

# TRESILLIAN **SPRING** criero5

## Conference attracts hundreds

Tresillian's ninth Conference, held at the IBIS Hotel in Olympic Park on 5th and 6th August, attracted a record 375 Child and Family health professionals from as far a field as New Zealand. While the majority of delegates came from metropolitan Sydney, the country areas of New South Wales were also well represented.

The scene was set during the opening ceremony, which featured the Wiley Park Public School choir who sang a very moving version of 'World in Union' and 'I am Australian'.

Officially opened by Professor Peter Sainsbury from NSW Health, the first session was led by key note speaker, Dr Roseanne Clark from the University of Wisconsin, USA. Dr Clark presented her research into parent-infant attachment and the impact it has on post natal depression.

The main sponsors were NSW Health who saw the Conference as an opportunity to promote the development of their new state-wide breastfeeding policy. Their sessions on lactation and breastfeeding were extremely popular, as was the NSW Health Trade Display Stand which had several representatives from the Australian Breastfeeding Association and the Baby Friendly Hospital Initiative, on hand to answer questions about the new policy.

Feedback from the Conference Evaluation forms showed that delegates continue to be very committed to promoting breastfeeding and appreciated the involvement by NSW Health.

Day two was also well attended with some of the concurrent

sessions attracting record numbers – particularly 'Parenting Twin Toddlers' by Vivienne Hughes and Kylie Gregory and the 2 presentations on Home Visiting. The sessions on infant settling were also popular. Anne Hollands from Relationships Australia gave us an insight into family life in the next ten years while Dr Cathrine Fowler and Julie-Anne Murphy from Tresillian along with Belinda McInnes from Corrective Services, presented a fascinating paper on Mothering from Inside: A Group Program for Mothers in prison and their infants.

The Conference finished on a high note thanks to Iani Constable and Joanne McIntyre from the Golden Stave Music Therapy Centre, who managed to get the whole auditorium on their feet, clapping and singing!

David Hannaford, Anne Paton and Catherine Fowler would like to sincerely thank the administrative support team at Tresillian which includes Pam Lyons, Anne Kulcsar and Justyna Poniatowski, who put so much time and effort into making the Conference a success. These staff members went beyond the call of duty on many occasions to ensure the Conference went off smoothly. A special thanks to former staff member, Miss Evangelyn Carr who volunteered her time to prepare the flowers in the main auditorium and help during both days on the Registration Desk, and the Tresillian Educators who were kept busy all day answering questions and providing support for the speakers.

We are already planning the 2007 Conference so watch this space!





## Tresillian Family Care Centres EN, Mothercraft/Parentcraft & Childcare Workers Seminar Day

Sponsored by BabyLove Nappies

### Topics to be covered include:

- Music Therapy by Joanne McIntyre
- Rashes & Immunisation by Mary Ellen Byrne
- Toddling Twins by Kylie Gregory & Ann DeBelin
- Lighten Up by Helen Wilmore

**Date:** Tuesday, 29th November, 2005

**Venue:** Canterbury Hospital, Campsie

**Time:** 8.30am – 4.30pm

**\*Cost:** \$55 inc GST \*No Charge for Tresillian or Canterbury Hospital Staff

**Details:** Call Anne Kulscar at Tresillian on (02) 9787 0869 or

**Email:** [annek@email.cs.nsw.gov.au](mailto:annek@email.cs.nsw.gov.au)

***Bookings close 29th October, 2005.  
Hurry, places are limited.***

### Perinatal Psychiatry Half-Day Seminar

The **Mother-Baby Unit** at St John of God Hospital is hosting a seminar for **early childhood nurses, obstetricians** and **psychiatrists** to come together and discuss the leading edge issues of perinatal mental health.

**Presentations** by leading experts and **hypothetical panel discussion** includes **Christine Fraser**, Tresillian Centre Manager.



