

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



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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 Winer Edition of Your Newsletter!

This quarter we are excited to share a range of impactful stories and updates from the Adult Specialist Support Services programs.

We delve into song recommendations from Your Place Group that lift the spirit and check out a snapshot of how many individuals have been supported through our Adult Specialist Support Services program. We have also highlighted achievements from the National Aged and Community Care Roundtable for Forgotten Australians, along with insights from the ABC series "Stuff British Stole."

There are service updates about Knowmore Legal Service, TasVocal, and The Arch who continue their vital work for those affected by institutional abuse and sexual harm. We are honoured to feature a courageous story from a survivor of the National Redress Scheme, who is now inspiring others to share their experiences. Additionally, explore a curated library of books from the North-West Forced Adoption Peer Support Group.

Save the date for the 15-year anniversary of the National Apology to Forgotten Australians, where we invite you to join us for a morning of reflection and connection. Plus, get an update on our recent visit to the Neighbourhood Houses Conference, where our team engaged in meaningful conversations with 55 community members about Forgotten Australians. Let's embrace this season of reflection and support together!

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 737 732

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

Your Place Group Song Recommendations

Music has proven therapeutic benefits, is great for expressing feelings and connecting with others. The Southern Your Place Group have given us a list of their favourite songs now.

We'd love to hear yours...

SLIM DUSTY "Lights on the Mill" (Viv)

GUNS and ROSES "November Rain" (Vicki)

BRYAN ADAMS "I'll do anything for you" (Lynette)

ED SHEERAN "Perfect"

"Dancing in the Dark" (Glenn)

JOHN DENVER "Country Road"

PASSENGER "Let her go" (Evelyn)

DIRE STRAITS "Telegraph Road" (Phil)

SLIM DUSTY "Disappointment" (Wayne)

Anything by the Beatles and Elvis Presley



Snapshot- Adult Specialist Support Services

Adult Specialist Support Services at Relationships Australia Tasmania is a place where we provide comprehensive support for individuals and families affected by institutionalisation and forced child removal.

Our main programs include:

1. **Redress Support Services:** We help survivors of institutional child sexual abuse apply for redress, which can include counselling, apologies, and financial compensation, as well as access to free legal advice.
2. **Find and Connect:** This program supports Forgotten Australians, Former Child Migrants, Stolen Generations, and Care Leavers who were placed in institutions, orphanages, foster care, or youth detention before 1989. We assist in obtaining records, offer counselling, and run peer support groups in Hobart and Launceston.
3. **Forced Adoption Support Services:** We provide help to those affected by forced adoption, including adopted individuals and their birth parents. We assist in applying for records, provide counselling, and hold peer support groups in Hobart and Devonport.

In the last financial year, we supported:

- **39** clients through Forced Adoption Support Services
- **38** clients through Find and Connect
- **127** clients through Redress Support Services

(Note: Some clients may participate in two or all three programs.)



We also showcased art created by survivors of institutional child sexual abuse at a community event in Nipaluna, Hobart.

Additionally, the Northwest Forced Adoption Group is working to create a resource library on forced adoption issues.

Our Find and Connect and Forced Adoption Support Services Reference Groups have helped us design and improve our services. We appreciate their dedication to making our programs safe, client-centered, and accessible to the community.

The National Aged and Community Care Roundtable for Forgotten Australians



("Image: Enabling Better Aged and Community Care for Forgotten Australians National Forum illustration of issues raised © 2022 Nicola J Bloedel Photography")

The **National Aged and Community Care Roundtable for Forgotten Australians** was formed to continue the conversations from the National Forum in Sydney on June 6, 2019. The group focuses on the needs of Forgotten Australians in aged care. It includes Forgotten Australians, Care Leavers, and other experts in the field.

The National Roundtable encourages teamwork and sharing of resources and stories. Members work together on research, data analysis, policy advocacy, and training support. They also help individuals find services.

