

Northern Exposure - Families NSW

Newsletter

Winter Issue 2009

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Welcome to the first edition of our e-newsletter. This newsletter is intended to bring you all the updates on projects, news from members, information about relevant and useful conferences, forums, new incentives, case studies, reports, resources and some news items etc.

Inquiries contact [Niv Srivastava](#)



This newsletter has been produced from Families NSW funding.

Update on Families NSW projects

- [Aboriginal Early Years Project](#)
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[Transition to School](#)**Families NSW Update**

Rebecca Coote, CPO, Families NSW, provided us with the very handy resource-directory of Families NSW and ACYFS projects.

- [NS Families NSW and ACYFS projects and contact list 10.2.pdf](#)

Supported Playgroups Project

Communicare Sydney is the successful organization, soon to commence the implementation of the NSW Supported Playgroups Project in the coming months. They have good experience in the provision of the FNSW Supported Playgroup model as they are the auspice of the St George Supported Playgroup Project in South East Sydney. So, a big welcome to Communicare Sydney into the FNSW network in Northern Sydney.

Contact Details: Michelle Cuthbertson
 Children's Services Manager
 Phone: 8746 5900
 Mobile: 0438 436 574
 Email: mcuthbertson@communicaresydney.com

Family Worker Project

"Maura Magee is the new Families Services Coordinator with Centacare. She manages both the Northern Sydney Family Workers Project and the Manly, Warringah, Pittwater Youth Support Service. Centacare's Northern Sydney Family worker program has been in operation since July 2008 and has delivered a services to numerous families through family support. This child centered program aims to support parents to effect changes to reduce risks posed to children while strengthening family resilience.

The Family Worker Project shall be starting to run groups for parents and children over the upcoming months. No groups have been run to date, however we are planning for groups to be commencing in the second half of 2009.

The third element to the Family worker Project is to provide family support for Supported Playgroups in the area. To date they have been attending one supported playgroup regularly, however it is intended that this increase over the

next few months as Communicare Sydney establish their playgroups in the region. The Family Worker Project is open for referrals of families either through self-referral or through agency referral.”

Contact Details: Maura Magee
Coordinator Family Services
Address: Centacare Broken Bay
Unit 9B, 44 Wattle Road
Brookvale NSW 2100
Phone: 8968 5100
Fax: 9939 4277
Email: maura.magee@dbb.org.au

Early Ed Project

Kate McMaugh is no longer in the role. Update awaited for the future of the project.

Father’s Tool Kit Project

New Resources and Father Inclusive Practice guide available for the members/service providers.

- [FaHCSIA Father Inclusive Practice Guide.pdf](#)
- [Father's Tool Kit Resources-FAHCSIA-SC.pdf](#)

Contact Details: Relationships Australia
Sally Chapman
Phone: (02) 8874-8005
Mobile: 0438 436 574
Email: sallyc@ransw.org.au
Website: www.relationships.com.au

Literacy Links Project

Time limited project. Target population –the early childhood community including families with children 0-5. Literature search and Community survey carried out in 2008-2009 simultaneously. Literacy Links is an exciting new Families NSW community initiative that builds on current literacy and numeracy knowledge and practice. It is a year-long project to strengthen collaborations activities and resources that help families to support children aged 0-5 years to develop literacy and numeracy.

Who's involved: Early childhood educators, parents and other members of the Northern Sydney early childhood community. Contributions encouraged from early childhood educators, service providers and community members in Northern Sydney to build on their successes.

- Symposium held April 1st 2009; a meeting to further survey the early childhood community in the Northern Sydney region.
- Providing grant applications for those wishing to apply for available grants, to develop their ideas into possible partnerships, activities and resources. Applications are currently being finalised
- Results - Measuring the effectiveness of strategies and resources over time in the community. Showcasing results day-September 30.
- Most information available on their website.

Contact Details: SDN Children Services
 Georgina Crawford
 Mobile: 0416 400 988
 Email: g.crawford@sdn.org.au
 Website: www.sdn.org.au/literacylinks

SACC Dee-Why Project

Invites only Maori & Pacific Nation families with children to join 'Supported Playgroup' Program commencing on Monday, 1st June 2009.