**Saturday, 29 October 2005**

St John of God Health Services  
The Education Centre  
13 Grantham Street  
Burwood  
**12:00 - 5:00 PM**

**Lunch and afternoon tea provided**



**Phone  
02 9747 5611  
by 14 October  
to register**



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### Gidget Raises \$55,000

Congratulations and thank you to members of the Gidget Foundation on their recent 'Spring Soiree', held at The Loft, King Street Wharf, which raised a massive \$55,000 to help those suffering from Post Natal Depression (PND). This was a huge effort by these ladies who have met regularly for months planning every aspect of the event.

All funds raised will be donated to a Gidget Scholarship, which will fund postgraduate studies for a Tresillian nurse to be further educated in mental illness.

The 400 guests which included Tresillian's David Hannaford, Jon-Michael Amesbury and Cathrine Fowler, enjoyed the evening immensely. The money was raised through ticket sales, raffles and auction items such as: Diamond Earrings; framed t-shirt and cap signed by Wayne Gardner to be presented at dinner with him; a Valeska Design hand made necklace with semi precious stones and a Greg Norman signed hat. For the third successive function the AMP Foundation has supported the Gidget cause with a generous \$10,000 donation.

The Gidget Foundation was formed in August 2001 after a friend's death highlighted to the group the serious lack of support facilities for women in Sydney suffering from Post Natal Depression.

## Tresillian and NSW Corrective Services win \$447,421 Grant

Tresillian in collaboration with NSW Corrective Services has been awarded a Greater Western Sydney: National Community Crime Prevention Program Grant of \$447,421 to develop, implement and evaluate a support program for mothers in Correctional Centres.

Called Mothering at a Distance, the program aims to address the needs of incarcerated mothers and enhance their ability to provide appropriate and sensitive parenting, and to assist in reducing the emotional and social impact of separation on their children aged up to 5 years. It will be established at Mulawa, Emu Plains, Dillwynia and Berrima Correctional Centres.

There are four components including:

- an orientation for mothers on entry to the Correctional system
- a supported playgroup for the children during visiting times
- a mothers group focused on the development of parenting and maternal/child relationship skills
- and the fourth component is an education and support program for Correctional Services staff to enable them to assume ongoing responsibility and facilitation of the program enabling sustainability beyond the 3 years funding.

The program will be managed by Dr Cathrine Fowler from Tresillian and Belinda McInnes from Corrective Services and will expand on work already completed with Corrective Services during 2004.

## Forum on Touch and Massage

Marie Clifford, Centre Manager of Tresillian Wollstonecraft, along with Professor Frank Oberklaid, recently addressed a Forum on Touch and Massage held in the city and hosted by Johnson & Johnson. The Forum was primarily attended by journalists from Parents and Family magazines.

Johnson and Johnson presented some interesting research that shows:

- the physical, mental and emotional growth of babies is stimulated through massage and this contributes to their health and wellbeing.
- Massage, by directly stimulating the musculoskeletal system, nervous system and circulatory system, affects the biochemical and physiological processors controlled by these organs, and encourages the physical development of babies.
- Baby massage has been clinically proven to shorten premature babies' stay in hospitals by three to six days and help in their weight gain by as much as 47%.

For more information on the benefits of Touch and Massage contact Johnson & Johnson on email: [cpettina@jppau.jnj.com](mailto:cpettina@jppau.jnj.com) or phone: (02) 8260 8510.

## Tresillian Welcomes Director of Nursing & Clinical Services

Welcome to Jon-Michael Amesbury who has been appointed as Director of Nursing and Clinical Services for a period of nine months while Anne Partridge takes long service leave.

Originally from Birmingham in the U.K., Jon-Michael is a Registered Nurse with qualifications in Mental Health and Health Service Management and recently spent 8 months employed as Deputy Director – Mental Health at Northern Sydney & Central Coast Health Service. Jon-Michael's previous work experience includes two and half years at St George Hospital and one year in Western Australia. We all wish him well in his new role at Tresillian Family Care Centres.



