

# Jungle Drums

## An Indigenous Walk to Remember

**Wednesday 30 September**

**10.30 – 12.30pm**

**Meet at Lower Car Park, Pound Bend,  
Warrandyte**

**RSVP's essential to reserve your place.**

The 'Wurundjeri Stories' interpretive trail at Pound Bend in Warrandyte was developed by Manningham Council in close consultation with

The Wurundjeri Tribe Council and Jim Poulter of Reconciliation Manningham. Jim is a local historian, social worker and ex foster carer whose family have lived in the area since 1840. Pound Bend is a traditional gathering place of the Wurundjeri.



Anglicare Victoria is very fortunate to have Jim provide a guided walk through the interpretive trail talking about Aboriginal culture and land management practices, as well as recounting stories passed down by his family of historical events and figures of this area in the first contact period. Jim is happy to field questions both during and after the walk and will give you many valuable clues on how to relate to Aboriginal children and adults and the cultural differences to be aware of. Carers, staff, children and young people are more than welcome to attend.

**When:** Wednesday 30 September  
(Second week of School Holidays)

**Time:** 10.30 - 12.30pm  
Light refreshments will be provided at conclusion

**RSVP's:** Essential to reserve your place.  
Please advise names & ages of all children attending  
Natalie Cauce - 9896 6322 or [natalie.cauce@anglicarevic.org.au](mailto:natalie.cauce@anglicarevic.org.au)

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We now have a new closed Facebook Group for Carers! Find us and request to join by visiting: <https://www.facebook.com/groups/aveasternfostercare/>

# Eastern Foster Care Program Update

Dear Carers,

Our recent Gala Dinner was again a wonderful night and it was great to see and meet so many foster parents. From the feedback received so far it seems that people enjoyed themselves and the venue operator was forgiven for being so slow in bringing out the food. We may have to rethink how we can improve this for next year. And I am sure that you all agree that the Drumbeat Group, led by our TEACHaR staff member Jo Myers, was just fantastic and was probably only beaten by the amazing voice of Stephen Smith. When Stephen spoke about his own childhood, the memories of his mother and his sense of being lost during his adolescent years until someone heard his voice and believed in his potential there were not many dry eyes in the room. Stephen spoke about the importance that someone believed in him when everyone else, including himself, thought he was useless.

Our kids do not need to become famous opera singers but they need someone to give them a chance. And they need the support, love and a sense of belonging that you give them. For this reason the evening was not only a celebration of the Award winners but a thank you to all foster carers who do such an amazing job for so little reward and provide foster children with that priceless sense that someone believes in them.

Most of our focus in the last few months has been on the new Targetted Care Packages. The Department of Health and Human Services (DHHS) are referring residential care clients to the

community sector for individualised placements and support. An individualised funding package aims to support the placement and meet the client's needs. Identified carers receive an enhanced reimbursement which currently is around \$1400 per fortnight. The primary cohorts for Targeted Care Packages are primary school children and Aboriginal children who are living in residential care. If you are interested to find out more about these packages and clients awaiting placements ring Tori Smith on 9896 6377 or 9735 4188. Tori has been seconded for six months from the TrACK program to develop potential placement options and individualised support packages. Tori splits her time between the Lilydale office and the Box Hill office where she works closely with the Recruitment staff on recruiting carers.

The Move, Groove and Grow program is looking for more participants in this fun and supportive music program. The children of Move, Groove and Grow were the stars at last year's fundraising event 'Dinner with the Angels'. The program aims to help children socialise and regulate their emotions through dance, singing, drumming and games. Experienced staff from the Australian School of Performing Arts are leading the group. They are assisted by Jessica Slinger who many of you would remember from her time as a foster care case manager. Call Jessica on 9735 4188 and find out how Move, Groove and Grow can help your foster child (or indeed maybe your own children would also like to participate).

As many of you would be aware, we



have had to consider the viability of continuing to offer external respite. We are pleased that a decision has been made to continue respite in a limited capacity for the next 12 months. We recognise the value of providing preventative services and will continue to keep you updated.

Spring is in the air and soon we are looking at another fun event in the next school holidays—Inflatable World on Friday 25 September. The Recruitment, Training and Retention team have sent out invitations so RSVP soon! And then we are getting ready for Christmas again – but I'll leave that for the next edition of Jungle Drums!

