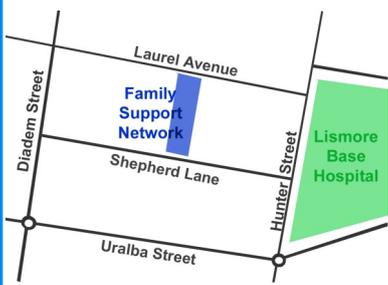




Family Support Network Term 4 Newsletter

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Family Support Network

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Child Protection Week 2016

Family Support Network played its part in helping to organise a very successful Child Protection Week event on Saturday 3rd September in Lismore. It involved the creation of a sand and soil mandala, depicting a baby being cradled, on a large roundabout in the middle of town. Dozens of children and community members

helped to create this over many hours on the day. This image symbolised the care and protection of our young that is the focus of the family work sector and the broader community of Lismore and its surrounds.

Helen, Gudrun, Neil and Darmin of Family Support Network also hosted a stall where the community made personalised badges a fun take-home gift for those who participated in the event. Information about the service was also available, and many other community services including YWCA, CASPA, Multitask, Red Inc. and Social Futures also provided fun activities and information for the community. Outgoing and much loved mayor Jenny Dowell opened the event and read stories to children attending, a welcome to country and smoking ceremony was performed, and performers including the Curly Cousins kept everyone entertained.

Thanks to everyone who participated and chatted with us at the stall that day, you helped to make it a wonderful and enjoyable event for all involved.



Meet Our Current Student

"I have been doing a Masters in Social Work student placement with the Child, Youth and Family Program at the Family Support Network for the last two months, and it has been an engaging and rewarding experience so far. I have had the opportunity to help facilitate a parenting program, attend home visits to clients, participate in case planning activities and case conference, attend sector forums, participate in planning a local community Child Protection Week event, and assess clients for intake.

I have also had the pleasure of learning from very experienced and knowledgeable workers, who have high levels of passion and skill in this work. I still have a month to go, and know that this experience will serve me well in my future work and study."
Theresa

Fruitopia

Celebrating LGBTIQ Families! Family Support Network recognises, supports and respects the wonderful range of diversity that make each family unique. All our premises are ACON approved Safe Spaces, and we are currently investigating the process of becoming Rainbow Tick accredited. This year for the first time we had the privilege of being a part of the Fruitopia Spring Fair, an annual family fun day held by Tropical Fruits. As well as having our bubble machine on all day (entertaining people of all ages!), we helped almost 100 visitors on the day make glitter bottles.

These bottles can be used for:

Calming

Relaxation

Learning About the Brain

Mindful Communication

We look forward to attending this fabulous day again next year.



AGM

On 27th October Family Support Network held our Annual General Meeting (AGM) at our Laurel Avenue premises.



At the meeting all office bearers stood for and were re-elected to their positions for the coming twelve month period:

Daniel Parker (pictured above) was elected Chairperson

Andrea Brooks was elected Vice Chairperson

Peace Declé was elected as Treasurer

Sophie Anderson was elected as Secretary

Lynne Austin remained as an ordinary board member and Karen Maroney joined the board.

At the AGM the organisations audited financial statements were presented which showed a small operating loss for the previous year. In addition, the Annual Report was also presented. This document summarised how each of our important services performed over the last year and provides insightful information in relation to both the success and quality of our services. Both these documents can be found on our website at www.fsn.org.au/announcements.html

PANDA Pamper Day

Family Support Network hosted expecting parents and parents with babies for a free day including information and pampering. Our Pamper Day was held during Perinatal Depression & Anxiety Awareness Week in November. This event was generously supported by a grant from WayAhead Mental Health Association of NSW.



The Pamper Day Highlights included

***Mindfulness & Relaxation Techniques** workshop with Rachel.

*Renata from Bubba Touch demonstrating the practice of **Infant Massage**.

*Karen gave free **scalp/shoulder massages** for all parents/expecting parents.

***Tresillian** team stopped by to discuss the services they provide and tips on settling baby.

***Family Support Network** team were on hand to talk with parents about all things family!

We shared a multicultural lunch with food from India, Mexico, Japan, Thailand and Europe.

Mish Songsmith serenaded us with live music.

PERINATAL
DEPRESSION
& ANXIETY
AWARENESS WEEK

PARENTS ARE PEOPLE TOO

NOVEMBER 15 - 21