



INALA  
COMMUNITY HOUSE

Out Of  
Home Care

# Your Carers Newsletter



## Meet Lauren

Lauren first came to ICH as a student in the Family Intervention Service (FIS) and then worked in OHC as a youth worker whilst finishing her degree. Once graduated, she interviewed for a case worker role, and has since has been tasked with managing events within our programme. We asked Lauren a few questions so that our carers could get to know her a little better.

**What do you wish people knew about your role?** The team at OHC are always looking at ways to improve our service through updating policies, designating roles within the team, etc. We are a great team and together strive to make sure all carers and children feel supported, seen, and heard.

**What helps you get through the tough days?** A little bit of chocolate, a walk with my 8-month-old Cavoodle named Sadie, or a movie night with my partner.

**What is something interesting about yourself?** This year I have opened a Physical Culture club in Capalaba where I teach dance to girls and women from the ages of 2.5 years old to 50+ years old! I have been doing Physie for 22 years and teaching for a total of 9 years most of which were back down in Western Sydney. Physie is dance sport that combines elements of multiple dance genres, aerobics, yoga, and Pilates. These are put into routines and performed to popular music, and is a great way to exercise while having a ball!



## Statement of Commitment

The role of a foster or kinship carer is really important, and the statement of commitment outlines the partnership of the department with Qld foster and kinship carers. You can read more about the statement of commitment [here](#).



## NAIDOC Week Celebrations

This month, we had an opportunity to attend several NAIDOC events. For those that aren't aware, NAIDOC stands for National Aboriginal and Islander Day Observance Committee and is a time to highlight and celebrate the history, culture, and achievements of Aboriginal and Torres Strait Islanders in our community.

We took the opportunity to learn about Aboriginal art and partake in some of the local events with our Indigenous leaders with the aim of building further cultural connections and awareness.

As an agency this is especially important for us because we have challenged ourselves to build our capacity and competence in this space - and have a mechanism to keep ourselves accountable in this context.

As we know, many foster and kinship carers can be caring for an Aboriginal or Torres Strait Islander child at some point, and we're aiming to have these connections transfer to better cultural competence in our practice which we hope will impact our carers and children in a very positive way.



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## Partners In Care: 18th of July 2023



Earlier this month we had our PIC meeting. Carers expressed their appreciation for the support that they've received and were thankful for the carer and school holiday events that have been happening within OHC. As partners, we were able to share some of the challenges faced within the geographical catchment that we are all in including logistical challenges with school drop-offs and family time (or family contact). It was explained that the foster care system is complex and dynamic with many variables that impact the way a region is zoned. We will continue to provide feedback and support carers within this context. Thank you for sharing.

Finally, carers expressed that it can be challenging to end placement and it's important for both carer and child that we consider how the transition from one placement to another occurs. We are cognizant of this and will continue to advocate for a smooth transition and where possible will ensure that this occurs.

One of the big takeaways from this meeting is that every carer is able to articulate an emotional connection to providing care that perhaps can't be understood unless you've done it yourself. I really appreciated this learning.

There are actions that have derived from this meeting and we will share some of the things we will work on moving forward. Thank you so much to all that attended and we're looking forward to more of you attending when you can. The next has been scheduled for October 10th at 10am at our office!

# Your Carer Newsletter

## Carer Spotlight



Meet the incredible duo of Sharon and Brien.

They have been devoted carers for 40 years, over the time they have cared for more than 500 children through short term or emergency placements. While there has been challenging moments, Sharon and Brien feel very lucky to have lived, worked and raised their own families, and being a carer is their way of giving back. They love seeing how their care, safety and support, even for a short period can have a big impact on the child.

You are both incredible! Thank you to Sharon and Brien for being part of the Inala Community House carer community.

## Upcoming Training & Events

We have a number of services at ICH including Community Engagement who have two neighbourhood centres in Inala and Acacia Ridge, both of which have a number of community events that you're welcome to attend.

We've linked further information about these events and services [here](#).

## Good News O'Clock

*"You may be in our lives for a season, but you're in our hearts forever"*

From an anonymous foster carer



## Feedback & Complaints



Our community of carers is so important and we want to ensure you have the opportunity to share any feedback or concerns you may have. You can give feedback in several ways.

- Call and speak to a member of our team on **(07) 3372 1711**
- Submit your feedback via email at [reception@ich.org.au](mailto:reception@ich.org.au) or [complaints@ich.org.au](mailto:complaints@ich.org.au)
- Send through written feedback to PO BOX 4800, Forest Lake QLD 4078



## First Aid Training

Just a reminder that if you'd like to complete First Aid Training we have scheduled a date in September at our office.

This is a one off event and has limited spaces. You will need to apply for a USI which you can do by clicking [here](#). Please contact your case worker if you have any questions.