



# Fleurieu Families



## RECONCILIATION WEEK

May 27th—3rd June

AUTUMN 2018

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*What is National Reconciliation Week all about?* The dates May 27th—3rd June commemorate two significant milestones in the reconciliation journey, the successful 1967 referendum and the High Court Mabo decision.

As part of the referendum a question was raised, whether two references in the Australian Constitution, which discriminated against Aboriginal people should be removed.

*51. The Parliament shall, subject to this Constitution, have power to make laws for the peace, order, and good government of the Commonwealth with respect to:-  
...(xxvi) The people of any race, other than the aboriginal people in any State, for whom it is necessary to make special laws.*

*127. In reckoning the numbers of the people of the Commonwealth, or of a State or other part of the Commonwealth, aboriginal natives should not be counted.*

**On 27th May 1967**, the referendum saw the highest YES vote ever recorded in a Federal referendum with a 90.77 voting for change.

**On the 3rd June 1992**, The Mabo decision acknowledged a group of Torres Strait Islanders, led by Eddie Mabo, traditional rights to their land, giving rise to important native title legislation the following year and rendered *terra nullium* (a belief that no one owned the land when white man first settled in Australia) a legal fiction.

The week is a time for all Australians to learn about our shared histories, cultures and achievements and to explore how each of us can join the national reconciliation effort. Reconciliation must live in the hearts, minds and actions of all Australians as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community and Aboriginal and Torres Strait Islander peoples.

### This years theme is 'Don't Keep History a Mystery'

The City of Victor Harbor will be celebrating Reconciliation Week with Storytelling and Art work in the library with well known Ngarrindjeri artist **Cedric Varcoe** on 28th, 29th & 30th May. Other activities available more information to come.

#### References:

Reconciliation Australia <https://www.reconciliation.org.au/national-reconciliation-week/>



### FLEURIEU WEBSITES

Visit the City of Victor Harbor website [www.victor.sa.gov.au](http://www.victor.sa.gov.au) or the Alexandrina Council website [www.alexandrina.sa.gov.au](http://www.alexandrina.sa.gov.au) and go on to Community Services Family & Children Services to download our Parenting Calendar, Newsletter or any other information relating to what we do. Don't forget to encourage your clients to join the Fleurieu Families Facebook page for up to date information on what is available in the region for parents and children.



- ) We also run groups in schools for young girls on 'Friends, body image, relationships, self esteem' etc.
- ) Mental Health First Aid

We are able to provide most of these workshops free of charge,  
We are happy to run any of these in the Alexandrina, Victor Harbor or Yankalilla Council region.

If you would like more information on these workshops or information about anything else that Fleurieu Families does please contact us on the details below.



Leann Symonds  
8551 0542  
[lsymonds@victor.sa.gov.au](mailto:lsymonds@victor.sa.gov.au)



Deana Constable  
8551 0543  
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## Regional Access provides free professional counselling for regional South Australia.

Feeling  
under  
pressure?

Call 1300 032 186  
for free professional counselling

REGIONAL  
ACCESS

[saregionalaccess.org.au](http://saregionalaccess.org.au)

### HOW DOES IT WORK?

Regional Access is a free telephone and online counselling service for people who are feeling the pressures and stresses of everyday life. The service is open to anyone who lives or works in regional, rural or remote South Australia.

You can call **1300 032 186** or visit [saregionalaccess.org.au](http://saregionalaccess.org.au) to speak to a counsellor. The service is available 24 hours a day, seven days a week.

### WHAT TO EXPECT

Professionally trained counsellors will listen, support, and help you to develop strategies to manage what is causing you to feel worried or stressed. Each session is tailored to your own needs and will focus on what's going on with you. You can also book up to three 30 minute sessions with the same counsellor.

