

Kyabracadabra

Newsletter of Kyabra Community Association Inc.

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Jan - Mar '09

EDITORIAL

by David O'Toole
Chief Executive Officer

Dear Readers

Welcome to this edition of Kyabracadabra. It's been an exciting month with great news that we have received additional funding for a number of very important Projects.

Our thanks to the Viertel Foundation who have provided ongoing support for the Building Tomorrows Together Project that supports families who have an adult member with a disability. In addition the Foundation has provided significant funding to support our Social Housing Project. This work enables us to provide affordable accommodation to a range of families who would otherwise be denied access to secure affordable housing. We greatly value the wonderful partnership that has developed with both the Viertel Foundation

and ANZ Trustees who oversee the Trust.

Our thanks too to the Department of Child Safety who have provided additional funds to support the Residential Home for five young boys.

Kyabra has a long history of innovative and effective responses to people in the community. These responses would not be possible without the support of Business, Community and Government and we greatly value their contribution and commitment. There are lots of additional developments across all areas in the newsletter and I would like to acknowledge the great work of all Kyabra Staff, Volunteers and Executive Board along with our wonderful community partners who make such a wonderful contribution.

Regards
David

Our sincere thanks to the Viertel Foundation who have provided funding to support both our Building Tomorrows Together project and our Social Housing project.

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Child & Youth Services

A word from your Carer Rep.

Happy New Year! By now everyone will probably have settled back to normal routines after a hectic Dec/Jan period. I hope you all are looking forward to the challenges and joys ahead of us this year. Thanks for the understanding, patience and support you have shown over the last few difficult weeks. It is appreciated by all! Please remember you can call me anytime if you would like to discuss anything. You don't need to have any major issues, may just need to talk.

Looking forward to getting to know you better in 2009.

Pam Susic

Welcome to New Carers

Tracy and Brian Crosby
and children Corey, Dylan,
Caitlyn and Tahlia.

Statistics

October to December

Carer Households:	22
Placements:	43
Respite Placements:	21
New Carers Approved:	1
Carers Left Service:	0

Upcoming Activities

Training – Module 5

Promoting Positive Behaviours

Tuesday 31st March

9.30am-12.30pm. No Childcare.

Wednesday 1st April

6:00-9:00pm. No Childcare

Foster Care Week Celebrations

Sunday 8th March

12noon-4.00pm.

Carindale PCYC.

Carer Morning Tea

Thursday 12th March

at Calamvale Coffee

Club. 10.00am to

12noon.



Carer B.B.Q.

Wednesday

18th March

5.30pm to 7.30pm.

Foster Carer Forum

Wednesday 25th March 6pm

to 9pm. Babysitting and Light
supper provided.

**All of the above must be
booked into please!**

News from Department of Child Safety:

The Department has 6 new workers; Tristan Birrell (student worker now back full time); Jackie Adams; Cushla Smith; Natalie Azar; Edith Chiu and Sally Rains who is returning.

The Department is also planning some behavior management sessions to be happening around June.

Handy Numbers

Crisiscare	1800177135
	3235 9901
Foster Care HelpLine	
	1300729309
Mt Gravatt	
CSSC	3343 4044
Jonathan	3373 9462
Linda	3373 9431
Debbie	3373 9434
Trish	3373 9435
Sue	3373 9432

Kyabra News

• Kyabra is still in the process of "re-structuring", therefore both Linda and Sue will remain in their positions until further notice. We will let carers know when things might change.

• Debbie has returned from holidays.

• Dixon St residential has 3 young men residing there at this time with the capacity for another 2.

• The environmental sustainability working group at Kyabra have managed to secure Jerry Coleby-Williams from Gardening Australia to be a guest speaker at an Expo to be held at Kyabra on **October 31st** this year. Be sure to put this in your diary!



Sue's Recipe - Gluten-free Lemon Slice

1 cup (150g) gluten-free self-raising flour
1 cup (80g) dessicated coconut
 $\frac{3}{4}$ cup (165g) caster sugar
2 eggs, beaten lightly
 $\frac{1}{2}$ cup (125ml) milk
110g butter, melted
 $1\frac{1}{2}$ cups (240g) pure icing sugar
2 tablespoons lemon juice approximately
 $\frac{1}{4}$ cup (20g) shredded coconut, toasted

Preheat the oven to moderate (180C/160c fan forced). Grease a small slice pan (18cm x 27cm); line the base with baking paper.

