

Fostering OUR Future



Family &
Community
Services

ISSUE 38

AUTUMN
2015



Fostering gratitude
and respect in our kids

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Minister's Message

I am pleased to bring you the Autumn edition of *Fostering our Future*.

This edition explores self-harm: delving into what it is and how, as a carer, you may be able to help the young person in your care if they are engaging in self-harming behaviours (page 10).

The story on page 3 looks at how early experiences of trauma and neglect can affect the way the brain develops and how children and young people may adapt to the world around them as a result.

Sometimes it can be hard to tell whether the child or young person in your care is grateful for the support you are providing them.

You may also be concerned they are not showing enough respect towards you or even their own things. The story on page 6 provides tips on how we can help foster gratitude and respect in children who are in care.

Also, in this issue we say thank you to three well-deserving carers for their selfless life-work in fostering and making a difference in the lives of so many children and young people over the years.

A sincere thank you goes out to all of you for providing the children and young people in your care with much-needed support and guidance as well as warmth and kindness – your amazing work is deeply appreciated.

Gabrielle Upton

Minister for Family and Community Services

Fostering our Future can only continue to be a valuable resource with your feedback. If you'd like to see a particular topic covered, have an interesting story, or you wish to nominate a child in your care to be profiled confidentially, please email us at: fostercarers@facs.nsw.gov.au.

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Fostering our Future is published by:
Department of Family and Community Services
© State of New South Wales. ISSN 1833-0622

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Baby brain: trauma and neglect have an effect

Having an early experience of trauma and neglect makes a difference to the way a child adapts to the world around them. Whether it is a baby learning how to feed and sleep, a toddler learning how to explore the world through play, or a child learning to make friends and fit in at school.

The brain develops in stages

The development of the brain begins in the womb and continues maturing until early adulthood. Different parts of the brain mature at different rates. The brain stem, which regulates basic functions such as heart rate, body temperature and blood pressure, is the first to develop.

The feelings part of the brain develops next. It provides an early warning system for danger and also stores memories of fears and dangers. Part of this system regulates the release of stress hormones and another part, the hippocampus, is central to memory and learning.

“Development of the brain begins in the womb and continues maturing until early adulthood.”

The last area to mature is the neocortex, or the thinking brain. By four years of age, it is functioning but does not fully mature until early adulthood.

Kids who are neglected or abused may have slowed development

Children who have been neglected or abused in their early years will have slowed brain development in some areas, especially the feelings brain. The early warning system becomes super sensitive if nobody soothes the child when they are hurt or frightened.

Children in an abusive home develop extraordinary abilities to scan for warning signs of attack. They

learn to recognise subtle changes in facial expression, voice, and body language, without knowing what they are doing. This is why they can become terribly upset if their carer looks even slightly angry because the danger alarm is signalled in their brain.

Loving carers are essential for the growing brain

Good early relationships provide the ideal conditions for brain development. Responsive carers build the child's capacity to manage stress which, in turn, promotes helpful pathways in the brain to grow.

There are many things a carer can do but first, and foremost, they must help the child feel safe. It takes a while for a child to feel safe in a placement as they may have little to no experience of a safe and dependable adult.

The things that make a child feel safe

Your kindness and care

Look into their eyes and tell them they are great kids. Praise works really well for all children and especially those in care. When you look into a child's eyes and smile, you lower their stress levels.



Routines

Children feel safe when they can predict what will happen next. This helps the development of the thinking brain.

Singing and other rhythmical activities

Rhythm is a great soother and you can either sing songs or read nursery rhymes or rhyming books. Many libraries also hold free rhyme time or reading sessions for young children and their families.

Talking to them and telling them stories

Children who have been neglected often have very poor language skills because they have not been spoken to much and the speech areas in the brain can be poorly developed. They find it especially difficult to understand what is being said to them unless it is expressed very simply. Often their naughtiness is a simple lack of understanding and frustration because they do not know what they are meant to do.

Play

When a child is worried about what might happen to them they cannot relax enough to play. It is good for them to learn simple games with a trusted carer.

