

NJERNDANEWS

Walking together

"I invite you to deepen your understanding of our shared histories and cultures, to understand the ongoing daily impacts of colonisation, government policies, racism and intergenerational trauma."

Njernda CEO Tracey Dillon



PICTURE COURTESY:
CAMPASPE SHIRE COUNCIL

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Njernda
Aboriginal Corporation

CEO'S MESSAGE - TRACEY DILLON



I was honoured to speak at our recent Reconciliation Week march in Echuca. Here is an edited extract of my speech.

I would like to acknowledge Traditional Owners, Elders past and present, and emerging leaders. I pay respect to the land, and the waters which run through this country and I pay respect to the spirits of the old people from here. I also pay tribute to Njernda and our Board and staff, and welcome members of the broader Echuca and Moama communities.

We have come through the worst of the COVID crisis, but as you know only too well there are challenges at the moment and ahead. We have also come through the floods which damaged property and our economy. The floods have also left challenges to our optimism as individuals and as a community. In my view these are grounds for everyone to feel proud and to value our resilience and ability to work together. Every year our Reconciliation Week march marks many things but in particular it celebrates progress in active reconciliation in our community. Across Echuca and region, more businesses, community groups and public sector agencies are developing, implementing and reviewing Reconciliation Action Plans.

These are living documents, not formulaic United Nations statements gathering dust. They promote engagement, understanding and working with us.

As we move towards this year's Voice Referendum, we recognise with respect, the diversity of views on this matter. Our goal is to provide you with clear and factual information about the Uluru Statement and Voice proposal, so you can have the understanding and clarity that will enable you to make an informed choice on referendum day. We want every Echuca and Moama person to make a decision based on fairness and justice to the request by the vast majority of the First Peoples of Australia for recognition and the creation of a Voice to Parliament. I invite you to deepen your understanding of our shared histories and cultures, to understand the ongoing daily impacts of colonisation, government policies, racism and intergenerational trauma. The Shire and the school communities must showcase the deep and rich First Peoples histories and cultures that enrich your community. I encourage you to reflect on what I've said about our shared history, so we can continue working together on this important, ongoing process of reconciliation.

IT'S NEVER OKAY - ZERO TOLERANCE TO VIOLENCE



• Left to Right- Our Njernda Health teams do amazing work to support our Mob - aggression is a problem they shouldn't have to deal with. Left to Right:

MESSAGE FROM OUR BOARD CHAIR

At Njernda, we have a strong policy of courtesy and respect - aggression or violence at any of our services, and to any of our staff or clients is never okay.

Our Njernda staff do an amazing job supporting people through some big challenges in life and in health - every one of our Njernda team works in areas that are difficult and stressful at times.

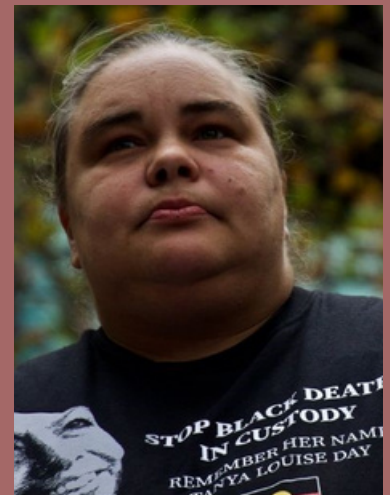
But more and more our Njernda staff, in particular our health teams, are facing aggression and violence from community members in many cases, people they are working to help.

Njernda is required to provide a healthy and safe workplace so please understand that any swearing, threats of violence or intimidating behavior to staff, board members or other clients can not and will not be tolerated.

And it's not just face-to-face aggression I'm talking about here - it includes intimidation through phone, email and text messages and at meetings and gatherings.

Our staff and board are doing the best they can to support and represent our whole community. There are appropriate, mature and respectful ways to resolve almost every problem - and this begins with raising any concerns you may have in a respectful way, so that we can respond in the best way that we can.

Shouting doesn't help, aggression doesn't help, anger doesn't help. These behaviors only take us further apart as a community. Arguing with each other instead of finding solutions together. Njernda teams are working every day towards supporting our Mob - aggression is a problem they should not have to deal with.



Belinda Day - Njernda Board Chairperson

COMMUNITY HEALTH WEEK BOOSTS WELLBEING



A special week-long campaign turned the focus onto health for our community during the month of May.

