

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: Spring Issue

Welcome to the second edition of YOURnewsletter. As we move into spring, the blue sky is a welcome change. With warmer weather upon us, the sweet aromas of spring are certainly in the air. A noticeable change is the presence of the delicate bloom of the wattle. Wattle has been present throughout recent events to signify the strength and resilience of Forgotten Australians, Care Leavers, the Stolen Generation and Child Migrants.

We hope that you are all keeping well and taking good care of yourself, particularly whilst the Commission of Inquiry has been held in Tasmania. Media coverage of this may be challenging for some, please remember to access supports listed in this newsletter if you feel affected by this.

There has been some great work happening within RA Tas across Adult Specialist Support Services. We have participated in Family History Month to engage in a conversation about the living history of Forgotten Australians through a facilitated panel discussion with Forgotten Australians and the Commissioner for Children and Young People, more on this on page 4.

Peer support groups at RA Tas are a great way to broaden connections in a safe and supported way with a trained practitioner. The Forced Adoption peer support group in the Northwest has commenced with eight members joining the group. Planning is now underway to connect across the state with the Northwest group and South group.

The YourPlace (Find and Connect) peer support group in the South has commenced with five members joining the group, with plans underway to commence an art therapy project. If you are interested in learning more about peer support groups at RA Tas, please get in touch with the Adult Specialist Support Services team on 1300 364 277.

In the last edition of YOURnewsletter, we shared an article on the Film Project to engage with Forgotten Australians to share their lived experience stories to ensure these stories are not lost and as a way of educating the community. This project is progressing well, filming and planning for a launch is currently underway. We look forward to being able to update you in the next edition of YOURnewsletter.

Throughout this edition, you will see the generous contributions of artwork and poetry from community members which really brings this newsletter to life. If you would like to contribute, please get in touch with the Adult Specialist Support Services team on 1300 364 277.



Significant Dates for People that spent time in Australian Institutions for 2022

13th February

National Anniversary to the Apology to the Stolen Generations

21st March

National Anniversary to the Apology for Forced Adoptions

13th May

Apology to Former Ward of the State Abused in Tasmanian State Care

26th May

National Sorry Day is a day to acknowledge the strength of Stolen Generations Survivors and reflect how we can all play a part in the healing process for our people and nation, first held one year after the [Bringing Them Home](#) report was tabled in parliament

27th May to 3rd June

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

3rd July to 10th July

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

August

National Australian Family History Month

4th August

National Aboriginal and Torres Strait Islander Children's Day

13th August

Apology to Tasmania's Stolen Generations by the State Government

18th October

Tasmanian Government Apology to Forced Adoptions

22nd October

National Apology to Victims and Survivors of Institutional Child Sexual Abuse

16th November

National Apology to Forgotten Australians and Former Child Migrants

Family History Month: Then and Now

16th August 2022

For National Family History Month, Relationships Australia Tasmania joined the State Library of Tasmania to host a Panel focusing on family history experiences of Care Leavers. Then and Now: an opportunity to learn about the living history of Forgotten Australians/Care Leavers with Tasmanian Commissioner for Children and Young People Leanne McLean and reforms to out of home care today.

Forgotten Australian Advocates Peter Wilson, Les Batchelor and David Henderson generously contributed to a panel discussion, sharing their insights of growing up in Australian institutions, how they embarked on their family history journey, reunification with their families, what they have done throughout their lives to improve care for children currently in the child removal system and what supports they are advocating for Forgotten Australians today.

Providing reflections from their lived experience, the panel was moving, inspiring and informative. The Tasmanian Commissioner for Children and Young People Leanne McLean clarified her role as an advocate and voice for Young People, who amplifies the voices and needs of young people to service providers and policy makers, one example of this is the book that she recently published called OK, So a Nest is a Home which heard from children in care today, here is the link:

https://www.childcomm.tas.gov.au/wp-content/uploads/Nest-book_final_web-1.pdf

The Panel spoke about their commitment to truth telling and to supporting others to come forward. If you are a care leaver and would like to join our Find and Connect Reference Group to help shape RA Tas service delivery and advocate for Forgotten Australians, please get in touch with the Adult Specialist Support Services team on 1300 364 277.



National Sorry Day: Be Brave Make Change

National Sorry Day, May 26th
Relationships Australia Tasmania
acknowledge and pay tribute to
members of the Stolen Generations.

We pause and reflect on the ongoing
impact of past forcible child removal
policies on Aboriginal and Torres Strait
Islander peoples.

