



RUMBALARA
ABORIGINAL CO-OPERATIVE LTD.

September 2022 | Issue no.01

RUMBALARA COMMUNITY

NEWSLETTER



Smoking Ceremony - Flag Raising Event

NAIDOC Week 2022

This year's NAIDOC theme for 2022 was - 'Get Up! Stand Up! Show Up! Rumbalara held 3 consecutive events; The first event being the Flag Raising Ceremony held at the Mooroopna Site on Monday 4th July. This event saw up to 200 community and community connected members attend. Our CEO - Felicia Dean, was our MC for the day. In addition, we had Cheryl Bourke do welcome to country, followed by Michael Bourke's dance group. This year, our guest speaker featured Levi Power (Treaty Victoria) and Brady Jones (A.K.A Bricky B - Lyricist/Rapper) who performed two powerful poems that reflected the connection to his cultural roots.

Elders Luncheon

The Rumbalara Elders luncheon was also held on Monday 4th July at the Activity Centre - Ford Road. The afternoon event catered a 3 course meal for up to 100 attendees. We had our Elders from the Facility, Independent Living Units, Elders from the Community and their loved ones. The event kicked off with a 'Welcome to Country' by Cheryl Bourke, featuring some didge playing by Sonny Cooper.

We're thrilled to have had Maddi Walker (Musician) perform some classics, whilst playing the guitar. Towards the closure of the event, we drew up to 13 raffle prizes - that contained various gifts and pental soaps. Congratulations to our winners!



Maddi Walker (Musician) - Elders Luncheon



Carnival Rides - Family Day

Family Day

On Thursday 7th July, we had our Family Fun Day, which was held at our Mooroopna site. We had roughly 400 community members register and up to 700 people attend - making this year's Family Day, the biggest one that Rumbalara has held so far. The event included Jumping Castles, Animals, Face Painting, Carnival Rides and many more activities. On the day, we had a number of Rumbalara Staff that volunteered their time to facilitate the day - which our Executive Team helped to cook the BBQ lunch. It was a fantastic effort from the staff. Thank you to all of the vendors and the support that was provided on the day.



Health & Wellbeing Staff (NAIDOC Week 2022)



Message From Executive Manager – Kelli Bartlett

Hi Community Members,

I am the New Executive Manager of Health & Wellbeing at Rumbalara. I am a Yorta Yorta Woman from Echuca, with strong connections to family and mob around the Shepparton area. I have many years of experience in working in Aboriginal Health and hope that I can add value to your already amazing community services currently offered.

Over the next 6 months you will see some quality changes to services provided which will include:

- More culturally safe services and practices
- Extended consultation times to include 4pm & 4.20pm appointments
- An increase to and more permanent GP workforce
- An increase of Aboriginal workforce within the clinic, reception and other health services
- Provide clinic placement opportunities for Aboriginal Nurses and Health workers

- Increase in allied health services delivered
- Increased Health promotion & community health days
- Improved community feedback processes

"Working in conjunction with the Management Team we hope we can implement these improvements to ensure services are meeting the health needs of our community to a high standard."

OUR DATA – For July

Total Number of patients:

2219

New Aboriginal Patients:

11

Patients Seen:

925

Transport Delivered:

625



Clinical Hours & Specialists Clinic

Clinic Hours Monday–Friday 8.45am–5.00pm

Appointments 9.00am to 4pm

General Practitioners (GP's)

Dr Robert Shepherd

Dr Chris Brown

Nurse Practitioner

Vanessa Murphy (F)

Community Health Nurses

Aboriginal Health Practitioner

Medical Care & Services

Antenatal Care Women's Health

Men's Health

Children's Health & Immunisations

Chronic Disease Prevention &

Management Including Health

Promotion, Diabetes Education, Weight

Management

Mental Health

Visiting Specialist

Diabetes Educator

Maternal & Child Health Nurse

Midwife

Paediatrician

Endocrinologist

Obstetrician/Gynaecologist

Dietitian

Psychologist

Psychiatrist

Saturday Clinic

We are excited to have our trial Saturday clinics underway!