**Brigitte Boulet**  
**Program Manager Home Based Care**

# Team Updates

## Recruitment, Training & Retention Team

Tarni Haywood

Well Foster Care Week is just about upon us and what better time to give a big shout out to all our foster parents and volunteers for the amazing role you play in the everyday lives of our children and young people.

Whilst the Gala Dinner is our formal way of acknowledging the amazing contribution you all make, Foster Care Week is a more public message highlighting the wonders of foster care. I hope many of you will be able to make either the FCAV's AGM and Celebration event on Monday 14 September or our High Tea on the 15 September to again say thanks.

Just to highlight the benefits of foster care, a few of you were present at the recent Chairmans award (congratulations Lindy Fergeus on your Highly Commended Award!). It was very heart-warming to see the impact that you can and do have on the lives of many of the children and young people in care, some of whom were at the event having been nominated themselves. I recently heard some really positive feedback in relation to one of the young people who has had an extensive history in our care, struggling in many facets of her life. It was wonderful to hear that she has settled and made some amazing and mature decisions to improve her life, is making good choices, is engaged in education, healthy living and has a part time job, all of which has enabled her to be in a fantastic place now, ready to move onto independent living. If nothing else this reinforces the message that we can never underestimate the role we play in contributing to the positive outcomes for children and young people. Often the benefits are so subtle or not immediately obvious, but there

are so many examples of the differences real care and compassion can make.

Foster Care Week is also a time to remember your own self-care. One of the key aspects of being a good and effective carer is learning to look after yourself and your own needs. A good, strong support network is essential, whether that be family, friends or other members / workers within the foster care community and I encourage you to reach out to these during those difficult times. Remember that Anglicare also has a number of resource books available for loan and we are happy to hear any suggestions about preferred training needs. Feedback is important in improving processes and outcomes for carers. Anglicare Victoria now has a feedback form via our website under the Contact Us tab. Please keep this in mind as an additional way of providing feedback, positive or constructive, to us. Take care and enjoy the approaching Spring weather



**Tarni**  
**Manager Placement Services**

## Intake, Accreditation & On Call Team

Gina Housakos

Hi Everyone, I hope that you are all enjoying Spring, hopefully the weather will start to improve soon! You will have received a recent letter from the agency advising that there were changes to the Annual Medical Self assessment. Since this time we have had further conversations with the FCAV expressing concerns and dissatisfaction regarding this new process which requires medicals to be completed by a GP. The FCAV has advised us that it is likely that all agencies will be able to move toward the system of Annual medical self assessments, the process we were previously using. Whilst this is yet to be confirmed, we will be moving back to our previous system and implementing the Annual medical self assessment process. We will inform you of the outcome of discussions between FCAV and DHHS once this has been confirmed.

We have become aware of a few issues individuals have had in contacting our after-hours messaging service. It is important that you are able to submit your message in a timely way and we are



concerned when we hear that carers have not been able to reach the service. We are presently trying to track this and would appreciate any feedback you may have when using this service (specifically in relation to the initial call rather than delayed responses from Anglicare staff who may be caught up on other calls). Feedback can be made directly to Natalie Cauce via email or phone.

**Thanks Gina**

### INTAKE STATS

No. Of Children	Apr	May	Jun
Referrals	60	74	89
Placed	21	28	38
Withdrawn	26	36	30
Unable to Place	8	2	10
Inappropriate	4	7	3
Under Assessment	1	1	8

## Team Updates cont...

### Case Management Team Michelle Mealor & Dean Parker

Greetings Everyone!

I hope this edition of Jungle Drums finds you all fit and well! Recently I had the opportunity to attend an Out of Home Care forum. Amongst the group of very informative and interesting presenters was a group of young people who were either currently in care or had been in care. They are the 'Youth Movement Initiative' and were originally engaged by St Luke's to help improve the educational outcomes of children and young people in the out of home care system. From their work together they discovered the common experience of feeling unheard in DHHS Case Planning processes, and as a result have produced a document including an extensive list of recommendations that they feel would improve the Case Plan experience for young people.

The three young people representing the Youth Movement Initiative were quite inspirational, and certainly left the forum participants from Anglicare offices across Australia pondering the question "How do we go about establishing a similar group in our own region?"

