



WATHAURONG

Aboriginal Co-operative

Community Newsletter

October — November 2018

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**Want to get the
Community
Newsletter by
email?**

Send an email to:

admin@wathaurong.org.au

Your details will be added to our email list; and you will be emailed each new issue, as soon as it is published.



Pictured: New art along the walking path around Weir Deppler Lake, see page 21

Calendar of Events

OCTOBER

15	Community Meeting	See page 2
18	I Dare Ya (for 6 weeks)	See pages 14-15
24	Geelong Cup Public Holiday	CO-OPERATIVE CLOSED

NOVEMBER

6	Melbourne Cup Public Holiday	CO-OPERATIVE OPEN
24	Victorian State Election	Have your say
25	Annual General Meeting	See pages 24-25

Wathaurong Aboriginal Co-operative

Lot 62 Morgan Street
North Geelong Victoria 3215
Postal Address:
PO Box 402
North Geelong Victoria 3215

Phone: 03 5277 0044
Fax: 03 5278 4123
E-mail: admin@wathaurong.org.au
Website: www.wathaurong.org.au



Like us on Facebook

[Wathaurong Aboriginal Co-Op](http://www.wathaurong.org.au)

Chairperson



G'day everyone,

We are almost at the end of what has been a very busy year; in which we have seen growth and community participation in all areas of the Co-operative. As most of you would already be aware,

there have been some changes in leadership of the Co-operative. Sharelle McGuirk and Corrina Eccles have resigned from the Board. We thank them for their contributions during their tenure.

I have been elected the new Chairperson of the Board of Directors and plan to lead a strong Board who are Community based and progress focused. We also welcome Traditional Owner Judy Dalton-Walsh who has been co-opted to the Board and will be a great addition to the team. The other Board members are still the same, being Wendy Brabham and Mick Ryan.

I would also like to welcome to the team Lisa Briggs as Interim CEO while Rod Jackson is on leave; and Edel Conroy as Company Secretary. We all look forward to together delivering great results for our

Community.

This year's Annual General Meeting (AGM) is scheduled for Sunday 25th November 2018 at 11:00am and will be held at the Community Hub, 20A Forster St, Norlane. **See page 25 for the 2018 AGM agenda.** The 2018 AGM Election of Directors process will be held by paper ballot. There will be three vacancies, with the resignation of Sharelle McGuirk and the retirement of Wendy Brabham and Judy Dalton-Walsh as Directors from the current Board; as per Rule 35 of Wathaurong's constitution. I encourage those interested parties to submit a nomination for the Board. **More information on the nomination process on the nomination process is on page 24.**

The next Community Meeting will be held in the meeting room at Morgan Street, North Geelong and has been rescheduled for Wednesday 15 October 2018 at 5:30pm. Please see below for the agenda details.

Looking forward to us working together,
Craig Edwards
Chairperson

Wathaurong Aboriginal Co-operative Ltd

Community Meeting

Monday 15 October 2018 Agenda

Commencement: 5:30pm

1. Welcome by Chairperson
2. Respect Protocol – minutes silence
3. Apologies
4. Previous Minutes
 - a) Business arising from previous minutes
 - b) Acceptance of 2nd July 2018 minutes
5. Board Update
6. Youth Funding update
7. Update on Wathaurong's 40th Anniversary Celebrations
8. Section 18 update
9. Other General Business
10. Meeting closed

Lot 62 MORGAN STREET, NORTH GEELONG 3215 * PO Box 402, NORTH GEELONG 3215
PH: (03) 5277 0044 FAX: (03) 5278 4123 EMAIL: admin@wathaurong.org.au

Chief Executive Officer



Hello to all you mob,
For those of you who haven't met me yet, I would like to introduce myself. My name is Lisa Briggs and I am the Interim CEO. I have been invited by the Board to fulfil this role while CEO Rod Jackson is on leave.

I am a Gunditjmara woman and have a great deal of experience in Aboriginal Health and Services. My background is that I come from the Aboriginal Community Controlled Health Sector, I am a clinical Aboriginal Health worker by trade at VAHS Fitzroy, known as the mother organisation. Over the last 15 years I have worked largely in policy at VACCHO and then CEO of NACCHO developing frameworks and advocating to both Commonwealth and state ministers for members such as Wathaurong Aboriginal Cooperative to receive appropriate funding levels and policies that suit our Community's needs. I have also worked with Oxfam Australia, largely for Oxfam's Close the Gap campaign.

While I am here I have two priorities and they are:

- reviewing the current systems and structures within Wathaurong, and
- strengthening Community engagement and participation.

I am looking forward to learning from you all about the Wathaurong Co-operative and Community, so that we can work together to make this Community stronger and better than ever.

Joining me is the new Company Secretary Edel Conroy. Edel is an accountant and has a great deal of experience in commercial for-profit and also not-for-profit organisations, including Aboriginal organisations. Also here temporarily, Edel is here to help with the restructure we are working on and to ensure that Wathaurong has good governance and processes. Edel's involvement here is also an exciting development for the Co-operative as the Wathaurong team has obviously already achieved many positive things for the Community, but with fresh and experienced eyes we hope to assist the Co-operative to shine.

There have been some great activities and projects happening at Wathaurong since the last newsletter. I would like to congratulate the Social and Emotional Wellbeing team who put together the R U OK? Day at Morgan Street. In particular I would like to thank Wathaurong's Karyn Kehagias and Phil King, as well as Paul Thornton and Justice's Luke Searle who both did an excellent job coordinating the Bollard Art Project which was combined with R U OK? day. This was also my first day as Wathaurong's Interim CEO and what a great introduction to you all. Thank you for making me feel so welcome. You can read more about this day and learn more about how to ask your family and friends RUOK? on pages 10 through 13.

The launch of the Community, Culture and Connection Project was also a huge success and we hope that you will all come down to Weir Deppeler Park at Morgan Street to check out the results. A big thank you goes out to our project partners Department of Justice, Diversitat and City of Greater Geelong, to Christine Couzens MP for launching the project, to the deadly young people who participated, and to Ebony Hickey who coordinated the project from our end.

We have also started promoting the amazing I Dare Ya health and fitness program by Spark Health. This is a fun and sociable six-week activity that will help us all to improve our health and wellbeing. You can read more about it on pages 14 and 15, and I hope to see you all there. Bring your family and friends to help this become a great Community event.

