

AN ONLINE GUIDE TO PODCAST & VIDEO RESOURCES FOR KINSHIP CARERS AVAILABLE ON THE KCV WEBSITE

Many of these podcasts and videos
are also of interest to permanent,
foster and informal carers

2024
August





GPV/KCV acknowledges the peoples of the Kulin nation as the traditional owners of our great land and offers respect to Elders, past and present.

GPV/KCV acknowledges that Aboriginal culture existed in Australia before European settlement and consisted of many community groups. Further, we acknowledge the Indigenous peoples of this land as the oldest continuing cultures in human history.

GPV/KCV acknowledges that laws and policies of the past have inflicted grief and suffering on our fellow Australians and regrets the removal of Aboriginal and Torres Strait Islander children from their families.

GPV/KCV believes that a society that is inclusive of all is crucial to individual and community wellbeing and will behave with respect towards all irrespective of their race, religion, sexuality, gender or socio-economic background.

GPV/KCV acknowledges 13th of February as National Apology Day, the anniversary of then Prime Minister, Kevin Rudd, delivering the National Apology to Australia's Indigenous Peoples in 2008. GPV/KCV will take steps that promote a happier and healthier future for Indigenous Australians, particularly the children and young people.

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Kinship Carers Victoria
acknowledges the support of the
Victorian government.



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How to use this guide

There are easy ways to access these podcasts/videos:

1. View the contents presented in this guide, and much more, on the KCV website at <https://kinshipcarersvictoria.org/podcasts-videos/> or by doing a web search for Kinship Carers Victoria <https://kinshipcarersvictoria.org/>
2. Use the QR code below to access the podcasts/videos page on the KCV website



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**PODCASTS
SERIES 2017-24**

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KCV podcast series





Podcast #34 – Combatting loneliness (July 2024)

The effects of loneliness have been studied extensively worldwide, with research showing that being socially isolated or lonely is as bad for your health as smoking, obesity, substance abuse and other mental health issues.



In previous studies by Kinship Carers Victoria, some carers have described feeling almost complete isolation from their former social circles once they became carers.

In this podcast, clinical psychologist Dr Michelle Lim, considered the leading Australian scientific expert on loneliness, discusses the physical and psychological effects of loneliness, the stigma around speaking about it and what carers can do to deal with their own social isolation.

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Podcast #33 – Government schools need our support (June 2024)

In this podcast, director of Grandparents Victoria and Kinship Carers Victoria Ann McLeish speaks with Trevor Cobbold, national convener of Save our Schools. Before retiring, Trevor was an economist with the Australian Government's Productivity Commission and its predecessors for over 30



years. Trevor talks us through the economic and structural inequality in our education system, in particular the under-funding of public schools in Victoria.

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Podcast #32 – Family reunification and the law (May 2024)

In this video/podcast Director of Kinship Carers Victoria Anne McLeish and lawyer Fleur Ward talk about the complex and vexed issue of family reunification for carer families.

They speak in detail about the reunification provisions in the *Children, Youth and Families Act (Vic)* and how the current one-size-fits-all foundation of these provisions could mean that they are not serving their intended purpose. The rights of carers to access information contained in children's court orders is also clarified.



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Podcast #31 – Cyber safety for children and young people (Apr 2024)



Children and young people spend significant amounts of their lives online in the cyber world, but how do we ensure that their online experiences are safe?

In this podcast we speak with Susan McLean of cyber safety education organisation Cybersafety Solutions. Susan is acknowledged as Australia's foremost

expert in the area of cyber safety and young people, and answers many of the questions carers have to help them help children and young people navigate their digital world safely.

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Podcast #30 – Diet and nutrition for neurodiverse children and young people (Mar 2024)



What is neurodiversity? This is a term describing the idea that people experience and interact with the world in many varied ways, but there is no one 'right' way of thinking, learning or behaving, with these differences not viewed as deficits.

Nikki Valentini, Clinical Nutritionist, functional medicine practitioner and director of SuperNature Nutrition, joined Kinship Carers

Victoria to speak in depth about the effect of diet/nutrition on children with autism, ADHD, OCD and other types of neurodiversity.

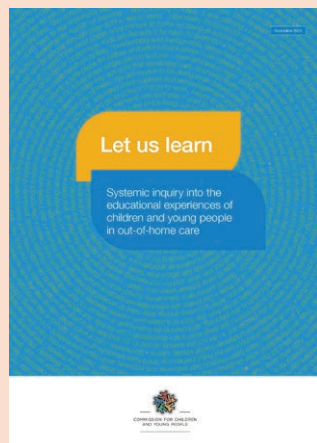
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Podcast #29 – Issues with education for children and young people in out-of-home care (Jan 2024)

In this podcast we speak with Victoria's Commissioner for Children and Young People, Liana Buchanan, about the Commission's *Let Us Learn* inquiry report, tabled in the Victorian parliament in November 2023.