The group has submitted input to Royal Commissions on Aged Care and participated in International Care Experienced History Month since 2022. They successfully placed a Care Navigator for Forgotten Australians in 2022, which has now expanded to Care Finders in three states. They also helped amend the Aged Care Act to exempt certain payments from asset testing.

In 2022, the National Roundtable won the "Future of Ageing Award" for Community Engagement, recognising their leadership and innovation in aged care. They were also nominated as a finalist for "Innovation of the Year" at the Asia Pacific Eldercare Innovation Awards 2024 and for the "2024 Volunteering Queensland Volunteering Impact Award" acknowledging their positive impact on the Queensland community.

For more information, visit their website: <https://www.forgottenaustraliansroundtable.com.au/>

ABC Series: Stuff the British Stole

Stuff The British Stole



Series 2 Episode 4 Girl And Her Doll

28m

In 2022, a tattered black doll was sent from Britain to the First Nations people of lutruwita/Tasmania, carrying with it a devastating story of a stolen child. Marc Fennell unravels a story of heartbreak and injustice.

CC
PG

ABC Series Stuff the British Stole features an episode on the experience of the Palawa community in Lutruwita, Tasmania

In this episode, we learn about a doll discovered in a museum in England belonging to a little girl Mathinna, who was stolen from her Palawa family and community before being forcibly adopted by couple Sir James and Lady Franklin in early Tasmania.

As we learn more about this doll, we learn about the story of Matthina and the cruelty she was forced to endure, of the colonisation and theft of Lutruwita, the forced removals of land and people. This series details the experiences of the Palawa, of Mathinna, her doll, and the ongoing fight for truth telling, land returns and justice. It also demonstrates the achievements and ongoing resistance, the resilience and unceded sovereignty of the Tasmanian Aboriginal community and the beauty of Palawa culture.

The Your Place Groups recommended this episode during NAIDOC Week as an important source of understanding the true history of this island and truth telling. A must watch!

Brave survivor elevates story to assist others to come forward, seeking support and compensation



"(Image: David; Photo Source: Mercury Newspaper)"

David is a Forgotten Australian, meaning he grew up in the out-of-home care system last century. At that time, families weren't usually helped to stay together, and the welfare system preferred group homes and institutions instead of keeping children connected to their families and communities. Like many Forgotten Australians, David was taken from his family and moved around to different places, where he faced abuse, neglect, and racism.

David has agreed to share his story in the Mercury and Your Newsletter to encourage others to seek support. He speaks out for his son, who is very important to him, and to inspire others to come forward, hold people and organisations accountable, and find healing. David also plans to buy a campervan to spend time by the water, which he finds calming.

If you are a survivor and would like some support, please call Relationships Australia on 1300 364 277 and ask to be put in touch with the Redress team.

Services Update

1. Knowmore Legal Service and TasVocal

Free, Confidential Legal Advice is available.

We encourage survivors of Institutional Child Abuse to discuss their options with Knowmore Legal Service or TasVocal, free legal services who can also support you to apply to the National Redress Scheme, connect with private lawyers for civil claims and/or get support from a Redress Support Service. TasVocal is a new legal service that is based in Tasmania and can meet people face to face to support them.

TasVOCAL provides legal support for victim-survivors of institutional child sexual abuse

knowmore
free legal help for survivors

1800 605 762 | knowmore.org.au

 **1300 366 611** Ask for **TasVOCAL**

 www.legalaid.tas.gov.au

 tasvocal@legalaid.tas.gov.au

2. Arch

Arch is a safe place where you can get information and support if you are affected by sexual harm because of sexual violence. At Arch, services and organisations that support people affected by sexual harm work together under the one roof to provide coordinated and collaborative, trauma-informed and victim-centred support.