And finally, we would like to acknowledge that the Hon. Jenny Mikakos MP, Minister for the three portfolios of Families and Children, Early Childhood Education and Youth Affairs, has awarded the Co-op funding for 24 additional two-year fixed-term kinship care targets. Congratulations to Family Services for their hard work to achieve this.

So I hope that over the next few months we will be able to achieve great things together.

Lisa Briggs

Interim CEO

Members Code of Conduct

WATHAURONG ABORIGINAL CO-OPERATIVE MEMBERSHIP - CODE OF CONDUCT

A code of conduct or behaviour can be described as a set of statements that set out what we consider to be an acceptable standard of behaviour and conduct. This code explains how we expect our members to behave.

This code of conduct provides a guide and basis of expectations for our members. It encourages commitment to ethical and professional behaviour and outlines the principles on which Wathaurong Aboriginal Cooperative is based.

- Treat each person as an individual.
- Show respect and courtesy to all involved
- Display appropriate and responsible behaviour in all interactions.
- Display responsible behaviour in relation to alcohol and other drugs.
- Act with integrity and objectivity.
- Accept responsibility for your decisions and actions.
- Respect the rights and worth of every person, regardless of their age, race, gender, ability, cultural background, sexuality or religion.
- Encourage and support opportunities for people to learn appropriate behaviours and skills.
- Ensure your decisions and actions contribute to a safe environment.
- Ensure your decisions and actions contribute to a harassment-free environment.
- Do not tolerate abusive, bullying or threatening behaviour.
- Recognise that all members have the right to privacy and confidentiality.
- If a member acts in a way that is detrimental to a member, client, staff and/or property the Board can suspend that member immediately. They will have the right of appeal by calling a Special General Meeting.

Remember, you are not only a representative of Wathaurong but also of Aboriginal people. Behaviour, both positive and negative, casts a shadow over all of the members of Wathaurong. Think carefully about how your actions, words and behaviour will impact upon others around you.

The Wathaurong Aboriginal Co-operative Board may apply the following sanctions to any member found to be in breach of the Code of Conduct based on the seriousness and frequency of their behaviour:

1. Caution
2. Direction to leave the organisation event
3. Attendance at a meeting with Directors to discuss the breach and appropriate sanction/s
4. Participation in personal development
5. Suspension from organisation activities
6. Expulsion from the Wathaurong Aboriginal Co-operative (according to constitution)

Any member who is alleged to have breached the code of conduct will always be given a “right of reply”. They will also be offered the opportunity to bring a support person to any official discussions regarding the alleged breach.

In the case of a dispute with Directors an independent mediator may be retained to mediate the dispute.

The Wathaurong Aboriginal Co-operative will at all times ensure that any person undergoing any of the above procedures will be dealt with in a sensitive and confidential manner, irrespective of the alleged breach of the Rule or Code of Conduct.



Parrwang Youth Arts

'Connecting Our Kids with Culture & Creativity'

'Parrwang' meaning 'Magpie' in the local Wadawurrung language.

Afterschool & Holiday Happenings!

at the Geelong Performing Arts Centre

Afterschool Workshops.

August 14th—September 11th

Respected cultural mentor Norm Stanley took our young fullas on a cultural journey as they explored the importance of story, confidence in movement, beat and symbols in their 'Dance The Story' Workshops.



Term 3 Holiday Program

Held on September 25th, 26th & 27th

Our fun activities included:



'A Koorie Connection' with
Tahlia & Kristi



'Sing & Groove'
with Sue Hindle



'Bush Animals & Traditional
Weaving'
With Aunty Bronwyn Razem



'Liyan' Connections
through Dance
With Sermsah Bin Saad

'Wayapa Earth Mindfulness &
Connections' with Thaedra
Frangos



 Find us on
Facebook

Contact Program Coordinator Kylie Clarke for more info: 52 251 270 kylie@gpac.org.au

geelong
performing
arts centre



**NEWSBOYS
FOUNDATION** | 125
Supporting young Victorians for 125 years

**Geelong
Connected
Communities**

Children's Services

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 SCHOOL HOLIDAYS	2	3	4	5
8 TERM 4 COMMENCES Rosewall Kindergarten Morgan St, 9:00am-1:30pm Homework Centre Forster Street, 4:00pm-6:00pm	9 Rosewall Kindergarten Morgan St 9:00am-1:30pm	10 Rosewall Kindergarten Morgan St, 9:00am-1:30pm Parent Group Forster St, 11:00am-1:00pm Kids Club Forster St, 3:45pm-5:00pm	11 Milla Milla Playgroup Morgan St 11:00am-1:00pm	12 Milla Milla Playgroup Morgan St 11:00am-1:00pm
15 Rosewall Kindergarten Morgan St, 9:00am-1:30pm Homework Centre Forster Street, 4:00pm-6:00pm	16 Rosewall Kindergarten Morgan St 9:00am-1:30pm	17 Rosewall Kindergarten Morgan St, 9:00am-1:30pm Parent Group Forster St, 11:00am-1:00pm Kids Club Forster St, 3:45pm-5:00pm	18 Milla Milla Playgroup Morgan St 11:00am-1:00pm	19 Milla Milla Playgroup Morgan St 11:00am-1:00pm
22 Rosewall Kindergarten Morgan St, 9:00am-1:30pm Homework Centre Forster Street, 4:00pm-6:00pm	23 Rosewall Kindergarten Morgan St 9:00am-1:30pm	24	25 Milla Milla Playgroup Morgan St 11:00am-1:00pm	26 Milla Milla Playgroup Morgan St 11:00am-1:00pm
29 Rosewall Kindergarten Morgan St, 9:00am-1:30pm Homework Centre Forster Street, 4:00pm-6:00pm	30 Rosewall Kindergarten Morgan St 9:00am-1:30pm	31 Rosewall Kindergarten Morgan St, 9:00am-1:30pm Parent Group Forster St, 11:00am-1:00pm Kids Club Forster St, 3:45pm-5:00pm	1 November Milla Milla Playgroup Morgan St 11:00am-1:00pm	2 November Milla Milla Playgroup Morgan St 11:00am-1:00pm
Milla Milla Playgroup	Wathaurong Children's Services Lot 62 Morgan St, North Geelong (03) 5272 8861 or 0458 201 193 Admin: (03) 5277 0044 Playgroup Thu & Fri, 11am — 1pm		Rosewall Kindergarten	Rosewall Kindergarten Lot 62 Morgan St, North Geelong (03) 5275 4529 Mon - Wed, 9am — 1:30pm

Wathaurong Kids Club

Hey Kids!

