

K-I-N-D-R-E-E-D S-P-I-R-I-T-S

... community newsletter

Winter Edition

Zita is a proud Wemba Wemba, Wiradjuri and Djabugay woman. She started with the Ngarrang Gulinj-al Boordup Team (NGBT) in the H2H Program about two years ago. Now, as the Indigenous Health Facilitator, Zita assists community members to set goals and complete their Health Care Plans.

*This season
we are featuring*

NGBTs
Indigenous
Health Facilitator

Zita Gilbert



Getting to know you ...

What are some of the highlights since starting at EACH?

I've loved the reflective team workshops set up by Erica Lambert about creating personal and team growth and being accountable as a team member. I have been amazed by the different skills each team member contributes. We are all learning from one another.

What are some of your biggest challenges?

Public speaking is my challenge – I think it is safe to say I dislike it! I prefer to be the quite worker behind the scenes ... the person behind the person with a voice, assisting to present the ideas and issues that advocate for Community.

What can we do to improve our team culture?

I feel we have a wonderful team culture. We support one another working from home, on site as well as out in Community. One thing I would love to see in the near future would be for our organisation to provide ample space and storage for the future growth and support of our team and the great work we do.

What's the best thing that you can cook and can we have the recipe?

My "go to" dish is gravy beef cheeks with damper and fried scones. Give me a coooee if you'd like the recipe. It's delicious!

What has been your proudest moment?

My children are definitely my proudest moment. Also, as a youngster another proud achievement was playing rugby league touch football at State level in Parkes, New South Wales.



MEET THE REST OF THE TEAM

Ngarrang Gulinj-al Boordup Team at EACH ... caring for mob in health and wellbeing



SERVICES

... provided by the Ngarrang Gulinj-al Boordup Team

- Support in connecting to access Allied Health and Aboriginal services/programs.
- Integrated Team Care – Care coordination and support in accessing medical equipment, and specialists for individuals experiencing chronic health conditions.
- Diabetes Education.
- Aboriginal Health Promotion across life span for community and within educational settings.



Ngarrang Gulinj-al Boordup Team Aboriginal Health and Wellbeing

Phone Ferntree Gully Office : 9757 6200

EMAIL: aboriginalhealthteam.eachvic@each.com.au

NGARRANG GULINJ-AL BOORDUP TEAM

... August 2023



THE OFFICIAL OPENING



The EACH Ngarrang Gulinj-al Boordup Team proudly celebrated the official opening of the Indigenous GP Clinic at Patterson Street, Ringwood East.

The launch was opened with the Smoking Ceremony and Welcome to Country performed by Julie Coombes, inviting 80 guests to walk through the smoke of the eucalyptus leaves, strengthening and cleansing the energy of all.

The traditional rich sound of the yidaki played by Sean Ryan and the talented spirit of the Djirri Djirri Dancers honoured the opening and ongoing success of our clinic.



This event marked years of planning and hard work put in by Elders, Community and staff over many years.

*Gratitude and thanks
go to everyone involved*

Vanessa Murdoch proudly took on the role of Master of Ceremony on the day in service to the team and to Community.

Our CEO, Natalie Sullivan, our new Director of Aboriginal & Torres Strait Islander Relationships Business Development - Paul Martin, along with Helene Cripps our Care Coordinator all contributed to the day's celebrations.

OF THE INDIGENOUS GP CLINIC



each



A VERY WARM WELCOME

... to Paul Martin



It was a treat for the Ngarrang Gulinj-al Boordup Team - Helene, Vanessa, Zita, Stellamay, Erica and Tash to catch up with Paul Martin in Melbourne during NAIDOC Week.

Paul, newly appointed Director Aboriginal & Torres Strait Islander Relationships Business Development, is based in Queensland and is EACH's National representative for First Nations people.

*Paul get ready to be asked lots of questions.
Our Team is excited to have you on board!*

Paul, a proud Butchulla, Goreng Goreng man, brings a wealth of knowledge and experience to this newly created, first-time role at EACH.

His diverse background includes Law and Governance as well as Narrative Therapy and Counselling, to mention but a few of his many skills.

The Ngarrang Gulinj-al Boordup Team warmly welcomes Paul

LOTJPADHAN AWARDS

... Congratulations!!



