:00pm - 1:30pm

Venue: Shoalhaven Entertainment Centre





william campbell
foundation
Blog

Keep up to date with our blog!

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

**Thank you to fathers of
every description this Father's Day**

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 his very important matter.



Prayer Meeting

87 Terry St, Albion Park

First Monday of the month

Next date:

Monday 2nd of September

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



Festival of the Winds Bondi Beach

8/09/19

This lofty beachside festival has been filling Bondi's skies with giant, elaborate kites for more than four decades. And it's once again blowing in on the winds of spring, bringing live performances, food stalls, children's entertainment and art installations along with the kite crafting workshops and flying comps.

The festival regularly attracts more than 70,000 kite-mad visitors, and it's free to wander on the sand and gaze up at floating sea creatures, farm animals and swirling masses of colour. Under this heavily laden sky, you can learn to make a kite and fly a kite, watch a carnival of jugglers, dancers, musicians and puppeteers, and fill up at the food alley. There'll also be stalls selling the kites – the diamond beauties you're used to and more extravagant designs – and jumping castles, face painting and pop-up libraries for the kids.

Head down to Bondi Beach on September 8 from 11am-4pm to see the splendid aerial show flying up through the atmosphere, up where the air is clear – then go fly a kite!

Tulip Time Festival Bowral Bendooley Street

24/09/19 - 07/10/19

Tulip Time, now in its 59th continuous year, is one of Australia's oldest and best loved floral festivals, attracting tens of thousands of visitors. Corbett Gardens, the centrepiece of the Festival is mass-planted with over 75,000 tulip bulbs and 15,000 annuals, in a spectacular Springtime display. Additionally there are another 40,000 tulips planted across the Shire, to create a picturesque vista.

Overall a celebration of stunning tulip displays, entertainment, special events and premier private gardens, so essentially there's something on offer for both young and the young at heart!

Winner of the 2015 World Tulip Award.

LET'S COOK!

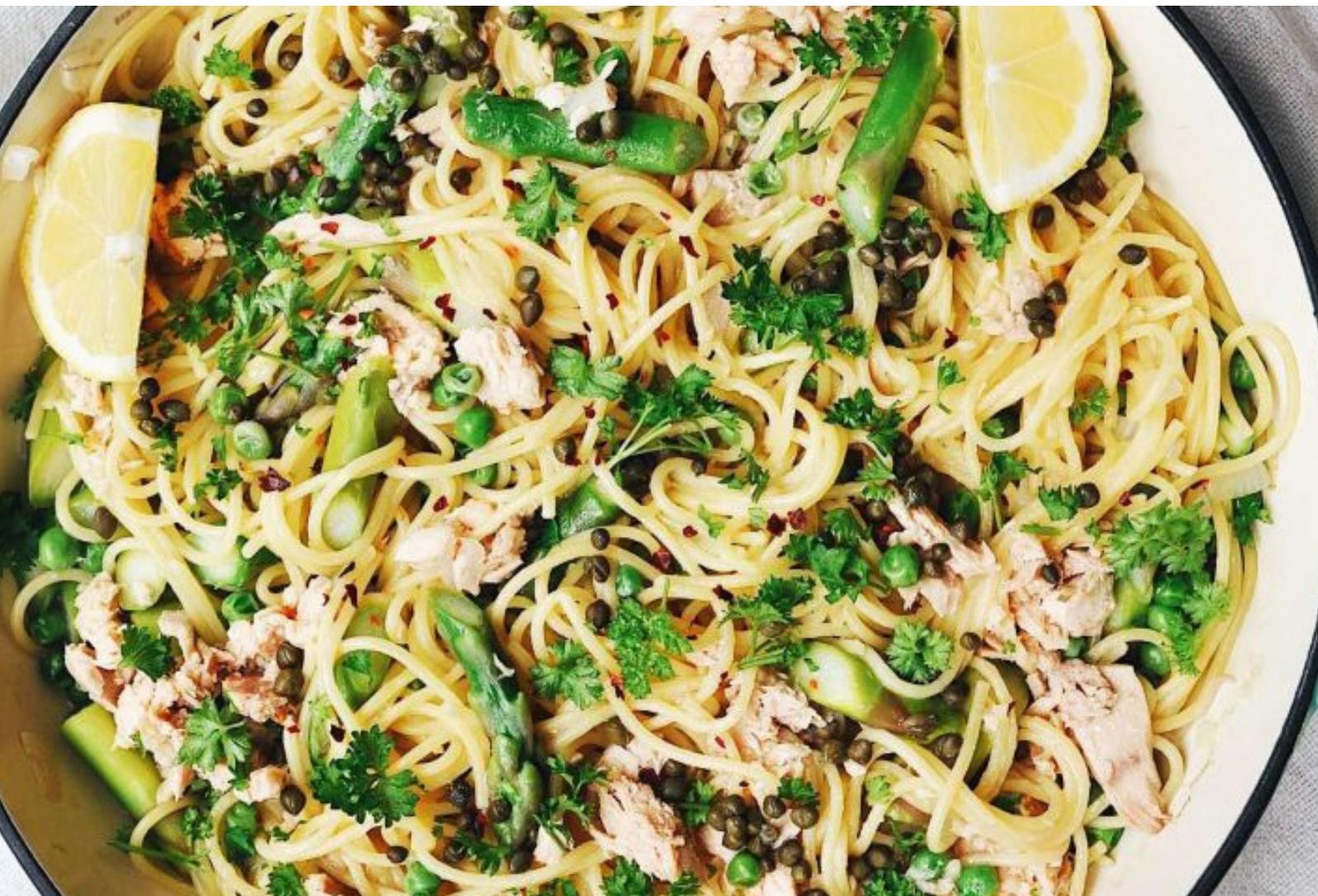
One-pot pasta with asparagus, tuna, lemon and capers

