

Autumn Time Your Newsletter



Welcome to the Autumn 2026 edition of YourNewsletter.

This newsletter is a shared space for Forgotten Australians, Care Leavers, Former Child Migrants, people affected by forced adoption, and for family members, friends, and service providers who walk alongside this community. It exists to keep us connected, informed, and supported, while honouring lived experience and collective voice.

In this edition, we share our website update, and community resources to support easing the cost-of-living pressures many Tasmanians are experiencing currently.

This issue contains information about the Historical Forced Adoption Redress Scheme and where to access further information.

We have included our CEOs address to staff to acknowledge the anniversary of the National Apology to Stolen Generations on February 13th. This includes important links to information for staff to continue their learnings and awareness in this area.

Understanding this history helps us to understand why cultural safety, self-determination and genuine partnership with Aboriginal communities are so essential in the work we do.

As an organisation working on lutruwita/Tasmania we acknowledge the enduring strength and survival of Tasmanian Aboriginal people. We stand with Aboriginal staff, clients and communities in their ongoing journey of healing and in their continued connection to Country, culture and identity.

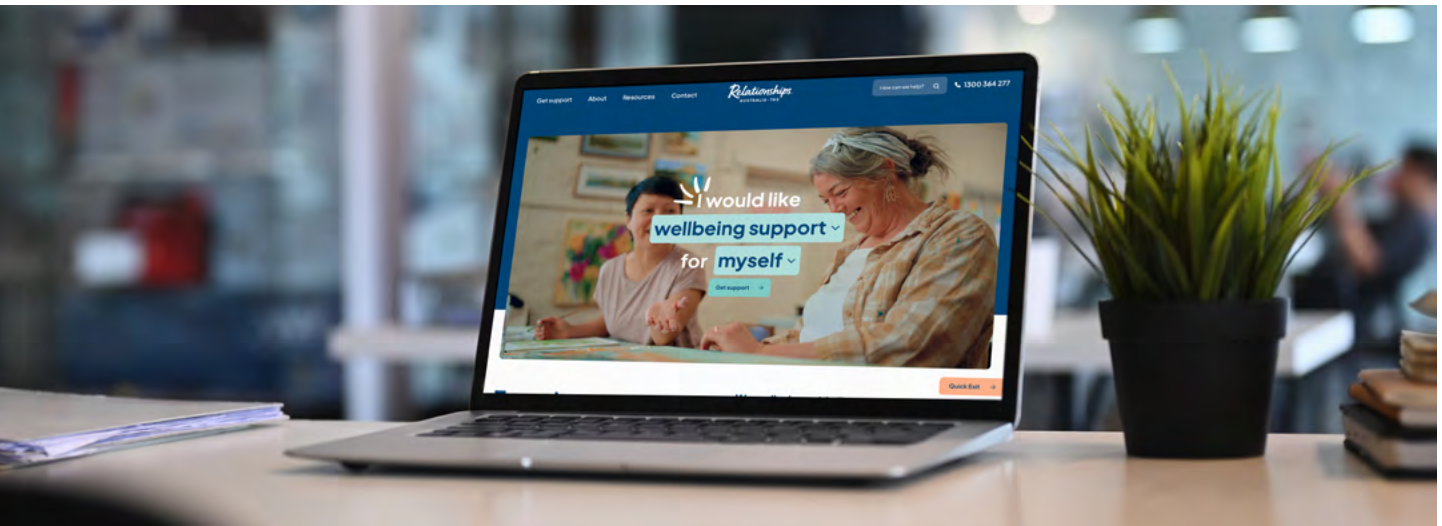
A space where we keep Forgotten Australians, people affected by Forced Adoption, Stolen Generation, Care Leavers, family, friends and service providers connected and up to date about any news and the supports available for our community of people affected by out of home care or harmed in other Australian institutions.

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Website update

tas.relationships.org.au



We've updated our website to make things simpler for you. Whether you're looking for a specific service or booking an appointment, everything is now easier to find and use.

Here's what's new:

- You can now filter our services based on what you need.
- Scheduling an appointment is faster and more direct.
- We've added dedicated spaces for new offerings, like workshops and training.

The site features our new branding and reflects how our team is now organised.

Since the website is often the first way people meet us, we want it to feel just like we do: supportive, professional, accessible and friendly.

To access information regarding our programs that we provide specifically across the Adult Specialist Support services, including our untold stories, please select 'family violence and trauma support' and click 'get support' to find your appropriate service.

