

RUMBALARA COMMUNITY

NEWSLETTER

JULY 2025 | ISSUE NO.11

WELCOME TO THE JULY EDITION OF OUR NEWSLETTER

As the cooler months roll in, we're warming things up with plenty of exciting updates, community highlights, and upcoming events to share with you.

In this edition, you'll find a range of stories and updates from across our service areas, showcasing the ongoing work happening every day to support, empower, and connect our community. From health and wellbeing initiatives to youth programs and family services, our teams have been busy making a positive impact – and we're proud to share just a snapshot of that work here.

We're also gearing up for one of the most important and vibrant times of the year – NAIDOC Week! Inside, you'll find all the details about what's planned across our region, including community events, celebrations, and opportunities to come together and honour the history, culture, and achievements.

Whether you're a community member, client, staff member or supporter, thank you for taking the time to catch up with us. We hope this newsletter informs, inspires and reminds you that we're in this together.

Stay warm, stay connected – and we'll see you during NAIDOC Week!

The Rumbalara Team





A MESSAGE FROM OUR CEO FELICIA DEAN

The first half of the year has been incredibly busy, marked by a host of activities, new programs, increased funding, and continued growth. While this progress is exciting, it has also brought some challenges — particularly around staffing capacity, recruitment, and managing time effectively.

To support this growth, we've been actively working to reconfigure some of our programs into more streamlined and aligned service areas. We believe these changes will better meet the evolving needs of our Clients and the Community.

NAIDOC Week is just around the corner, and we're excited to offer a range of activities throughout the week. One highlight is the Big Day Out at the Dharnya Centre on Wednesday, 9th July 2025 — full details are available in this newsletter.

We hope you enjoy reading and staying connected through our midyear update.

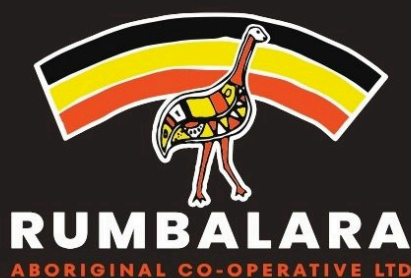
Felicia Dean



THE NEXT GENERATION: STRENGTH, VISION & LEGACY

6-13 JULY 2025





Rumbalara NAIDOC Events

MONDAY

MAIN FLAG RAISING/BREAKFAST CEREMONY

Date: Monday, 7th July 2025

Time: 8:00 AM – 10:00 AM

Location: 20 Rumbalara Rd, Mooroopna

PLEASE NOTE: THIS EVENT IS OPEN TO OUR ABORIGINAL & TORRES STRAIT ISLANDER COMMUNITY AND THE WIDER-COMMUNITY. THIS IS A FREE EVENT.

TUESDAY

ELDERS LUNCHEON

Date: Tuesday, 8th July 2025

Time: 11:30 AM – 2:00 PM

Location: Activity Centre – 95 Ford Rd Shepparton

PLEASE NOTE: THIS EVENT IS OPEN TO OUR ABORIGINAL & TORRES STRAIT ISLANDER COMMUNITY AND COMMUNITY CONNECTED ONLY. THIS IS A FREE EVENT.

THURSDAY

RUMBALARA FAMILY DAY

Date: Thursday, 10th July 2025

Time: 11:00 AM – 2:00 PM

Location: 20 Rumbalara Rd, Mooroopna

PLEASE NOTE: THIS EVENT IS OPEN TO OUR ABORIGINAL & TORRES STRAIT ISLANDER COMMUNITY AND COMMUNITY CONNECTED ONLY. THIS IS A FREE EVENT.