On 26th of May 1997 the 'Bringing them Home' report was tabled at the federal parliament. The report detailed the findings of a national inquiry into Aboriginal and Torres Strait Islander children being removed from their families. And each year Sorry day is acknowledged on the 26th May so that we never forget the ongoing grief, suffering and injustices experienced by the stolen generation.

As an organisation, we recognise our role in our nation's journey towards reconciliation. At the centre of this is our commitment to embracing shared histories, maintaining meaningful connections, and supporting first nation communities throughout their journey of healing.

Heading into National Reconciliation Week, this year's message of "Be Brave, Make Change" serves as an important reminder that we all can make a positive contribution throughout the journey to reconciliation.

To find out more about how you can support National Reconciliation Week visit

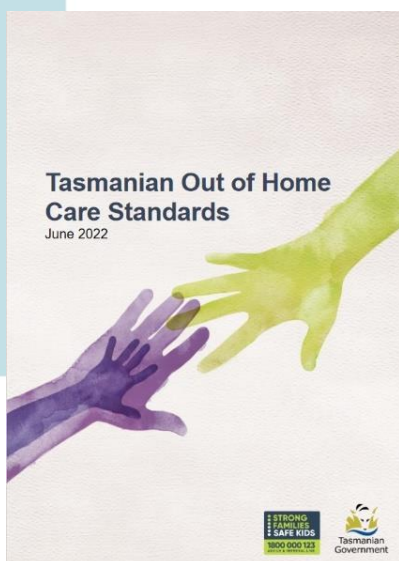
<https://nrw.reconciliation.org.au/>
<https://healingfoundation.org.au/resources/>



Government Releases Statewide Standards for Out of Home Care

In June, Tasmania saw for the first time, State-wide Standards for Out of Home Care establishing clear benchmarks for high quality, safe services for children and young people.

These Standards, supported by the Children's Commissioner Leanne McLean, provide a set of expectations for people currently in, entering and exiting out of home care to ensure that they are supported socially, emotionally, in terms of health, education and connections to their communities.



These standards will also enforce expectations on Out of Home Care providers to make sure that their care settings and experiences meet the standards.

You can find out more about the Tasmanian Standards for out of home care here:

https://www.communities.tas.gov.au/data/assets/pdf_file/0019/231562/Att-4-Tasmanian-Out-of-Home-Care-Standards-FINAL.pdf

Tasmanian Commission of Inquiry Hearings: Support is here for you at RA Tas



Commission of Inquiry into the Tasmanian Government's Responses to Child Sexual Abuse in Institutional Settings

We are aware that much of the hearings and media content about the Commission of Inquiry into the Tasmanian Government's Response to Child Sexual Abuse in Institutional Settings has been confronting, distressing and scary for our community.

For many people, the hearings will have brought up some hard emotions and bad memories, please contact RA Tas if you would like some counselling and support.

Whether you personally or someone you know has been impacted by systemic abuse, we are here to assist you to find the right supports for you.

Please call 1300 364 277 and ask for the Adult Specialist Support Services team for a free, confidential chat.



Community Space: Artwork, Letters, Poems, Photos, Stories

“Finding my way back.”



Published with kind permission from Aunty Dawn Blazeley,
Artist and Aboriginal Elder

Community Space: Artwork, Letters, Poems, Photos, Stories

Poem by Forgotten Australian and Mother
impacted by Forced Adoption practices

To My Son

If I could touch you again
I'd hold you tight,
in my arms
If I could smell your
Baby soft skin and
Smell that new baby
Smell again **I would**

If I could tell you
I love you one more time
If I could hear those
baby cries again **I would**

If I could feel
your heart beat
against mine again
Just one more time
I would

Pamela Wells,
Hobart.



Background to SAMSNS

Survivors & Mates Support Network (SAMSNS) was founded 10 years ago by a small group of survivors looking for a service to help support men who had experienced childhood sexual abuse (CSA). When we could not find such a service, we established one in partnership with professionals. SAMSNS remains the only organization in Australia dedicated to helping male survivors and their families.

Combining both a lived experience and professional service model, SAMSNS has proved to be a much-needed service that is in high demand from male survivors and their supporters.

The Royal Commission into Institutional Responses to Child Sexual Abuse found that of the 7,981 survivors who had private sessions, 63.8% (5,108) were men, many of whom were disclosing for the first time and had suffered a lifetime of impacts from the abuse. One of the key recommendations of the Royal Commission was the need for accessible specialist services for all survivors including men. Since the Royal Commission we have witnessed more men coming forward to disclose.

