

FAMILY WELLBEING [FWB] NEWSLETTER

Issue 6

March 2018



Image adapted from Spiritual Connection by Senimelia Kingsburra

Well hello from the National Centre for Family Well-Being in the beautiful tropical north Queensland city of Cairns. The year is already flying by very quickly as we approach the end of March.

Thank-you to everyone for the well wishes following my illness last year. I had a slight heart attack in December. After spending only one week in hospital the angiogram gave me fantastic news that there were no new blockages only some old ones from 13 years ago, so they gave me a good bill of health.

I would like to acknowledge everyone who contributed to the application for the NHMRC targeted call for research into the Social and Emotional Wellbeing and Mental Health for Aboriginal and Torres Strait Islander Peoples from Early Life to Young Adults. It was a busy time from November 2017 through to February 2018 for the team of researchers and FWB facilitators who contributed to development of the application led by Professor Yvonne Cadet-James, and supported by the NCFWB staff. We look forward to hearing the outcome from the application towards the end 2018.

Logo creation and website – A special thank-you to Tahalani Hunter for all of her work on the development of a new logo for the NCFWB. We look forward to sharing the new logo and the story behind the artwork in an upcoming edition of the FWB newsletter.

New NCFWB information sheet –The NCFWB team are working on an information sheet about the NCFWB. The NCFWB information sheet will contain background information about the FWB program, the NCFWB’s vision and principles, the role of the NCFWB, further readings and contact details of the NCFWB.

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“It really opened my eyes in terms of, you know, understanding my own journey. And you know the things that I’ve um—[pause]—endured over the years of my life, and had greater understanding where I was at that time and why.”

“[I] made big changes in my life, some sad changes and changes that I never thought that I would make, but it needed to be made ... Since I’ve done the FWB and done a lot of changing and healing in myself, I realise now and appreciate that knowledge is power.”

Previous FWB participants

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Message from our CEO

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Two day Family Well Being (FWB) Workshop in Perth – Professor Komla Tsey and Debra Singh spent two years organising this two-day workshop on stage one of FWB in which we had 43 participants of Aboriginal Health Workers, Nurses, and Allied Health Professionals who enjoyed the workshop and could see the benefits of the SEWB program of FWB. See the story from WA Child and Adolescent Health Service on page 5.



The other good news story is Robyn Pedler from TAFE South Australia started Certificate II in Family Wellbeing training with Aboriginal Health Council of WA (AHCWA) which is a peak body of community controlled health services in WA. See their story on page 9.

I was invited to give an Inspirational talk to [Queensland Aboriginal and Islander Health Council \[QAIHC\]](#), Social and Emotional Well Being [SEWB] workers from the Cairns Region on the Family Well Being program. There were three things I talked about in my presentation:

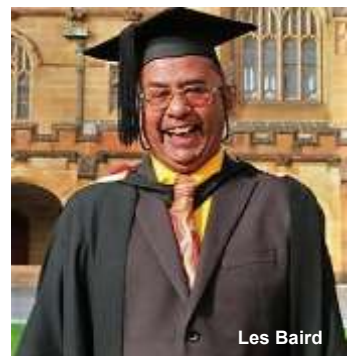
- I shared briefly how Family Wellbeing (FWB) came to Yarrabah and it's contribution to building [Gurriny Yealamucka Health Service](#), how it helped men's group and women's group deal with suicide, confidence to go to university and TAFE and helped deal with community housing issues.
- I got the participants to do a 10 minute activity on the FWB topic of Basic Human Needs. This activity began to open their understanding on how to address issues, find solution, as I gave an example of one of the ladies in Yarrabah who had an unmet housing need and she addressed this need by writing letter to the council.
- And I talked about what is needed is a dedicated local organisation to take on FWB or similar approaches as part of their core business, up-skill and support local workers to use it routinely and flexibly to empower children, parents, family groups, teachers and other service providers and use Participatory Action Research (PAR) and Continuous Quality Improvement (CQI) approaches to monitor and evaluate the process.

