

December 2022 | Issue no.02

RUMBALARA COMMUNITY

NEWSLETTER



FLOOD RESOURCE

Have you seen our Flood Recovery Resource? Rumbalara has developed an information sheet with Flood Recovery supports. From financial help, to mental health assistance – we have you covered!

If you would like a copy, you can download this from our Facebook page, via email or collect a hard copy from Corporate Services. Please call 582000 00 or email chanoa.cooper@raclimited.com.au



The healing programme was formed from VACCHO's Culture & Kinship funding to develop a healthy Communities program. It was run at Rumbalara for a period of 8 weeks.

We had 5-8 participants over the period.

It included healthy lifestyle conversations and connection to culture, country and kinship through various activities. The Culture + Kinship project has been shortlisted as a finalist in this year's Social Impact Measurement Award (SIMNA).



NGALMIN YEPANYEPUK - HEAL

The Women's Health Day was held on the 15th September 2022. We had around 70 women who attended the day and had the opportunity to learn more about taking care of their health, participate in cultural activities and had a morning tea.

Talks were provided by Cancer Council Victoria and Breast Screen Victoria about regular screening, early detection and saving lives.



WOMEN'S HEALTH DAY



COMMUNITY CHRISTMAS

Rumbalara Community Christmas 2022

- BBQ dinner provided
- Arts & crafts
- Jumping castle & more



Tuesday 20th December



4:30pm- 6:30pm



Activity Centre, 95 Ford Rd, Shepparton

Terms & Conditions:

1. Registrations are required.
2. Unfortunately, we cannot accept registrations on behalf of other families. Individual registrations are required.
3. You and your child/children reside within the Rumbalara boundaries.
4. Each child needs to be registered in order to receive a small gift (Ages 0 - 13 years).
5. Please ensure you are there on the night to collect.

**Registrations close Thursday 15th December*

RAC CHRISTMAS BREAK

End of year break

As we near closer to the end of the year, we have planned for our days of operation and closure days. It has been a tough year and this short break will give staff an opportunity to have a well-deserved break over Christmas.

Last working day of 2022:
Friday 23rd December 12pm



The Jawun Secondment Program is an immersive secondment opportunity for public sector employees, managers and executives looking to gain valuable experience within an Aboriginal-led community organisation.

The secondment aims to equip leaders with thoughtful understanding of ongoing Indigenous community issues and encourage enriching, practical collaborations with the private sector which benefit the organisations and their communities.

The program is offered as either a six-week residential placement, or a virtual model enabling participation in Aboriginal community projects from their desktop.

Introducing Grant McKechnie from Endeavour Group.

Grant will spend approximately 6 weeks with Corporate Services to provide various supports regarding record management, IT and Communications.

Check out Grants Biography!

JAWUN SECONDEE - CORPORATE SERVICES



**GRANT MCKECHNIE
ENDEAVOUR GROUP**

I am a veteran of the Royal Australian Navy who believes life is to be enjoyed.

Married with a 19yr old daughter.

Currently rediscovering my passion for being in the bush, either Camping or Overlanding. Long time hobby of Astrophotography and cooking.

As I grow as a senior leader, I find a deep desire to assist others where I can whilst learning to continue to grow simultaneously.

I have found that within Endeavour, by stepping up and owning the challenges our team members face and having the influence to make a change, I have found new energy to improve the opportunities around me for those who want to take ownership of their own life outcomes.

I coach several people internally and within my professional network.

Over the past 10 years, I have focused my efforts on assisting young talent in developing skills to enter the sphere of cyber security, I have done this exclusively with people who do not have the pathway of High School -> University -> workplace and Jawun, would allow me to extend this to our first peoples.

I feel there is more in me to give to the community, and Jawun provides a vehicle that can allow me to further develop my leadership and also work towards the betterment of the indigenous community.

Current Role:
Chief Information Security Officer

Background in: 22 Years in Cyber Security - Unintended focus on building capability:

- Talent
- Technical Controls
- Leadership

JOIN OUR CASUAL BANK

If you are interested in working for Rumbalara, please go to our website www.rumbalara.org.au or call us on 58 200 000 and speak to our HR team.