Aunty Lois (2nd from left) proudly congratulates **Tash Harney**, **Stellamay Lambert** and **Vanessa Murdoch** from the NGB Team on completing their Lotjpadhan Training to become Restorative Justice Facilitators.

The goal of Lotjpadhan (Yorta Yorta for talking together) or Restorative Justice, is to bring together those most affected by an unlawful act, in a non-adversarial way.

It encourages the accountability of the offender and also meets the needs of the victim to repair harms and to ensure punishment is proportional to the offense to bring healing for both parties.

NGBT AT NATIONAL NAIDOC WEEK

... celebrations in the city



How it all began

One of the first major rights assemblies in the world was held on Australia Day in 1938. On this day, Aboriginal people gathered in Sydney to march and protest the lack of basic human rights of Aboriginal and Torres Strait Islander peoples.



A congress ensured that was attended by over a thousand people to become known as the **Day of Mourning**. Many recognise this day as the catalyst for NAIDOC Week.

From 1940 until 1955, the Day of Mourning became known as National Aborigines Day and was held annually on the Sunday before Australia Day. In 1955, however, this date was moved to the first Sunday in July where the consensus reflected on the meaning of the protest to include a celebration of Aboriginal culture.

Key Aboriginal organisations, state and federal governments, and church groups supported the formation of a committee of Aboriginal and non-Aboriginal people. To commemorate and celebrate National Aboriginal Day, they named themselves National Aboriginal Day Observance Committee (NADOC).

In 1974, for the first time NADOC was composed entirely of Aboriginal members and was extended from one day to one week.

NAIDOC is now celebrated from the first to second Sunday in July.

It was not until 1991 that NADOC became NAIDOC, the National Aboriginal and Islanders Day Observance Committee, to include Torres Strait Islanders. Every year our celebration raises awareness of the distinct cultural histories of both peoples.

NAIDOC Week embraces a variety of activities and functions. These include awards, marches, Elder luncheons, community days, music and dance, art, cultural workshops, talks, and much more to support and celebrate Aboriginal and Torres Strait Islander communities.

Aboriginal and Torres Strait Islander people gather proudly for NAIDOC Week to honour the history and achievements of the oldest living culture in the world.



THE EMR NAIDOC BALL



A BRAND NEW ANNUAL NAIDOC AWARD

... created to celebrate EACH staff members

This very special, first of its kind, award was created by our Naarm Aboriginal Cultural Coordinator, Vanessa Murdoch.

The selection committee worked through an abundance of nominees to honour and acknowledge the hard work and service of the finalists and teams in the EACH Primary Care Service of the eastern metropolitan area.



Primary Health NAIDOC Awards



This year's awards equally acknowledged:

Loris McLean, Allied Health
Soraya Knapp, Refugee Health
The Oral Health Services Team

An honorary mention was given to:

Erica Lambert
Ngarrang Gulinj-al Boordup Team

the EASTERN METROPOLITAN NAIDOC COMMUNITY AWARD

... goes to Helene Cripps



Congratulations to

Helene, Integrated Team Care Coordinator with our Ngarrang Gulinj-al Boordup – Aboriginal Health and Wellbeing Team, on winning this prestigious Community Award.

Helene's win is a testament to her unwavering dedication, hard work, and commitment to Community.

She is an Aboriginal Nurse and proud Palawa woman from Tassie. Her accomplishments include leading our Integrated Team Care program, establishing the highly impactful Healthy Koori Kids program and the organisation of many Health and Wellbeing Days for Community.

Helene responds from the heart, recognising that being Aboriginal comes with cultural obligations beyond her paid employment.

Well done Helene!

SERVICES TO YOU

... via the GP Clinic

If you need support or have questions around benefits
... come along and have a yarn
with our local Indigenous Services representative,
covering Centrelink and Medicare

at the **INDIGENOUS GP CLINIC**
75 PATTERSON STREET
Ringwood East

medicare

The Indigenous
Services Officer is
available
from 1:00 - 4:00 pm
once per month

Contact: Zita to make a booking:
Zita.Gilbert@EACH.com.au



MESSAGE TO SELF ... *meeting my own needs*

Do this quick check-in to see where you can focus more attention to ensure you are meeting your self-care needs.

Write down what you have to do to meet your needs.

