

September 2023 | Issue no.05

RUMBALARA COMMUNITY

NEWSLETTER



Galnya Dancers - Flag Raising Ceremony



Daley Tunamofono, Rylee Weston, Lilah Weston - Flag Raising Ceremony

NAIDOC Week 2023

Flag Raising Ceremony

This year's NAIDOC theme for 2023 was - 'For Our Elders'. Rumbalara held 7 events; The first event being the 'Flag Raising Ceremony' held at the Mooroopna Site on Monday 3rd July. This event saw up to 200 community and community connected members attend. Our Chairman and CEO - Greg James & Felicia Dean, were our MC's for the day. In addition, we had Cheryl Cashion do a Welcome to Country, followed by the Galnya Dance Group and Didge played by Wilfred Stewart. This year, our guest speaker featured Shannon Firebrace - who gave a beautiful speech about our Elders and how they've influenced his life. We also had 4 young children - Lilah Weston, Rylee Weston, Daley Tunamofono and Isaiah Bux- Bamblett, who shared a speech about the importance of our Elders.

Elders High Tea

The Rumbalara Elders High Tea luncheon was also held on Monday 4th July at the Activity Centre - Ford Road. The Positive Ageing & Disability staff, catered a range of assorted sandwiches and desserts. We had our Elders from the Facility, Independent Living Units, Elders from the Community and their loved ones attend. The event kicked off with some entertainment by Ray Ahmat. It was a great start to a week of celebrating our Elders!





The Muirs - Country Cabaret

Country Cabaret

On Tuesday 4th July, we held an Elders Country Cabaret. It was a rustic, country themed event for the Elders to remember for a long time. A space for everyone to feel encouraged to dance, sing, and share a meal with their loved ones. It was a fantastic turn out with about 90 Community Members and Elders attending the event. With the help of JL Productions, we were able to deliver a 2 course roast meal and entertainment by The Muirs. Throughout the event, multiple community members commented on the decorations but most feedback was centred around the quality of the food and music. The youngest to attend was a brand new baby (3-months old) and it was a delight to see the other children in attendance dancing with family and enjoying the experience.



NAIDOC @ Woongi & ANFPP

The Rumbalara Woongi Unit & ANFPP held an event, celebrating NAIDOC week! It was a great turn out with many community members attending and participating in various activities. The Woongi & ANFPP team went above and beyond to deliver an incredible event, which included food vans, arts & crafts and cultural activities. The team invited Tarsh Bamblett from Wala Connections and provided community an opportunity to connect to self, culture and Country.



Clothing The Gaps X Rumbalara Exhibition

Clothing the Gaps collaborated with Rumbalara to launch their collection in theme with NAIDOC - 'For Our Elders'. Travelling to Shepparton, Cummera and Echuca, CTG captured some of our Elders stories and created some incredible footage. "We were raised by our Elders. For many, they are the people we look up to for inspiration and guidance. We are excited to have the opportunity to hold space for our Elders and to give them the well-deserved spotlight and platform to share their stories" - Clothing The Gaps. If you would like to view the videos, please head to www.clothingthegaps.com.au

Elders Movies/Pyjama Day

The Elders facility held a Family & Elder Pyjama and Movie Day on the Wednesday 5th of July during the Naidoc week celebrations. We had sent out flyers prior to Naidoc week welcoming community and families to the event via Rumbalara's website and social media Pages.

The event was advertised to run from 11am to 2:30pm, with a gold coin donation required from community and families.

Staff started preparing the day from 8:30 am, preparing a sitting area with chairs and a popcorn machine. We used the dividers in the eating area to create a makeshift screen for the projector to play Red Dog via Netflix.

The event ran for roughly 6 hours, staff from all areas of REF were working together to help run this day. We had 22 Elders from the facility join in.



NAIDOC Family Day



Rumbalara Family Day

On Thursday 6th July, we had our annual Family Fun Day, which was held at our Mooroopna site. We had roughly 500 community members register and up to 800 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.

Despite the weather, we were able to hold approx 20 stalls that ranged with a number of activities.

It was a fantastic effort from the staff. Thank you to all of the vendors and the support that was provided on the day.



Work with us today

HAVE ANY QUESTIONS ABOUT WORKING WITH US?

LET'S HAVE A YARN!

Call us on 5820 0000 and speak to our People & Culture team or go to our website www.rumbalara.org.au

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!



MANAGER OF HOME CARE PACKAGES - POSITIVE AGEING AND DISABILITY SERVICES

As I reflect on my journey of 15 years of service with Rumbalara Positive Ageing and Disability Services, I am filled with immense gratitude for the opportunities for advancement, training and development that Rumbalara has offered that has been invaluable, enabling me to make meaningful contributions to Rumbalara.

