



I can't wait to tell you about...

PechaKucha

How many times have you sat in a meeting, bored to tears because the speaker just doesn't know when to stop? A recent workshop I attended used 'PechaKucha' to share information in their program and instead of long, undisciplined and boring sessions, it was exciting, concise and creative.

PechaKucha was created in Japan by Klein Dytham Architecture to reign in overenthusiastic architects and their huge PowerPoints. It involves using a simple presentation format of 20 images for 20 seconds. The images advance automatically and you talk along to the images. There's no 'next slide' or 'go back one, please'! It's amazing how much information you receive in seven minutes and how interesting and memorable these talks are.



The workshop had a two hour time slot where anyone could present using the PechaKucha method, providing they had booked a time slot. Across the globe people are holding PechaKucha Nights which are informal and fun gatherings where creative people get together and share their ideas, projects, thoughts, holiday photos—just about anything. Klein says 'the key to a great presentation is to present something you love'.

Perhaps you can use the PechaKucha format for an evening in your church or small group and see what interesting ideas, creative talents and stimulating discussions that surface from within your community. Just stick to the 20x20 format and see what happens! You can find out more about PechaKucha and watch some presentations at <http://www.pechakucha.org/>. I recommend watching the presentation about Lyttelton Supper Clubs as a wonderful solution to social isolation (<http://www.pechakucha.org/presentations/the-supper-club-project>). Why not give this a go in your faith community? Who knows where it might lead, but one thing is certain that it will build links and bonds in your faith community that improve health.

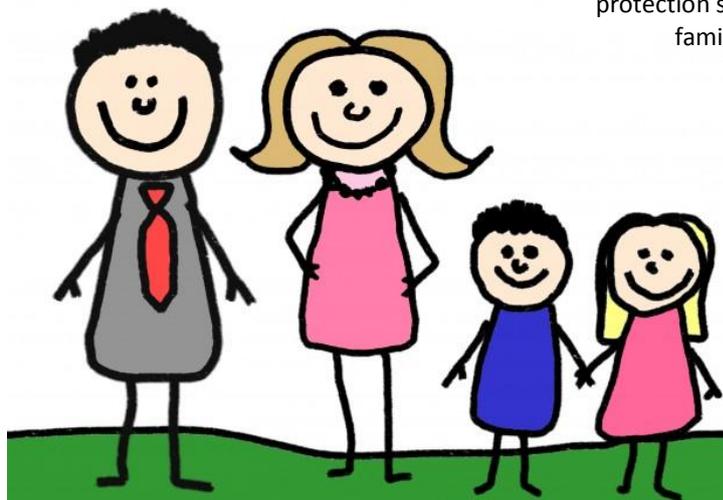


Anne van Loon
Chairperson AFCNA

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Family by Family



The Family by Family program aims to reduce the number of families needing crisis services and help keep children out of the child protection system. A **sharing** family supports a **seeking** family to thrive together. As a peer-to-peer program it works with the resources and experience of a resilient sharing family who have 'been there, done that' and are now thriving with more ups than downs. It matches them with a seeking family who want things within their family to change. They encourage and coach one another to grow and change things together.

One professional Family Coach works with 15 sharing families and these families work with other seeking families, potentially reaching up to 100 children at risk. Each family sets their own goals and is coached and guided to make

behavioural changes in their lives. The program is open to any family that is serious about creating change to improve their family life; it is not just for 'families in crisis'. The program is having excellent outcomes and huge cost savings to the government. It is conducted by The Australian Centre for Social Innovation (TACSI) so it is not a religious, government or political program.

If you have families within your church who may like to join the program as either seeking or sharing families then please contact them on (08) 7325 4949 in SA or (02) 9628 5872 in NSW or hello@familybyfamily.org.au.

Understanding needs

TACSI designed the Family by Family program using their 'co-design' process. It is a useful process to consider when designing church programs. The 'co' stands for *collaborative* and it commences by helping the program developers understand and identify their assumptions and underlying beliefs about their desired programs and the people they want to help. They then refine those assumptions by testing them with the end users, financial supporters and stakeholders. This is important because knowing what's going on in people's lives will help you to understand what might work as a potential solution to a problem. TACSI note that even big companies such as Gillette, Kodak and Unibiscuits seek to understand their potential customer's life before they produce any goods.