Sift the flour into a medium bowl; add coconut and sugar. Stir in the combined eggs, milk and butter; mix until smooth.

Pour mixture into prepared pan, spreading evenly to the corners. Bake in a moderate oven for about 25 minutes or until browned lightly. Stand the slice in the tin for 10 minutes before turning onto a wire rack; turning right side up.

Sift icing sugar into a small heatproof bowl; stir in juice to form a paste. Place the bowl over a small saucepan of water; stir until icing is spreadable. Do not overheat. Spread immediately onto warm slice, top with the shredded coconut.

Suitable to freeze. Lemon icing suitable to microwave.

Hope you enjoy !!!!



Forum for Foster Carers

MtGravat CSSC and
Kyabra

Wednesday 25th March
6.00-9.00pm

Light Supper provided
Childcare available if booked

Carer Roles and Responsibilities

Foster Carers are provided with a lot of information and training in the early part of their journey to become registered that can be at times overwhelming, and it is not until placements actually start that some of the learnings come into action.

It is also when caught up in the busy-ness of the role that some of those roles and responsibilities can be muddled.

This open forum is designed to open up discussions on what it is that carers can independently make decisions on and those which need consultation with the department and/or families.

We will also be discussing confidentiality and what is it that we can and can't say to others, whether they are within the foster caring community or our own networks and families outside of this.

It is important that carers attend this session with MtGravatt and Kyabra staff so that many of the questions that arise from these topics can be discussed openly.

Please contact the team
at Kyabra with your
RSVP by 20/3/09.

What to Send: Guide for when children are going home/ permanently transferring to another carer.

There has been some difference of opinion over this issue. The aim is for the child to smoothly transition therefore familiar items are important.

Clothes - Those specifically bought for the child (that currently fit them) or any that have been sent with or gifted to the child. Clothes and shoes that they are currently wearing (eg. Uniforms) or that carer may have had in stock that the child is using.

Toys - All presents (eg Xmas, birthdays) any bought specifically for the child or maybe "Special teddy etc" provided by carer.

Bedding - If a special doona, sheets or pillow or similar has been bought for or chosen by the child this should go with them.

Photos - All photos taken of the child while in your care. Each child should have their own memory box which has room to store their special things and a photo album. Kyabra has some boxes so please pick one up next time you are there.

For Respite - All children need clothes etc as above for time the child will be in respite.

For Babies - Formula, nappies, bottles and dummy. A written daily routine Medicare No and clothes.

The Fostering Allowance amply covers these items for your child (It is not intended as a wage for carers but a reimbursement to cover costs that you spend caring for the child.)

LIMITED HOURS CHILD CARE

Hi from all of us in 2009 at Limited Hours Child Care.

The year began on January 27th with all groups full and a sizable waiting list. This year we are operating five days (as opposed to four days in 2008).

We welcome back our families from 2008 and especially we welcome the siblings of those families who have started for the first time this year. A big welcome also to the new families who have joined us for the first time this year.

Our motto is:

You teach, we learn!

We teach, you learn!

We all have fun!!!!

This motto recognises the valuable contribution that the children make to our learning as adults and teachers. The children constantly amaze us with their insights and their ability to do things that are "well above their age and anticipated levels of development".

Our FRIENDS program from 2008 (this program has been extended this year following Pat & Robyn becoming trainers in the FRIENDS program) has produced children who show empathy at a relatively young age. One example: a child saw another child being sad and standing back on arrival. He picked a flower from the garden and took it over to her and encouraged her to join in. Other examples include

children who are having trouble separating being reassured by other children with a pat on the shoulder and words that remind them that their mum will be back after they have a play.

The older groups of children have been learning about acknowledging their feelings and then learning about a range of choices they can select from to change their "angry, sad, frustrated feelings" into happy thoughts and feelings. It is amazing how many ideas they have in brainstorming sessions. It is interesting to remember that these children are only 2 1/2, 3 or 4 years of age and they are already learning how to manage their feelings more effectively.



We also use relaxation music and the children are learning to relax and become 'floppy rag dolls'. This is a resilience-building program.

This program 'sits beside' the assertiveness training program we use to encourage appropriate behaviour towards their peers. We teach the children to 'stand up for themselves assertively' and to treat others using our three rules.

- Keep your hands and feet to yourself.

- Walk inside.
- Say words that make others feel happy.

