

RUMBALARA COMMUNITY

NEWSLETTER

DECEMBER 2025 | ISSUE NO.12



RUMBALARA
ABORIGINAL CO-OPERATIVE LTD

WELCOME TO THE CHRISTMAS EDITION OF OUR NEWSLETTER

In this Christmas edition, you'll read a range of stories and updates from across our service areas, showcasing the ongoing work happening every day to support, our community. From health and wellbeing initiatives to youth programs and family services, our teams have continued to make a meaningful impact – and we're excited to share just a glimpse of that work with you.



We're also celebrating the spirit of the season with upcoming Christmas gatherings, community celebrations, and opportunities to come together, and spread a little extra cheer within our community.



Whether you're a community member, client, staff member, or supporter, thank you for staying connected with us throughout the year.

Wishing you all a safe, and happy Christmas – and a bright start to 2026!

Happy Reading!

Vic and Nat (Rumbalara, Communications and Public Relations)



CHRISTMAS MESSAGE FROM OUR CEO FELICIA DEAN



A CHRISTMAS MESSAGE

As we come to the end of 2025, I want to take a moment to reflect on the year we've shared as a community – a year filled with strength, pride and important milestones for community. Whilst there are many highlights, I've outlined just a few below:

Standing Strong Together in 2025

This year's NAIDOC theme, The Next Generation: Strength, Vision and Legacy, was celebrated across our community. It reminded us of the responsibility we all carry to guide, nurture and lift up our young people. Throughout the year, we saw countless examples of community leadership, cultural pride and the next generation stepping forward with confidence. To everyone who celebrated NAIDOC with us, thank you.



A Landmark Moment for Victoria

One of the defining moments of 2025 was the passing of the Statewide Treaty Bill. This is an historic milestone for Victoria and a powerful step toward recognition, truth-telling and justice for Aboriginal people. It honours our Ancestors, our Elders and the generations who fought tirelessly for change. Rumbalara will continue to walk proudly with community through this next chapter. I speak about this more in detail on page 3 of the newsletter.

Sharing Our Voice Nationally

Our staff also represented Rumbalara at the SNAICC National their presentations were warmly received. Their knowledge, professionalism and passion showcased the incredible work happening across our organisation every day.



Uncle Lance Retirement

In September, we gathered to celebrate the retirement of our much-loved staff member and respected Elder, Uncle Lance James. Uncle Lance has been a steady presence at Rumbalara for many years, offering not only his hard work but his wisdom, humour, and deep cultural knowledge.



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I hold very warm memories of Uncle Lance and the many ways he has guided and supported our organisation and community. His kindness, his gentle leadership, and his ability to bring people together have left a lasting imprint on all of us.

On behalf of Rumbalara, I want to extend my heartfelt gratitude to Uncle Lance. Thank you for everything you have done for our community. Uncle Lance will always be part of the Rumbalara family, and we look forward to the many moments of wisdom he will continue to share with us.



Our Rumbalara Team – Thank You

The 2025 year has been another big one, full of learning, teamwork, challenges, opportunities and significant wins. Without the dedication and commitment of our Rumbalara staff, none of this would be possible.

I'm looking forward to our End of Year gathering on Thursday 18th December. It's a chance for all staff to come together to acknowledge achievements, lengths of service and the year we've had.

Thanks, to all Rumbalara staff for everything they've contributed to the year. We will finish our year strong, and head into the New Year with purpose and a sense of excitement.

With Gratitude at Christmas



As we approach Christmas, I want to extend my heartfelt thanks to our families, Elders, the Rumbalara Aboriginal Co-operative Board, community members and partners. Thank you for your dedication and the way you continue to walk with Rumbalara through the challenges and celebrations.

I wish everyone a safe, restful and happy Christmas. We look forward to 2026 with hope, strength and a continued commitment to community, culture and connection.

Warm Regards Felicia Dean

TREATY BILL

Victoria Leads the Nation with Landmark Treaty Bill

By Felicia Dean, Chief Executive Officer, Rumbalara Aboriginal Co-operative

Victoria has made history. With the passing of the Statewide Treaty Bill, our State has taken an important and courageous step toward a fairer future. As CEO of Rumbalara Aboriginal Cooperative, I welcome this moment with both pride and hope.

For generations, our Elders, leaders and community members have carried the flame of self-determination. They have advocated, taught, guided and kept the vision of justice and recognition alive, often through immense challenge. This decision honours their work and their resilience.

Treaty is a pathway built on truth-telling, respect and partnership. It means sitting at the table together and making decisions about the policies, services and systems that impact Aboriginal people. It is about creating better outcomes in education, health, housing, employment and cultural wellbeing, outcomes that strengthen our entire state.

Here on Yorta Yorta country, our community knows the power of working together. Rumbalara Aboriginal Co-operative has long stood for justice, self-determination and healing, and this moment aligns deeply with those values. I am excited for our mob, for our organisation and for every Victorian who believes in a more just and inclusive future.



**An important and courageous step towards a fairer future
IMAGE: Photo courtesy of First Peoples' Assembly of Victoria**

This is the beginning of a new way forward. I encourage everyone, our staff, our partners and the broader community to take a moment to reflect on what Treaty means for you, and for the generations who will follow.

