



# FAMILY WELLBEING [FWB] NEWSLETTER

Issue 7

September 2018

Hello everyone from the cool tropical city of Cairns in North Queensland. I am writing to you from my desk of the National Centre for Family Well-being in the Cairns Institute building at James Cook University. This is the best time of the year when the weather is cool at night and hot in the daytime.

We are now in the eight month of 2018 and the year is moving very quickly. I would like to let you know what has been happening in the last five months in the Family Well-being space.

**Gindaja Treatment and Healing Centre staff and committee members** received FWB training. Professor Komla Tsey and I spent some time training the staff members on the introductory stages of family well-being and two day FWB Facilitator Training. Both Komla and I felt we were successful in the delivery of the completed training sessions and we look forward to continue to work with Gindja as they work to embed Family Well-being into their practice framework.

**TAFE SA Certificate II Family Well-being course** – Robyn Pedler who is Lecturer for Family Wellbeing in the Aboriginal Access Centre at TAFE SA, trained us and we are thankful for the delivery and assessment of Certificate II Family Wellbeing in which the following students have completed all the necessary requirements;

- Maryanne Savage - Qld
- Tahalani Hunter - Qld
- Nigel Millgate - NSW
- Leslie Baird - Qld
- Tiffany Griffen - Victoria
- Darlene Thomas - Victoria

Congratulations to all of the students who graduated including myself with Certificate II Family Wellbeing from TAFE South Australia, we received our certificates in the month of June 2018. The National Center for Family Wellbeing would like to thank Lee Maglica, Marg Mibus and

*(Continued on page 2)*

*" [The course] It really shone light on the versatility of FWB and how the program is able to have healing and empowering effects on people from all walks of life."*

Taha, 2018

*"I've got confidence now and I have a job again after years. I'm learning to read and write well. I've watched my children grow for many years and now it's my turn to grow."*

Donna, 2018

*'I already use the skills I've learnt through FWB at home & at work. Thank you for introducing the FWB [program] to me'*

FWB Workshop Participant, 2017

*"I got a lot out of the course. Different ways of dealing with situations. Learnt how to open up more and talk about things more openly. Got some good strategies on how to work with my children's behaviours"*

Cassie, 2018

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## CEO's message cont'd

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Robyn Pedler for the partnership set up by Cath Brown and Robyn delivering the Certificate II in Family Wellbeing training package to our cohort of the students, from [JCU](#) and [Act for Kids Cairns](#), [Central Coast Primary Health Network in NSW](#) and from [Mallie District Aboriginal Services in Mildura](#), Victoria. Taha has also written a story in this edition of the newsletter about the TAFE SA FWB delivery in Adelaide.

**NH&MRC application unsuccessful** – I just wanted to let everyone know including those who gave us letters of support for our application, that our NH&MRC application was not successful. A big thank you to Professor Yvonne Cadet-James and the team of professional researchers who worked on the application tirelessly from November to February. We received this disappointing news in July this year.

**National Family Well-being Forum** – In June 2018, we commenced focusing on having a national forum on 27 November 2018. The theme of the Forum is; *"Building strong relationships for a sustainable future"*. The idea is to bring together partners of Family Well Being, to support longer-term FWB implementation and evaluation. The NCFWB Forum, will bring together key stakeholders, such as, researcher, partners and community organizations, to provide an opportunity to meet and share information on their experiences of the FWB journey. The forum will discuss the Family Wellbeing history and ask the question to those who are attending forum, where to from here? Please see invitation within the FWB Newsletter, it is a free forum and you are all welcome.

**National Centre for Family Wellbeing website and Newsletter** Taha has been working on the NCFWB website which is still under construction (See Taha's story) also Cath Brown still does the newsletter and they are both doing a great job.

**National Centre for Family Wellbeing brief information sheet** – This information sheet is now available for the public who want to know more about the NCFWB vision and who we are? (see information attached on page 12).



Left to right: Cath Brown, Komla Tsey, Leigh-Ann Onnis, Helen Klieve, Yvonne Cadet-James, Leslie Baird

# Equipped with a new set of skills

This April 2018 we packed our bags and headed back to Adelaide, South Australia to complete the second part of our training, [Certificate II in Family Wellbeing at TAFE South Australia](#). It was nice to be greeted with crisp, cool air and the clear, sunny skies of Adelaide. A very different feel to our experience in June last year where the winter morning temperatures dropped to 2 degrees celsius! As a Cairns local accustomed to a tropical climate, I appreciated the warmer weather that Adelaide had given us this time around.

