

# NJERNDANEWS

## Celebrating Corroboree



*What an deadly day at our Yarka Yakapna Corroboree! It was so good to see community and kids getting together to celebrate the school holidays and our culture. Photos and story page 4*

*Photograph:  
Gail Buckman*

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## EVERY DAY IS 'RUOK?' TO CHECK IN ON A MATE



**Our Njernda Health Team asked the question many times on hosted a morning tea on September 12 - RUOK?** Denise Barwick our Healthy Lifestyle Coordinator handed out donuts, fruit and water - and checked in with staff and community members for RUOK? Day. Wristbands and general information were available for community to take away. If you or someone you know doesn't seem quite right - ask the question...RUOK? Find out how at [ruok.org.au](http://ruok.org.au) - and if you or someone you know is struggling, our Njernda wellbeing team is here to listen.



## DON'T FORGET TO VOTE: REFERENDUM OCTOBER 14

**On Saturday, 14 October 2023, Australians will have their say in a referendum about whether to change the Constitution to recognise the First Peoples of Australia by establishing the Aboriginal and Torres Strait Islander Voice.**

**It was great to see people turn up to our information sessions to find out about more, and think about their decision.**

**Voters will be asked to vote 'yes' or 'no' on a single question. The question on the ballot paper will be: "A Proposed Law: to alter the Constitution to recognise the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice.**

**Do you approve this proposed alteration?"**

**Read the [referendum question and constitutional amendment](#).**

**Visit [voice.gov.au](http://voice.gov.au) to be informed on the Referendum and to find out about enrolment and voting.**





## HOMework CLASS IS GROWING FAST!



### **Njernda Primary School Homework classes are back on October 11!**

The classes have been running since Term 3, and allow our kids to engage in a culturally safe environment, while feeling supported when completing homework tasks from school.

Each child is supported by our tutor Gail Tyrell or mentored by a member of the Youth team.

As the Koori Kids Educator, I'm able to communicate with the primary schools, educators, and families to understand each individual child's needs and goals on what they are wanting to achieve.

We originally started with 6 students, and now we have over 16 children, who come each week and it seems to be growing by the week!

We are also planning some extra activities and occasional visits from our Elders in Term 4. Afternoon snacks and transport is available for students, who don't have transport.

### **HIGH SCHOOL, VCE and TAFE TUTORING**

Njernda is also offering High School, VCE and TAFE students one-on-one tutoring in Term 4, based around the needs and goals of the student.

A one-on-one space will be offered, which is comfortable for the individual student, which will include a one-on-one intake of where the student would like to study, and work with the tutor one on one.

Our mission is to create a calming, safe, and positive environment for the best outcome for our children.

If you are interested in any of our homework or tutoring programs please get in touch.

**Nicole Cooper**

**Njernda Koori Kids Engagement Officer**

**0499 820 320**



# SCHOOL HOLIDAY FUN - YARKA YAKAPNA CORROBOREE



**Our Yarka Yakapna Corrobooree was the deadliest way to finish school holidays on Wednesday 20 September at the Barooka farm.**

What an awesome day of culture, education and fun - and what a great opportunity to get family and community together to celebrate the strength of our community.

Activities included mini horse rides, laser tag, a bucking bull, various stalls, and a delicious lunch.

Maddi Colville provided live entertainment on the day, and the mentoring group Boys to the Bush were along for the day - we're looking forward to working with them more on our youth programs.

A huge shout out to everyone in all our Njernda teams and community for the hard work that was put in to make this an amazing day for all of us and a particular huge thanks to the Family Services Team, who led the way.

**Photographs: Gail Buckman**





## SCHOOL HOLIDAY FUN - ACTIVITY PROGRAM

**School holidays were again a festival of fun, thanks to the hard work of the Njernda Youth Team.**

The school holiday program kicked off with a visit to Kyabram Fun Park (including a deadly BBQ lunch prepared by our youth team).

The next day was movie morning (Ninja Turtles or Blue Beetle) and a massive turnout of families to the Gravity Shack. We were almost at capacity, but thankfully, we didn't have to turn anyone away - over 90 people attended!

The community came together again for our Art Day at the Youth Hub - with creativity unleashed! There was everything from colouring to painting on canvas.

Undoubtedly the highlight was a trip to Luna Park in Melbourne. We were joined by approximately 120 community members and families. Smiles filled the day, making it all worthwhile. After about 4-5 hours of exhausting fun, we made our way back.

What an amazing effort by all our Youth Services team, with the invaluable support of our dedicated trainees, Alkira and Saane, for orchestrating a fantastic week of activities. Well done!

