



DECEMBER 2024 | ISSUE NO.10

R U M B A L A R A   C O M M U N I T Y

# NEWSLETTER



## MESSAGE FROM OUR CEO FELICIA DEAN

Rumbalara Aboriginal Co-operative Ltd. has had another successful year as an Organisation serving our community. Significant growth in all areas including Service Delivery, staffing numbers, funding and 2 new additional sites in Seymour and Echuca Road, Mooroopna.

Our staff at Rumbalara are working hard to provide Culturally Safe services to you, and our Board are continually working to practice good Governance.

All our community events and activities have been well supported with this year's NAIDOC family day, the biggest in Rumbalara's history with more than 1000 people attending. Following our recent AGM, we welcome the following Board members to lead us into 2025. Chairperson Neville Atkinson, Vice Chairperson Marie Barbance, and the following Board Members Eric Egan, Joanne Atkinson, Aunty Pam Pedersen, , Atkinson, Mark Anselmi and Suzanne Nelson, congratulations to you all.

Thank you to all our members and clients for your support throughout the year and we wish you all a Merry Christmas and a Safe New Year.

Regards

*Felicia Dean*

Chief Executive Officer



## MESSAGE FROM RUMBALARA BOARD OF DIRECTORS

Reflecting on a Remarkable Year

Greetings!

Well, it has been a long year, and what a year it has been. As I reflect on the past 12 months, I think of the many great things that have been accomplished within the organization. From new additions to our families and joyous marriages to thrilling sports winnings, each milestone has contributed to the fabric of our lives.

Celebrating New Beginnings

This year brought cherished new members into our lives, whether through births, adoptions, or marriages. These moments have enriched our lives, filling our homes with joy and laughter. Each new addition symbolizes hope and the promise of wonderful memories yet to come.

Embracing Change With new family members, change is inevitable. We have learned to adapt, accommodate, and grow together.

These changes, though sometimes challenging, have taught us the importance of flexibility and understanding. Embracing change has allowed us to strengthen our bonds and appreciate the unique dynamics that each person brings to our family and our community.

Triumphs in Sports

Our organisation has also celebrated remarkable achievements in sports. Whether it's through team efforts or individual accomplishments, sports have been a source of pride and camaraderie. The victories, both big and small, have not only brought us joy but also instilled a sense of unity and perseverance among us.



Sorry business

I also acknowledge our losses, which have been profound and challenging. In both our personal lives and within the organization, we have faced setbacks and moments of sorrow. These experiences, while difficult, have also served as reminders of our resilience and strength. They have taught us the value of empathy, support, and coming together in these times of need.

We have learned to honour our losses by cherishing the memories of what was and by finding ways to move forward with renewed purpose and determination. Through these trials, we have become more united, recognising that even in times of hardship, we can find hope and healing in each other's company.

As we continue to navigate the complexities of life, we remain committed to supporting one another, ensuring that no one faces these challenges alone. Our shared experiences, both joyful and sorrowful, weave a rich tapestry that defines who we are as a community, ready to embrace whatever the future holds.

Looking Ahead

As we look forward to the year ahead, we carry with us the lessons learned and the happiness shared. The past year has been a testament to the power of love and connection, reminding us that family is not just about blood, but about the commitment and care we show one another. Here's to another year of shared experiences, new adventures, and the continued growth of our families and achievements within our organisation.

Merry Christmas  
*Board of Directors*  
Rumbalara Aboriginal Cooperative



ACROSS VICTORIA\* WE NEED MORE ABORIGINAL FOSTER CARERS FOR ABORIGINAL CHILDREN AND YOUNG PEOPLE. YOU CAN HELP PROVIDE THEM WITH A WARM AND WELCOMING HOME.

**BE DEADLY, BECOME A FOSTER CARER**

.....

**BEING A FOSTER CARER IS A WAY OF GIVING BACK TO OUR COMMUNITY.**

- SUE-ANNE' RESPITE CARER

How to get in touch:  
To get in touch with our team at Rumbalara, scan the QR code below!