Julie Allen, SEWB Workforce Support Unit Manager, thanked me saying *"The attendees (including myself) were very interested in your work and the training you provide in the Family Wellbeing space, and I am hoping that you also found the connections fruitful."*

If anyone who has done FWB would like to share their own story here please send your stories to catherine.brown1@jcu.edu.au who will publish the story in the next edition – Until next time take care and keep safe.

Leslie Baird
CEO – National Centre for Family Well Being

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FWB facilitation: Taking the first steps ...

It was a warm Tuesday morning in Cairns when the group from [Act for Kids](#) got together for their next FWB workshop. It had been six months since they first came together as a group to learn about family wellbeing and had been enjoying sharing their personal FWB journey with the group ... It was a lovely location, beautiful views, comfortable chairs and cups of tea and coffee were flowing. It was a familiar start to a FWB workshop and everyone was happy to be together.



After the initial welcomes and a revisit of the group agreement, Robyn, the FWB Facilitator, explained that 'Today we are going to do something different. Today, you are going to present a FWB topic to the group'. There was a combination of stunned silence, concern and shock! But that didn't last long, and a few minutes later the group split into small groups, chose their topics and they were off and planning!

At the end of the day, Leigh-ann and Priscilla did a roundup of the day and guided a reflection about the topic presentations. As observers, they

commented on how well everyone demonstrated their understanding of FWB and how everyone took a different approach towards their topic; yet, they all came together into such a great day. In an attempt to describe the day in a few words, it went something like this: the day started with the ground rules, where the group agreed about how they would behave and the best ways to support each other as facilitators, some groups used the whiteboard and facilitated the group discussion well, keeping everyone focused with phrases such as 'Shall we move on to the next one?' when the group started to wander off topic, another group used the reflective journal an opportunity for reflection on a topic, another group gave each person two blank squares of paper to write down their two most valued human qualities, while another group used their personal stories for a gentle and genuine sharing of life stories, there were small group discussions and all of group discussions, there was music for relaxation and the final group created a presentation about ways in which their chosen topic could be presented which was a great way to end a full day of practicing facilitation. Everyone was happy with how the day had gone and the general feeling was that everyone felt more confident with facilitating FWB.



Rebecca and Michelle co-facilitating FWB session on Basic Human Needs

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Taking the first steps ... Cont'd

Then, Leigh-ann posed the following question to the group, 'If you could travel back in time, what would you tell your 'morning self' about facilitating a FWB topic?' The advice that people gave their 'morning self', included:

- ◆ Remember to introduce yourself using your FWB story, even when you know people in the group
- ◆ When you are explaining the topic, it is good to give an example about yourself or tell your story before asking the group to do the activity
- ◆ Preparation is helpful
- ◆ It is good to be organised
- ◆ Teamwork and co-facilitating the topic helps facilitators to support each other
- ◆ Check in with the groups when they are talking in pairs to see if they have any questions
- ◆ It is good to have a sense of humour!
- ◆ Keep going and practice FWB as much as you can, when you can



Rhonda and Karen sharing reflections on FWB

The reflection helped everyone to all learn from each other and the above list will help this group as they continue to develop their FWB facilitating skills. We hope that this advice is helpful to others as they take their first steps towards being a FWB Facilitator, and we look forward to reading about the experiences of other FWB facilitators.



Ricky co-facilitating FWB session on Human Qualities

By [Robyn Moylan](#), Leigh-ann Onnis and the Act for Kids FWB Facilitators (Maryann, Rebecca, Bessie, Michelle, Rhonda, Ricky, Michael, Toni, Karen, and Priscilla)

[Robyn Moylan](#)

[Act for Kids Cairns Cultural Advisor](#)

[07 40338500](#)

“....empowerment of our families toward better health outcomes.”