Let's have an after school catch up!
Tell us about your day and participate in
other fun activities while learning about
your culture, making new friends and
seeing old friends too!

Deadly!

When: Every Wednesday (excluding holidays)

Time: 3:45pm — 5:00pm

Venue: Wathaurong Community Hub

20A Forster St, Norlane

For more information, please contact: Kristi Watts (03) 5292 9843

Email: Kristi.Watts@wathaurong.org.au

Children's Services

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
5 Rosewall Kindergarten Morgan St, 9:00am-1:30pm Homework Centre Forster Street, 4:00pm-6:00pm	6 Rosewall Kindergarten Morgan St 9:00am-1:30pm	7 Rosewall Kindergarten Morgan St, 9:00am-1:30pm Parent Group Forster St, 11:00am-1:00pm Kids Club Forster St, 3:45pm-5:00pm	8 Milla Milla Playgroup Morgan St 11:00am-1:00pm	9 Milla Milla Playgroup Morgan St 11:00am-1:00pm
12 Rosewall Kindergarten Morgan St, 9:00am-1:30pm Homework Centre Forster Street, 4:00pm-6:00pm	13 Rosewall Kindergarten Morgan St 9:00am-1:30pm	14 Rosewall Kindergarten Morgan St, 9:00am-1:30pm Parent Group Forster St, 11:00am-1:00pm Kids Club Forster St, 3:45pm-5:00pm	15 Milla Milla Playgroup Morgan St 11:00am-1:00pm	16 Milla Milla Playgroup Morgan St 11:00am-1:00pm
19 Rosewall Kindergarten Morgan St, 9:00am-1:30pm Homework Centre Forster Street, 4:00pm-6:00pm	20 Rosewall Kindergarten Morgan St 9:00am-1:30pm	21 Rosewall Kindergarten Morgan St, 9:00am-1:30pm Parent Group Forster St, 11:00am-1:00pm Kids Club Forster St, 3:45pm-5:00pm	22 Milla Milla Playgroup Morgan St 11:00am-1:00pm	23 Milla Milla Playgroup Morgan St 11:00am-1:00pm
26 Rosewall Kindergarten Morgan St, 9:00am-1:30pm Homework Centre Forster Street, 4:00pm-6:00pm	27 Rosewall Kindergarten Morgan St 9:00am-1:30pm	28 Rosewall Kindergarten Morgan St, 9:00am-1:30pm Parent Group Forster St, 11:00am-1:00pm Kids Club Forster St, 3:45pm-5:00pm	29 Milla Milla Playgroup Morgan St 11:00am-1:00pm	30 Milla Milla Playgroup Morgan St 11:00am-1:00pm
Parent Group	Kids Club	Homework Centre	<i>All held at: 20A Forster St, Norlane</i> Contact details: Parent Group 5277 2038 or 0438 572 088 Kids Club 5292 9843 Homework Centre 0417 855 334	



Parent Group

20A Forster Street, Norlane 3214
Every Wednesday 11:00am — 1:00pm

Connect with other parents in the community.
Discuss topics such as sleep settling, play development, looking after yourself, feeding fussy eaters and more.
Bring your baby, toddlers and preschoolers along for a play.

Lunch will be provided



Contact: Catherine Gibbs
for more information

Phone: (03) 5277 2038
Mobile: 0438 572 088

Homework CENTRE



WATHAURONG
Aboriginal Co-operative

Mondays 4pm to 6pm

Commencing: Monday 23rd April 2018

Don't forget your homework!

Organised activities running throughout the session.

Snacks provided!

**20A FORSTER STREET
NORLANE**

Contact:

Sandra Brogden

0417 855 334

Aunty May Owen

0417 031 087

Health Services

Wathaurong Health Clinic

Dr Catherine Eltringham

Every Wednesday and Thursday

Dr David Corbett

Every Thursday

Dr Ed Poliness

Week 1 & 3 – Monday & Tuesday

Week 2 & 4 – Monday, Tuesday & Friday

Dr Eimir Diviney

Every Tuesday, Thursday & Friday

Dr Tom Bradey

Every Thursday

Dr Lou Sanderson

Every Monday, Tuesday & Friday

Dr Helen Dyett

Every Monday

Dr David Russell

Every Monday & Wednesday

Diabetes Educator – Olga Lutzko

Monthly on a Wednesday afternoon

BY REFERRAL ONLY

Located in the Admin Building

Endocrinologist – Dr Sam Worboys

Monthly on a Thursday afternoon

BY REFERRAL ONLY

Paediatric Clinic

Weekly on Tuesday afternoons

BY REFERRAL ONLY

Please note there is a two month waiting list

Psychiatrist – Dr Russell Golden

Every Monday & Wednesday

BY REFERRAL ONLY

Located in the Admin Building

Wathaurong Health Service operates:

Monday to Friday 9:00am – 5:00pm

To book an appointment or find out more details on services available, please phone (03) 5277 2038

Psychologist – Paul Thornton

All day Tuesday

BY REFERRAL ONLY

Located in the Admin Building

Alcohol & other Drugs worker – Melissa Commons

Monday to Friday

Dual Diagnosis Clinician – Karyn Kehagias

Monday to Friday

Aboriginal Mental Health Worker – Phillip King

Monday to Friday

Liver Clinic – Margaret Wordrop

Monthly on a Monday

BARWON HEALTH DENTAL@WATHAURONG

Each Tuesday, Wednesday & Thursday

Please call BH dental and speak to Sarah to make an Appointment on (03) 5272 2847

Obstetric Clinic

Last Friday of every month

BY REFERRAL ONLY

BARWON CENTRE AGAINST SEXUAL ASSAULT (CASA)

Tuesdays and Thursdays

COLAC GP CLINIC – Alternating Wathaurong GP

Open every Monday, book appointments through Wathaurong Health Services

Important Notice

The health service continues to experience an increasing demand on medical services.