Carers make all the difference

Children in care are different from other children because their brain development has been compromised by abuse and neglect however the brain is able to repair itself in a loving, safe environment. It is the expertise and commitment of carers that makes the difference.

'When you look into a child's eyes and smile, you lower their stress levels.'

If you would like to know more about this topic, search 'trauma, brain and relationship: helping children heal' on www.youtube.com and watch the video. ●

Leticia shines at the 2014 Practice Conference

'I have been offered many opportunities in my life, but the most life-changing was being placed in care when I was 12 years old.'

Now 18, Leticia's eyes light up when she proudly tells people she is in care and how much she loves her foster family.

After many traumatic years with her birth family, Leticia has achieved so much since coming into care. Success at school; a Student Representative; an Indigenous Youth Leadership Program Scholar; and a talented photographer - Leticia has blossomed in foster care.

First young person to co-host the Practice Conference

In November 2014, Leticia was invited to co-host the Practice Conference, which brought together 320 child protection and out-of-home care FACS practitioners to hear from the best and brightest minds in child protection practice.

Leticia presented the Excellence in Practice Awards and introduced key note speakers, including international guests. She delivered a powerful closing address in which she honoured her foster mum, Dawn, and urged caseworkers to keep up their good work.

FACS Office of the Senior Practitioner Executive Director, Kate Alexander, said Leticia did a wonderful job.

'Leticia was the first young person we've asked to MC the conference and she has set a very high benchmark thanks to her warmth, poise and fantastic sense of humour,' Kate said.

'It is daunting for any of us to speak in front of hundreds of people, but for a 17-year-old young woman in care from a small country town, her courage and confidence impressed everyone in the room.'



'All delegates were asked to write something they had learnt on a paper leaf to symbolically hang on a Japanese maple tree in the foyer. On Leticia's leaf were penned the words, 'Be proud of what you do, you DO make a difference – P.S. this is coming from a child in care.' It really showed her gratitude not only to her caseworker, but for all caseworkers working to help children and young people at FACS.'

**"Be proud of what you do,
you DO make a difference."**

FACS supported Leticia's foster mum, Dawn, and her siblings who are also in foster care, to travel from central western NSW to the city to share in this unique experience. Her younger brother and sisters had never been to Sydney and had a fantastic time visiting Sydney Aquarium, Luna Park and Manly. They also watched on proudly as Leticia delivered the conference opening and closing remarks.

Bright future ahead helping young people like herself

Leticia has just finished her Higher School Certificate and is about to begin a Bachelor of Social Work at Charles Sturt University. She hopes to one day work in a role helping children and young people just like herself.

'I want to help make a difference and positively contribute to the lives of others experiencing disadvantage and struggles,' Leticia said.

'If I didn't come into care, I wouldn't be where I am today; it was the best thing that has ever happened to me.' ●

Fostering gratitude and respect in our kids



When children come into care they usually have very few clothes or possessions so they get lots of new things. At first they may be delighted, but after a while may start asking for new things all the time.

Carers feel understandably frustrated because their kindness seems to have been thrown back in their faces. It could seem as if the children have no gratitude for what they are doing and no respect for property. It's important to remember that this appreciation grows as their sense of security increases. And the good news is, you can nurture this in them. Let's have a look at what's going on and what you can do to help the situation.

Holding onto what they can

When children grow up with neglect and abuse they learn to survive by grabbing whatever they can get and holding on to it. This applies to food, clothing, toys and, in fact, everything. They do not know when things will be taken from them or broken by others. Many children in care hoard food in case of

starvation. Others hoard clothes and other possessions. It takes them a long time to learn they are safe and nobody will take their things.

“Not all rewards should be possessions, they can also be an extra story at bedtime.”

It is natural for children in care to keep asking for more because their experience tells them there is always danger. How would they know the placement is permanent when nothing in their life has been permanent so far.

