

# YOUR *newsletter*

A space where we keep  
Forgotten Australians /  
Care Leavers, family,  
friends and service  
providers connected and  
up to date about any  
news and the supports  
available for our  
community of people  
affected by out of home  
care or harmed in other  
Australian institutions



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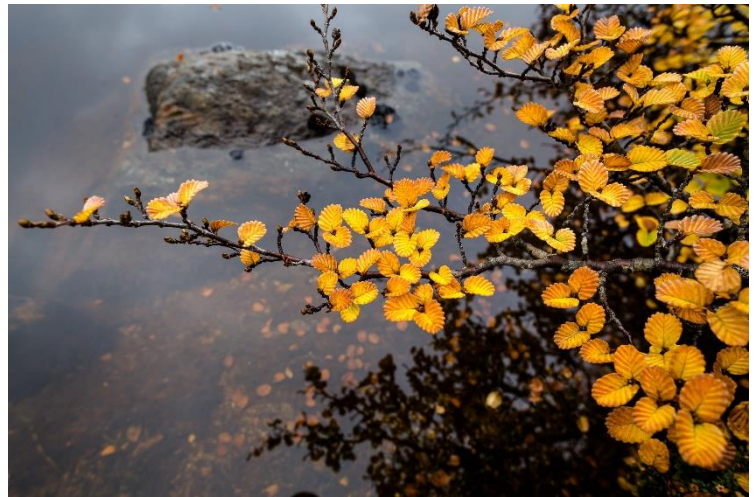
*Relationships Australia*  
TASMANIA

Relationships Australia Tasmania acknowledges that we work on Aboriginal land, Lutruwita, the lands of the Palawa and Pakana peoples. We are deeply committed to community action and to community healing. We pay our respects to Elders past, present and emerging.  
Always was, Always will be.

## Introduction

Welcome to the Autumn edition of Your Newsletter!

As we set into colder and shorter days, our community supported by the Adult Specialist Services Team at Relationships Australia Tasmania became busy with various activities during this quarter. In this newsletter, we have covered a snapshot of these activities which includes promotion of Devonport Support Group community members impacted by past adoption



practices, delivery of 'Navigating the Rapids' workshop focussed on understanding the impacts of trauma and attendance at annual AMNF Conference to deliver our Aged Care Training Package. Each edition of newsletter is enriched due to community stories and artworks and for this edition we are grateful to Lynette and Scott for contributing.

Wouldn't it be great if we had a hack to stimulate happy brain chemicals? A one-page poster is included in this edition that outlines strategies to hack happy brain chemicals, which makes a great resource for oneself and their near and dear ones.

Also, included is brief information on accessing incredible Tasmanian nature spots that are wheelchair friendly. Perhaps plan a trip or a get away to these spectacular locations only few hours away.

With ever growing community we are grateful for their support in reading and contributing to our newsletters. Please read on to enjoy the articles, reflections and community notices in this edition.

# Significant Dates for People who have spent time in Australian Institutions

## 13<sup>th</sup> February

National Anniversary to the Apology to the Stolen Generations

## 21<sup>st</sup> March

National Anniversary to the Apology for Forced Adoptions

## 17<sup>th</sup> May

The State Government Apology to Former Wards of State Abused in Care

## 27<sup>th</sup> May to 3<sup>rd</sup> June

Reconciliation Week calls for all Australians to commit to reconciliation with Aboriginal peoples, commemorating the 1967 Referendum and High Court Mabo Decision which granted Native Title Legislation

## 26<sup>th</sup> May

National Sorry Day- A Day of mourning and reflection about the Stolen Generation Practices

## 3<sup>rd</sup> July to 10<sup>th</sup> July

NAIDOC Week- celebrating Aboriginal and Torres Strait Islander Peoples' Achievements, history and cultures.