Due to this, we will now require 24-hours notice cancellation for all medical appointments.

We understand that our patients lead busy lives; however if you cannot attend it is important that you call to cancel.

This means your fellow community members who are needing to be seen sooner can be offered your appointment.

If you are unable to attend your appointment because of transport issues, please let us know.

Call Health Service Reception on (03) 5277 2038.

Health Services

Barwon South West Partnerships: Wathaurong Bollard Art Project

Wathaurong Aboriginal Health Service, in conjunction with Corrections Victoria and Box Hill Institute have been working with several Aboriginal prisoners from both Marngoneet and Karreenga, to design and paint seven bollards expressing the principles of Aboriginal social and emotional wellbeing described by the Australian Indigenous Psychologists Association.

These Seven Principles are:

- Community
- Culture
- Land
- Spirituality/Ancestry
- Physical Wellbeing (Strong Body)
- Mental Wellbeing (Strong Mind)
- Family/Kinship



Thank you to everyone who participated in the Bollard Art Project.

The Bollards are deadly!! Well done team!!

Health Services

R U OK? - Community BBQ and Bollard Working Bee



On 13 September, Wathaurong's Social and Emotional Wellbeing team hosted an awesome feed to raise awareness about R U OK? Day. This included the Bollard Art Project working bee, formed from representatives of the Department of Justice, Wathaurong Aboriginal Health Service and

Community members who all came together to install seven Bollards alongside the Health Service at Morgan Street. The project was celebrated by a Community BBQ where the sun was out, setting the perfect space to have a yarn, joined by lots of Community, Wathaurong staff, Departmental staff, people from The Centre, Orange Door and many others who dropped in to ask **R U OK?**

See next page for R U OK? advice.



Health Services

R U OK? Mob looking out for each other

Got a niggling feeling that someone you know or care about isn't behaving as they normally would? Trust that gut instinct and act on it. By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or workmate open up. If they say they are not ok, you can follow the conversation steps below to show them they're supported and help them find strategies to better manage the load. If they are ok, that person will know you're someone who cares enough to ask.



1. ASK R U OK?

Be relaxed, friendly and concerned in your approach. Help them open up by asking questions like "How are you going?" or "What's been happening?" Mention specific things that have made you concerned for them, like "You seem less chatty than usual. How are you going?" If they don't want to talk, don't criticise them. Tell them you're still concerned about changes in their behaviour and you care about them. Avoid a confrontation. You could say: "Please call me if you ever want to chat" or "Is



2. LISTEN WITHOUT JUDGEMENT

Take what they say seriously and don't interrupt or rush the conversation. Don't judge their experiences or reactions but acknowledge that things seem tough for them. If they need time to think, sit patiently with the silence. Encourage them to explain: "How are you feeling about that?" or "How long have you felt that way?" Show that you've listened by repeating back what you've heard (in your own words) and ask if you have understood them properly.

3. ENCOURAGE ACTION

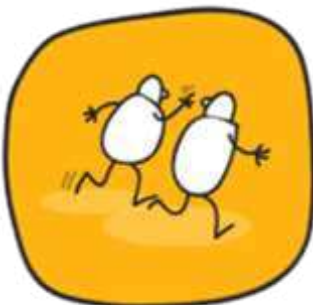
Ask: "What have you done in the past to manage similar situations?" Ask: "How would you like me to support you?"

Ask: "What's something you can do for yourself right now? Something that's enjoyable or relaxing?"

You could say: "When I was going through a difficult time, I tried this... You might find it useful too."

If they've been feeling really down for more than 2 weeks, encourage them to see a health professional. You could say, "It might be useful to link in with someone who can support you. I'm happy to assist you to find the right person to talk to." Be positive about the role of professionals in getting through tough times.

Some conversations are too big for family and friends to take on alone. If



4. CHECK IN

Pop a reminder in your diary to call them in a couple of weeks. If they're really struggling, follow up with them sooner. You could say: "I've been thinking of you and wanted to know how you've been going since we last chatted." Ask if they've found a better way to manage the situation. If they haven't done anything, don't judge them. They might just need someone to listen to them for the moment. Stay in touch and be there for them. Genuine care and concern can make a real difference.

Health Services

Free 24/7 Mental Health Support services

For any imminent risks to health always call Emergency Services (000)

For the ACCESS Team (formerly Triage) call 1300 094 187

24-hour service for people who may have a complex or serious mental illness and are in crisis.

Services include: mental health assessments, early crisis intervention, referral to other services and telephone support to clients, families and other health workers. The clinician will determine the nature and urgency of the response required. It is a primary point entry to Barwon Health public mental health services and has referral linkages with Barwon Drug and Alcohol Services.

Lifeline

Crisis intervention counselling support line.

Telephone support service: 131114

www.lifeline.org.au/get-help/online-services/crisis

DirectLine

Advice on how to manage your alcohol or drug problem: referrals to specialist relationship/family support services.

Telephone support service: 1800 888 236

www.directline.org.au

Suicide Call Back Service

Provides 24/7 telephone, video and online professional counselling; offers six free counselling appointments for people over the ages 15 years who are experiencing distress.

Telephone support service: 1300 659 467

www.suicidecallbackservice.org.au

Kids Helpline

Australia's only free, private and confidential, phone counselling service specifically for young people aged between 5--25. Includes online crisis support chat.

Telephone support service 1800 55 1800

www.kidshelpline.com.au/teens/get-help/webchat-counselling/

eheadspace

For young people 12-25 or their family to chat, email or speak on the phone with a qualified youth mental health professional.

Telephone support service: 1800 650 890

www.eheadspace.org.au

Mensline

Telephone and online counselling service for men with family and relationship concerns.

Telephone support service: 1300 789 978

www.mensline.org.au

QLife

Telephone and web counselling service for lesbian, gay, bisexual, trans and intersex (LGBTI) people, families and friends.