The report shows that the education engagement and outcomes for children and young people in out-of-home care trail significantly behind those of their peers.

Liana explains why the Commission conducted the report and outlines its reaction to the findings. She also discusses some of the Commission's most pressing recommendations resulting from the inquiry.



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Podcast #28 – Grief and loss (Dec 2023)

Throughout our lives, grief is an unavoidable and essential part of what it is to be human. When individuals and families experience a loss, every member of the family can feel and process their grief in different ways. Grandparents, parents or carers face the difficulty of managing their caring role while knowing how to help children understand their grief – all whilst also trying to accept and deal with their own feelings.



In this podcast we speak with Janice Butera, specialist grief practitioner with Grief Australia, who shares with us her knowledge about grief and loss and the challenges that can occur for families when faced with loss. Janice also offers some strategies for families to use in navigating their way through these difficult periods.

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Podcast #27 – Preparing for access visits (Nov 2023)



Access or contact visits with biological family can be challenging and may produce a range of emotions in children in kinship care families.

The visits can be formal or informal, and sometimes they are supervised by a professional, such as a child protection worker or agency worker, or even by the kinship carer themselves.

In this podcast, we speak with Adam Lyons, Managing Director of Lancaster Consulting, who addresses some of

the more common issues carers face in preparing the children in their care for access visits and outlines strategies for debriefing children afterwards.

A resource booklet on this issue is available online via the KCV website or by calling the office.

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Podcast #26 – The benefits of play (Oct 2023)



What does the latest research tell us about the benefits of play for the wellbeing of children and young people? The February 2023 edition of the Royal Children's Hospital National Child Health Poll *Australian Families: How we play* has some findings of great interest to kinship carers.

In this podcast we speak with paediatrician, researcher and child health advocate Dr Anthea Rhodes, the founding director of the poll. Anthea has clinical interests in the health needs of the vulnerable child, with expertise in child behaviour and development.

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Podcast #25 – Nutrition (Aug 2023)

What are the latest trends in nutrition? What does recent research say about what and how we should eat? And what should the children in our care, in particular those children with neurodevelopmental disorders, eat?

In this podcast we speak again with Nikki Valentini, Clinical Nutritionist, functional medicine practitioner and director of SuperNature Nutrition on a broad range of current topics regarding nutrition. Nikki answers some of the more common questions from carers and others regarding this topic.



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Podcast #24 – Carer learning and development (Jul 2023)

Gaining the skillset and knowledge needed to fulfil the kinship carer role can seem daunting, especially when the young people in a person's care have learning issues or have suffered trauma.

However, DFFH has set aside considerable funding to support learning and development for carers via Carer KaFE.



In this podcast we interview one carer who tells us about the things she realised she needed to learn and the support she sought once she became a kinship carer.

And we hear from Adam Lyons, Managing Director of Lancaster Consulting, who have been providing specialised support services and training for kinship and foster carers for well over a decade. Adam describes the program they run through Carer KaFE and the workshops and training they provide for carers.

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Podcast #23 – The importance of quality sleep (Apr 2023)



Sleep plays a vital part in our wellbeing – so how do we get the right amount of it?

Clinical psychologist Dr Damon Ashworth, author of *Deliberately Better Sleep*, talks with KCV about the three major factors affecting our sleep and issues such as waking up at night, napping, the right amount of sleep and the long-term effects of not getting enough sleep.

This podcast also includes interviews with two carers who share their personal stories around their sleeping patterns and how they manage this whilst dealing with their kinship carer responsibilities.

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Podcast #22 – Benefits of hobbies & other pursuits (Apr 2023)



In a recent survey on stress and wellbeing conducted by the Australian Psychological Society, four in five participants found activities like listening to music and spending time on a hobby were effective ways of managing stress.

Finding an enjoyable pastime can also enhance wellbeing, improve social connections, and even stave off depression or anxiety.

In this podcast, KCV speaks with two carers on their carer circumstances and about what part hobbies and other meaningful pursuits play in their lives.

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Podcast #21 – The benefits of exercise (Feb 2023)

This podcast outlines the benefits of exercise, with suggestions for carers on different types of moderate exercise and how they can incorporate them into their lives.

Includes advice from fitness expert Nic Dorian of Castlemaine Women's Health & Fitness.

The podcast also features interviews with two carers who share details of their own carer experiences and what sorts of exercise they practise.



