



# Families SA

# post care NEWS



Hello everyone! It's only 5 weeks until the opening of the **Memorial for Forgotten Australians in South Australia** (concept design, left). In this issue of Post Care News you will find an [invitation to the ceremony](#) on 17 June. We hope you can come. Please phone Post

Care Services on 1800 188 118 (freecall) to register to attend or to ask any questions.

The last Post Care News (March 2010) published the phone number for Computer Share for free computers. Computer Share no longer operates but they have suggested other places to access **computers at little or no cost**. These are IT Share – phone: (08) 8339 3116 or Australian Computer Society – phone: (08) 8271 7666.

At the Post Care and Relationships Australia **Meet and Greet session, 2 March 2010** those who attended said they would like training for:

- Communication skills (active listening)
- Conflict management
- Public speaking
- Certificate 3 in Community Services
- Peer Education
- Building trusting relationships
- Mental Health First Aid
- Self Esteem
- Grief & Loss
- Justice
- Letting go
- Being active in your own life – advocacy
- Managing emotions
- Assertiveness
- Doing something creative for healing – art therapy
- Respecting and understanding yourself.

You might like to nominate some other topics for training let Post Care Services know. If you want to join this Strengthening Communities training group provided by Relationships Australia, contact Post Care Services. We need at least 7 dedicated people to join.

A number of people have requested the Attorney General's Department's **Ex-Gratia Application packages** for "Former residents in State care who experienced sexual abuse as children". Post Care Services can send you a package and help you fill it in. If you live interstate, we can help you fill it in over the phone. Ring on free call - 1800 188 118.

Saturday 19 June 2010, there will be a **Care Leavers Australia Network (CLAN) social**. Please call Priscilla on: 8293 8385 if you have suggestions for this social event in Adelaide.

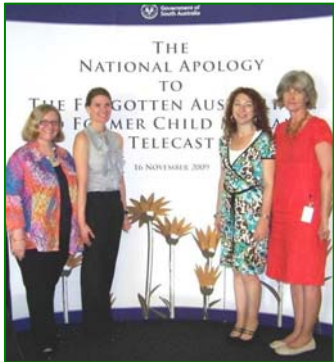
**In this issue:**

<i>Memorial for Forgotten Australians opening</i>	<i>Page 1</i>
<i>Computers at little or no cost</i>	<i>Page 1</i>
<i>Meet and Greet? Strengthening Communities</i>	<i>Page 1</i>
<i>Ex-gratia packages – PCS can help</i>	<i>Page 1</i>
<i>Care Leavers Australia Network (CLAN) social</i>	<i>Page 1</i>
<i>Audio version of the Mullighan Report</i>	<i>Page 2</i>
<i>Oral history interviews</i>	<i>Page 2</i>
<i>Parenting courses at the Effective Living Centre</i>	<i>Page 2</i>
<i>Support Group in the south of Adelaide</i>	<i>Page 2</i>

**Insert 1:** *Invitation to the Memorial for Forgotten Australians, South Australian opening*



Photo below: Post Care team: Helen, Melanie, Susanna and Eveline



The *Royal Society for the Blind* will produce a complete **audio version of the Mullighan Report**, also called the “*Children in State Care, Commission of Inquiry: Allegations of Sexual Abuse and Death from Criminal*

*Conduct*”, March 2008 report. Give your name, phone number and address to Post Care Services if you would like an audio copy to listen to the report rather than read it. When the audio reports are available we will contact you.

The National Library is conducting **oral history interviews** to record the lives and experiences of Forgotten Australians and Former Child Migrants across Australia to be preserved in the National Library of Australia and to be made publicly available (subject to interviewee’s conditions). The project will go for 3 years. It will document institutional and out of home care experiences and their lifelong impact on people’s lives and their families. The Library also hopes to collect related materials such as photographs, posters, badges, reunions, diaries and published autobiographies.

The National Museum of Australia is developing an exhibition about the history of institutionalized care of children and the joint website for these two national projects is: <http://forgottenaustralianshistory.gov.au/>

The Library is working with the Australian National Maritime Museum which is developing an exhibition about Child Migrants. There are many people wanting to share their experiences and therefore expressions of interest are requested for consideration of an interview. You can contact the Forgotten Australians and Former Child Migrants Oral History Project on 1800 204 290 (cost of a local call on landlines) or email Joanna on [jsassoon@nla.gov.au](mailto:jsassoon@nla.gov.au). Expression of Interest forms are available at Post Care Services and they can be posted to you. Phone: 1800 188 118 (free call).

**Positive Parenting Program** (with an early childhood and lower primary focus), **Term 2 at the Effective Living Centre** (26 King William Road, Wayville) at 7:30-9:30pm include:

- 19 May, Fun not fuss with food
- 26 May, Talk so your kids will listen, listen so that they talk
- 2 June, Supporting creative families
- 9 June, Building a stronger sense of self

Costs: \$15 or \$12 concession (or if you would like financial assistance with the cost of attending, speak to a social worker at Post Care Services).

Bookings: phone – 8271 0329 or email [office@effectiveliving.org](mailto:office@effectiveliving.org).

**A Support Group in the south of Adelaide** (for people who experienced out of home care as children) meets regularly, and is possibly suitable for people who live at Reynella, Morphett Vale, Noarlunga and other suburbs close by. On Friday, 28 May 2010 the group will meet for coffee and a chat and you are all welcome. To find out where to meet, please call Josephine on mobile: 0488 178 175.

Please send in your **poems, art, recipes or any other ideas** for our next Newsletter in July (address below).

<b>Post Care Services</b> Level 1, 45 Wakefield Street Adelaide SA 5000 GPO Box 292 Adelaide SA 5001 phone: (08) 8207 2653 <b>1800 188 118 (freecall)</b> fax: (08) 8207 0066 email: <a href="mailto:postcare@dfc.sa.gov.au">postcare@dfc.sa.gov.au</a>	<b>Northern Youth Support Team</b> 9 Bayer Road Elizabeth South SA 5112 phone: (08) 8256 2756 fax: (08) 8252 2751  <b>Southern Youth Support Team</b> 52 Pleasant Avenue Glandore SA 5160 phone: (08) 8371 1984 fax: (08) 8371 1223
---	---

© Department for Families and Communities The information in this publication can be provided in an alternative format or another language on request. Please contact (08) 8207 0218

Contact details