We held our inaugural Health Week from May 15 to 19, with the highlight being the Community Health Fair on May 17.

"The idea behind this campaign was to encourage the community to take the next step in looking after their health – and that means different things for everyone," Acting Director of Health and Ageing Hope Briggs said. "Njernda Health Services is committed to supporting and empowering our Community to strive for optimal health and wellness.

"To achieve this, we look at a person in a holistic manner – that means we don't just focus on their physical health, we also consider a person's cultural identity and spirituality." The fair brought Njernda staff together with officials from partner organisations and groups such as Echuca Regional Health, Ambulance Victoria and the Victorian Aboriginal Community Controlled Health Organisation (VACCHO).



BAROONA PROJECT PUSHES AHEAD

Work to implement a new model of care and improve our facilities for people using our Baroona Youth Healing Place services is moving forward.

A meeting was held in April to discuss the model and its features, as well as what's important for the design with the architect.

Njernda is currently engaging bushfire, cultural heritage, civil engineer and services engineer consultants and a quantity surveyor to do all the work that needs to be done before a planning application for the proposed works can be submitted.

It is an exciting time for the organisation as we continue to progress our plans to deliver better services on Country.



WALK BRINGS COMMUNITY TOGETHER

Our Reconciliation Week walk was a great way to bring the community together and get behind this year's theme - Be a Voice for Generations.

The walk started with a smoking ceremony at Alton Reserve and ended with a Welcome to Country and flag-raising ceremony at Hopwood Gardens.

Thank you to the organisations who supported the walk, including the Campaspe Shire Council. "Reconciliation week is a time for reflection and unity. This year's theme is a reminder that we should strive to be courageous and be allies to each other in our everyday lives, as we seek to tackle the process of reconciliation to become a unified community." Mayor Rob Amos said.



PICTURE COURTESY:
CAMPASPE SHIRE COUNCIL

WELCOME TO NJERNDABORIGINAL CORPORATION



Jono Henderson is our new Youth Services Manager, having joined us from Victoria Police, where he served in an Aboriginal Community Liaison Officer role.

"I am a proud Aboriginal man on my father's side and a proud South Island New Zealand man on my mother's side," he says.

Jono believes it's important for young people to have role models in the community.

"I am proud to be the new Youth Services Manager.

"It's a job that appeals to me based on my passion for working with young people in the community.

Jono is married to Echuca woman Krystal and they have four children.

"When I'm not at work you will find me at the Rumbalara Football Netball Club, where I'm currently coaching.

"I have a long and proud history with RFNC as a player and coach over 22 years."

We're looking forward to Jono kicking plenty of goals here at Njernda!

Damien Wright has joined us as our new Manager of Community Services and Wellbeing.

Having previously worked with Rumbalara in Shepparton, Damien is experienced in areas such as alcohol and other drug support, as well as mental health services.

"I love fostering my own people's children and guiding them on their journey in life, but the most rewarding thing about it is when they go back to their families," he says.

Damien is a Wiradjuri, Gamilaraay and Ngarigo man who was born at West Wyalong in NSW.

"I think of both my Mum and Dad (Nan and Pop) as they more or less raised me, but they are both are in Dreamtime now.

"I believe the most important thing in life is treat others the way that you'd like to be treated."

He says he wants to use his role to support people to build their skills, helping them to be involved in the workforce and the community.



BERRIMBA NEWS - AN EARLY YEARS UPDATE

OUR GOAL:
CHILDREN HAVE
A STRONG SENSE
OF IDENTITY AND
ARE CULTURALLY
SUPPORTED.



Don't forget Yarka Yaka Daya!

"Kids Come Play" is what Yarka Yaka Daya means, and Tuesdays are busy, busy, busy with little people and their carers on Tuesday mornings from 10 am. If you know someone who would love some fun activities, to make some new friends and enjoy lunch together, let them know! Contact Emma for more information.



FROM BERRIMBA KIDS,



TO BERRIMBA STAFF!

Aren't they cute?!

We loved coming across this photo of two of our Berrimba team stars, Alkira and Sunny. These two were Berrimba kids not so many years ago...now they're back here as trainees, working with our Early Years children. It makes us proud to see the journeys our Berrimba kids take, and extra special when they are part of any of our Njernda teams.



THIS IS WHAT RECONCILIATION WEEK IS ALL ABOUT!

...being a Voice for Generations!