## News from Social Work/ Psychology

Building partnerships with key universities by participating in the supervision mentoring and training of Social Work students and psychologists in training remains an important initiative for Tresillian. We had 6 students in 2005 from various institutions successfully achieving their clinical competencies.

Tresillian actively supported Child Protection Week recently at a Child Protection stall, set up in the foyer of The Canterbury Hospital. This initiative was organized by SSWAHS Child Protection Service (Eastern Zone).

PND (Post natal depression) Therapy Groups are currently running at Tresillian Canterbury and Wollstonecraft.

Parent-Infant groups continue to be popular at Tresillian Canterbury and are in the process of being set up at Tresillian Nepean.



## Willoughby

Congratulations to all staff for their hard work and enthusiasm in achieving the 96.4%, for the Occupational Health, Safety and Rehabilitation Numerical Profile Audit. A brilliant result.

Welcome to Vicki Hardin RN and Helen Owen RN who have recently joined the casual relief pool.

It was great to see so many staff at the Willoughby Residential mid winter staff dinner which was enjoyed by all.

Professor Ikuta Kimiko, M.D., Ph.D. from the faculty of Health and Social Work Japan, visited our Centre with a view to simulating Tresillian services in Japan.

Welcome back to all our jet setting staff, who have now returned from their overseas adventures.

## Wollstonecraft

Congratulations to all staff for their hard work and enthusiasm in achieving the 96.4%, for the Occupational Health, Safety and Rehabilitation Numerical Profile Audit. A brilliant result.

Margaret Booker and Gina Campbell ran a Post Natal Depression group with a sub-group of severely depressed mothers. Margaret and Gina also held a Mens Session for the partners of these women and were rewarded with a 100% turn out! This session proved a very worthwhile experience for the dads.

## Nepean

We sadly farewelled Chris Prouse, due to family commitments. Wendy Ford has now taken over the Intake position. We welcomed Kerri Fort back from maternity leave and Lynne Penrose from her secondment on the North Coast. We welcomed to Nepean, Rowena Harrison; Lorelle Roberts and Sonja Griggs who have joined us in the Residential Unit and Nikki Paull who has joined our Day Stay team.

We also farewelled Bev Vaughan, Ruth Lawlor and Heather Hackett, who are now enjoying retirement.

### About YOUR NEWSLETTER

If you have anything you would like included in the next newsletter, please contact:

Mrs Anne Paton, Public Relations Manager  
Tresillian Family Care Centres

Telephone: (02) 9975 4262 Facsimile: (02) 9975 4279

Email: [apaton@internode.on.net](mailto:apaton@internode.on.net)

We'd love to hear from YOU!

Tresillian Family Care Centres are located at Belmore, Willoughby, Wollstonecraft and Penrith. For information on services contact our Head Office in McKenzie Street, Belmore, on (02) 9787 0800. Parenting advice is available by calling Tresillians 24 hour Parents Help Line on (02) 9787 0855 or Freecall 1800 637 357.

## Canterbury

Congratulations to all staff for their hard work and enthusiasm in achieving the 96.4%, for the Occupational Health, Safety and Rehabilitation Numerical Profile Audit. A brilliant result.

Sharon Holloway and Susie Murphy are organising staff from Tresillian Canterbury to walk in the Cancer Council's 24 hour "Relay for Life" on 29th October. The idea is that Tresillian representatives take turns at walking around the oval to cover the time that the relay is on (which is from Saturday to Sunday morning). The event will be held at Sid Richards Oval in Concord. Interested parties can ring Sharon or Susie on (02) 9787 0826. All welcome.

## Guthrie Child Care Centre

The Geckos room welcomed an additional staff member, Linda Leslie, our new Special Needs Child Care Worker. Linda will work 5 hours a day to assist with our children with special needs. Her position is funded by a Government Special Needs Subsidy Scheme Grant. Thank you to our Parent Committee who raised enough funds so that the mobile Taronga Zoo could visit our children. We were also able to purchase new equipment including a second digital camera and a printer for staff to use in documenting children's development.

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