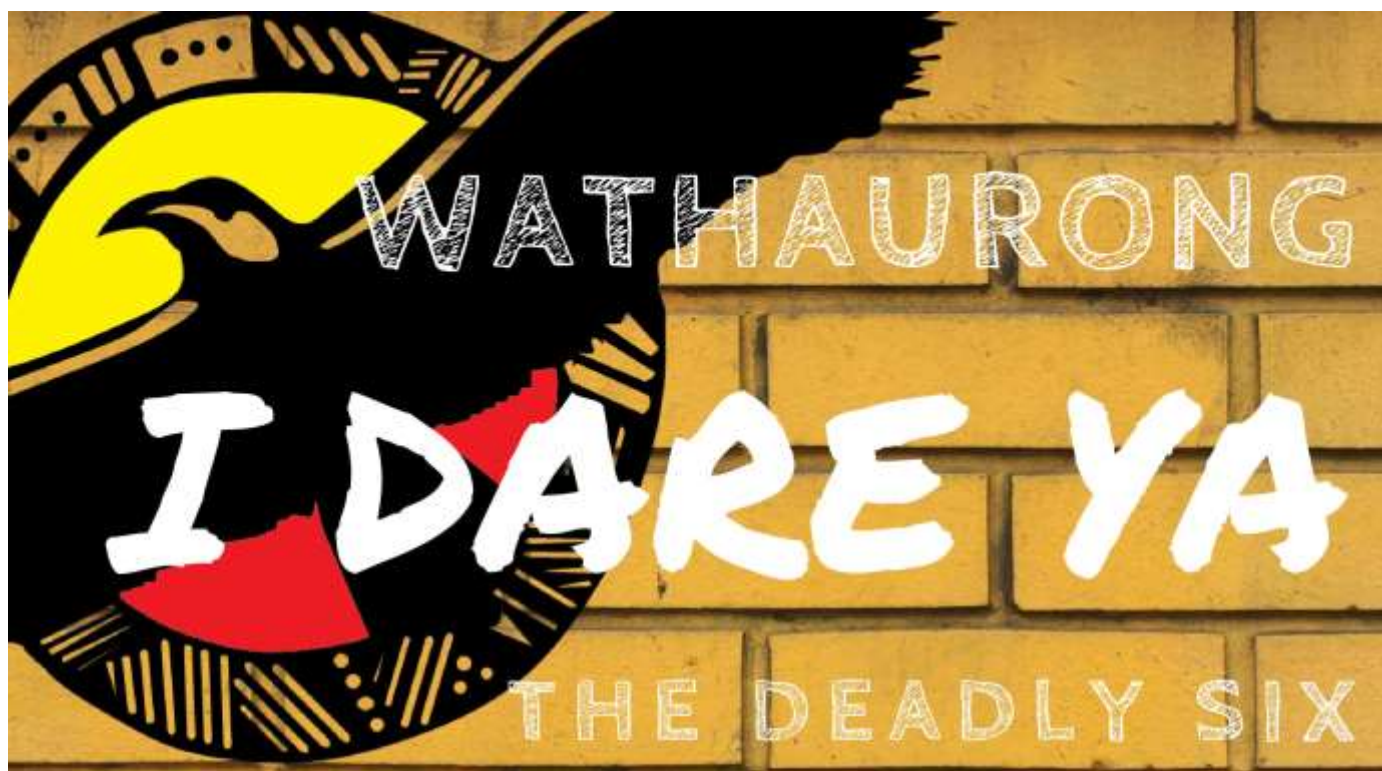
Telephone support service: 1800 184 527

www.qlife.org.au

AskIzzy

For health and wellbeing issues, the AskIzzy app finds the best suited contact to assist you. No data use on Telstra.

www.askizzy.org.au



6 WEEKS - 6 DARES - 6 WORKOUTS
1 PIECE OF GROUSE MERCH

THURS 18 OCT 2018

STARTING **6 - 8PM**

EVERY THURS FOR 6 WEEKS
AT WATHAURONG ABORIGINAL CO-OP
62 MORGAN ST NORTH GEELONG

TO REGISTER
www.surveymonkey.com/r/iDareYa

MORE INFO
Call 5277 2038

Everyone is welcome bring your kids!
Healthy light meal provided.



@wathaurong



Health Services

So what is I DARE YA ???

Six Weeks - Six Dares - Six Workouts

One grouse piece of merch!

I Dare Ya is the most fun you have ever had shaking up your health and wellbeing!

Throughout this six-week program we will be taking on Six Deadly Dares together that will give us simple and sustainable tools to kick-start and keep a healthy lifestyle.

Each week we will take on a different topic to help us reach our goals before getting moving. But don't stress! We have something for every fitness level.

It doesn't matter if you're just starting out or running marathons - we've got you covered!

So don't forget to bring your runners, something comfortable to get moving in and a water bottle every week.

The first session starts at **6pm** but be a legend and **arrive from 5pm** to get some measurements out of the way.

Remember...the number on the scales don't define us! They're just something that we are working on!

Our short registration survey (link below) will help us to stay in touch throughout the program and to get a better understanding about where we're all starting from so please be as honest as you can.

There's no judgement here, we're cheering for you every step of the way.

Keen? Register your place by heading to www.surveymonkey.com/r/iDareYa

REGISTER TODAY!!!

I Dare Ya to bring a friend!

I Dare Ya to get out of your comfort zone!

I Dare Ya to bring the kids!

I Dare Ya to get moving with us!

I Dare Ya to set goals!

I Dare Ya to earn a limited edition Wathaurong singlet or top!

I Dare Ya to register!

**Week One kicks off on Thursday 18 October at Wathaurong Aboriginal Co-operative
Lot 62 Morgan Street, North Geelong VIC 3215**

For more information please contact Sarah on 0437 584 123 or email hello@sparkhealth.com.au or call the Wathaurong Health Service, Morgan Street reception on 5277 2038.

Health Services

Want to get out of the House?
Need a chat; a listening ear ?

Tea, Coffee,
Snacks?

Need to use a
computer?

Want to share
some Culture?

Thursdays

Have an idea
for arts or
craft

at

Tell us what
you want to
see

Forster's

Come visit with **Aunty Gwenda Black**

And special visitors

10-3pm commencing August 31st

DROP-IN

Community Services

Community, Culture and Connection Project

On 15 August the Community, Culture and Connection Project was launched by Christine Couzens MP with representatives from project partners Department of Justice, Diversitat, City of Greater Geelong and Wathaurong. The young participants in the project were honoured with certificates and gifts, many of whom were Wathaurong mob. We thank the participants and Wathaurong's coordinator Ebony Hickey for helping to make our space more beautiful.