Our Berrimba kids, staff and families loved being part of the Echuca Moama Reconciliation Walk. Reconciliation Week 2023 encourages everyone to be a voice for reconciliation in real ways, everywhere we live, work and socialise. We can all choose to create a more just, equitable and reconciled country for everyone - especially our youngest Australians. It's encouraging that research shows strong community support for the next steps in Australia's reconciliation journey, including the Voice to Parliament, treaty making and truth-telling. Everyone has the opportunity use their power, their words and their actions to create a better Australia for all of us.



COVID AND FLU PROTECTION IS IMPORTANT

HEALTH AND
AGED CARE
UPDATE

The onset of winter has led to a surge of COVID cases in our community, as well as more coughs and colds.

To keep our community safe, we again did Njernda Health medical appointments via Telehealth in May and early June. Any appointments that were not able to be done via Telehealth, were rebooked as face-to-face appointments. Not having to come to Njernda Health kept everyone safer as COVID-19 numbers were increasing.

We are now back to face-to-face appointments, but please let us know if you have COVID-symptoms. These often look the same as cold or flu symptoms. Keep an eye out for a headache, runny nose, sore throat, or a fever. If you feel unwell, you should get tested for COVID-19.

Even if you have a negative test result, if you can, try to stay home until you feel better and your symptoms are gone.

FREE COVID-19 test kits are available from Njernda. Please call us if you have any questions, need an appointment, or need a test kit. Our number is (03) 5480 6252.



COULD IT BE LONG COVID?

The term 'long COVID' is generally used to describe both:

- ongoing symptomatic COVID-19 – COVID-19 symptoms lasting more than 4 weeks
- post-COVID-19 condition/syndrome – COVID-19 symptoms after 12 weeks that are not explained by an alternative diagnosis.

Long COVID can present differently in different people and symptoms can range from mild to severe.

If you are worried about ongoing symptoms after you've had COVID-19, get in touch with us for a medical review. There is no test for long COVID but we will find out about your symptoms and the impact they are having on your life.

We might also suggest some tests to rule out other conditions.

The best way to prevent long COVID is to protect yourself from getting infected. Staying up to date with your COVID-19 vaccinations can help because people who are vaccinated are less likely to report long COVID compared to people who are unvaccinated.

Flu and COVID Vax Clinic Dates for June

Every week during June we will be hosting Flu/COVID Vaccination clinics.

These are held at the back of the health service.

Dates are:

Wednesday 14th June 1pm-3pm

Wednesday 21st June 1pm-3pm

Wednesday 28th June 1pm-3pm

Please book in for an appointment to protect yourself with vaccinations this winter.

BOUNCING BACK AFTER FLOODS



After a challenging few months, Aunty Neva Takele is bouncing back from floods.

After being flooded out late last year and losing many possessions to water damage, Aunty Neva spent several months living in a shed with the support of us here at Njernda, as well as Aboriginal and Victorian housing officials and the St Vincent de Paul charity.

While she refers to that period as "glamping", given the support on offer, Aunty Neva says she is pleased to have moved into a new home close to the centre of Echuca.

"I'm embracing the change and making a new life here - I love it," she says.

Aunty Neva is just one of the people we've helped get back on their feet after last year's floods. We've been supported to provide items such as generators, food and furniture, while also offering counselling and emergency accommodation. This has been a tough period for our region and remains so for many, but it is pleasing to see people getting the chance to return to normal life.

PREPARING FOR A MAJOR MILESTONE - NJERNDABORIGINAL CORPORATION TURNS 50!

We are excited to be able to confirm that planning work has started for our organisation to mark its 50th anniversary!

Njernda Aboriginal Corporation, formerly the Echuca Aboriginal Cooperative Pty Ltd, was established in 1974 by local Aboriginal people fighting for recognition and self-determination.

To mark this milestone, we will soon be putting the call out for you to contribute your memories.

So please start thinking about old family photos or memorabilia that you might have that can help us to tell the story of Njernda - historic materials will be scanned so that original items are not lost or damaged.

It might also be a good time to start talking to Elders about their memories of our community and life in the Echuca-Moama region.

Talk to us about how we can do this together! If you would like to get involved please get in touch with Keith Hearn at Njernda.

NETBALL SCORING GOALS WITH FUN AND FRIENDSHIP

The happy faces tell the story!

Our netball program got up and running in conjunction with Echuca District Netball Association (EDNA) at the start of May. We have 15 kids of all skill levels playing each Saturday, starting from age five years old to Year 10 at Echuca College. We play in Net, Set and Go, and Junior Netball.

