

December 2023 | Issue no.06

RUMBALARA COMMUNITY

NEWSLETTER



CHRISTMAS PERIOD

As we head into the period of Christmas celebrations, we wish to advise the times and dates of upcoming events:

Wednesday 13th December:

Rumbalara Aboriginal Community Christmas
Time: 4:30 pm – 7:30 pm Peppercorn Area KidsTown, Mooroopna.

Friday 15th December:

All Staff Meeting (Rumbalara Closed from 12pm)

Friday 22nd December:

Last working day – Finish at 4:00 pm (RAC Closed for Christmas Period)

Monday 8th January:

Reopen for Business 9:00 am

Rumbalara Aboriginal Co-Operative would like to wish you a very Merry Christmas and a Happy New Year.

Thank you for your support, and we can't wait to see you in 2024.

Better Futures Home Stretch

Twelve months ago I was signing off motel accommodations daily for our clients. We had 3-4 Clients residing in motels and hotels and at the risk of being homeless. I have not signed a motel or hotel voucher since May 2, 2023. This is due to all our young people residing in suitable accommodations. This includes 6 young people who we have supported to access their own private lease.

Targeted Care Package (TCP): The team is working with 14 clients, which is the largest number the program has ever managed. The work completed has been great.

- o Final orders have lapsed for three TCP clients, with TCP identified as the primary contributing factor.
- o Child Protection is no longer involved with two TCP clients due to a decreased risk, marking the longest period without Child Protection involvement since 2007.
- o Four TCP clients are now attending school after an extended absence, they have all started on a modified timetable.
- o Four TCP cases have closed with positive outcomes, with three young people residing with family members, and one returning to their country with a staff member.

Stuart Dignall

Team Leader - Targeted Care Packages | Engagement and Family Services



Workforce Development



Laura Stevens
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Sue Jackomos
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KOORIE BIG DAY OUT

THE Koorie Big Day Out was an event aimed at supporting First Nations youth in dreaming big and achieving their aspirations. Its purpose was to empower and inspire young people by featuring First Nations student ambassadors, community members, and respected elders who can speak to them about the importance of education, dreaming big, and planning for a successful future.

The first Koorie Big Day Out event of the year took place at Greater Shepparton Secondary College on Thursday, June 23. This location was selected due to Greater Shepparton having the largest First Nations community in regional Victoria.

Additionally, the event coincides with NAIDOC Week, the theme being "For our elders", a celebration of the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples. It will be the first of four events of their kind throughout the state.

Our Workforce Development Team - Sue Jackomos and Laura Stevens, attended the event to promote Rumbalara's training and employment opportunities.

Want to know more? Speak to our team!

Laura Stevens (Workforce Development Manager)
laura.stevens@raclimited.com.au

Sue Jackomos (Workforce Development Officer)
sue.jackomos@raclimited.com.au



Infection Prevention & Control Skill Set

Rumbalara's Workforce Development Unit organised the Infection Prevention and Control course with GOTAFE delivered exclusively for Rumbalara's cleaning staff.

7 cleaning staff attended the two-day course delivered at GOTAFE Shepparton Campus. Sue from Workforce Development also attended the course to coordinate the training and to support staff.

The first day of training was classroom face-to-face delivery where we learnt about the theory behind infection control.

This was followed up with day 2 where we demonstrated how to apply infection prevention and control methods which included:

- Hand hygiene – washing hands with soap and warm water or hand rubbing with hand sanitizer
- Use of personal protective equipment (e.g., gloves, masks, eyewear).
- Cleaning up spills, sanitizing, and disinfecting

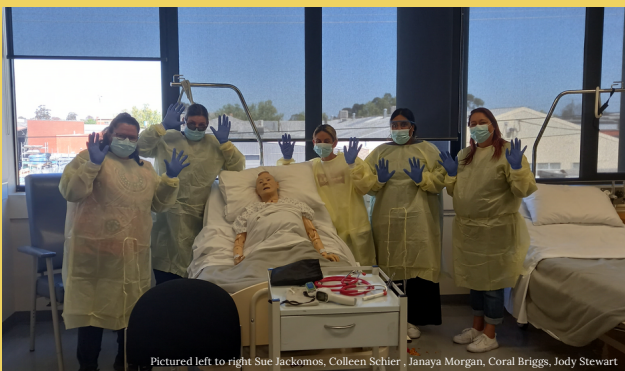
This was done in a simulated health care environment as you will see from the photo, where we went through the entire routine of hand hygiene, donning and doffing PPE (some new words I learnt) and applying appropriate cleaning methods.