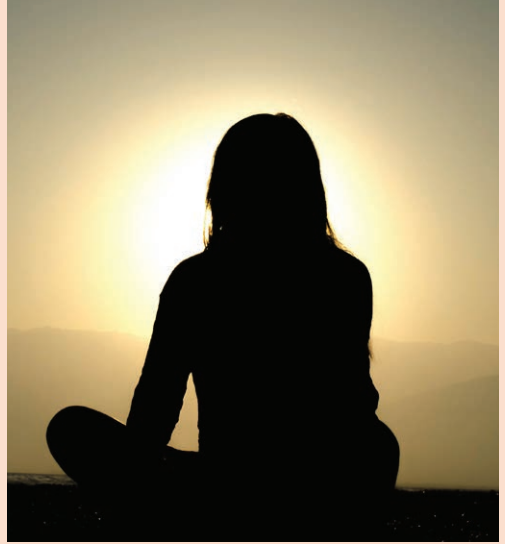
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Podcast #20 – Relaxation techniques for carers (Nov 2022)

Deep breathing and meditation can provide you with a sense of calm, peace and balance that can benefit your emotional wellbeing and overall health through reducing stress.

The podcast features an interview with Eliza Terry, from YogaLiving. Eliza has been teaching Iyengar Yoga since 1998, and teaches mindfulness meditation, with a strong focus on breath work for relaxation.

The podcast also includes interviews with two carers who share details of their own experiences with trying relaxation and breathing techniques.



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Podcast #19 – Diet and stress (Oct 2022)



There's a lot of information currently available about how, what and when to eat, and some of it can be quite overwhelming and confusing.

In this podcast Kinship Carers Victoria speaks with clinical nutritionist and functional medicine practitioner Nikki Valentini, director of SuperNature Nutrition at supernature.com.au.

Nikki explains how certain foods and nutrients have been shown to help us deal better with stress and anxiety while other types of foods and eating patterns have been linked to increases in these feelings – and even to other psychological issues and illness.

The podcast also includes interviews with carers who share their relationship to food and some of their dietary patterns.

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Podcast #18 – Connecting with others (Sep 2022)



Carers often mention their isolation yet many of them have not developed strategies or networks to assist them in overcoming these feelings.

This podcast – as part of Kinship Care Week 2022 – provides suggestions for kinship carers on how they can form meaningful connections with friends, family, neighbours and

the community to help them support their own physical and psychological wellbeing. The podcast also includes interviews with several carers who share their experiences of challenges the carer role has brought up and how they have managed social isolation before, during and after the pandemic.

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Podcast #15 – Self-care for kinship carers and how to prevent burnout (Sep 2021)

In this podcast, KCV spoke to psychologist, lecturer and researcher Dr Melissa Weinberg, an Honorary Fellow from the Dept of Psychology at Deakin University with expertise in the science of wellbeing and resilience.

Melissa speaks about the need for carers to monitor their own physical and emotional state and needs so that they may be able to fulfil their role as carer better and avoid burnout.



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Podcast #13 – Sleep and wellbeing (Jun 2020)

In this podcast on sleep and wellbeing, KCV spoke to psychologist Dr Melissa Weinberg, Honorary Fellow from the Dept of Psychology at Deakin University.

Dr Weinberg discusses the effects sleeping poorly or well can have on a person's physical and psychological health and suggests a series of valuable tips on how carers can improve their own patterns of sleep as well as those of the children or young people in their care.

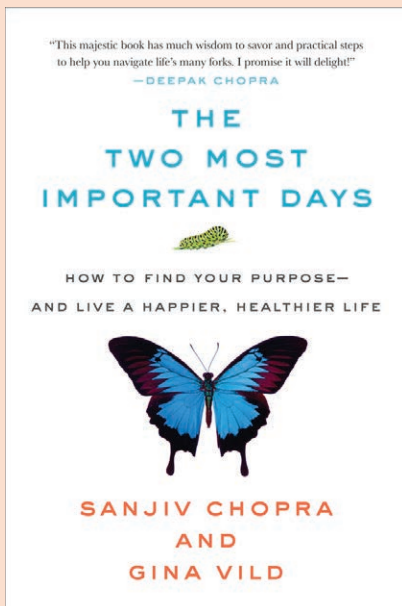


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Podcast #12 – Creating happiness (Apr 2020)



Dr Sanjiv Chopra is a professor of medicine at the Harvard Medical School, a best-selling author and sought-after motivational speaker, who is often referred to as a 'happiness guru'.

In an episode of The Bucket Podcast (at thebucket.com) broadcast on 10 October 2019, Dr Chopra spoke about his book, *The Two Most Important Days: How to Find Your Purpose and Live a Happy and Healthy Life*.

This KCV podcast draws on the contents of his book and that podcast to present evidence on how happiness can be a choice in our lives.