Significant dates for 2026

13th May

Apology to Former Ward of the State Abused in Tasmanian State Care

27th May to 3rd June

Reconciliation Week calls for all Australians to commit to reconciliation with Aboriginal peoples, commemorates the 1967 Referendum and High Court Mabo Decision which granted Native Title Legislation.

5th–12th July

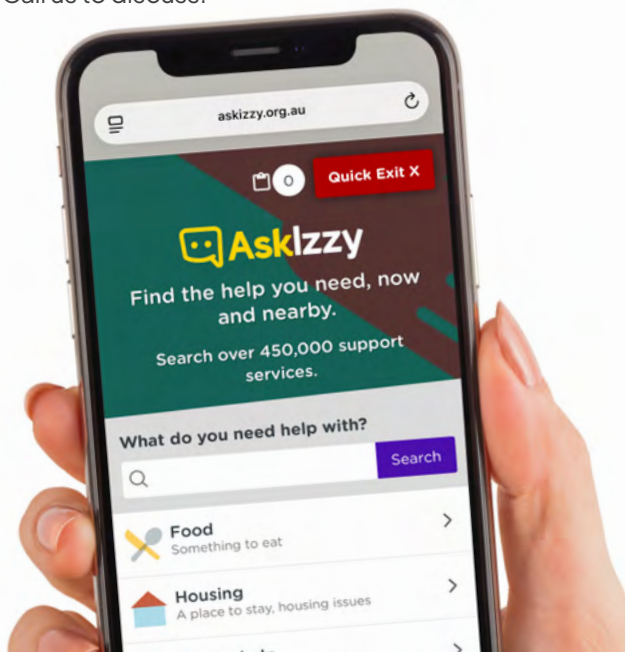
NAIDOC Week - celebrating Aboriginal and Torres Strait Islander Peoples' Achievements, history and cultures

Community resources to help with cost-of-living pressures

We know that financially many in the community are doing it tough. Whilst RA TAS is not a crisis service, we have listed below some resources that help.

Whilst we enjoy seeing you all in sessions face-to-face, we also understand when this is not possible or adds additional pressure.

Support shouldn't be a burden. We also offers appointments via phone and Health Direct. Call us to discuss.



Free bus travel across Tasmania

Tasmanians can now hop on Metro buses for free, with no fares required on services across the State.

Free travel applies to **all bus services statewide**, including:

- Adult, concession, urban, non-urban, and child/student fares.
- All government-contracted school bus services that charge a fare.

August

National Australian Family History Month

4th August

National Aboriginal and Torres Strait Islander Children's Day

13th August

Apology to Tasmania's Stolen Generations by the State Government

18th October

Tasmanian Government Apology to Forced Adoptions

22nd October

National Apology to Victims and Survivors of Institutional Child Sexual Abuse

16th November

National Apology to Forgotten Australians and Former Child Migrants

Anniversary of the National Apology for Forced Adoption

We acknowledge Saturday 21st March that marked the thirteenth anniversary of the national apology for forced adoption practices.

This was an important recognition of the damaging practices that took place and have had lasting intergenerational impacts. As a result of the National Apology there has been an increase in public awareness of these practices and this paved the way for state-based apologies as well as access to records and support. aph.gov.au/Visit_Parliament/Art_Collections/Apology_for_Forced_Adoptions

This anniversary, the team highlighted to other RA TAS staff the Department of Social Services' Forced Adoption Practical Skills and Awareness

Training as an opportunity for staff to learn more about forced adoption practices and its impacts. The training is available at dss.gov.au/forced-adoption/forced-adoption-resources-and-training.

This month we also introduce members of our counselling and support teams, and welcome back Eliza to the team whose commitment to trauma-informed practice and community healing contributes to the work we do.

As always, this newsletter reflects a community shaped by resilience, courage, humour, and solidarity. Thank you for being part of it — for showing up, sharing stories, supporting one another, and helping to build a future grounded in dignity, respect, and belonging events and supports are available.



Memorial for community members affected by forced adoption in Hobart's Royal Botanical Gardens

Historical Forced Adoption Redress Scheme

In recent months, the state government announced the introduction of the Tasmanian Redress scheme for historical forced adoption.

This has come about as a direct result of tireless advocacy by those harmed by these practices. We acknowledge these incredible efforts and the important part in healing that redress can offer.