The service providers at Arch are:

Laurel House (at northern Arch) – counsellors

Sexual Assault Support Service (at southern Arch) – counsellors

Tasmania Police – specialist investigators (not in uniform)

Family Violence Counselling and Support Service – Family Violence Workers

Strong Families Safe Kids Advice and Referral Line – Child Safety and Wellbeing Workers

Child Safety Service – Child Safety Officers

Contact Arch to:

- Connect with sexual assault support counsellors
- Connect with specialist police investigators
- Get more information about sexual harm:
 - Ask questions
 - Discuss issues
 - Find out about your options
- Ask questions about services at Arch
- Make an appointment
- Request Arch brochures and/or flyers
- Provide feedback

Visit Arch:

Launceston: Level 1, 102- 104 Cameron Street

Hobart: 54 Victoria Street, Hobart

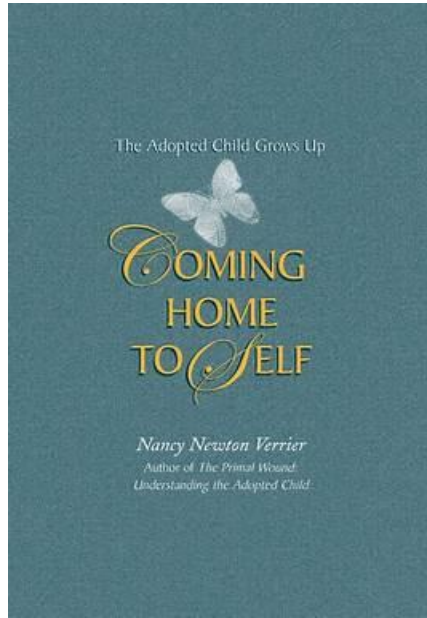
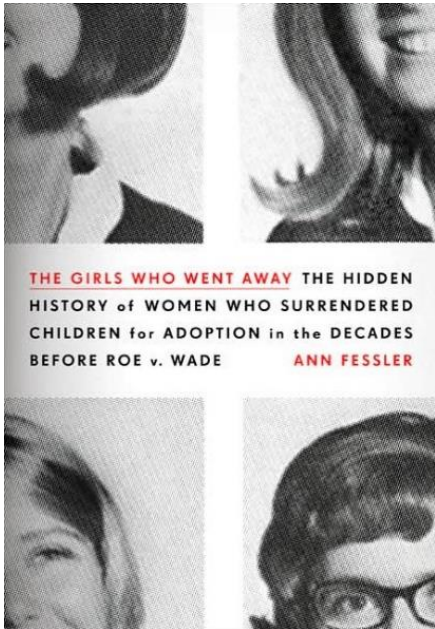
Opening Hours are from 09:00am – 05:00pm- Monday- Friday

Specialist police investigators are available outside these hours on 131 444 and crisis phone counselling, as well as support to attend a forensic medical examination, is available 24/7 on 1800 697 877.