Congratulations to the First Peoples' Assembly of Victoria. We all have a role to play in Treaty. **Let's go Victoria**



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Notice of Rumbalara Aboriginal Co-Operative Annual General Meeting for the 2024/2025 Financial Year

DATE: Thursday 29th January 2026

TIME: 5:30pm (Doors will open for Registration from 4:30pm)

VENUE: Rumbalara Elders Facility 95 Ford Road, Shepparton

BOARD VACANCIES: There will be Three (3) Board Positions available for Nomination. (3 x 3 year terms)

NOMINATIONS: Nominations will be open from 9:00am Wednesday 26th November and close on Wednesday 17th December , 5:00 pm.

(no late applications will be accepted).

Nomination forms are available from Rumbalara Aboriginal Co-operative, Corporate Reception, 39 Archer Street, Mooroopna.

If you know someone that you think would contribute on the Board of Directors, please encourage them to apply.

Any queries please contact: Brad Farr - bfarr@auslect.com.au
or 1800 224 420

OR Katie Vandermeer katie.vandermeer@raclimited.com.au

****Please Note: You must be a registered Member to vote at an AGM**

Pursuant to the rules of the Rumbalara Aboriginal Co-Operative Ltd, Australian Electoral Company has been appointed as the returning Officer for the January 2026 Board Elections - Brad Farr - bfarr@auslect.com.au or 1800 224 420

Reminder to update your addresses, to keep up to date with the

Join Us for the Victorian Apology Screening

On **Tuesday 9 December**, the Victorian Government will deliver an Apology to First Peoples for the profound harms inflicted on our peoples by the State and colony – both historic and ongoing.

The Apology is a key recommendation of the Yoorrook Justice Commission and was agreed to in the first **Statewide Treaty**, recently signed into law.

This moment is important. It is because of the collective strength and activism of **our Community** that we have been able to achieve **truth and Treaty**.

The Apology will take place during a special sitting of Parliament Victoria, and we want to ensure our community can **stand together, celebrate, and witness this moment**.



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EVENT DETAILS:

Rumbalara Aboriginal Co-operative warmly invites our community to come together for the screening of the Victorian Apology. This important event provides an opportunity for reflection, connection, and celebration of our community's strength and resilience.

Date: Tuesday 9th December 2025

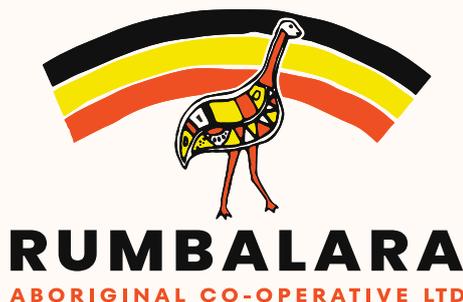
Time: 10.30am for Morning Tea
11.00am Livestream commences

Venue: Rumbalara Harmony Building, 20 Rumbalara Road
Mooroopna

RSVP: Yasmar by 12.00pm Monday 8th December
Yasmar.Lovett@raclimited.com.au or 0408 050 481

Enjoy a light morning tea while we watch the livestream together. Elders, community members, and staff are all welcome.

*Let's come together to acknowledge the past,
honour our culture,
and support each other as we move forward.*





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CELEBRATE **TREATY for Victoria**

Save The Date

Friday 12th December 2025

*Stay Tuned for For
More Details*

**Register your interest to join us in Melbourne
by emailing contact@raclimited.com.au
or phone 5820 0000**



TEAM UPDATES &

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MESSAGES



COMMUNITY CHRISTMAS CELEBRATIONS



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BE THERE WITH JINGLE BELLS ON

Community Christmas

GATHERING

16 DECEMBER, 2025

4:30PM UNTIL 7:00PM

KIDSTOWN - MIDLAND HIGHWAY, SHEPPARTON
PEPPERCORN AREA

REGISTER YOUR CHILD/CHILDREN FROM 0-12 YRS OLD
TO RECEIVE A GIFT FROM SANTA



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This event is for Aboriginal and Torres Strait Islanders mob and their families

go to the link <https://forms.office.com/r/Risw4FcKCP>

HELPING DRIVE CHANGE AT RUMBALARA ABORIGINAL CO-OPERATIVE

Meet two people making a significant difference at Rumbalara Co-operative



Shannon Firebrace
Cultural Operations Manager

Shannon Firebrace's journey with Rumbalara is one of dedication, loyalty and growth. He began in 2020 as a Food Services Assistant at Rumbalara's Elders Facility, a role that became especially meaningful during the Covid pandemic. Delivering meals to Elders wasn't just about food – it was about connection. "I could see my visits meant something," Shannon recalls.

That experience sparked a passion that has guided Shannon's career ever since. Over time, his commitment and leadership saw him progress to his current role as Cultural Operations Manager. In this position, he ensures that cultural safety is at the heart of every program and decision at the Elders Facility. For Shannon, the role is an opportunity to grow and give back. "I've been given opportunities to develop my career while doing extremely important work, connecting with and respecting our Elders," he says. "They carry so much wisdom and knowledge. Being surrounded by that daily strengthens my own understanding of tradition, culture and community – something I hope to pass on to my children."

When asked what advice he would share with others on their career journey, Shannon keeps it simple: "Believe in yourself – because you can do anything."



Shaneka Dooly
Team Leader, Galnya Yarka

Over the past two years, Shaneka has worked tirelessly to advocate for families, connect them to vital services and ensure children remain connected to their culture.

Her passion and dedication have not gone unnoticed. Earlier this year, Shaneka stepped proudly into the role of Team Leader, a position she sees as both a privilege and a responsibility. "Supporting children and families is something I take very seriously," she says. "It's about care, understanding, and walking alongside them on their journey."

