

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



... *community newsletter*
Spring Edition



Erica - Manager, Ngarrang Gulinj-al Boordup Team

Erica's Tribe is Te Paatu, Te Aupouri and Te Rarawa and her ancestral lands are located in the Far North Island of Aotearoa New Zealand. She has worked across Aboriginal communities on the land of the Kulin Nations for the last 20 years. As therapeutic practitioner, grassroots community worker and Indigenous researcher, she is committed to challenging dominant Western paradigms around First Nations peoples. Ever since she can remember she has been called to be in service and to making a difference.

Erica draws inspiration from Maori proverb recited by Māori studies professor Sir Mason Durie: *Ehara taku toa i te toa takitahi, engari he toa takitini* (It's never about one person): **A Warrior never stands alone but stands with many. It takes a whole Community to effect and sustain change.**



GETTING TO KNOW YOU

... *Kia ora!*
Welcome back Erica ...

What exciting plans are in store for NGBT and Community in 2023?

We have an exciting year ahead with a number of projects, such as cultural immersion and to becoming further involved with Community and tradition. There are plans for collaboration between First Nations and many other important players ... watch this space!

Who or what inspires you?

My country and culture mean a lot to me, inspiring me to do what I do.

What would you do to better the situation for Indigenous people?

That's a big question, but I think the genuine acknowledgement of Indigenous people in their own home country would be a good start. For me this translates as working alongside the Indigenous Community and putting into action what they determine as priorities for their families and respective Communities.

What makes you unique?

My indigeneity and my cool dance moves!

What's your favourite hobby?

I love Zumba for my health and wellbeing and ... because it improves my dance moves!



MEET THE REST OF THE TEAM

Ngarrang Gulinj-al Boordup Team ... at EACH

... caring for mob in health and wellbeing

The Ngarrang Gulinj-al Boordup Team (NGBT) live and work locally.

They understand your needs and are here to help.



Erica
MANAGER



Vanessa
HEALTH
PROMOTION



Helene
TEAM LEADER



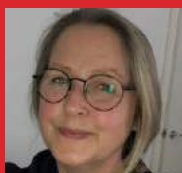
Lynne
DIABETES
EDUCATOR



Zita
WELLBEING



Tash
OUTREACH



Ria
ADMINISTRATION



Stellamay
PROJECT OFFICER

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.
- Health coaching for diabetes.
- 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

LOOKING FOR SOME INTERESTING TV ...?

... powerful perspective

On these rainy days when you're looking for something to watch, why not catch up on the excellent SBS three-part TV series **Australian Wars**. This powerful documentary series is Directed and Produced by filmmaker Rachael Perkins - proud Arrernte/Kalkadoon woman and daughter of Charlie Perkins. It tells the story that hasn't yet been told of the frontier wars. It furnishes the viewer with the ability to critically reflect and ask why we still struggle to come to terms with this history. When we tell our stories of war rarely do we talk about the wars that were fought on Australian soil, the longest running conflict in Australian history. Australian Wars brings to awareness the strong resistance of the Aboriginal people and the deep need for cultural respect and change.

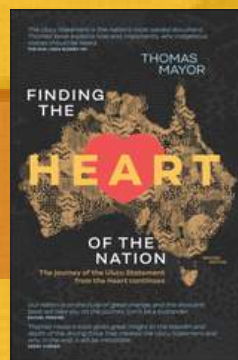
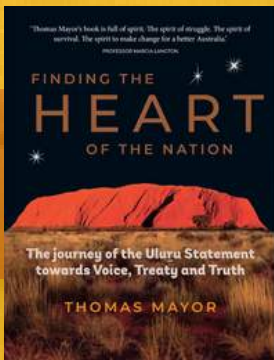
OTHER EXCELLENT RECOMMENDATIONS

... music and literature

A very good read from Thomas Mayor

Edition 1

Edition 2



Finding the Heart of a Nation
... was written in collaboration with First Nations voices across the continent. Join the voice of the Uluru Statement.



