

TRESILLIAN **criero6** **AUTUMN**

Tresillian goes on-line with Messenger Mums

In what has been an exciting chapter in Tresillian's history and a world first, Tresillian recently began offering a free on-line Child and Family Health advice service to mums, as part of a 6-month pilot program in partnership with ninemsn. The project known as Messenger Mums, uses internet and MSN Messenger technology, allowing Tresillian nurses to interact with parents.

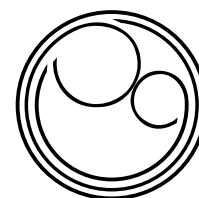
So how does it work? Based on the same principal as the Parents Help Line, experienced Child and Family Health Nurses are able to offer support and education to parents on-line on a one-on-one basis in a secure electronic format (this is not a chat line). Mums with young babies simply include the Tresillian Nurse on their contacts list along with the addresses of other mums, friends and family.

The service has been heavily advertised in Parenting magazines and on the ninemsn site, and packs have been distributed through the Bounty Bag to Mums across the state. They include an MSN Messenger installation disc featuring excerpts from the Tresillian Video "A Baby in the Family", along with information on how to access the Tresillian nurse and create a Messenger contact list.

For mums this service is sure to be a huge success as it will certainly help them keep in touch more easily with other mums, friends and family. And, now they can access parenting advice at the press of a button. While no technology replaces face to

STOP PRESS

Congratulations to members of the Tresillian Council who have taken the initiative to fund a Chair of Child and Family Health in partnership with the University of Technology (UTS). The Chair is the first in New South Wales and the second, nationally. (Full details page 2)



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face get-togethers, for Mums in country areas or those feeling isolated, Messenger Mums is a great way of networking.

Tresillian employees, Patsy Quealy, Sandra Linklater and Sue Gray, supported by a very able team of colleagues, are currently working on Messenger Mums from Willoughby and Canterbury, Tuesday to Friday from 9.30am to 3pm. We wish them all the best with this ground breaking project. If you would like a Messenger Mums pack please contact Pam Lyons at Tresillian Canterbury on email: pam.lyons@email.cs.nsw.gov.au or phone: (02) 9787 0872.

The 'Business of Babies' Parent Education Program

Tresillian has been in discussion with various companies regarding taking parent education into the Boardroom.

With trends showing that more and more mums are returning to work as early as three months after giving birth and dads are playing a greater role in parenting, there is a need to provide practical parent education sessions for mums and dads in the workforce, as it's often this group of people who don't have time to access help with parenting issues.

Tresillian's Education & Research team have developed a series of seminars geared towards working parents including "Tips on managing work and family"; "Babies sleep and feeding

routines" and "Toddler Behaviour". The aim of the program is to provide working parents with practical advice and realistic expectations about juggling work and family.

The programs are 45 minutes in length with question time afterwards. Businesses are encouraged to hold the programs in lunchtime and advertise it within their organisation beforehand.

Do you know of a company who would be interested in this exciting new initiative in parent education? If so, then please contact Ann Paton, Tresillian's Public Relations Manager on (02) 9975 4262 or email: patonpl@bigpond.net.au



Professor Fowler is appointed Tresillian Chair of Child and Family Health

For the first time in New South Wales, Child and Family Health will be represented with a Chair at a University, thanks to the initiative and foresight of the Tresillian Council. Earlier this year, the Council announced they have agreed to fund the Chair for a period of five years.

Congratulations to Cathrine Fowler who has recently been appointed to the position of Tresillian Chair in Child and Family Health in the UTS Centre for Midwifery and Family Health – a joint appointment between Tresillian Family Care Centres and the University of Technology, Sydney (UTS).

Catherine was formerly the Manager of the Education and Research Unit at Tresillian Family Care Centres.

This appointment follows the launch of a new Graduate Certificate in Child and Family Health Nursing at UTS, which has brought the longstanding Tresillian Course into a university setting. The first cohort of students recently began at UTS early in March, 2006.

With a professional background in both child and family health nursing and midwifery, Cathrine has a special interest in maternal and infant mental health and parent education, in particular, how people learn to parent.

Professor Fowler said "The creation of the chair was a timely step in a field that has suffered from a lack of support for child and family health nurses in research and academic leadership"

"There is growing national and international recognition of the importance of the first five years in the trajectory of people's lives," Professor Fowler said.