MEET SOME OF OUR DEADLY STAFF...



JAMES WOODS

Workplace Health & Safety Co-ordinator |
People and Culture

What is your role?

Workplace Health and Safety Co-ordinator. Essentially try and keep RAC a nice safe place to work both on and offsite and improve employee Health and Wellbeing profiles and outcomes.

Where are you from?

Originally from Sydney, currently living in Mooroopna.

How long have you been with Rumbalara?

I have been with RAC for 4 weeks.

What are your passions?

All sports but especially golf, my family, coffee.

Why do you work for Rumbalara?

I hope that my skillset can make a positive contribution to staff and community safety and wellbeing.



JULIET LEOTA

Workforce Development Officer |
People and Culture

What is your role?

Workforce Development Officer / Workforce Development Team / People & Culture.

Where are you from?

I am a Kiwi Samoan from New Zealand with strong ties within the Pacific Island Community here in Shepparton/Mooroopna.

How long have you been with Rumbalara?

I accepted my appointment at Rumbalara in August 2022.

What are your passions?

Passions are Travelling, a huge foodie, and my family.

Why do you work for Rumbalara?

I am excited to be part of the expanding Rumbalara family and to learn about the different aspects of this unique and beautiful Culture and what we have to offer within our community.



LAURA STEVENS

Workforce Development Manager |
People and Culture

What is your role?

Workforce Development Manager

Where are you from?

I am of Albanian descent, I was born, live and have worked on Yorta Yorta Country my whole life.

How long have you been with Rumbalara?

I started on October 31st 2022. I have previously worked for Yorta Yorta Nation as the Corporate Services Manager for almost four years.

What are your passions?

Spending time with family and friends and having a laugh.

Why do you work for Rumbalara?

It is really important to me to feel that I can truly make a difference in my job and feel a connection to the role and its purpose, and I wanted to go back to a job that had a sense of community where I felt a purpose for what I could contribute. Being able to work with like-minded people at Rumbalara who could help me to continue to learn and develop for many years to come, is a rare opportunity that I am very grateful for.



FLOOD DISASTER OCTOBER

The towns of Shepparton, Mooroopna, Barmah, Cummeragunja and Echuca have experienced massive disruptions, due to the recent flood disaster.

Rumbalara Aboriginal Co-Operative members, community members and the wider community have been heavily affected by this.

As a result, Rumbalara's service delivery sites in Mooroopna, have been impacted – with water damage to our roads, buildings and infrastructure.

With our main sites impacted, Rumbalara quickly identified the need to continue supports to community.

With more than 90% of our staff directly impacted by the floods, Rumbalara has made its priority to provide emergency relief assistance to Aboriginal & Torres Strait Islander Community in this region.

In conjunction with DFFH – Aboriginal Self-Determination and Outcomes Division team, Rumbalara has been able to develop the following:

Emergency Assistance Hotline – This hotline has provided supports to community members to call in and speak with Rumbalara staff to identify their emergency needs. The Aboriginal Self-Determination and Outcomes Division team would coordinate all supports to successfully deliver to those community members, from food relief to welfare checks. This has been achieved with great supports from Tanya Garling and the DFFH team from the Aboriginal Self-Determination and Outcomes Division.

Pop-Up Clinic – Rumbalara Medical Clinic ran a temporary clinic based in Shepparton to provide emergency health care needs to community.

The pop-up clinic was fully operational within 48 hours as an additional emergency response.

The team were able to provide phone consults as their initial response, then leading to in-person GP/NP consultations.

Scripts, Medical supplies, home visits to Elders, medication drop-offs were successfully delivered.

“Working in a highly pressured emergency environment requires a lot of stamina, patience and flexibility as our staff have demonstrated this well. A big thank you and appreciation to the ASDO (Aboriginal Self-Determination and Outcomes Division) team for all of their support, working alongside us to support our emergency response to normal operations. A special mention to VACCHO (Victorian Aboriginal Community Controlled Organisation) and the Department of Health for the continued support with financial assistance with emergency services. A massive acknowledgement and thank you to all the Rumbalara staff, whilst managing the impacts to themselves and their homes – many staff continued to work, maintaining contact with their clients and community via phones messenger etc, until they were able to physically return to work”. – said Felicia Dean CEO.

