

Winter Time Your Newsletter



Ben Lomond Tasmania

Welcome to the Winter 2026 edition of YourNewsletter.

This newsletter is a shared space for Forgotten Australians, Care Leavers, Stolen Generations 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 recognition of NAIDOC week, news regarding working towards equality in

Tasmania, artwork, and information around the Forced Adoption Support Services Book Library Guidelines.

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.

ON THE INSIDE

NAIDOC week	2
Significant dates	4
Upcoming Groups	4
Righting Past Wrongs: Redress for Tasmania's LGBTQIA+ Community	5
Introducing the Aged Care Volunteer Visitors Scheme	6
Forgotten Australian Art	8
Forced Adoption Support Services Book Library Guidelines	9
New book available in Forced Adoption Support Services Library	9
Groups for Health program	10
Neighbourhood Houses Tasmania	11
Meet our counselling staff	12

Naidoc Week 2026

Selected from submissions across the country, *Paralpi* by Zaachariaha Fielding has been chosen as the official poster for National NAIDOC Week 2026

Zaachariaha Fielding is a proud Yankunytjatjara man from the APY Lands in South Australia and is widely recognised as one of the country's leading contemporary First Nations artists and musicians. Known internationally through the acclaimed music duo Electric Fields, his work brings together language, sound, visual storytelling and culture in deeply powerful and contemporary ways.

Paralpi reflects movement, energy and continuity, carrying the stories of Ancestors forward while celebrating the creativity and cultural power of the next generation.

Rich in colour and symbolism, the artwork speaks to the enduring strength of Aboriginal and Torres Strait Islander peoples over the past 50 years of NAIDOC and beyond.

Through this work, Zaachariaha honours the resilience of community, the importance of language and identity, and the ongoing cultural renaissance being led by First Nations peoples across the country and across the APY Lands.

Zaachariaha Fielding said:

"Paralpi is about movement — movement through generations, through memory, through song and story. It speaks to the strength our people carry and the beauty of culture continuing to evolve while staying deeply connected to who we are."

"50 Years of Deadly" is the official NAIDOC Week 2026 theme, marking five decades of celebrating Aboriginal and Torres Strait Islander cultures, achievements, leadership and community strength. It reflects a milestone in NAIDOC's history and honours generations who advanced the movement through activism, creativity and cultural authority.

We recognise and celebrate the many achievements of the palawa and pakana peoples, Tasmanian Aboriginal Community, their continued care, connection and commitment to beautiful Lutruwita. It is a privilege to work in spaces that aim to bring about truth and healing through our work in Redress, Forced Adoption Support Services and Find and Connect- and we are very grateful to the strong Aboriginal voices who have consistently advocated against forced child removals and community-based supports. We acknowledge that this work is ongoing and takes place on the unceded, sovereign lands of the palawa people.

We encourage all services and community to join in the celebrations and learnings of NAIDOC Week and beyond, to listen to Aboriginal knowledge holders at every opportunity and support Aboriginal enterprise.

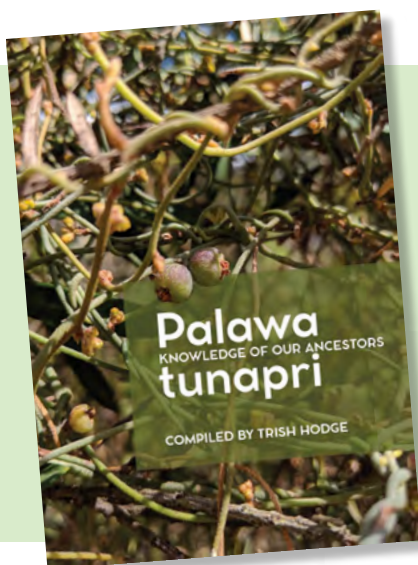


Artwork by Zaachariaha Fielding



NAIDOC WEEK
50 YEARS DEADLY
5-12 JULY 2026

Please see two amazing developments from Lutruwita- a book by palawa woman Trish Hodge and Aboriginal Place Names Map developed by Nunami Sculthorpe-Green.