For Shaneka, some of the most rewarding parts of her work include building capacity within families, maintaining connections, and giving a voice to those who need to be heard. But what Shaneka values most is the environment Rumbalara has provided. "This is a wonderful place to work," she reflects. "I've had opportunities for career advancement and mentorship, and I feel truly connected to the people and the vision of the organisation."

Proud of her culture and community, Shaneka is committed to continuing her leadership journey—supporting, guiding, and walking alongside families with care and respect.



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Rumbalara Co-operative Leading provider of community-controlled, whole of life services that support, honour and respect First Nations People

rumbalara.org.au



call 5820 0000



RUMBALARA

A COMMUNITY OF CARE & CULTURE

Rumbalara Aboriginal Cooperative is more than just a service provider, it is a vital part of the community, built on the strength, resilience, and traditions of First Nations people. For generations, Rumbalara has been a place of belonging, offering culturally safe support that uplifts and empowers our people. From health services to housing, justice programs and aged care, Rumbalara ensures that community members receive the support they need in a way that respects their culture and identity. And as of November 1st, we are also part of the new **Support at Home Program** which is a new aged care funding system.

At the heart of our aged care services is the **Rumbalara Elders Facility**, a place where our Elders receive high-quality care while remaining connected to culture, community and Country. The facility is more than just a home, it is a place where Elders can share their knowledge, be surrounded by familiar faces, and receive care that honours their individual stories and traditions.

Honouring Our Elders with Quality Care

Our dedicated team works every day to provide compassionate, culturally safe care. This includes personal and clinical support, as well as activities that promote wellbeing and connection. A key focus this year has been **cultural care planning**, ensuring that each Elder's journey is respected and recorded in a way that reflects their identity and heritage.

Our kitchen staff play a crucial role in this care, preparing healthy meals with love and dedication every single day of the year. Even during major upgrades to our kitchen facilities, they ensured that Elders never went without, demonstrating the resilience and commitment that define Rumbalara.

Investing in the Future of Aged Care

We have secured funding for programs like the **Elder Care Support Program** and a **First Nations-specific aged care assessment initiative**, allowing us to better meet the needs of our community.

A Legacy of Strength and Longevity

The impact of Rumbalara's care is evident in the lives of our Elders. While the government estimates First Nations life expectancy at **71 years**, we proudly support community members who are thriving well beyond this. Among those in our care, **eight Elders are over 90, 40 are over 80, and 109 are over 70** which is testament to the power of culturally safe and community-driven care.

Advocating for Change and Better Support

Despite our successes, we continue to navigate challenges. Government aged care standards often lack flexibility, making it difficult to provide the personalised, culturally safe care our Elders deserve. Funding limitations also impact the level of support available.

The new **Support-At-Home Program** started on 1st November. This change presents both challenges and opportunities to help community members stay at home as they age. It aims to improve access, secure more appropriate funding, and create a more responsive aged care system. Rumbalara will continue to advocate for a system that promotes self-determination, supports choice, and understands the unique needs of First Nations elders.

Join Us in Celebrating and Supporting Our Elders

Rumbalara is more than a service, it is a home, a family and a place where culture and care come together. To those who may not know about our work, we invite you to learn more, celebrate our Elders, and stand with us as we continue to provide the best possible care for our community.

Aboriginal and Torres Strait Islander Aged Care Assessment Organisations

A small number of Aboriginal and Torres Strait Islander organisations are delivering culturally safe, trauma-aware aged care assessments. This is part of a pilot to better support Elders and older Aboriginal and Torres Strait Islander people to access aged care services that meet their needs and Rumbalara is proud to say that we are one of these three pilot sites!



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OUR LOCATIONS

Corporate Services (Head Office):
39 Archer St, Mooroopna

Justice & Community Services:
368-370 Wyndham Street, Shepparton

Medical Clinic & Dental Clinic: 20 Rumbalara Rd, Mooroopna

Housing and Homelessness Services & Engagement and Family Services: 141-179 Echuca Road, Mooroopna

NEW Seymour Offices Now Open (by appointment only): 65 Anzac Ave, Seymour

rumbalara.org.au

Call 5820 0000

Rumbalara Elders Facility:
95 Ford Rd, Shepparton

Woongi Unit (Drug & Alcohol):
170 Knight Street, Shepparton

Positive Ageing & Disability Services:
Main Office: 95 Ford Rd, Shepparton
NDIS: 71 Numurkah Rd, Shepparton
Swan Hill: 12 Rutherford St, Swan Hill

UNCLE LANCE RETIREMENT

During September our much loved staff member and Elder, Uncle Lance James retired. We celebrated this milestone by coming together to share stories and fond memories of Uncle Lance's time with Rumbalara.

Thank you Uncle Lance for everything you have done for our community. We know he won't be a stranger and will continue to share with his wisdom with us.





HEALTH AND WELLBEING TEAM

MyMedicare

Rumbalara Medical is focusing on MyMedicare registrations! We'll be encouraging all patients to register as part of our check-in process at reception. Signing up to MyMedicare helps us provide better, more coordinated care, making it easier for our team to understand your health needs, plan your ongoing care, and connect you with the right services when you need them.

Important Christmas Closure Reminder

Rumbalara Medical will be closed from **12:00pm on Monday, 23 December 2025**, and will reopen on **Monday, 5 January 2026**.