While this is an important step, the announcement of the scheme has understandably triggered a range of complex emotions and memories for many people whose lives and relationships have been immeasurably impacted by forced adoption. We encourage you to continue to support one another and to reach out for additional support where needed.

Relationships Australia Tasmania recognises that forced adoption practices have greatly impacted the lives of adoptees, fathers and broader family members who are not eligible for this scheme. We stand with those affected in their efforts to seek redress and recognition.

An interim scheme has been developed to offer support to eligible mothers who are deemed to have 'urgent and exceptional needs'. The Department of Justice website outlines some of the factors that may be considered urgent or exceptional. Details of the broader scheme have not been finalised and are still emerging at this time. The government has decided to provide in-house application support for the redress scheme. This means that workers within the Department of Justice will offer direct support to those who apply.

To seek information and support to apply for the interim scheme, you can phone 03 6165 4802 or 03 6165 7483 or email HFARS@justice.tas.gov.au.

Please note: *It is important to identify that you are calling about the 'Historical Forced Adoption Scheme' at the outset. This is to ensure that you are connected with workers in the correct scheme.*

More information about the scheme can be found on the Department of Justice website: justice.tas.gov.au/your-rights/historical-forced-adoptions-redress-scheme

Relationships Australia Tasmania will continue to facilitate peer support and reference groups, assist with record searches, and be available for individual counselling for those impacted by forced adoption.

Upcoming Peer Support Group Sessions

Hobart | Your Place

- April 14th from 10am-12pm
- May 12th from 10am-12pm
- June 9th from 10am-12pm

Forced Adoption Support Service

- April 28th from 2pm-4pm
- May 26th from 2pm-4pm
- June 30th from 2pm-4pm

Launceston | Your Place

- May 18th from 12pm-2pm
- June 15th from 12pm-2pm
- July 20th from 12pm-2pm

Devonport | Forced Adoption Support Service

- May 14th from 2pm-4pm
- June 11th from 2pm-4pm
- July 9th from 2pm-4pm

Current group members will receive a standard reminder text ahead of each session.

Please let us know if you have topics/activities you'd like to explore with your group. We want to hear from you!

If you are not currently part of a group and would like to learn more, reach out to Relationships Australia Tasmania 1300 344 277

Anniversary of the National Apology to the Stolen Generations



Artwork by Taylah Pickett, Nipaluna

Each year on 13 February we pause to acknowledge the anniversary of the National Apology to the Stolen Generations.

On this day in 2008, the Australian Government formally apologised to Aboriginal and Torres Strait Islander peoples for the forced removal of children from their families, communities and cultures. For many decades, government policies and practices on child removal caused profound trauma, grief and loss that continue to affect individuals, families and communities today.

The Apology was an important national moment. It recognised the truth of our history, the pain experienced by the Stolen Generations and the resilience and strength of Aboriginal and Torres Strait Islander peoples. Importantly, it was not only about saying sorry. The Apology was also about committing to a future built on healing, justice and respect.

Understanding this history helps us to understand why cultural safety, self-determination and genuine partnership with Aboriginal communities are so essential in the work we do.

As an organisation working on lutruwita/ Tasmania, we acknowledge the enduring strength and survival of Tasmanian Aboriginal people. We stand with Aboriginal staff, clients and communities in their ongoing journey of healing and in their continued connection to Country, culture and identity.

We encouraged staff to take some time to reflect on the significance of the Apology and to learn more about the experiences of the Stolen Generations.

The resources below provide some links to additional information.

We encouraged staff to take some time to reflect on the significance of the Apology and to learn more about the experiences of the Stolen Generations. The following resources provide valuable information:

- The National Apology (Australian Govt) aph.gov.au/Visit_Parliament/Art_Collections/Apology_to_Australias_Indigenous_Peoples
- Bringing Them Home Report – Human Rights Commission humanrights.gov.au/our-work/bringing-them-home-report-1997
- The Healing Foundation healingfoundation.org.au
- Reconciliation Australia – Stolen Generations information reconciliation.org.au
- Tasmanian Aboriginal Centre tacinc.com.au

We all have a role to play in creating workplaces and communities that are culturally safe, informed and respectful. Thank you for walking alongside RA Tas in this commitment.

Words from the heart for Forgotten Australians



Late last year, at the National Apology for Forgotten Australians gathering held at Tolosa Park, we had the privilege of standing alongside community to acknowledge, reflect and honour the experiences of those impacted.

We're grateful for the opportunity to now share a speech generously given by Sarena Sikora. It's one that invites us all to pause, to listen deeply, and to carry forward the spirit of recognition and respect that underpins the National Apology.

