

“Northern Exposure”

funded by



*Northern Exposure Forum Project
managed by Niv Srivastava*



*“Thank you to the ‘City of Ryde’ for providing
the venue and support for this important
event”*



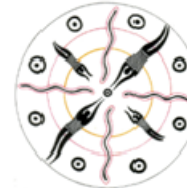
“Northern Exposure”

Northern Sydney Families NSW Practice Forum

Families NSW Projects Summary Booklet

Wednesday, 25th February 2009

Aboriginal
Child, Youth
and Family
Strategy



Proud communities
Strong families



Information about the Families NSW Projects presented at Northern Exposure

Families NSW: Families NSW is a co-ordinated strategy sponsored by the NSW Government to increase the effectiveness of prevention and early intervention services in helping families to raise healthy and well adjusted children.

Families NSW Projects

1. NSW Health – Supporting Families Early

Project 1

Title: Chatter Matters (Early Communication Development Project)

Project Description: The focus of Chatter matters is to develop and provide an evidence-based early communication development training program for children's services staff in the Northern Sydney Region.

Area Covered: Northern Sydney Area Health Area
Boundaries: Hornsby Ku-ring-gai, Lower North Shore, Ryde and Northern Beaches

Target Population: Child care workers

Key Outcomes: Help child care workers identify speech and communication disorders early thereby improving long term outcomes for children.

Contact Details: Claire Blanch, Area Child and Family Health, Level 3, Building 10, Royal North Shore Hospital, St Leonards, 2065.

Ph: (02) 9926 6295, Fax: (02)9926 6084

Auspice: Health

Project 2

Title: Safe Start – Integrated Perinatal Care

Project Description: Psychosocial assessment of all mothers ante-natally and post-natally to identify risk factors for postnatal depression and other issues.

Area Covered: Northern Sydney Area Health Area

Boundaries: Hornsby Ku-ring-gai, Lower North Shore, Ryde and Northern Beaches

Target Population: Pregnant women and mothers of newborns

Key Outcomes: Improve health outcomes for families and infants

Contact Details: Nicole Michel, Area Child and Family Health, Level 3, Building 10, Royal North Shore Hospital, St Leonards, 2065

Ph: (02) 9926 6295, Fax: (02)9926 6084

Auspice: Health

Project 3

Title: Professional Development Seminar Series

Project Description: Seminars to raise awareness on latest research in early brain development and Families NSW Health Services available.

Area Covered: Northern Sydney Area Health Area

Boundaries: Hornsby Ku-ring-gai, Lower North Shore, Ryde and Northern Beaches

Target Population: GP's, health professionals, child care workers and other children's services providers

Key Outcomes: Identify visual problems early and prevent blindness

Contact Details: Louise Baker – StEPS Coordinator, Area Child and Family Health, Level 3, Building 10, Royal North Shore Hospital, St Leonards, 2065
Ph: (02)9926 5008, Fax: (02)9926 6084
Auspice: Health

2. Building Community Connections and Capacity

Project 1

Title: Ryde Community Hub

Project Description: The Ryde Community Hub will operate a “one-stop-shop” model for families to: Participate in group and informal activities that assist parents to improve their parenting skills and develop their own support networks; receive information about parenting, child development and information about the range of services available; access a variety of child and family services provided by visiting and/or co-located agencies

Area Covered: Ryde LGA

Target Population: Families with children aged 0-8, with a focus on birth to 5 years. Priority given to:

- Culturally and linguistically diverse families
- Aboriginal families
- Socially and/or geographically isolated families
- Young parents
- Single parents
- Parents or children with disabilities

Key Outcomes: Improved parent-child relationships
Improved parenting; increased supportive connections, such as informal social networks;

increased use of health and community services, resources or activities.

Other information: Current Groups:

Supported Playgroup –Monday 9:30 – 11:30

Sing & Grow-Tuesday 10:00-11:00, Term 1 only

Supported Playgroup for young parents - Friday 10:00-12:00.

Contact Details: Anne-Marie Maxwell, PO Box 283, West Ryde, NSW 1685. Mob: 0448 414 624
anne-marie.maxwell@goodbeginnings.net.au
Further details available when site is established.
Auspice: Good Beginnings Australia

Project 2

Title: Hornsby-Waitara Community Hub

Project Description: Establishment of a Community Hub to provide, prevention and early support services to families and children and link key child and family service providers through outreach programs. The project aims to assist parents with the development of social networks, parenting skills, information and referrals to local services. The community hub model enables innovative and flexible models of family support and community development.