We train on a Friday afternoon to learn and practice new skills, and to come together as a group to uplift and share with each other. We're learning and developing responsibility, commitment, resilience, and team work. A shout out to EDNA for their support - they've welcomed us with open arms, and worked with us to ensure any child who wants to play can get involved.

This netball program is more than netball - it's about meeting new people, building friendships and bringing family together. EDNA registrations have now closed for this season - but watch the Njernda Facebook page for expressions of interest for next season, or get in touch with Nicole Cooper on [0499 820 320](tel:0499820320)



• Left to Right- Shemika Taylor, Addison Burns, Shandy Firebrace-Kerr, Jahmillia Bamblett, Kaysha Weekley, kneeling down Jaydah Weekley, Shaye-lee Firebrace-Kerr and Luke Harrison.

4 Habits for Mentally Healthy Men

Healthy body
Eat well, exercise, reduce alcohol

Healthy lifestyle
Take care of relationships, work life and social life

Healthy mindset
Be mindful, set goals, reframe unhelpful thoughts

Healthy connections
Talk with mates, know when and where to get help



CHECK IN ON A MATE - MEN'S HEALTH WEEK 2023

A

Ask + Listen



B

Build a Plan



C

Connect to Help



Men's Health Week is on June 12-18, and it might surprise you to know that one of the biggest steps men can take to improve their overall health is to have good mates!

Staying in touch with old mates, making new ones and having strong bonds with mates keeps men healthy. Men with mates live longer - and having no mates is as unhealthy as 15 smokes at day! Learning to help a mate doing it tough can save a life - but it starts with a question: RUOK?

And if you're worried about anything to do with your health - Men's Health Week is a good time to book a check-in at Njernda Health

SAY HELLO TO OUR LATEST JAWUN SECONDEES!



What is the Jawun Program

Jawun (which means 'friend' in the Kuku Yalanji language of Cape York, Queensland) is a not-for-profit organisation.

Jawun partners with Indigenous communities in place-based capacity building, to empower Indigenous-led change and foster meaningful connections between Indigenous and non-Indigenous Australians.

Jawun places skilled people from Australia's leading companies and government agencies into Indigenous organisations. These secondees share their expertise and support Indigenous leaders to achieve their own development goals.

EFFIE TAN

Effie comes to Njernda from the Department of Prime Minister and Cabinet - she has an amazing skillset that is helping us develop our business model for the Old Courthouse.

Current Role: Assistant Director, Office of Impact Analysis, Economic Division, Department of the Prime Minister and Cabinet

Qualifications: Bachelor of Commerce (degree with Honours) - Economics (University of Melbourne)

Effie's Project at Njernda: I am working to provide a plan for repurposing the old courthouse in Echuca into a productive business that delivers economic opportunities and promotes Yorta Yorta culture in Echuca.

About Effie: I was born an Australian in Shanghai, China, and moved permanently to Australia 15 years ago with my family. Aside from China and Australia, I also had the privilege to study in France and the UK on exchanges. I am interested in youth, race, gender, health and environment. My hobbies include hiking, camping, surfing and horse-riding. I also like to read novels and study foreign languages; I'm bilingual in Mandarin; fluent in Cantonese, and intermediate speaker of French.

AMIE SLATER

Amie is a secondee from the Department of Social Services - she is working to support our efforts to reinvigorate our Njernda Wattleseed operations.

Current role: Assistant Director, Disability Support Branch, Department of Social Services.

Qualifications: Bachelor of Nursing Science (University of Canberra).

Amie's Project at Njernda: I am looking at the Baroona Wattle Seed farm and investigating options for reinvigoration.

About Amie: I was originally born in Melbourne and moved to Canberra when I was young, where I have stayed and started a family and developed my career.

Between us, my husband and I have four kids aged 7, 10, 11 and 13, two dogs and two cats. I love to travel and learn about new cultures, being outdoors and animals!

If you bump into Amie or Effie around Njernda, please make them welcome!

COMMUNITY NOTICEBOARD



HOLIDAY FUN! COME WITH US!

Limited places -
Bookings essential



Movies & Oz tenpin Bowling

June 27 Ages 12 - 14

June 30 Ages 15 - 17

Oz Tenpin bowling at Shepparton for the morning, lunch and then go catch the movie The Flash!