Where: Scouts Hall, 25 Arthur Street, Dee Why
 When: Mondays 10:00am – 12:00noon
 Contact Details: Dee Why Public School
 Sandip Bhattacharjee
 Phone: (02) 9982-5414
 Mobile: 0431 240 180
 Email: sandip.bhattacharjee3@det.nsw.edu.au
 Website: www.sdn.org.au/literacylinks

Regional Practice Forum

Northern Exposure Report is finished. The evaluation results are positive. An interest in having such Regional meetings on a regular basis is evident from the survey results.

Regional Network Facilitation Project

The project has been supporting all the four Networks in several different

ways. The information on the updates from projects, conferences, announcements, events, News and relevant reads etc are communicated to all members through Information Journals and Snippets sent frequently to all. The project is responsible for designing, developing and this Newsletter in consultation with the members. It is intended to bridge the gaps in information, communication and updated information reaching members. The Regional Resource, Supported Playgroups Region wide is building up with members' help.

- [Resource-Supported Playgroups Regionwide - June 2009.pdf](#)

Contact Details: MigrantLINK Australia Limited

Niv Srivastava

Phone: 9987 2333

Email: niv.srivastava@migrantlink.org

Website: www.sdn.org.au/literacylinks

Hornsby Waitara Hub Project

Update

Elisabeth has been in the role from September 2008 onwards. The program slowed down for 2-3 months before that owing to various reasons, but the core programs kept operating during that time. The Project is now supported by two new childhood professional and early childhood workers (facilitating groups) and Elisabeth's hours of work being increased to 30hrs a week, Tuesday-Friday. There is now a landline number where the hub can be contacted all days of the week (9476 0146, Elisabeth's mobile- 0400416849). Hub location: 1 Coronation Street (Cnr Pacific Highway), sharing with Mission Australia CAFS Office. They hope to get their own home soon. Funding specifically for Hornsby Waitara areas only.

Current Programs at the Hub: Open doors (Cultural specific social support groups in partnership with Migrant Link), Kids on the block, Babies on the block, Supported Playgroups: In partnership with Centacare Family Support, Bilingual Children's library, Drop in and Chat-for families searching for services, support and assistance.

Outcomes for the Hub recently have been great. It has lead to new friendships, and families being appreciative of the benefits and immediate results in some cases. The Hub has started a newsletter for families/clients- if you want to become a member or send some information to be added to the

Newsletter, please get in touch with Elisabeth
MoodyE@missionaustralia.com.au

Ryde Community Hub Project

New Supported Playgroups started Ryde Play and Learn (priority given to marginalised groups); Transition to School Playgroup, Young Parents Playgroup.

Ryde Play & Learn – a universal supported playgroup operating on Monday mornings from 9:30-11:30 in the hall of West Ryde Public School. We are currently serving 30+ families from the local area and it is a very vibrant, multicultural group.

Transition to School – this is a group which runs concurrently with Ryde Play & Learn, offering school readiness activities to a group of 10 children who will be attending school next year. These children are either not attending any other prior to school setting, or they are attending Child Care 2 days a week, where the quality of the early childhood education program is not known. This group runs for an hour and a quarter on Monday mornings in the Ryde Community Hub room. The children then join the larger playgroup for morning tea and music & storytime.

Young Parents' Playgroup – this group is targeted to parents who are aged 25 and under. It is designed to be a small group and we currently have 7 families involved. This group operates on Friday mornings from 10am-12 noon in West Ryde Public School hall.

Drop in Centre and Resource Library – we are currently setting up this component of Ryde Community Hub. We hope it will be operational to coincide with the Hub's official launch on Monday 17th August.

The details have been added to Supported Playgroups Region wide.

Family Support Worker appointed, 16hrs wkly – Leeanne Morison

Contact Details: Good Beginnings
Anne-Marie Maxwell
Mobile: 0448 414 624
Email: anne-marie.maxwell@goodbeginnings.net.au
Website: www.goodbeginnings.net.au

Aboriginal Early Years Project

Designed to improve the wellbeing of young children (aged 0-8) and their families, provide support around parenting and access to services and support groups, focus on the 'doing and showing' & development of practical life skills.