9am-1pm

Saturday 20 August

Saturday 3rd September

Saturday 10th September

Saturday 17th September

Saturday 1st October

We will be offering phone consultations or Face to Face consultations with a Female GP. Saturday clinic can be booked through reception Mon-Friday To book an appointment on Saturday call the mobile 0438057949 (please don't call the clinic on Saturday)

Unfortunately, transport cannot be provided at this time.





“I was the first one to take the vaccine. I encourage all community to have theirs to keep our families and children well. It is important for the safety of all. Please choose to do the right thing for the community.”

- Uncle Lance James

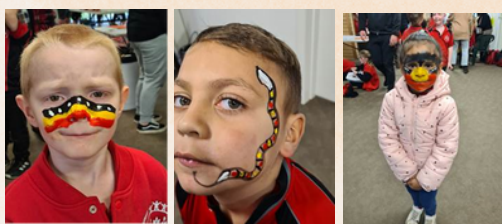
Woongi Unit



Woongi Unit & Justice Services had taken the Men's Group out to Barhma to get clapsticks & done a coolamon.



Woongi, Positive Ageing & Disability Services & REF, ran their weekly women's group in the activity centre & done artwork & sharing stories.



Woongi & Empowering Women program got together to deliver the Children's Day on the 4th of August.

Chronic Care

Are you aware that there is support for you a family member or friend living with a chronic disease?

The Integrated Team Care (ITC) is a program which supports Aboriginal & Torres Strait Islander people with Chronic Health conditions, have easier access to health care. ITC can provide transport to and from appointments, pick up medications from the pharmacy, fund medical aids and allied health specialist consultations.

To be eligible:

- You identify as Aboriginal or Torres Strait Islander.
- Have a Chronic Condition diagnosis such as Diabetes, Cardiovascular disease, Respiratory disease, Cancer, a mental health condition
- Have a GP management plan or team care arrangement.

For more information and support please contact the Chronic Care team at Rumbalara Health Service on 58200035.

ANFPP

The ANFPP program is an evidence-based nurse home visiting program for first time mother who are pregnant with an Aboriginal or Torres Strait Islander baby.

ANFPP aims to achieve:

- Improved pregnancy outcomes in
- Improved outcomes in child health and development
- Improved parental life -course

If you would like to know more about this program you can email anfpp@raclimited.com.au or call 0358200022.

ANFPP office is located at 20 Rumbalara Road Mooroopna.

Women's and Children's Health Program

The Woman's and Children's Health program is based at Rumbalara Medical Center, providing a number of services to community. With the aim of delivering culturally safe, responsive and high-quality care that meets the unique needs of Aboriginal Women, Babies and their Families.

Koorie Maternity Services

- Visiting Midwife - Attends every second Tuesday
- Culturally appropriate/Holistic Ante Natal care
- Tailored and intensive support for women and families experiencing vulnerability
- Education sessions
- Transport
- Hospital tours/visits
- Access to the Burri Birthing room at GVH
- Birthing Support
- Belly Casting
- Rumbalara Birth Certificate

Pediatric Clinics

- Dr Herath- Visiting Paediatrician Once a month

Maternal and Child Health

- Yolanda Kerr-Visiting Maternal and Child Health Nurse- Every Thursday Afternoons

Obstetric and Gynecology

- Dr Malanie- Visiting Obs & Gynno- Attends every second Tuesday

Kathy Atkinson 8:45am-3:00pm

Susan Beckhurst 9:00am-5pm



Meet some of our deadly staff...



Tahlia Hexter

NDIS Liaison Officer | Positive Ageing & Disability Services

I am a proud Yorta Yorta woman. I have been working at Rumbalara for 4 months.

I am passionate about helping people reach their goals in life and making someone's day feel a bit brighter.

My favourite part of working for Rumbalara is that I get to do what I'm passionate about, I also get to work with the best people, the community, family and friends.

Rumbalara has given me so many opportunities to strive in life and for that I will always appreciate and respect rumbalara.

Cheryl Bourke

Cultural Advisor

I am a proud Yorta Yorta and Djadjawurrung woman.

My role is the Cultural Advisor at Rumbalara Aboriginal Cooperative in Mooroopna. I am passionate about helping my people, my community and giving back. I also enjoy practicing my crafts.