About 100 people joined us for the walk which started by going around the Weir Deppeler Park and ended at Diversitat up the hill.

Please feel welcome to come and look at the new additions to our Wathaurong land. And say hello to the pelican family that has returned for Spring.

Pictured below: some of the signage and art along the walk



Community Services



Phill's Story

I am a 63 year old Bundjalung man and I am a Wathaurong Community Member since 1981.

I was born in Lismore NSW, I'm from the Northern Rivers of NSW.

I spent most of my life in St Joseph's baby home with my brother in Ballarat from the age of five months, where I remained for 17 years. Then I moved to Geelong, St Augustine's orphanage, until the age of 25, which I still keep in contact and attend reunions with the people I grew up with. When I moved back to Geelong, it was then I received my first birthday card from my mum. Up to then I knew I had other brothers and sisters who lived in Ballarat. I attended Bell Park Technical school where I played sport. I started work in Ballarat at the age of 18 years of age as a spray painter, I did this for a year or so, after that I had various other jobs.

I would like to mention a little bit about my NDIS journey.

I became an NDIS client in 2015 and I have actively been receiving support from Wathaurong Disability Services. This includes lawn mowing from the work crew, shopping, domestic, and social and community recreation and attend the Planned Activity Group (PAGs) three times per month, which I thoroughly enjoy.

My Disability is muscle degeneration and I need to wear braces on my knees as it is very difficult for me to walk without braces on. I require a walking stick, walker and a scooter to get around as it can be very painful most of the time.

With the support of NDIS funding and

Wathaurong Support staff, this has assisted me and allowed me to get out and about in the Community, so that I can achieve my goals.

I recently received my new powered scooter and lift stand recliner with my NDIS funding and the assistance from my Support Coordinator.

I would like to say that I hear people out in the Community or public say 'what does NDIS do for me?' I tell them it has helped me in so many ways with equipment and support workers. The carers and support coordinator are really supportive and sympathetic to their clients and are always here for me. Without the carers I would be stuck at home.

I recently moved into a brand new two-bedroom unit, which was specifically designed for people with disabilities. The design is open plan, all doors are widened for wheelchair access, generous size backyard, close to shops and health services. I really enjoy living here. I have a great veggie garden, and I usually share my produce with Community.

My advice to you, if you think you may have a disability, please contact the Disability Support team at Wathaurong and they can assist you with any inquiries you have.

Contact Liz Abrahams, Disability Support Coordinator on (03) 5277 0044

Community Services

PAGs and the chocolate factory



Wathaurong's PAGs group recently went on a delicious excursion to the Great Ocean Road Chocolaterie & Ice Creamery in Anglesea, for a large serve of decadence and indulgence.

The group checked out the spectacular showroom and tasted some of the thousands of tempting choc-filled treats and ice cream.

They even got to check out some of the chocolates getting made on the spot. And stock up on sweets of course.

The Planned Activity Group (PAGs) engage in lots of fun activities and excursions, including arts and crafts, music and getting out and about and meeting new people.

Participants are generally involved with Wathaurong's Home and Community Care (HACC) program or the National Disability Scheme (NDIS) program.



Community Services

Wurdi Youang Indigenous Protected Areas (IPA) Consultation Project

As an Aboriginal Co-operative and Community we are now in the final phase of the IPA consultation project. This means we need to finalise our Plan of Management by seeking cultural input and endorsement from the Registered Aboriginal Party. The first stage of this is to develop a Communications Strategy with the Wathaurung Aboriginal Corporation who is the Registered Aboriginal Party. Whilst both groups share fundamental values and goals that include looking after Country, protecting cultural heritage and creating opportunities for Aboriginal people to prosper, it is the communication breakdowns that have continued to reduce the ability of groups to cooperatively achieve these goals. The Communications Strategy is being developed to guide improved communication within and between the groups. Several meetings have been conducted and input is being collated from both groups to develop the strategy. Once we have this in place we hope that the IPA consultation process can proceed more smoothly and a Plan of Management be developed that meets the needs of the community, the Registered Aboriginal Party and the federal



Wurdi Youang is preserving native flora and producing native grass for commercial use, providing employment and training as we grow.



Picture: sunset at Wurdi

government.

Once the Plan of Management is finalised and endorsed by all parties the property will be declared as an IPA, and become part of Australia's National Reserve System. Funding will be received annually by the Federal Government for the property to be managed according to IUCN standards and the agreed Plan of Management. Should the IPA consultation not be successful, and the Plan of Management not be agreed upon, we are unlikely to achieve IPA status and our funding

Community Services

prospects for managing the property and achieving our community cultural wellbeing goals will be reduced. The Forster St house is in the process of being relocated to the farm to be a caretaker's residence. The Men's Shed will then take its place and many more activities will be happening at Forster St.

The Koori Youth Justice program now hosts weekly programs for Aboriginal youth at the farm. Andrew Travis has been employed through Koori Youth Justice Department funding, and together with Wathaurong and other agencies they run cultural activities such as art and dance; didgeridoo painting, burning, waxing and playing; clap stick making; and boomerang making, painting, burning and throwing.

Wathaurong Family Services workers Kristie Watts and Tahlia Dempsey recently came out and started the young girls off with traditional dance, as well as weaving and braiding head and arm bands with emu feathers, gumnuts and leaves. This program will grow and grow. Teaching our Aboriginal children about culture, learning of the stolen generation, and caring for our kids in foster care and other institutions as the Wathaurong Aboriginal Co-operative have done for the past 38 years.

By Reg Abrahams

Koori Youth Justice program at Wurdi Youang

Every Friday the farm welcomes young people to engage in traditional Aboriginal cultural activities with Andrew Travis Senior and Junior. A Cultural Day was recently held to showcase the program to key stakeholders, such as Victoria Police and the departments of Education & Training and Justice & Regulation. The weekly program is a joint project between the Koori Youth Justice teams at Wathaurong and the Department of Justice & Regulation, coordinated by Tom Noulas and Luke Searle respectively.