Update:

- Developing an appropriate engagement model to build trust with Aboriginal families and carers in Ryde and Northern Beaches;
- In partnership with Ryde and Northern Beaches teams introduce Aboriginal Culture and Heritage in parenting programs e.g.: Language and symbols;
- Families First, Literacy Links project networking with Northern Beaches Early childhood teachers and carers – grant application to develop an Aboriginal Literacy Resource for 0-5 yrs in partnership with Local Aboriginal Education Consultative Groups and Aboriginal Families and carers. 'Sound, Symbols and Stories';
- Develop promotional materials for Northern Sydney Aboriginal Early Years ACYFS project

Contact Details: The Benevolent Society
 Caroline Glass-Pattison
 Phone: (02) 9889-1418
 Email: carolineg@bensoc.org.au
 Website: www.goodbeginnings.net.au

Transition to School

The latest report was presented to all the four Child and Family Interagencies/ Families NSW Networks.

- [Families NSW Network Meeting May June -DET doc.pdf](#)

Transition to Schools *E-Newsletter* Term 2, containing contact details and further information on the project and resources.

- [Transition to School Newsletter Term 2 2009.pdf](#)

Contact Details: Contact-DET
 Elisabeth Butler
 Phone: (02) 9987 1500
 Email: elizabethjbutler@det.nsw.edu.au

Email is the best means of contact Elizabeth as she is in the office for just one day. If you leave a message, she will ring back when available.

Families NSW, Health Projects

Families NSW (Northern) is based in the Area Child & Family Health Directorate at RNSH.

The programs which are implemented by NSCCH include the **Universal Health Home Visiting Program (UHHV)**; **Safe Start**; Professional Development Series and the **Early Communication Development Project (Chatter Matters)**

The UHHV Program is delivered in all sectors of NSCCH and aims to ensure that families are able to be provided with access to services in a timely manner i.e within the first 2 weeks following the birth of their child. These services are conducted by the Early Childhood Health Services.

Safe Start aims to provide Psychosocial Assessment and Depression Screening Training for primary health care staff including Child and Family Health Nurses and Midwives. This training is currently being conducted in all sectors of the AHS.

The Professional Development Seminar Series focuses on the development, piloting an implementation of professional development programs aimed at increasing knowledge and awareness of early brain development, attachment and relationships, working with families and risk and resiliency. In 2009 it is anticipated that 6 seminars will be conducted for early childhood staff and health professionals.

The Early Communication Development Project (Chatter Matters) is now in Stage 3 of its implementation. The main aim of the project is to educate and support early childhood staff working with children with communication development challenges. The project officer has conducted training workshops for early childhood staff to enhance their skills in provision of a communication rich environment in the pre school setting. Evaluation of the children's language skills will take place pre and post the intervention.

Dr Leigh Wilson has moved on and joined the team for SIDS program. Louise Baker is the acting Program Manager for all FNSW projects for Northern Sydney, Health.

Contact: Louise Baker – Acting Families NSW Program Manager (Northern); lbaker@nscchs.health.nsw.gov.au ; 9926 7004

Sector – Reports Resources News

[A Report to the Minister for Community Services on the implementation of a 1:4 staff-child ratio for children aged under two years in NSW children's services](#)

[Breastfeeding Friendly Workplace Policy](#)

[Keep Them Safe, a report](#)

[Love talk Sing and Play, 2nd Edition \(Sydney Children Hospital and Families NSW Joint strategy\)](#)

[Report of the Special Commission of Inquiry into Child Protection Services in NSW, the Hon James Wood AO QC](#)

[Strengthening Families and Resourcing Parents](#)

[Triple P Training - Families NSW](#)

[Working with Aboriginal People and Community-A Practice Resource](#)

Love talk Sing and Play, 2nd Edition (Sydney Children Hospital and FNSW Joint strategy)

Handout for Parents and Carers.

- [Love talk sing and play-2nd edition.pdf](#)

Triple P Training

Families NSW is rolling out Triple P (Positive Parenting Program) so that all families with children aged 3-8 years living in NSW can have the opportunity to access broad focused parenting information and support.