Throughout my time at Rumbalara, I have witnessed first hand the dedication and commitment of the entire organisation towards making a positive impact in our community. I would like to express my sincerest appreciation to our pillars of our community, to each and every Elder(past and present) that I have had the honour of working with over the past 15 years.

Your stories, experiences and struggles serve as a reminder of the strength and resilience of our people. Your wisdom, guidance and courage have had a profound impact.

I am grateful for the privilege of being in your presence and for the lessons you have taught me and I strive to pass them onto future generations. As I look ahead, I am filled with renewed sense of purpose and commitment to continue supporting our Elders and our community. The last 15 years have been a journey of profound growth and I am eager to embrace the future with the knowledge and experiences I have gained.

-Samara Mackay





National Aboriginal & Torres Strait Islander Children's Day



SNAICC is the National Voice for our Children. As the national peak body, we have a responsibility to make our children's voices as powerful as possible, now and into the future. A First Nations Voice enshrined in the Constitution will amplify the work being done to ensure our children can flourish, with power over their destinies.

This year's National Aboriginal and Torres Strait Islander Children's Day theme 'Little Voices, Loud Futures' fires that ambition. We are raising awareness for the bright futures of our children and the potential for their voices to pave a new path for our nation. As always, we support the voices of our children in calling for a future where they are proud and empowered by their culture to speak their truth and be listened to by all Australians.

To celebrate, Rumbalara Engagement & Family Services held their Children's Day at Kidstown!



To view more photos from our Children's Day
Go to our Facebook Page @rumbalaracoop





Oral Health Clinic Practice Manager

Research Yarning Group

AUSTRALASIAN DIABETES CONGRESS

In late August, Tracey Hearn (Oral Health Clinic Practice Manager) and Belinda Moore (Registered Nurse-Midwife & Credentialed Diabetes Educator) attended the Australasian Diabetes Congress, the largest diabetes conference that happens annually.

This year it was in Kurna/Adelaide. Tracey did an awesome job presenting her new project that she is doing as a part of the FlashGM Study under The University of Melbourne. It's a research yarning group that she will start with Rumbalara community first before starting it at other Aboriginal Community Controlled Organisations across Australia who also participate in the FlashGM Study.

The purpose of the study is to bring interested community members who may live with diabetes and/or have participated in research so they have platform to have a voice to ensure research is done the Aboriginal way.

Type 2 diabetes and Glucose Sensors

SBS ONLINE ARTICLE

I was asked to do this article with a Rumbalara community member who has found glucose sensors helpful for their diabetes management.

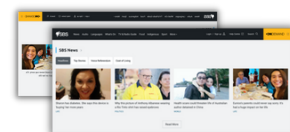
Clinicians, researchers and policy makers are actively trying to increase awareness around benefits of glucose sensors so we can get them subsidised for people with type 2 diabetes.

This is particularly good timing as the parliamentary inquiry into diabetes is currently happening so we can do much more to improve diabetes services so we can see more optimal outcomes for all people impacted by diabetes. The SBS Online [article](#) involved the input of Sharon, who did an awesome job! One of our favourite quotes from Sharon: "I always felt like my diabetes controlled me, but I actually feel that I've got the power now to control my blood sugar levels."

The potential reach picked up by our media monitoring platform is 5.37 million. The article is also currently on the SBS News homepage.

-Belinda Moore

REGISTERED NURSE-MIDWIFE & CREDENTIALLED DIABETES EDUCATOR - MEDICAL CLINIC



Scan this QR code to read the full article



RUMBALARA DENTAL CLINIC



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Book an appointment with our friendly staff by calling 5820 0080



HEALTH

We conduct dental screenings for Adults and Children.



ORAL HEALTH TEAM

Speak with our clinical team about Oral Care or any questions you may have.



WE CARE FOR YOUR HEALTH

At Rumbalara Dental Clinic, we provide oral health care packs for Adults and Children. We are available to answer any questions you may have in regards to your oral health. Speak with our friendly staff today!

Call: 5820 0080 Open Mon - Thurs 9am - 5pm, Fri 9am -4pm

feedback fuels your futures

Rumbalara is focused on your **FEEDBACK**

Yarn with us today

We welcome and value your thoughts. If you have any comments or suggestions about improving our services, please let us know!

- Have a yarn with us
- Ask for a survey
- Visit our website for feedback options
- Phone Us: (03) 58 200 000



RUMBALARA WOONGI UNIT

RUMBALARA
ABORIGINAL CO-OPERATIVE LTD.

MEN'S GROUP

Shepparton

Location: 170 Knight Street Shepparton
Date: Every Wednesdays 11:00am - 2:00pm
Yarn with other men, Woodwork and Day trips as advised.
*Booked pickups are available.