Please make sure you book ahead for your repeat prescriptions or appointments before we close, as we won't be available during this period.

Contact Details for Other Medical Services While We Are Closed

Nurse-on-Call

1300 60 60 24

Shepparton Priority Care

For urgent, non-emergency care
Opening Hours: 7 days a week, 8:00am – 10:00pm
Enquiries: (03) 5823 3132

Victorian Virtual Emergency Department

vved.org.au



**FOR EMERGENCIES OR
IF YOUR SITUATION IS LIFE-THREATENING,
PLEASE CALL TRIPLE ZERO (000).**



HEALTH AND WELLBEING TEAM

Dental Update

Congratulations to Trahnae Bamblett on successfully completing her Certificate III in Dental Assisting and becoming a qualified dental assistant! Trahnae joined our team as a casual employee four years ago and became a full-time trainee in 2023. A fantastic effort—well done, **Trahnae!**

Book now for school holiday appointments.

On behalf of the dental team, we would like to take this opportunity to wish all our community and families a very Merry Christmas and a safe New Year.



Pictured: Trahnae Bamblett



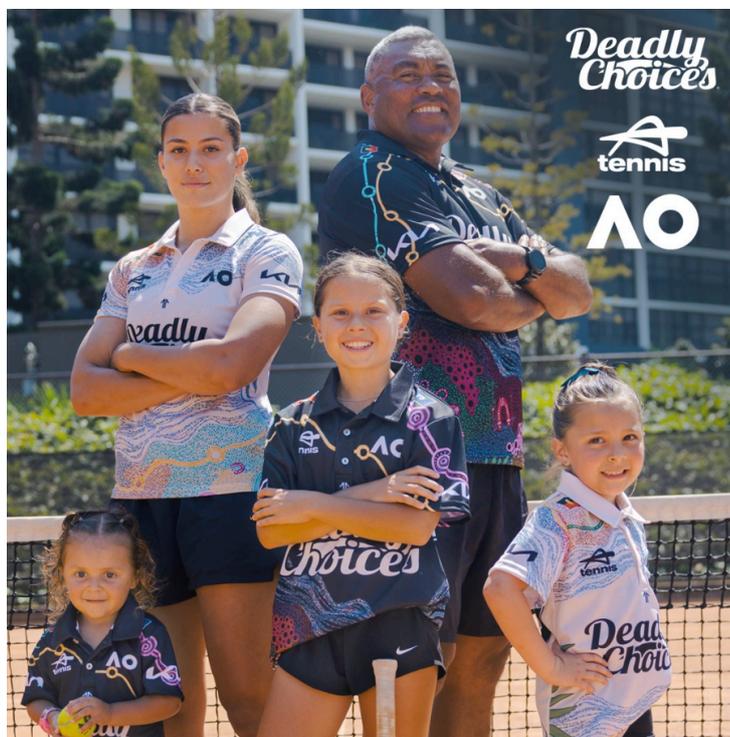
HEALTH AND WELLBEING TEAM

Deadly Choices Competition

Keep an eye on our Facebook page for details on our exciting **Deadly Choices competition!**

By completing your **715 Health Check**, you'll go into the draw for an amazing **Australian Open Tennis** experience.

Don't miss out!



Appointment Reminders

- In the past few months, our medical clinic has seen a **BIG number of 'Did Not Attend'** appointments – time when patients didn't show up and didn't cancel
- If you can't make it, **please call and cancel (03) 5820 0035**



HEALTH AND WELLBEING TEAM

my **medicare**



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my **medicare**

We encourage all patients to sign up for MyMedicare.

As part of our check-process, our medical reception team can assist you with signing up to provide a consent form for you to complete.

my **medicare**

What is MyMedicare

My Medicare is free and optional. It lets your GP and clinic know you see them regularly, so your care is better and easier to manage. Seeing your GP often and registering can help you stay healthy and get the care you need.

Why it Matters:

- Helps your GP provide better, more consistent care
- Makes it easier for your care team to keep your health records up to date
- Gives you access to longer appointments, telehealth visits and care supported through Medicare
- Enables our clinic to provide co-ordinated, efficient and supported services

my **medicare**

Important Facts

- Your information stays private and secure
- MyMedicare is designed to make healthcare simpler, smoother, and better for both you and our clinic
- Our team can help you register

We Can Help

- Please see our reception staff if you'd like to register or learn more about the benefits of MyMedicare
- Talk to us today when you next visit our clinic or call us on 5820 0035



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my **medicare**

For More Information
Call Us 5820 0035

HEALTH AND WELLBEING TEAM

Rumbalara GP Mobile Van – Visiting Seymour

Our GP Mobile Van will be in Seymour on:

DATE: Friday 12 December

TIME: 10.00am – 3.00pm

LOCATION: 65 Anzac Avenue, Seymour

Call our Medical Reception Team to book your appointment:
(03) 5820 0035

Our reception team can assist you with registration and answer any questions you may have.

All new Aboriginal and Torres Strait Islander community members are welcome to sign up as new patients.



FAMILY SERVICES

The **Dhurra Program** of the Pathways Program at Family Services has been running weekly since August 2025. This initiative is part of the Better Futures Community Connector program.

Yorta Yorta language is incorporated throughout the cooking space, including the display of magnets, place cards, and labels, as well as the use of language cards and the Yorta Yorta phone app for conversation points during mealtime discussions.