**FOSTER CARE**





# Walking Group

**Walking is a simple way to stay healthy, clear your mind, and feel good!**

Whether you're new to walking or just want to get outdoors, join us for a lap around the Shepp Lake.

**Wednesdays @ 10:30am**  
**Starting: 27th of Nov**

Light lunch provided

*Meet up at the lake BBQ area, near the basketball court.*



Join us for a walk and pick up a deadly pack, with a hat, wristband and towel.

Please reach out to Chris cooper  
Christopher Cooper: Health Promotion  
M 0434 037 394 | E [Christopher.Cooper@raclimited.com.au](mailto:Christopher.Cooper@raclimited.com.au)





# Rumbalara Community Christmas Party

Tuesday **17th** December

4pm-7pm

20 Rumbalara Road  
Mooroopna

Registration is required  
Click link above to register

This event is for Community and  
Community connected mob



# EXCITING DEVELOPMENTS AT RUMBALARA: STAGE 2 EXPANSION UNDERWAY

We are excited to announce the next phase of the Rumbalara Independent Living Units (ILUs) development, located at the corner of Verney Road and Ford Road, Shepparton. This project reflects our ongoing commitment to providing modern, comfortable living spaces while fostering community and sustainability.

## What's New in Stage 2?

The Stage 2 expansion brings several important upgrades and additions to the Rumbalara community:

### New Independent Living Units

Construction is now underway for additional Independent Living Units, providing more housing options for our Elder's who value independence in a supportive community environment. These modern homes are designed with accessibility, comfort, and connection in mind, offering residents a peaceful, secure lifestyle.

### Landscape Enhancements

Our landscape concept plan focuses on creating beautiful, functional outdoor spaces:

**New Plantings:** Canopy trees and large shrubs will be planted in mulched beds, adding greenery and providing shade throughout the community.

**Pathway Improvements:**

Existing concrete and gravel paths will be cleaned and refreshed.

New concrete paths will be built to connect with the current network, ensuring easy access and smooth transitions for all residents.

**Drainage System Review:** We will assess and improve the drainage swales to ensure efficient water management in the bushland reserve.

**BBQ & Picnic Area:** The existing BBQ and picnic area will be retained, offering a great space for outdoor gatherings and relaxation.

**Boundary Fencing:** A new post-and-wire boundary fence will be installed, with small trees planted along the perimeter to soften the landscape and enhance privacy.

### Promoting Indigenous Employment

We are proud to prioritize the promotion of Indigenous employment throughout this project. By working closely with local Indigenous partners and businesses, we aim to create job opportunities that contribute to community development and support the local economy. This initiative reflects our commitment to fostering cultural inclusion and hopefully pathways for long-term employment and growth.

### Looking Ahead

The Rumbalara Stage 2 development is designed to enhance both the living experience and the natural environment for our Elder's. We are excited about the positive impact these new additions will bring to the community and look forward to welcoming new residents to our growing neighbourhood.

Stay tuned for more updates as construction progresses



EXECUTIVE MANAGER ASSETS AND INFRASTRUCTURE





🌟🎉 **Ganbina Awards Night 2024** 🎉🌟

We are so proud to celebrate the amazing achievements of our staff members at the Ganbina Awards Night!

- 🏆 Winners from Rumba:
- 🌟 Frances Atkinson – Employment Award
  - 🌟 Cody Fairless – School-Based Apprentice
  - 🌟 Logan Falla – Work Experience Student
- Your dedication and hard work are truly inspiring!

🎓 **VACCHO Graduation Night** 🎓

A big congratulations to our incredible staff who graduated:

- 🌟 Marissa Atkinson
- 🌟 Kerry Morgan
- 🌟 Shannon Firebrace
- 🌟 Samara McKay
- 🌟 Terrel Joachim
- 🌟 Justin Cartwright
- 🌟 Dylan McIntosh

Your achievements reflect your commitment to growth, learning, and leadership. 🌟  
Let's continue to celebrate and uplift the talent in our community! 🎉🌟



**Feeling  
overwhelmed?  
Did you know we  
offer support  
through Gamblers  
Help?**



Gambling can significantly impact the health and wellbeing of both individuals and families. When considering the effects of gambling, several concerns may arise.

