
SNAP SHOT

welcome to No 64 March 2009

> Initiative < Quality ▲ Resources

> **New clubs offering a break for children of parents who have mental illness**

We are excited to inform you that Anglicare Tasmania is now able to offer *Kids in Mind* programs across Tasmania supporting children of parents with mental illness.

Young people who live with a parent or carer who has a mental illness can feel isolated and alone.

“Kids clubs have been developed for young people who share the experience of living with a parent or carer who has mental illness. Young people participating in the clubs will have the opportunity to make friends and have fun,” said Manager of Anglicare’s Mental Health Services, Jane Carlson.

“We are amazed by the strength and resilience of these young people who may have unusual and unpredictable stressors in their lives.

“Young people generally find ways to cope when their parent or carer is unwell, but having an unwell parent can be very challenging.

“At Taz Kids Clubs young people will get to meet other young people who have similar experiences, they will learn from each other and importantly they will know that they are not alone.”

Taz Kids Clubs will be held over eight weeks throughout the school term.

Overnight camps (Champs Camps) will be held five times throughout the school year. These camps will give young people an opportunity to have a break and have fun.

“The Support Workers who organise Taz Kids Clubs and the Champs Camps are equipped to teach a variety of coping strategies that will further enhance the strategies that the young person already uses when their parent is unwell,” said Ms. Carlson.

There is also opportunity for parents to receive individual or group support from Anglicare’s Family Mental Health team in conjunction with the Taz Kids team.

Taz Kids Clubs and Champs Camps are free and equitable services. Camps and clubs will be facilitated statewide throughout 2009.

For further information on any of the Kids in Mind programs please call 1800 243 232.

< Sam changes address to HMAS CERBERUS

Sam asked us to tell her good news. She is a Navy recruit and former client of Anglicare's Placement and Support Service (PASS), a program for young people at risk of homelessness. Sam has overcome a range of difficulties to pass the rigorous Defence Force Recruiting assessment process and has been offered a position in the Navy. She has now left Tasmania to go to recruit training at HMAS Cerberus in Victoria.

"I want young people to know that you don't have to be the way other people tell you to be. You can choose to have a better future and there are people who will help you," said Sam.

"Sam is pretty excited and we are thrilled for her," said Senior PASS worker, Mark Hollick.

"Once Sam has finished recruit training she will be able to choose where she lives, choose to continue her education and be able to travel the world.

"Sam wants to be a role model to other young Tasmanians.

"Sam has been a client for eight months, in that time her PASS volunteer carer and the PASS team supported Sam to make her own decisions and build her confidence," he said.

"PASS volunteers make such a big difference to the lives of young people who may be at risk of homelessness.

"Without volunteers offering their spare rooms to clients like Sam, it would be difficult to take advantage of career and education opportunities.

"If you haven't got a place to stay, work and school become low priorities."

Volunteers are an essential part of the support Anglicare can offer to young people.

PASS offers intensive 24 hour support to volunteers and PASS clients.

If you would like more information about becoming a volunteer call 1800 243 232.

▲ Anglicare Victoria's response to the bushfire crisis

Anglicare Victoria has felt the devastating impact of the recent bushfire crisis.

Thankfully none of Anglicare Victoria's employees, clients or volunteers fell victim to the fires or have been injured. However, many have had their homes destroyed.

"Anglicare Victoria runs a very large foster care program and many of their foster care families have been left homeless," said Anglicare Tasmania CEO, Dr. Chris Jones.

"As we know, towns have been decimated and without the necessary infrastructure it could be years before homes can be rebuilt.

"Families affected by the bushfires will need ongoing financial support for years to come.

“Anglicare Victoria has been coordinating accommodation for Anglicare’s foster families affected by the fires.”

Anglicare Victoria is also supporting the Red Cross bushfire appeal. When donors call Anglicare they have the option to give to Red Cross or directly to Anglicare. All funds go to the recovery effort.

Anglicare Tasmania is supporting our Victorian colleagues during this time of crisis. To make a donation directly go to Anglicare Victoria at www.anglicarevic.org.au or by phoning **03 9412 6133**.

And finally...

“My Dress, My Image, My Choice”

Anglicare is delighted to again be able to bring to Tasmania the dynamic group of Muslim women who present *My Dress, My Image, My Choice* – a women-only event showcasing a parade of Muslim fashions, delicious food and the opportunity to meet amazing women who are passionate about making a difference in today’s world.

HOBART on Thursday 2 April 2009 at Baha’i Centre of Learning,
Bookings: Centertainment 6234 5998

LAUNCESTON Saturday 4 April 2009 at the Tail Race Centre, Riverside
Bookings: Princess Theatre 6323 3666

Both shows commence at 6pm for a 6.30 start

Cost: \$35 or \$20 concession or students

www.mydress.com.au

This project is proudly supported by the Australian Government’s National Action Plan funding program. Administered by the Department of Immigration and Citizenship, the National Action Plan aims to increase opportunities for broader participation in social and cultural programs and enhance leadership, especially among young people. For more information, visit www.immi.gov.au/living-in-australia/

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