Bush tucker ingredients, such as wattleseed, quandongs, and various native spices and herbs, are incorporated into recipes and taste tests. Young people aged 14–20 have enjoyed sampling kangaroo meat and cooking a variety of recipes, including kangaroo steak, johnny cakes, and curried sausages.

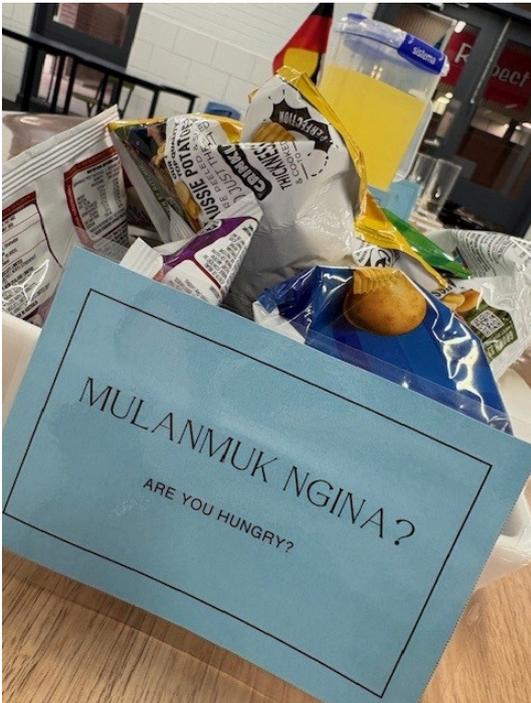
Participants are given recipe books to take home, featuring the recipes they have prepared with the facilitators. Various Family Services staff are rostered to assist in the program as co-facilitators. Staff particularly enjoy Wednesdays, as they often get to taste the delicious food cooked by the young people. Through this program, we have witnessed young people's sense of community and cultural connectedness continue to grow, alongside the development of their independent living skills.

The program continues to evolve, with the Pathways Team working on future opportunities such as:

- Developing a herb garden
- Inviting elders in residence to share family recipes
- Creating cookbooks for all Family Services programs to utilise
- Hosting special guests to share food together



FAMILY SERVICES

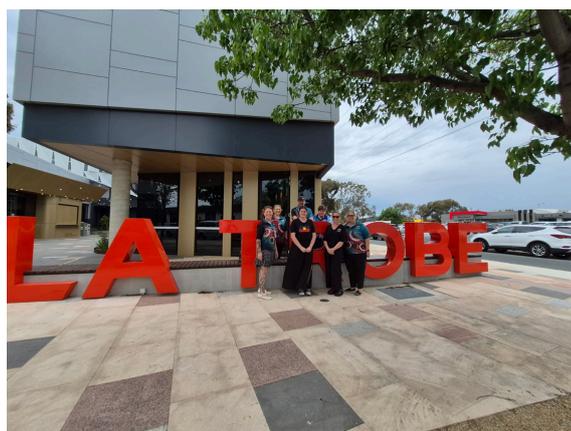


FAMILY SERVICES

Pathways Team Building Activities:

During October, the Pathways Team completed a team-building activity with a visit to the Latrobe University Indigenous Services Unit. The visit included a campus tour led by Jacinta Traianidis and afternoon tea. This provided staff with an opportunity to engage together off-site and to foster aspirations that can be passed on to the young people they work with.

In November, the Pathways Team participated in a Christmas Wreath-Making activity. This session allowed us to welcome the festive season together and create keepsakes for our homes. It also served as preparation for a planned activity with young people on 1 December, where we facilitated a Christmas wreath-making session for participants across the TCP and Better Futures programs.



JUSTICE SERVICES

As we head into the Christmas season, we encourage our community to stay tuned to the RAC Facebook page for important updates, including details about our upcoming school holiday program, delivered by the Youth and Justice team in the new year.



Pictured: Areaka Bamblett

We're excited to share a program update: a warm congratulations to Areaka Bamblett on her successful appointment as our Aboriginal Youth Justice Worker. A proud Yorta Yorta woman, Areaka brings youthful energy, strong community connections, and a deep commitment to supporting our young people. We're thrilled to welcome her to the team and look forward to the positive impact she will have within our community.

Exciting progress is underway on the creation of our new Youth Hub, thanks to the energy and vision of local young people. Through a collaborative co-design process, they've been shaping everything from the layout of the space to the cultural activities they want to see come alive in the hub. Their ideas—rooted in creativity, identity, and community—are helping ensure the hub truly reflects the voices it aims to serve.

In recent weeks, young volunteers have rolled up their sleeves to help refurbish the old building that will soon become their home base. From repainting walls to rejuvenating the gardens, their hands-on work is transforming the site into a welcoming, vibrant place for cultural expression, learning, and connection. We're proud to see the next generation leading the way, and we can't wait to share more milestones as the Youth Hub continues to take shape!

"Local young people are leading the design and transformation of Rumbalara's new Youth Hub, ensuring it truly reflects their voices, culture, and community."



JUSTICE SERVICES

WELCOME TO NEW STAFF

Rumbalara Justice and Community Services would like to formally welcome new team members:

Angelina Moore - Team Leader
Gavin Morgan - Men's time-out worker

Also please welcome to The Orange Door, Dungala Team:

Casey Giles - HUB practitioner



We warmly welcome our new team member and are grateful to have them join our growing Rumbalara community.

A GOOD NEWS STORY

AYSS received a referral for a young person who expressed a love for kayaking. With the support of Youth and Justice, AYSS, and a KESO worker, we assisted the young person to register for this year's Massive Murray Paddle.

