

March 2023 | Issue no.03

RUMBALARA COMMUNITY

NEWSLETTER



FLASH GLUCOSE PILOT STUDY – EVALUATION BBQ IN MOORoopNA ON YORTA YORTA COUNTRY

The Flash Glucose Study team (photo on the left) came together with Rumbalara Aboriginal Cooperative to thank all who contributed to the Flash Glucose Study (photo on the right).

Throughout the pandemic and floods, 40 Aboriginal community members with type 2 diabetes trialed flash glucose monitoring (a wearable diabetes sensor) for 6 months to optimise their diabetes.

The most powerful moments of the BBQ were study participant reflections;

“sensors allow me to understand diabetes because they’re pictorial...we are pictorial people”
“providing sensors gives us the power we need for our health”

This MRFF funded pilot study with the Rumbalara community has now enabled a nationwide NHMRC funded study to be conducted. The FlashGM Study is currently being run across 17 study sites around Australia with the aim of recruiting 350 Indigenous people with type 2 diabetes on injectable diabetes medications.

It’s hoped that the study data from both studies will inform health policy and clinical practice so Indigenous communities impacted by diabetes have access to the tools they need to manage their diabetes.





NURSE STATION

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 People & Culture team.

pathway
to our
casual
bank

WE ARE EXPANDING!

As an Aboriginal Community Controlled Health Organisation (ACCHO), we are seeing an increase of services and funding from government – so we can offer holistic care to our community. Due to this, Rumbalara are developing more roles for our mob as we are rapidly expanding!

JOIN US TODAY!



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.



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.



I have been working for the Australian Government for the past 5 years.

As the Australia Electoral Commission Privacy Officer, I manage a small team to respond to internal and external privacy incidents, provide advice on privacy law, and develop programs to improve personal information management.

Prior to working at the Australian Electoral Commission, I was a:

- Lawyer at the Australian Government Solicitor, specialising in resolving and managing tax disputes and litigation, and
- Policy Officer at the Department of Finance developing governance policy and legislation.

Prior to working for the Australian Government, I was working in private legal practice for 2 years. During this time, I also completed an internship at the Office of the United Nations High Commissioner for Human Rights in Switzerland. I love travelling and experiencing new places. I moved to Brisbane with my fiancé three years ago for the never-ending summer.

During the week, I will either be playing rugby or cooking up a big dinner for friends. On the weekends, I love going to the beach with my dog (named Cujo), camping, going on hikes or checking out the latest restaurants.

During the 2022 federal election I had the opportunity to work in the Northern Territory. I learnt about the regions I was working in, made some great friendships and explored as many sights as I could. I thoroughly enjoyed my experience in the Northern Territory, and it ignited my passion for working in community. This is what led me to apply for a Jawun secondment.

I have been working with Neil (Executive Manager of People and Culture) to develop a number of organisation wide policies for Rumbalara covering salary banding, conflict of interest, complaints management and privacy. I am passionate about raising awareness of privacy issues and the importance of protecting personal information. I hope to bring my experience in developing policies to manage organisational risk, legal expertise, and passion for working in community, to my secondment at Rumbalara.



JAWUN SECONDEE
CORPORATE SERVICES

MELAHNI DEAN

Current Role:
Senior Government Lawyer and AEC Privacy Officer, Corporate Law
(Legal Services Section, Australian Electoral Commission)

APOLOGY BREAKFAST

On February 13th, Shepparton Region Reconciliation Group facilitated the annual 'Apology Breakfast' at Queens Garden in Shepparton.

It was great turn out with approx. 250 attendees - which included, Rumbalara Board & Staff, Community Members, ASHE Students, Council Members, High School and Primary Students & the Wider Community.

Javis Atkinson, presented a speech about the Stolen Generation and how it has impacted our community. If you would like to watch the 'live stream' video, go to our facebook page: @rumbalaracoop



Azem Elmaz



Suzanne Nelson (Left) & Shelly Norris (Right)



Wilfred Stewart



Dierdre Robertson (Left) Aunty Pam Pederson (Right)



PUBLIC HOLIDAY

Rumbalara will be closed over the Easter long weekend.

We will be closed on:

- Good Friday 7 April 2023
- Easter Monday 10 April 2023
- ANZAC Day 25 April 2023



COMMUNITY YARN

Hume Action Group Community Yarning

The Hume Action Group will be hosting the first yarning day on **19 April 2023 from 12.00 to 1.00pm.**

Come along and meet the Hume Action Group Members and have a yarn about ways we can assist community in reducing family violence. Come along have a yarn with us food and drinks will be available at the Shepparton Lake.



CENTRELINK REPORTING

You can use your Centrelink online account through myGov to do any of the following:

- report your income
- view your reporting dates for the next 12 weeks
- change some of your appointments
- apply for an advance payment
- request a document.