As this item is written we have just completed our third week for each group from Monday to Friday and the second week for the Monday group. The children are beginning to find 'friends' with whom to play. Sometimes it is the same child/children for the day while at other times they end up playing in a larger group. There is a small group of children who like to make things from boxes and they tend to get together and design and make something that interests them. Other children prefer to make things from Lego or Popoids while others like to dress up. Already Robyn and I are accumulating speeding and other tickets from the 'police' children. Art activities are always available as is playdough.

You will notice the perceptual motor program is operating outdoors (when it is fine). The rebounder and the buckets are proving to be popular. Jumping from the fort is always a popular activity as is ball catching and throwing. We have some future soccer players with us as well I think, from the way some of the children kick the soccer ball.

If you have any queries about the program please ask Pat or Robyn.



Staffing

Pat Milley and Robyn Armstrong continue as Director and Assistant.

Trainees

Rachel, Mameritha and Chandra our 2008 trainees have completed their traineeships and received Certificate 11 in Children's Services. Congratulations and best wishes for the future to each of them.

We welcome our new trainees for 2009. Each trainee is studying Year 11 at high school.

Amanda Fox
Kayleen Grinan
Rebecca Miles
Vincent Nguyen
Tiffany Sheppard

Volunteers

Brendan Huddy our valued volunteer achieved his Certificate 11 in Children's Services in late 2008. Brendan graduated at Charlton Brown's graduation with his family in attendance. What a wonderful night it was for Brendan. He had worked very hard to achieve this certificate and we are all very proud of him. Brendan was given the Award for Outstanding Achievement. What a volunteer!!!!

Caroline Turner another valued volunteer achieved her Certificate 11 in Children's Services early this year. Congratulations Caroline.

All of our volunteers have returned (with the exception of Helen who is in England on a working holiday) and we wish to welcome them.

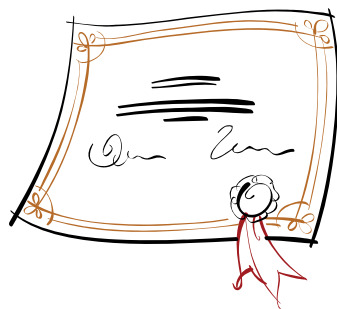
Brendan Huddy: Certificate 11 (Children's Services)

Christine Walker: (Chris covers for Pat when necessary) Bachelor of Teaching (Early Childhood).

Patricia Greig: Certificate 11 (Children's Services). Pat covers as an assistant.

Caroline Turner: Certificate 11 (Children's Services).

Alana Pettigrew (Certificate 11 in Business).



We welcome new volunteers:

Gayle White
Ray Milley
Renae McIvor

It is only with these committed trainees and volunteers that we can provide the quality program that has become the hallmark of Limited Hours Child Care.

Interesting articles

There are some interesting articles available for your perusal. Volunteers and

parents have found these articles and kindly shared them with us. Please ask Pat or Robyn for access to them.

*Parents warned of risks to TV-watching kids (The Australian Dec 2 2008).

*Are you a mouse or a lion? An interesting article about bullying. Wondertime, Feb/March 2009.

*Several articles about recognising the signs of Asperger's Syndrome or Autism in young children.

*Developmental checklists for speech and language and for general development.

Asperger's syndrome is thought to affect 1 in 160 children although it could be much higher according to Dr Tony Atwood, a world authority, because girls often slip through the net. The earlier this diagnosis is made the better the outcomes for these children. Asperger children become Asperger adults. Asperger children usually have average to high IQ's. The difficulty is in the social and communication area of their lives. The behaviours can be improved if attended to early.

We look forward to getting to know you all as the year progresses. We thank you for entrusting your children to us.

Pat, Robyn and the team at Limited Hours Child Care.



Community Development

Kyabra Community Association

warmly invites you to a ...

“Garden Tea Party”

to celebrate International Women’s Day

at 9.30am to midday.

on 17th March, 2009

to be held in

The Community Garden

at Kyabra Community Association,

Kyabra Street, Runcorn.*

for a morning of tea and conversation,
sharing stories of the ways we come together as women
to give and receive support,
to share in the creation of a garden sculpture and
windchimes to create a place of nurture.

Children are welcome. We will provide tea & coffee and invite you to bring a little food for a shared morning tea and something to sit on if you can. Please let Sarah, Ifrah, Trish or Liz know if you are hoping to come along (3373 9499) and if you might require transport.

* If the day is wet we will be in the big shed.