For more information about Triple P training in the Northern Sydney area of the Metro Central Region.

Contact Details: Patricia Sharpe

Communities Division, DoCS

Phone: 9716 2060

Email: patricia.sharpe@community.nsw.gov.au

- www.families.nsw.gov.au

A Report to the Minister for Community Services on the implementation of a 1:4 staff–child ratio for children aged under two years in NSW children’s services

- www.community.nsw.gov.au PDF

Keep Them Safe, a report

NSW Government response to Wood Commission into Child Protection- highlights that there will be changes to reporting procedures (detail still to be worked through, only most severe cases will be going straight to DoCS. Other agencies including Health & Department of Education and Training will have 'Child Wellbeing Units' that will coordinate responses to less severe cases.' greater role for non-government agencies is anticipated.

- www.health.nsw.gov.au PDF

Breastfeeding Friendly Workplace Policy

The policy covers "a range of options for child care arrangements and will assist agencies to identify the need for employer sponsored child care, to evaluate child care options and, where appropriate, to implement them. "Having this particular policy contained within the "Employer Sponsored Childcare Policy" has meant many people overlook it.

- www.dpcc.nsw.gov.au

Report of the Special Commission of Inquiry into Child Protection Services in NSW, the Hon James Wood AO QC

- www.lawlink.nsw.gov.au PDF

Working with Aboriginal People and Community - A Practice Resource

- [working_with_aboriginal_people-resource_mar_09.pdf](#)

Strengthening Families and Resourcing Parents

Many of you are already using this very useful and interactive website. You can add

your event free of cost.

- www.resourcingparents.com

News from Members

Northern Sydney Region

Volunteer Home visiting Program and Chinese Play and Learn Playgroup (RHH and LNS areas)

Update for Ryde Health Promotion Unit

Hornsby / Ku-ring-gai

Brighter Futures Project

Lower North Sydney

Splistead Brighter Futures Program

Northern Beaches

Centacare Broken Bay

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Update for Ryde Health Promotion Unit

WEB Struck

- HSNet

- [Sharing Ideas · Information · Resources](#)
- [What's the BIG idea?](#)
- [Potential outcomes?](#)
- [Which Group to Join?](#)

Volunteer Home visiting Program and Chinese Play and Learn Playgroup (RHH and LNS areas)

It is sad that this project (Good Beginnings) had to close owing to the lack of funding. Valerie Willemsen, the Co-ordinator of the project, is hopeful to raise some funds to keep the program alive.

Update for Ryde Health Promotion Unit

[NSW Health resources](#) are now available from the NSW Health Resource Distribution Unit.

Phone: 02 9879 0443

[Go for 2&5 campaign 2009](#) - The third phase of Go for 2&5 NSW aims to dispel the myth that eating healthy is expensive and time consuming. A 2009 campaign newsletter and the Real Cost of Healthy Food Report Card are available. Order form tabled.

More information is available on the website

- www.gofor2and5.com.au

[NSW Healthy Weight Coaching Service](#): This telephone and internet service provides callers with simple information and ongoing support to help them lose weight by adopting healthy eating habits and exercising regularly. The service operates during extended hours between Monday and Friday 8am until 8pm. Access Get healthy by calling 1300 806 258 from fixed landlines for the cost of a local call – or by visiting

- www.gethealthynsw.com.au

[Munch and Moove](#): Twenty six pre-school centres have been recruited in the Hornsby, Ryde, Hunters, Hill & Ku-ring-gai LGAs. A training day scheduled for the 2nd April at Ryde was full.

For more information:

Contact Details: Alex Fox

Phone: 9858 7734

Caring for Infants- A new Caring for Infants resource is available for LDCC's that care for children 0-12 months.

For more information:

Contact Details: Health Promotion Unit

Barbara Humphrey

Phone: 02 9858 7750

Email: BHumphre@nscchhs.health.nsw.gov.au

Christians Against Poverty (CAP)

Australia is a charity that is releasing Australians from debt and poverty through professional debt counselling, practical services and financial education. CAP will help anyone who is facing hardship as a result of financial difficulty and all of CAP's services are provided free of charge.