The collaborative and community principles are aimed at working with people to find solutions that work in real life. They seek to understand needs and challenges, and test solutions within the real life context.

Their methodology uses four key principles:

- 1. Start with a question:** This prevents you from leaping into solutions and keeps conversation open to new possibilities.
- 2. Make assumptions explicit:** Programs, policy and organisational assumptions are identified so the test and challenge process becomes easier.
- 3. Learn from people in context:** Leave the office/church and engage with the community where they live—kitchens, lounge rooms and backyards. This stops you using your own experience as the guide to problem solving another person's situation.
- 4. Experiment in the real world:** Complex problems require experimentation as you find out what works and what doesn't before you invest in any full-scale program.

The co-design process uses various tools such as 'Rapid Ethnography' or 'Card Sorting' to test assumptions about context and what people value. They use tools from business such as the 'Business Model Canvas' and 'The Lean Start-up Movement' to inform thinking about sustainable social solutions. They employ the 'Theory

of Change' model to promote change and 'Realist Evaluation' to evaluate the changes that were made. You can Google these terms and see how the processes are being used. This approach will ensure your ministry activity is based on what your community needs, and what assets your community has to meet those needs.

'Your say' forums

The SA government recently held a 'better together' community engagement workshop using the 'co' strategy for people in government decision making roles using the 'your say' strategy. The aim of this strategy is to move from a culture of 'announce and defend' policy initiatives to 'debate and decide' processes. You can read more at about this initiative at www.yoursay.sa.gov.au/assets/better-together.pdf.

There are open forums being held regularly across South Australia and they are very useful and genuinely inclusive and informative. Great ideas are surfacing and influencing funding and policy decisions and churches have an opportunity to be at the table in decision making. It's up to us to take up the challenge.

You don't want someone getting botulism from your church bake sale



Having cream puffs sitting in the sun for several hours on a trading table stall is a sure way to make someone very sick.

Unsafe food is linked to the deaths of around two million people annually and most of these are children. New threats to food safety are the result of changed food production, handling and consumption;

changes to the environment; new and emerging pathogens and microbial resistance. Increase in international travel and trade increase the opportunities for contamination to be spread. Our most recent Australian food scare came with imported 'Nanna's' frozen raspberries that caused many people to become ill with Hepatitis A. Such sickness is most likely caused by inappropriate food handling or processing procedures in the country of origin.

When food is not stored at correct temperature, potentially hazardous foods might contain bacteria and have an environment that can support bacterial growth that form toxins to unsafe levels. For example, raw and cooked meat or food containing meat, such as casseroles, curries and lasagne; dairy products; seafood; processed fruits, vegetables, salads; cooked rice and pasta; foods containing eggs, beans, nuts or protein rich foods, such as quiche; sandwiches and rolls.

Anyone making food at home that is intended for a church sale still has to abide by food handling rules but they are less strict. You can Google state guidelines before your next fundraiser to ensure you comply. The food does not have to be fully labelled like food bought from shops and markets but some labelling information is still required and should be displayed on the food, or in connection with the food.

Food containing known allergens and products made from those foods must be labelled clearly. High allergen foods include: gluten (found in wheat, rye, barley, oats and spelt, hence present in foods made from these grains such as flour); fish and fish products, crustaceans, shellfish; egg, egg products; milk, milk products; soy beans and products; peanuts, nuts and nut products; sesame seeds and products; sulphites (a preservative); royal jelly, bee pollen and bee products.

Your bake sale food label should contain information relating to:

- *Mandatory declarations* (e.g. for allergens—‘This food contains nuts’)
- *Directions for use and storage* (e.g. ‘Refrigerate after opening’)
- *Nutritional information*—only if claims are made relating to food (e.g. ‘low fat’)
- *Ingredient list, including characterising ingredients* (e.g. ‘30% strawberries’)
- *Country of origin*—only for packaged food, fruit, vegetables, nuts, fish/fish products and pork/pork products.

It may help to provide people with a prepared sticky labels that they can fill in and apply at home so they bring the baked goods properly covered and labelled on the day. Don't let the food labelling rules stop you enjoying these days, instead just help them to manage the requirements easily.