The details:

8:30am at the Youth Hub to leave for Shepparton. We will try be back at youth hub by 4pm, depending on movie times



Fun Planet Trip

July 3 Ages 12-14

July 4 Ages 15 - 17

Spend the day at Fun Planet in Shepparton which includes Laser Tag, Gaming Arcade, mini golf, Wall Climbing and Dodgem cars. Lunch will Be Provided

The details:

8:30 meet at the Youth Hub, to leave by 9 to drive to Fun Planet in Shepparton. Return time to be advised.



Gravity Shack Day

June 29

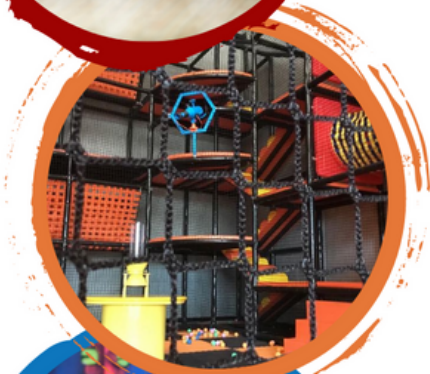
10am - 1pm

Primary and second school students (children under 12 must have parent/carer supervision)



Holiday Showbags

Available from June 26 at the Youth Hub



CONTACT US:

Vanessa - (0460) 034 369

Earl - (0448) 707 379

For more information and bookings

Njernda
Aboriginal Corporation

COMMUNITY NOTICEBOARD

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FOR OUR ELDERS
2-9 JULY 2023

NAIDOC WEEK
2023

1ST JULY
Friday

Mr and Miss NAIDOC 2023

Place and Time TBD

3RD JULY
Monday

Flag Raising Ceremony Kids Showbag handout

Medical / 10:00am-11:30am

Youth Services / 1:00pm-4:00pm

4TH JULY
Tuesday

Elders Day Luncheon

Youth Disco

Medical / 10:00am-2:00pm

Youth Services / 1:00pm-4:00pm

5TH JULY
Wednesday

Dharnya Day

Barmah / 9:30am - 3:00pm

6TH JULY
Thursday

Womens Day
Moama Golf Club

Mens Day
Baroona

10:00am-2:00pm

10:00am-2:00pm

NAIDOC Staff gathering / 6:30pm - 11:00pm / Location: TBD

7TH JULY
Friday

NAIDOC Holiday

Njernda will be Closed

COMMUNITY NOTICEBOARD



OPT UNDERAGE PARTY

Friday, 23rd June, 2023
6PM to 10PM

\$2 SOFT DRINKS
\$3 ENERGY DRINKS
FOOD & SNACKS AVAILABLE

DJ'S: MADELINE & RUZZ

ENTRY \$10

STRICTLY 12-16 YEARS OLD ONLY

FULLY SUPERVISED EVENT
TICKETS: OPTBAR.COM/UNDERAGE
If you require transport, contact our
Koorie Kids Engagement Worker
Nicole: 0499 820 320

OPT BAR & FUNCTIONS | 272 HARE STREET ECHUCA

Feeling a bit rough?



Check out I-Bobbly!

It's a social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander peoples aged 15 years and over. It's completely private and confidential, and helps with tips on ways to manage your thoughts and feelings - how to decide what's important in your life. Check it out by googling IBobbly Black Dog Institute.

THINKING ABOUT OWNING YOUR OWN HOME?



We'll be in your area soon!
Come along to the next workshop to learn about IBA's home loan products, eligibility criteria, the process and how you can prepare for success. We look forward to seeing you.

Let us answer your questions on Home Ownership, credit and more!

When is it on:
Friday 23rd June, 2023
2 Sessions - 10:30am & 2:30pm

Where will it be held:
Youth Hub - 72 Annesley Street, Echuca

For any enquiries contact:
June Edwards - 0399 206 001
Lani Hudson - 0429 569 245
Damaar Hearn - 0427 381 047

A BBQ lunch will be provided for attendees



Tenant information, advice and support



To be held on the first Friday of each month

A Housing Justice worker will be onsite from:
10:30am to 1:30pm

Scheduled Dates:

07/07/2023
04/08/2023
01/09/2023
06/10/2023

Information and Assistance

Housing Justice provides information and assistance to tenants about:

- their rights and responsibilities
- the Victorian Civil and Administration Tribunal (VCAT)
- negotiation with landlords and real estate agents

Support

Housing Justice supports tenants living in public housing to:

- address barriers of their tenancy
- settle into a new tenancy and link up with their community
- access relevant services and support
- negotiate with government agencies and other community agencies

Housing Justice helps clients stand up for themselves. We can also speak on tenants' behalf.

