

NJERNDANEWS

Ready for Corroboree



Our Yarka Yakapna Corroboree is back and coming up very soon!

Learn more about the cultural fun we have in store.

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*Picture:
Gail Buckman*

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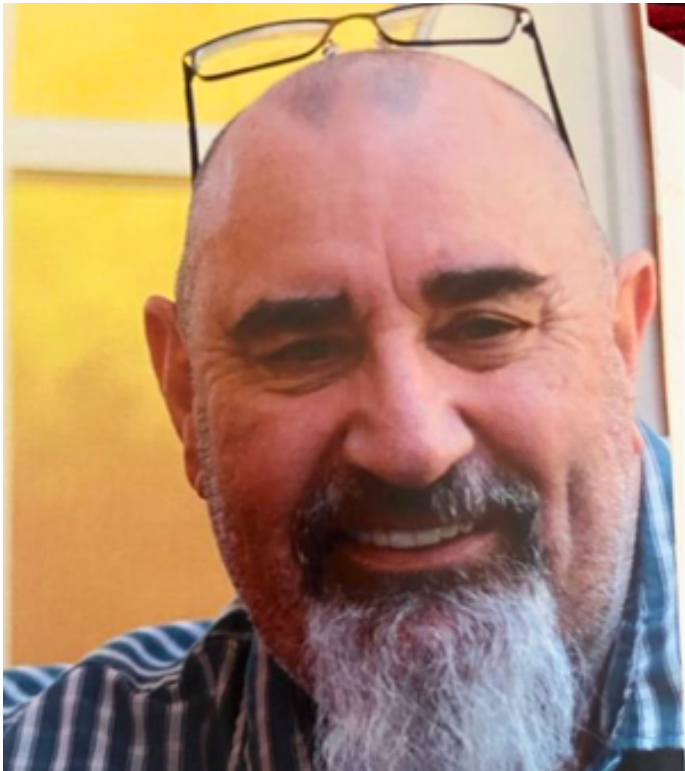
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Njernda
Aboriginal Corporation

CHANCE TO MEET OUR INTERIM CEO



People will have the opportunity to meet our new Interim CEO at a community meeting this month.

Mick Coombes will be among those attending the gathering at Njernda Youth and Community Hub on Annesley Street from 4.30pm on Wednesday 27 September. Mr Coombes' appointment as Interim Chief Executive Officer will enable our Board to complete a national recruitment campaign for a permanent CEO. He took up his role on September 5, after the resignation of Tracey Dillon, who will pursue opportunities closer to home in Tasmania. Njernda Chair Belinda Day said Mr Coombes brought with him extensive experience in consultation with Aboriginal community organisations and individuals. Mick has experience in the organisation and management of development programs and a background in Aboriginal economic development, and recruitment.

DATE SET FOR VOICE REFERENDUM

On Saturday, 14 October 2023, Australians will have their say in a referendum about whether to change the Constitution to recognise the First Peoples of Australia by establishing a body called the Aboriginal and Torres Strait Islander Voice.

Voters will be asked to vote 'yes' or 'no' on a single question. The question on the ballot paper will be: "A Proposed Law: to alter the Constitution to recognise the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice. Do you approve this proposed alteration?"

The Voice will give independent advice to the Parliament and Government.

You can learn more about the Voice and the referendum by visiting voice.gov.au



There will be a referendum this year.

Your vote will decide if some words will be added to the Australian Constitution.

Get informed.
[Voice.gov.au](https://voice.gov.au)



OUR NEW YOUTH AND COMMUNITY TEAMS



Meet our new, diverse and deadly Youth and Community Services teams!

Youth team: Jonathan Henderson, Uncle Des Morgan, Candace Williams, Stuart Day, Mark Roberts, Vanessa Handy, Nicole Cooper, Djaran Whyman, Laura Hudson and Earl Handy (Absent from photo, Nic Cooper and Stuart Day). Their current portfolio consists of Barooka Day Program, Yinya Mulana, Koorie Kids Engagement, School Holiday Program and Youth Justice.