As of Monday 31st October, Rumbalara Aboriginal Cooperative resume majority of our services at our Mooroopna site, including – Medical Clinic, Dental Clinic and Family Services.

All other office sites across Shepparton return to normal.



Following the COVID-19 pandemic to a natural flood disaster, Rumbalara has learnt very quickly how to respond and provide services in an emergency environment. We have learnt along the way and I commend and thank Rumbalara staff for their commitment to our organisation and community.

– Felicia Dean CEO.

JAPANESE ENCEPHALITIS

Japanese encephalitis is a virus spread by the bite of infected mosquitoes. It's more common in rural and agricultural areas. Most cases are mild. Rarely, it causes serious brain swelling with a sudden headache, high fever and disorientation. Treatment involves supportive care. A vaccine is available.



Treatable by a medical professional



Requires a medical diagnosis



Lab tests or imaging often required



Spreads by animals or insects



Short-term: resolves within days to weeks



Critical: needs emergency care

VACCINE SAFETY

Common side effects of Japanese Encephalitis Vaccine (JEV) vaccines are:

- pain
- tenderness
- redness
- swelling where the vaccine was given.

Fever may occur, more often in children. Headache or muscle aches

can also occur, mainly in adults. These side effects usually go away within a few days.

Severe reactions to JEV vaccine are very rare. As with any medicine, there is a very small chance of a vaccine causing a severe allergic reaction.

To get your vaccination, make a booking with Rumbalara Medical Clinic - 58200035 (Open Monday - Friday 9am to 5pm)

RETURNING HOME AFTER FLOODING

For those now able to return to your flood-affected properties, a timely reminder to do so safely.

Get your gas and electricity supply checked by a professional before turning them back on. Be careful of wild animals – rodents, snakes or spiders – that may have taken up residence in your absence.

Only drink water if you know it's safe, as it may have been contaminated.

Check for mould growth, which should be cleaned up prior to moving back in.

MOSQUITO CONTROL

A few Household hints:

- Clean up around your house; dispose of tins, tyres, bottles, buckets and other rubbish which may hold water, overturn boats to prevent pooling of water.
- Keep drains and roof guttering free of leaves and debris.
- Empty children's wading pools weekly.
- Install and maintain fly-wire screens on all windows and doors.

Lemon and cloves:

Mosquitoes detest the smell of cloves and all things citrusy. Cut two lemons into halves and press about five to six cloves into each hemisphere. Place these on a plate in your room and kiss those mosquitoes goodbye!



HAVE YOU HEARD OF THUNDERSTORM ASTHMA?

Thunderstorm asthma is when asthma symptoms are caused by ryegrass pollen allergy during springtime thunderstorms. Spring thunderstorm weather can cause pollen grains to burst into tiny pieces and the wind then blows them around us. When people with pollen allergy breathe in these tiny pieces of pollen, they can get deep inside the lungs and trigger an asthma attack.

Always carry your reliever inhaler.

Stay up to date with pollen counts and weather forecasts during spring and early summer so you know if a storm is coming. Just before and during storms with wind gusts, get inside a building or car with the windows shut and the air conditioner switched to recirculate/recycled.



MENTAL HEALTH FOCUS

Getting Started with Mindfulness

WHAT IS MINDFULNESS?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

Using mindfulness to benefit your mental well-being doesn't have to be hard if you practice, avoid pressuring yourself, and find a style that works for you.

Between hectic work schedules, gloomy newsreels, daily chores, and making time for friends and family, there's plenty of stress to go around. Anyone can benefit from simple strategies to cope with some of the pressure.

Not sure if mindfulness is worth your time? Or do you feel overwhelmed by the options out there?

Beginner's mindfulness doesn't have to be complicated..

Mindfulness has so many benefits — from helping relieve stress to improving overall happiness and life satisfaction. And there are plenty of ways to add this kind of practice into your life so you can have a little fun experimenting.