The messages that were strongly conveyed by these young people were:

- The importance of being 'believed in'
- The need to be heard
- Consistency in schooling
- Accessibility to their families
- Continuity of relationships with workers
- The need for reports 'to speak to young people' – that is for the language to be understandable to young people
- The importance of being supported by workers so young people will feel comfortable and safe, and therefore encouraged to attend Case Plan meetings

It was interesting to hear them talk about the use of language specifically 'carer' versus 'foster parents'. Their interpretation of the word 'carer' is that of a term used by the system (workers and other professionals) and suggests a group of people whose role is of a temporary and obligatory nature. 'Foster parents' on the other hand implies that the people in these caring roles are nurturing, want to connect with the young people in their care and develop ongoing relationships with them. In short they felt that the term 'carer' was not a true representation of the nature of the relationship between foster parents and the young people in their care.

Finally, one of the panel members referred to his many placements in foster care and described his final placement as being the best of all of his placements. He was asked what it was that made this his best placement, to which he responded "...because my foster mother believed in me". He went on to further describe this placement in which he was living in a bungalow on his foster parent's property, and was assisted to learn independent living skills, including budgeting, shopping, and cooking. This young man has clearly developed a meaningful, fond and ongoing attachment with this foster parent. He continues to have contact with her and it was evident that he genuinely cares for and is concerned about her wellbeing. It was refreshing to hear from this group of passionate young people who are clearly committed to making the experience for children and young people in care as good as it can possibly be.



### Michelle, Dean and the Case Management Teams

# Cybersafety Issue in Focus: Cyberbullying

Cybersaftey has become an important issue over the last few years. Over the next few editions of Jungle Drums we'll be featuring articles on important Cybersafety topics to help keep you as carers informed and empowered on ways you can support the children and young people in your care. This edition will be on Cyberbullying. Below is an excerpt from the Office of the Children's eSafety Commissioner website on useful strategies you can use to protect the children in your care.

## Cyberbullying

Cyberbullying is the use of technology to bully a person or group. Bullying is repeated behaviour with the intent to harm others.

### Behaviour may include:

- Abusive texts and emails
- Posting unkind or threatening messages, videos or images on social media websites
- Imitating or excluding others online
- Inappropriate image tagging

For many teenagers, their online life is an important part of their social identity. Many young people fear that parents might take away their devices and refuse access to the internet and so do not report cyberbullying to their parents.

Teenagers are also often concerned that parents' actions will make cyberbullying issues worse, so it is important to remain calm and supportive.

Trolling is when a user intentionally causes distress by posting inflammatory comments online. Trolling differs from cyberbullying in that trolls aim to gain attention and power through disruption of conversation by encouraging a defensive reaction from those they attack. Cyberbullying usually focuses less on the reaction of the victim, and more on the feelings and authority of the bully. Cyberbullying is usually repeated behaviour, while trolling can be one-off.

## What Can I Do?

As a parent, you can help your child and encourage them to take control of the issue. Talk to them about cyberbullying before it happens. Work out strategies to address any potential issues and reassure your child that you will be there to support them.

- Advise your child not to reply to any messages from a bully. Often if bullies don't receive a response they will give up.

- Learn how to block a bully so they are no longer able to make contact.

- Keep a record of harassing messages in case authorities become involved. Put them somewhere your child won't continue to see them.



- Contact the website administrator or use the reporting function to ask for content to be removed or to report harassment.

- Talk to your child's school if cyberbullying involves another student. The school should have a policy in place to help manage the issue.

- Remember that if your child has been involved in cyberbullying and seems distressed or shows changes in behaviour or mood it may be advisable to seek professional support, including through the website below.

### More Information:

The esafety website is a fantastic site and includes many fact sheets on cybersafety. Check it out at:

[www.esafety.gov.au](http://www.esafety.gov.au) Another great resource is the Kids Matter website at [www.kidsmatter.gov.au](http://www.kidsmatter.gov.au)

**Source:** Adapted from Commonwealth of Australia 2015. Information about cyberbullying is available from Australia's Office of the Children's eSafety Commissioner website (formerly the Cybersmart program), [www.esafety.gov.au](http://www.esafety.gov.au). ©Commonwealth of Australia. Reproduced with permission.