Community Gardening Mornings

The Kyabra St Community Gardens group would like to extend a warm welcome to anyone in the community who may be interested in linking up with a great bunch of people working in the community gardens on site at Kyabra.

The gardens group meet on the 1st and 3rd Saturdays of the month, weather permitting!

Times for the next few community garden mornings are:

Saturday 21st March

Saturday 4th April

Saturday 18th April

Saturday 2nd May

Saturday 16th May

Saturday 6th June

Anytime from 7am till lunchtime

The Kyabra St Community Gardens are located in the carpark of Kyabra Community Association, Cnr Kyabra St and Gumtree Sts Runcorn (off Compton Rd).

All are welcome to come and enjoy some time in the garden, meet other people and share some great conversation over a cuppa and a shared morning tea.

If you can't make it to our working bees, please feel free to contact us about other times you are available. Our members are in the gardens at various times during the week.

Everyone is welcome regardless of how much or how long you would like to participate - you can join us simply for morning tea and a tour of the garden if you like! No gardening experience necessary!

For more information please feel welcome to call Sarah T on 3373 9499 or email sarahT@kyabra.org

Hope to see you in the gardens soon!

Kyabra St Community Gardens group welcomes 2009!

We look forward to meeting new people and learning more about gardening in our natural environment. We also hope to fix up the front area of the gardens, get the bathtub gardens up and running, grow passionfruits and lots more fruit and vegetables!

Thank You

The Kyabra St Community Gardens group would like to thank the Lord Mayor and Councillor Gail MacPherson (Karawatha Ward) for their support of the “Updating

Garden Tools project”. The group have recently been advised of their successful application to the Lord Mayor's Suburban Initiative Fund, to purchase new tools and items for use within the gardens.

Our Wish List

We are currently planning to dig out some of the garden beds that have overgrown, and are looking for helpers or the use of a bobcat.

Please let us know if you can help!



Disability Services

Hello everyone and a warm welcome to the Disability Service news updates.

Since our last news at Christmas we have continued to roll out the Brisbane South Flexible Holiday Program (BSFHP) and have supported 47 families this year. This is always a wonderful time for us to see families take part in a broader program where they can receive additional supports at a challenging time of year. Di Wagner has coordinated the program for the first time and has done some excellent work getting to know the program quickly and effectively stepping straight into timely supports for families and streamlined processes for the team. Di will also take over a permanent Resource Worker role at the end of the month and is currently acting in the Manager role whilst I am away on leave. Congratulations Di.

We would also like to give a very warm welcome back to Tracey Moulard who has been away on maternity leave. I'm sure that for anyone who knows Tracey you will agree that she is a huge asset to the team and brings with her lots of warmth, encouragement and

understanding of her role as this is where her work at Kyabra began.

Many of you may also know that Elisabeth Gerlitz who has been in a locum position for a while now will be leaving at the end of March to have her baby. Elisabeth also came to us from the family support worker team and has been a great support to us all. We wish Elisabeth and her partner all the very best in their new adventures of parenthood.

Lastly, I also need to let you know that I am currently on leave until the 13th March and at this time will also be resigning from my position at Kyabra. This decision hasn't been an easy decision as I have enjoyed and learned so much in the four and half years with the service. I have also come to develop some significant friendships with colleagues and with families. My plans are to continue working in the disability field and support the development of a new project with Disability Services Queensland. I would like to thank each and every one that has supported my journey, I know that you have shown huge amounts of patience in my growth and I do fully acknowledge and appreciate

your valued friendships and trust. I have no doubt that I will be reconnecting with many of you and wish you well in the meantime.

A permanent Manager position will be advertised soon and the team will keep you up to date on the outcome of this. If you have any questions please do not hesitate to call Dianne at the office.

All the very best of wishes to everyone.

Pam

Happy Birthday to the following Family Support Workers



Mathew 7th January
Edith 12th January
Garikai 18th January
Sandra 19th January

Stephen 15th February
Kat 16th February

Elizabeth 3rd March
Jodi 3rd March
Leena 12th March



Home and Community Care (HACC)

As many of our families will be aware, we have been able to provide ongoing supports to a number of families throughout the year. Earlier last year, we were able to take on some newly referred families for time-limited periods of support and were in a position to be able to provide ongoing supports to those families and to be able to offer support to other new families from time to time. As a growing service we would also like to have the flexibility, financially, to be able to provide extra supports to any of the families we currently support, at times when they need it. However, due to increasing support needs and costs, our funding cannot stretch the resources as much as we would have hoped. Given our current situation we are hoping to problem solve this situation with the support of families who receive HACC services and we will be applying to HACC for increased funding at the end of our current funding agreement which is due at the end of this year.