This was a fantastic opportunity for the young person to spend time out on Country, connect with other Aboriginal and Torres Strait Islander youth from across the state, and be supported by mentors



The young person really came out of his shell, engaging with other youth at the event—something he had never done before due to anxiety and fear of being bullied. The most exciting moment came when he had his first opportunity to paddle on the Murray. He even volunteered to paddle the longest leg of the event (39.5 km)..

When he finished, he had a smile from ear to ear. He said he was sore but loved every minute and couldn't wait to volunteer for the longest leg the following day.

This young person had previously been closed off from the world, and seeing him having the time of his life is a powerful reminder of why the Massive Murray Paddle is such a valuable program for our youth.

A young person found confidence, connection, and cultural pride by taking part in the Massive Murray Paddle—proving how powerful this program is in supporting our youth to thrive.



RUMBALARA

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Aboriginal-led Fathering Program For Aboriginal Men – Strengthen Your Family Skills

What We Offer:

- Support for fathers in building strong relationships with their children
- Family violence education and awareness
- Cultural connection and learning

Program Details:



Commencing Thursday 15th January 2026
10 week program, one day per week



10.00am – 2.30pm



Harmony Centre, 20 Rumbalara Road, Mooroopna
Some activities will be held offsite



**Come along, connect with other dads, and strengthen
your parenting journey!**

Contact Details



Scott or Ty at Justice & Community Services 5820 0010



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SUPPORTS & CONTACTS

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AT CHRISTMAS





RUMBALARA
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Health & Wellbeing Mental health Supports

GOULBURN VALLEY HEALTH MENTAL HEALTH SERVICES

Community-based support, counselling, and crisis response for people experiencing mental health challenges.

 **(03) 5832 2222**

 gvhealth.org.au

SHEPPARTON FAMILY CARE

Family-focused services including mental health support, counselling, and assistance for parenting, relationships and more.

 **(03) 5821 2600**

 sheppfamcare.org.au

HEADSPACE SHEPPARTON (AGES 12–25)

Youth-friendly counselling, programs, and support services for young people navigating mental health, relationships, and life stuff.

 **147 Wyndham St, Shepparton VIC**

 **(03) 5820 5900**

 headspace.org.au/shepparton

BEYOND BLUE

Support and resources for anxiety, depression, and general mental health. You can call for a chat, access info, or join forums online.

 **1300 22 4636**

 beyondblue.org.au

Lifeline Australia – 24/7 Crisis Support

Free, confidential support for anyone in emotional distress or at risk of suicide—available any time, day or night.

 **13 11 14**  lifeline.org.au

 **You're never alone.**

Whether it's big or small, personal or work-related—there's support that understands you. Reach out when you need.  



Christmas for Those Alone



GV COMMUNITY
- 2025 -

— CHRISTMAS —
LUNCHEON
FOR THOSE ALONE

THURSDAY 25 DECEMBER

11AM - 2PM
The McIntosh Centre, Shepparton Showgrounds
All are welcome!

Enquiries, Bookings & Volunteers

Phone: 0456 125 237

Email: cftavolunteer@gmail.com

Facebook: Christmas For Those Alone

Sponsors



Proudly Hosted by - Christmas for Those Alone Inc.



Food relief in the Goulburn Valley



FOOD ASSISTANCE PROVIDERS

Shepparton Family & Financial Services

1 Naomi St, Shepparton T: 5831 7755
Mon - Fri, 10am - 4pm

Caroline Chisholm Society

15a St Andrews Rd, Shepparton T: 5821 0826
Emergency supplies - clothing, nappies, formula etc.
Assistance for children up to 10 years.
Mon - Fri, 9.30am - 12.30pm. Apts after 12.30pm

SalvoCare Shepparton

99 Nixon Street, Shepparton T: 8873 5288
Mon, Tue, Thur, 10am - 4pm (call at 9am for apt)

St Vincent de Paul Society Shepparton

290 Wyndham Street, Shepparton T: 5821 0317
Mon - Fri, 10am - 12pm

South Shepparton Community Church

15 St Andrews Road, Shepparton T: 0408 738 967
By appointment

South Shepparton Community Centre

290 Archer Street, Shepparton T: 5821 6172
Mon - Fri, 9.30am - 2.30pm

The Salvation Army Kyabram Doorways

24 Unitt St, Kyabram T: 5853 2684
Servicing Kyabram & district.
By appointment

St Vincent de Paul Society Mooroopna

2 Northgate Street, Mooroopna T: 5825 1888
Call to make an appointment
Tue, Wed, Fri, 9am - 11am

Family Haven

15 - 17 Young St, Mooroopna T: 0428 736 961
For families only. Tue - Thu, 10am - 2pm

Rumbalara

20 Rumbalara Rd, Mooroopna T: 5820 0000
ATSI clients only. *Mon - Fri, 9am - 4pm*

Generations Op Shop

119-121 Hogan St Tatura T: 5824 3059
Mon - Fri, 10am - 4pm

Shalom Worship Centre Merrigum

116 Waverley Ave, Merrigum M: 0429 866 478
Tue & Wed, 1pm - 4pm, or call/text

Shalom Worship Centre Girgarre

10 Morgan Crescent, Girgarre M: 0409 510 871
Please text for assistance

Girgarre Community Cottage

27 Olympic St, Girgarre T: 5854 6482
Mon - Thu, 10am-3pm

Euroa Foodshare

1A Clifton Street, Euroa T: 0491 721 024
By appointment

Euroa Christian Fellowship

Old School House, Clifton St, Euroa
T: 0402427955
By appointment

Murchison Neighbourhood House

23 Impey Street, Murchison T: 5826 2373
Mon-Wed and Friday, 9am-3pm

Love In Action Broadford Living & Learning Centre

58 High St, Broadford T: 0473 845 808
Assistance for the Broadford community in need
Mon - Thu by apt or Fri collections, 11am - 2pm