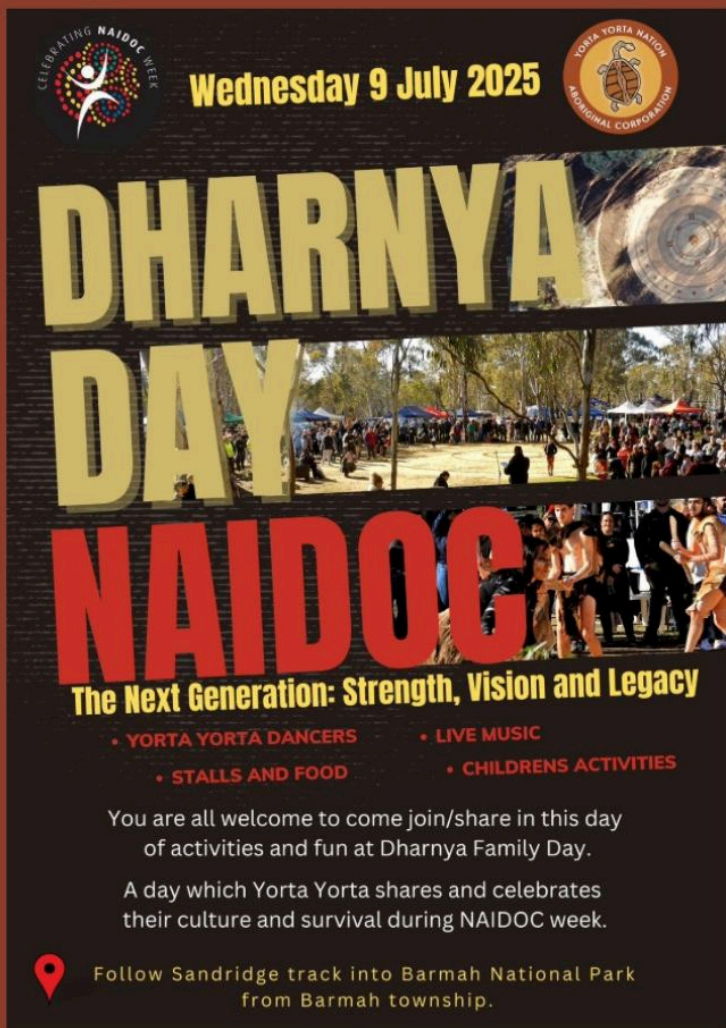
**THE NEXT GENERATION:
STRENGTH, VISION & LEGACY**
6-13 JULY 2025

If you are feeling unwell, please refrain from attending the event.
Your health and well-being are important to us

NAIDOC WEEK!

Wednesday 9th July

We're going to Barmah



Wednesday 9 July 2025

DHARNYA DAY NAIDOC

The Next Generation: Strength, Vision and Legacy

- YORTA YORTA DANCERS
- LIVE MUSIC
- STALLS AND FOOD
- CHILDRENS ACTIVITIES

You are all welcome to come join/share in this day of activities and fun at Dharnya Family Day.

A day which Yorta Yorta shares and celebrates their culture and survival during NAIDOC week.

Follow Sandridge track into Barmah National Park from Barmah township.



Transport for youth , Family, Community & Elders

- Ages 13 -17
- Youth 12 and under must be accompanied by a Parent or adult



Limited Seating - Must register



Departing from Queens Gardens 9:30am

Returning to Queens Gardens 3:00pm



What to bring -

- A chair
- Spending Money

How to Register,
Call us 5820 0010, and speak to our friendly staff. You will be asked to come into our office to sign a form

Our location is 368 - 370 Wyndham St, Shepparton

NAIDOC FUNDRAISING RAFFLE!

Support a great cause and go in the draw to win an amazing prize pack worth over **\$400!!!!!!**

All funds raised will go directly to supporting the Rumbalara Elders Facility.

A promotional poster for the NAIDOC Fundraising Raffle. The central image is a black wheelbarrow with a red wheel and a large red bow tied around its handle. The wheelbarrow is overflowing with various household and grocery items, including boxes of tissues, toilet paper, and food. The word "SHERLOCK" is printed in white on the side of the wheelbarrow. The background is black with stylized teal and yellow circular patterns. Text on the poster includes the Rumbalara logo at the top, the title "NAIDOC Fundraising Raffle", ticket prices "\$5 PER TICKET" and "3 FOR \$10", a quote "Roll away with a prize worth over \$400!", the draw date "Drawn on Thursday 10th July", and the purpose "Proceeds to the Rumbalara Elders Facility". At the bottom, it provides contact information: "For more information please contact Lana on 0429143254".

RUMBALARA
ABORIGINAL CO-OPERATIVE LTD

NAIDOC
Fundraising Raffle

\$5
PER TICKET

3 FOR
\$10

"Roll away with a prize worth over \$400!"