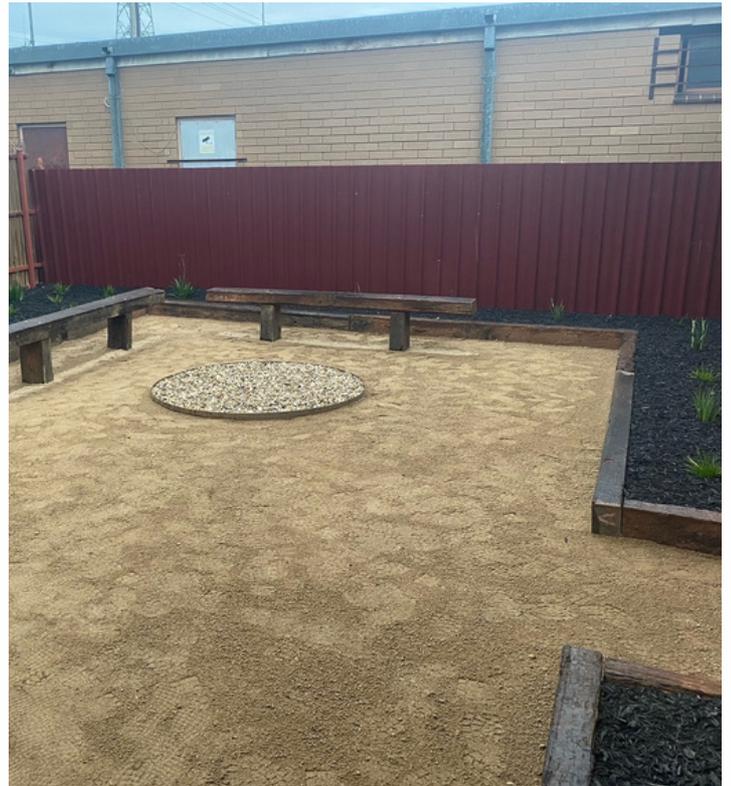


## CHECK OUT OUR NEW FAMILY SERVICES SPACE!



### What a transformation!

A huge thank you to the deadly team at Green Azz for the great job they did in creating a beautiful outdoor space for at our Family Services building. Staff and Clients of Family Services have been enjoying the new space



## TAKING CARE OF OUR COMMUNITY

### GRASS POLLEN SEASON IS HERE

Spring brings all sorts of good things – but it can also bring on asthma, hayfever and thunderstorm asthma.



Grass pollen season is October through to December and depending on the conditions can trigger thunderstorm asthma, even in people who have previously not had asthma symptoms. Thunderstorm asthma is thought to be triggered by a combination of high amounts of grass pollen in the air and a certain type of thunderstorm. For people who have asthma or hay fever it can trigger severe asthma symptoms. If you have current, past or undiagnosed asthma or seasonal hay fever you are at increased risk of thunderstorm asthma. Have a yarn with your GP at Njernda, or our Aboriginal Health Workers or Practitioners to make a plan to be prepared to manage any symptoms and stay out of hospital.



### PEDALLING HARD FOR HEALTH!

It was all about the numbers at the pedal powered Smoovie stand at the Barooka Family Day.

- 100** Smoovies made! All powered by kids!
- 56** Litres of full cream, skim, soy & almond milk
- 20** Kilos of frozen fruit
- 7** Kilos of fresh bananas, kiwis, strawberries

Every child who made a Smoovie went into the draw to win - 1st Prize (blender, Smoovie cups & \$25 Coles voucher won by Summer Atkinson (her mum is pictured) 2nd Prize 2 Smoovie Cups & \$25.00 Coles Voucher (Charlie Write); 3rd Prize 1 Smoovie Cup & \$25.00 Coles (Mishca (surname unknown). Thanks to Brenda Grist (Acting Primary Healthcare Manager) and Saane Taimani (Medical Trainee) for a huge day hosting the kids!



## GET TOGETHER FOR A WALK AND A YARN

**Elders on the Move is an 8 week program to help improve your health and wellbeing, increase your social interaction and community connection.**

A strength and balance exercise program and a walking group for older adults, Elders on the Move is relaxed and fun!



We know exercise is linked to good physical and mental health, disease prevention and wellbeing - this is a great way to get started! It will improve your mobility, reduce the risk of falls, increase your flexibility and reduce cholesterol, blood pressure and heart disease - and it's great for mental health. All those good things while you're having a catch up, a coffee and a yarn!

If you'd like to get involved or know someone who would, catch up with the wellbeing team's Kristie Hearn (0499) 873 710 or Lilly Dodds (0477) 688 634 to find out more.



**Need a hand to register for My Medicare?**



**medicare**



**COMMUNITY BBQ**

**FRIDAY  
OCTOBER 20**

**HELP ON THE DAY WITH:**

- Forms
- Registration process
- Navigating the online process

If you are unable to attend, please contact Njernda Health and Ageing staff for registration forms. Phone (03) 5481 0600

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## WINYANBOGA GROUP FOR WOMEN UNDERWAY



**Our Winyanboga Group for Women got started with a meet and greet during September - and more participants are welcome to get involved in our 10-week program!**

The launch lunch was catered by Aunty Stacey Johnson - absolutely divine thanks Aunty! Huge shout out to the women's group who visited from Melbourne. It was an honour having them attend.