Congratulations to the staff who completed the course and should now have their certificates.

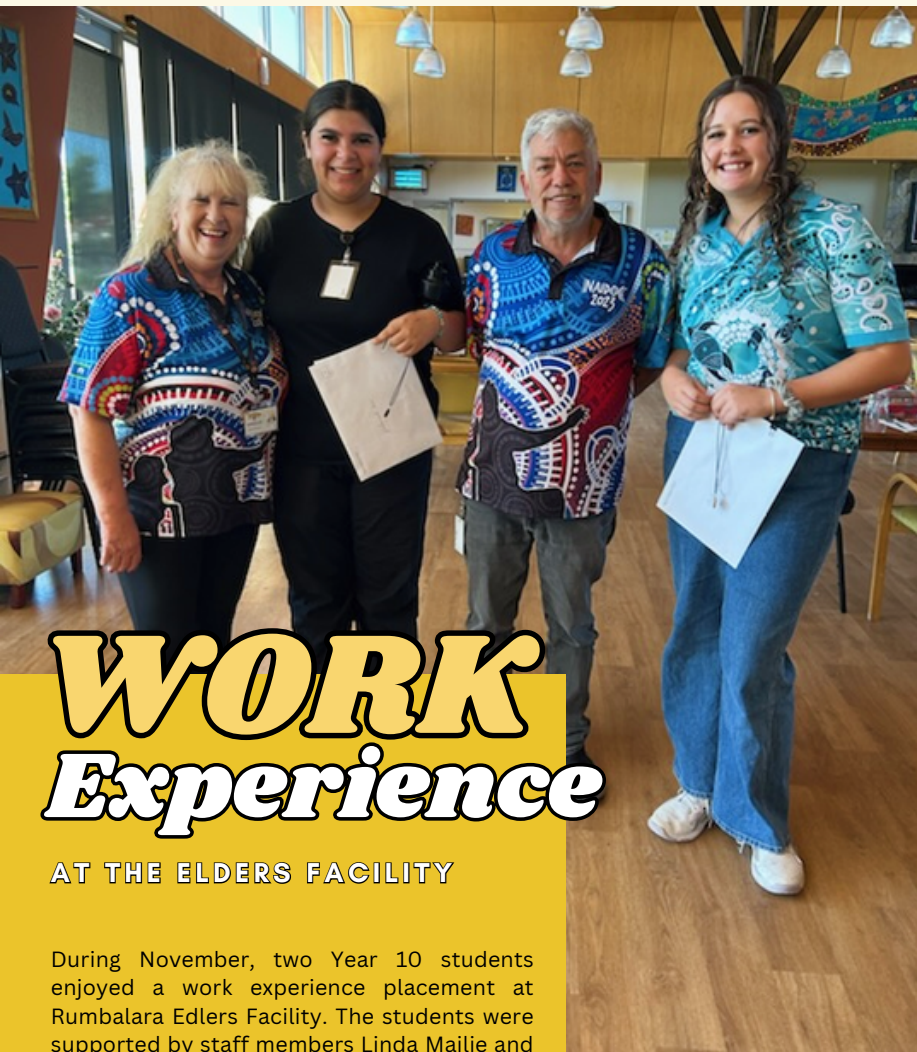
This course is important as it meets audit requirements and provides staff with the knowledge and skills to apply the required infection prevention and control methods to protect our elders at the Aged Care Facility and staff and clients at other areas across Rumbalara.

Sue Jackomos

Workforce Development Officer |
Workforce Development (People and Culture)



Pictured left to right Sue Jackomos, Colleen Schier, Janaya Morgan, Coral Briggs, Jody Stewart



WORK Experience

AT THE ELDERS FACILITY

During November, two Year 10 students enjoyed a work experience placement at Rumbalara Elders Facility. The students were supported by staff members Linda Mailie and Steven (Freddy) Morrison.

