

# YOUR *newsletter*

A space where we keep  
Forgotten Australians /  
Care Leavers, Survivors,  
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

## Contents

Introduction	1
Significant Dates for People who have spent time in Australian Institutional Settings	3
Forced Adoption Awareness and Support Training	4
Forced Adoption Support Services Library Guidelines	5
Community Member Profile- Sharyn	6
15 Year Anniversary of Apology to Forgotten Australians and Former Child Migrants	7
Holiday Self-care Tips	9
End of Year Closing and Opening Times:	10
Check-in with Yourself	11
Meet Our Counselling Staff	12

*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 Spring 2024 Edition of YourNewsletter!

In this issue we discuss the work of Relationships Australia Tasmania's Adult Specialist Support Services who continue foster connections and provide support for Forgotten Australians, Care Leavers, Survivors, their families, friends, and service providers.

This season, we take the time to reflect on and honour significant milestones, such as the 15th Anniversary of the Apology to Forgotten Australians and Former Child Migrants. These moments remind us of the importance of recognition, advocacy, and continued progress toward justice and healing.

In addition, we have provided some practical tools to help navigate the challenges of daily life. Including self-care tips to support your well-being during the holiday season to mindful strategies for personal reflection, we aim to encourage you to take care of yourself and those around you.

We're also excited to share the inspiring story of Sharyn, a valued member of our community whose resilience and journey remind us of the power of connection and shared experiences. Her insights and reflections highlight the strength and courage within our community.

Thank you for being an essential part of this network. Together, we strive to foster understanding, build resilience, and create a future filled with hope and healing for all.

*If any of the content is confronting and/or triggers traumatic memories, then please reach out to Lifeline on 13 11 14 or 1800 RESPECT on 1800 7*

# Significant Dates for People who have spent time in Australian Institutional Settings

**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

**13th May**

Apology to Former Ward of the State Abused in Tasmanian State

**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

# Forced Adoption Awareness and Support Training

This course is for people who provide support for adult Australians. It will help you understand the history and impacts of forced adoption, so you can better support people affected by forced adoption and family separation.

It has been developed by the APS (Australian Psychological Society) can be accessed by the below link:

<http://resources.dss.gov.au/forced-adoption/index.html#/>

This training course provides information about forced adoption, which might be upsetting. Take your time and seek support if you need it.

It is recommended that you share this training with your support network, GPs, aged care providers, and that completing the training as a person with lived experience of Forced Adoption will be of benefit. It can be found here:

<http://resources.dss.gov.au/forced-adoption/index.html#/>

It is free, online, self-paced and available to the whole community with 8 modules outlined below:

- 1 **Module 0:** Introduction
- 2 **Module 1:** Why Learn About Forced Adoption?
- 3 **Module 2:** The History and Impacts of Forced Adoption
- 4 **Module 3:** How to Talk About Forced Adoption
- 5 **Module 4:** Reminders of Past Experiences Can Be Overwhelming
- 6 **Module 5:** Take Extra Care When Providing Personal Care
- 7 **Module 6:** Forced Adoption and Sensitive Information
- 8 **Module 7:** Forced Adoption and Impacts on Adopted People

# Forced Adoption Support Services Library

## Guidelines

The books are owned by Relationships Australia Tasmania and are available for borrowing by FASS staff and clients. To request a book from the list, please contact Lyndell at [lyndellk@reltas.com.au](mailto:lyndellk@reltas.com.au). An updated list of available books is below, and as new books are purchased, they will be added to the collection. Books should be returned within a two-month period. If someone requests a book, be sure to check with Lyndell to ensure that no one else has already reserved it. Books will be transported across the state by staff who travel between locations.