On the 15th and 16th February 2018, Rev. Leslie Baird and Dr Komla Tsey delivered a two day workshop in Perth Western Australia for front line workers in Child and Adolescent Community Health, Aboriginal Health Team (AHT). Aboriginal Health Workers (AHWs), nurses, health promotion and policy staff were in attendance, with 45 staff (almost half the staff who attended were of Aboriginal descent) attending the 2 day workshop, one of the biggest groups for the facilitators. The Aboriginal Health Team works with Aboriginal children ages 0-5 and their families. The nurses and AHWs make home visits to do child health checks and mums and dads can attend a monthly or fortnightly clinic to see the doctor, occupational therapist and speech pathologist. The Health promotion team runs programs to address the social determinants of health.

The Family Wellbeing Program was very relevant to the work of the AHT with its focus on the empowerment and personal development of Aboriginal and Torres Strait Islander people through people sharing stories, discussing relationships, and identifying goals for the future.

Dr Deb Singh who organised the workshop said “It was very helpful and we want to think about how to build on it for: the individual, the teams/bases and for our clients. So far we have just been working on group agreements. Revisiting what we did in the training with specific bases within the team. It is hoped that this is the beginning of a longer term process that will lead to empowerment of our families toward better health outcomes.” Diann Peate stated the contents and the delivery of the workshop would enable the AHT to assist families to enhance their skills and to work towards becoming empowered.

For more information contact:

[Dr Debra Singh](#)

Medical Officer

Aboriginal Health Team

Community and Adolescent Health

240 Hardey Road, Belmont

0404067054



Family Wellbeing Program Central Coast NSW- Pilot Rehab program

The FWB team here on the Central Coast (Nigel & Ben), are potentially in our final few months of funding capacity with [Central Coast "Primary Health Network" \(PHN\)](#). PHN have requested something a little different this time round with the opportunity to take the FWB program into our local [Drug and Alcohol rehab facility "The Glen"](#) in Chittaway NSW. This demographic of men provides an opportunity for us to address an audience of males whom are 18+ years of age, and are currently rehabilitating for a variety of drug and/or alcohol issues. There is also a mix of 50% ATSI, and 50% non-ATSI participation in this condensed 6 week (12 one and a half hour sessions) program which commenced on 1st March 2018.



Ben and Nigel facilitating FWB at The Glen drug and alcohol rehab in Chittaway NSW

The Glen rehab has taken well to the program with 16 participants commencing. The Glen has been a large support to the continual growth of FWB here on the Central Coast by allowing us to utilise its facility each program to incorporate drug and alcohol abuse awareness to our youth groups as a component of our program.

For more information on The Glen, you can check out their Facebook and Website:

- <http://www.theglencentre.org.au/>
- <https://www.facebook.com/The-Glen-Rehab-216175361760880/>

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Family Wellbeing Program Central Coast NSW- Pilot Rehab program cont'd

(Continued from page 6)

Term 1 2018 High School group commenced its first of thirteen sessions of FWB on the 2nd of March 2018 with 12 young men (14-17 years of age) from 8 local Central Coast High Schools. This terms program provides a unique blend of young Aboriginal men who come from a wide range of backgrounds. Nigel and I are looking forward to finishing off the current funding model strong by providing one of the best service deliveries of our time together.

[Nigel Millgate](#)

Aboriginal Family Wellbeing Coordinator

[Central Coast Primary Care](#)

0412361653



Term 1 2018 High School group first day smoking ceremony

TAFE South Australia

Family Wellbeing Course reflections

A story provided by one of the former participants in Family Wellbeing.

From the course I have become stronger and realised I don't need anyone to make me happy. Sometimes, I tell myself I'm worth 'me' time, other times I completely forget, but those 'sometimes' come from the family wellbeing course when I remember I am worth it.

The course helped me truly discover strengths I forgot were there. I was going through a really toxic relationship break down during the course and after the course. The environment the women created was welcoming, loving and had a feeling of belonging. The support helped me realise I am worth love, respect and I am important too. Helped me to retrain my mind to think positive and it is okay to put your wellbeing first. The course was very empowering. I would suggest anyone to attend it, whether you are in a good place or trying to find yourself.