Torres Strait Islander Thomas Mayor

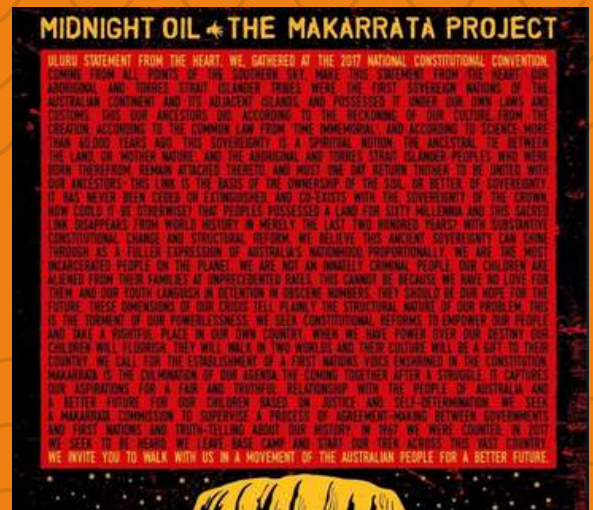
Enjoy

Midnight Oil's **First Nation** song featuring deadly artists

Jessica Mauboy and Tasman Keith.

If you haven't heard this song already, take a listen to continue your cultural learning - our theme this newsletter.

"When we gonna say the word out loud"



JOURNEY TRACKS YOUTH CULTURAL LEADERSHIP PROGRAM

... talented Indigenous Mentors

Earlier this year the Journey Tracks, Youth Cultural Leadership Day Program was delivered to Indigenous youth, aged from 10 to 18 across the Eastern Metropolitan area.

Led by EACH's Aboriginal Health Promotion Officer, Vanessa Murdoch, the program was an outstanding success with very positive feedback from participants, their families, and the broader Community.

It provided our young ones with the opportunity to connect with other Aboriginal and Torres Strait Islander youth in the area and to strengthen cultural identity through the discovery and exploration of what it means to be a leader in Community.

The program employed the services of many talented Indigenous mentors and performers whose presence and message was loud and proud to

... deepen cultural integrity through demonstrated leadership ...

One such mentor and amazing role model showcased by the Journey Tracks Program, was highly successful Aboriginal Hip Hop Artist - **Philly**.

Music is a hugely important part of Australia's Indigenous culture, and our country is and always has been home to an array of talented Aboriginal performers.

Philly is no exception. He made a big impression on our young ones throughout the workshop, inspiring them to be proactive and to take initiative to ask for more .

And they did **... ask for more!**




Additional Workshops

NGBT responded to the voice of the students by setting up additional workshops currently taking place across Knox and Maroohdah.

The Workshops are about performance and pathways within the music industry. The students are learning how to express themselves through creative voice and song writing to record a track with Philly.

Phillip Murray aka PHILLY

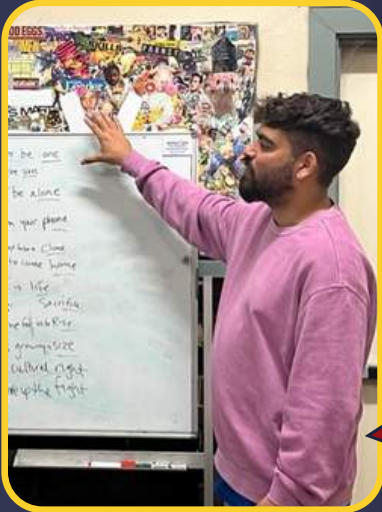
... is a proud Wemba Wemba man

- who is all about connecting to culture, youth issues, health, and wellbeing.
- he has been creating, performing, and recording music since he was 13.
- his music is very powerful and motivating. He gets everyone up singing and dancing.
- Philly runs the workshops with his producer.
- Enjoy  [Brown Skin](#) by Philly.



"THE WORKSHOPS" BY PHILLY

... a bit with the students



VACSAL JUNIOR NETBALL & FOOTBALL CARNIVAL

... leadership initiative



Another successful event to emerge from the Journey Tracks Youth Leadership Program was the participation of our young women who

... took the initiative ...

to enter the first all-Indigenous team in an all-Indigenous sporting event.