Upon arrival to TAFE SA we were met by the wonderful Robyn Pedler, our experienced teacher who had previously shared with us her Family Wellbeing [FWB] skills and knowledge during our first block of studies. She welcomed us back, acknowledging the beautiful Kurna Country on which we were able to meet again. It was great to reunite with the other students, familiar faces from across the country who had previously completed the first block of Family Wellbeing in June 2017 (see participant list below). In addition we were fortunate to meet Donna Samphier from TAFE SA and Ken Nicholls from [Aboriginal Health Council of Western Australia \(AHCWA\)](#) who joined us as observers for our week of study.

As we worked through the course content we dove into topics such as healthy relationships, stress and caring for ourselves. These topics brought out many experiences and views from the group, some being very powerful, sensitive and emotional. In true FWB nature, Robyn facilitated a safe space where we could share these stories and have open discussions about the topics. It was inspiring to hear how group members with such a diverse background of professions deliver FWB through their work, each in their own way. It really shone light on the versatility of FWB and how the program is able to have healing and empowering effects on people from all walks of life.

Robyn managed to guide us through the course content in such a way that it didn't feel like study at all. Friendly conversation, meditation and the occasional joke made for light work and before we knew it the course was at an end. As we said our goodbyes I realized with excitement that each of us were going back to a different part of the country, equipped with a new set of FWB skills to further our own development and share with our communities.

Thank you to Robyn and TAFE SA for having us. If any of you out there in the FWB community have the chance to complete the accredited FWB training, please grasp the opportunity!

Our group included Robyn Pedler and Donna Samphier (TAFE, South Australia), Maryann Savage (Act for Kids, QLD), Leslie Baird and Taha Hunter (National Centre for Family Wellbeing, QLD), Nigel Millgate (Central Coast Primary Care, NSW), Darlene Thomas and Tiffany Griffin (Mallee District Aboriginal Services, Vic), Ken Nicholls (Aboriginal Health Council of Western Australia, WA)

## [Taha Hunter](#)

Administrative Assistant

## [National Centre for Family Wellbeing](#)



Pictured back row from left to right are Ken Nicholls, Darlene Thomas, Tiffany Griffin, Nigel Millgate, Taha Hunter, Maryann Savage; Front row sitting left to right Leslie Baird and Robyn Pedler

# Family Wellbeing is a happy place to start. Go for it!

I believe that at some point as community educators we have an opportunity to have a positive impact in other's lives. I am in my second year of teaching the [Certificate II in Family Wellbeing](#) at the Berri Campus of [TAFE SA](#). I have also been a student of Family Wellbeing course. As both a teacher and a learner I have shared the journey of many students through this course. I have seen people make positive changes in their behaviours and the direction of their lives as a direct result of what they have learnt and what they share with their fellow students. I have seen the healing process at work. The students as individuals have made choices towards better life outcomes for themselves, families and their communities.

Donna is a current student of the Certificate II in Family Wellbeing that commenced at the Berri campus in May of this year. In this time Donna has moved house, gained employment as a care-worker in a disability agency, attends a literacy program two days a week and is a mentor figure to the younger members of the class. Donna is an example of her own life philosophy: Walk into a room the same way that you want people to treat you; with enthusiasm and positivity.

*This is Donna's story: The Family Wellbeing course is good for all ages. My name is Donna. I am 57 years old and live in South Australia. After 33 years of marriage I had to leave my marriage. I tried very hard to keep it going but it was not good for my mental health. I was broken. I thought I was no good. I said to myself "No Donna. You have to do something". With friends and community I started my journey to the person I am now.*

*Lots went on in this time; a very long story, very short. My life is awesome. I'm awesome. I love life now and I made it through the tunnel where that light shines bright. I have great people around me. I smile every day. I wear colourful clothes and the young ones are smiling with me now. Family Wellbeing is the best thing that I have done lately. Because of what I have learnt in the course my hard journey has been made easier. I didn't know any different before.*

*I've stopped drinking. I've got confidence now and I have a job again after years. I'm learning to read and write well. I've watched my children grow for many years and now it's my turn to grow. I left [my marriage] feeling like I was 17 and now I [feel like] a grown woman.*

*I have been able to share my story with the young women in our Family Wellbeing class. I hope that my journey gives them the courage and confidence that I am just enjoying now as an older woman. I hope to work with young people in the future.*

*I'm very proud to be asked to put my story in the newsletter. I've never done this before but I'm very proud to be chosen. Everyone has the right to smile. Family Wellbeing is a happy place to start. Go for it.*

*Smile always, from Donna.*

Our current course will continue until late November 2018. We already have a waiting list for our next Family Wellbeing course which will commence in February 2019.