By Djkeera O'Brien-Davey, a proud Kokatha, Mirning and Wirangu woman



Djkeera and her bub

For more information contact:

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Family Wellbeing comes to the West

With the ever increasing awareness of the importance of strong mental health, the Certificate II in Family Wellbeing (FWB) has become a recent focus for the [Aboriginal Health Council of Western Australia \(AHCWA\)](#) and the states [Mental Health Commission \(MHC\)](#).

“AHCWA is the peak body for the 22 Aboriginal Community Controlled Health Services (ACCHSs) in Western Australia. We are an evolving organisation that acts as a forum to lead the development of Aboriginal Health policy, to influence and monitor performance across the health sector, to advocate for and support community development and capacity building in Aboriginal Communities. We advocate for the rights and entitlements of all Aboriginal people throughout Western Australia, at a local, regional, State and National level.”

In July, 2017, AHCWA and MHC entered into negotiations with [TAFE SA](#) to licence the nationally accredited Certificate II in Family Wellbeing so AHCWA would be able to deliver the training state wide to employees of 22 ACCHSs.

Word of the Certificate II in FWB training coming to AHCWA spread quickly and sparked interest from many services outside of the initial plan. The interested services range from youth groups, correction services, Aboriginal health services and communities and many other health organisations. Calls, emails and meetings took place and the cry for the program and the benefits it will bring to services and communities was heard by AHCWA. The message received was the same, individuals and families need support to improve their own social and emotional wellbeing and in turn the wellbeing of families and communities. Training needed to happen quickly!

Early November, 2017, AHCWA hosted [Robyn Pedler](#) from TAFE SA and eight employees commenced “train-the-trainer”. Robyn brought a wealth of knowledge both professionally and personally which enhanced the learning experience for all of the participants from AHCWA. The training provided utilised the collective knowledge and experience of the group to further enhance the overall learning experience. Training built on the individual strengths and strategies to appropriately manage and deal with crisis situations and develop the necessary skills and strategies to further support others in need.

On 23rd of February, 2018, AHCWA participants completed the Certificate II in Family Wellbeing, following the completion of the Certificate II the AHCWA participants will embark on the second phase of the training and delivery of the program. Ken Nicholls, AHCWA Family Wellbeing Program Coordinator, will be the first to commence the facilitation component of the training and co-facilitate training with Robyn in South Australia. The facilitation will increase AHCWA’s capacity to deliver the accredited Certificate II to communities and services across Western Australia.

AHCWA thanks Robyn for her efforts to travel so far to help provide such valuable training to build the capacity for change that is desperately needed in Western Australia. Using the teachings of the Certificate II, AHCWA looks forward to further build on the social and emotional strength and overall wellbeing of the Aboriginal communities and families of Western Australia.

The journey for AHCWA and Western Australia has just begun ...

For more information contact [Ken Nicholls](#) | Family and Wellbeing Program Coordinator | Aboriginal Health Council of Western Australia | 450 Beaufort Street, Highgate WA 6003 | Phone: (08) 9227 1631 Fax: (08) 9228 1099 | Website: www.ahcwa.org.au



TAFE South Australia

Family Wellbeing Course reflections

The essence of family wellbeing is about discovering how our true self is much greater than we realise and that we have the potential to bring through a great healing effect on many people as we become clearer within.

The ideas behind family wellbeing are about all of us as human beings, that is, inclusive of all peoples and from all nationalities all over the world.

Family Wellbeing can be presented anywhere on earth, its about understanding people - all peoples, and how we are connected at a deep level

All of us have the same basic human needs and when any of us don't have those needs met we feel the pain and loss of that, whether we're Aboriginal, Irish, Italian or African.