Ingredients:

- 400g spaghetti
- 3 cups water
- 2 cups broth, such as chicken or vegetable
- 1 small shallot, thinly sliced
- 1 clove garlic, thinly sliced
- 1 1/2 cups asparagus, about two bunches, woody ends discarded and sliced into 3cm logs
- 1 cup frozen peas
- 200g tuna that has been canned in olive oil, drained
- Juice of 1 lemon
- 1 handful parsley, chopped
- 1-2 Tbsp capers in brine, drained
- Sea salt to taste
- Optional: chilli flakes, to serve

Method:

1. Select a pot large enough to lay your pasta down flat. Add the pasta, liquid, shallots and garlic. Bring to the boil and cook for 5 minutes with the lid partially on.
2. Add the asparagus and cook for a further 2 minutes, before adding the peas and cooking for 1 more minute (or until the pasta and vegetables are cooked to your liking). If your asparagus is very thin, or if you like it super crunchy, you may want to wait until the 6 minutes mark before adding it.
3. Take the dish off the heat, stir through the tuna and squeeze the lemon over the top. If your pasta is cooked but extra liquid remains, let it sit in the pan for a few minutes before serving to allow it to absorb, stirring occasionally. Waiting for the liquid to absorb will also give the pasta a silky sauce. Serve into bowls and top with parsley and capers. Season individual bowls with sea salt and chilli flakes as desired.



LET'S BAKE!

Rhubarb and Strawberry Crumble

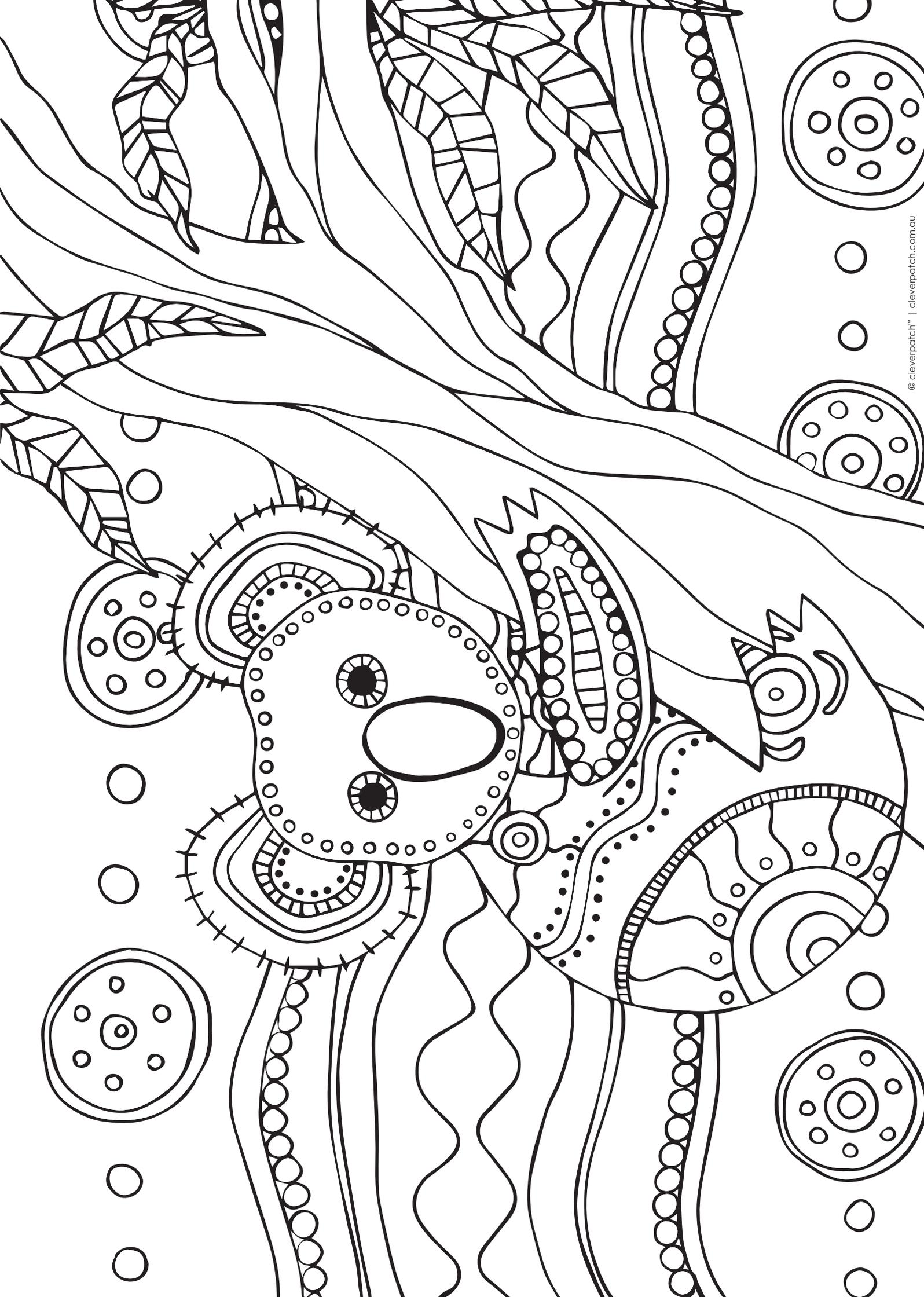
Ingredients:

- 1 bunch rhubarb, trimmed, cut into 3cm pieces
- 500g strawberries, hulled
- Finely grated zest of 1 lemon
- 1 1/3 cups (295g) caster sugar
- 200g unsalted butter, softened
- 1 2/3 cups (250g) plain flour
- 2/3 cup (60g) rolled oats
- Double cream swirled with honey, to serve

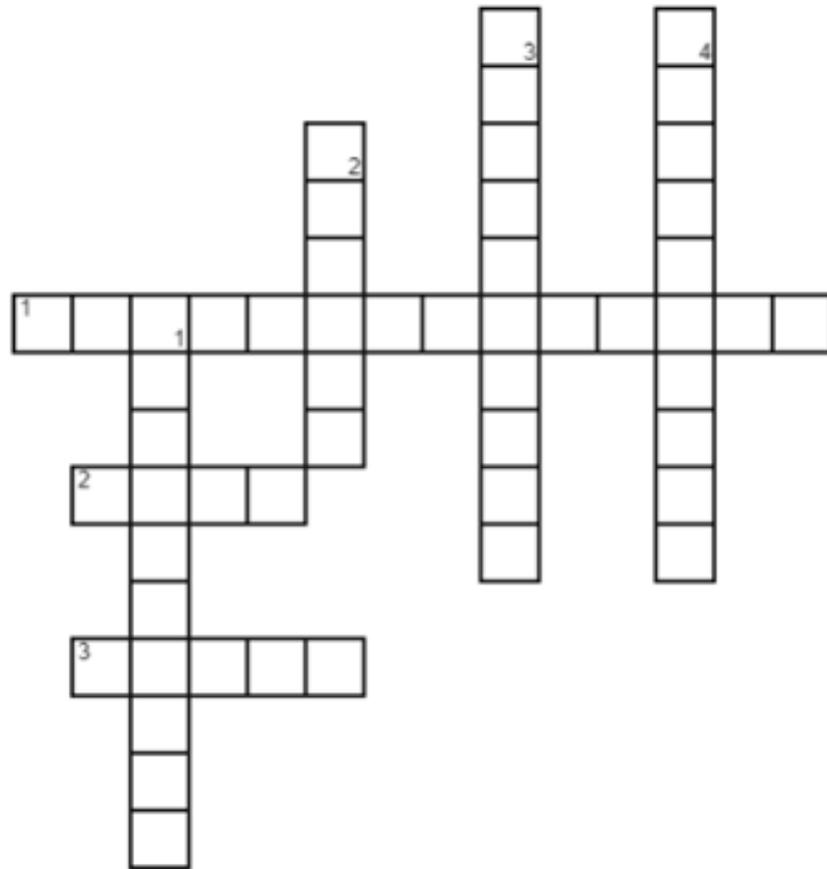
Method:

1. Preheat oven to 180°C. Place rhubarb, strawberries, lemon zest and 2/3 cup (150g) sugar in a saucepan over medium heat and cook for 10 minutes or until rhubarb starts to soften and collapse. Remove from heat and set aside.
2. To make the crumble, place butter, flour, oats and remaining 100g sugar in a bowl. Using your hands, mix together to form a rustic, chunky crumble.
3. Transfer rhubarb mixture to a baking dish set over a baking tray to catch any cooking juices. Top with crumble, then bake for 20 minutes. Increase oven to 200°C and bake for a further 20 minutes or until golden, crunchy and bubbling.
4. Serve the crumble hot with spoonfuls of honeyed double cream.





September Carers Newsletter



Across

1. Upcoming Event (5,4)
2. Natasha Bente's preferred name.
3. The amount of years Marcus has lived on the South Coast

Down

1. A key ingredient in one of this months meals
2. Location of one of the events this month
3. topic of this months blog (7,3)
4. "A father loves..."

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



**william campbell
foundation**

**1300 000 WCF
wcfoundation.org.au**