Area Covered: Located in Hornsby –Waitara CBD and covering Hornsby LGA

Target Population: Families of children 0 – 8 years with a focus on families of children from birth to 5 years. Priority of access is given to:

- Culturally and linguistically diverse families
- Aboriginal families
- Socially and/or geographically isolated families
- Young parents

- Single parents
- Parents of children with disabilities

Key Outcomes: Increased access to appropriate child/family services; supportive relationships between families are developed and enhanced; a family's satisfaction with their parenting skills and their knowledge about/capacity to support their children's development is improved.

Other information: Parent Information Packs and Tip sheets on a range of topics; Supported playgroup for vulnerable families weekly (in partnership with Centacare); Kids on Block Playtime weekly; "Open Doors" – Informal support group for emerging communities (in partnership with Migrant Link & Community Settlement Worker, Hornsby Council)

Contact Details: Elisabeth Moody, P.O Box 168 Hornsby 2077, 1 Coronation Street Hornsby 2077
 Mob: 0400 416 849; Fax: (02)9482 172
 moodye@missionaustralia.com.au
 Auspice: Mission Australia

Project 3

Title: Dee Why Schools as Community Centres

Project Description: Through the establishment of Schools as Community Centre, the school is promoted as a community centre providing parenting education programs and support with a community development and outreach approach. All families with children in the target age group have access to community centres set up as part of this project and the various activities and initiatives

This project operates in line with the principles and agreed guidelines for SaCC, as outlined in the Schools

as Community Centres Guidelines (NSW Department of Education and Training, May 2003) with sufficient flexibility to address needs identified by the school, the community, the service network, the Northern Sydney Families First Senior Officers Group and Project Management Group. The emphasis is on prevention, early identification and support for families.

The Schools as Community Centre for Dee Why area maintains a focus on early childhood. The initial focus of this project is to emphasise the importance of the early years for learning and development and the role of parents as their child's first teacher. The project involves but not limited to: Coordinating and/or delivering a range of Parenting Programs including a focus on the importance of the early years of development - language development (speech), social and emotional skills, motor skills and intellectual development and nutrition; establishing/or assisting to maintain supported playgroups to support parents in the care of their children; promoting access to preschools and strengthening the relationship between teachers at both Children's Services and schools; developing, in conjunction with the early school years teachers, a transition to school program which continues during the first few years at school; coordinating service networks to develop cross-agency programs to support the Dee Why community; coordinating community development activities to bring families together; developing opportunities for parents to become involved in school activities such as reading clubs or homework centres; and link with any local Committees who may address issues for local Dee Why families; participating in parenting services interagencies.

Area Covered: The Schools as Community Centre operates from the Dee Why Public School. It will have a strong outreach approach into the suburb of Dee Why, which is part of the Warringah local government area.

Target Population: Parents and children living in Dee Why areas, with a particular focus on children from 0-5 years of age.

Key Outcomes: Children are healthy and safe; developmental problems are identified early and appropriately followed up; children can access a range of learning experiences; children have a positive transition to school and are learning at school and home; parents develop positive parenting skills. Community members and service providers work collaboratively to support families; partnerships are developed that support students, families and community; families and students are engaged with schools; and the school is a focus of community activity.

Contact Details: Sandip Bhattacharjee, Dee Why Public School, Regent St, Dee Why NSW 2099
Ph: (02) 9982 5414, M: 0431 240 180
Email: sandip.bhattacharjee3@det.nsw.edu.au
Auspice: NSW Department of Education and Training

3. Information and Support to Target Families

Project 1

Title: FNSW Northern Sydney Localized Parenting Program Coordination Project

Project Description: To increase access to parenting programs for families living in Northern Sydney

Area Covered: Northern Sydney Area: Hornsby Kuring-gai, Lower North Shore, Ryde Hunters Hill and Northern Beaches

Target Population: Families with children pre-natal to 8 yrs

Key Outcomes: Website:

www.resourcingparents.com; Quarterly interagency forums to support staff to create partnerships

Other information: Resource Book on Good Practice; Summarized Literature Review on Good Practice; Annual Newsletter

Contact Details: Sally Chapman, Level 1, Unit 1 North Ryde Link Business Park, North Ryde NSW 2113
Ph: (02) 8874 8005, Fax: (02) 9887 2809,
sallyc@ransw.org.au

Auspice: Relationships Australia (NSW)

Project 2

Title: Father's Tool Kit

Project Description: The project will work to increase the parenting knowledge of fathers, increase the availability of resources addressing the needs of fathers and increase the access of fathers to child and family services across Northern Sydney