"Many gaps in research need to be addressed, in such areas as clinical intervention for at-risk and vulnerable families.

"The UTS Centre for Midwifery and Family Health has been at the forefront of research on midwifery clinical practice and the same thing now needs to happen in child and family health nursing."

Professor Fowler's current research includes the evaluation of the Tresillian Home Visiting Intervention program for women and their infants who are identified as being at risk and the Mothering at a Distance Project, which includes a Mother/Child Relationship Program within NSW Corrective Services.

She is also managing NSW Health's Families First Statewide Education Project and facilitates child and family health seminars and workshops throughout NSW and nationally.

Cathrine, from your colleagues at Tresillian, congratulations and we wish you well in your new role.



Professor Cathrine Fowler

Canterbury staff raise funds for third world countries



L to R: Joanne Wright, Marg Clancy, Joanne Maloney and Michelle Vaughan.

Tresillian Social Worker Joanne Maloney asked staff at Canterbury to contribute a gold coin to raise funds for TEAR which stands for Transformation Empowerment Advocacy and Relief, an organisation which provides the opportunity to purchase a life changing gift for families in third world countries.

Staff raised \$160.00 and purchased 25 tree saplings, a mosquito-net, safe drinking water and a goat. A health worker could also be

employed from the funds raised.

Joanne said "It was easy, I put up a sign and a copy of the catalogue and staff did the rest. The result was instantaneous and staff were genuinely excited by the prospect of giving a life changing gift."

If you would like more information contact TEAR on (03) 9877 7444 or visit their website at www.tear.org.au

Tresillian appoints Clinical Nurse Consultant

Welcome to Julie Maddox, our new Tresillian Clinical Nurse Consultant. Julie joins us from Western Sydney where she already held a CNC position in Child & Family Health. Her brief includes supporting clinical staff, on site education, assisting with research-based practice and the development of clinical supervision for nurses. Julie is based at Tresillian Canterbury but will be spending her time at all four Tresillian Centres.

CNS Day February 28th 2006

Tresillian's Clinical Nurse Specialists held a professional development day on 28th February at Tresillian Canterbury. This provided an excellent forum for our CNS's to get together and discuss developments and progress made with their individual portfolios, in addition to discussing new initiatives that may be taken forward. As part of the day, Mark Kirk (CEO from Queen Elizabeth Family Centre II in Canberra) made a presentation on the C Frame Approach.

Clinical Practice Improvement Program (CPI).

A team of our staff are joining the CPI training being run by Sydney South West Area Health Service. They will be undertaking a major clinical quality improvement project that will be entered in at least one category of the 2007 Quality Awards. The team will be headed by our new CNC, Julie Maddox, and will have input from Elisabeth Manning, Tresillian's Quality Manager and Chris Rossiter our Research Officer who will offer valuable advice and support to our participating clinicians.

Profile on Wendy Carter Clinical Nurse Specialist

Wendy is one of five Clinical Nurse Specialists in Tresillian Family Care Centres and has worked for the organisation since 1997 both in Day Stay and Outreach. (Note: Our other Clinical Nurse Specialists include Wendy Ford, Debbie Moon, Janet Ford and Carol Fraser).



Wendy's specialty lies in Lactation and she holds an International Breastfeeding and Lactation Consultant certificate.

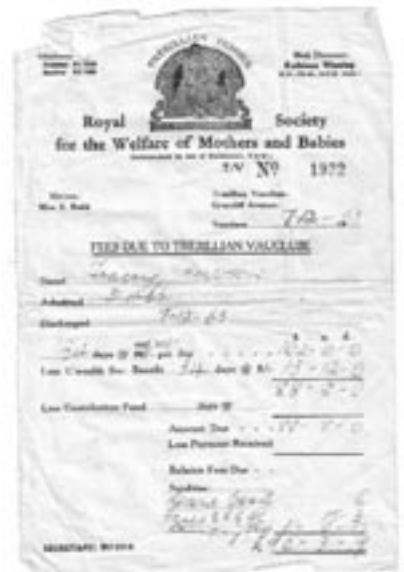
She is a member of the Lactation Resource Centre and is particularly interested in the new weight charts for breastfed babies resulting from the World Health Organisation's International Growth Reference Study. According to Wendy "On average 80% of mothers with babies aged under four weeks have some difficulty with breastfeeding. These new charts provide health professionals with more accurate expectations of breastfed babies' weight gain, taking into account the parents cultural background".