Kind regards, Julie Walter Lecturer Certificate II in Family Wellbeing, Berri Campus of TAFE SA, South Australia

Acknowledgement to our funding source from the Department of the Prime Minister and Cabinet under the Indigenous Advancement Strategy – Safety and wellbeing program.



Members of the current Berri Cert II in Family Wellbeing - Left to right: Donna Leet, Jamie Sutton, Brenton Treloar and Julie Walter, Lecturer

# NSW Central Coast Primary Care Family Wellbeing Youth Empowerment Program

Mr Nigel Millgate is a proud Garulgiyalu (stone people) man of the Ngemba nation. His continuing links to his country and culture have strengthened his connection to his Aboriginal heritage which defined his identity as an Aboriginal man. Nigel provides cultural performances & workshops across Australia as a director of [Wakagetti Indigenous Corporation](#) and also works as the Program Coordinator for the [Family Wellbeing Youth Empowerment Program on the NSW Central Coast through Central Coast Primary Care](#). Nigel continues to learn, study and share his people's stories and culture to empower future generations of Aboriginal youth, indeed, to empower all young people through knowing another way of being, another way of belonging.



Nigel Millgate back row last on the right. Matt Simms back row first on the left, with participants of the Family Wellbeing Program dancing at the Central Coast Primary Care NDIS Conference this week.

Introducing our new FWB Project Support Officer – Matt Simms! Matt's a very proud Yuin man from the beautiful NSW south coast of Wreck Bay. Matt brings a wealth of knowledge and experience to the FWB program with Matt's previous role at [The Glen Rehab Centre](#) being a Drug and Alcohol Counsellor for the past 4 years. We are very excited to have Matt on board and looking forward to delivering the FWB program to our male youth here on the Central Coast. Matt can be contact on the following detail – [matt@ccpc.com.au](mailto:matt@ccpc.com.au) & 0432353451

# The National Centre for Family Wellbeing (NCFWB) now has a home on the web!

<https://family-wellbeing.squarespace.com/> is the place to visit for information and updates about the NCFWB and the Family Wellbeing Empowerment Program. The NCFWB website provides user-friendly access to resources and news for the FWB community.

At <https://family-wellbeing.squarespace.com/> you can:

Find out more about the NCFWB



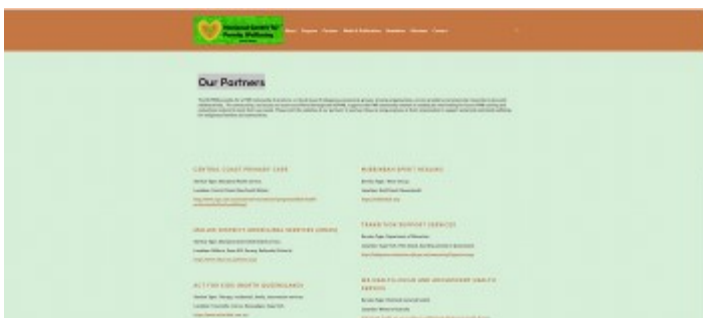
Learn more about the FWB program content and services



Read our past and current FWB Newsletters



Explore the FWB work of our partner organisations



Read the supporting FWB research publications



Watch videos of participants and providers sharing their FWB stories

# The National Centre for Family Wellbeing (NCFWB) now has a home on the web!...cont'd



[Contact us](#) for information on your specific FWB needs and enquiries

Is there something else you would like to see on the NCFWB website? Please contact us with links to other FWB related websites, stories or videos that may be shared via the NCFWB website.

If you would like to provide feedback about the NCFWB website please contact our admin at [family.wellbeing@jcu.edu.au](mailto:family.wellbeing@jcu.edu.au) or alternatively click the [Contact Us](#) button on our webpage.

Happy browsing!