You can also use our Express Plus mobile apps and phone self service.

You can still report your income, even when closed. However, if you do this on a public holiday you will be paid after the public holiday.

You can view your reporting dates 12 weeks in advance online.

You can do this in your Centrelink online account through myGov or the Express Plus Centrelink mobile app.

If you don't have one, you can create a myGov account. You can still report your income, even when closed.



WE'RE HERE TO SUPPORT YOU!

Do you need support so you can live independently in your home?

Do you care for someone who needs support to live independently at home?

You may be eligible for supports through Rumbalara Positive Ageing and Disability Services.

WHO ARE WE?

Rumbalara Positive Ageing and Disability Services (PADS) provides culturally appropriate care and support services to people living in their home.

We are a registered NDIS provider and an approved provider of Home Care Packages.

OUR PROGRAMMES & SERVICES

- National Disability Insurance Scheme (NDIS)
- Home Care Packages (HCP)
- Commonwealth Home Support Program (CHSP) - above 50's
- Home and Community Care Program for younger people (HACC PYP) - below 50's
- Assessment Services
- Social Activities
- Support with Shopping
- Transport
- Home & Gardening Maintenance
- Household Tasks
- NDIS Support Co-ordination
- Home Care Package Case Management



Meet some of our deadly staff



LEE JAMES

Farm Manager – Starratt Rd Mooroopna

Lee is a proud Yorta Yorta man who manages the Starritt Road Farm in Mooroopna.

Lee has been working for Rumbalara for around 7 – 8 years!

Lee has 3 trainees under his wing. By supporting these young Aboriginal men, they develop skills for regenerative farming, bee-keeping and core business skills as part of a Certificate III in Horticulture (Regenerative Farming).

Lee's focus is about farming and food production for now and for the future where climate change and other factors impact food sustainability.



MINJAARA ATKINSON

Connected Beginning's Worker – Health & Wellbeing

Minjaara is a proud Yorta Yorta Woman and is our Connected Beginning's Worker for Health & Wellbeing.

Minjaara can assist with the following:

- Immunisation catch up/schedules
- Annual Health Checks
- Providing culturally appropriate/ongoing support
- Onward referral to allied health services and medical specialist for support
- Developmental check and age milestones
- Support at appointments and health/education meetings
- Linking to preschool education and enrolments to school
- Work towards achieving school readiness

For more information or if you would like to register, please call 5820 0035 or Email minjaara.atkinson@raclimited.com.au



BELINDA MOORE

Diabetes Educator – Medical Clinic

Belinda works within our Health Service every Thursday's and Friday's as our Diabetes Educator.

Belinda has a wealth of experience in Paediatric Nursing, Midwifery and Diabetes Education.

She is currently studying whilst working with Aboriginal and Torres Strait Islander community with type 2 diabetes across Australia. The study aim's to identify if Flash Glucose Monitoring sensors enhance glycaemia, prevent complications and reduce the burden of diabetes management.

If you would like to book an appointment with Belinda, please call medical reception on 5820 0035!







Rumbalara Family & Engagement Services


KOORIE SUPPORTED Playgroup


REGISTER NOW

Koorie Supported Play Group invites Parents, Grandparents and Caregivers with children from 4 years and under to come and join in our friendly, culturally safe environment for you and your child. Come and share your ideas - we'd love to see you at our Play Group!

 **Monday's - 10:00am to 12:00pm**
Rumbalara Aboriginal Co-Operative
Harmony Centre
20 Rumbalara Rd, Mooroopna

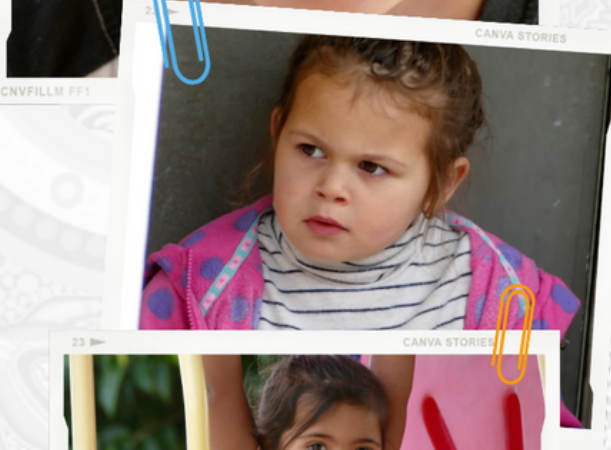
 **Tuesday's - 10:00am to 1:00pm**
St Andrews community centre
15A St Andrews Rd, Shepparton

 **Wednesday's - 10:00am to 1:00pm**
Gowrie St Primary School
169-173 The Blvd, Shepparton

 **Friday's - 10:00am to 1:00pm**
Rumbalara Aboriginal Co-Operative
Harmony Centre
20 Rumbalara Rd, Mooroopna

Our Activities include: Morning Tea, Painting, Music, Story-telling, Playdough, and a lot more!