**Are you dealing with:**

- Financial worries
- Relationship difficulties
- Other serious issues

**We are here to support you and your family.**

Our program is culturally safe and specifically designed for our Aboriginal community.

We provide basic budgeting assistance, advocacy for utility bills, guidance on URGS grants, and referral pathways to a Gambling Counsellor.



**Lana Scott**  
0488 600 875



**Email**  
lana.scott@raclimited.com.au





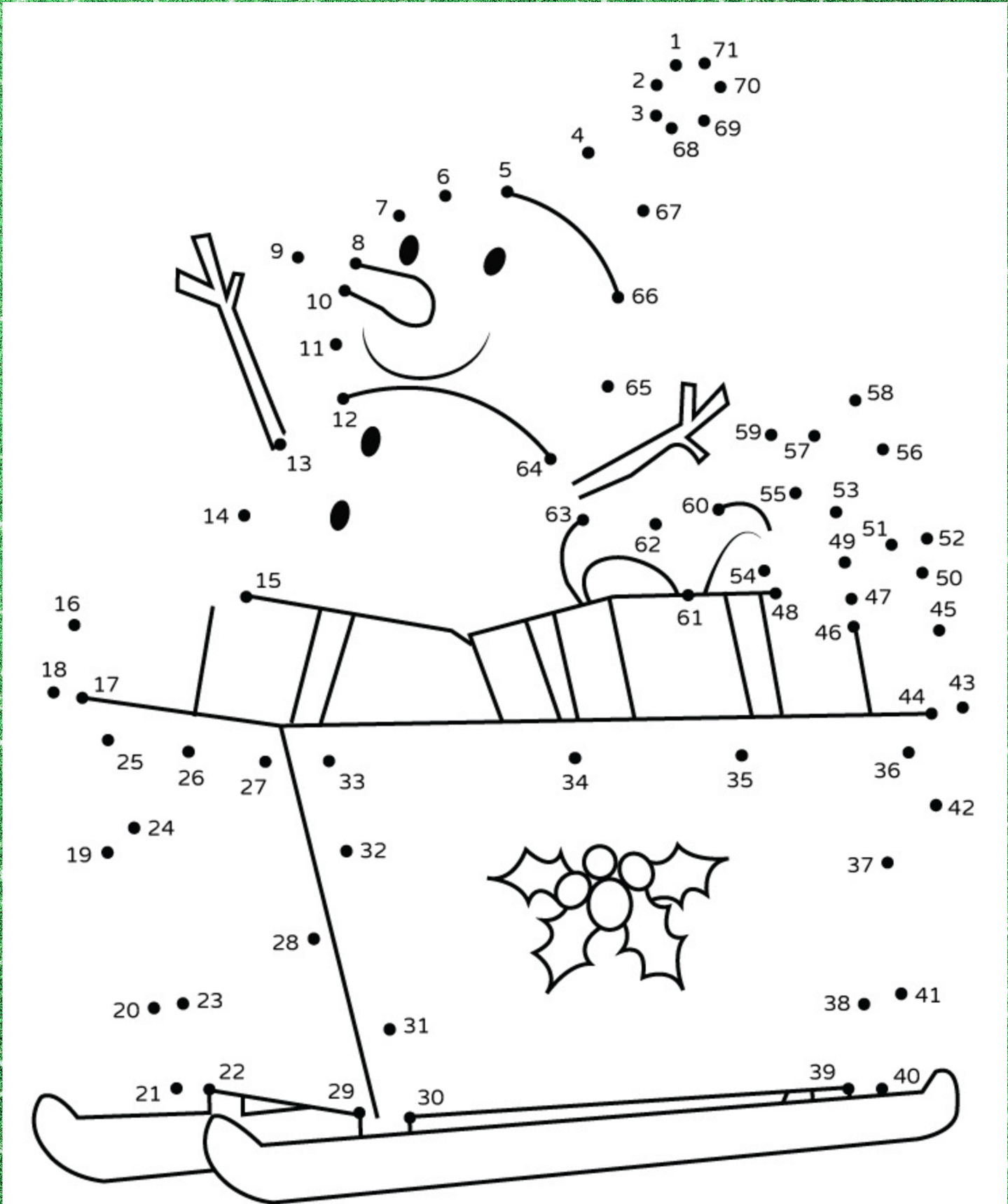
The Australian Family Partnership Program (AFPP), has been at Rumbalara for 7 years now. Over the years the program has evolved, and the team has grown and changed, but one thing remains the same: our strong dedication to providing exceptional support for first time parents. The Rumbalara 'AFPP' team recently attended our National 15th Anniversary Conference in Gimuy (Cairns). The team were able to learn, yarn and connect with our colleagues from around Australia; hearing and sharing stories of cultural strength, empowerment and self-determination. We returned feeling motivated and ready to continue supporting families in 2025. If you or someone you know is expecting their first bub in 2025, get in touch with us to find out what support is available. Our aim is for families to be supported and empowered in pregnancy, birth, parenting and beyond. Check out our website <https://www.anfpp.com.au/> or email [anfpp@raclimited.com.au](mailto:anfpp@raclimited.com.au) for more info.