Overall this has meant that we need to discuss support options with the families, the aim being to remain as creative and flexible as we can be to help resources go around as much as possible. Obviously, we can fully understand the significance of this news for families and potential changes for their family support workers too and hope to be able to sort things out fairly quickly given the limitations that the service is feeling at the moment. We would like to thank those families that have been in a position to support us to reduce the current financial stressors within our service.

Mothers with a Disability Group

This group was offered for any mothers who felt they had some challenges around their parenting experience due to a disability, whether physical, intellectual or psychiatric.

The group has met for the first time and shared their stories about hope and hardship. It was a great morning and another time has been planned to get together over a cuppa on

Thursday March 19th

at Buranda Centro Shopping Centre, Cnr Ipswich Road & Cornwell St, Buranda at 11am (meeting outside target).

If you are interested in attending please phone Dianne on 3373 9499.

Siblings Program

This program was supported by Kyabra's Community Partnerships team, namely Liz Price, with the support of Jane Pope and Harvey Chapman. It has been a great success with many younger siblings enjoying their time together and sharing significant information of their experiences.

Liz is in the process of finalizing her piece of work and we can hopefully present this back to all the people involved. Well done everyone, as this piece of work could not have been such fun and so engaging without you.

Mums' Weekend 2009



**Friday 15th May to
Sunday 17th May**

The annual Mum's Weekend is being held at The Hideaway, Cabarita Beach. We will be sending out more information and expression of interest forms soon so keep an eye out!



ASD SOUTHSIDE MEETINGS MARCH

**Thursday 19th March
9:30am**

Logan ASD Support Group

Logan Hyperdome Library - Outside Centre near Big W near the intersection of Mandew St and Plantain Rd

Join them for an open discussion day and share your success stories.



Companion Card



The Companion Card allows people with a profound disability, who require attendant care for the rest of their lives, to participate in community activities and events without discrimination.

Companion Cards can be presented at participating organisations where cardholders will not be required to pay an admission fee for their companion who is providing attendant care.

For more information contact the Companion Card Information Line on 1800 650 611, email info@companioncard.org.au or look at the website www.companioncard.org.au

Carer Business Discount Card

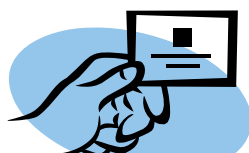
To recognise the valuable role Carers play in the community, The Queensland Government has introduced the Carer Business Discount Card scheme. This new scheme builds on the existing Seniors Card and Seniors Business Discount Card partnership between businesses and government.

With the support of the business community, carers can use their Carer Business Discount Card to obtain discounts and incentives from participating businesses.

The card provides direct, real benefits to carers in acknowledgement of this contribution. When making purchases from registered businesses, simply present your Carer Business Discount Card to receive the discount or other offer.

To be eligible for a Carer Business Discount Card you must be a resident of Queensland with a Queensland residential address registered with Centrelink, and receive the Centrelink Carer Payment of Carer Allowance.

Phone: 13 13 04
Email: cardservices@smartservice.qld.gov.au
website: www.communities.qld.gov.au/community/carerbusinessdiscountcard/carers



Queensland Aged and Disability Advocacy (QADA) Inc.

QADA can help to create a level playing field by supporting older people, people with a disability and their carers to be heard.

An advocate provides support by working with you, solely on your behalf and at your direction.

QADA is a not-for-profit community-based Statewide advocacy service funded to provide information, education, support and representation to enable people to understand and exercise their rights and their responsibilities.

QADA's Values:

- *client-directed advocacy, integrity and confidentiality*
- *transparency and accountability*
- *striving for best practice services*
- *recognition of staff and volunteers and commitment to their development*
- *acknowledgement of broader stakeholders' interests.*

For more info:
Ph: 3637 6000 or
1800 818 338 (Outside Bris)
email: info@qada.org.au
www.qada.org.au

(source: QADA website)

Queensland Shared Visions Conference Registration Open

Disability Services Minister, Lindy Nelson-Carr, has announced keynote speakers Bernard Salt and Robyn Moore will kick off a lively debate at the two-day Shared Visions Disability Conference in Brisbane.