Area Covered: Northern Sydney Area: Hornsby Kuring-gai, Lower North Shore, Ryde Hunters Hill and Northern Beaches

Target Population: All fathers who are expecting a child or who have a child aged 0-8 years

Key Outcomes: Increased use of community services, resources or activities by target population

Contact Details: Sally Chapman, Level 1, Unit 1

North Ryde Link Business Park, North Ryde NSW 2113
Ph: (02) 8874 8005, Fax: (02) 9887 2809,
sallyc@ransw.org.au
Auspsice: Relationships Australia (NSW)

4. Early Childhood Literacy

Project

Title: Families NSW, SDN Northern Sydney Early Literacy Research Project "Literacy Links"

Project Description: Literacy Links will review the research evidence and range of resources available in the area of early literacy and numeracy across the child and family service sector. As a result of the project there will be an increased usage of literacy and numeracy resources in the early childhood community sector.

Area Covered: Northern Sydney Area: Hornsby Kuring-gai, Lower North Shore, Ryde Hunters Hill and Northern Beaches

Target Population: Families with children 0-5 years

Key Outcomes: Increased use of early literacy and numeracy knowledge by services and families with children 0-5 years; collaboration and partnerships developed with community networks and family services and; increased use of early literacy strategies and resources.

Other information: Symposium to bring together parents and child and family services practitioners from across the region early 2009; Four mini-summits to follow to establish working groups; Poster and promotional material and a website.

Contact Details: Georgina Crawford, Literacy Links, 33 Brierly Street, Mosman 2088 Ph: 0416 400 988
Fax: (02) 9213 2453, g.crawford@sdn.org.au
Auspsice: SDN Children's Services

5. Building Connections and Engaging Aboriginal Community

Project 1

Title: Aboriginal Child Youth and Family Strategy (ACYFS), Community Facilitator Project

Project Description: The project is working to strengthen relationships with Aboriginal families across the Northern Sydney Region and build families ability to access mainstream services

Area Covered: Northern Sydney Area: Hornsby Kuring-gai, Lower North Shore, Ryde Hunters Hill and Northern Beaches

Target Population: Aboriginal Community

Key Outcomes: To link Aboriginal families with other families in Northern Sydney Region to decrease the isolation and to obtain Aboriginal community identity for the Northern Sydney Region

Other information: An outreach office at Manly Community Centre, once a week (Wednesday).

Contact Details: Georgina Crawford, 28-44, George Street, Hornsby, NSW -2077, PO Box 37, Hornsby, NSW-1630, Ph: (02)9847-6052, Mob: 0438777545
hsmith@hornsby.nsw.gov.au

Auspsice: Hornsby Shire Council

Project 2

Title: Aboriginal Early Years Project

Project Description: Families NSW and Aboriginal Child, Youth Family Strategy. The Aboriginal Early Years Project is designed to improve the well being of young children and their families who are from Aboriginal and Torres Strait Islander backgrounds. The Aboriginal Early Years Worker will engage their community and provide support around parenting and access to services and support groups.

Area Covered: Northern Sydney Area: Hornsby Kuring-gai, Lower North Shore, Ryde Hunters Hill and Northern Beaches

Target Population: The target group for the Aboriginal Early Years Project will be families from identified Aboriginal communities with children aged 0 – 8 years, but with a particular focus on the 0 – 3 year old age group.

Key Outcomes: The approach of the Project is to affirm parenting skills; promote ongoing social integration between participants; link families to services and support groups; provide practical assistance as families engage with health and other services; raise the awareness and importance of engaging children in play and age appropriate activities and raise the awareness and importance of the best possible start for children in the very early years of their life and the impact that has on brain development.

Other information: An outreach office at Manly Community Centre, once a week (Wednesday).

Contact Details: Caroline Glass-Pattison, PO Box 6075, North Ryde NSW 2113.

Ph: (02)9889 1418 (North Ryde),
(02)9972 0133(Dee Why), Mob: 0424750047

Fax: (02) 9889 7840 or (02)9982 9630

carolineg@bensoc.org

Auspice: Benevolent Society

6. Support to Families with Additional Needs

Project 1

Title: The Ryde / Hunters Hill Culturally and Linguistically Diverse (CALD) Parenting Project

Project Description: The Project has been running for 2 years. Project's main objective is to improve the well being of families from CALD backgrounds living in the Ryde/ Hunters Hill area by providing each target community with a bi cultural worker who builds, within cultural norms, a group where parents can support each other and gain current parenting and service information. To target the Korean, Iranian, Afghan and Chinese (Mandarin) communities and establish parenting programs for parents of children 0-3 years. As well as supporting families to access services, the project enhances service providers' understanding of access issues related to the CALD community.