I am highly connected to Rumbalara. My family grew up on the Mooroopna flats.

I work here for my people, my family and this community.



Kyle Burdett

Oral Health Therapist | Dental Clinic

I am an Oral Health Therapist with the Dental Team at Rumbalara. I grew up in Melbourne, but I have a Scandinavian background, my Mother is Danish.

I started my position with Rumbalara in March after being offered the job when I was doing university placement in 2021.

After doing 4 weeks of placement in dental in 2021, I was offered a job within the team. I thought about the great experience that I had during my time here on placement.

The decision was easy. I have a great connection with the team here and that also helped my decision.





Mary Dean

Receptionist | Corporate Services

I am a proud Yorta Yorta woman.

I have been working at Rumbalara for 11 months as a Full-time Receptionist with Corporate Services.

My favourite part of working for Rumbalara is that fact that I am able to support and give back to my community.

I have a strong connection with the Rumbalara.

My Great-Grandmother - Mary James, was one of the founding members of the Cooperative.

Steven (Freddy) Morrison

IHSY/Community Engagement Support Officer | Housing

My name is Steven Morrison, better known as Freddy.

I am a proud Yorta Yorta and Waddi Waddi Man.

I have been with Rumbalara for 2 and a half years as the IHSY (Innovative Health Support for Homeless Youth)/Community Engagement Support Officer in Housing.

I enjoy working for Rumbalara and this community - it has taken me 5 years to get to where I am today!



Naomi Singh

Dental Assistant/Receptionist | Dental Clinic

I am a proud Yorta Yorta and Gunnai Kurnai woman.

I have been working at Rumbalara for 10 over years as a Dental Assistant & Receptionist. I first started working for the Dental Clinic in 2011.

I enjoy working for the community and helping them to meet their healthcare needs.

I've been using Rumbalara services my whole life - since I was a child... and now I work here.



We're Hiring

We are looking for passionate individuals to fulfil our Full-time and Casual positions. Call our HR team today on 5820 0000.

PATHWAY TO OUR CASUAL BANK



Create a resume

Create a resume. Include any working experiences you may have, including your subjects at school. Places such as Ganbina, Rumbalara Football Netball Club or your school can help you create a resume.



Police Check & WWC

You will need to go online and obtain a National Police Check and a Working With Children's Check. We can support you with this.



Submitting Your Resume

You can contact our friendly staff and have a yarn about how to submit your resume. We can also discuss what casual positions are available and what you might be interested in. Call 58200 000 today!



Job Ready

You are now job ready! Your casual position can lead to a full-time position with Rumbalara. We like to invest in our community to gain qualifications whilst working for us. Find out more today.

Current Job Vacancies

- Trainee Accountant - New Position
- Workplace Health & Safety Coordinator
- Case Manager - Home Care Packages
- People & Culture Officer
- Team Manager - Public Intoxication Health Response
- Aboriginal Family Violence Practitioner
- Female Local Justice Worker
- Aboriginal Family Violence Cultural Healing Practitioner
- Vocational Register (VR) General Practitioner

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.



Bonney Atkinson (Support Worker) & Donald Buxton

Supporting independent living into the future

THE Home Care Packages Program provides older people who want to stay at home with access to a range of ongoing personal services, support services and clinical care that help them with their day-to-day activities.

The program is part of the Australian Government's continuum of care for older people in Australia, providing services between the Commonwealth Home Support Program and residential aged care. Commonwealth funded Home Care Packages are one of the ways that older Australians can access affordable care services to get some help at home.

They are designed for those with more complex care needs that go beyond what the Commonwealth Home Support Program can provide: Home Care Packages can be an option if you need a coordinated approach to the delivery of your help at home - perhaps because you need help with many everyday tasks, or the care you need is more complex or intensive. Rumbalara Aboriginal Co-Operative has been providing Home Care Packages in Northern Victoria and New South Wales along the Murray River for over 20 years. We have a strong focus on delivering culturally specific Home Care Package services to our Indigenous Community and in the last few years we have commenced broadening our services to include Community connected individuals.

For more information call 5822 2866 to Speak to the Home Care Package Manager Samara Mackay.