- www.capaust.org

Phone: 1300 227 000

Email: help@capaust.org

HSNet

Minutes agendas and other reports etc will be found on a web based resource, HSNet only very soon... which means that we are saving resources and time and also making information more accessible. So, if you are not a member already, please don't lose time and become one and be a part of a huge network and resources.

Sharing Ideas · Information · Resources

Families NSW Regions

- www.hsnet.nsw.gov.au

What's the BIG idea?

1. Connect Child and Family Interagency/ Network Representatives to share ideas, information and resources across Families NSW Regions.
2. Encourage each Interagency/ Network to also start a Group on HSNET to share ideas, information and resources within their region
3. Enrich Networks and Interagencies by broadening Networks and creating a Statewide LIVE resource

Potential outcomes?

Save time and resources, improve Regional FNSW resources, Support isolated Facilitators, Enrich Networks and Interagencies Create a Statewide Network, Information flow and information sharing.

Which Group to Join?

You can choose to become members of one or more of the following groups on HSNet. The handouts were distributed at the meeting as well.

1. Families NSW Northern Sydney Network Forum- Regional
2. Hornsby Ku-ring-gai Families NSW Network
3. Lower North Shore Child and Family Interagency
4. Non-Government Organisations
5. Northern Beaches Families NSW Network
6. Northern Sydney Families NSW Project Workers - for Families NSW project workers only
7. Ryde Hunters Hill Child and Family Interagency

News from Members

Hornsby / Ku-ring-gai

[Brighter Futures Project](#)

Brighter Futures Project

Open for Community Referrals for D&A, DV and Mental Health clients; Two new Aboriginal Project staff – Open to referrals for Aboriginal Families, no criteria for aboriginal families.

Contact Details: Benevolent Society

Mathew Solomon
 Brighter Futures Project, Manager
 Phone: (02) 9889-1418
 Email: matthews@bensoc.org.au

News from Members

Lower North Sydney

[Splistead Brighter Futures Program](#)

Splistead Brighter Futures Program

Positive outcomes of the Brighter Futures program as Lead Agency for the Department of Community Services Early Intervention initiative. Service for children aged 0-8 and their families with vulnerabilities that include:

- parental mental health issues
- domestic violence
- parental drug or alcohol problems
- lack of family or social support
- parents with significant learning difficulties or intellectual disability
- child behaviour management problems
- lack of parenting skills/inadequate supervision

Whole of system service provision – in house psychologists, counsellors, caseworkers, playgroups – supports families holistically and with consistency of workers. Work with families in their homes. Length of service an average of 0-2 years. Referrals through DoCS Helpline or community pathway directly to Brighter Futures Splistead. Must be deemed eligible by DoCS before can accept the case.

For Men/ Dads: 70% separated parents. High proportions of domestic violence. Drug and alcohol issues, adult mental health issues. Target to have all fathers participating in service. Splistead employ a male worker to run the fathers program – makes contact with all fathers. Offers counselling, fathers activity afternoon discussion groups parenting programs playgroup programs. 10% single dad families. Aim to have 40% male workers.

For further information and brochure contact:

Contact Details: Kerry Gwynne
Phone: 02 9951 0366
Email: kgwynne@nscchahs.health.nsw.gov.au

News from Members

Northern Beaches

[Centacare Broken Bay](#)

[Brighter Futures Project](#)

Centacare Broken Bay

FREE Information Nights

MANAGING YOUR FINANCES:
INFORMATION NIGHT FOR SEPARATED FATHERS, January – June 2009,
From 6:30 pm till 9:00 pm
(Light meal provided)

Bookings essential, please call:

Contact Details: Sean Williams
Phone: 9488 2523
Contact Details: Greg Stock
Phone: 9488 2532

Brighter Futures Project

See under Lower North Shore.

Contact Details: Kerry Gwynne
Brighter Futures Project Manager
Phone: 02 9951 0366
Email: kgwynne@nscchahs.health.nsw.gov.au

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Phone: 02 9858 7750
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Feedback

We would love to hear from you about any suggestions or comments that you would like to share with us in relation to this Newsletter, niv.srivastava@migrantlink.org to provide feedback.