Seymour

Location: Goranwarrabul House - 6 Callen Street Seymour
Date: Every Thursdays 11:00am - 2:00pm
Yarn with other men, Woodwork and Day trips as advised.

Men's Yarning and Fellowship Group

Location: Woongi Unit - 170 Knight Street Shepparton
Date: Every Wednesdays 5:30pm - 8:00pm



Contact: Glenn McCormack 0439447823 or Kevin Golden 0488900670



FOSTER CARE | RUMBALARA
ABORIGINAL CO-OPERATIVE LTD.

BECOME A FOSTER CARER...

What is foster care?

Foster care is temporary care provided by community members in their own home for children and young people (birth to 17 years) who are unable to live at home or with other family. Where it is in their best interest, children and young people are reunited with their families as soon as possible. Our foster care program at Rumbalara aims to ensure that children and young people remain connected to their culture, families and communities - and we need your support.

Who can become a foster carer?

Anyone aged 21 and above can apply to be a foster carer at Rumbalara. Foster carers are trained, assessed and supported to ensure that they can provide safe, nurturing and culturally sensitive care for Aboriginal and Torres Strait Islander children and young people

How long does a foster care placement last?

Foster carers may care for children or young people for a night, a weekend or longer (including months or years). There are four main types of care: Respite Care, Emergency Care, Short Term Care and Long Term Care. The foster care team will work with you and your family to determine what type of care best suits your lifestyle.

How to become a foster carer?

Becoming a foster carer involves several steps and can take up to 6 months if you are interested in finding out more about becoming a foster carer, we are available to provide additional information and answer any questions. Give us a call on **03 5831 2010** or email **fostercare@raclimited.com.au**





**"Our vote
can help shape
our mob's
future"**

THREE LEVELS OF GOVERNMENT

Australia has three levels of government that work together to provide Australians with the services they need. The three levels are:

- local government or councils (also called shires or municipalities)
- state or territory governments
- federal government

By voting in elections, you will choose people to represent you in each level of government to make laws and govern on your behalf. Voting is how every person can have their say.

All levels of government collect money through taxes and provide a range of services. Each level of government has its own responsibilities, although in some cases these responsibilities overlap.

Here are some examples:

- LOCAL**
- local road maintenance
 - garbage collection
 - recreation facilities

- STATE/TERRITORY**
- education
 - transport
 - health

- FEDERAL**
- foreign affairs
 - social security
 - immigration

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

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

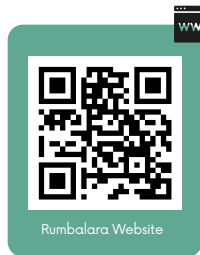


EXISTING MEMBERS

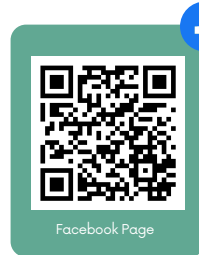
To get the latest information and organisational updates, please let us know your email address.

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

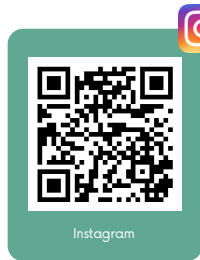
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Rumbalara Website



Facebook Page



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AEC Authorised by the Electoral Commission, 55 Watt Street, Canberra ACT 2601. Original artwork by Marissa Lee Design. www.aec.gov.au/indigenous



Federal Government
A federal election is held at least every three years so Australians can vote to decide who will represent them in the federal Parliament.

The federal Parliament consists of two houses – the House of Representatives and the Senate. During a federal election, you will vote for a person to represent your area (known as an electorate) in the House of Representatives. There are 151 members in the House of Representatives in total.

The political party with a majority of members in the House of Representatives becomes the federal Government. The leader of the government is called the Prime Minister.

You will also vote for senators who will represent a whole state or territory in the Senate. There are 12 senators for every state, and two senators for each territory.

State and territory governments
State and territory governments generally have a similar structure to the federal Parliament, but only make laws and decisions for the specific state or territory. Each state, apart from Queensland, has a parliament that consists of two houses. Queensland, the Northern Territory and the Australian

Capital Territory have one house called the Legislative Assembly, instead of a Parliament.

The leader of a state government is called the Premier. The leader of a territory government is called the Chief Minister.

When a state or territory holds an election, you will vote for a person to represent you in your state parliament or in the Legislative Assembly. State and Territory elections are run by State Electoral bodies and not by the Australian Electoral Commission.

Local government
Local governments, often called city councils or shire councils, are established by state governments to look after the particular needs of a city or local community. The head of the council is the Mayor or Shire President. During local government elections, you will vote for people called councillors who form the council. Local government elections are usually run by state electoral bodies.

To enrol to vote, scan the QR code or visit aec.gov.au/enrol



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!

Artist: Alkina Edwards