Picture: yarning circle at the Cultural Day at the farm



Picture: smoking ceremony with Andrew Travis Picture: Andrew Travis Jnr

Community Notices



**dementia
australia**™
Managing dementia

Dementia is a disease of the brain that makes it difficult to remember, think and plan. There are many types of dementia and different people will experience the condition in different ways.

When a person has dementia, they might:

- ✓ go for a walk and forget where they are going or where they have been
- ✓ feel worried
- ✓ not want to go out or visit friends and family or do the things they used to do
- ✓ find it hard to solve problems
- ✓ feel something isn't quite right in their brain
- ✓ get cranky and say things they wouldn't have before
- ✓ forget things they have already said
- ✓ ask the same question over and over
- ✓ have trouble handling money
- ✓ have trouble looking after themselves
- ✓ forget to eat or forget to take medications.

Family, friends and community play an important part in our lives – and this is especially true for people living with dementia.

Dementia Australia can help if anyone in your community is experiencing memory loss or dementia. Our friendly team is based at the river end of Pakington St – and Karen, Nola, Louise, Jane, Narelle and Chris are always happy for you to drop in for a yarn or give us a call on 1300 526 576 if you would like any further information or support.



Here are some helpful things for family and friends to remember when supporting someone with dementia

- ✓ people living with dementia are trying very hard to make sense of their world
- ✓ accept that the person living with dementia will forget things – possibly even your name – however that doesn't mean that they have forgotten what you mean to each other
- ✓ it is important to let people know that we still love them and are here for them even if they don't appear to understand
- ✓ be patient. They are not being difficult on purpose. When the person with dementia says the same thing over and over or asks the same question or tells the same story, it is like the first time for them. The person may not remember you have talked about this before and believe it is something important for you to know.
- ✓ if sometimes the person with dementia doesn't make sense, acknowledge the feelings behind the words and show respect
- ✓ keep the environment as positive as possible
- ✓ focus on the person they are now, and not on the dementia
- ✓ contact with others helps a person feel important and that they are valued
- ✓ continue to share interests with the person, but you may need to do this in a different way.

Community Notices

SATURDAY OCT 20TH

Fyansford Paper Mills, Geelong 12pm-10pm



Celebrating Culture—Walking in Two Worlds

**10 HIGH FLY * ABOVE THE BIT * ASANTI DANCE THEATRE * ADALITA
ALICE SKYE * ALISTER TURRILL * ANDRE WARHURST * AYLEEN O
ANDREA ROBERTSON TRIO * BAKER BOY * CHRIS TAMWOY * DALLAS WOODS
DARREN PERCIVAL * DRMNGNOW * ELLI BELLE * FINNIGAN AUGUST
HOLD//FIRE * IMMY OWUSU * JAMES RIGBY * THE MAES * MONIQUE CLARE
MOUNTAIN GREY * PHIA * PHIL & TRUDY EDGELEY * SARAH CARROLL DUO
SHANE HOWARD & YIRRMAL DUO * STEADY STATE MASSIVE * TIM ROGERS
TODD COOK * WILLIAM CRIGHTON * YIRRMAL AND THE MILIYAWUTJ**

Performances, Art and Kids Activities

**WADAWURRUNG OPENING CEREMONY BAI'ERR * MASCULINE SPIRIT CHOIR WITH DARREN PERCIVAL * DIDG CIRCLE
APRA AMCOS SONGLINES SESSION * WAYNE QUILLIAM LIGHT PROJECTIONS * ART DISPLAYS
KIDS ACTIVITIES - BOOST YOGA FOR KIDS, FACE PAINTING, MINI MAESTROS MUSIC SESSIONS AND DAZZLING DAN MAGIC SHOW**

Community Event supporting Märrma' Rom Two Worlds Foundation

First release tickets from \$59

2worldsfestival.org.au

Community Notices



NOTICE OF WATHAURONG ABORIGINAL CO-OPERATIVE ANNUAL GENERAL MEETING (AGM)

To all members, under Rule 35 of the Wathaurong Aboriginal Co-operative Constitution you are hereby notified that the AGM shall be held:

**Sunday 25 November 2018, 11:00am at the Community Hub,
20A Forster St, Norlane, VIC 3214.**

In accordance with Rule 35 there are declared three vacancies on the Board of Directors. We are inviting candidates to nominate for election to fill these positions.

Who can become a Director on the Board of Wathaurong Aboriginal Co-operative?

- A person who is of Aboriginal or Torres Strait Islander descent;
- A person who is 18 years or older;
- A person who has been a member of Wathaurong Aboriginal Co-operative for a minimum of two continuous years; and no other member of their family is currently a Director.

Who cannot become a Director on the Board of Wathaurong Aboriginal Co-operative?

- A person who has been declared bankrupt;
- A person who has an offence within a period of 5 years after a conviction, or if sentenced to imprisonment, after release from prison.

Ideal competencies:

- Understand the difference between Governance and Operational issues;
- Understand the roles, processes and relationships of the Board and its members;
- Is honest, reliable and committed to the role of a Director of Wathaurong Aboriginal Co-operative;
- Is prepared to undertake current Governance training;
- Can interact with other Board members in a group setting, contributing to and valuing the contribution of members;
- Will undergo (and pass without incident) a National Criminal History, Police Check and Working with Children Check.

Please be aware that a nomination must:

- (a) be signed by 2 or more members; and
- (b) provide details of the qualifications and experience of the person nominated; and
- (c) be accompanied by a notice in writing signed by the candidate agreeing to his or her nomination.

The nomination and notice referred to must be lodged at least 28 days before the AGM, this date being Monday 22 October 2018, at the registered office of the Co-operative. It is to be marked as confidential and addressed to the Board Secretariat, Lot 62 Morgan St, North Geelong, VIC 3215.

Nomination forms are available from Reception at Wathaurong Aboriginal Co-operative.
Please call (03) 5277 0044 for further details.