Cody Fairless, who attends Greater Shepparton College and Yalarnnah Bux, who lives at Cummeragunja, who travelled by bus daily to Nathalia Secondary College - helped arrange a week of activities for the elders.

They both commented on how much they enjoyed being with the elders and are both considering future careers in health or aged care.

The elders enjoyed sharing laughs and jokes with the young ones.

During the week they did activities such as arts and crafts, played games including bingo and listened to music. When asked to arrange Friday's activity they joked with the elders about taking them all out to the skate park with their walkers.

Cody and Yalarnnah decided to put on a dress up day which the elders enjoyed. Yalarnnah will be back to do another week of work experience during December.





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.



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!



Police Check & WWC

You will need to go online and obtain a National Police Check and a Working With Children's Check. If you need help, we can support you with this!



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.



This year the clinic has welcomed a number of new staff:

Doctors

Dr Catherine Colliver
Dr Jandree (Jaz) Fransch
Dr Mary Lou Louhgnan

Reception Staff

Dana Dean Atkinson
Teharliah Cooper

Male Practice Nurse

Kenny Murangandi

Diabetes Educator

Belinda Moore

RUMBALARA

MEDICAL CLINIC

We would like to wish every all our patients and community a wonderful Christmas and a Happy & Safe New year.

We all look forward to seeing everyone in 2024!

From the team at,
Rumbalara Medical Clinic



BELINDA MOORE – DIABETES EDUCATOR

Managing diabetes requires understanding, empathy and support.

Living with diabetes is hard. Diabetes is an unrelenting condition that nags at people at risk of it or with it every day of every week of every month.

I always have the mantra that 'anyone can live with diabetes, but to thrive with diabetes it takes a village of support'. Understanding, empathy and support for those impacted by diabetes is as essential to managing diabetes as the medications prescribed for diabetes management.

Everyone's diabetes is different – what works for one person won't work for others. What influences blood glucose levels is more than just nutrition and weight. Stress, physical activity, broken sleep, weather, caffeine intake and hormones greatly influence blood glucose levels. So it takes a lot to balance life with diabetes.

Since I began working at Rumbalara Aboriginal Cooperative I have supported many individuals of all ages and diverse demographics with their diabetes.

The common link for people who thrive with their diabetes management is increasing social support and reducing emotional health burden.



YVONNE BARNES – PRACTICE NURSE

I was born and raised in Swan Hill until commencing nursing training in June 1973, not returning to Swan Hill permanently for 14 years. For most of the past 49 years I have worked as a midwife, with a couple of stints as a Practice Nurse.

I have primarily been working in Aboriginal Health since October 2008, initially in Cape York communities then MDAS in Swan Hill. While in the Cape I became a Notated/Endorsed Midwife, similar to a Nurse Practitioner but only with pregnant women and newborns.

During this time I also became a Nurse Immuniser and Women's Health Nurse, valuable skills in ACCO/ACCHO settings. One of the highlights has been working in partnership with Aboriginal Health Worker/Practitioners and community members, sharing our knowledge and learning about culture.

Two years ago I came to Rumbalara as one of the Covid Vaccine Nurses and because I love it so much have kept coming back. It is now time to retire so I don't plan to be back, but never say never.

A big thank you to community members and Rumbalara colleagues for welcoming me to your land and work place.



DR JANDREE (JAZ) FRANSCH

Since moving from Zimbabwe in 2006, I have a keen interest in multiculturalism and cultural awareness.

I have been victim to racism since my move to Australia and I feel it is my duty to educate people on cultural sensitivity and awareness.

I have travelled extensively across Europe and regularly go back to Africa to see my Dad and family.

Particular interest in Aboriginal Health. It has been fantastic living near the Murray for the past few years of my Rural Medical Training.

Aboriginal and Torres Strait Islander mobs, deserve the opportunity for extended and healthy lives rooted in their rich cultural heritage.

They are entitled to healthcare services that prioritize prevention, cultural safety, and freedom from discrimination. Improved health results emerge when our community has access to care that respects and embraces our cultural identity.