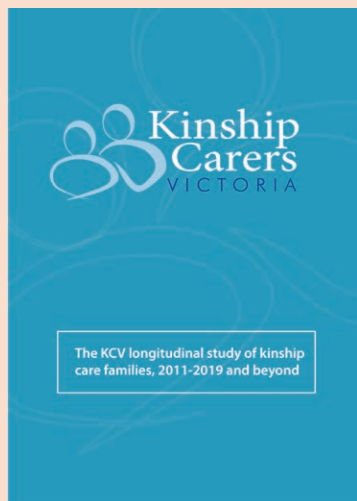
Dr Chopra contends that there are four things that have been scientifically shown to be associated with happiness: friends, forgiveness, giving and gratitude.

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Podcast #11 – KCV longitudinal study report (Jul 2019)



In 2019 Kinship Carers Victoria released the eighth report on its longitudinal study of kinship carer families, begun in 2011 (and which was eventually concluded in 2020).

In this podcast, Director of KCV Anne McLeish discusses why the study was established, as well as providing an analysis of the latest report findings, which show that, for the most part, kinship care arrangements for the families in the study continue to be stable.

If you wish to read the 10th and final report of the study, it is available via this link:

<https://kinshipcarersvictoria.org/longitudinal-study/> and can be downloaded here: [https://](https://kinshipcarersvictoria.org/wp-content/uploads/2020/11/KCV-Longitudinal-Study-of-Kinship-Care-Families-2020.pdf)

kinshipcarersvictoria.org/wp-content/uploads/2020/11/KCV-Longitudinal-Study-of-Kinship-Care-Families-2020.pdf

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Podcast #10 – The health of children in kinship care (May 2019)

The health of children in kinship care is of primary concern. Resources must continually be put into finding ways to improve health care outcomes for children in out of home care.

In this podcast KCV speaks with Dr Karen McLean, paediatrician with the Pathway to Good Health Clinic, the Sleep Disorders Clinic, the Royal Children's Hospital, the Murdoch Children's Research Institute and the Department of Paediatrics with the University of Melbourne.



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Podcast #9 – The roles that grandparents play survey report (Apr 2019)

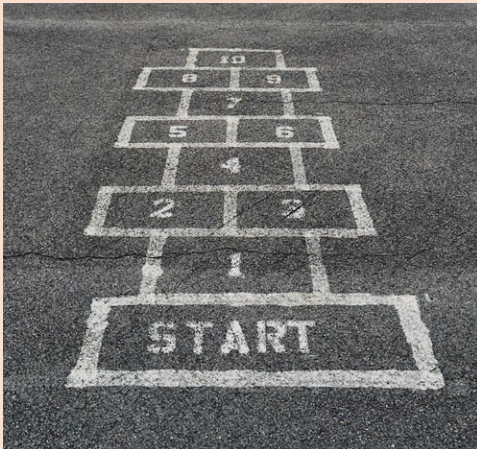
In 2019 Grandparents Victoria released a report of a survey titled 'The Roles That Grandparents Play'.

Director of GPV, Anne McLeish, speaks about the reason for conducting the survey and about the findings, which highlight the varying roles grandparents play within Victorian families and the community.



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Podcast #5 – LOOKOUT Centres (Aug 2018)



In this podcast Director of Kinship Carers Victoria (KCV) Anne McLeish discusses how education is a key factor in ensuring positive outcomes for children as they mature into adults. KCV believes children have the right to a high-quality education that ensures all students experience success at school.

This has led KCV to call for reinforcement of the capacity of the state's LOOKOUT Education Support Centres in their efforts to support children and young people in out-of-home care.

Murray Geddes, Principal of the LOOKOUT Centre for the South Eastern Victoria Region, also explains the role the centres play and how kinship carers and the children in their care can benefit.

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Podcast #4 – Kinship carer wellbeing (Jul 2018)



This podcast again addresses the issue of carer wellbeing.

Director of Kinship Carers Victoria (KCV) Anne McLeish talks about how KCV works to better protect and promote carer wellbeing and about the various projects KCV employs to do so.

We visit one of KCV's artist-in-residence

sessions and talk to participants and coordinators about the value of the experience.

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Podcast #2 – The importance of kinship carer wellbeing (May 2018)

This podcast, the second in an initial series of 12, addresses the issue of carer wellbeing. Director of Kinship Carers Victoria (KCV) Anne McLeish talks about why the physical and emotional health of kinship carers and their access to support services is so important and how KCV works to better protect and promote carer wellbeing.



Two kinship carers also speak about their personal and professional perspectives on this key element of kinship care.

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Podcast #1 – Welcome to the KCV podcast series (Apr 2018)

This program, the first in a series of 12 produced and published online over the following year, features an interview with Anne McLeish, Director of Kinship Carers Victoria, or KCV.

Anne talks about the aims of this podcast series, plus the mission and scope of activities of KCV, and she touches briefly on the range of issues facing both carers and the children in their care which will be addressed throughout this series.



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