**“Remember, you can also follow us on Twitter @ncfwbtweets to keep up with the NCFWB.”**

# Embedding Family Wellbeing in workplace practices: the Act for Kids story (so far)

In 2016, [Act for Kids](#) and JCU started working together on their vision to embed Family Wellbeing in workplace practices at Act for Kids. In other words, Act for Kids wanted Family Wellbeing to be a part of their everyday interactions with clients, and with each other. Using a participatory action research approach, Act for Kids staff together with the James Cook University (JCU) researchers are working together to plan, develop, implement and evaluate the process of embedding FWB, and were very excited to see the first group of FWB facilitators who trained in 2017, deliver their first FWB workshop earlier this year.



FWB Facilitators: (front row, left to right) Karen, Rebecca, Toni, Bessie and Robyn

(back row, left to right) Priscilla, Ricky, Michelle, Michael and Maryann

In 2017, the first group who work across Cairns, Cape York and Gulf communities in Queensland have been experiencing FWB for themselves in a FWB program led by Robyn Moylan. Throughout 2017, the group discussed ways in which they could use FWB in the way they work to support children and families for better life outcomes. While there were many highlights throughout the 2017 FWB program, everyone agreed that working together as a group to deliver FWB to their colleagues at Act for Kids was a great experience (despite a few nerves). The workshop ended in celebration, with a certificate ceremony, feedback about the research findings and a good feed!

*'I already use the skills I've learnt through FWB at home & at work. Thank you for introducing the FWB [program] to me' (FWB Workshop Participant, 2017)*

In 2018, the Act for Kids and JCU research team (supported by the Lowitja Institute, the CRE-IQI and The Cairns Institute) have

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# Embedding Family Wellbeing in workplace practices: the Act for Kids story (so far) cont'd

*(Continued from page 8)*

been reflecting on the learning from the 2017 FWB program delivery. The team are evaluating the process of embedding FWB in workplace practices at Act for Kids (so far). We look forward to sharing our insights from the Act for Kids story soon.

Act for Kids is an Australian charity working tirelessly to provide free therapy and support services to children and families who have experienced, or are at risk of, child abuse and neglect. With 26 centres across Australia from the Cape York Peninsula in Queensland, to South Australia, New South Wales and Melbourne, Act for Kids has supported over 100,000 children and their families since establishing over 30 years ago. The charity's services have expanded to include integrated therapy, support for vulnerable families, special workshops to empower kids, and safe houses in remote Aboriginal communities. For more information about Act for Kids, please visit [www.actforkids.com.au](http://www.actforkids.com.au).



Act for Kids Family Wellbeing facilitators and participants (January 2018)

On behalf of the National Centre for Family Wellbeing you  
are invited to attend the inaugural  
2018 National Family Wellbeing Forum

## Building strong relationships for a sustainable future

27 November 2018

8.30 am to 4.00 pm

The Cairns Institute

James Cook University, Cairns

105 McGregor Road, Smithfield, QLD 4878

We would like to welcome those who are involved in the Family Wellbeing program to share their stories; workshop with current family wellbeing service providers and contribute to the forward planning of the Family Wellbeing program and the National Centre for Family Wellbeing. The aim of the event is to create and strengthen the networks of the Family Wellbeing community in order to maintain a sustainable platform for ongoing support, training and mentoring, and networking across the country to the Family Wellbeing hubs, education providers, participants and research centres.

Please RSVP at [family.wellbeing@jcu.edu.au](mailto:family.wellbeing@jcu.edu.au) by 5.00 pm 28 September 2018

# Family Wellbeing training for Nuriootpa

**The Nuriootpa High school recently hosted the Family Wellbeing training to its students and parents for the first time.**

TAFE SA's Aboriginal Access Centre delivered a Certificate II in Family Wellbeing course in the Holy Trinity Church Hall across from the High School in a joint community effort to provide the training in the region.

Students, and High School staff gathered for a ceremony in June, that saw six participants graduate in Nuriootpa. The day was celebrated with the presentation of certificates and nibbles.

The Family Wellbeing program was designed by Aboriginal people for Aboriginal and Torres Strait Islander people and is an education and counselling skills program focused on relationship skills, coping with grief and loss and understanding the issues of family violence.

The course was part of the Family Wellbeing: Strengthening Aboriginal Identity Project, funded by the Department of the Prime Minister and Cabinet under the Indigenous Advancement Strategy.

TAFE SA Family Wellbeing lecturer Shirley Prider said *"the focus of the training is always on 'healing' and our young participants went on a journey they didn't expect but came out stronger and more resilient. I have so enjoyed working with them and believe they will make strong decisions about their future lives for themselves and their families"*

Graduate Cassie Pritchard was asked about the changes she had made in her life and the skills she had developed since starting the course.