Source: <http://www.health.qld.gov.au/ph/documents/ehu/21885.pdf>; <http://docs.health.vic.gov.au/docs>;
<http://www.bunbury.org.au/Downloads/FoodSafetyHandbook.pdf>

World Forum News



Working group for FCN Research: This new working group will help FCNs demonstrate outcomes to their congregations, government and the community and assist decision making regarding health and care ministries. It is being overseen by Ann Solari-Twadell and Deborah Ziebarth in the USA.

News from Canada: New FCN Lisa Migliaccio is working in the Anglican diocese of Quebec coordinating a pilot project to bring health and care ministry/faith community nursing to people needing improved care access in Quebec. Contact lisa74.anne@bell.net for more details.

News from Ukraine: FCN Pam D'Andre continues to work within the Logos Center in Kiev, Ukraine with Father. Nicolay Ilnytsky. They are caring for around 200 refugees within the centre who are awaiting relocation. They would value financial support and you can do so at: www.gofundme.com/9a74qc.

News from Germany: FCN Angela Glaser completed a Parish Nurse Course with FCNs from Evangelical, Baptist and Catholic denominations across Germany and they will start working in their churches soon.

News from Japan: Marabel Kersey from USA and Dr Chungnam Kim from Korea completed the first Parish Nurse course in Japan in February 2015 with 15 nurses being prepared. FCN is an entirely new concept for churches within Japan so prayers for these FCNs are welcome.

News from Lutheran Pastoral Care Nurses in Australia: Congratulations to Glenda Butler the first person to complete the Lutheran Church of Australia's Introduction to Pastoral Care Nursing course by distance education. Glenda was installed as

a PCN at St Andrew's Lutheran in Minlaton on SA's Yorke Peninsula in March. Raelene James, from Cowell on SA's Eyre Peninsula has also commenced the course. It is great to see FCNs from country Lutheran churches who are taking up the opportunity of this distance learning opportunity. More information about the Lutheran Church's on-line course contact lynette.wiebusch@lca.org.au.

New International Journal for Faith Community Nurses: *International Journal of Faith Community Nursing* is a peer-reviewed publication and the official journal of Faith Community Nursing International (FCNI). Its primary aim is to support the practice of faith community nurses worldwide through publication of current research and best practice. The Editor-in-Chief for the journal is Dr Beverly Siegrist, WKU professor in the School of Nursing; managing editors are Dr Dawn Garrett-Wright and Dr Cathy Abell, associate professors in the School of Nursing.

<http://digitalcommons.wku.edu/ijfcn/> to see the inaugural issue or for submissions

Please continue to pray for FCN efforts across the globe and locally.

Resources

A fun activity for visualizing your health ministry

Want to get a conversation going about how churches can address and support health needs? 'See all the people' is a group activity to start discussions and envision what health ministry can look like in congregations of any size. Role-play exercises and group problem-solving engages participants in fresh points of view about typical people who are present, in some form, in most congregations.



'See all the people' helps leaders understand how health issues impact the ability of members of the congregation to participate fully in the life of the congregation. It also helps people find a vibrant vision and to see health ministry in a new light. You can purchase a copy from www.churchhealthcenter.org.

Know your strength



Everyone has different character strengths and internal resources. These personality characteristics make you unique. Knowing what they are will help you harness them when life deals out some curveballs. The VIA Survey of character strengths is a free and simple test that takes a few minutes online to help you understand your core character strengths. It was developed under the direction of Dr Martin Seligman (founder of 'Positive Psychology') and Dr Christopher Peterson as a tool to help people work from a strength base as they deal with life issues. Why not take the free survey and see for yourself <http://www.viacharacter.org>? There may be people you are counselling who would benefit from taking it too.

New 'Hope Packs'



We have introduced the 'Hope Pack' before but it's such a fantastic tool that it is worth mentioning again. This pack is a 21 day package that you can use to encourage someone who is going through a difficult time with mental health issues (cost \$35).