AFPP Team





CONNECT THE DOTS







## From Our Housing Office

A single mother and her two teenage children faced months of uncertainty, moving between caravan parks. When they were asked to leave due to a strict "no pet" policy, the family, along with their two dogs and a cat, had no choice but to live in a tent.

Shantelle from APRAP has been tirelessly helping them apply for private rentals, but success remained elusive. Jaime from Housing Services stepped in and submitted a Transitional Housing application, which was approved after nine long weeks of living in a tent.

The family was overjoyed when Steve from Housing Services delivered the wonderful news and even transported them to collect the keys to their new home.

Lisa from Engagement & Family Services has also been a key part of their support network, organizing a removalist to help relocate their belongings.

While their journey to secure long-term housing isn't over, this milestone brings them one step closer to stability and a brighter future. ❤️

*Housing Team*

## Work Experience

### Meet Logan



Logan Falla, a Year 10 student from Shepparton Valley Grammar School, spent a week in September doing work experience with the Workforce Development Team.

During the week, Logan visited many of Rumbalara's service areas, where he saw the great work being done by the staff. He also joined activities at the Elders Facility, helping take elders on an outing and participating in cultural activities with them.

Uncle Lance shared stories about the rich cultural history of Shepparton and Mooroopna and gave Logan a tour of the different service areas.

Meanwhile, Aunty Cheryl had Logan sorting and organising old photos while talking about Rumbalara's history. She also showed him the old house still standing at the Rumbalara Medical site.

Reflecting on his experience, Logan said: "Throughout my week at Rumbalara, I met many kind people and learned a lot about the organisation and working in general. What I enjoyed most was visiting all the different facilities and speaking with experienced staff who shared what they do and their experiences at Rumbalara."

*Logan Falla*



*Christmas Word Search, Words can be found horizontally, vertically, or diagonally.*



S T O C K I N G S A  
N E L F R J S T A R  
O G I F T S W R M E  
W R E I N D E E R E  
A M E R R Y T R E E  
T S N O W J O Y N T  
E F G I F T S T N A  
D S A N T A L O W Y

- 1.Santa
- 2.Snow
- 3.Elf
- 4.Tree
- 5.Gifts

- 6.Joy
- 7.Merry
- 8.Reindeer
- 9.Stocking
- 10.Star



# Spot the Difference

Spot 10 differences between the two pictures.





Rumbalara Medical Clinic presents:

# DEADLY CHOICE'S HEALTH CHECK



Rumbalara Medical will kick off our deadly choices Health Check T-Shirts this November. Our launch will include The Deadly Choices Tennis Australia & Australian Open 2025 T-shirt.

All you need to do is book in and complete your health check with your Doctor From this November 2024 to receive your shirt!

In 2025 we will be launching the Deadly choice NRL and AFL tops. Deadly choices have teamed up with the following teams to which Rumbalara will launch in 2025.