SAMSNS Services in Tasmania

SAMSNS has received funding from the Commonwealth Government through the Department of Social Services to provide support to Redress Support Services in Tasmania. This support is to include:

- Providing ongoing training to service providers on working with male survivors.
- Providing workshops for supporters and survivors.

- Assisting services with community engagement activities.

- Accepting referrals from Tasmanian Redress Support Services where those services are not able to assist survivors.

Already SAMSNS has visited Hobart to run a training workshop this year and is looking forward to delivering further training workshops in Launceston and Hobart before the end of this year.

SAMSNS has a long history of working collaboratively with services in Tasmania and is looking forward to continuing this collaboration.

SAMSNS Free Call

Telephone: [1800 4 SAMSNS \(72 676\)](tel:18004SAMSNS)

Hours: Monday to Friday 9am – 5pm

Email: support@samsns.org.au

Forced Adoption Support Services (FASS) Update



The Forced Adoptions Policies Impacted an unknown number of Australian people, it is estimated that there were more than 150,000 Forced Adoptions in the last Century.

At Relationships Australia, we provide individual counselling, assistance applying for records, community projects and we commemorate Apology events. This is a free, confidential and safe service for anyone impacted by Forced Adoption practices, adoptions which occurred up until 1989.

We also have a monthly peer support group which meets in Hobart the last Tuesday of every month and in Devonport the second Tuesday of every month.

The peer support groups are structured with the input of the participants, in a non judgemental, supportive environment. The group includes mothers and adoptees but is open to anyone seeking group support impacted by forced adoption practices.

If this is a service that you would like to hear more please call 1300 364 277 and ask to speak to the Forced Adoption Support Services team.



NOW OPEN IN A LOCATION NEAR YOU

If you spent time in a children's home or institution, are a former child migrant, were a ward of the state or in foster care before the end of 1989 then YOUR Place is for you!

YOUR Place is in a safe and confidential environment where you can come once a month to connect with other people who also spent time in "care."

At YOUR Place you will not feel alone, judged or voiceless. You will be treated with respect and warmth.

LOCATION AND OPENING TIMES

Launceston: 6 Paterson St, Launceston
Second Monday of the month, from 12-2pm

- 12th September
- 10th October
- 14th November
- 12th December
- 9th January 2023

Hobart: 20 Clare St, Hobart
Second Tuesday of the month, from 10am-12pm

- 13th September
- 11th October
- 15th November
- 13th December
- 10th January 2023

If you are interested in coming along, or you would like some

more information, please contact the Find & Connect team.

at Relationships Australia Tasmania on:
1300 364 277 or admin@reltas.com.au

Neighbourhood Houses in Tasmania



Neighbourhood Houses are places where people come together and find support, belonging and purpose as they work together to support their local community and make a real difference in people's lives.

Houses are run by the community, for the community and offer a wide range of programs and activities for local people.

There are 35 Neighbourhood Houses located around Tasmania, Relationships Australia is pleased to say that we will continue to strengthen our relationship with Neighbourhood Houses in the new year. To find a house near you, please follow this link:

<https://www.nht.org.au/find-a-house>

This year, the Neighbourhood Houses Tasmania Annual Conference will be held on the 21st to the 23rd of September, with Relationships Australia and community members running a trade table on the 22nd.

Where: Iron Creek Bay Farm Stay

When: September 21st and 22nd

RSVP: nht@nht.org.au

RA Tas Office Closures for the Christmas & New Year Break:

Our Offices will be closed from 5pm Friday 23rd of December 2022 and will reopen on Tuesday 3rd of January 2023.



We hope that you have a lovely summer break and look forward to seeing you all in January 2023.

We understand that for many of our clients this can be a difficult time, please reach out to the contact numbers on the final page if you need any assistance while our office is closed.

Take care of yourselves and each other and we hope that you have a very merry Christmas and a Happy New Year!

Relationships Australia.

Meet our counselling staff

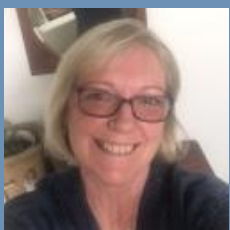
North Team



Eve
Redress, FASS,
Find & Connect



Gardia
Redress, FASS,
Find & Connect



Lyndell
FASS



Meg
Find & Connect -
YourPlace

SOUTH TEAM



Alex
Redress



Angela
Redress, FASS
Find and Connect



Eliza
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

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