Lindy now has a youth/teen focused hope pack for girls named '21 day Flourish Baby Flourish' pack, and a boys' version '21 day blokes Strength to Strength pack' (\$25 each). There are more activities and it still uses a holistic approach in all the strategies that have been so successful in the original Hope Pack, to help people discover/recover their true identity in Christ and allow him—with the help of a friend/buddy to restore them to health. You can order the packs from Lindy at lindygower@bigpond.com or phone 0419 601 966.

Domestic Violence Handbook

This handbook is a field manual of basic information to assist people such as pastoral workers and the clergy in detection and response regarding domestic violence. It is available at www.sacc.asn.au



Reconciliation—let's talk recognition

Reconciliation SA has produced education packs, in partnership with the Aboriginal Education and Employment unit of Department of Education and Children's Services, Catholic Education SA, the Association of Independent Schools of SA and Dare to Lead about indigenous recognition and reconciliation. The Education Packs are designed to be stand-alone teaching resources for early, primary and middle years. Available at www.reconciliationsa.org.au/for-schools/education-packs.

Research

National guidelines for spiritual care in aged care



Pastoral and Spiritual Care of Older People (PASCOP), Spiritual Health Victoria (SHV) and the National Ageing Research Institute (NARI) received a grant from the Australian Government to develop national guidelines for spiritual care in aged care. This will enable a national standard to inform best practice spiritual care in residential, community and home-based aged care.

PASCOP CEO, Dave Petty said 'The World Health Organisation views spirituality as inextricably linked to quality of life, with a large body of evidence showing that spiritual care is an essential part of holistic care, including care of people living with dementia'.

SHV CEO, Cheryl Holmes, noted that spirituality was not just about religion and faith, but also about what gives people meaning and purpose in their lives especially at times of transition.

The guidelines are intended to guide best practice spiritual care and to build confidence in the aged care workforce. The project will be delivered in four phases:

- stakeholder engagement to ensure the guidelines are relevant and aligned with need
- literature review to assess all the available evidence
- wide ranging consultation
- development and piloting of draft guidelines prior to finalisation.

The guidelines will be completed by June 2016. For more information please contact Dave Petty, PASCOP CEO on 0437 141 637 or www.pascop.org.au.

Source: Centre for Ageing and Pastoral Studies Media release

Research requests

End of life care: If there are any FCNs working in rural areas of Australia who would be willing to participate in an anonymous survey about end of life care, please contact Fran Reed, a PhD student researching rural community nursing and end-of-life care at fmreed@student.latrobe.edu.au

Immunisation: Ekas Research is running a 20 minute online survey on the topic of immunisations. They are looking for community nurses to participate. There is an incentive payment of \$50 for participation. If you are interested please contact Kahlia at Kahlia@ekas.com.au or 02 84157419.

Prayer points

- Existing FCNs will be inspired, empowered and equipped for health and care ministry
- FCNs in conflict zones such as Ukraine, Pakistan and Africa as they continuing to minister and train despite difficulties. Pray for their leadership, safety and that God will bless these endeavours.
- AFCNA Board that our decisions, governance, plans for 2015 will have integrity, innovation and be in step with God's plan for FCNs in Australian and internationally
- Baptist Care's equipping of pastoral health and care ministry workers will enable Christian churches to consider HCM and FCN ministry in their churches.
- Australian churches will encourage health and care ministry and facilitate new FCN positions

Education and conferences

Become an informed friend to a person living with mental illness

One day 'Sharing Together' Workshop on 26th May 2015 from 9.30–4.30 at Victor Harbor Baptist Church

This free workshop includes lunch, refreshment and workshop book. It is sponsored by SAFKI Medicare Local Partners in recovery Initiative. The day is focused on equipping ordinary people with the specific knowledge and skills they need to understand mental illness and enjoy a mutual friendship with someone in the community experiencing a mental health problem. Please register at www.eventbrite.com and type in 'Sharing Together' Inquiries avanloon@baptistcaresa.org.au



Healthy living coaching



Two day workshop 15–16th June from 9.30–4.30 at Baptist Care, 130 Rose Terrace, Wayville SA

This workshop shows FCNs and others involved in Health and Care Ministry how to coach a person to live a healthy life. It is more than getting exercise, eating well and taking care of medical issues. A healthy life involves satisfaction and a sense of balance between all of the aspects that make up our lives.