Call 1300 032 186 or visit [saregionalaccess.org.au](http://saregionalaccess.org.au)

# FINANCIAL, FOOD, TRANSPORT & CHILDCARE ASSISTANCE

Service	Description	Address	Contact
The Pantry Club	Do you need to make your \$ stretch a bit further. For a small weekly fee, you get a number of benefits. Help reduce your weekly food bill.	Emmanuel House 2 Chapel St, Strathalbyn	7511 7212
Family Day Care Childcare	Standard hours, overnight, weekends, school holidays, before/after school and occasional care.		1300 551 890
CAP money courses	A free course helping you to manage your money better.	At various church venues across the Southern Fleurieu .	Ring 8552 8377 or email <a href="mailto:info@adarechurch.org.au">info@adarechurch.org.au</a> to put your name down for the next workshop. Visit <a href="http://www.capmoney.org">www.capmoney.org</a> for more details.
Legal Services Commission of Australia	Free Legal Help		1300 366 424 Monday to Friday 9am—4:30pm
Victor Harbor Dial a Ride Bus Service Link SA	Pre-booked service Minimum 2 hours notice Timetabled Service between Encounter Bay, Victor Harbor, McCracken and Pt Elliot  Operates Monday to Friday 8:45am to 3:15pm Excluding public Holidays	go to <a href="http://www.linksa.com.au">www.linksa.com.au</a> for Timetable	1300 642 604
ADRA	Provides an Op Shop with low cost furniture, clothing and various items Will also provide emergency assistance to families in the form of food hampers and furniture	Maud Street, Victor Harbor <b>Hours:</b> Tuesday, Wednesday 8:30am-4.30pm; Sunday 8:30am-4.30pm	0435 093 890
5 Churches Community Care (5CY) Yankalilla	Provides emergency assistance with food parcels.		Contacts:8558 2312 8558 2124 or 8558 0261
South Coast Christian Community Care Inc.	SCCCC is a non profit, combined church initiative supporting those in need on the South Coast.	Church of Christ Centre, Seaview Rd Victor Harbor 12non—3pm Mon, Wed & Frid Goolwa Uniting Church Open Door Centre, Collingwood St, Goolwa 8555 1008 Mon, Wed, Thur 10am 12noon	8598 5335  8555 1008

## LOCAL SUPPORT SERVICES

Service	Description	Address	Contact
CAMHS (Southern Fleurieu) Child & Adolescent Mental Health Service 0-16yrs	Counselling services for emotional , behavioural, social & Mental health issues.	<b>Victor Harbor</b> 15 Victoria St, Victor Harbor <b>Mt Barker</b> 23 Victoria Crs, Mount Barker	Self referral 8552 9874  8391 3922
Aboriginal Youth Health Service	Responsive to young people aged 12–25 years	Southern Fleurieu Health Service— Harborview Tce, Victor Harbor	8552 0600
Junction Australia (Fleurieu Domestic Violence Service)	Support for women, children & young people living with or escaping domestic & family violence	Goolwa	8555 0817  Email: fdvs@junctionaustralia.o rg.au
DASSA Drug and Alcohol Ser- vices South Australia	Provides a free confi- dential and specialist assessment and treat- ment servicer to any person experiencing sever and/or complex alcohol or other drug problems	Southern Fleurieu	1300 13 1340 8.30am—10pm every day
Southern Fleurieu Health Service	Provides comprehensive community based health services to people living in the Southern Fleurieu region ( <b>including Goolwa &amp; Yankalilla</b> )	Harbor View Tce, Victor Harbor (behind the South Coast Hospital)	8552 0600
Torrens House	Clinical Psychology & Counselling	55 Torrens St. Victor Harbor	8552 6697 Referral from Local Doctor for Mental Health Care Plan
Learning Together @ Home	A home visiting program that supports families to develop skills to help their children's learning and development through play.	1 Oval Road, Victor Har- bor	8552 4160
Summit Health Mental Health & Wellbeing Service	Runs programs provid- ing access to effec- tive, 'no cost' mental health treatment for people on a low income	Covers Adelaide Hills, Southern Fleurieu and Kangaroo Island	People access this service by visiting their GP and getting a mental health care plan and a referral to Summit Health from the doctor.