## September School Holiday Event

### September School Holiday Event—Inflatable World

**Friday 25 September**

**5.00 – 7.00pm**

**160 New Street, Ringwood**

**RSVP's Close Friday 18 September**

**\*\* Please be advised that places are limited \*\***

We are thrilled to offer all of our fantastic carer families the opportunity to come along to our next September School Holiday Extravaganza Event!

This year we are hosting our event at Inflatable World – Massive Indoor Playground. Carers are welcome to sit and relax while the kids play, or join in the fun.

We have exclusively hired the venue just for us, so come along and enjoy two action packed hours of fun and games.

RSVP's are essential to reserve your place. Please advise names and numbers of children attending via return email or by calling **9896 6322**.

***NOTE: Everyone playing on the inflatables MUST wear socks.  
No socks – no play!!***



### Carer Facebook Group

**Are you currently on Facebook?  
Would you like the opportunity to share information with other carers in a secure and friendly way?**



**Find us on:  
facebook®**

Our new closed Facebook Group "**AV Eastern Foster Care**" is now up and running! To join login in to your Facebook Account and search for the group "**AV Eastern Foster Care**". Then click on 'Join Group'. If you do not currently have a Facebook Account you will need to create one before requesting to join the Group. (Please ensure your privacy settings are not set to 'Public'.)

The purpose of this group is to provide another avenue to share information regarding upcoming events, information, links and stories pertaining to Out of Home Care. It is not essential that you join this group but we would like to encourage as many of you to do so if possible!

## Upcoming Community Events

### Vietnam Cycle: Cycle Vibrant Vietnam for Anglicare Victoria: April 2016

Imagine cycling from Hoi An to Hanoi knowing, with every kilometre you cover, you are helping to provide stability and support to children as they navigate through life with the help of their foster parents. Could you adapt? Join us for the adventure-of-a-lifetime and find out! The event will run from 20 April to 1 May 2016. To find out more, visit [www.inspiredadventures.com.au/events/anglicare-vic-vietnam-2016/](http://www.inspiredadventures.com.au/events/anglicare-vic-vietnam-2016/)



### Gastronomique Gala: Wed 25 November

Gastronomique is Anglicare Victoria's major annual fundraiser, a spectacular gastronomic Gala attended by over 500 people, who share a memorable night of fantastic food, wine and entertainment. This event is unique as it brings together up to 25 of the State's finest chefs who donate their time, produce and expertise to take guests on a magnificent three course culinary journey.

This event ultimately assists Anglicare Victoria in raising significant funds for the State's most vulnerable children. So speak to your friends, family, colleagues or even other carers and grab a table! Foster carers receive a special half-price discount (equating to \$150). For more information head to [www.gastronomique.org.au](http://www.gastronomique.org.au) To book your specially discounted tickets please email [dinner@anglicarevic.org.au](mailto:dinner@anglicarevic.org.au)



### Tough Mudder: Sat 17 or Sun 18 October

Get ready to join Team Anglicare Victoria in Tough Mudder, the ultimate team-oriented 20km obstacle course to test your physical strength and mental grit. We have on offer five charity supported places. Each participant receives:

- ◆ An exclusive spot in Team Anglicare Victoria.
- ◆ Free registration fee (equating to a saving of \$130.)
- ◆ Guidance and support right up until event day, including effective tips on fundraising.
- ◆ A FREE Anglicare Victoria T-Shirt prior to the event.
- ◆ Team spirit and a chance to make a difference.

To apply for one of our charity supported places, head to <http://microsites.realbuzz.com/microsites/anglicare-vic/> or email [events@anglicarevic.org.au](mailto:events@anglicarevic.org.au) or phone 9412 6173.



# Friends Program Availability

Our Friends Volunteer Program has expanded greatly over the last 12 months. We have quite a few newly accredited Friends available and eager to assist you as foster carers. Here's a snapshot about the Program and the current vacancies we have in your area!

## What do volunteer Friends do?

Volunteers in the Friends program are linked with children, young people and/or the individual, couple or family currently supporting children residing in Out-of-Home Care programs. Friends are able to provide assistance in a variety of different ways depending on their skills, experience, interests, preferences and availability.