**Transport Provided - Please contact Erica or April prior to the event*



To Register - Phone: 58312010 | Erica Bell: 0456555428 | April Atkinson: 0447907620

Bush Revival Day

Bush Revival Day is a day to educate community on the importance of the environment specifically the bush.

Restoring the forest to its natural habitat, by achieving this we will be planting bush tucker, kangaroo grass, native flowers, salt bush, native grasses and many other things. This will hopefully bring back wildlife to this area.

Date: 17th of May
Time: 10am-3pm

There will be a BBQ, water provided – The BBQ will run from 11am – 2pm.

There will be a range of activities on the day. Everyone is to arrive at the same time for welcome to country and smoking ceremony.

To register contact Jacinta 0488 055 512
jacinta.collyer@raclimited.com.au or Monty 0437 340 025
ann-louise.walker@raclimited.com.au

In collaboration with The Greater Shepparton City Council, River Connect and Parks Victoria



WHAT IS NDIS FRAUD?



NDIS fraud happens when a person unlawfully accesses or misuses funding intended for somebody else. NDIS fraud is an intentional act to mislead or deceive a participant out of their funding.

- Has your information been obtained or used by an NDIS provider without your knowledge?
- Have you been pressured to sign paperwork that you didn't understand?
- Have you been given information that seems false or misleading?
- Has your NDIS plan been charged for services or Support Coordination hours that you haven't received?
- Have you felt pressured, intimidated or threatened by an NDIS provider?

WHAT CAN I DO?



- You can report this by calling the NDIS Fraud Reporting and Scams Helpline on 1800 650 717 or emailing fraudreporting@ndis.gov.au
- You can read the NDIS Code of Conduct <https://www.ndiscommission.gov.au/about/ndis-code-conduct>
- You have the right to request information about what services your plan has been charged for.
- You have the right to change providers at any time

MEDICAL CLINIC SERVICES

Our Service's:

- Healthy Liver
- Paediatrician
- Gynaecologist and Obstetrician
- Endocrinologist
- Midwife
- Optometry
- Mental Health
- Dermatologist
- Podiatry



Call Reception to
book an
appointment on
5820 0035





Neffy's Walk - Let's Talk!

Suicide Prevention Awareness Walk at Victoria Park Lake Shepparton Saturday 29th April 4pm-7pm

Arrive 3.30pm for a 4pm start

Memorial Candle Light Walk Saturday Night in Memory of Loved Ones Lost to Suicide, all welcome to attend, and donate or purchase a candle in memory of those lost to suicide.

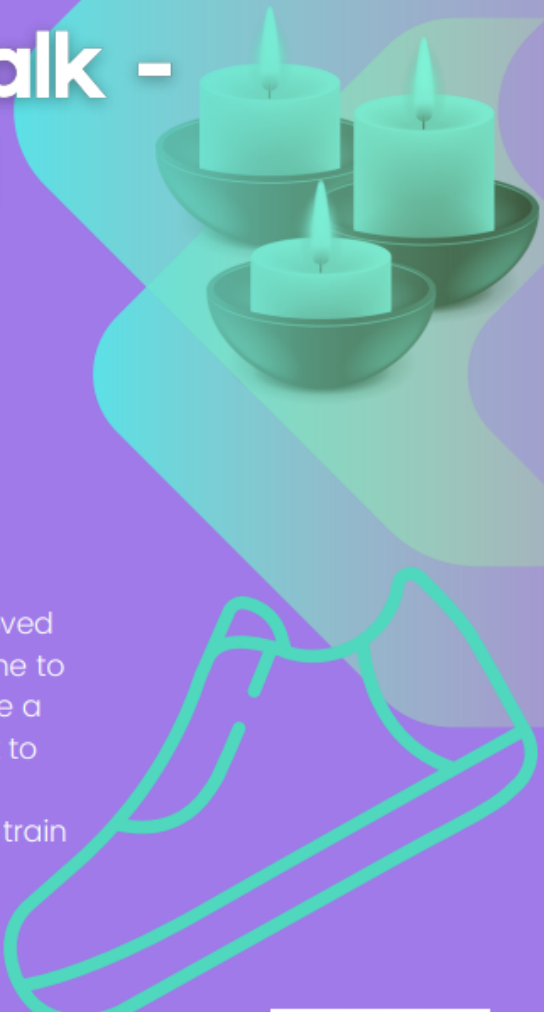
All proceeds to go to Lifeline to train additional Crisis Supporter Telephone Operators.



Scan to register via Eventbrite



Make a donation via mycause



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.seala@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!