Palawa tunapri – Knowledge of Our Ancestors (Compiled by Trish Hodge)



First Nations (Lutruwita/Tasmania)

Trish Hodge has spent 20 years researching and documenting the traditional uses of over 350 native Tasmanian plants – for food, medicine, tools and seasonal knowledge. Interwoven with historical observations and the status of vulnerable species, this book is a tribute to Aboriginal ecological wisdom and the enduring connection to Country.

The Tunapri Lutruwitia map

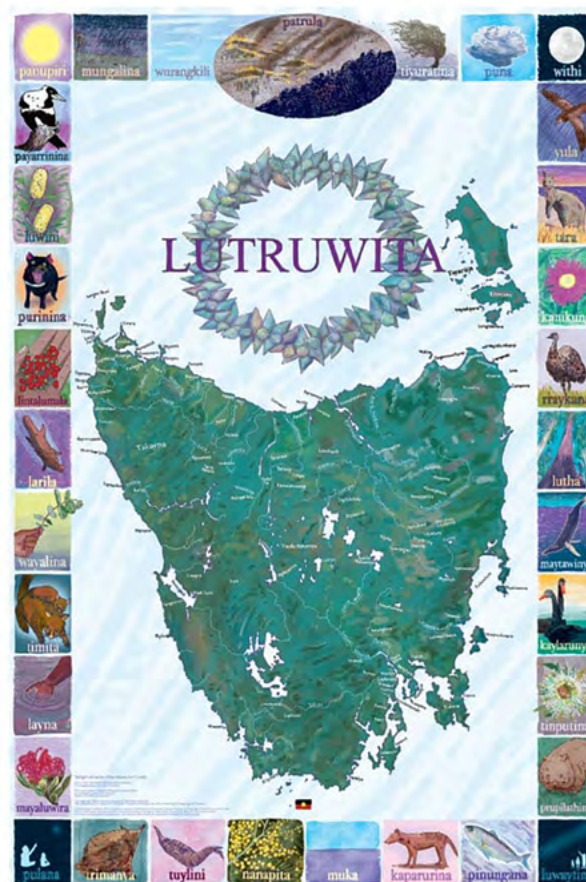
The Tunapri Lutruwitia map is an illustrated map of Palawa Kani place names across Lutruwita / Tasmania. It is a first of-its-kind publicly available educational resource that is a 100% Palawa / Tasmanian Aboriginal owned product.

The map uses Palawa kani, the language of Tasmanian Aboriginal people and features hundreds of true names for country – landscapes, rivers and mountains, alongside beautifully illustrated landscapes, flora, fauna and cultural resources.

Developed over two years it is the result of a collaboration between illustrator and graphic novelist Joshua Santospirito and Palawa/ Warlpiri storyteller and creative Nunami Sculthorpe-Green.

For translations, to hear the pronunciation of the words and for more community created resources visit the Tasmanian Aboriginal Centre's website. <https://tacinc.com.au/privacy-policy-palawa-kani-place-names-app/>

To purchase the map, please visit nunami.com.au/in-development/tunapri-lutruwita/



Upcoming significant dates

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



Upcoming Peer Support Group Sessions

Hobart | Your Place

- September 8th 10am-12pm
- October 13th 10am-12pm
- November 10th 10am-12pm

Forced Adoption Support Service

- September 22nd 2pm-4pm
- October 27th 2pm-4pm
- November 24th 2pm-4pm

Launceston | Your Place

- September 21st 12pm-2pm
- October 19th 12pm-2pm
- November 16th 12pm-2pm
- December 14th 12pm-2pm

Devonport | Forced Adoption Support Service

- September 10th 2pm-4pm
- October 8th 11th 2pm-4pm
- November 12th 2pm-4pm
- December 10th 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

Righting Past Wrongs: Redress for Tasmania's LGBTQIA+ Community



The Tasmanian Government announced that they will have a new scheme to expunge (remove from a criminal record) charges that were laid against LGBTQIA+ community members for being themselves- for cross dressing, kissing in public and homosexuality.