Mindfulness comes in many shapes and forms. If you're new to mindfulness, the many avenues available may give you decision fatigue.

One of the most commonly used approaches is mindful meditation.

The easiest way to engage in this technique is to sit in a quiet space with your eyes closed as you breathe slowly and deeply, letting thoughts come and go.

Some people can find it challenging to switch off, though. If that sounds like you, you may benefit from participating in guided programs.

PILLARS TO MINDFULNESS

- ✓ Acceptance
- ✓ Being non-judgmental
- ✓ Trust
- ✓ Patience
- ✓ Letting go
- ✓ Gratitude
- ✓ Not striving for a goal
- ✓ Generosity
- ✓ Having a beginner's mind

Know your rights!

Do you need support to:

- Be involved in decisions about your assessment, treatment and recovery and your rights in the mental health system?
- Have your views and preferences considered?
- Make treatment decisions?

IMHA is a free and confidential service for people who are receiving compulsory mental health treatment.

We can help you to have more say in your treatment and talk to you about your rights and other services that can help.

Contact IMHA to see how we can assist you

1300 947 820



IMHA advocates attend at this site regularly.

We will next be here:

Artwork by Mozart



HOME CARE PACKAGES

RUMBALARA POSITIVE AGEING & DISABILITY SERVICES

Are you having trouble paying bills?

Bring your bills (on your phone is okay) and we can give advice on your rights!

JOIN US FOR

BRING YOUR BILLS DAY

When:

Thursday 8 December 2022
11:00am to 3:00pm

Where:

North Shepparton Community and Learning Centre
10/14 Parkside Drive

We can help you with:

- ▶ Gas, water and energy issues
- ▶ Centrelink problems and debts
- ▶ Insurance issues after the floods
- ▶ Tenancy
- ▶ Payday lenders and pay advance
- ▶ Rent to buy
- ▶ Buy Now Pay Later (Afterpay, Zip etc.)
- ▶ Scams
- ▶ Debt Collectors
- ▶ Apply for the \$250 power saving bonus!

Lunch provided

Come early to receive give aways (limited)

"Looking for Work"

- ▶ Algabonyah Employment can assist you to find a job!

For further information, email
First Nations Engagement Lead:
jacqui@consumeraction.org.au



RUMBALARA
POSITIVE AGEING & DISABILITY SERVICES



Victorian
Aboriginal
Legal Service



Social
Security
Rights
Victoria



headspace can help young people 12 - 25 with:

- general health
- mental health and wellbeing
- alcohol and other drugs
- education, employment and other services

visit headspace.org.au



An Australian Government Initiative

1800 422 737
carergateway.gov.au



www.13yarn.org.au

Available 24/7

Confidential & anonymous

Aboriginal & Torres Strait Islander Crisis Supporters

"We're here to help, call us for a yarn"

13 92 76

13 Yarn is the first national support line for Aboriginal & Torres Strait Islander people in crisis. We offer a confidential one-on-one over the phone yarning opportunity and support with a Lifeline trained Aboriginal & Torres Strait Islander Crisis Supporter for mob who are feeling overwhelmed or having difficulty coping. We are here to provide crisis support 24/7 to enable our community to yarn about their needs, worries or concerns.



Available 24/7 across Australia from any phone

We listen, without judgement or shame



ABORIGINAL & TORRES STRAIT ISLANDER HEALTH CHECKS

Receive a \$20 Kmart voucher!



Proudly supporting

beyondblue

FOR INFORMATION OR ADVICE

1300 22 4636

www.beyondblue.org.au

Not feeling yourself?

It's ok to ask for help. 24/7 support is available

Coronavirus Mental Wellbeing Support Service
1800 512 348 | coronavirus.beyondblue.org.au

headtohealth.gov.au

headspace **1800 650 890**

Lifeline **13 11 14**

Kids Helpline **1800 551 800**

Suicide Call Back Service **1300 659 467**

ReachOut au.reachout.com

Speak to your GP about services funded under Medicare

health.gov.au

SMS4dads

Get tips, info & support



information

referral

family violence relationships mental health suicide prevention sexual assault COVID-19 all ages support

support

Call. Text. Email. support.information.referral

10am - 5pm 7 days a week

1800 729 367

0480 017 246

support@rainbowdoor.org.au

rainbowdoor.org.au

Rainbow Door

switchboard

Rainbow Door is connecting all LGBTIQ+ people to the support services we need.