Self-care is the word on everyone's lips. Fill up your own tank to have more in reserve for others.

You are responsible for you. It can look different for every individual.

Areas of Self Care

What can I do to meet my needs

Keep adding to your Self-care bank of ideas

Quality time with family

Time Alone

Fun Activities

Friendships

Relaxation and Peace

Emotional Health

Physical Health

Organisation and Structure

Being Challenged

Feeling Valued and Loved

go for a walk
 indoor rock climbing
 surprise someone
 laze in the sun
 start new exercises
 do nothing
 try a new cuisine
 lighten up!
 declutter your closet
 join the choir
 meditate
 buy some flowers
 go to a live comedy show
 go to yoga
 take a break often
 plant something new in the garden
 take action
 take a drink of water or coconut water
 start a new hobby
 watch your favourite movie
 pay a compliment
 community involvement
 renew your will
 listen to music
 change a room around
 listen to music
 join a support group
 listen to music
 go for a scenic drive
 go for coffee with a friend
 set a goal
 practice self-compassion
 grab a snack
 what can I do better



What steps can you take to prevent burnout in the future?

Is there anything general you think you can do to facilitate self-care?

52 ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE WHO ARE CHANGING THE WORLD

... *Cosmos Magazine*

Kyllie Cripps is proudly acknowledged by Kindred Spirits Newsletter. She is sister to Helene Cripps, our Nurse and Care Coordinator in the Ngarrang Gulinj-al Boordup Team. Kyllie is a highly accomplished Palawa Woman and Director of Monash University's Indigenous Studies Centre. She is one of Australia's leading researchers on Indigenous family violence, child abuse and sexual assault. She has been recognised for her work in *Cosmos Magazine* - [you can read the article here.](#)

DJIRRA

... *sharing stories and
finding solutions*

Djira is an Aboriginal Community Controlled Organisation governed by an Aboriginal Board of Directors elected by their members.

It is a place where culture is shared and celebrated, and where practical support is available to all Aboriginal women and particularly to Aboriginal people who are currently experiencing family violence or have in the past.

[See Djirra's services here.](#)

THE GREAT AUSTRALIAN OUTDOORS

*... just magic
practice receiving natures gifts*

THE BUSH

Connects with the great Spirit
Grounds and reduces free radicals, heals, reduces
inflammation and lowers blood pressure,
boosts the immune system.
It re-energises and balances.

THE SUN

Become a sun worshipper and benefit from
its masculine properties.
Get a serotonin and dopamine dose.
It heals, warms, strengthens bones, improves sleep,
de-stresses and recharges your batteries.
It nourishes and illuminates the mind
for mental clarity.

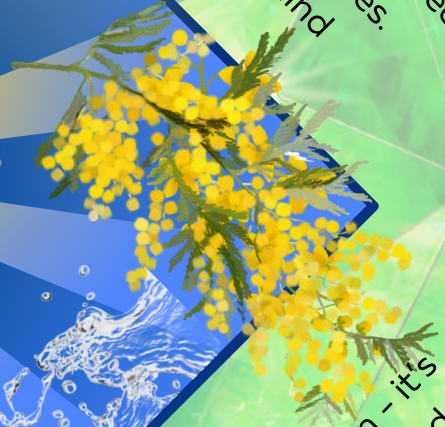


THE MOON

Bask in the full moon's feminine glow to
balance your hormones. It is cooling, calming
and cleansing. It brings harmony, enhances
creativity and masterful connections.

THE OCEAN

Experience the buzz of going for a dip in the ocean - it's
addictive and promotes a sense of achievement and
happiness. It stimulates the anti-parasympathetic system
to reduce depression and inflammation. It cleanses,
refreshes, heals, releases and invigorates.





REGISTER HERE

WOMEN'S GATHERING DAY 2023

Empowering women to remember the path of our ancestors and who we are
today in society.

REGISTER HERE!



THE EVENT

Keynote speakers, workshops,
weaving, dancing, food & drink
and much more!

Aboriginal Advancement League

2 Watt St, Thornbury VIC 3071

27 November 2023

11am - 3pm



0482 020 148



**NGWALA
WILLUMBONG**
ABORIGINAL CORPORATION





We carry
the story
of our
ancestors.

First Nations Affirmations