The Community Services team is made up of: Damien Wright, Aunty Faye Halatanu, Stuart Hearn, Lily Dodd, Kristie Hearn, Colin Atkinson, Tony Fitzpatrick, Aunty Belinda Parry, Damaar Hearn and Rachael Love (Absent from photo, Aunty Fay Halatanu and Aunty Belinda Parry). Their programs are Social Emotional Wellbeing, Alcohol and Other Drugs, Bringing Them Home, Justice worker and mental wellness. They have already produced a number of community engagement activities that have proven successful such as Dardi Munwurro program on Thursdays with Colin Atkinson.

Congratulations to everyone involved in these important teams, and thank you for the work you all do to support our community.



SCHOOL HOLIDAYS ACTIVITIES

OUR YOUTH
SERVICES
TEAM HAS
PUT
TOGETHER A
BUMPER
PROGRAM
OF SCHOOL
HOLIDAYS
EVENTS!

TAKE A
LOOK AT
THESE
FLYERS AND
LET THE
TEAM KNOW
IF YOU
WOULD LIKE
TO BOOK!



**KYABRAM FAUNA
PARK FAMILY DAY**

18th September 2023

Family Fun Day at Kyabram Fauna Park for the first day of the Njernda School Holiday Program

If you would like to secure your families attendance please contact Njernda's Youth Services Staff with the details below

Travel to and from Kyabram will be provided as well as lunch on the day

Please NOTE: All children 12 and under must be accompanied by a parent or guardian on all excursions

Contact:
Vanessa Handy - 0460034369
Stuart Day - 0439051494
Earl Handy - 0448707379
Mark Roberts - 0473205861

Njernda
Aboriginal Corporation
To know our living culture



**Please book by
Sept 13!**

SCHOOL HOLIDAYS ACTIVITIES



NJERNDAGRAVITY SHACK DAY

Come and join the Njernda Holiday Program for an afternoon of high energy and fun activities. Youth Services Staff will be on site at Gravity Shack from 3pm - 5pm. Light snacks and water will be provided



When: 19th September
Where: Echuca Gravity Shack
Time: 3pm - 5pm
Age: 5-17yrs

Contact:
Vanessa Handy - 0460034369
Stuart Day - 0439051494
Earl Handy - 0448707379
Mark Roberts - 0473205861

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Please NOTE: All children 12 and under must be accompanied by a parent or guardian on all excursions

ECHUCA MOAMA KOORIE FAMILIES MOVIE MORNING

Njernda Holiday Program will be having a movie morning at the Echuca Paramount Movie Theatre for all youth and families to attend. Staff will be at the Echuca Paramount with movie tickets for all families who wish to come along on the day.

DATE: 19TH SEPTEMBER 2023
TIME: TBC
WHERE: ECHUCA PARAMOUNT
AGE: 5 AND ABOVE

Small popcorn and small drink provided with each ticket

Please NOTE: All children 12 and under needed to be accompanied by a parent or guardian.



Contact:
Vanessa Handy - 0460034369
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Earl Handy - 0448707379
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Njernda Art Day

When: 21st September
Where: Njernda Youth Hub
Time: 10am - 2pm
Ages: 5 - 17yrs

Lunch will be provided

Echuca Moama Koorie Youth are invited to participate in our Njernda Youth Art Day. Door prizes and raffles prizes on the day. Come down and show us your creative talents




Contact:
Vanessa Handy - 0460034369
Stuart Day - 0439051494
Earl Handy - 0448707379
Mark Roberts - 0473205861


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Please NOTE: All children 12 and under needed to be accompanied by a parent or guardian.

EXPRESSION OF INTEREST LUNA PARK FAMILY DAY 22nd September



All local Echuca Moama Koorie families interested in attending an excursion to LUNA park in the next Njernda School Holiday Program please make contact with the Youth Services Team - details below



Please NOTE: All children 12 and under must be accompanied by a parent or guardian on all excursions

Please express interest by the 11th of September to secure your families attendance

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Aboriginal Corporation
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CONTACT:
VANESSA HANDY - 0460034369
STUART DAY - 0439051494
EARL HANDY - 0448707379
MARK ROBERTS - 0473205861

NEW HEALTH TEAM MEMBERS ON BOARD

Our new Healthy Lifestyles Coordinator is Denise Barwick, a proud Wiradjuri woman from Wellington in New South Wales.