SHERLOCK

Drawn on
Thursday
10th July

Proceeds to the
Rumbalara Elders Facility

For more information
please contact Lana on 0429143254

Raffle drawn: Thursday, 10 July

For more information contact Lana: 0429 143 254

Your support means the world **GOOD LUCK**



RUMBALARA
ABORIGINAL CO-OPERATIVE LTD

Rumbalara Aboriginal
Co-Operative will be
closed on Friday 11th July
due to Naidoc Friday

Re-open from 9am
Monday 14th July



RUMBALARA
ABORIGINAL CO-OPERATIVE LTD

WHAT'S ON & GET INVOLVED

RUMBALARA JUSTICE AND COMMUNITY SERVICES PRESENTS

SCHOOL HOLIDAY PROGRAM JULY 2025

MONDAY 14/07/2025

At the Rumbalara Harmony Centre
Drop off - 9:00am (No later than 10:00am)
Pick up - 4:00pm
WHATS ON?

MOVIES, ARTS & CRAFTS, TRADITIONAL ART ACTIVITIES,
OPEN FIRE, COOKING, POT PLANT PAINTING &
BBQ LUNCH !!

WEDNESDAY 16/07/2025

At the Rumbalara Harmony Centre
Drop off - 9:00am (No later than 10:00am)
Pick up - 4:00pm
WHATS ON?

OPEN FIRE, MOVIES, CULTURAL ACTIVITIES, GAMES, BUSH
COOKING, ORIENTEERING GAMES &
BBQ LUNCH !!

FRIDAY 18/07/2025

FAMILY BBQ DAY AT KIDS TOWN

Start - 10:00am
Finish - 3:00pm

WHATS ON?

BBQ LUNCH, TREASURE HUNT, FAMILY GAMES & ACTIVITIES .

ALL AGES WELCOME & PRIZES TO BE WON!

HOW TO REGISTER

Call us on 5820 0010, and speak to our friendly staff.
You will be asked to come into our office to sign a registration form.
You'll be asked to tick one or more of the above boxes to indicate what
your child may be interested in.












Our location is: 368-370 Wyndham St Shepparton
Please note: This is for Aboriginal & Torres Strait Islander children


Phone Justice & Community Reception
(03) 5820 0010

Community Members Seeking Mental Health Support at Rumbalara

Current Mental Health Services Offered by Rumbalara

Rumbalara provides a range of culturally safe, accessible mental health and wellbeing services, including:

-  General Practitioner (GP) appointments'
-  Mental Health Care Plan
-  Counselling services
-  Mental health case management
-  Aboriginal Social and Emotional Wellbeing (SEWB) Support Workers
-  Mental Health Clinicians
-  Visiting psychologists, registrars, and psychiatrists
-  Social Worker/Counsellor (1 day/week) – supporting youth, adults, and older adults
-  Generalist Counsellor (1 day/week) – supporting children, adults, and older adults
-  Social Worker/Counsellor (1 day/week) – supporting youth and children
-  The Wellbeing Hub will become our central point for mental health, counselling, and Wellbeing services. It's designed to streamline access, make referrals easier, and ensure community receive timely, coordinated care.

 **Location:** The Hub is based at the old Housing Building on 20 Rumbalara Road Mooroopna – right in the heart of our community. The space has been redesigned to be welcoming, safe, and culturally appropriate for all community members seeking mental health and wellbeing support.

Step-by-Step Process for Accessing Support:

1. If the Community Member Is in Immediate Danger (to themselves or others):

- **Call 000** and request a **welfare check** through Victoria Police. Police may attend with a **mental health clinician** to assess the individual.
- Based on the assessment, the clinician may:

- -Place the person on an Assessment Order and transport them to GV Health for further treatment.
- If no immediate risk is identified, they may recommend ongoing support through services like Rumbalara.

2. If the Community Member Is Unwell but Consents to Support from Rumbalara:

Support can be accessed in the following ways:

Book a GP appointment – the doctor will assess and refer to the most appropriate internal or external mental health services.

Call the Wellbeing Hub on 0358 200 011 – our staff will assist with booking appointments and discussing options.

Walk into the Wellbeing Hub – staff will offer immediate assistance and guidance.

Referral by email – referrals can also be made by external providers or internally via other Rumbalara programs, or self-referral through wellbeing@raclimited.com.au

Other Mental Health Services Available in Shepparton: In addition to

Rumbalara, community members can also seek help from the following services:

Goulburn Valley Health – Mental Health Services

24/7 Crisis Line: 1300 369 005

Adult, youth, and child mental health support, inpatient and community-based care.

Wellbeing Local – Goulburn Region

Phone: 1300 375 330

A new mental health access service providing free support and care coordination.

Supports adults, young people, and families with non-crisis mental health needs.

Website: wellbeinglocal.org.au

Headspace Shepparton

Phone: (03) 5823 8800

Free mental health support for young people aged 12–25.