OUR NEW BOARD MEMBERS

We are pleased to advise you that we have received nominations for the 2021/2022 Board positions.

There are 4 Board vacancies available, as the number of nominations received was no more than the number of positions to be filled there will be no Elections.

Please find the following names of the four nominees in no particular order and the details they have provided.

- Eric Egan
- Marie Barbance
- Aunty Pam Pederson
- Suzanne Nelson

SERVICE AREA UPDATES

Positive Ageing & Disability Services:

Case Management services will be closed for the Christmas period from Friday 23rd Dec – Tuesday 3rd Jan 2023. If you have an urgent issue and need your support service adjusted, please leave a voice mail on 5822 2866. Our voice messages will be monitored over the break.

For those that choose to continue your support services over the break, please contact your Case Manager. Our Case Managers will be contacting clients in the next week, to ensure those who still have showers, home care etc will be in place over the break.

AOD & Social Emotional Well-Being:

For community who are struggling with mental health over the Christmas period, Deb Dunkley (Dual Diagnosis Officer) is available to contact. Please call Deb on 04 77 010 910.

Elders Facility

Best Visiting times

9:30am – 11:30am
1pm – 4pm

Try to avoid visiting during lunch and dinner times unless you have a booking.

Lunch times 12pm–1pm
Dinner Times 5pm–6pm

Families need to book in to have lunch on 25th by the 20th December lunch at 12pm.

We ask families to be patient as there maybe no reception staff at staff times and Nursing and PCA team can get very busy.

Visitors restriction are subject to change depending on cases locally.

ALL VISITORS MUST RAPID TEST BEFORE ENTRY, WEAR MASK AT ALL TIMES.

Medical Clinic

Our Clinic will re-open on Tuesday 3rd January 2023 at 9am.

Justice & Community:

The phone number for community to call over the break for Justice and Community Services is 5820 0010. It will be a call and respond – there will be no staff available for call outs.

'The Orange Door' will be open for community for walk ins or call on 1800 634 245 and are located at 210 Corio St Shepparton, entry via the Kmart/Coles Carpark in Vaughan Street.

We wish all of the Community a Merry and Safe Christmas and we'll be back on the 3rd of January 2022.

Family Services

Koorie Supported Playgroup sessions will resume back to normal services on Monday 9 January 2023. This is a reminder that session on Monday and Fridays are held at the Harmony Building – Mooroopna site until further notice.

St Andrews Road Shepparton on Tuesday 11 January 2023 Wednesday sessions will be a different venue due to the school holidays, families will be notified of venue sessions.

Engagement and Family Services will provide an On Call roster throughout the Christmas break as we every year, the mobile number is: 0436395150.

BECOME A MEMBER

It takes just a few minutes to join Rumbalara Aboriginal Cooperative and get culturally appropriate care and support whenever you need it. As a community-controlled organisation, becoming a member allows you to contribute and have a say in how we operate.

To register as a member online, you must have a valid email address and your Certificate of Aboriginality.

Once your application is processed, it must be approved by the Board. You can expect a response within 6–8 weeks.

HOW TO APPLY

➤ Apply online – www.rumbalara.org.au

📍 Drop into Corporate Services and fill out a form

📄 Download the membership form from our website – email your application to contact@raclimited.com.au



EXISTING MEMBERS

To get the latest information and organisational updates, please let us know your email address.

Call the Corporate Office on 5820 0000 or email the Communications Team at chanoa.cooper@raclimited.com.au or natalie.visentin@raclimited.com.au



Heart Of Community | Holistic | Integrated | Respectful

We commit to work in partnership with individuals, families and community, to support them in achieving an optimal quality and standard of living. Through active partnerships we will strengthen Health & Culture. Our People, Our Way!