## Why use a volunteer Friend?

- A Friend could provide you with a well-deserved break.
- A Friend could help provide stability or support to a placement, therefore minimising further disruption to a child's life
- A Friend could enable a child or young person to access activities, that due to other commitments, you may be unable to assume yourself
- A Friend could help to boost a child's self esteem
- A Friend could provide gender specific role modelling

## CURRENT VACANCIES

### Child Minding

You could utilise a volunteer Friend for occasional or regular child minding. Friends currently available for child-minding include:

**Marilyn** – Manningham area – available occasionally, prefers children aged zero to five years

### Mentoring/Buddies

You could utilise a volunteer Friend as a “buddy”, regular mentor or positive role model for a child or young person in your care. Friends currently available for mentoring include:

**Laura** – Yarra Ranges Area – available weekly/fortnightly, prefers children five to 15 years

**Olivia** – Yarra Ranges Area – available weekly/fortnightly, prefers children aged five to 15 years

**Shane** – Monash Area – available weekly, prefers children aged five to 15 years

**Stefanie** – Whitehorse Area - available monthly, prefers children aged five to 12 years

**Tia** – Mt Dandenongs Area – happy to travel – available fortnightly/monthly for children aged five to 12 years

### Tutoring/Homework Help

You could utilise a volunteer Friend to provide assistance with homework, literacy or numeracy, or tutoring. Friends currently available for tutoring include:

**Laura** – Yarra Ranges Area – available weekly/fortnightly, prefers children aged five to 15 years

**Lynn** – Boroondarra Area – available weekly tutoring, prefers children 12 to 18 years.

### In-Home Support

You could utilise a volunteer Friend in your home to provide supervision of children whilst you take some time out, complete household tasks or cook dinner. Friends currently available for in home support include:

**Cody** – South Yarra – available weekly, prefers children aged five to 15 years

### A Range of Activities

You could utilise a volunteer Friend for a range of activities. Friends currently available for a range of activities on a weekly basis include:

**Annabel** – Boroondarra & Whitehorse Areas

**Nazia** – Maroondah Area

**Shanna** – Whitehorse Area

**Please speak to the Intake Team if you would like to explore a link with one of the Friends in the Program. They would love to assist you, so don't hesitate to call!**

# Friend in Focus

## 5 Minutes with Ben Harris

For each edition of Jungle Drums we'll be interviewing a fantastic volunteer from our Friends Program so you can learn more about the role, they provide and why they find being a Friend so rewarding. This time it's Ben Harris' turn.

### *How long have you been a Friend and what sort of volunteering do you provide and how often?*

I have been a Friend for about two years now. I occasionally look after one child Ryder, to give his full time foster carer a break. It is usually once a month of an evening, so Sandie can go out to book club. Every now and then Sandie will need to get away for a few hours on a weekend as well. Basically it's babysitting!

### *How old is the child you support currently? How many children have you supported in total?*

Ryder is about to turn nine years old. There were two other children I supported for very short periods before Ryder, but it has been about 18 months (I think!) that I have been seeing Ryder.

### *What sort of activities do you do with the child in your care?*

We basically play. Ryder always has ideas, and when I arrive, he'll run through a list of things we are going to do or play while I'm there. They are usually high energy activities involving chasing, or hide and seek. We might watch some TV, and take a break to play some chess. It's never one thing for a long period.

### *What is the most rewarding part of being a Friend? Also what is the hardest part?*

The most rewarding thing is the gratitude that I receive from Sandie. She just needs a break sometimes, and she really appreciates that. It's also a lot of fun mucking around with Ryder. The hardest thing is finding the energy to play, especially after a day or week's work.

### *How does being a Friend fit in with your lifestyle?*

Being a Friend suits me, as I operate my own landscaping business, so I don't feel that I have the time or energy to devote to children full time.



### *What would you say to other people thinking about volunteering to become a Friend?*

Do it! You get to be a constant in a child's life. It's especially important when you don't know what kind of bad things that child has experienced, so I think it is definitely worth it, just to give them another reason to see the world as a good place.

\* Name of carer and child have been changed to respect their privacy.

# 2015 Gala Dinner Event Review

A BIG thank you to all of you who attended the 2015 Gala Dinner at the York on Lilydale Resort on Friday 31 July. It was a wonderful evening. We thoroughly enjoyed seeing you all there.