When children earn things they value them more

Reward charts are a good way to help children earn extra things and helps encourage some of their positive contributions, tasks and behaviours. They work best if the child chooses the reward (you might offer them three choices of appropriately priced items) and are meaningful to the child. Not all

rewards should be possessions, they can also be an extra story at bedtime, extra time with you or a trip to the park or the beach, whatever suits your family. The child should be able to earn a small reward in a day or so. They should not ever lose stars or points off the reward chart even if they are 'naughty'.

Tell children they are valued

Tell children they are safe and you will care for them. Do everything you can to make them feel safe and let them know that you will not let anything bad happen to them. Children in care have been through such bad times that they need to hear this said clearly many times. Tell them that whatever you give them is especially chosen for them because you know exactly what they need. They do not know how much you care for them, so tell them and expect that it will take a while to convince them and to trust what you say.

Help them make sense of their lives

Every child needs to understand in some way why they came into care. Otherwise, they always blame themselves. You can do this through Life Story work. Your caseworker can help you with this.

Have clear routines

Having clear routines make children feel safe. You might make a picture diary to give to the child. For example, the evening routine might be: have a bath, put on pyjamas, clean teeth, hop into bed, read a story and go to sleep. Make a poster with, '**bath, + pyjamas + toothbrush + book + sleep**' and point to the steps – there will be less arguments.

Gratitude comes with age

Children cannot be grateful until they are calm enough to think. Consider how old you were when you realised how much family and friends had done to help you. Most people do not really understand the kindness they have been shown until adulthood. ●



bath



pyjamas



toothbrush



book



sleep

A tribute to the life work of three great carers

Chris and Hilarie Wood are retiring



Available at the drop of a hat and always going to great lengths to provide love and care to more than 30 children who have come through their home, Chris and Hilarie Wood are finally retiring as foster carers.

Chris and Hilarie always had genuine interest in foster care and knew what they had to offer a child in need having raised three adult daughters of their own.

Over their 16 years as foster carers, Chris and Hilarie always devoted themselves one hundred per cent to the children in their care. While they mostly took on short-term placements, they also always made themselves available to take on crisis and respite placements of older children in times of need. Chris and Hilarie immersed themselves completely into the placements and nearing end time, they made sure the children transitioned into long-term care, or back to their birth parents, as smoothly as possible. It was this high level of commitment to the children's final move that ensured there were many happy outcomes.

Chris and Hilarie have been continually acknowledged and valued by everyone they work with at FACS as well as many other professionals they encountered while improving the quality of life for children in need. They will be missed.

"Immersed themselves completely into the placements."

Joan Cowper retires

Fostering has taken Joan on quite the journey. Since starting fostering with her husband, Wayne, in 1983, Joan has had close to one hundred placements for children and young people in care.



Joan Cowper pictured right

While Wayne played a large role in the caring before his passing, Joan was the primary carer and started her fostering career with pre-adoptive work. This meant taking pre-adoptive children into her family home, to allow their mothers some time to make a decision about adoption. Following ten years of pre-adoptive placements, Joan then went into general foster care taking children in need of care up to ten years of age for short-term placements.

Joan was awarded Pittwater Council's Australia Day Citizen of the Year award in 1999 for providing care for more than 40 newborns over a 16-year period.

"Following ten years of pre-adoptive placements, Joan then went into general foster care."

Over the years, Joan has made a significant contribution to the training of new foster carers and she will continue to do so in her retirement. We thank Joan for her unfailing work and wish her all the best with her future endeavours. ●