Area Covered: Ryde Hunters Hill LGA

Target Population: Parents and Grandparents of children, under 3 years, within the Korean, Iranian, Afghan and Chinese (Mandarin) communities

Key Outcomes: To provide parenting information to CALD families in their own languages; to link these families to relevant services; to provide a forum within which families can form a support network; to provide these services in a culturally format; to provide a

written resource to support parents in their own language.

Other information:

- West Ryde Groups at Uniting Church Hall, 7Maxim St. West Ryde:
 - Korean Group 10 -12 am Friday
 - Afghan Group 9.30 – 11.30 am Thursday
 - Iranian Group 12.30 – 2.30pm Thursday
- North Ryde Group at North Ryde Community Aid,4 Cutler Parade, North Ryde 11-1 pm Friday
- Mandarin Group (new venue to be arranged)

Contact Details: Alison Lee, 1B North RydeLink Business Park, 277 Lane Cove Rd. North Ryde, NSW 2113. Ph: (02)88748005 mob: 0425 225 270, alisonl@ransw.org.au

Auspice: Relationships Australia (NSW)

Project 2

Title: Family Worker Project Northern Sydney

Project Description: Provision of Home visits, Parenting and other group programs, Family support to supported playgroups

Area Covered: Northern Sydney Area: Hornsby Kuring-gai, Lower North Shore, Ryde Hunters Hill and Northern Beaches

Target Population: Culturally and linguistically diverse families; Aboriginal families; socially and/or geographically isolated families; young parents; single parents; and parents of children with disabilities

Key Outcomes: Integration of services delivered to families in Northern Sydney; Group work to enhance protective factors in families; Family support liaison to supported playgroups across the region.

Contact Details: Amanda Wheeler, 9B/44 Wattle Road, Brookvale NSW 2100. Ph: (02)8968 5100, Fax : (02)9939 4277, Amanda.wheeler@dbb.org.au
Auspice: Centacare Broken Bay

Project 3

Title: Supporting Families with Additional Needs

Project Description: This is a two stage project, which aims to improve service delivery to children aged 0-8 who have, or are at risk of, early, mild delays or learning difficulties. The first stage is a scoping stage/needs assessment. This consists of a literature review and a survey of local service providers, investigating current service delivery, service gaps and ideas for improved service delivery. The second stage of the project aims to work with existing agencies to develop sustainable strategies to improve service delivery to the project target group.
Area Covered: Northern Sydney Area: Hornsby Kuring-gai, Lower North Shore, Ryde Hunters Hill and Northern Beaches

Target Population: Children aged 0-8 who have, or are at risk of, mild delays and learning difficulties. These children tend to be referred to as 'grey zone' children as they may lack a definitive diagnosis, lack access to funding and services, but still need help to reach their full potential.

Key Outcomes: To identify current service provision; to identify service needs and gaps; to develop sustainable strategies to improve service delivery; to implement a range of strategies in a sustainable, cost neutral way, working with existing agencies; and to

evaluate the strategy implementation at project completion.

Contact Details: Kate McMaugh, Early Ed
3 Cunningham St, North Sydney
Ph: (02) 9923 2727, Fax: (02)9923 2728
kmcmaugh@earlyed.com.au
Auspice: Early Ed

Project 4

Title: Northern Sydney Supported Playgroup Project
Project Description: The Supported Playgroup Project assists communities not accessing traditional services to access supported playgroups and implement transition of families into mainstream services.
Area Covered: Northern Sydney Area: Hornsby Kuring-gai, Lower North Shore, Ryde Hunters Hill and Northern Beaches
Target Population: The supported playgroups will cater for parents and carers raising children up to school age. The project will target marginalized families with children aged 0-5 years who have difficulty accessing mainstream community playgroups.
Key Outcomes: Increase knowledge and access to community services for children and families; improve parenting skills and self esteem; improve parent-child interaction; improve or expand social networks for parents and/or carers; improve child nutrition, health and safety; parents have improved knowledge of child development, parenting techniques and information; families from a diverse range of backgrounds are participating in the playgroups

Other information: The Northern Sydney Supported Playgroup Project is expected to be operational by July 1, 2009.