Primary Care Connect

Phone: (03) 5823 3200

Offers AOD counselling, mental health support, and family violence services.

Beyond Blue Support Service (Phone and Online)

1300 22 4636 | www.beyondblue.org.au

24/7 counselling and information.

13Yarn – Aboriginal & Torres Strait Islander Crisis Support Line

Phone: 13 92 76 (24/7)

Website: 13yarn.org.au

A 24/7 national crisis support line for Aboriginal and Torres Strait Islander people, answered by Aboriginal and Torres Strait Islander crisis supporters.

Lifeline

13 11 14 | www.lifeline.org.au

24/7 support for crisis, suicidal thoughts, or emotional distress.

The Orange Door – Goulburn

Phone: 1800 634 245

Support for families experiencing family violence or needing parenting and wellbeing support.

Wellways

1300 111 500

Website: wellways.org

Provides mental health information, peer support, recovery programs, and community engagement. Available 9am–9pm weekdays.

APMHA HealthCare

1300 514 811

Website: <https://apmha.com.au/>

3a Nixon St Shepparton

Provides mental health recovery and care, and relapse prevention through Medicare. Mental Health Clinicians, psychologists, counsellors, and social workers available.

Available 9am – 5pm weekdays

WHAT WE'RE UP TO

HEALTH AND WELLBEING TEAM

Our New GP Van Has Arrived!

We're thrilled to announce the arrival of our brand-new GP van! After months of planning and development, this mobile clinic is ready to hit the road and bring healthcare to more communities.

The first stop? **Seymour!**

Stay tuned as we roll out a schedule of visits across the region—accessible, on-the-go healthcare is here!



JUSTICE & COMMUNITY SERVICES UPDATE

Over three action-packed days across April and May, Rumbalara Aboriginal Co-operative's Justice & Community Services team facilitated a series of unforgettable experiences for young people and community members.

With a strong focus on connection, fun and cultural identity, the outings were well attended, full of laughs, learning and more than a few hot chips.

Melbourne Trip – 15 April 2025

30 young people and 5 RAC staff headed to Melbourne for a full day of fun. First stop: ice skating at Docklands Icehouse! While some skated confidently, others clung to the rails, but everyone gave it a go.

Lunch was enjoyed picnic-style in Carlton Gardens with salad rolls, fruit, and snacks before heading into Melbourne Museum. Bunjilaka (First Peoples) was a standout, with youth connecting to images and stories. Dinosaurs and Phar Lap were also big favourites.



Movie & Dinner Night – 14 May 2025

To recognise the dedication of youth and Elders in our programs, the Justice team hosted a cinema night for 13 youth, 6 Elders, and staff. Everyone enjoyed Thunderbolts with popcorn and drinks, followed by an all-you-can-eat feast at King City Chinese. It was a night full of laughs, stories, and connection.

Dreamtime at the 'G – 23 May 2025

A group of 39 community members – including 28 youth, Elders, carers, and staff – attended Dreamtime at the 'G, with tickets donated by Richmond Football Club and the AFL. Richmond also gifted 10 Dreamtime scarves.

Youth loved the energy of the game – many for the first time – cheering on their team and soaking up the atmosphere. Subway, hot chips, snacks, and a Macca's stop kept everyone fuelled and happy.



SISTERS DAY OUT

Healing Through Connection

The Rumbalara Healing Team recently attended Sisters Day Out, creating a welcoming space for women in the community to connect and engage.

Activities on the day included making Bush Bouquets and offering Emu Oil hand massages, which opened up opportunities for meaningful conversations.

There was strong interest in the cultural group programs currently on offer.

Aunty Sharon was able to connect with several women interested in joining activities such as sewing, painting, and weaving.

Since opening, the Cultural Healing Centre has remained a busy and supportive environment, with many positive outcomes for individuals engaging in cultural healing support.

To learn more about these programs or to discuss a referral, please contact Aunty Sharon Jones on 0439 775 669.



HEALTH & WELLBEING COMMUNITY UPDATE

Close the Gap 2025 – A Day of Connection & Commitment

Rumbalara Medical proudly hosted this year's Close the Gap (CTG) event, dedicated to improving health outcomes for Aboriginal and Torres Strait Islander peoples. The day featured a powerful keynote by Levi Power and heartfelt insights from our clinical team. With a community BBQ, raffles, and prizes, the event created a culturally safe, welcoming space that celebrated resilience and reaffirmed our commitment to health equity.