Shamefully, Tasmania was the last Australian state to decriminalise homosexuality and the only state to criminalise cross-dressing. Although these laws were repealed in 1997 and 2001, their impact continued long after.

Payments of \$15,000 for a charge, \$45,000 for a conviction and \$75,000 for a sentence including gaol time are available, through the Department of Justice.

Equality Tasmania told a Parliamentary Inquiry:

"Charges and convictions under our former laws led to fines, gaol, involuntary outing, loss of jobs, loss of family, loss of relationships, interstate exile and suicide. Victims endured humiliation, shame, stigma, discrimination, pain and trauma."

We know that no amount of money can undo the harm caused by these laws, but decriminalising people and providing financial redress is an important acknowledgement of the injustices that people faced under laws that were unjust and should not have existed.

We celebrate the advocacy of countless community members and advocates who fought for these changes- for law reform and supporting survivors.

If you think you or someone you know may be eligible, we encourage you to find out more and apply. Applications are free and confidential.

For enquiries about the scheme contact
JusticeSupportServices@justice.tas.gov.au
 or phone 1300 156 545.

Introducing the Aged Care Volunteer Visitors Scheme

The Aged Care Volunteer Visitors Scheme (ACVVS) is a free program that connects eligible older people who are experiencing loneliness or social isolation with volunteer visitors who provide companionship and friendship.

Visits are available to people receiving government-subsidised residential aged care or accessing the Support at Home program who would benefit from regular social connection.

Volunteer visitors spend time with their matched older person, making at least 20 visits each year, usually for around one hour every fortnight. Visits can be as simple as sharing stories over a cup of tea, working on a hobby together, playing a game, or taking a walk.

Even a small amount of regular social connection can make a significant difference to an older person's wellbeing, helping them feel valued, connected and supported.

Who can be referred?

Older people can be referred to the program by:

- Family members or friends
- Aged care providers and support services
- Health professionals
- Community organisations
- The older person themselves

Eligibility

To be eligible for the Aged Care Volunteer Visitors Scheme, a person must be receiving Australian Government-funded aged care services, including:

- Residential aged care
- A Home Care Package

This includes people who have been approved for these services or are on the National Priority System awaiting services.



Make a Referral

If you know an older person who may benefit from friendship and companionship through regular volunteer visits, we encourage you to submit a referral.

Aged Care Recipient Referral



Whether you are a family member, friend, aged care provider or are seeking support for yourself, our team can help determine eligibility and discuss the next steps.

If you have any questions, please email
ACVVSConnect@relias.com.au



One hour. One visit. A life changed.

We're looking for volunteer visitors to bring friendship, connection and companionship to older people experiencing loneliness.

- Just 1 hour per fortnight
- Flexible scheduling
- Full training and support provided

Have a conversation. Build a connection and help an older person feel valued and included.

Apply today and make a lasting impact in your community.

FIND OUT MORE



Relationships
AUSTRALIA • TAS



Delivered by Relationships Australia Tasmania and funded by the Australian Government, ACVVS connects volunteers with older Tasmanians to build meaningful friendships and reduce social isolation.

Community news

Gail Woodward Forgotten Australian Art

Gail is a talented artist, using her painting, woodwork, sewing and craftwork to connect with others, have fun and channel her creativity into themes that people of all ages will enjoy.

Gail used to have a museum with characters that were hand sewn by her, her grandchildren love her teddy bear chair- an armchair covered in plush bears and she enjoys painting humorous scenes of her beloved chooks and community members and loves to share them. All of Gail's works have a focus on using recycled and repurposed materials.

A message from Gail to anyone who'd like to do art but can't seem to get started or feeling that they're not good enough- just give things a go! The art has helped, it keeps me busy, it keeps my mind off the nasty bits.



Peer Support Groups

We love that our Peer Support Groups help build community connections, so much so that our Your Place Group members like to keep in touch when they go away for a while.

Oscar Wall, Your Place Group member has been travelling on the mainland in a caravan, camping, going for drives, cooking over the fire and sent through photos of his trip to share. All of these adventures are good for our soul. Thanks for sharing Oscar and happy travels! We look forward to hearing all about your journey when you return.