Attended by 190 foster carers, volunteers and staff the Gala Dinner is our way of acknowledging the hard work that you, our foster carers and volunteers, do in making a difference in the lives of vulnerable children in need.

The evening commenced with an entertaining performance by our Drumbeat performers, made up of young people, their Carers and Paul McDonald (Anglicare CEO). A further highlight of the evening was the performance by Stephen Smith, Tenor – Opera Australia. Listening to Stephen's wonderful singing voice and hearing his story of his experiences in foster care and what he overcame to be where he is today, was truly inspirational.

We also took great pleasure in acknowledging on the night those Carers and Volunteers who were newly accredited, those who had reached 5, 10, 20 year milestones and those who were eligible for Specific Achievement Awards. Whilst everyone was not able to be there on the night to collect their award, we recognise and congratulate all our award winners.

Lastly, from all of us here at Anglicare Victoria and more specifically the Home Based Care Recruitment, Training & Retention Team, we are very proud to be able to put together such a great night for all of our wonderful Carers and Volunteers whose support and dedication to children and young people is sincerely valued. We would love to hear your comments, ideas, suggestions and feedback from this year's Gala Dinner. We are constantly trying to make each year bigger and better than the last, so your feedback is appreciated. Please email [natalie.cauce@anglicarevic.org.au](mailto:natalie.cauce@anglicarevic.org.au) with your thoughts and comments.

An event like this would not be made possible without the generous support of many local businesses and in-kind partners who helped us provide gifts to all Carers and Volunteers on the night. Special mention to Masters Box Hill and Officeworks Doncaster and Nunawading who provided between them three mystery box prizes that were a huge hit.



www.croydoncinemas.com.au 3 - 5 Hewitt Road, Croydon 3125 VIC



## 2015 Gala Dinner Event Review



## Info Sessions & More

### Foster Care Week Events

#### Care for a Cuppa High Tea

To celebrate Foster Care Week (Sep 13-19) and the work of our dedicated Carers and Friends, Anglicare Victoria will be hosting 'Care for a Cuppa' high tea!



Enjoy a delectable array of finger sandwiches, pastries and cakes whilst enjoying a glass (or two) of sparkling wine. This is a great opportunity to catch up with fellow Carers and Volunteers and to celebrate the invaluable contribution you are making to vulnerable children and young people in foster care.

**Date:** Tuesday 15 September

**Venue:** Anglicare Victoria Lilydale Office  
47-51 Castella Street, Lilydale

**Time:** 12.30pm onwards

**RSVP** Phone **9896 6322**. RSVP's are essential. Children are most welcome to attend

#### Foster a Plant Campaign

Help the Foster Care Association of Victoria (FCAV) raise funds and awareness through their Foster A Plant campaign! The Foster a Plant campaign concept is simple. Foster a Plant is all about getting together with your friends and family, talking about children in foster care, and most importantly donating to help the FCAV better support foster families. Foster a Plant will run throughout September to coincide with Foster Care Week. If you would like more information, please click on the link below.



[www.fcav.org.au/news/foster-a-plant](http://www.fcav.org.au/news/foster-a-plant)

### Upcoming Foster Care Info Sessions

Do you have a friend, family member or colleague interested in learning more about foster care? Why not encourage them to attend one of our info sessions in 2015? The best advocates of the rewards of foster care are you, our current foster carers so please feel free to share!

**Our next info sessions of the year will be held on**  
**Thursday 8 October in Hawthorn and on**  
**Wednesday 14 October in Croydon at 7.30pm.**



People can register online at [www.anglicarevic.org.au/events](http://www.anglicarevic.org.au/events)

Or tell them to give Di Krygger a call on 9896 6322 or email [dianne.krygger@anglicarevic.org.au](mailto:dianne.krygger@anglicarevic.org.au)

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Anglicare Victoria  
Eastern Foster Care Program  
Placement Services – Recruitment, Training & Retention Team  
Post 7-11 Shipley Street, Box Hill, 3128  
Phone 1300 889 335  
Email [fostercare.eastern@anglicarevic.org.au](mailto:fostercare.eastern@anglicarevic.org.au)