Having served her community for many years as an Aboriginal health practitioner, Denise has moved to the region with her partner Jonathan. "My career objective is to build and implement programs to assist and contribute to the betterment of the community," she says. "I have a passion to help the Aboriginal community to have a better understanding around making the right choices in life to make their lifestyle a health one. I hope I can get heaps of community coming along to the health promotion days I am organising, and engaging with the health service from there." Congratulations Denise, and welcome!



Local woman Megan Atkinson has joined Njernda as our new Strong Spirit, Strong Elders Community Connector.

"I came into this position as I have grown up with most of the Elders around here and love hearing stories," she says. "They love to share it's about time that we give back to them as they have given to us."

Megan said she wanted to build connections between Elders and their families. "I will look after you like you were my own grandparent and work with family members to take some initiation on and help do the same with you. If you may think one of your family members maybe benefit from this, please don't hesitate to call me at Njernda Ivy House and I can help get you started."

RUOK? Day is coming up on September 14 and the aim is to promote important conversations about mental health. By taking the time to ask and listen, we can help those we care about feel more supported and connected, which can help stop little things becoming bigger things. That's why this campaign has a simple message: ask your mob, in your way, R U OK? You can learn more about this important campaign at: www.ruok.org.au/strongertogether Take the opportunity to check in on those around you!



CHECK IN TO LOOK AFTER YOUR HEALTH!

Are you up to date with your Health Checks? There's a list of recommended health checks for Aboriginal and Torres Strait Islander people below.

There's a lot to think about! But an annual health check with one of our Njernda GPs, Aboriginal Health Practitioners or Aboriginal Health Workers is one of the best things you can do to keep on top of changing health needs. Book in for an annual health check and we'll help you keep on track with all the other things that lead to better health.

Women

Breast screening

Every two years from age 50-74. Women with higher risk or family history of breast cancer may need to screen earlier/more often – speak to your GP.

Bone health

Once a year from age 45 or post-menopause. Depending on bone health and risk of fracture/osteoporosis, your GP may suggest a bone density scan (DXA) every two years

Men

Prostate screening

It's usually just a blood test! Every two years from age 50, earlier if you have any family history!

Everyone!

Blood Pressure Check

Every two years from age 18 (more often if at increased risk)

Cholesterol Check

Every five years from age 35 (earlier/more frequent depending on family history and personal risk factors)

STI Screening

For sexually active people of all ages, screen for Sexually Transmitted Infections at least once a year, but have a yarn with your GP or Aboriginal Health Worker about how often to screen.

Heart Health Check

At least every two years from age 35.

Diabetes screening

At least every three years from age 40 (more often if you are at higher risk or pregnant - speak to your GP or Aboriginal Health Worker).

Bowel cancer screening

Every two years from age 50 for the general population. If you are at higher risk, have a yarn with us.

Mental Health

Have a yarn with us anytime you are experiencing symptoms such as sadness, irritability, fatigue or anxiety; have had changes to your eating or sleeping habits; or have any other mental health concerns.

Dental check

At least once a year - your dentist will let you know if you need more frequent checks ups.

Eye test

If you notice changes in your vision and every two years from age 65. Speak to your GP if you have a family history of glaucoma

Hearing check

Once a year from age 65

Vaccination review

At least once a year for adults

CORROBOREE READY TO LAUNCH IN SEPTEMBER



Our Yarka Yakapna Corroboree is being held on Wednesday 20 September at the Baroona farm.

The festivities will begin at 10am and run through until 3pm.

Scheduled during the school holidays, it will be a great day of Culture, education of fun for children and adults alike.

It is also a fantastic opportunity for our mob to come together and celebrate the strength of our community.

Some of the activities include face painting, damper making and a reptile exhibit.