📞 0432 517 329

📍 45 Toolamba Rd, Mooroopna VIC 3629

Food relief in the Goulburn Valley



COMMUNITY MEALS PROGRAMS

Mooroopna Education & Activity Centre
23 Alexandra St, Mooroopna T: 5825 1774
\$8 per meal - 2 courses
Tue, 12pm - open to all
Bookings necessary

St Vinnies GV Region
Old Mooroopna Hospital
Fri, 12pm - 1pm

Family Haven
15 - 17 Young St, Mooroopna T: 0428 736 961
Lunch - For families only
Tue - Thu, 12pm - 1pm

Murchison Neighbourhood House
23 Impey Street, Murchison T: 5826 2373
Mon & Wed, 12 noon - open to all
\$5 per meal - 2 courses

The Salvation Army
99 Nixon St, Shepparton T: 5821 2666
Gold coin donation appreciated
Wed, 11.45am - 1.30pm

People Supporting People
Lutfiyes Shish Kebabs
338 Wyndham Street, Shepparton.
Mon - Fri, 4pm - 5pm

- 📞 0432 517 329
- 📍 45 Toolamba Road, Mooroopna VIC 3629
- ✉ info@sheppartonfoodshare.org.au
- 🌐 sheppartonfoodshare.org.au
- 📱 /sheppartonfoodshare



Compiled by Shepparton Foodshare.
Subject to change without notice,
correct as at March 2023



JUSTICE SERVICES

A Reminder to Our Community

Your safety and wellbeing matter. If you or someone you know is feeling unsafe or needs support, help is available anytime.

If you are in immediate danger, call **000**.

Support Services

Safe Steps Family Violence Response Centre

24/7 crisis support and emergency accommodation

1800 015 188

13YARN

24/7 crisis support for Aboriginal and Torres Strait Islander peoples

13 92 76

Brother to Brother (24-hour Crisis Line)

Culturally safe, non-judgmental yarning space

1800 435 799

The Orange Door

Local family violence, child, and family wellbeing support

1800 634 245 (Business hours)

Victorian Aboriginal Legal Service (VALS)

Legal support for Aboriginal and Torres Strait Islander people

1800 064 865

Djirra

Support for Aboriginal women experiencing family violence

1800 105 303 (Business hours)

Lifeline

24/7 crisis counselling

13 11 14

Please note: Rumbalara's Justice and Community Services office will reopen on Monday, 5 January 2026.



**EMERGENCY CONTACT INFORMATION OVER
CHRISTMAS PERIOD**

Medical:

GV Hospital – 58 322322
Nurse on call – 1300 60 60 24

All other emergencies call 000



CHRISTMAS CHEER ASSISTANCE 2025



Salvo Care Christmas Toy Drive

Registration closes: 11 December 2025

Where to register: Salvo Care, 99 Nixon Street, Shepparton

Days: Monday, Tuesday, Thursday

Time: 10:00 AM – 2:00 PM

Requirements: Healthcare or Pension card

Eligible ages: 0 – 17 years

Collection Details

- Date: 17 December 2025
- Location: 99 Nixon Street, Shepparton

Food Vouchers

- Available from: 18 December 2025
- Location: 99 Nixon Street, Shepparton



RUMBALARA
ABORIGINAL CO-OPERATIVE LTD

CRAFTS, PUZZLES & RECIPES

DECEMBER 2025 | ISSUE NO. 1





WORD SEARCH

C	A	N	D	Y	C	A	N	E	R	D	C
H	X	L	P	N	H	F	H	O	S	T	S
J	P	I	C	A	R	O	L	S	I	R	T
I	O	U	N	T	I	L	O	T	C	I	O
N	M	Y	M	G	S	A	N	T	A	C	C
G	S	J	U	M	T	O	H	K	I	K	K
L	T	B	G	S	M	E	R	R	Y	O	I
E	L	F	B	O	A	N	D	K	R	T	N
R	R	P	R	E	S	E	N	T	S	E	G
P	T	R	A	E	I	C	T	T	R	I	S
D	F	C	O	N	F	H	S	A	A	E	N
R	E	I	N	D	E	E	R	X	Y	E	E



- | | | | |
|------------|--------|----------|------|
| CANDY CANE | JINGLE | CAROLS | JOY |
| CHRISTMAS | SANTA | REINDEER | ELF |
| STOCKINGS | MERRY | PRESENTS | TREE |





CHRISTMAS SPOT THE DIFFERENCE

There are 5 differences.



CHRISTMAS RECIPES IDEAS

ROAST CHICKEN WITH HERBS

Ingredients

- 1 whole chicken or chicken thighs
- 2–3 tbsp olive oil
- 2–3 garlic cloves, minced
- 1–2 tsp dried or fresh rosemary
- 1–2 tsp dried or fresh thyme
- Salt and pepper to taste
- Optional: lemon, onion, or veggies for roasting



Step-by-Step Instructions

1. Preheat Oven – 180°C (350°F).
2. Prepare Chicken – Pat dry; optionally stuff with lemon or onion.
3. Season – Mix olive oil, garlic, rosemary, thyme, salt, and pepper; rub all over chicken.
4. Arrange – Place in roasting pan; optionally add chopped vegetables.
5. Roast – 45–60 mins (thighs 35–45 mins) until juices run clear and internal temp is 75°C (165°F).
6. Rest – Let sit 5–10 mins before carving.

