



Sites of Significance



1—Bruxner Park:

15 minutes North West of Coffs Harbour

- Skywalk
- Picnic Sites



2—Yarrowarra

25 minute North of Coffs Harbour

- Red Rock
- Fish Traps
- Bush Tucker Walk
- Art Gallery



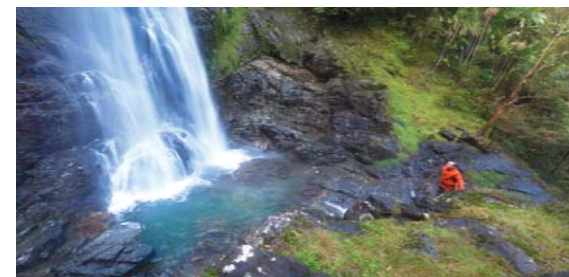
3—"Old Camp" Site

- Stories of the site
- Open park area
- Coffs Creek walk



4—Dorrigo

- Bush walks
- Water Falls
- Café and cultural Centre



5—Jetty



Message Stick



I would like to acknowledge the traditional owners of the land we work and live on the Gumbaynggirr people, and pay my respects to the Elders both past and present.



From The Board

Giinagay,



I would like to acknowledge the traditional owners of the land the Gumbaynggirr, Bundjalung and Yaegl people & Elders past and present. I would like to acknowledge the younger generation and their outstanding contribution to the communities; they are working hard to be our community leaders of the future.



2017 has been a great year for the organisation with the many achievements made over the past 12 months; it is amazing to see all the hard work and strong dedication put in by the Abcare staff members and the Board of Management. I would like to give a BIG thanks to the entire Abcare team, all have their individual role within Abcare, from overseeing the entire day to day management through to the first point of contact for the organisation. I am and will continue to stand tall and proud of the amount of work and the dedication all the team have for our Aboriginal Communities past and present.



I am truly thankful and proud to be Chairperson of the organisation and will continue to be a "BIG" part of this organisation for many years to come. At the 2017 Annual General Meeting, the following Board Members were appointed: Aunty Sue Hoskins (Vice-Chairperson), James Hurley (Secretary), Patricia Wallace (Treasurer), Lenny Frail (Ordinary Member), Anita Craig (Honorary Member) and Garry Matthews as the Principal Officer.



May you and your family have a Happy Christmas and bright New Year.



Kindest Regards,
Barry Hoskins



December

2017

Upcoming Events

12th December Coffs Harbour Carer's Christmas Luncheon
13th December Grafton Carer's Christmas Luncheon
19th December Kid's Christmas Party
21st December—2nd January Office closed (for urgent matters please contact the after hours number)

OUR MOB, OUR FUTURE, OUR WAY

OOHC MANAGER Mr. Craig Clark.



Merry Christmas to our Mob and especially the dedicated Carers that help look after and keep our Kids safe. As I reflect on the year that has passed Abcare have not only achieved their goals but have grown in the number staff, offices, Kids and Carers. This has been very exciting and plans out the vision for our future. I am looking forward to seeing all of the Kids at the Christmas party and the many challenges that the Kids will give me on the day.

ACCREDITATION & LEGISLATION

The importance of the Working with Children Check

With Christmas just around the corner, it is important for our children and young people to feel a sense of belonging and identity. The following information is based on the 'NSW Child Safe Standards for Permanent Care 2015' which can be accessed via the Office of Children's Guardian Website (<http://www.kidsguardian.nsw.gov.au/statutory-out-of-home-care/nsw-standards-for-permanent-care>). Children and young people's preferences to identify with particular names, places, celebrations or people are respected and supported by care providers. Furthermore, events of significance to a child or young person and their family are celebrated in a positive and meaningful way. During the school holidays, Abcare encourage and support all children and young people to maintain meaningful connections with community, culture, language and spirituality.

If you have any questions please do not hesitate to ask

Coffs Harbour Office: 02 56158300



Yarn up with.....

Roslyn Comino

Abcare Coffs Harbour

Case Worker



Where are your from?

I am from Glen Innes in Western NSW

Whose ya mob?

I am a proud Kamilaroi girl

Favourite Bush Tucker?

Johnny Cakes with Fruits of the Forrest jam

Who would you have around the campfire?

Anyone who wanted to sit and have a yarn I'm not fussy

Whose your team?

Gold Coast Titans

Favourite Animal?

My Pug Dog—Tilly

SOCIAL SUPPORT

Ginnagay/Yaama,

Our Abcare Social Support Group gather on Tuesdays and fortnightly Wednesdays at our building at 41 Gordon Street, Coffs Harbour. Together we have group activities, hold cooking classes and do gardening as we have an Elders Vegie Garden. The Group enjoy the space as this give them the opportunity to participate in a variety of things that they love to do in the company of others. We also have group outings once a month to various locations around the Coffs area, to help our clients feel more socialised and connected to their community and culture. The Group has also been completing their Certificate 1 in Hospitality at Southern Cross University, which gives them skills and knowledge in food safety.

During the month of October our Social Support Group have had the pleasure of hosting the Community Transport Elders Challenge Cup. Teams from Coffs Harbour and surrounding areas which included Nambucca/Bowra & Grafton competed in low impact games like held at the Annual Elders Olympics. This gave the elders the opportunity to catch up with family & friends, the overall team winning on the day went to Nambucca.



Abcare proudly support local community events. Abcare Executive Officer Mr Greg Bennett accepting a jersey from the Nation of Origins Rugby League team that Abcare has support for the past couple of years.



PARENTING TIPS

Denis Jackson

Abcare Consultant

Christmas is traditionally considered a time of joy, gift giving and good cheer to all. It is a time for families to come together to share presents and love. For children in OOHC this is not always the case. Christmas may bring up both good times and bad memories for our kids in care.

Arguments, alcohol abuse, violence and disappointment have marred many of the Christmas times our children in care have experienced with their birth families. However, these children will often remain loyal to their families and they may experience guilt that they are having a fun time at Christmas when they are with their foster family.

So what can you do as a foster carer to help:

Be patient if your child is over-excited, angry or "does not fit in"

Acknowledge their loss and grief at this time

Choose gifts that have significance – neither too great nor too small

Be the family that creates great Christmas memories for your child in care.

Have a very Merry Christmas

Denis Jackson –

Abcare Contracted Clinician