Today, I speak not only as an adult, but as someone who carries the echoes of a childhood shaped by the Australian Forgotten Generation or for me Lost Generation where stories of disconnection, silence, and survival are often inherited rather than told.

Growing up in the shadow of abuse and neglect means navigating a world where trust feels fragile, and where the simplest expressions of safety or belonging can feel unfamiliar. As a child, I learned to read danger before joy. I learned to stay small to stay safe. And for a long time, those lessons followed me into adulthood like an uninvited script I didn't know I was allowed to rewrite.

But healing has shown me something powerful: that our stories don't end where the harm began.

Through reflective practice, through compassionate curiosity about my own reactions and patterns, I've come to understand that the pain I carried was never a reflection of my worth—but of circumstances that tried to define me before I had the chance to define myself. Healing hasn't meant forgetting or minimising the past. It has meant facing it with honesty and gentleness, and choosing to speak about it from a place of strength rather than shame.

Today, I identify as someone who experienced child abuse—not as someone defined by it. I honour the child I was by giving the adult I am permission to grow, to feel, to set boundaries, and to seek connection without fear. I honour my story by telling it through a lens that recognises resilience, not just rupture.

The journey is ongoing. Some days healing feels like a quiet victory; other days it feels like learning to walk again. But each step is mine, chosen consciously, shaped by self understanding rather than survival alone.

And if there is one truth I hold onto, it is this: reclaiming our narrative is an act of courage. Healing is an act of sovereignty. And speaking our story—on our own terms—is a reminder that even in the aftermath of harm, we have the power to become whole.

Redress Outcomes and S24 Letters

We, like many Redress Support Services across the country are seeing a new document being sent to our survivors, called an “S24” letter. This can be confronting but it is important to stress that this does not mean that the outcome will be ineligible, more information or context is needed to support the application. The following info can help from Knowmore Legal Service. But please get in touch with your Redress worker, or request Redress support if you need help or are unsure. We also encourage people to get legal advice from TasVocal or Knowmore Legal Service around this issue.

Get in touch with knowmore at 1800 605 762 or info@knowmore.org.au or TasVocal call Legal Aid and ask for TasVocal 1300 366 611, tasvocal@legalaid.tas.gov.au

What is a Section 24 Request?

A formal letter from the National Redress Scheme requesting further information before a decision is made.

When are they sent?

- When the NRS identifies that information is missing, unclear or inconsistent
- That information (or lack of) could affect the final outcome

Why are they sent?

The purpose of S24 requests is to make sure the Scheme has enough information to proceed with a decision. S24 requests also gives survivors an opportunity to rebut or comment on any new information that may be adverse to their application. This is known as *procedural fairness*.

Ways to respond to an outcome

Accept the offer

Decline the offer

Request a review

Apply for a revocation

Other compensation options

Relationships Australia Tasmania also offer counselling services across a number of our programs.

- **Aboriginal Cultural Connections:** A free service to provide a culturally safe and respectful space specifically for available to those identifying as Aboriginal or Torres Strait Islander people.
- **Individual & Relationship Counselling:** Helps with anxiety, grief, communication issues, or general personal difficulties for individuals and couples.
- **Counselling after Separation:** Specific counselling for adults and children to navigate the emotional and practical impact of family separation.
- **Elder Relationship Services:** Specialised mediation and counselling for older Tasmanians and their families regarding ageing, future planning, or conflict.

Contact Relationships Australia Tasmania on 1300 364 277 for more information or to book an appointment.

Book Review: Blue Plastic Cow

Written by
Barbara Attwood

Review by
**Desleigh and Ann from
the NW Forced Adoption
Support Group**



You both read this book recently – what star rating would you give it out of 10?

“It took a little bit to get into, but once you do, it’s a great read, we give it a 9.”

Who are the main characters?

“Barabara the author, is an adopted person. She found this out when she was in her teens, and this caused her to rebel against the parents who raised her, and so she joined the 1960s music scene. She began searching for her mother, but sadly after 26 years of searching through incomplete records with multiple name changes, she found out her mother had passed away. Barbara found her father and half-sisters after more years of searching. Barbara wasn’t surprised to find out she was adopted. Whenever she was ‘naughty’ as a child her parents would say “where did we ever get ‘you’ from?”.

Where is the story based? And when?

In England, mostly in Liverpool near the Mersey River banks, in the 1960s.