The carnival was put on by VACSAL (Victorian Aboriginal Community Services Association Ltd) Junior Netball/Football Carnival recently held in Bairnsdale.

Naming themselves the "Eastern Tiddas" the girls united and entered the comp with enthusiasm, taking leadership for health and wellbeing and the importance of being active.



NGBT sponsorship and support from Helene Cripps, Team Leader and Vanessa Murdoch, Aboriginal Health Promotion was instrumental in encouraging our young women to put themselves forward to participate in the carnival.



Miah, Zoe, Shawana, Ruby, Ella, Emma, Olivia and Chrissy, Ayesha and Molly.

A big shout out and thanks to Mel and all the families of the Eastern Tiddas for their support and enthusiasm.

An additional big thank you to Principal, Adrienne Tanner, Boronia K12 College for allowing us to use the school facilities for training.



Well done! "Eastern Tiddas" (Sistas)



KEEPING THE MOB SAFE AND PROTECTED

... at EACH's vaccination clinics

A big shout out in appreciation to our NGBT members Helene, Tash and Lynne.
Thanks also to EACH COVID19 vaccination team and partners for the uptake of clinics for Community safety.



The Ngarrang Gulinj-al Boordup Team at Each continue to support Community in the provision of information, resources and access to services to maintain health and wellbeing in response to COVID and its varying impacts.

At the peak of the pandemic, it became evident that our local Aboriginal Community were seeking additional knowledge and awareness to help in making informed decisions about being COVID safe.

The team provided general information around COVID restrictions, the use of PPE, testing information and vaccinations. NGBT also provided support and links for Community to gain access to emergency food resources as well as assisting with telehealth and linking remotely.

The team aided in the provision of PPE and RAT's, arranging home testing, access to education and vaccinations and partnered with the Victorian Aboriginal Community Controlled Health Organisation to provide education sessions around the safety of the COVID vaccinations.

NGBT, in collaboration with VACCHO, Mullum Mullum Indigenous Gathering Place and EACH's COVID vaccination team, held 8 COVID vaccination clinic's at Mullum Mullum Indigenous Gathering Place over a 6-month period.

The vaccination clinics were extremely well received with over 300 vaccines delivered to Aboriginal and Torres Strait Islander peoples across the age span in a culturally safe space.

If you need support in accessing COVID vaccinations now or in future please reach out to the NGBT for support.



THE GREAT OUTDOORS

... and family fun

Take a trip outdoors to connect with Country.
Its good for the soul!

Here are some great ideas!

I LOVE
CUDDLES



Healesville Animal Sanctuary

How adorable!! The kids will not forget ...

a personal encounter with the friendly inhabitants at Healesville Sanctuary. The children can play with the kangaroos or cuddle the koalas and much, much more.

Werribee Open Range Zoo

What a great excuse
to get outdoors and to make a day of it.

- Meerkats greet you at the entrance to this 225-hectare partly free-range zoo.
- Admission includes a guided tour in a safari bus through the habitats of Asia, North America and Africa, spotting bison, rhinos, zebras and giraffes grazing on the savannah.
- Children under 15 years enter for free on weekends and public holidays.

ME
TOO!



While you're in the area, check out ...

Werribee Gorge State Park which is part of an Aboriginal cultural landscape that includes the traditional Country of the Wadawurrung and Wurundjeri Peoples.

The gorge is a wild, rugged natural beauty shaped by 500 million years of geological history.

Fresh air

Picnics

Rock climbing

Spectacular views

Mother Nature

Walking tracks

The great outdoors!



TEAM PLANNING IN THE DANDENONG RANGES

... Community Services

The NGBT recently held their annual Planning Day at Kalorama in the Dandenong Ranges

Team Manager, Erica Lambert facilitated the event along with
Cat Hunt, Mental Health and AOD Reform EACH.