## August

National Australian Family History Month

## 4<sup>th</sup> August

National Aboriginal and Torres Strait Islander Children's Day

## 13<sup>th</sup> August

Apology to Tasmania's Stolen Generations by the State Government

## 18<sup>th</sup> October

Tasmanian Government Apology to Forced Adoptions

## 22<sup>nd</sup> October

National Apology to Victims and Survivors of Institutional Child Sexual Abuse

## 8<sup>th</sup> November

State Government Apology to Victims and Survivors who experienced child sexual abuse in Tasmanian Government Institutions

## 16<sup>th</sup> November

National Apology to Forgotten Australians and Former Child Migrants

# Forgotten Australian Community Profile

## Lynette Kay

### About Lynette

I'm a proud mother, with 27 grandkids and 17 great grandkids.

#### Some of her interests:

I enjoy doing art. I learnt from my Grandmother, she was beautiful. She would draw on fabric and embroider designs. She died at 93 years old. I mostly do drawing and painting.

I love gardening as well, I have a large white cactus I'm growing and I love my vegetable garden- I especially like growing tomatoes, pumpkins and pinkeye's.

Growing up I worked a lot, I worked splitting scallops and oysters, cutting flake, they were that long! I loved working. I've been through a lot in my life.

#### Lynette's ways of coping with struggles:

For those that are worried about things and going through a lot, I'd tell them, I wish I could've received help earlier, talked it out, then it's not on your mind.

I love coming to the Your Place Group, we have fun and everyone's nice.

When I was young I had suicide attempts, I had to get through though because of my kids, they helped me. It was hard because I didn't have a lot of support, my Dad died at 36 and Mum didn't talk about anything serious or teach us to express emotions.





**What brings Lynette joy?**

I love coming here (to Relationships Australia), talking to people, having a laugh.

What would you like counsellors and social workers to do in their practice:

I'd like them to listen, not ignore what we're saying.

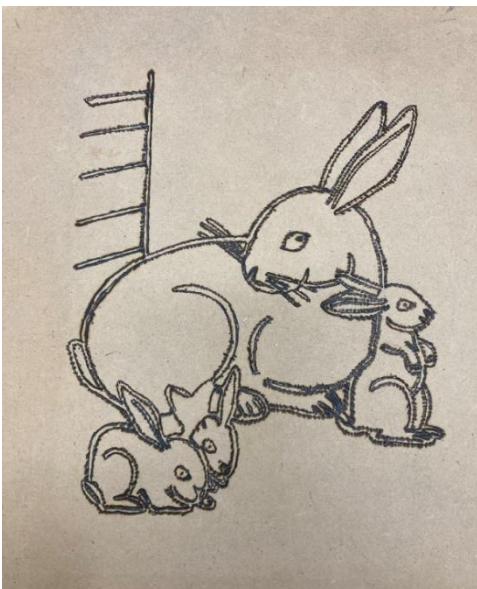
To take action, and to believe people.

**What makes Lynette proud:**

What I've become. I can relax more. I'm not nasty, and I treat people better as I learn more. I've sought assistance from my GP and from my counselling for depression, and that has changed me for the better.

I respect others, I'm honest and I'm trying to be an advocate for others not to be afraid to go and tell their story, connect with others, keep trying.

What makes me most proud, is being a Mother, a Grandmother and a Great Grandmother.

**Scott Saxellby****About Scott****What do you most like painting and drawing?**

I like using clay floor tiling and carving into them, being able to feel the drawings.

I never had lessons, I just practiced etching things that I like.



**To relax:** I like to listen to music and I say to others battling anxiety, depression to use art and music. Go exploring, find out what you enjoy, find music to mellow out on- the 60s, the 70s, music that you were brought up on and you'll get ideas.

Some of my favourites are: Bon Jovi, U2, ACDC, Poison, Rob Zombie, Bone. I also like the 70s and 80s music, Phil Collins, Lionel Ritchie, Joe Cocker.

I also find when times are tough it's good to spend time with my partner Tracy, and our fur babies - we have tabby cats named Princess, Magwa, Luigi, Smoky and SJ (Scott Junior) and a rabbit named Coco.



**Favourite foods I like to cook:** I like to make fried rice, apple and custard crumble, apple turnovers. I used to work in different kitchens, so I love cooking.

This is a photo of me in my Fred Flintstone outfit- my sister dared me to buy it and wear it so I did! And here's a photo of my wedding with Tracey, in 2012.