The Minister stated "The Conference attracts a really diverse range of people from academic experts, those in the service sector, carers and people with a disability to explore better life outcomes for Queenslanders."

Registration for the Conference is now open, with Conference fees ranging from \$50.00 - \$220.00. **It is free for Carers accompanying a registered person with a disability.**

When:
2nd-3rd April 2009

Where:
Brisbane Convention and Exhibition Centre

For full details about submitting abstracts/summaries, the Conference program and background information, visit www.disability.qld.gov.au

Australian Guardianship and Administration Council

2009 NATIONAL CONFERENCE

Social Inclusion:

The future of Ageing,
Disability and Substituted
Decision-Making.

19-20 March 2009

The Hilton Brisbane
190 Elizabeth Street
Secure on-line registration
for delegates paying by
Mastercard or Visa is
available at

www.secureregistrations.com/AGAC09

RECLINK

Activities and Online Activity Calendar

Reclink's core aim is to increase the access of people experiencing disadvantage to sports, arts, cultural and relaxation activities. All reclink activities are drug and alcohol free, adequately supervised and insured, and most are free of charge.

To see the first activity calendar, visit Reclink's new national website on www.reclink.org - click on 'Queensland', the 'What's on Where'.

Free activities for 2009 include:

- A lawn bowls program at Ithaca on Tuesdays from 10:00am-12pm
- Touch football training and games at New Farm Park, leading to a full league
- A drama group on Tuesdays from 10:00am-12pm at West End
- A Beach Volleyball League
- A new darts program, Tuesday 2:00-3:30pm
- An art group at West end on Friday morning



BUILDING TOMORROWS TOGETHER PROJECT
EXPLORING CREATIVE OPTIONS
(Funded by the Viertel Foundation)

The Building Tomorrows Together project team is delighted to announce that we have been successful in gaining an additional three years funding to work alongside families who are planning for their son/daughter with a disability. This funding means we can continue to build on the foundations we have developed and hopefully support some individuals to move out of home.

Sincere thanks to the Viertel Foundation who have provided the funding and have been very supportive of our work. Thank you also to David O' Toole who has been very supportive of our little team and assisted us greatly with our application and presentation to the Trustees.

The other news is that we are now part of the Community Development Team with Mel Hilditch as our Manager. This has been identified through the Structural Enhancement process and will be an exciting new time for the BTT project as we integrate the resources and knowledge of our Community Development team members into our practice. We will maintain our connections with the Disability Team as we are funded to support families who are caring for a person with a disability.

Our hopes for 2009 are as follows:

- To continue to support and resource a small group of families who meet on a monthly basis. These families are exploring creative ways to support their son/daughter move out of home.
- To host another Accommodation Expo to bring together service providers and other agencies who can advise and inform parents.
- To extend our support to parents of younger children so they can begin to plan for a good life for themselves and their son/daughter with a disability.
- To continue to meet with families on a one to one basis to provide information and support and to assist with the planning process.
- To work collaboratively with service providers to ensure families have access to a range of information and also facilitate well coordinated support in line with the goals of the family and person with a disability.
- To continue to provide resources and information to families to assist families to plan for a good life for their family member and themselves.

- To offer workshops and parent groups at Kyabra

We look forward to continuing to support families as they explore creative options for their son/daughter to move out of home. Please feel free to give us a call on Tuesday or Wednesday or connect with your Keyworker if we can be of any assistance to you and your family.

Regards,
Gemma Scott & Sarah Duce

Pave the Way Project

13/3/2009 - Monto
2 Day Live-in Workshop
"Developing a Vision and a Plan"

19/3/2009 - Noosa
"Building Lifelong Supports & Safeguards - Through Planning and Inviting Others In"

31/3/2009 - Mt Gravatt
"Rolling conversations"

Ph: (07) 3291 5800 or
1300 554 402
pavetheway@mamre.org.au



Kyabra Flexible Support Options

Farewell

I am off on
Maternity leave.



Just a quick note to say farewell and all the best to all of the families that I have worked with in the Disability Team and more recently in the new Mental Health Respite Project at Kyabra.

I have really enjoyed being able to support families during the last three years and have found it a wonderful experience. I feel truly blessed to have had the privilege to hear families' very personal stories and together create ways to support the whole family with dealing with their everyday struggles.

I would also like to take this opportunity to thank all of the staff at Kyabra, what a great bunch of folks! I will miss this place a lot and will be looking forward to coming back in twelve months time.