All of us have the inner qualities of love, compassion and wisdom

All of us go through grief, loss and crisis

All of us get caught up in emotional patterns that hurt ourselves and others

All of us have the potential to HELP each other as we go through our healing process

Compassion is about wanting the suffering of others to stop - and when we are in touch with our inner self we automatically feel that compassion and unconditional love for ourselves and others.

It is through practice that the natural healing process will come through.



Lynette Crocker

By Lynette Alice Crocker (nee Smith)

Ngangkai Burka, Senior Kurna Woman

Kurna Aboriginal Title holder Traditional Owner

Kowiandilla Meyunna - Kua Nepotinna (Lone Crow)

Tamdanya and Mika Womma Yerta

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Follow us @ncfwbtweets

The National Centre for FWB is on twitter!

The National Centre for Family Wellbeing (NCFWB) is now on twitter, please follow us **@ncfwbtweets** to stay connected to all things *Family Wellbeing Empowerment Program* related (**#FWB**). The NCFWB is working towards keeping everyone interested in **#FWB** connected and following **@ncfwbtweets** on twitter is just one more way that we can keep the **#FWB** family connected!



We would all love to hear more about the **#FWB** workshops, **#FWB** presentations and **#FWB** activities going on all over Australia and beyond in real time and twitter can help us to do this through pictures and short messages. When you tweet your photos using **#FWB** and tagging **@ncfwbtweets** everyone following **@ncfwbtweets** will see the updates. By using the hashtag **#FWB** it is easy to search for other **#FWB** facilitators and **#FWB** supporters and to know what is happening in the world of **#FWB**. It is another way to connect and correspond with other like-minded **#FWB** followers.

Already on twitter: Please follow us and use the twitter handle **@ncfwbtweets** to tag the NCFWB into your tweets.

New to twitter: Don't worry there is lots of information to get you started. You can find information about how to use twitter at <https://help.twitter.com/en/twitter-guide> and there are step by step instructions on YouTube at <https://www.youtube.com/watch?v=J0xbjIE8cPM>

Let's get tweeting!



DrLeighannO
@Leigh_anno

Rev Leslie Baird, CEO of **@ncfwbtweets** will be an **#InspirationalSpeaker** at the **@QAIHC_QLD** Social and Emotional Wellbeing Workshop in Cairns on Wednesday. Les will be talking about **#FWB** in this Cairns and Cape Regional Forum themed 'Next Step to Wellbeing.'
@CRE_IQI @les10996655

9:37 PM - 11 Mar 2018



National Centre for Family Wellbeing
@ncfwbtweets

Rev Leslie Baird of **@ncfwbtweets** is an Inspirational Speaker **@QAIHC_QLD** Social and Emotional Wellbeing forum in Cairns this week. **@les10996655** will be talking about his experience with **#FWB** and the impacts of **#FWB** on SEWB and community development.
@CRE_IQI @LowitjaInstitut

10:21 PM - 11 Mar 2018

Publications & links

- McCalman, J., Bainbridge, R., Brown, C., Tsey, K., & Clarke, A. (2018). The Aboriginal Australian Family Wellbeing Program: A historical analysis of the conditions that enabled its spread. *Frontiers in Public Health*, 6(26) doi:[10.3389/fpubh.2018.00026](https://doi.org/10.3389/fpubh.2018.00026)
- Heyeres, M., McCalman, J., Langham, E., Bainbridge, R., Redman-MacLaren, M., Britton, A., . . . Tsey, K. (2018). Strengthening the capacity of education staff to support the wellbeing of Indigenous students in boarding schools: A participatory action research study. *The Australian Journal of Indigenous Education*, 1-14. doi:[10.1017/ije.2017.42](https://doi.org/10.1017/ije.2017.42)
- Yan, L., Yinghong, Y., Lui, S. M., Whiteside, M., & Tsey, K. (2018). Teaching “soft skills” to university students in China: The feasibility of an Australian approach, *Educational Studies*, doi:[10.1080/03055698.2018.1446328](https://doi.org/10.1080/03055698.2018.1446328)



Contact Us

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

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

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