Rumbalara Cultural Tours

For any Cultural Tour Bookings, please contact Corporate Receptionist - Mary Dean on 5820 000.

Please note: Bookings require 3 weeks bookings in advance.

Speak with our friendly staff today about tour packages.

**Ask your mob,
your way,
RU OK?**

“ I said,
'What happened?
Any time you want
we can go out for
a coffee, just to
chat. **You can tell**
me how you feel if
you want to.' ”

Kirk
Arrernte





Justice & Community Services

Finally, after 6 months, our new Justice & Community Services Office is now open to community. Located at 368-370 Wyndham St Shepparton.

Justice & Community officially opened their doors on Monday 25th July 2022.

Current hours are 9:00am - 5:00pm from Monday - Friday.
Phone: 03 5820 0010.

Our staff are excited and looking forward to people coming in - whether it's for a yarn, information, or for services. We welcome all!



Health Update - To Keep Our Mob Safe

Maximise your protection with a fourth dose of COVID-19 vaccine!

Get your custom designed shirt, collaborated with Yarli Creative - when you get your Covid or Flu Shot.

Rumbalara Health Service is committed to the Australian National Immunisation Program Strategy.

Our aim is to close the gap, keep our community healthy and to remove barriers by encouraging and educating mob get vaccinated.

We are committed to stop the spread.

All Rumbalara Medical patients may be asked to wear a face mask upon arrival.

Face masks are strongly recommended.

Contact Reception on 58200035 to book in for your flu or COVID shot!

Family Services

Newly Developed Program:

Putting Families First is a pilot program and is being led by Rumbalara Family Services in partnership with OzChild, FamilyCare and The Bridge Youth Service.

The aim of the program is to work Aboriginal and Non - Aboriginal clients across the four agencies that targets females who are leaving prison, young people who are subject to Youth Justice Orders, or have been involved with the justice system in the past twelve months.

All referrals are voluntary, and received from Department of Justice Community Services and/or Corrections and Youth Justice.

We aim to support our clients and their families in a culturally safe environment - to transition back to their homes, with support offered to the entire family.

The PFF team consists of - A Team Manager, six Lead Practitioners and two Community Connectors who are located across the four agencies, including Rumbalara Family Services.

The Lead Practitioners will be responsible for the Case Managers, supported by the Community Connectors who ensure families are connected to their community, provide hands on support, and build relationships with the families.

If you would like to make a referral or would like further information, please call our **Engagement and Family Services team on (03) 5831 2010.**



Medical Update

If you have an appointment with Rumbalara Medical Clinic, please ensure you arrive 5 minutes prior to your appointment. If your circumstances change, please contact reception on 5820 0035 as soon as its possible.

Thank you for your cooperation.

Mental Health Focus

Tips and Tools

Everyone feels down, fed-up, miserable or sad from time-to-time. These feelings don't typically last longer than a few weeks, and they don't impact too much on our lives. This is natural and often a response to having a bad day or hearing sad news.

"Sometimes these feelings can just come out of the blue. We can often cope with them ourselves or with support from our family or friends."

Here are some tips to help to get you back on track:

Look after your body

Getting enough sleep, eating well, exercising regularly and avoiding harmful levels of alcohol and other drug use can reduce your stress levels and help you cope with your everyday life.

Stick to your routine

Try to resist the urge to stay in bed all day. Keeping up your daily home and work routine can help to take your mind off your worries.

Keep a diary

Make a list of the things you'd like to get done each day, and cross them off as you do them. Try and focus on doing things that are positive or make you feel good. If you don't get everything done, it doesn't matter, there is always tomorrow.

Value yourself

Treat yourself with respect and kindness, and try to avoid self-criticism.



Dana Program

Youth support to transition back to work or school

YARKA DANA (CHILDREN'S PATHWAYS)

Dana in Yorta Yorta language meaning 'Pathway' or 'Road'. The Children and Schooling program helps disengaged students transition back to school, other education, or simply become active in their community. This program targets young children from Prep to Year 8.

DJIBAUGA DANA (YOUTH PATHWAYS)

Djibauga Dana is a short course to provide young people life skills to live independent lives, coaching them to set goals no matter how small - one step at a time. This program targets those who are in Year 9 - Year 12.