Find and Connect Reference Group Member Les Batchelor celebrates 90 years!

Our beloved Les is among many things- a Forgotten Australian, founding member of Hobart City Mission, Prison and Hospital Chaplain and advocate for the community.



Les has spent decades speaking up for and supporting those impacted by the justice system, the Forced Adoption and Forgotten Australian community members and all community experiencing disadvantage.

We are grateful for his long-standing contributions to the community and generous insights in the Reference Group.

Happy Birthday Les, we appreciate you and wish you the very best for the year ahead.

Forced Adoption Support Services

Book Library Guidelines and Information

1. Books are owned by Relationships Australia Tasmania.
2. Books are available for borrow by FASS staff and clients.
3. Requests to borrow from the list should be emailed to lyndellk@reltas.com.au
4. As new books are purchased these will be added.
5. Books should be returned within a two month period.
6. If someone asks you to pass the book to them next, please check with Lyndell incase someone else has put their name down to borrow.
7. Books will be transported across the state via staff who move between locations.

The books listed below are available to borrow from Relationships Australia Tas' Library.

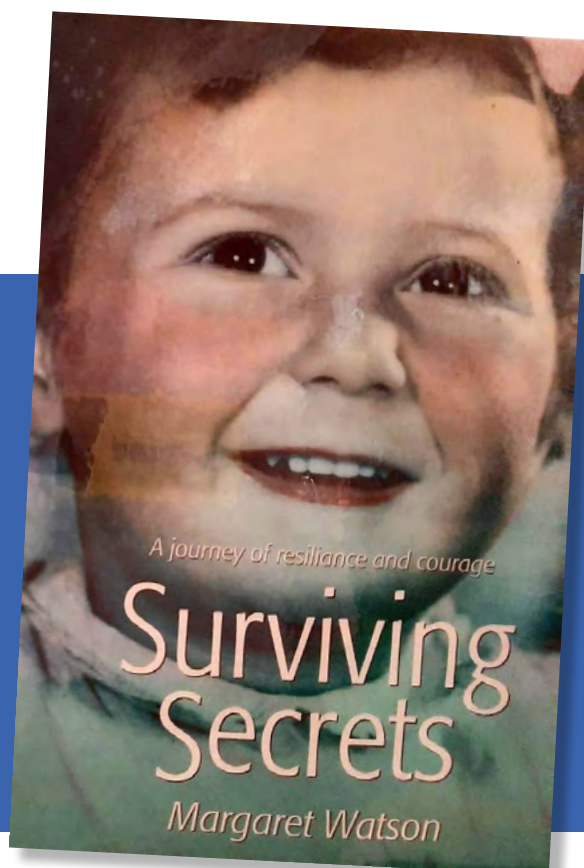
- *Adoption Unfiltered* by Sara Easterley, Lori Holden and Kelsey Vander Ranyard
- *The Girls who went Away* by Ann Fessler
- *The Market in Babies* by Marian Quartly, Shurlee Swain and Denise Cuthbert
- *Lifting the Lid* by Karen Ingram
- *Coming Home to Self* by Nancy Verrier
- *Dirty Laundry* by Lily Arthur
- *This is where you have to go* by Lynda Holden
- *Forced Adoption* – a memoir by Alison Willoughby
- *Ten Doors Down* by Robert Tickner
- *An Affair with My Mother* by Caitriona Palmer
- *Mother Comes of Age and other poems* by Marina Colne (One of our group members)
- *Prisoner of the State* by Lily Arthur
- *Searching for Charmian* by Suzanne Chick
- *Blue Plastic Cow* by Barbara Attwood
- *Surviving Secrets* by Margaret Watson

New book available: Surviving Secrets

Written by
Margaret Watson

New Book in the Forced Adoption
Support Services Library

Book donated by Ann and Sandi from
The NW Forced Adoption Support Group
(thanks Ann and Sandi)





The best medicine for loneliness is connection

Groups 4 Health is a free supportive five-session program that helps you:



Build confidence
in connecting
with others



Strengthen
existing
relationships



Discover
new social
opportunities



Reduce feelings
of loneliness
and isolation



Improve
your overall
wellbeing

Whether you've recently experienced a major life change, work from home, are new to your community, or simply want to feel more connected, this evidence-based program can help.