The workshop will cover:

- Healthy living and wellbeing
- Promoting resilience
- Understanding and using the Model for Healthy Living from the Church Health Center USA
- Understanding how people change
- Understanding and acquiring coaching skills
- Asking powerful questions
- Using a strength-based approaches

Cost is \$50/ day and you must register at www.eventbrite.com and type in 'Healthy Living Coaching'. Inquiries to vlegge@baptistcaresa.org.au

Free seminars for Health & Care Ministry workers

Two free evening seminars are being provided to FCNs and any person involved in pastoral care, health and care ministry. They will be held at Baptist Care, 130 Rose Terrace, Wayville SA.

Self-care: avoiding compassion fatigue 30th June, 6.30–8.30 pm

Boundaries and dual relationships 28th July, 6.30–8.30 pm



Give me 5

We are asking everyone to take up the 'give me 5' challenge.
It's simple—during 2015...

- 5 newsletters** Give away 5 copies of the AFCNA newsletter each time it arrives in your inbox. There is a PDF link to the newsletter on our webpage (www.afcna.org.au). You can also print five copies and prayerfully place them into the hands of 5 people or in 5 places such as your church, café, hairdresser, GP waiting room, workplace, library, hospital, university...
- 5 members** AFCNA is asking everyone to invite five people to become members during 2015. You can place the newsletter and a membership form in the hands of another potential member that God lays on your heart.
- 5 minutes** Then take 5 minutes each week to pray for AFCNA, the 5 newsletters, the 5 potential AFCNA members and watch God mobilise people by his Holy Spirit to become faith in action, love in expression and hope in motion in their community.

Membership reminder

It's almost time to renew your AFCNA membership in June! It's only \$30 for the year and this allows AFCNA to keep you networked with newsletters, conduct conferences, and develop resources including the website which will be due for upgrades soon. Your fees enable us to provide scholarships to support FCNs, and keep an ecumenical Christian presence in the profession of nursing via CONNO membership. Please renew and invite others to join our worthwhile cause. Your membership is vital.

Australian Faith Community Nurses Association MEMBERSHIP 2015

Name Address
..... Postcode Phone (.....).....
Mobile..... Email

1. I am happy to be included in AFCNA networking via the AFCNA data base Yes No (privacy assured)
2. Practising FCN/Health Ministry Yes No
3. Current AHPRA Registration Yes No
4. I consent to my details being shared with AFCNA members' prayer network. Yes No
5. Newsletter: email or Australia Post (please circle preference)

Signed: _____

Full membership (\$30.00/year) **Concession** (\$20.00/year) **Donation:** AFCNA General Fund

Electronic transfer: Australian Faith Community Nurses Association Incorporated BSB: 704 - 922; Account No. 100012768 Please insert your name as the reference code

Make cheques payable to: Australian Faith Community Nurses Association

Mail to: Treasurer, Australian Faith Community Nurses Association, PO Box 2707, Kent Town, SA 5071

For I know the thoughts that I have for you, says the LORD,
thoughts of peace and not of evil, to give you a future and a hope.

Jeremiah 29:11



May the God of hope fill you with all joy and peace in believing, so
that by the power of the Holy Spirit you may abound in hope.

Romans 15:13

For I, the Lord your God, will hold your right hand,
saying to you, 'Fear not, I will help you.'

Isaiah 41:13

AFCNA practice survey 2015



Have you completed your AFCNA survey that was sent to you? Don't forget and please return it as soon as you can.

If you have not received one please email afcna@afcna.org.au and one will be emailed to you.

Please submit your photos and stories for *WholeHealth* to afcna@afcna.org.au or send to chairperson annevanloon@internode.on.net.

Ph 08 8278 8274. Deadline for next issue: 30 June 2015

Your snippets and stories are essential for the content of the newsletter to be both informative and share the joys and opportunities of the FCN role.

Disclaimer: In no event will AFCNA be liable to anyone for any decision made or action taken by anyone in reliance on information in this newsletter.

OUR AIMS

- Provide education, resources and networking for nurses working in faith communities
- Provide resources, education and consultancy to faith communities to enable viable health & care ministry
- Liaise with government and other organisations to further the FCN ministry
- Enable FCNs to meet their professional practice requirements

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