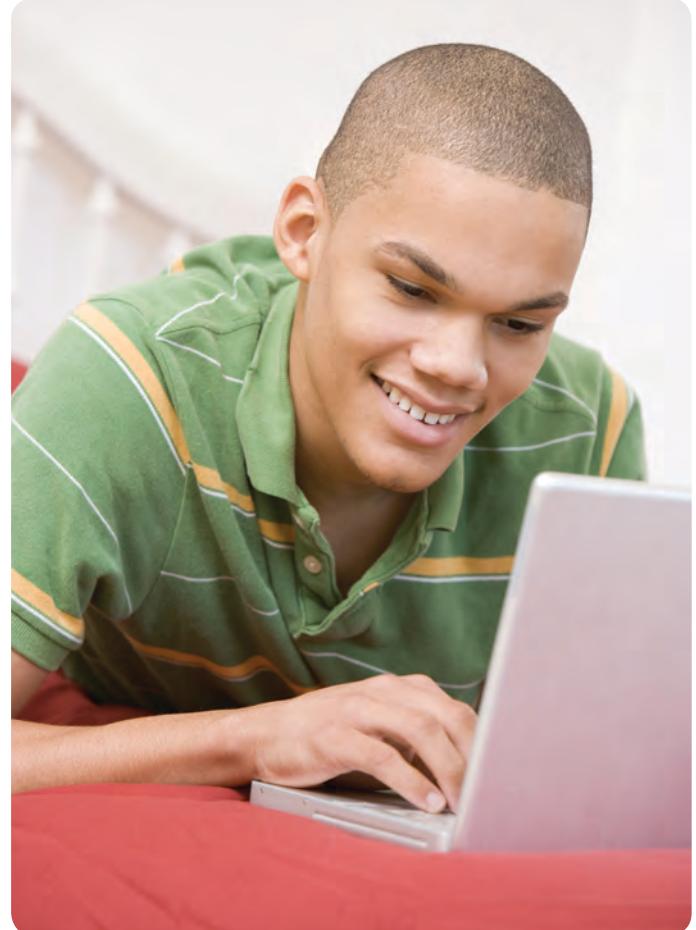
Cybersafety training

Practical training for carers and caseworkers

Do you know your Instagram from your KIK? How long is too long for a 14-year-old to be gaming? What's geo setting on a phone and who knows what it means? These questions and more form part of a series of 'cybersmart' training sessions taking place across NSW to give carers a better understanding of the online world.

The sessions help empower carers to support children and young people navigating the internet and cyber settings. The training is a joint initiative of FACS with the Australian Communications and Media Authority - coordinated by Connecting Carers NSW.

Carers are encouraged to attend. The training is suitable for 'novices' through to those familiar with social media.



2015 dates and locations

2015 Cybersafety outreach presentations to foster carers in NSW | FACS and Connecting Carers NSW

Location	2015 date proposed	Venue
Coffs Harbour	Tuesday 5 May at 10.00am	Club Coffs West High Street
Gosford	Monday 30 March at 11.00am	Mingara Recreation Club
Burwood	Thursday 30 April at 10.00am	Burwood RSL, 96 Shaftesbury Road, Burwood
Campbelltown	Monday 11 May at 11.00am	Campbelltown RSL
Blacktown	Tuesday 23 June at 11.00am	Blacktown RSL
Wollongong	Monday 25 May at 11.00am	Dapto Ribbonwood

Carers are encouraged to visit www.cybersmart.gov.au and check out the resources to support children, young people and carers. ●

Understanding self-harm

It can be very disturbing to discover the young person in your care is self-harming. Carers can feel shock, confusion, disgust, inadequacy, and even anger. These feelings are completely normal and it is important to remember there is support for you in trying to manage as a carer as well as for the young person.

What is self-harm?

Cutting, scratching, burning, swallowing an object or a toxin – anything that deliberately causes harm to the body. Sometimes, very dangerous driving and extreme alcohol or drug use can be seen as self-harm. In general, girls tend to cut or scratch, while boys tend to punch, bang, or burn themselves.

For many young people, self-harm goes in cycles. It is used for a period of time, stopped, and then used again.

Understanding young people who may self-harm

The transition into adulthood can be tough for young people, especially teenagers in out-of-home care who have a history of trauma, abuse or neglect. Self-harm can start in children as young as seven, although it usually starts in the early teenage years.

Self-harm behaviour is different from being suicidal

For many young people self-harm is a coping strategy that allows them to continue to live rather than an attempt to end their life.

“In general, girls tend to cut or scratch, while boys tend to punch, bang, or burn themselves.”

While most young people who self-harm don't want to die, the self-harm can still result in serious physical injury. So it is important not to dismiss self-harm as being manipulative or attention-seeking.