What are the main themes and story-lines that stand out?

Heart-break and discovery. Sad for Barbara, and joyful for her too. The little blue plastic cow was put with the adoption papers when Barbara went to live with her parents as a new-born. The name of the book reflects this. Barbara believes she met her mother in disguise of an “Aunty” who used to visit the home. On one of the visits, Barbara was told to “say goodbye to Aunty, you won’t be seeing her again”. Barbara believes her parents stopped the visits because her mother was becoming too close to Barbara.

Would you recommend this book? And to who?

It’s a well written story, and anyone would enjoy reading it, but w think especially adoptees like Barbara.

A hard copy of this book is available to the clients and staff of Relationships Australia Tas.

If you would like to borrow it, please contact Lyndell in the Devonport office via email admin@reltas.com.au for her to to arrange delivery.

Neighbourhood Houses Tasmania



For upcoming events and activities in your local area please contact your local Neighbourhood House.

Neighbourhood Houses are also great resources for connection, food and NILS loans, welcoming community spaces and affordable activities.

Southern Tasmania

Bucaan Community House (Chigwell) - 6249 5363
[facebook.com/p/Bucaan-Community-House-100069211266088](https://www.facebook.com/p/Bucaan-Community-House-100069211266088)

Clarendon Vale Neighbourhood Centre - 6247 8163
[facebook.com/clarendonvaleneighbourhood.centre](https://www.facebook.com/clarendonvaleneighbourhood.centre)

Derwent Valley Community House - 6261 5230
[facebook.com/people/Derwent-Valley-Community-House/100064881332140](https://www.facebook.com/people/Derwent-Valley-Community-House/100064881332140)

Dunalley Tasman Neighbourhood House - 6253 9000
[facebook.com/dunalleytasman](https://www.facebook.com/dunalleytasman)

Gagebrook Community House (JRS) - 6263 6097
[facebook.com/geevestoncommunitycentre](https://www.facebook.com/geevestoncommunitycentre)

Geeveston Community Centre - 6297 1616
[facebook.com/geevestoncommunitycentre](https://www.facebook.com/geevestoncommunitycentre)

Goodwood Community Centre - 6272 2560
[facebook.com/GoodwoodCommunityCentreTas](https://www.facebook.com/GoodwoodCommunityCentreTas)

Karadi Aboriginal Corporation - 6272 3511
[facebook.com/p/Karadi-Aboriginal-Corporation-100069342424285](https://www.facebook.com/p/Karadi-Aboriginal-Corporation-100069342424285)

Kingston Neighbourhood House - 6229 4066
[facebook.com/kingstonnh](https://www.facebook.com/kingstonnh)

Midway Point Neighbourhood House - 6265 1155
[facebook.com/MidwayPointNeighbourhoodHouse](https://www.facebook.com/MidwayPointNeighbourhoodHouse)

Okines Community House (Dodges Ferry) - 6265 7016
[facebook.com/okinescommunityhouse](https://www.facebook.com/okinescommunityhouse)

Risdon Vale Neighbourhood Centre - 6243 5752
[facebook.com/risdonvaleneighbourhoodcentre](https://www.facebook.com/risdonvaleneighbourhoodcentre)

Rokeby Neighbourhood Centre - 6200 8540
[facebook.com/Adminrnc](https://www.facebook.com/Adminrnc)

Warrane Mornington Neighbourhood Centre - 6244 6346
[facebook.com/warranemornington/](https://www.facebook.com/warranemornington/)

West Moonah Neighbourhood House - 6273 2362
[facebook.com/p/West-Moonah-Neighbourhood-House-100064818963677/](https://www.facebook.com/p/West-Moonah-Neighbourhood-House-100064818963677/)

West Winds Community Centre (Woodbridge) - 6267 4713
[facebook.com/WestWindsCommunityCentre](https://www.facebook.com/WestWindsCommunityCentre)

North and North-west Tasmania

Beaconsfield House Inc - 63831110
[facebook.com/BeacyHouse](https://www.facebook.com/BeacyHouse)

Burnie Community House & Hilltop Central - 6433 3219
[facebook.com/burnie.communityhouse](https://www.facebook.com/burnie.communityhouse)

Deloraine House - 6362 2678
[delorainehouse.org.au](https://www.delorainehouse.org.au)

Devonport Community House - 6224 7060
[facebook.com/devonportcommunityhousetasmania](https://www.facebook.com/devonportcommunityhousetasmania)