### List of Books:

Adoption Unfiltered by Sara Easterley, Lori Holden and Kelsey Vander Ranyard

The Girls who went Away by Ann Fessler

The Market in Babies by Marian Quartly, Shurlee Swain and Denise Cuthbert

Lifting the Lid by Karen Ingram

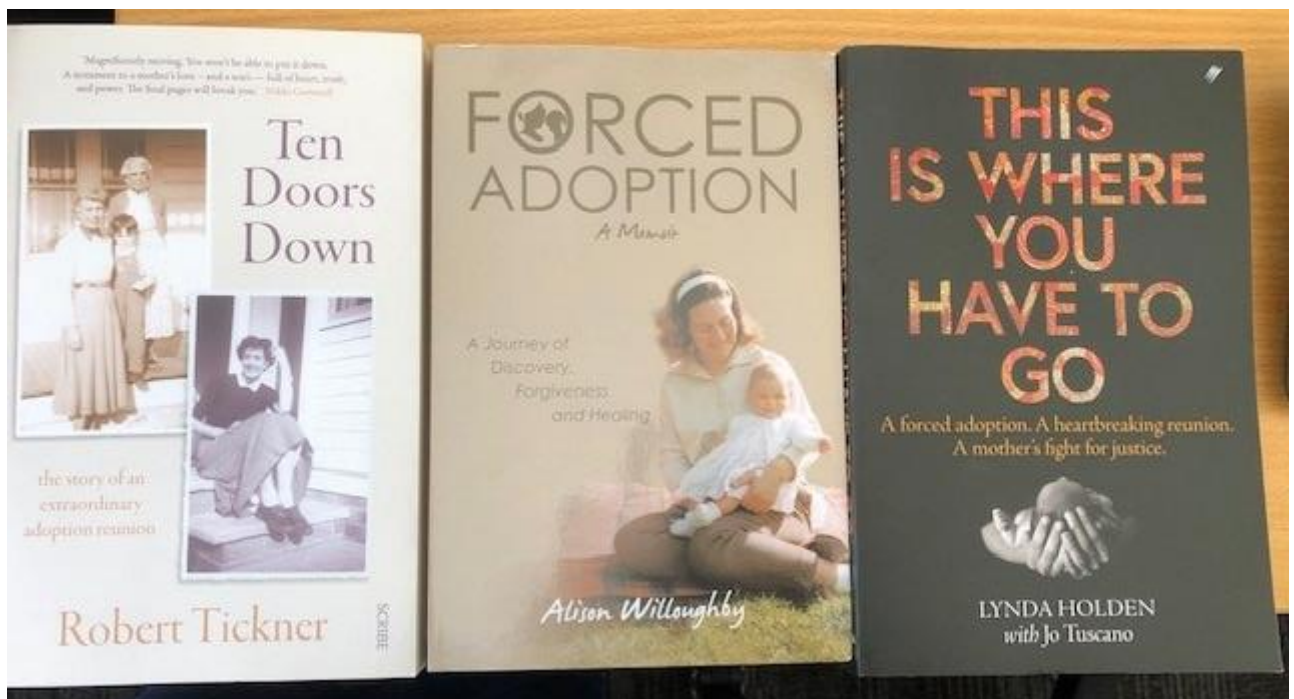
Coming Home to Self by Nancy Verrier

Dirty Laundry by Lily Arthur

This is where you have to go by Lynda Holden with Jo Tuscano

Forced Adoption – a memoir by Alison Willoughby

Ten Doors Down by Robert Tickner



## Community Member Profile- Sharyn



“My name is Sharyn and I am part of Your Place in Launceston and a Forgotten Australian. I wear this badge with pride.

There is no city girl in me; I am a hardcore bushy who loves gardening and playing in the mud!

I am the primary carer for three special needs children, and one an adult. They have saved my life. They are my purpose and joy.

I am a diehard Carlton Football Club member. I lurve my boys and I'm a blue bagger through and through.


Diesel who is pictured above is my best friend and the only one who really understands. He never judges me.

Favourite Activity: A BBQ in the bush after bike bashing and mud running.

Favourite Song: I love any country music. Lee Kernaghan ain't bad!”

“As a Forgotten Australian and being part of YourPlace, I have learnt a lot about myself. I have learned that I can open up. I finally understand that I am not alone or on my own. YourPlace has inspired me. The connection and lived experiences and stories have taught me that “It is Ok to be me” My message for all forgotten Australians is “its ok to not be ok because no two days are the same.”

Our sincerest apologies to Sharyn for the misspelling of her name in the previous newsletter. We apologise for any impact that this may have had

From all of us 



# 15 Year Anniversary of Apology to Forgotten Australians and Former Child Migrants

Forgotten Australians and Former Child Migrants from across the States came together to mark the 15 Anniversary of the National Apology to Forgotten Australians and Former Child Migrants, in a community based at the Goodwood Community Centre.

Neighbourhood Houses are community spaces that are welcoming to all our community, so it was a great place to share a meal, have a dance with some live music and take some photos in our photobooth. We were given a thoughtful Welcome to Country by Men's Group worker from Karadi Aboriginal Corporation and heard from Forgotten Australian Advocates David Henderson and Pamela Wells, guest speakers Relationships Australia Tasmania CEO Michael Kelly and Neighbourhood Houses Tasmania CEO Simone Zell.

They discussed how important it is to recognise Forgotten Australians, make spaces welcoming to them and understand their experiences. It was also a timely reminder of the unfinished business - the timely and trauma informed release of personal records free of charge in all States, the provision of health, dental, and psychological care for Forgotten Australians and purposeful housing initiatives particularly as they get older, as well as improvements to the National Redress Scheme.

It was a great day celebrated by the Tasmanian community – to connect with other Forgotten Australians, Care Leavers and Former Child Migrants, celebrate the community's resilience, mourn those who are no longer with us and to reflect and identify the supports that are still required.





## Holiday Self-care Tips

# Holiday Self-Care Tips



Make space for messy feelings like grief.



Learn to say "no" without feeling guilty.

Create your own holiday traditions.



Keep your stress levels in check. Step back or delegate.



Set realistic expectations for yourself and the holiday.

Get organized! Make a plan and try to stick to it.

Keep up with your self-care and make time to relax.



Give yourself permission to just let it be an average day.



BlessingManifesting

## End of Year Closing and Opening Times:

Dear Community, please note that

Christmas/New Year opening hours are as follows:

Closing on Tuesday 24<sup>th</sup> December at 1pm

Re-opening normal hours on Thursday 2<sup>nd</sup> January 2025



Thank you for a wonderful year,  
we look forward to seeing you in 2025

## Check-in with Yourself

# CHECK IN

with yourself

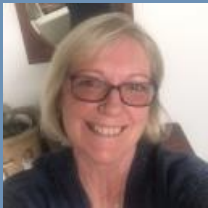
-  Breathe in and out.
-  How am I feeling?
-  How is my body feeling?
-  What am I grateful for?
-  What are my needs today?
-  How am I treating myself?
-  What are my goals today?

# Meet Our Counselling Staff

## North/North-west Team



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



**Lyndell**  
FASS



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

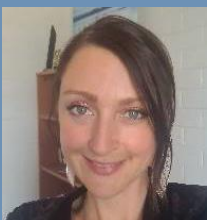


**Maria**  
Redress, FASS, Find &  
Connect

## South Team



**Alex**  
Redress Senior Prac



**Eliza**  
Redress, FASS, Find &  
Connect



**Aishwarya**  
Redress, FASS, Find &  
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 (Statewide)

### 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