EASY CHRISTMAS BISCUITS

Reindeer Biscuits

Ingredients

- 20 mini star-shaped pretzels
- 10 red M&M's
- 20 candy eyes
- 10 Tim Tam biscuits
- 50g dark chocolate, melted, cooled



Make Reindeer Biscuits: Using picture as a guide, attach pretzels, M&M's and candy eyes to Tim Tam biscuits using melted chocolate. Refrigerate until set.

CHRISTMAS CRAFT MAKING

SNOW GLOBE

Materials Needed

Small mason jars with lids

Tiny figurines (Christmas trees, Santa, animals, etc.)

Hot glue or strong craft glue

Water

Glycerin (optional, helps glitter float)

Glitter or fake snow

Ribbon or decorations for the lid (optional)

Step-by-Step Instructions

1. Prepare the Lid

Take the lid off your mason jar.

Glue your tiny figurine to the inside of the lid using hot glue or craft glue.

Let it dry completely so it's secure.

2. Fill the Jar

Fill the jar almost to the top with water.

Add a few drops of glycerin if using (this slows the glitter from falling too fast).

Add a pinch of glitter or fake snow.

3. Attach the Lid

Carefully screw the lid (with the glued figurine) onto the jar.

Make sure it's tight to prevent leaks.

4. Test Your Globe

Turn the jar upside down and shake gently.

Watch the glitter swirl around your figurine like snow!

5. Decorate the Lid (Optional)

Tie a ribbon around the jar's neck.

Add small pinecones, tiny ornaments, or stickers for extra festive flair.



CHRISTMAS CRAFT MAKING

BAUBLE MAKING

Materials Needed

- Clear plastic or glass baubles that open in half
- Fillings: glitter, fake snow, tiny beads, sequins, pinecones, dried flowers, confetti, or shredded paper
- Ribbon or string for hanging

Step-by-Step Instructions

1. Open the Bauble

- Take your clear bauble and gently separate it into two halves.

2. Add Fillings

- Choose what you want inside. Examples:
 - A pinch of glitter or fake snow for a snowy effect
 - Small beads or sequins for sparkle
 - Tiny pinecones, dried flowers, or other natural items
 - Confetti or shredded Christmas paper for color
- Use a small funnel or a folded piece of paper to make filling easier.

3. Close the Bauble

- Carefully snap the two halves together so nothing spills out.

4. Add a Ribbon or String

- Thread a ribbon, twine, or string through the top loop of the bauble.
- Tie a knot or bow to secure it.

5. Hang and Enjoy





RUMBALARA
ABORIGINAL CO-OPERATIVE LTD

OUR LOCATIONS & CONTACTING US

DECEMBER 2024





Our Locations



Justice & Community Services

368-370 Wyndham St, Shepparton
(03) 5820 0010

Medical Services

20 Rumbalara Rd, Mooroopna
(03) 5820 0035

Dental Services

20 Rumbalara Rd, Mooroopna
(03) 5820 0080

Engagement & Family Services

141-179 Echuca Rd, Mooroopna
(03) 5831 2010

Woongi unit (AOD & Mental Health)

170 Knight St, Shepparton
(03) 5831 2010

NDIS - Positive Ageing & Disability Services

CNR Numurkah Rd & Graham St,
Shepparton (03) 5822 2866

Swan Hill- Positive Ageing & Disability Services

62 Campbell St, Swan Hill
(03) 5032 1580

Elder's Facility

95 Ford Rd, Shepparton
(03) 5820 6200

Public Intoxication Response

73 Numarkah Rd, Shepparton
(04) 7709 3055

Housing & Homelessness

141-179 Echuca Rd, Mooroopna
(03) 5822 5670

Seymour Corporate

65 Anzac Ave, Seymour
(03) 5800 0000

Starritt Rd Farm

455 Starritt Rd,
Mooroopna North West

Corporate Head Office

39 Archer St, Mooroopna
(03) 5820 0000



Connect with us



Give us a call

Corporate Services (03) 5820 0000



Visit us

Corporate Services

39 Archer Street, Mooroopna VIC 3630



Visit our website

www.rumbalara.org.au



Follow us on Facebook

Rumbalara Aboriginal Cooperative



Follow us on Instagram

[rumbalaracoop](https://www.instagram.com/rumbalaracoop)



Find us on LinkedIn

Rumbalara Aboriginal Cooperative





End of Year Closure

Rumbalara Aboriginal Co-operative will be closed from 12:00pm on Tuesday, 23 December 2025.

Re-open Monday 5th January 2025 from 9am

If you require assistance, please reach out to us before **Tuesday, 23rd December.**



Rumbalara Team





MERRY Christmas & A HAPPY New Year

Wishing you a Merry Christmas and a safe and happy New Year, filled with laughter, love, and the cherished company of those dear to you

*From all the Team at
Rumbalara Aboriginal Co-
Operative*



RUMBALARA
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RUMBALARA COMMUNITY
DECEMBER 2025 NEWSLETTER

NEWSLETTER



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