*"I got a lot out of the course. Different ways of dealing with situations. Learnt how to open up more and talk about things more openly. Got some good strategies on how to work with my children's behaviours"* Cassie said.

TAFE SA's Aboriginal Access Centre will continue to offer the Certificate II in Family Wellbeing across South Australia in rural and metropolitan regions.

For information about the course or how to enrol please contact Shirley Prider, TAFE SA Aboriginal Access Centre, Family Wellbeing lecturer on 08 85952600.



From left to right: Shanarlee Adair, Tallulah Ottawa, Becky Phillips, Shirley Prider (Lecturer), Peta Roberts, Johanna Roberts, Cassie Pritchard



## National Centre for Family Wellbeing

*A Community of Practice for wellbeing through empowerment*

*Our Vision for the NCFWB is to connect the FWB community, and support the resilience, strength and wisdom of Aboriginal and Torres Strait Islander people through continued opportunities to grow with the Family Wellbeing Empowerment program.*

The National Centre for Family Wellbeing (NCFWB) is an Indigenous organisation striving to foster a community of practice for wellbeing through *empowerment*. The NCFWB aims to strengthen, support and sustain the FWB community network to improve Aboriginal and Torres Strait Islander social and emotional wellbeing (SEWB). The NCFWB does this by sharing information, resources, and bringing the FWB community together to support each other.

The NCFWB is a centralised source of information and resources for the FWB community, as well as a repository for evidence about the impact of FWB on the SEWB of Indigenous participants, their families and communities. Importantly, the NCFWB provides continuity in an environment where short-term funding cycle leads to ad hoc FWB program deliveries. Hence, the NCFWB provides for a FWB community of practice; a critical mass of Indigenous community groups, training organisations, service providers and university researchers to work collaboratively. The connectivity, and access to resources offered through the NCFWB, supports the FWB community network in seeking its own funding for future FWB training and evaluations tailored to meet the demand from Indigenous organisations and community groups.

The NCFWB principles are based on:

- **Community:** helping people recognise, find or build on their inner strengths
- **Empowerment:** empowering people to reach their full potential in life
- **Innovation:** providing an innovative Centre that brings key stakeholders together to share information and resources, and to support each other
- **Leadership:** assisting people to identify and build on their leadership qualities through FWB activities, taking advantage of opportunities and supporting each other
- **Relationships:** establishing and maintaining strong and collaborative relationships to work towards common goals and shared understanding

### Further information about Family Wellbeing (FWB):

Tsey, K., Onnis, L., Whiteside, M., McCalman, J., et al. (under review). Assessing research impact: The case of Family Wellbeing (FWB) empowerment research 1998-2016. BioMed Research International.

Onnis, L., Klieve, H. and Tsey, K. (under review) The evidence needed to demonstrate impact: A synthesis of the evidence from a phased social and emotional wellbeing intervention. *Journal of Evaluation and Planning*.

M. Whiteside, K. Tsey, Y. Cadet-James and J. McCalman, *Promoting Aboriginal health: The family wellbeing empowerment approach*, Springer, Dordrecht, 2014.

Rev Leslie Baird on the family wellbeing program, available from the Lowitja Institute website:  
<http://www.lowitja.org.au/mr-leslie-baird-family-wellbeing-program>

Central Cost Primary Care Family Wellbeing Program promotional trailer: <https://vimeo.com/223415259>

### Contact us to have yarn about Family Wellbeing

07 42322135 National Centre for Family Wellbeing

[family.wellbeing@jcu.edu.au](mailto:family.wellbeing@jcu.edu.au)

@ncfwbtweets

# Publications & links

- Onnis, Leigh-ann, Klieve, Helen, and Tsey, Komla (2018). *The evidence needed to demonstrate impact: a synthesis of the evidence from a phased social and emotional wellbeing intervention*. Evaluation and Program Planning, 70. pp. 35-43.
- Whiteside, M., et al. (2018). *"Acceptability of an Aboriginal Wellbeing Intervention for Supporters of People Using Methamphetamines."* Australian Social Work 71(3): 358-366.



## Contact Us

Give us a call to have a yarn about your FWB stories.

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[amily Wellbeing Program: Empowerment research](#)

Australia's National Institute for Aboriginal and  
Torres Strait Islander Health Research