Our Guest Speaker was Tam Bourke, Manager (I&D), Human Resources EACH.

A productive two days was spent in analysis and brainstorming for action and change.

The focus was on moving forward to improve services to Community.

The Team holds themselves accountable by ensuring they lead the way by incorporating and
delivering culturally appropriate services to our mob in Community.



Ngarrang Guling-al Boordup Team

Vanessa, Erica, Ria, Stellamay, Tash,
Helene, Zita, Lynne



MENTAL HEALTH

... Community services

**Eastern Metro Primary Health Network
Mental Health Support Connect Team**

**Phone: (03) 9800 1071
Email: supportconnect@emphn.org.au**

**Eastern Melbourne Primary Health Network
Head to Health Hubs in:**

Hawthorn: Access Health and Community

Box Hill: Health Ability

Boronia: Health Ability

Yarra Junction: Inspiro Community Health

Belgrave: Inspiro Community Health

West Heidelberg: Banyule Community Health

Wallan: Nexus Primary Health

1800 595 212

**Monday – Friday 8:30am – 5:00pm
(except for public holidays)**

EACH Mental Health & Wellbeing Hubs in:

Box Hill: 2/26-28 Prospect St

Boronia: 93 Boronia Rd

Narre Warren: 5/66 Victor Cres

1300 375 330

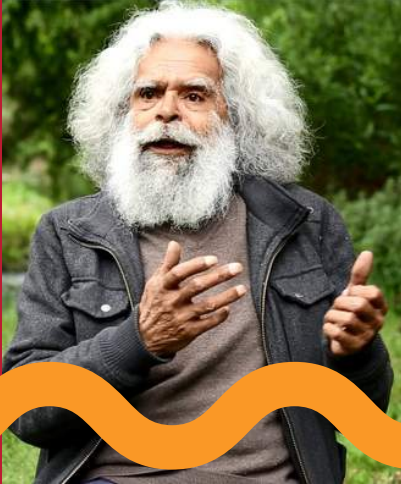
- Ermha365 | Complex Mental Health and Disability Services | NDIS
- Mentis (mentis.com.au)
- Well ways Homepage | Well ways
- Neami <https://www.neaminational.org.au>
- First Peoples' Health and Wellbeing
- Community Health / Monash Health Community | Monash Health
- Head to Health 1800 595 212
- Link Health and Community



THE NGARRANG GULINJ-AL BOORDUP TEAM & COMMUNITY

*... say farewell to a well-loved,
and colourful personality*

"It is never too late to learn who you are"



Uncle Jack Charles



Born Carlton 1943
Passed to the land of dreaming
October 2022

It is with great sadness that we farewell another beloved and charismatic Elder. His contribution and legacy to the Arts and Theatre, and to the people of this Country will live on.

Uncle Jack made history this year as the first Indigenous Elder to speak at the Victorian Truth-telling Commission. The Yoorrook Commission records Indigenous experiences since colonisation. Uncle Jack spoke honestly with raw emotion about his experiences. He is a beloved Elder, whose spirit will always be with us.

To be inspired by Uncle Jack, click the links below

- ➔ [Jack Charles by Jack Charles](#)
- ➔ [Who do you think you are](#)
- ➔ [Livin Black SBS on demand](#)

A VERY MERRY CHRISTMAS

is extended to our
Community and readers

May Santa bring that special little something
to warm your heart!

Feedback:



We are asking Community
for help to make
Kindred Spirit the newsletter you
would like to see and read, with the
type of information that feeds your
soul.

We want to know about you and what
you would like to know more about?

All topics are on the list.

We'd love to hear from you.

Don't be shy - send your requests
and ideas

and/or complaints to Ria
at the below email.

Ria.Kenna@EACH.com.au

Our team acknowledges the Traditional Custodians of the land.

We live and work on the Kulin Nations.

*We pay our respects to all Aboriginal and Torres Strait Islander people
across our beautiful sacred land.*



Be as fearless
as your elders
and ancestors
whose stories
you have
applauded.

First Nations Affirmations