Community Notices

Wathaurong Aboriginal Co-operative



Annual General Meeting 2018 Agenda

Sunday 25 November 2018

Commencement: 11:00 am

1. Welcome by Chairperson
2. Respect Protocol – minutes silence
3. Apologies
4. Acceptance of Minutes, last AGM
 - a. 26 November 2017
5. Financial Report 2017 - 2018
 - a. Adoption of audit report for financial year 2017-2018
 - b. Confirmation of auditors for 2018-2019
6. AGM Report 2018
7. Election of Directors by Paper Ballot (three vacancies)
8. Announcement of Paper Ballot Election Outcome
9. AGM Closed

20A FORSTER STREET, NORLANE 3214 * PO Box 402, NORTH GEELONG 3215
PH: (03) 5277 0044 FAX: (03) 5278 4123 EMAIL: admin@wathaurong.org.au

Free Public Lecture Series 2018

Barwon Health Library Service

Advancing the Treaty Process in Victoria

When: Tuesday, 23 October 2018 | 1pm-2pm

Where: Ground Floor, St Mary's Library & Research Centre, 190 Myers Street, Geelong (enter at rear of building).

Presented by Jill Gallagher OA
Victorian Treaty Advancement Commissioner



Victorian Treaty
Advancement
Commission


**Barwon
Health**



RSVP for catering purposes
Serena Griffith ph. 4215 0481
sgriffin@barwonhealth.org.au

Community Notices



Meet Dyeerrm Klo (Frog Drum) at Diversitat

In May, Diversitat unveiled their new Wathaurong Glass water feature at their Healthy Living Centre. Funded by DHHS, Diversitat planned and designed it to honour and invite the Wathaurong Community to be a part of and be central to their new home in Norlane.

The significant art piece was a collaboration between the Diversitat Kuloo Arts group (Karen and Karenni weavers) and the Wathaurong 'Bringing Them Home' group. The finished piece is now aptly named Dyeerrm Klo, Dyeerrm is Wathaurong for Frog, and Klo is Karen for Drum. Dyeerrm Klo – Frog Drum.

During the design phase, each group described elements of their respective culture to each other through storytelling, visits and tours, craft and images. It was an ideal way to encourage the groups to become familiar with each other. The Wathaurong group introduced a sheet of Aboriginal symbols and their meaning to the Karen and Karenni group. This was fascinating to the Kuloo Arts group, who had great fun drawing the symbols and understanding their significance.

Another awesome part of the design process was the story of Tiddalick – the frog that caused a flood. This story is an adaptation of an Aboriginal Dreamtime legend about a frog who drinks all the water from the billabongs and rivers. The allegorical nature of the Tiddalick story had a familiarity to the Karen and Karenni group, due to both the Frog and the Eel being important in their culture also. The frog represents the Karen drum (due to the sound the drum makes).

Photo top and right: Dyeerrm Klo



The symbol of the drum is so significant, it appears on the Karen flag. The eel is a key character in the story and a significant Wathaurong symbol. Plus, the Karen have woven eel traps, as did the Wathaurong clans.

Photo left: the design group

Community Notices

Wathaurong Glass & Arts

16 Rodney Road, North Geelong, Victoria, 3215 Ph: (03) 5272 2881



We are committed to providing quality support and programs for our community and clients.

We welcome feedback and suggestions to improve our programs.

How can you give us feedback ?

Complete a feedback form, fill it out and hand to reception (anonymously if you like) or write a letter and post it, marked Attention: Tony Meagher, Operations Manager ... or email: tony.meagher@wathaurong.org.au

ATTENTION:

As many of our members are aware, Wathaurong has expanded recently to include the additional office space at Mackey Street in North Geelong. This site houses our Community and Family Services managers and program workers. The space is designed to be accessible to clients and community on an appointment only basis.

Requests for appointments from clients, Community members and other organisation representatives can be arranged by either speaking to individual workers or alternatively, contacting our reception desk on 52929800 to arrange a meeting room.

DISCLAIMER:

The views, information or opinions expressed in the Wathaurong Aboriginal Co-operative Ltd bi-monthly newsletter are solely those of the individuals involved and do not necessarily represent those of the Wathaurong Aboriginal Co-operative Board of Directors, management, Community members or employees. The primary purpose of the newsletter and its contents is to educate and inform. This publication does not constitute medical, legal or other advice or services. Wathaurong Aboriginal Co-operative Ltd recommends that readers use caution/discretion when reading this document; as it may contain images and/ or names of deceased persons.

School Terms Dates for remainder of 2018

Term 4: 08 October - 21 December

Does your child need support at school, or is not even attending? Ask your school to link you in with the Koori Education Support Officer (KESO).

Community Notices

Assistance and Emergency Services

Service	Contact
Are you seeking emergency accommodation? Call Salvo Connect (Homeless Support Provider for over 25s) for advice on housing and welfare support	5223 9220
Barwon Child, Youth & Family (Homeless Support Provider for 24 and under) can help young people with accommodation and welfare support, give them a call	5246 7500
If you need help in an emergency you can contact Ambulance, Fire Brigade and Police	000
Are you struggling with finances and need some emergency relief or advice? Diversitat may be able to help you out.	5221 6044
If you require food vouchers, talk to Uniting Care or Salvo Connect	5223 5400
For medical, health and wellbeing support, contact Wathaurong Health Centre	5277 2038
In the event of a medical emergency Barwon Health Emergency Department have the facilities and expertise	4215 0000
For situations requiring police support or advice, call Geelong Police	5225 3100
If you require Family Violence & Sexual Assault Support the Orange Door Barwon Hub provides services, advice and expertise.	1800 312 820
For Drug and Alcohol advice, contact Direct Line 24 hour referral service.	1800 888 236
If you, a friend or family member need immediate advice, call the Suicide Hotline.	1300 651 251
Do you feel unsafe because of Family Violence? Support is only a phone call away. Safe Steps 1800 numbers are also available for support, referrals and refuge 24/7	5224 2903 1800 015 188 Or 1800 737 732
Family Services support including Family Violence is through The Orange Door Barwon HUB (Drop ins at 83 Moorabool St, Geelong from 9am to 5pm Mon-Fri)	1800 312 820
If you need legal advice or support, get in touch with the Victorian Aboriginal Legal Service.	1800 064 865

Need to update your details?

We maintain the mailing list and this helps us to keep in contact with you. We may need to send you newsletters, update the waiting list for WAC housing, or provide members with meeting dates, community events, etc.

Members please remember to update your details. Family members if you know of someone who has moved recently — please ask them to update their details by calling the Co-operative 5277 0044 or letting reception know, when you are next in.