**NRL**

- Broncos
- Cowboys
- Sharks
- Storm
- Bulldogs
- Dolphins
- Roosters
- Rabbitohs
- NRL All Stars
- NSW/QLD

**AFL**

- Collingwood
- Brisbane Lions
- Hawthorn
- Western Bulldogs



# AND YOUR CHANCE TO WIN!

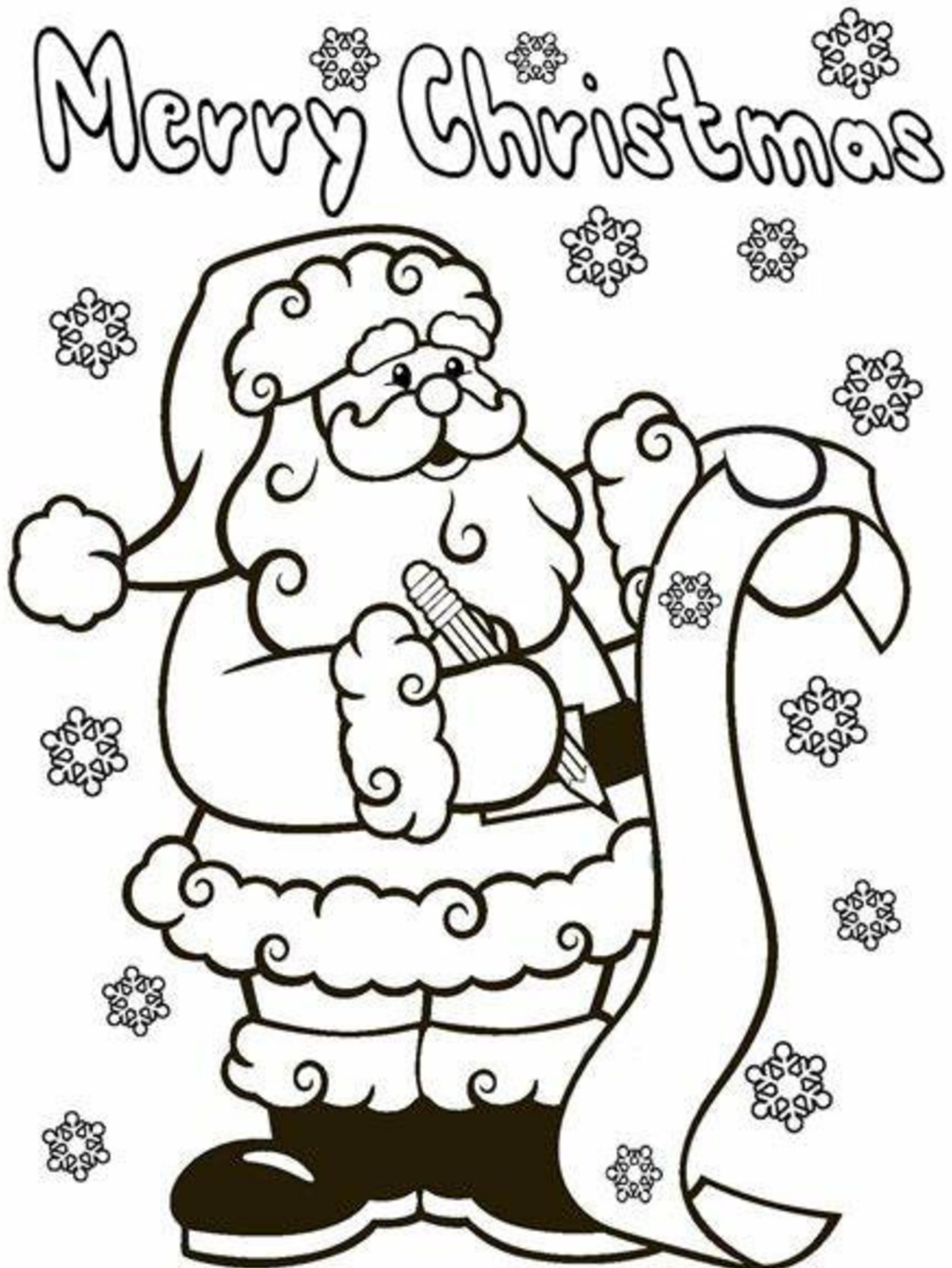
Want to go to the 2025 Australian Open in January?