**Good advice to people that are struggling:**

Each day is a new day, and it's different. The past is the past, and it's different to the day before it. Live in the moment, I try to work out what's next to look forward to.





# RA Tas Support Groups

- Do you have an **experience with past forced adoption practices** and are looking for support?
- You could be an **adopted person, a parent separated from your child, or a relative of someone adopted.**



## Did you know...

Relationships Australia has a regular Support Group based in Devonport for those affected by these past adoption practices.

The Support Group is a place where you can share your adoption experience with others in an accepting and confidential environment.

If you are interested in being involved or for more information about the group, please contact Lyndell Kent on:

 1300 364 277

 [admin@reltas.com.au](mailto:admin@reltas.com.au)  
(add att: Lyndell)

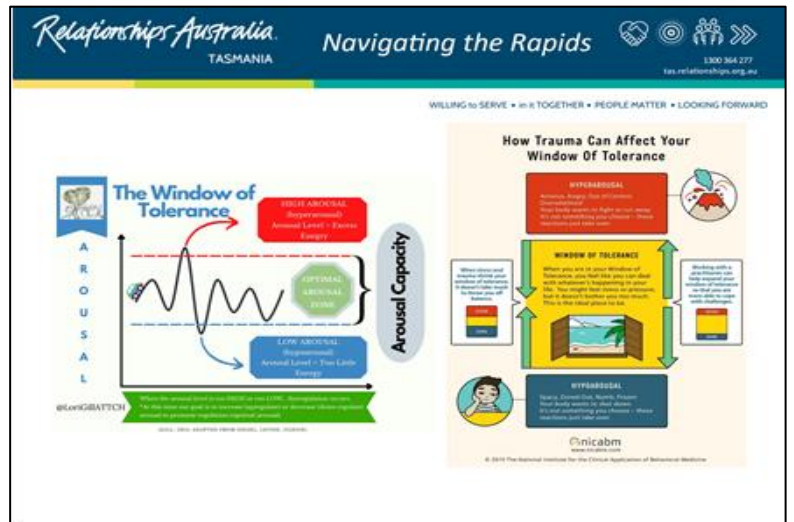


This program is funded by the Department of Social Services - Forced Adoption Support Service

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# Navigating the Rapids

Over the course of the two-day workshop, Navigating the Rapids focused on psychological trauma. Participants explored the intricate ways trauma can reshape the brain, leading to various psychological and emotional challenges across the lifespan.



A key focal point of the workshop was neuroplasticity, revealing the brains’ remarkable ability to adapt and heal, even in the aftermath of trauma. Navigating the Rapids provided practical tools for recognising and managing stress, both with oneself and in others. By understanding the stress response and understanding and identifying our Window of Tolerance participants were empowered to navigate stress more effectively and to support others to do the same.

There was a focus on the value of the life experience and participants explored the transformative power of empathy and understanding in interpersonal interactions. They delved into the nuances of communication, recognising it as a dynamic process shaped by attitudes, behaviours, processes, and individual life experiences.



The workshop emphasised the importance of conversational rights, affirming everyone’s entitlement to respectful and meaningful exchange. Participants learned practical strategies for fostering open dialogue, navigating disagreements, managing conflicts, and navigating the role as an incidental counsellor, constructively.



# HAPPY BRAIN CHEMICALS: HOW TO HACK THEM

## DOPAMINE

THE REWARD  
CHEMICAL



- Try something new
- Listen to music
- Make a small list of tasks and complete them

## SEROTONIN

THE MOOD  
STABILIZER



- Get some sunlight
- Exercise
- Meditate
- A healthy diet

## OXYTOCIN

THE LOVE  
HORMONE



- Get or give a massage
- Spend time with friends
- Show affection
- Do something nice for someone

## ENDORPHINS

THE PAIN  
RELIEVER



- Regular exercise
- Yoga and meditation
- Create music or art
- Laughter

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## Walks on wheels in Tasmania

A highly recommended way to get fully immersed in Tasmania's spectacular beauty is at Russell Falls, 70 minutes west of Hobart, where a 30-minute sealed walk in deep forest will loop you water-spray-close to the falls.