I will leave on this note, God bless you all, take care and I'm looking forward to when our paths cross again.

Tania Pollard
Coordinator
Kyabra Flexible Support
Options

Kyabra Flexible Support Options is a great project and I am pleased to be part of it for the next 12 months. The KFSO Team of staff will continue to work alongside you in achieving your goals in 2009.

Tarryn
Project Coordinator

Reclink 'League Tag' Touch Football League

Reclink is delighted to announce the launch of two Touch Football Leagues for teams of women and men who are experiencing mental health issues in their lives.

Funding from Queensland Alliance and the work of Communitify and Reclink has allowed Reclink to start what is planned to be an annual league to be held each Autumn/Winter.

Teams will consist of 10 players, women and men. If you are interested in joining a team or for more information please contact Úna Harkin on 0448 933 285 or una.harkin@reclink.org.



Top tips for staying well



- Look after your physical health: eat well, get some exercise, drink in moderation and avoid smoking



Make time for
sleep, rest and
relaxation

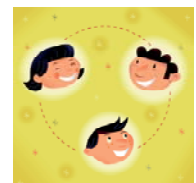
- Keep busy and have something to look forward to!

- Establish a good and regular relationship with a GP you trust.



- Get to know what is happening in your local area

- Maintain your relationships with those around you



Supported Accommodation Service

Course in Responding to Domestic and Family Violence



History was made in August 2008 when the Centre for Domestic and Family Violence Research, in partnership with the Queensland Health and Community Services Workforce Development Council, launched the pilot of Queensland's first nationally-accredited domestic and family violence course titled: Course in Responding to Domestic and Family Violence (30629QLD). Twenty-six participants from government and non-government organisations that respond to women who have been subjected to domestic and family violence signed up to participate in the pilot. Even though the Homelessness Early Intervention Service (HEIS) does not have this specific role, many of the women I support have a history of, or are currently living with violence. The knowledge and skills gained in this course has helped me to respond more effectively to these women's needs and therefore, to successfully maintain their tenancies.

The Course has three units:

1. Recognising and responding to domestic and family violence;
2. Referring appropriately and effectively in response to domestic and family violence;
3. Reflecting on work practice when responding to domestic and family violence.

The first unit required competency in identifying and responding to domestic and family violence during professional contact with clients. It required a knowledge and understanding of domestic and family violence and an awareness of its effects, together with an ability to promote confidence whilst responding appropriately, including providing relevant and timely information and referral.

The second unit required competency in ensuring that any indications of risk or threat to safety are analysed using risk indicators and responded to according to the degree and nature of the risk to the client and/or worker/s. Participants also learned how to develop safety plans and strategies in consultation with the client and their specific needs. Risk assessment of workplace and safety procedures for workers to handle critical incidents was addressed. Information was also gained on the availability of legislative protection to be provided in a timely and appropriate manner.

The third unit required participants to identify their personal values, beliefs and experiences of domestic and family violence. Participants were then required to recognise the impacts of their values, beliefs and experiences on their work practice; and acknowledge this when planning work activities. Finally, the impacts of participants' values, beliefs and experiences on work practice were assessed against recognised industry standards.

Due to the overwhelming success and support for this course it will be continued in 2009 utilising a Recognition of Prior Learning (RPL) Tool. Learnings acquired in this course lead to more effective management of domestic and family violence issues in the community.

Jacy Karmen
Homelessness Early Intervention Worker



Lighthouse Resources

BEN FURMAN WORKSHOPS

International psychiatrist, psychotherapist and trainer



Ben Furman, M.D. co-director of Helsinki Brief Therapy Institute & Twin Star Ltd, is a psychiatrist, psychotherapist and trainer of solution-focused psychology and psychotherapy. Ben has also been active exploring other applications of solution-focused psychology such as coaching, leadership training, team building, education and parenting. Ben has developed a number of methods to help children and adolescents overcome problems. "Kids' Skills" is a solution-focused approach to helping children solve all sorts of problems together with their family and friends and "Steps of Responsibility" is a constructive way of dealing with the wrongdoings of pupils at school. Ben teaches and lectures in his own country as well as abroad. In Finland he is well known a psychological program on national TV which he hosted for several years. Ben lectures internationally, is fluent in English and is known for his humorous presentation style and his willingness to interact with the audience.