Dorset Community House - 0474 100 219
[facebook.com/dorsetcommunityhouse](https://www.facebook.com/dorsetcommunityhouse)

East Devonport Community House - 6427 9985
[facebook.com/eastdevonportneighbourhoodhouse](https://www.facebook.com/eastdevonportneighbourhoodhouse)

Fingal Valley Neighbourhood House Inc - 6374 2344
[facebook.com/fingalvalleyneighbourhoodhouse](https://www.facebook.com/fingalvalleyneighbourhoodhouse)

George Town Neighbourhood House - 6312 3019
[facebook.com/georgetownhood](https://www.facebook.com/georgetownhood)

Meander House - 6362 2678
[delorainehouse.org.au](https://www.delorainehouse.org.au)

Northern Suburbs Community Centre (Mowbray and Newnham) - 6326 5506
[nscas.org.au](https://www.nscas.org.au)

Phoenix Community House (Currie, King Island) 6462 1746
[facebook.com/PhoenixCommunityHouse](https://www.facebook.com/PhoenixCommunityHouse)

Rosebery Neighbourhood House - 6473 1497
[facebook.com/RoseberyNeighbourhoodHouse](https://www.facebook.com/RoseberyNeighbourhoodHouse)

St Helens Neighbourhood House - 6376 1134
[facebook.com/sthelensnhh.org.au](https://www.facebook.com/sthelensnhh.org.au)

Starting Point Neighbourhood House (Ravenswood) 6339 2861
[facebook.com/startingpointtas](https://www.facebook.com/startingpointtas)

Ulverstone Neighbourhood House (Community center in Ulverstone) - 6425 4186
[facebook.com/ulverstoneneighbourhoodhouse](https://www.facebook.com/ulverstoneneighbourhoodhouse)

Zeehan Neighbourhood Centre - 6471 6108
[zeehannc.org.au](https://www.zeehannc.org.au)



'SPRING' CHARCOAL PASTEL DRAWN WITH NON-DOMINANT HAND. BY A NW CLIENT IN A FASS COUNSELLING SESSION. SPRING SIGNIFYING - NEW LIFE, NEW DREAMS, NEW BEGINNINGS, FRESH HOPE, AND MOVING FORWARD.

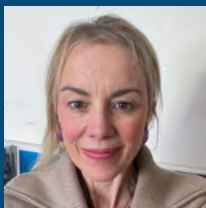
Meet our counselling staff



Rebecca
Senior Practitioner
North/North-West



Maria
Redress, FASS,
Find & Connect
North/North-West



Gardia
Redress
North/North-West



Mary
Redress, FASS,
Find & Connect
South



Lyndell
FASS
North/North-West



Imogen
Redress, FASS,
Find & Connect
South



Cara
Redress, FASS,
Find & Connect
North/North-West



Eliza
Redress, FASS,
Find & Connect
South

Relationships AUSTRALIA · TAS

Relationships Australia, Tasmania

tas.relationships.org.au
20 Clare St, New Town 7008
6 Paterson St, Launceston 7250
68 North Fenton St, Devonport 7310
1300 364 277
admin@reltas.com.au

Alliance for Forgotten Australians

forgottenaustralians.org.au
0488 460 646 or 0419 854 980
admin@forgottenaustralians.org.au

Care Leavers Australia Network (CLAN)

clan.org.au support@clan.org.au
1800 008 774 or 0425 204 747

Tasmanian Aboriginal Centre

tacinc.com.au
03 6234 0700
Burnie 03 6436 4100
Launceston 03 6332 3800
Free call 1800 132 260

Link-up Victoria (for Stolen Generations)

linkupvictoria.org.au
Free call 1800 OUR MOB
1800 687 662

03 7002 3700
linkup@vacca.org

Laurel House (Sexual Assault Support)

laurelhouse.org.au
Northern Tasmania 03 6334 2740
North-west Tasmania 03 6431 9711
1800 697 877, 24-hour support

SASS

(Sexual Assault Support Service)

sass.org.au
03 6231 0044 or 1800 697 877
24 hour support

Engender Equality

engenderequality.org.au
admin@engenderequality.org.au
03 6278 9090 (statewide)

HELPLINES

Lifeline (24/7) - 13 1114

Beyond Blue helpline (24/7)
1300 224 636

Blueknot Helpline & Redress
Support Service

9am-5pm, Mon-Fri - 1300 657 380

MySupport (SASS & Laurel House
24/7 counsellors) 1800 697 877