Contact Details: Rebecca Coote, Department of Community Services. Ph: (02) 9815 0722
Fax: (02) 9815 0790
rebecca.coote@community.nsw.gov.au
Auspice: -

7. Enhance Service Access by the Community

Project

Title: Families NSW Northern Sydney, Service Capacity Seeding Grants Project
Project Description: The project coordinates and administrates one-off grants to enhance capacity for service providers in Northern Sydney to increase access for families in the Families NSW target group who are not currently accessing services.
Area Covered: Northern Sydney Area: Hornsby Kuring-gai, Lower North Shore, Ryde Hunters Hill and Northern Beaches
Target Population: Grants were targeted the following four groups identified by Families NSW research conducted in Northern Sydney previously:

- Working families
- CALD Communities
- Aboriginal and Torres Strait Islanders
- Families with additional needs

Key Outcomes: To support service providers to develop strategies which increase access by families who are not accessing services and to increase

capacity for service providers to actively engage these families and communities.

Contact Details: Wahid Razi, PO Box 484 Hornsby NSW 1630. Ph: (02) 99872333 Fax: (02) 99871619 wahid.razi@migrantlink.org; www.migrantlink.org
Auspice: MigrantLINK Australia Ltd.

8. Families NSW Networks and Child and Family Interagencies in Northern Sydney Region – an overview

Project 1

Title: Families NSW Regional Network Facilitation Project

Project Description: The project is intended to enhance support develop sustainable Child and family Services Networks across the Northern Sydney Region and embed network processes in local agencies, Government and Non-government. This can be achieved through, dealing holistically with the needs of the families, providing coordinated support in collaboration with families and other agencies, providing better access to early support at the time families need it, in the forms that are most helpful to them, improving the way that the services work together to make sure families get services and support they need.

Area Covered: Northern Sydney Area: Hornsby Ku-ring-gai, Lower North Shore, Ryde Hunters Hill and Northern Beaches

Target Population: Service providers and community planners, delivering services to Families with children aged 0-8 operating in the Northern Sydney Region.

Key Outcomes: Presence of strong and sustainable safety net for young children and families for timely prevention and early intervention; enhanced knowledge about services available in the Region and ways to access amongst those services and families with young children; the Networks have adequate representation from government and non-government services and disadvantaged community groups; the Service Network has enhanced collaboration training and networking opportunities; the Service Network has a common pool of resources.

Other information: Next Network Meeting dates:

Northern Beaches: 4/03/09

Lower north Shore: 12/05/09

Hornsby Ku-ring-gai: 10/03/09

Ryde hunters Hill: 8/04/09

For further details refer, Calendar for year 2009 or contact Project Officer responsible.

Contact Details: Niv Srivastava, PO Box 484 Hornsby NSW 1630. Ph: (02) 99872333 Fax: (02) 99871619 Mob: 0424158547
niv.srivastava@migrantlink.org; www.migrantlink.org
Auspice: MigrantLINK Australia Ltd.

Project 2

Title: Northern Sydney Families NSW Practice Forum

Project Description: The Project will coordinate a professional development forum for all Northern Sydney child and family service providers, in consultation with the Northern Sydney sub-regional Child and Family Networks. This Practice Forum will engage all participants with up to date information

regarding Families NSW projects in Northern Sydney and other recent child and family service developments across Northern Sydney. The Practice Forum will provide presentations to strengthen the networks across the range of child and family services. This project is thereby expected to achieve improved referral processes for families, when appropriate.

Area Covered: Northern Sydney Area: Hornsby Kuring-gai, Lower North Shore, Ryde Hunters Hill and Northern Beaches

Target Population: Service providers and community planners, delivering services to Families with children aged 0-8 operating in the Northern Sydney Region.

Key Outcomes: Intended outcomes for Service Providers:

Collaboration and partnerships developed within the local network of services; increased knowledge of the current Families NSW Projects and their activities; increased collaboration between Northern Sydney service providers and Families NSW

Intended Regional Outcomes:

Service Network capacity is developed and skilled; Practice Forum providing information about all the Families NSW projects and Forum Report and findings widely promoted to all relevant services in Northern Sydney Region.

Other information: A report on Practice Forum shall be sent to all before the project concludes in June 2009. The report will also be publicized on MLA (MigrantLink Australia) and HSNet websites

For further details, contact Project Officer responsible.

Contact Details: Niv Srivastava, PO Box 484 Hornsby NSW 1630. Ph: (02) 99872333 Fax: (02) 99871619 Mob: 0424158547

niv.srivastava@migrantlink.org; www.migrantlink.org
Auspice: MigrantLINK Australia Ltd.

“Thank You Very Much for Supporting and Participating in Northern Exposure 2009”