This workshop provides you with all the info you need before submitting an IBA home loan application, and answer any questions you may have about the process. In this 1-hour free workshop we will discuss:

- **IBA eligibility criteria:** what criteria you must meet to be considered for an IBA home loan
- **IBA vs. Mainstream lenders:** make an informed decision on whether an IBA home loan is right for you
- **The steps to owning a home with IBA:** a step by step guide to the IBA home loan process
- **Interest rates & deposit requirements:** information about our commencing interest rates and deposit you will need
- **Loan scenarios:** walk through different scenarios, show you how you can access and use our home loan calculator
- **Resource & tools:** options if you need assistance and what tools are available

iba.gov.au 1800 107 107



Njernda

Family Services
103-107 Hare Street, Echuca
(03) 5480 6252 / 3

Our outreach includes Maryborough, Echuca, Castlemaine, Kyabram and Rochester

5445 0990
171 Hargreaves Street, Bendigo
(1800 450 990) if outside Bendigo
www.arcjustice.org.au

Housing Justice is a program of the
Advocacy & Rights Centre Ltd trading as Arc Justice

COMMUNITY NOTICEBOARD

NAIDOC 2023

Women's Wellbeing Day



This years NAIDOC theme is: "For our Elders"

Come join us for a good feed, a yarn and some cultural activities!
Door prizes for lucky arrivals!

- PAMPERING SESSIONS
- CULTURAL ACTIVITIES
- PERFORMANCE BY MADDI COLVILLE-WALKER
- WELLBEING GIFT BAGS

LIMITED TO 200




Please register your interest via EventBrite to show that you will be attending this day.

This helps us know the number of attendees.

To be eligible for a Gift Bag, you must be registered.

THURSDAY
6TH JULY, 2023
10:00AM UNTIL 2:00PM

LOCATION:
RICH RIVER GOLF CLUB

 facebook.com/njernda



FOR OUR ELDERS

2-9 JULY 2023

WATCH THIS SPACE!

NAIDOC 2023 will be here quicker than you can imagine!

We've got some HUGE community celebrations planned, and we can't wait to share them with you in future editions of Njernda News and on our social media channels.

But if you would like to get involved and be part of the planning, have a yarn with Uncle Keith Hearn, who is now our Community Engagement Officer.

WORKING AT NJERNDABORIGINAL CORPORATION



**WE ARE
HIRING!**
JOIN OUR TEAM

CASUAL POSITIONS

We're forming a pool of casual staff across all program areas:

- Corporate Services
- Family Services
- Health Services
- Berrimba
- Yakapna Wellbeing
- Youth Services

Got skills, a can-do attitude and happy to learn?

SEND YOUR RESUME AND COVER LETTER TO:
📧 jobs@njernda.com.au

CONTACT US:
📞 (03) 5480 6252

Njernda
Aboriginal Corporation

A career at Njernda can take you anywhere!
And we love to support our Mob to step up
into real jobs that make
a huge difference.

**Check our website and follow our social
media channels to keep up
with what's available.**



WORK WITH US!

Current positions available:

- Casual Pool (recruiting all areas)
- Aboriginal Family Preservation and Reunification Response Practitioners
- Trainee positions

We encourage applications from Aboriginal and Torres Strait Islander community members, but unless stated, our jobs are available to all qualified applicants.

If you're interested in any of our listed jobs, or want to know more about what it's like to work at Njernda, have a yarn with Aunty Trish or the HR Team.

Get all the details of all our jobs and apply on our website, njernda.com.au



NO TWO DAYS ARE EVER THE SAME!

We're looking for new trainees to start on-the-job learning in:

- **CORPORATE SERVICES ADMINISTRATION**

- Get office administration experience across all of Njernda
- Build your skills for employment
- Earn while you learn!

Got skills, a can-do attitude and happy to learn?

Send your resume and cover letter to:
jobs@njernda.com.au
(03) 5480 6252

CONTACT US:

Njernda Aboriginal Corporation
51 - 55 Heygarth Street Echuca (Corporate Office)
Phone: (03) 5480 6252
www.njernda.com.au

Njernda
Aboriginal Corporation