The reasons for self-harm varies from person to person. The young person may feel:

- it is the one thing they can control in their lives
- it is the only way to escape emotional pain
- isolated from those around them.

Young people often say they self-harm because it relieves emotional pain or because they want to feel something rather than feel numb. The young person may have feelings of hopelessness and believe they have no control over their lives.

Signs of self-harm

How do you know if a young person is self-harming? The signs of self-harm can include:

- not taking care of themselves, for example, poor hygiene, dirty clothes
- wearing clothing to cover up signs of cutting, for example long sleeves in summer
- saying they feel hopeless, there is no point, or appearing not to care about anything



- withdrawing from friends and family
- seeing self-harm done by others, friends or on social media
- visiting websites about self-harm.

Not many will seek help

Only a small proportion (one-third to one-half) of young people who self-harm will seek help. This is both before, or after, an episode of self-harm. It is most likely they will get informal help from friends, peer groups, family members or kinship groups. Young people are less likely to seek out formal help such as seeing a psychologist, medical staff, youth workers or religious leaders.

“Encourage young people to seek help.”

More and more, young people are turning to the internet, including social media to share the experience (known as self-disclosure) rather than asking for help. The internet offers a sense of

anonymity and help at a safe distance. However, using the internet also has unpredictable and dangerous side-effects. Some sites may be hostile or help maintain self-harming behaviour.

Young people may not seek help because they:

- believe they won't be understood
- fear their confidentiality will be breached
- worry they will be seen as attention-seeking
- don't know if their carers or teachers can do anything to help
- fear others will react negatively if they reveal their self-harm
- fear being stigmatised
- are also experiencing depression, anxiety and suicidal thoughts
- don't actually want to stop
- believe they should be able to cope by themselves.

Young people say they would seek help if:

- their confidentiality is guaranteed
- are being treated respectfully
- they have someone they can trust to talk to
- they are talking to someone of a similar age and background.

You can help

Parents, carers, and teachers are best placed to help young people by:

- referring them to a psychologist
- making the effort to understand self-harm as a response to emotional pain and breaking down the stigmas associated with it
- reducing conflict within the home
- creating a closer bond with the young person, for example, scheduling one-on-one time
- looking at ways to reduce stress related to school or study.

Encourage young people to seek help

Let young people know help is available and show them how to access it. Make them aware of websites such as ReachOut, Black Dog Institute, and Youth Beyond Blue. These sites have apps that can be downloaded for their smart phones and young people can even chat with counsellors.

More support for young people and carers

It's crucial that you speak with your caseworker if you suspect the young person in your care is self-harming.

See the box for ways to get more information when you need extra support. Young people can use these as well. •

Support and information on self-harm

Online

Living is for Everyone

www.livingisforeveryone.com.au

Headspace

www.headspace.org.au

ReachOut

www.reachout.com.au

Youth Beyond Blue

www.youthbeyondblue.com

Healthy Vibe (Healthy Mind) – targeted, culturally sensitive communication services for Aboriginal and Torres Strait Islander communities: www.vibe.com.au

Self Harm resource Centre:

www.selfinjury.bctr.cornell.edu/resources.html

Transcultural Mental Health:

www.dhi.health.nsw.gov.au

Phone

Kids Help Line: 1800 55 1800

Lifeline: 131 114

Salvo Care Line: 1300 36 36 22

MensLine Australia: 1300 78 99 78

Suicide Call Back Service:

1300 659 467

Connecting Carers NSW: the 24-hour telephone support service to answer questions and offer support and training to foster, kinship and relative carers across NSW: 1300 794 653



If you discover a young person is self-harming:

- remain calm
- use a gentle tone of voice when talking to them
- don't criticise
- listen and support the young person; let them talk about the things that are worrying them, thank them for sharing their feelings and acknowledge the courage this takes
- if needed, call an ambulance.

National Out-of-home Care Survey reminder

Kids have their say

Did you receive a letter recently inviting the child or young person in your care to participate in the out-of-home care survey?

Yes?

Speak with your caseworker about making a time to complete the survey.

No?

Don't worry, not everyone has been asked to participate and you don't need to do anything.