At tranquil Lake St Clair, the Watersmeet Trail, starting behind the visitor centre and skirting the lake, takes 45-60 minutes – bear in mind some wheelchair users may need assistance.



In Freycinet National Park, the wheelchair-accessible Cape Tourville circuit walk affords dreamy views over Wineglass Bay. It takes only 30 minutes, but some manual wheelchairs may need assistance to tackle the moderate slope.



## Aged Care Conference

On the 15<sup>th</sup> of May 2024 Forced Adoption Support Service and Find and Connect Reference Group member Pam Wells addressed a room of approximately 70 attendees at the Australian Nursing and Midwifery Federation Aged Care Conference.



Pam spoke about her experience as a Forgotten Australian and a mother who was subjected to forced adoption practices as well as abuse in those institutional settings as a child. Now as an adult looking at Aged Care and being a registered carer for her husband, Pam feels it is very important that people are listened to, aware that they come with many experiences and trauma. That everyone has different triggers in hospital and clinical settings, and that patience and care will go a long way.

Pam generously shared her artwork reflecting her journey with the participants and had many attendees thanking Pam for her honest reflections and sharing.

Pam, we are so proud of you and privileged to learn from you! Thank you for the vital work you do in raising awareness about important issues impacting so many of our community members navigating aged care and medical supports.





Welcome



Clarendon Vale  
Neighbourhood Centre

# Digital Support in Clarendon Vale



Remus can help with:

- how to protect yourself on the internet
- using apps and social media
  - internet banking
- setting up an email account
- online shopping, and more!

Remus is here on Mondays and Tuesdays and is here to help.



SCAN HERE TO  
BOOK

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26Ten

# Meet our counselling staff

## NORTH / NORTH WEST TEAM



**Gardia**  
Redress, FASS,  
Find & Connect



**Lyndell**  
FASS



**Cara**  
Redress, FASS,  
Find & Connect

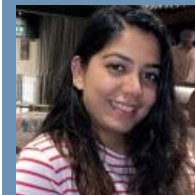
## SOUTH TEAM



**Alex**  
Redress  
Senior Prac



**Eliza**  
Redress, FASS  
Find and Connect



**Aishwarya**  
Redress, FASS  
Find and  
Connect

### Relationships Australia, Tasmania

www.tas.relationships.org.au  
20 Clare St, NEW TOWN TAS 7008  
6 Paterson St, LAUNCESTON TAS 7250  
68 North Fenton St, DEVONPORT TAS 7310  
admin@reltas.com.au  
1300 364 277

### Alliance for Forgotten Australians

forgottenaustralians.org.au  
0488 460 646 or 0419 854 980  
admin@forgottenaustralians.org.au

### Care Leavers Australia Network (CLAN)

www.clan.org.au  
support@clan.org.au  
1800 008 774 or 0425 204 747

### Tasmanian Aboriginal Centre

www.tacinc.com.au  
Hobart (03) 6234 0700 Burnie (03) 6436 4100  
Launceston (03) 6332 3800  
Free Call – 1800 132 260

### Link-up Victoria (for Stolen Generations)

www.linkupvictoria.org.au  
Free call: 1800 OUR MOB (1800 687 662)  
03) 7002 3700 [linkup@vacca.org](mailto:linkup@vacca.org)

### SASS (Sexual Assault Support Service)

www.sass.org.au  
Hobart (03) 6231 0044  
1800 697 877, 24-hour support

### Laurel House (Sexual Assault Support)

www.laurelhouse.org.au  
Northern Tasmania:  
(03) 6334 2740  
NW Tasmania:  
(03) 6431 9711  
1800 697 877, 24-hour support

### Engender Equality

www.engenderequality.org.au  
admin@engenderequality.org.au  
(03) 6278 9090 (State wide)

### Helplines:

Lifeline (24/7)  
13 11 14

### Beyond Blue helpline

(24/7) 1300 22 4636

### Blueknot Helpline and Redress Support Service

(9am – 5pm, all days)  
1300 657 380

### My Support

(SASS and Laurel House 24/7 counsellors) 1800 697 877