Get in touch



0437 340 025 - Monty Walker
ann-louise.walker@raclimited.com.au

Some of our activities:

ART

Students will use a variety of mediums including painting with acrylics and traditional ochre on rocks, bark paper and canvas. We also create sculpture with clay, wire and paper mache.

READING

Practicing reading and developing foundations - Through partnerships with the schools and learning in a culturally safe environment students will practice these skills through the use of computer programs.

MATHS

Cooking and measuring, through singing and rapping learning to count and remember their times table, playing games and understanding money and the value of it and learning to tell the time.

MEN'S BUSINESS

Men's business is time spent with men and learning through their mentorship. Boys will spend time with male mentors learning different skills that complement both the student and mentor.

WOMEN'S BUSINESS

Woman's business is time spent with woman and learning through their mentorship. Girls will spend time with female mentors learning different skills that complement both students and their mentors.

NANGARNA HOMEWORK CLUB

Nangarna homework club operates 4 days per week and provides fellowship amongst their peers in their age groups. Students come from a variety of schools and is a space where they are supported by their community to complete their homework.

Men's Group

The Rumbalara Woongi Unit and Positive Ageing & Disability Services Men's Group, is open to all Aboriginal community or connected community members. Over the next 8 weeks, the group will be doing a range of woodwork activities from didgeridoos, clap sticks and boomerangs making. Please note All equipment and Lunch will be provided.

Transport

Available for community living within Shepparton and Mooroopna areas.

Transport will commence from 10am - 11am

Registration

Please contact:

Glen McCormack
0439447823
glen.mccormack@raclimited.com.au

Kevin Golden
0488900670
kevin.golden@raclimited.com.au



Woongi Unit - Men's Group Participant



Woongi Unit - Men's Group Participant



'Bringing Them Home'

Program Information

Did you know we offer supports to members of the Stolen Generation?

We provide support for Aboriginal & Torres Strait Islander people to:

- Assist with reparation forms
- Join a support group that supports our Stolen Generation
- Healing, social supports and connect to legal advice
- If you require support to returning to Country

Contact Bringing them Home Worker Leanne Sangster – 0437 886 507
Woongi Unit – Shepparton

Women's Group

In collaboration with The Woogni Unit and Positive Ageing & Disability Services, we are running a weekly Women's Group for all community members.

Lunch Provided | Art therapy | Weaving | Crafts & More

Activity Centre - 95 Ford Rd (Some day out trips on country)

Please Contact:

Leanne Sangster
0437 886 507

Debbie Dunkley
0477 010 910

Tina Ripper
0438 770 135

17 years and over | transport is available.



Aunty Hilda Knowles – Art Day

STRONGER TOGETHER

ruok.org.au/strongertogether

RUOK?
A conversation could change a life.





From the Editors

On behalf of The Communications and Public Relations Team, we would like to thank you for reading our first Community Newsletter for 2022.

Our small team is made up of 2 representatives - Natalie Visentin (Communications Officer) and Chanoa Cooper (Communications & Public Relations Officer) with hope to grow in the near future. We both have a combined 13 years of working for Rumbalara, and we are excited to share this issue with you.

Our intent, is to produce more content and information, to ensure the community is updated on our latest news and programmes.

Watch this space!

-Natalie & Chanoa

Rumbalara Social Media

Did you know we have social media?

Our comms team are working to create more content to share with you!

Make sure you like and follow us on:

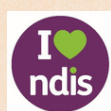
- Facebook (@rumbalaracoop)
- Instagram (@rumbalaracoop)
- LinkedIn (@rumbalaracoop)

And tell us what you want to see! Contact Communications & Public Relation to: Chanoa Cooper (Manager) at chanoa.cooper@raclimited.com.au or Natalie (Communications Officer) natalie.visentin@raclimited.com.au

“

WE WOULD LIKE TO HIGHLIGHT THE GREAT WORK THAT RUMBALARA IS DOING.

**We respectfully acknowledge our Elders past,
present and emerging for their knowledge,
wisdom and legacies that continue to drive us
as we walk the path towards positive health &
wellbeing impacts.**



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!