Stay tuned

We will publish information about the results of the survey in later issues of *Fostering our Future*.

About the survey

This survey is a chance for children and young people to tell us what it's really like to live in out-of-home care. We will use what is said to work out what needs to be done to improve things for now and in the future.

Participation is voluntary

Children and young people don't have to do the survey if they don't want to.

Help is at hand to complete the survey

If the child or young person in your care is interested, your caseworker will talk to them about a good time to take the survey. Caseworkers can also help them fill it in, or they can do it by themselves – the most important thing is that the child or young person feels comfortable to say what they really think. ●

Upcoming 2015 dates for your diary

Event	Date
National Child Protection Week	Sunday, 6 September to Saturday, 12 September
Foster Care Week	Sunday, 13 September to Saturday, 19 September
Kids in Care Cup	Saturday, 19 September to Sunday, 20 September

Carer Reference Groups – the journey

Carer Reference Groups (CRG) have held their first meetings for 2015 following the establishment of the groups mid-2014 as a result of the significant change in the out-of-home care system in NSW.

The new model ensures better collaboration and participation for carers, carer representatives and staff from accredited non-government agencies and the Department of Family and Community Services (FACS).

Six CRGs were formed— Metro (Greater Sydney), Hunter and Central Coast, Northern, Southern, Western (Dubbo area) and Western (Wagga Wagga area).

CRGs meet quarterly and report to regional implementation groups. Meetings are co-chaired by a carer and an out-of-home care agency representative. CRG membership will be renewed over time allowing for a range of people to participate.

“Better collaboration and participation for carers, carer representatives and staff.”

CRG meetings provide a collaborative setting for carers to work with agency representatives to strengthen and improve the fostering experience.

As one CRG member said, ‘There was a lot of energy from the group. Everyone appeared to be very enthusiastic to come together to discuss and work through any challenges that are arising through the changes taking place across the service system’.

Recent topics have included:

- guardianship – changes for those with full parental responsibility
- contact framework – setting a framework for NSW
- carers register – a new system for agencies to register authorised carers
- education and health pathways
- therapeutic care models

- training – what’s happening locally and are you going?
- working together to untangle some things
- CREATE – did you know? Check it out.

More than 80 CRG members also attended the inaugural state-wide forum on 8 October 2014, at the University of Technology’s Aerial Conference centre. The forum was a great opportunity for discussion, consultation, information sharing and fun.

CRGs are proving to be significant in contributing to a stronger out-of-home care system. In 2015 CRGs will be building on this momentum.

“A great opportunity for discussion, consultation, information sharing and fun.”

To suggest ideas for discussion at the CRG simply email carerreferencegroupsnsw@facs.gov.au or phone 02 9716 2540. ●



CRG meeting dates 2015

April

Tuesday, 21 April **Edgeworth**



May

Thursday, 14 May **Blacktown**
Monday, 18 May **Wagga**

June

Wednesday, 3 June **Nowra**
Tuesday, 9 June **Ballina**
Tuesday, 9 June **Tuggerah**

August

Wednesday, 5 August **Nowra**
Tuesday, 11 August **Edgeworth**
Thursday, 13 August **Blacktown**
Monday, 17 August **Wagga**
Tuesday, 25 August **Dubbo**

September

Tuesday, 8 September **Ballina**

October

Wednesday, 7 October **Nowra**
Tuesday, 13 October **Tuggerah**

November

Thursday, 12 November **Blacktown**
Monday, 16 November **Wagga**
Tuesday, 24 November **Dubbo**

December

Wednesday, 2 December **Nowra**
Tuesday, 8 December **Ballina**
Tuesday, 8 December **Edgeworth**

For more information visit: www.community.nsw.gov.au > parents, carers & families > fostering, guardianship & adoption

FAMILY AND COMMUNITY SERVICES

Casework staff or your local Community Services Centre (CSC) should be the first point of contact for any queries. To find your local CSC, look under 'Community Services, Department of' in the White Pages.
www.community.nsw.gov.au

Child Protection Helpline

132 111 TTY: (02) 9633 7698

Foster Care Complaints freecall:

Freecall: 1800 000 164

OTHER USEFUL CONTACTS

Connecting Carers NSW

Free advice, information, training and support across NSW plus information sessions for carers, workers and the public.
1300 794 653
www.connectingcarersnsw.com.au

Foster Parents Support Network

Telephone support services to carers.
(02) 9608 8494
Freecall: 1800 262 445 (24 hrs)
www.fosterparentsupportnetwork.org.au

Karitane

Child and family help services and a 24-hour care line.
1300 227 464
www.karitane.com.au

Parent Line NSW

Telephone advice and information service for carers and parents.
Freecall: 1300 130 052

CREATE Foundation

Supports young people living in out-of-home care and those who have left care.
(02) 9267 0977 Freecall: 1800 655 105
www.create.org.au

NSW Civil and Administrative Tribunal NSW

Independent, external review of administrative decisions.
1800 060 410 TTY: (02) 92352674
www.ncat.nsw.gov.au

Centrelink

A range of government services throughout Australia.
www.centrelink.gov.au

NSW Ombudsman

An independent and impartial government agency watchdog.
(02) 9286 1000 Freecall: 1800 451 524
www.ombo.nsw.gov.au

ABORIGINAL SPECIFIC SERVICES

AbSec

Aboriginal Child, Family and Community Care State Secretariat

Aboriginal carers and carers of Aboriginal kids can visit AbSec's website for the latest news and information about carer support groups. www.absec.org.au

ASFCSS

AbSec's Statewide Aboriginal Foster Carer Support Service (ASFCSS)

Freecall: 1800 888 698 | (02) 9559 5299

foster@absec.org.au www.absec.org.au/foster-care

LEAVING CARE

Link-up NSW

Helps Aboriginal adults separated from their families as children and Aboriginal families separated from their children.
(02) 4759 1911 www.linkupnsw.org.au

Marungbai Aboriginal Service

Supports Aboriginal young people who have been in care.
1800 422 555 or (02) 6551 3973

HEALTH & MEDICAL

Aboriginal Health & Medical Research Council

Contact details of Aboriginal Medical Services (AMSS), which provide primary health care to local Aboriginal and Torres Strait Islander communities.
(02) 9212 4777

EDUCATION & TRAINING

Aboriginal Education Council

(02) 9660 5696 www.aec.org.au

AECG NSW

Aboriginal Education Consultative Group provides advice on behalf of Aboriginal communities on education and training.
(02) 9550 5666 www.aecg.nsw.edu.au

NSW Department of Education and Training

Aboriginal Education and Training
www.aboriginaleducation.nsw.edu.au

Tranby Aboriginal College

An alternative, independent learning environment
Freecall: 1800 601 988 www.tranby.edu.au

ABORIGINAL AGENCIES

Abcare
(02) 9559 5299

Aboriginal Medical Service
Western Sydney
(02) 9832 1356

GLMACS (Great Lakes
Manning Aboriginal
Children's Services) – Biripi
Aboriginal Corporation
Medical Service
(02) 6551 2088

Burrun Dalai Aboriginal
Corporation
(02) 6562 1913

Illawarra Aboriginal
Corporation – Myimbarr
(02) 4226 3358

KARI Aboriginal Resources
(02) 8782 0300

Miyagan Aboriginal
Development Association (in
partnership with Anglicare)
1800 367 837 (Anglicare)

Miyan Munga (in partnership
with Barnardos)
(02) 6342 4223

Ngunya Jarjum Aboriginal
Child and Family Network
(02) 6626 3700 /
0400 521 488

Ngurambang (in partnership
with Uniting Care Burnside)
(02) 6885 5010
(Uniting Care Burnside)

RivMed (in partnership
with Anglicare)
(02) 6927 0400
(ask for Cecily)

South Coast Medical Service
Aboriginal Corporation
OOHC
(02) 4428 6666

South Coast Medical Service
Aboriginal Corporation
OOHC
(in partnership
with MacKillop)
1300 791 677

Wandiyali
(02) 4957 5900