DR MARY LOU

I grew up in Yarrawonga on Yorta Yorta country and completed my medical degree at the University of Melbourne.

Having worked across a wide range of disciplines and overseas, over twenty years ago I found my career passion in rural general practice. Rural Generalist training in Aboriginal Health was completed at Rumbalara and Njernda in 2004. After completing a Diploma of Child Health and having three children, the next move in 2016 was to solely focus on health in the early years (prenatal to 21 years of age).

I particularly want to be an approachable and kind practitioner giving high quality care for young people and families. I began on the Tweddle board this year to be part of their excellent work in baby and infant well being.

I'm also an Honorary Fellow at the University of Melbourne Department of Rural Health. I'm very fortunate to have had a long and ongoing association with Njernda and I'm very happy to be back at Rumbalara.



DR CATHERINE COLLIVER

I have been in working in Aboriginal health for a number of years.

I have thoroughly enjoyed the challenges and rewards that Aboriginal Health has given me over this time – by working with a supportive team and caring for the local community.

Prior to working in Aboriginal Health, I have been in Private General Practice for 10 years in both Victoria and South Australia. My area of interest is Aboriginal Health, Women's Health and Mental Health, as well as minor procedures such as skin lesion removals, Implanon insertions etc.

For a medical environment to work for Aboriginal people it needs to overcome the barriers they perceive.

Offering flexible and culturally appropriate care is vital.



Australian Nurse Family Partnership Program

The ANFPP team were finally able to move back to the Mooroopna site after being in Shepparton for a year, due to the Oct 2022 flooding. Being back at the Mooroopna site is healing. It's great to look out from the office and see birds, trees and kangaroos, rather than houses and concrete.

We continue to support first time mums and families in this community and are busy making room to support more families in 2024.

Two of ANFPP's 'Family Partnership Workers' completed their Diploma of Community Services early this year, and were able to celebrate at ASHE on December 1st 2023.

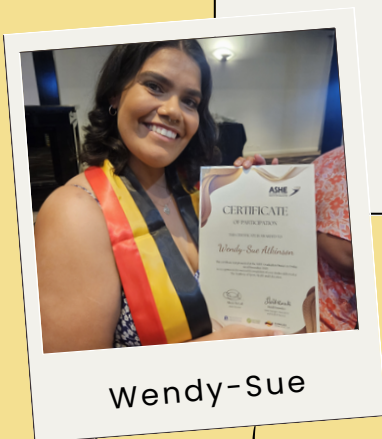
Wendy-Sue and April Atkinson completed their studies together with the support of Rumbalara. They have both been able to use what they have learnt to better support the families and new bubs in the ANFP program.

If you or someone you know is expecting their first baby in 2024 give **April a call on 0400 190 492** and have a yarn about how we can get them linked in. Our passion is supporting with empowered pregnancy and birth, identifying life goals, and helping families be the strongest they can be.

We wish everyone a safe and happy Christmas and New Year.

From the ANFP team,

Liz, Wendy-Sue, Jen, Jannali, Cindy and April.



Wendy-Sue



April



GOOD NEWS STORY!

The Rumbalara Kinship team organised for Rick Baldwin of the Koori Basketball Academy to come up last school holidays and run a basketball camp followed by cultural program. This was held at the Shepparton Basketball Stadium. The young people were given a free healthy lunch and a whole swag of merchandise including basketball jerseys, drink bottles, socks, basketballs and a brand new skateboard each.





Medical Statistics

This year has proven to be exceptionally busy for both the clinic and our team, with an impressive **25,000** patient interactions documented.

Our **daily patient contacts** consistently range between **70** and **80**, indicating a steady flow.

The committed Transport drivers have **successfully transported over 8000** community members to their medical appointments.

APPOINTMENT ATTENDANCE OVER THE PAST COUPLE OF MONTHS:

Attended: **20859**
 Attended (walk in): **557**
 Booked (Did Not Attend): **3066**
 Cancelled (Did Not Attend): **8**
 Cancelled (Rescheduled): **1242**
 Transport: **8182**
 Transport (No shows): **521**

Follow us on social media

scan the QR codes



Rumbalara Website



Facebook Page



Instagram



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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

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