For more information on the new weight charts, or if you have a lactation query contact Wendy at Tresillian Wollstonecraft on (02) 9432 4010.

Better late than never!

Recently Tresillian received \$200 from Albert Harrison of Albury, together with a letter expressing his humble apologies for the delay in payment.

What made this so extraordinary was the circumstances under which it was paid. You see, Mr Harrison's daughter had been a client of Tresillian back in 1963 at Tresillian Vaucluse. A few weeks ago he was cleaning out his shed and discovered some old papers



that had gone missing years ago. At the bottom of the pile was an invoice from Tresillian for approximately 90 pounds. Tracey had been admitted for nearly 5 weeks. (How times have changed!)

Mr Harrison says that when his daughter was admitted to Tresillian Vaucluse, times were tough in their household. He had just lost his job as a typesetter and could barely make ends meet. On top of that they had a new baby who was very unsettled.

All these years later he was delighted to send Tresillian the original invoice and pay the outstanding amount.

"My most humble apologies. It would be remiss of me not to attend to this" said Mr Harrison.

PARENTS BABIES AND CHILDRENS EXPO

Friday, 28th April to
Sunday 30th April, 2006.
Showground Dome,
Homebush Bay
Olympic Park



Come along and visit the Tresillian Stand just near the entrance.

Last year the Expo attracted more than 18,000 visitors who say they went primarily "to see new products and gather information on parenting". The Expo is a great way for expectant parents, and families with young children to learn more about the services available to them.



Canterbury

Congratulations to Julie Apps who gave birth to a little girl, Chloe.

Welcome to Karin Birchner Cochran who has joined the Day Stay staff full time, also Anne Mauchle who has joined our team and is working on the Parents Help Line and in Outreach.

Staff farewelled Clare Carter with a morning tea. Clare has retired from the Residential Unit after 15 years – she has helped many families during this time and will be missed.

Farewell also to Josie Puckeridge who is leaving Outreach after 5 years

Congratulations to Patricia Gornall, Julie-Anne Murphy and Patsy Quealy who have completed their Masters of Education at UTS.

Nepean

We sadly farewelled Jo Adamson who has resigned to take up a more relaxing lifestyle in Newcastle. We welcomed to Nepean, Lynda Robb who has joined us in the Residential Unit.

Mary McDonald returned from maternity leave in February. Thanks to Kate McConville for the great job she did as relieving educator.

Willoughby

Congratulations to Sarah Bannister RN on the publication of her article Postnatal feelings (a case study) which was published in the journal Midwifery Matters Vol33, No4 Dec 05

Congratulations to Racquel and Allen on the birth of their baby son Toby. Welcome to Lynne Ryan psychologist who has taken on Racquel's maternity relief cover. Also to Monica Rich RN who is doing relief cover 12hrs per week for Sue Gray RN who is involved in the MSN Messenger Mums Project. Welcome to the casual pool, Heather Kerrigan RN also Susan Woodman EN.

Staff enjoyed a night out with Mary Kennedy who married in early March.

Wollstonecraft

We seem to be seeing more and more families from culturally diverse backgrounds and an increased number of partners are attending our Day Stay service. Grandparents are also coming along on a regular basis. The Occasional Care Service has had a busy start to the year and is booked ahead to full capacity.

Guthrie Child Care Centre

We have enjoyed a busy start to 2006 at Guthrie. Congratulations to Cathy Bear and family on the birth of baby Kate.

Welcome to Rachel Palmer from Tasmania who has taken on the position of Early Childhood Teacher in the Gecko's Room (3 to 5 year olds). Farewell to Sally Shaw and Erina Lock who left us to start up a Family Day Care Service together. We welcomed Jaclyn Stewart, our new recently qualified Child Care worker in the Bilbie's Room (1 to 2 year olds). Jaclyn team teaches with Mi Yun Lee. Welcome also to Mary Ann Harding, a qualified Child Care Worker who now works in the Babies Room. Congratulations to Fiona and her fiancé, Thomas, who recently became engaged. Fiona (who is currently in the Lyre-Birds room) will take on the Directors role at Guthrie while Jane takes adoption leave from May 2006 when her and husband Kim expect to travel to China to bring their little one home.



Huggies® Nappies are proud to be associated with Tresillian.

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: patonpl@bigpond.net.au

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.