# LOCAL SUPPORT SERVICES

Service	Description	Address	Contact
Children's Team Occupational Therapist Speech Pathology Physiotherapist Social Worker	Provides support to children & their families to reach their full potential 0–8 yrs	Southern Fleurieu Health Service	8552 0600
Centacare Outreach service to Victor Harbor and Goolwa	Counselling services & Education for all ages	Main Office. How Road, Aldinga	8215 6310 for an appointment in Goolwa
MOSHCC (Milang Old School House Community Centre)	Provides groups, training, workshops, food programs, craft, men's groups fitness, etc	24–25 Daranda Terrace, Milang	Ph 8537 0687 or reception@moshcc.com.au
Growing Life Connections Alexandrina Council and surrounding Districts	Aims to provide support to families & individuals who are dealing with issues that impact on their ability to live a happy life by providing workshops and groups in areas such as; Parenting, Life Skills, Job Fit and more.	Milang Old School House Community Centre, 24 Daranda Tc, Milang	8537 0687
Child and Family Health Service	Child and Family Health Services provides free health checks for children at key developmental ages between birth and 6 years.	Victor Harbor, 2 George Main Road. Goolwa, Goolwa Childrens Centre, Brooking Street.	1300 733 606
Southern Communities Transport Scheme	Provides Medi-Ride—transport to medical appointments. Locally and Adelaide  Community Shopping Bus—door to door service to and from central Victor Harbor.	City of Victor Harbor. 1 Bay Road.	8551 0760 Membership Fee \$30

Imagine being scared to check your phone or email

## 98% of women experiencing domestic and family violence also experience technology facilitated abuse\*

There is a disturbing increase in the number of women experiencing technology facilitated abuse via text message, email and social media.

While these new technologies can provide a very valuable, flexible link to friends, family and support services for women experiencing domestic or family violence, they can also become a tool for an abuser to harass, control, monitor and humiliate an intimate partner or ex-partner.

To support women experiencing the effects of sexual assault, domestic or family violence 1800RESPECT has developed a series of web-based resources including a digital Escape Bag Checklist and five Technology and Safety videos.

The digital Escape Bag Checklist is a helpful online tool for women as part of their safety plan and enables them to plan essential items to prepare for leaving an unsafe home environment.

The 1800RESPECT Technology and Safety videos provide practical information on:

- ) Privacy and security settings when using social media.
- ) Turning off location services on digital devices.
- ) Disabling geotagging of photos.
- ) Creating and using safer email accounts.
- ) Increasing device security when remote monitoring has occurred.

The aim of these tools is to improve women's safety by improving her digital safety. They can be used on a range of devices, including a laptop, tablet or smart phone and you can find them here in the frontline workers toolkit.

[ACCESS YOUR TOOLKIT HERE](#)

# National Day of Action against Bullying and Violence. Friday 16th March 2018

## What to do if your child is bullying

It's hard for any parent to believe that their child is bullying another child, but sometimes it happens. Finding this out can bring up strong feelings that may stop you being able to think clearly.

### Keep CALM:

- C**ontrol your thoughts and your actions
- A**ssess and decide if you are too upset to continue talking
- L**eave the situation if you are feeling too angry or upset
- M**ake a plan to deal with the situation within 24 hours

### Key actions

**Focus on solutions rather than problems**  
Talk calmly and clearly with your child.

**Encourage problem solving/thinking**  
Help your child to identify exactly what he or she did and to be accountable and responsive by saying sorry and finding a way forward.

**Support the school policy**  
Ask the school, "What can I do from home to help?" Stay in touch with the school and hear how your child is doing. Call back regularly.



If the situation seems serious, seek professional help promptly

SOURCE Does your child bully others? CFCA <[www.aifs.gov.au/cfca](http://www.aifs.gov.au/cfca)>  
DESIGN Australian Institute of Family Studies



Australian Government  
Australian Institute of Family Studies  
Child Family Community Australia