Maddi Colville will provide live entertainment on the day, while we will also be hosting the mentoring group Boys to the Bush.

The Yarka Yakapna Corroboree is a drug and alcohol-free event.

We cannot wait to see you all at Baroona for what should be a fantastic day.



MANY HANDS MAKE SCULPTURE WORK

Thanks to everyone who took part in an important project recently, combining art and mental health awareness.

As part of the project being coordinated by our wellbeing unit, people were invited to create a cast of their hands (pictured right). The moulds will be assembled to create a three dimensional sculpture symbolising acceptance and connection with ourselves and those around us thanks to the “reaching out of hands”. The acceptance tree sculpture will be assembled and presented during the upcoming Mental Health Month Community Services Expo, being held in the Hopwood Gardens on Thursday 19 October. The event is being hosted by the Campaspe Murray Mental Health and Wellbeing Network. We think the finished sculpture will look fantastic, so please join us for next month’s construction and unveiling!



NETBALL PROGRAM SHOOTS AND SCORES



Our first Njernda netball program has been a huge success! Back in April we signed up 16 Indigenous children to play for 16 weeks. The goal was to support families so the kids could learn new skills. The players were given transport, uniforms and free fees. They made new connections with players and coaches, established a routine for their weekends and developed their determination, responsibility, resilience and pride in taking the court each week. The kids loved bringing their families along to watch, knowing they were watching them achieve each week. It was an amazing to see these kids, grow, laugh, smile, challenge themselves, connect with others outside of home, take pride as Aboriginal children and build memories together that will last them a lifetime. The kids are very excited for next season, which will run in 2024. Please contact: Koori Kids Engagement Officer Nicole Cooper on 0499 820 320 if you have any questions or interest in playing next season. Thank you to everyone who made this great project happen!



WINYANBOGA GROUP FOR WOMEN UNDERWAY

CONGRATULATIONS to Minjaara Atkinson (Yorta Yorta) pictured below for being the successful entrant in the Winyanboga Art Competition. Our thanks and gratitude to all who entered - your artwork is amazing and your stories truly inspiring.



Minjaara's message:
Women's fighting Spirit and Strength -
Supporting each other.

We might all be from different Mobs, different walks of life and on a different path (surrounding the women) but we all come together and support and care for one another (our bloodstreams point to the same caring hand).



Winyanboga

"Group For Women"



Start Date:

4th October

When:

Every Wednesday
11am - 2pm

Njernda
Aboriginal Corporation

We will be starting a **10-Week** Women's program, our aim is to bring our local Indigenous Women together in a safe environment.

This program is focused on providing Cultural learning, and is directed towards Women who have experienced violence, trauma, are feeling isolated, or are seeking a safe social space to interact with other Women in our Community.

There will be plenty of yarning and activities for everyone to enjoy, such as Arts & Crafts with Aunty Neva.

Lunch will be provided for participants

Event Location:

Family Services - 103-107 Hare Street, Echuca
Transport available

Contact: Louise at Family Services - (03) 5481 0620

COMMUNITY NOTICEBOARD



YOU'RE INVITED

AFL Victoria would like to invite you to participate in our 2023 NAB AFL Auskick Carnival! A one day introduction event into Junior Football.

Indigenous Auskick Carnival

Sunday: 17th September

Time: 10am-1pm

Mercury Drive - Rumbalara FNC

Register via the QR Code below



INDIGENOUS AUSKICK CARNIVAL

YINYA MULANA WILL PROVIDE TRANSPORT, SNACKS AND LUNCH.

PARENTS/GUARDIAN VOLUNTEERS ENCOURAGED TO COME ALONG.

REGISTER AT NJERND A AUSKICK TRAINING.

NJERND A AUSKICK GOES TO MELBOURNE!

Our Auskick kids will play at half time during the Richmond v Carlton AFLW match at Ikon Park (Princes Park, Carlton) on Saturday 23 September!

Bus leaves the Youth Hub at 9am and returns approx 7pm.

Parents, guardians and volunteers encouraged to come along.