The program includes:

- Five 1.5 hour sessions and an additional 1.5 hour session four weeks after completion
- Small (closed group) format
- Interactive discussions and practical activities
- The program is **free**, but numbers are strictly limited

Ready to take the first step?

Contact us to register your interest or speak to our team email training@reeltas.com.au. For more information [click here](#).



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

Clarendon Vale Neighbourhood Centre – 6247 8163
facebook.com/clarendonvaleneighbourhoodcentre

Derwent Valley Community House – 6261 5230
facebook.com/people/Derwent-Valley-Community-House/100064881332140

Dunalley Tasman Neighbourhood House – 6253 9000
facebook.com/dunalleytasman

Gagebrook Community House (JRS) – 6263 6097
facebook.com/geevestoncommunitycentre

Geeveston Community Centre – 6297 1616
facebook.com/geevestoncommunitycentre

Goodwood Community Centre – 6272 2560
facebook.com/GoodwoodCommunityCentreTas

Karadi Aboriginal Corporation – 6272 3511
facebook.com/p/Karadi-Aboriginal-Corporation-100069342424285

Kingston Neighbourhood House – 6229 4066
facebook.com/kingstonnh

Midway Point Neighbourhood House – 6265 1155
facebook.com/MidwayPointNeighbourhoodHouse

Okines Community House (Dodges Ferry) – 6265 7016
facebook.com/okinescommunityhouse

Risdon Vale Neighbourhood Centre – 6243 5752
facebook.com/risdonvaleneighbourhoodcentre

Rokeby Neighbourhood Centre – 6200 8540
facebook.com/Adminrnc

Warrane Mornington Neighbourhood Centre – 6244 6346
facebook.com/warranemornington/

West Moonah Neighbourhood House – 6273 2362
facebook.com/p/West-Moonah-Neighbourhood-House-100064818963677/

West Winds Community Centre (Woodbridge) – 6267 4713
facebook.com/WestWindsCommunityCentre

North and North-west Tasmania

Beaconsfield House Inc – 63831110
facebook.com/BeacyHouse

Burnie Community House & Hilltop Central – 6433 3219
facebook.com/burnie.communityhouse

Deloraine House – 6362 2678
delorainehouse.org.au

Devonport Community House – 6224 7060
facebook.com/devonportcommunityhousetasmania

Dorset Community House – 0474 100 219
facebook.com/dorsetcommunityhouse

East Devonport Community House – 6427 9985
facebook.com/eastdevonportneighbourhoodhouse

Fingal Valley Neighbourhood House Inc – 6374 2344
facebook.com/fingalvalleyneighbourhoodhouse

George Town Neighbourhood House – 6312 3019
facebook.com/georgetownhood

Meander House – 6362 2678
delorainehouse.org.au

Northern Suburbs Community Centre (Mowbray and Newnham) – 6326 5506
nscas.org.au

Phoenix Community House (Currie, King Island) 6462 1746
facebook.com/PhoenixCommunityHouse

Rosebery Neighbourhood House – 6473 1497
facebook.com/RoseberyNeighbourhoodHouse

St Helens Neighbourhood House – 6376 1134
facebook.com/sthelensnhh.org.au

Starting Point Neighbourhood House (Ravenswood) 6339 2861
facebook.com/startingpointtas

Ulverstone Neighbourhood House (Community center in Ulverstone) – 6425 4186
facebook.com/ulverstoneneighbourhoodhouse

Zeehan Neighbourhood Centre – 6471 6108
zeehannc.org.au

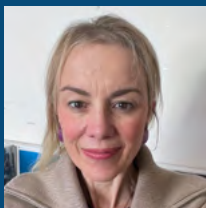
Meet our counselling staff



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



Eliza
Redress, FASS,
Find & Connect
South



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

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