Get your 715 Health Check to win tickets, flights and accom!

**Book in at: Rumbalara Medical Clinic 58 200 035**



# COLOUR ME IN





# INTERESTED IN WORKING FOR US?

Rumbalara Aboriginal Co-operative is a leading provider of community-controlled, whole of life services that support, honour and respect First Nations People. Rumbalara is committed to strengthening connections to Country, culture, and community through opportunities to belong and receive quality health and wellbeing support!

## Current opportunities

- Galnya Yarka, Senior Case Practitioner
- Galnya Yarka, Case Support Worker
- Team Leader of Alcohol & Other Drugs (SEWB) Services
- Early Years Manager
- Workforce Development Officer

To Apply Head to our website  
<https://rumbalara.org.au/careers/>



**FIND your  
CAREER**

Go to our website [www.rumbalara.org.au/jobs](http://www.rumbalara.org.au/jobs) or call us on 5820 0000 and speak to our People & Culture team.





## JUSTICE AND COMMUNITY SERVICES UPDATE

Massive Murray Paddle was held in November and saw multiple young community members undertake the challenge. The program demanded long and intense days, but the incredible resilience, courage and effort saw strong paddling right through to the finish line.

The week proved to be a big and challenging adventure, filled with moments of growth and determination. It was a testament to the strength and commitment of the young participants who completed the program. Brad Armstrong provided outstanding support throughout the event. His dedication and engagement were invaluable!



School holiday program ran during the spring holidays, which took place from 21 September to 6 October 2024. Some of the activities included bowling, a trip to the cinema, and a visit to Fun Planet. All available spots were fully booked across the four days, with 40 participants attending the cinema and bowling, and 25 participants each day at Fun Planet.

Giz A Break camp was held from 22nd to 25th October 2024, where four Aboriginal youth participated. The camp provided an opportunity for the youth to engage in cultural mentoring and recreational activities, fostering personal growth and development.

Family Violence programs are operating well. We have a large area to cover and staff are travelling to towns near and far to support clients and their families.

We are now attending Seymour on Wednesdays and Fridays.

We are enjoying seeing community utilising our office space as a place to come and yarn, have a cuppa and a toastie or just sit for a while.

Other important information for community to know around Christmas break

If in case of emergency, please ring 000

The Orange Door 1800 634 245 (People who are experiencing family violence or who need support with the care and wellbeing of children and young people)

Safe Steps (Family Violence Response Centre) 1800 015 188  
13YARN

*Shannon Balfour*

Executive Manager Justice and Community Services



# Holiday Break Emergency Contacts

## Health Emergencies

- GV Hospital: ☎ 58 322322
- Nurse on Call: ☎ 1300 60 60 24
- Dental Emergencies (GVH Dental Clinic): ☎ 58 323050
- All other emergencies: Dial ☎000
- GV Hospital: ☎58322 322
- Virtual ED [https://vved.au/self\\_registrations/new](https://vved.au/self_registrations/new)

## Department Contacts

- People & Culture: Neil Maher – ☎ 0455 263 658
- Justice & Community Services: Shannon Balfour – ☎ 0456 686 383
- Family Services: Sue Williams – ☎ 0488 200 970
- Assets & Infrastructure: Mick Buckworth – ☎ 0459 921 185
- PADS & REF: Aaron Chambers – ☎ 0455 316 751

Stay safe, and enjoy a restful holiday season

# Holiday Closure Notice

Our office will be closed for the holiday season starting from **Friday 4:00pm, December 20, 2024, and will reopen on Monday, January 6, 2025.**

During this period, we encourage you to reach out to the designated emergency contacts if assistance is needed. We wish you a joyful holiday season and look forward to serving you in the new year!







# 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](http://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](mailto: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](mailto:chanoa.seala@raclimited.com.au) or [natalie.visentin@raclimited.com.au](mailto:natalie.visentin@raclimited.com.au)


# FOLLOW US ON SOCIAL MEDIA




RUMBALARA WEBSITE



FACEBOOK PAGE



INSTAGRAM



LINKEDIN



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