LIGHT SPIRIT HELPING OUR YOUNG PEOPLE KICK GOALS



Our Yinya Mulana program is looking for more young people aged 6-18 to get involved in its program of sporting, musical and Cultural education.

Yinya Mulana means 'light spirit' and is designed to create a safe space to engage children, young people and their family.

There is an emphasis on giving young people a sense of belonging in the community, building self esteem and developing personal skills.

The Yinya Mulana program is underpinned by principles of early intervention and prevention, self-determination and the importance of children, families and community in Aboriginal Culture.

Priority of access to support (transport, registration, uniforms, camps, etc) is given to children and young people, who are at risk of going into out-of-home care, live in out-of-home care, are affected by family violence or alcohol and drug use, and/or are currently clients of the Njernda Family Services team.

If you would like to learn more, contact our Youth and Family Services Officer Djaran Whyman on 5480 6252. Djaran and the team are ready to help thanks to this brilliant program!

BUILDING RESTORATION HAS US LOOKING FRESH

Ken and Adam from Holland JW Homes have been restoring the external brick mortar around the Family Services building (brick pointing), helping to restore and preserve the historical site.

The replacement of mortar will reduce the salt intake into the structure from the environment and prevent further breakdown of the building integrity. Once they have finished the external restoration, they will begin working on the internal walls that have been damaged due to the salt and moisture intake.

The team at Holland JW Homes have been working hard to complete their task, they always have a smile on their faces and say hello to staff whenever they are around. The building looks amazing and they have done a fantastic job. Keep up the deadly work fellas!



COMMUNITY NOTICEBOARD

- Age Groups U12 | U14 | U16 | U18
- For local Aboriginal Community
- ALL skill levels welcome!



GET STUCK INTO BASKETBALL THIS SUMMER!

REGISTRATION DAY AND BBQ

Yinya Mulana and Echuca Basketball Association
(Please note: A parent/guardian must attend with young person)

WHEN? FRIDAY SEPTEMBER 8, 2023 4 - 5pm

WHERE? At Echuca Basketball Stadium

MORE INFO? Djaran 0448 349 134

**Come for a shoot-around, some fun and a feed -
and get ready for season 2023-24!**

COMMUNITY NOTICEBOARD



KIDS' ONE-ON-ONE
GUITAR LESSONS
WITH MARK

MONDAYS AT THE YOUTH HUB
After school | Spots available 3.30 - 6pm
(For youth over 10)

**We Are
HIRING**

**AT BERRIMBA,
WE'RE
GROWING
BRIGHT
FUTURES...**

Want to
join us?



**EARLY
YEARS
MANAGER**

We welcome applications
for this position from all
qualified candidates -
Closing September 30)



Njernda
Aboriginal Corporation

NEW DATE

Our Njernda
**COMMUNITY
MEETING**
with
Interim CEO Mick Coombes
will now be held

Date:
Wednesday September 27, 2023

Time:
4.30pm - 6.30pm

Venue:
Njernda Youth and Community Hub
(34 Annesley Street)

MORE INFORMATION
Visit:
www.njernda.com.au
or contact
P: (03)5480 6252



Talk to us!

*As well as recruiting to available positions,
our Njernda HR team is always looking to
build our pool of talent.
If you're looking for a flexible*

**Part-Time or
Casual Role**

or you have

qualifications

*you think we can use at Njernda
we would love to hear from you.*

*Have a yarn with us:
E: jobs@njernda.com.au
P: (03) 5480 6252*



**OUR PHONE NUMBERS
ARE CHANGING...***

MEDICAL: **5481 0600**

CORPORATE: **5481 0610**

FAMILY SERVICES: **5481 0620**

YOUTH/WEELLBEING: **5481 0630**

BERRIMBA: **5481 0640**

YAKAPNA: **5481 0650**

NYINI GYM: **5481 0669**

**TO MAKE
IT EASIER
FOR YOU
TO GET IN
TOUCH!**



***From September 4**

CONTACT US:

Njernda Aboriginal Corporation
51 - 55 Heygarth Street Echuca (Corporate Office)
Phone: (03) 5481 0610
www.njernda.com.au

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