Flu Jab with a Snag – Community Health Done Right

Our flu vaccination clinic, run in partnership with the Health Promotion team, saw over 100 community members roll up their sleeves—then grab a snag! Music, good food, and a relaxed vibe made the event both protective and uplifting. It was a great reminder that healthcare can be effective and fun.

Rumbalara GPs Represent at VACCHO Gathering

In May, Rumbalara's GPs travelled to Ballarat for VACCHO's statewide GP gathering. The event brought together GPs from Aboriginal Community Controlled Health Organisations (ACCHOs) across Victoria. It was a great opportunity to share knowledge, build networks, and strengthen our shared approach to community-led care.

Counselling Services – We've Moved!

As of 7 April, our counselling services have moved to the Mooroopna Rumbalara Road site. The new location offers improved access and a more comfortable, private setting for clients. Same great support—just a new space to feel safe and heard.

New Visiting Allied Health – Speech Pathology Starts July

Beginning in July, a speech pathologist will be visiting Rumbalara every fortnight to support the communication and developmental needs of our community. Appointment info will be available soon, so keep an eye out!

Don't forget—our after-hours medical services are still available!

 Thursdays until 7pm

 Saturdays from 9am–1pm

To book, contact our friendly medical team.



OTHER NEWS

GOOD NEWS

AHPS VISIT HOMEWORK CLUB

AHPS VISIT HOMEWORK CLUB

This week Steve, Rumbalara's Aboriginal Health Practitioner and trainee Aboriginal Health Practitioner Marlee visited homework club for a special yarn with the kids about healthy living, traditional foods, and staying connected to culture.

The session was beautifully planned by the AHP team, who created a safe and fun space to yarn about:

- Traditional hunting and cooking practices
- Helping out with food prep at home
- Making strong, healthy food choices
-

The team also designed colourful posters showcasing their homelands and traditional foods, which were gifted to the kids — a heartfelt gesture that made a lasting impact.



Home Work Team

Meet Our Team



Dayne Lappin

Our new **Trainee Youth Worker** at Justice and Community Services

1. What is your role and what are your responsibilities?

My role as a trainee youth worker is to support the youth in our community and provide a role model

2. Are you Aboriginal and/or Torres Strait Islander? If so, who is your mob? If not, what is your background?

My background is Barkindji Gurnu from north New South Wales as well as Māori

3. How long have you been working at Rumbalara, and what drew you to this role?

I have been at rumba for 3 months what drew me to this role was Mum (Peta Lappin) and her strong passion for community and the chance to make my mark

4. What unique skills/expertise do you bring to your role? The ability to be an understanding person when it comes to the struggle many youth face.

5. Can you share any success stories or achievements from your time? Unfortunately haven't experienced any major success stories yet but hopeful for the future.

6. What do you enjoy most about working at Rumbalara? The Wednesday night youth program and the school holiday programs

Dayne Lappin

CONGRATULATIONS TO OUR DIGITAL ART COMPETITION WINNER!

Congratulations to our Digital Art Competition Winner! **Ella D'blam**

We were thrilled to receive such high-quality entries for the Rumbalara Digital Art Competition — the creativity and stories shared were truly powerful.

All entries were presented to our RAC Board who choose the winning piece after careful consideration. We're excited to announce that the winner is Ella D'blam (17 years) for her stunning piece inspired by the Dreaming story of the Seven Sisters.

Her artwork beautifully captured themes of strength, community, and healing — aligning deeply with the values of Village 21 and the spirit of this competition.

A big thank you to everyone who submitted their work and shared their stories through art. Your talent and passion did not go unnoticed!

This piece was inspired by the Dreaming story of the Seven Sisters and created for the Rumbalara art competition.

It represents the journey of young women finding strength, safety, and independence after leaving homes that weren't good for them.

The Seven Sisters in my artwork symbolise community, courage, and the support we give each other. I chose this story because it connects deeply with what Village 21 does—helping young people, especially women, move into safer spaces where they can grow and heal.

Ella D'blam, 17 years.



Your voice Our direction

Shape your Health Services!

What do you want to see?
Got an idea or suggestion?
We want to hear from you!



Complete this short survey to
help us better shape your health
services here at Rumbalara!



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

FOLLOW US ON SOCIAL MEDIA



RUMBALARA WEBSITE



FACEBOOK PAGE



INSTAGRAM



LINKEDIN

EXISTING MEMBERS

For 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 commsteam@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!

Artist: Alkina Edwards