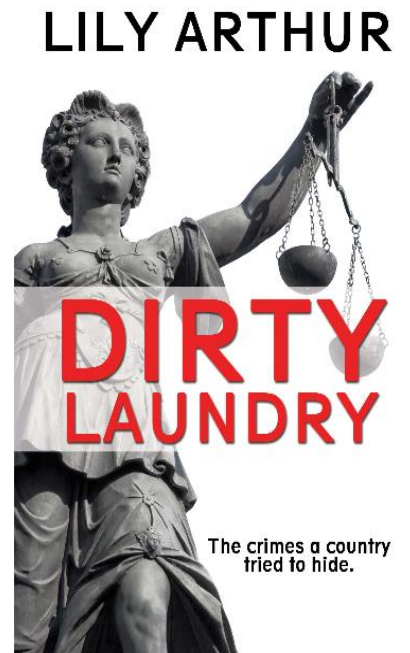
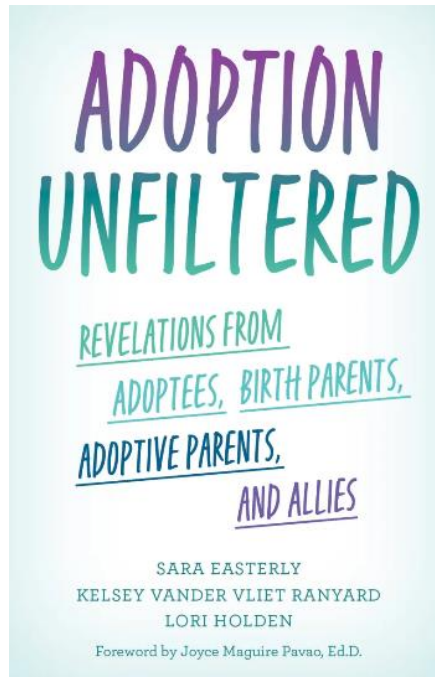
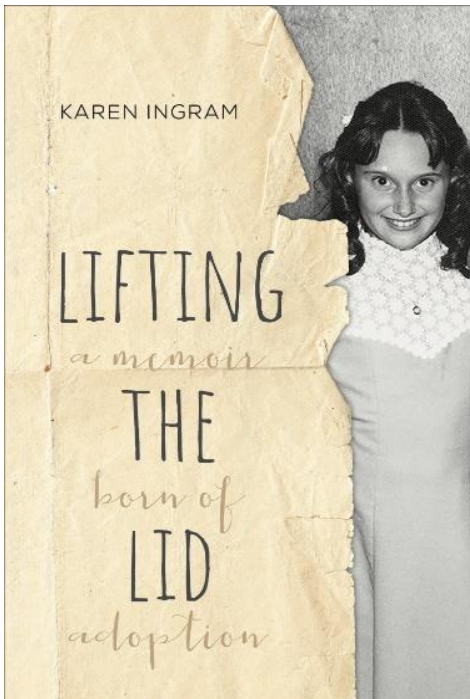


The Library

New books are available for community loan. The library of books has been collated by The Forced Adoption Support Service peer support group members in Northwest of Tasmania and are available for community loan.



THE MARKET IN BABIES
STORIES OF AUSTRALIAN ADOPTION
Marian Quartly, Shurlee Swain and Denise Cuthbert



Save The Date - 15 YEAR ANNIVERSARY



15 Year Anniversary

of the
National Apology to Forgotten Australians

Join our community for a morning of reflection, featuring inspiring speakers, live music, a photobooth & delicious food!



November 14th



10:00 am to 1:00 pm



Goodwood Community Centre

This event is supported by Goodwood Community Centre and funded by the Department of Social Services



Relationships Australia
TASMANIA

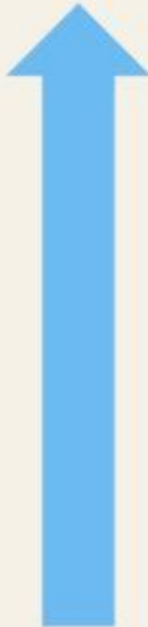
Box Breathing

Box breathing

Hold for 4 counts



Inhale for 4 counts



Benefits of box breathing:

1. Brings balance to your mind and body
2. Regulates your natural rhythm
3. Effective in dealing with stress, anxiety and anger

Exhale for 4 counts



Hold for 4 counts



evolve



Neighbourhood Houses Conference - 2024

A big shout out to Forgotten Australian Reference Group members Sharon and Dave, who did a great job of representing Relationships Australia with staff Aishwarya and Cara, giving the community important information about our services, especially the Redress, support for the Forced Adoption community and Forgotten Australians. They had 55 meaningful conversations with the community about Forgotten Australians at the Conference in beautiful St. Helens.



Another highlight being accompanied by Huskie, Dave's beloved companion dog.

It's great to see the amazing community initiatives and different ways our Neighbourhood Houses support Tassie across the State!



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

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