BRISBANE WORKSHOPS

KIDS SKILLS

A Practical Solution-Focused Method for Helping Children Overcome Problems

This practical protocol for working with children and teenagers puts the child in the centre while engaging the child's parents, other adults and friends in helping the child solve his or her problem.

Thursday 19th March 2009

9:00am-4:00pm

Bardon Centre

Simpsons road, Bardon

\$165 including morning and afternoon tea and lunch (GST included)

SOLUTION FOCUSED LEADERSHIP & GENERAL ORGANISATIONAL CULTURE

How Managers and co-workers can effectively incorporate solution-focused ideas in their daily work and increase motivation and work satisfaction using simple and highly practical ideas.

Thursday 19th March 2009

6:00-9:00pm

Lighthouse Resources Training Room, Kyabra Street, Runcorn

\$80 including light supper prior to workshop.

KIDS' SKILLS FOR PARENTS

Inspiring & Teaching Parents to Enjoy Thier Kids

This workshop will introduce you to a solution-focused parenting course aimed at strengthening parents' faith in their role as parents. You will become a certified trainer/coach of this program.

Friday 20th march 2009

9:00am-4:00pm

Bardon Centre, Simpsons Road, Bardon

\$187 including morning and afternoon tea and lunch and trainer's manual (GST included)

To Book: Phone Lighthouse Resources on 1800 009 462 or 33739407,

email us at info@lighthouseresources.com.au

or register on-line at www.lighthouseresources.com.au



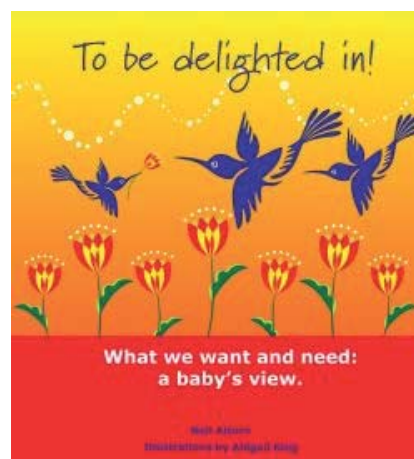
Lighthouse Resources Bookshop

To Be Delighted In! Price \$20.00
Author: Neil Alcorn Illustrations: Abigail King

Many parents feel they must wait until their child is mobile or able to speak before any real relationship can begin. We know for example that the foetus is prepared for the extra-uterine environment from the beginning of the 3rd trimester. Parents need the opportunity to be aware that their baby is yearning for their love, attention and interest. The first developmental task for the infant for example, is not holding their head up, sitting or crawling but the development of a relationship.

The aim of this book is to highlight in a very accessible way the newborn infant's innate capacities for social interaction. The infant's communications may be subtle at first but with a little patience and a parental willingness to observe and think about their baby, these quickly become apparent. Science and psychology has demonstrated that the infant has remarkable capacities for perceiving and responding to the emotions and actions of others and that these early experiences literally structure the development of the brain.

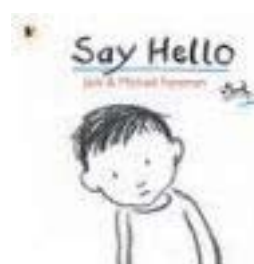
The book introduces some of amazing capacities that the infant has for social and emotional relationships as well as the signs an infant might give of their physical and emotional states and needs ie when they are tired, hungry and when they are wanting and available for interactions. It counters the age-old myth that parents must not respond to their child too soon or they will "spoil" their new baby. The book acknowledges that parenting a new infant is a challenging task also encourages parents to find supports of their own when they need to.



Say Hello Price \$15.95
Author: Jack & Michael Foreman

Why Love Matters Price \$34.95
Author: Sue Gerhardt

How does affection shape a baby's brain? Gerhardt sets out to demonstrate how in the very early years, especially the first twelve months, a baby's brain can be affected emotionally for life. The amount of touch and the type of touch, she argues, can explain depression, anger and other behaviours that arise later in life. Scientifically and psychologically rigorous models are used to explain this as fact. Extremely interesting and an important work of our time for any parent with a baby or about to have one.



When someone's looking lonely and in need of a friend, there's one little word that can help.....

A strikingly illustrated picture book with a strong anti-bullying message, from a father-and-son team.

Based on the author's childhood experience, Say Hello tells the poignant story of a boy who is left out and all alone, while other children play happily together. Michael Foreman's beautifully spare illustrations perfectly complement the stories underlying message: When someone's feeling left out, low, it doesn't take much to say... Hello

