

# THE WRAP - Carer Reference Groups News

December 2016



Northern CRG

## 2016 in review

### Expanded membership

In 2016 there are seven CRGs (previously 6) across NSW comprising **123** members (previously **71** members): *Hunter Central Coast, Illawarra Shoalhaven, Northern, Southern (new), Sydney Metro, Western Dubbo and Western Wagga*. All CRGs are progressing well and attendance at CRG meetings has been consistent (overall).

### Southern NSW CRG Inaugural meeting

In July Allison Dillon, Director Community Services Southern NSW opened the first Southern CRG meeting in Queanbeyan. Allison is the CRG's chairperson and actively involved in the operation of the CRG.

### Good news for kids in care in Wagga Wagga region

This year Wagga Wagga CRG highlighted the educational needs of kids in care in Murrumbidgee and other parts of Western NSW. Lodestar Program, Western Sydney University presented to the CRG this year and advised they will work collaboratively with Charles Sturt University and CREATE to organise activities for kids in care in Murrumbidgee. FACS is liaising with Lodestar about these initiatives.

### Northern CRG project

The group has resolved to work through respite, health and education as their top three priorities and has assigned carers to work on a particular issue and geographical area. The group is exploring the existing options in their local areas for the priority issues and report back to the CRG.

### CRG state-wide forum

The 2016 CRG forum – themed '*Better Together*' was held in March. The forum gathered more than 90 delegates across NSW. In 2017 CRGs will be given opportunity to provide input on agenda and topics for the next state-wide forum in 2018.

*The Wrap* is a summary only. You can read more about CRG news in *Fostering Our Future* newsletter each quarter

<http://www.community.nsw.gov.au/fostering-our-future/home>

### **Partners in Care** *A Guide for carers and caseworkers supporting tweens and teens*

*Partners in care* is a new resource to help carers and caseworkers support tweens and teens – recognising these years can be some of the toughest. It offers strategies that take into account the kinds of things their teen might be dealing with including big emotions, high sensitivity, poor self-image and impulsive behaviours.

Of course, the carers' partner in care is the caseworker, their agency and their own network of family and friends. Together, they are a powerful and positive influence!

### Trauma videos

New Understanding Trauma videos (below links) provide expert advice on how to better understand and respond to behaviours that may stem from trauma and the experiences of kids in care.

### Safety

<https://youtu.be/v9bDYefdnUA>

### Connections

<https://youtu.be/cQZXR2gfGZw>

### Coping

<https://youtu.be/EACYmoDK0Wo>

### YOU Campaign

Working with youth planning for their future

[www.you.childstory.nsw.gov.au](http://www.you.childstory.nsw.gov.au)



**Thank you for your involvement and support of the NSW Carer Reference Group**  
**Best Wishes for Christmas and New Year!**



## 2017 CRG meeting dates

*Hunter Central Coast* 3 Feb

*Illawarra Shoalhaven* 22 Feb

*Northern NSW* 14 Feb, 2 May 6 July

*Sydney Metro* 17 Feb, 12 May, 11 Aug, 10 Nov

*Western Wagga* 16 Feb, 18 May, 17 Aug 16 Nov

*Southern NSW* 15 Feb, 19 April, 21 June, 16 Aug  
18 Oct, 20 Dec

*Western Dubbo* 13 Feb, 20 March, 1 May

5 June, 24 July, 4 Sept, 16 Oct, 27 Nov

**Note:** Dates may change so please contact your CRG directly for dates and venues.

## Other CRG agenda topics

- National Disability Insurance Scheme  
[www.ndis.gov.au](http://www.ndis.gov.au)
- The Ability project  
<http://create.org.au/what-we-do/the-ability-project>
- Therapeutic care framework  
[www.facs.nsw.gov.au/therapeuticcare](http://www.facs.nsw.gov.au/therapeuticcare)
- Family group conferencing  
<http://www.community.nsw.gov.au/parents,-carers-and-families/family-group-conferencing>
- Care & cultural planning  
[www.community.nsw.gov.au](http://www.community.nsw.gov.au)

## Charter of rights

A new set of interactive booklets, videos, posters and stickers helps children and young people understand their rights as laid out in the Charter of rights.

[www.facs.nsw.gov.au/cor](http://www.facs.nsw.gov.au/cor)

The Charter of rights have been updated to be visually engaging for a new generation (using emoji symbols) and accessible across ages and literacy levels.

## What does this mean for carers?

You can help the kids in your care by explaining the Charter to them in a way that they can understand. Young children learn best from what they experience.

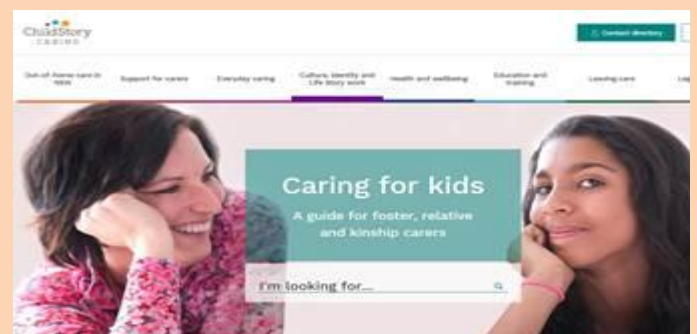
# Caring for kids

is now online

[www.caring.childstory.nsw.gov.au](http://www.caring.childstory.nsw.gov.au)

Great information on day-to-day caring, supporting education, staying connected to culture, decision making, online safety, gender identity and the impact of trauma.

Plus a contact directory of more than 100 organisations.



## Ideas for discussion?

Email [carerreferencegroupsnsw@facs.nsw.gov.au](mailto:carerreferencegroupsnsw@facs.nsw.gov.au)