A huge thank you also to Aunty Neva Takele who performed a Smoking Ceremony and Welcome. The official Winyanboga Group program is now getting underway with Arts and Crafts on Wednesdays and anyone wanting to be involved is welcome to attend. Transport is available. For more information contact Louise at Family Services (03) 5481 0620.



## COMMUNITY NOTICEBOARD

Primary School kids'

# BASKETBALL

## SKILLS PROGRAM

- Have fun!
- Grow your confidence and skills!
- Drills and games

*starts* **OCT 13** | **LOCATION** ECHUCA BASKETBALL STADIUM | **TIME** 4-5PM

- Transport available
- Snack provided



More information:  
Djaran Whyman - 0448 349 134.



### BUDGET CHANGES START IN SEPTEMBER

New measures announced in the Federal Budget have come into effect in September which may effect you and your family.

They include:

- **Jobs and Skills Summit** - initiatives to incentivise pensioners into the workforce
- **Parenting Payment (Single)** – improved support for single parents
- **Increase to Working Age and Student Payments**
- **Additional Support for People getting Rent Assistance**
- **Energy Relief Payments**

If you need further information on any of these programs, please contact Cora Best at Njernda Family Services (03) 5481 0620



**Name:** Stewie Day

**Position:** Youth Services

**Time at Njernda:** I have been working at Njernda just over 2 months and loving the experience.

**Who's your mob:** Yorta-Yorta.

**Family:** I Have 3 beautiful children Ryder 11, Aaliyah 8, and Archie 3. I also have a beautiful partner Bianca soon to be married.

**Favourite hobbies:** I enjoy playing footy. I love the Carlton football club I also enjoy playing video games in my spare time which isn't much.

**What do you see as your purpose here at Njernda?** My purpose at Njernda is to help drive our children to want to succeed and excel in what ever they put their minds to.

**Congratulations and welcome Stewie!**

COMMUNITY NOTICEBOARD




**Thursday, 19 October 11am - 1pm**

# Mental Health & Wellbeing Expo

Learn about community connections and supports and see the 'Acceptance Tree' come to life!



October is Mental Health Month - a spotlight on community education, awareness and advocacy.

We invite you to come along and support community wellbeing by joining us for a **FREE** Mental Health & Wellbeing Expo (including sausage sizzle!) at **Hopwood Gardens, Echuca.**

Campaspe Murray  
Mental Health & Wellbeing Network

# NJERND A HOMEWORK CLASSES

**WELCOME BACK!**

11th October 2023  
3:30PM WEDNESDAY  
AFTER SCHOOL

VENUE: YOUTH HUB, ANNESLEY STREET, ECHUCA

- Tutoring Provided.
- Bring Homework.
- Afternoon snack provided.
- Transport provided.

Contact: Nicole Cooper.  
Koori Kids Engagement Worker.  
Ph: 0499 820 320

**FREE!**

# Yarka Yaka Daya

Fun & Creative Activities

**TUESDAYS\* 10am-12 noon**  
\*DURING SCHOOL TERMS, NOT ON PUBLIC HOLIDAYS

LUNCH INCLUDED!

Something different to do EVERY WEEK!

**BERRIMBA CHILD CARE**  
94 Hare St, Echuca

More information:  
Emma Taylor  
Best Start Facilitator 0407 462 711

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## Echuca Legal Clinic

**First Friday of every month!**

**VALS staff will be available to help with criminal, family, and civil matters.**

**Location:** 34 Annesley St, Echuca  
**Time:** 10am-2pm

Walk-ins welcome - come have a friendly chat with our team.

If you wish to book a time, please email [mgeorge@vals.org.au](mailto:mgeorge@vals.org.au) or call on **0459 274 064** to book or use the QR code below.



We acknowledge the traditional owners of the lands we work on across Victoria. We pay our respect to them, their culture, and their Elders past and present.

Artwork around the border is by Dixon Patten, a proud Gunaai, Yorta Yorta, Gunditjmarra, and Dhudhuroa man.

## Please note!



**Pool passes have expired!**

A friendly reminder that the pool passes we handed out at the Easter School Holidays were open only for the two weeks of the Easter school holidays and are **NO LONGER VALID**. Please don't attempt to use the passes because our friends at the Echuca Pool are unable to accept them.

## OUR PHONE NUMBERS ARE CHANGING...\*

MEDICAL: **5481 0600**

CORPORATE: **5481 0610**

FAMILY SERVICES: **5481 0620**

YOUTH/WELLBEING: **5481 0630**

BERRIMBA: **5481 0640**

YAKAPNA: **5481 0650**

NYINI GYM: **5481 0669**

**TO MAKE IT EASIER FOR YOU TO GET IN TOUCH!**



\*From September 4

## WORK WITH US

A career at Njernda can take you anywhere! And we love to support our Mob to step up into real jobs that make a huge difference.

**Check our website and follow our social media channels to keep up with what's available.**

We encourage applications from Aboriginal and Torres Strait Islander community members, but unless stated, our jobs are available to all qualified applicants. If you're interested in any of our listed jobs, or want to know more about what it's like to work at Njernda, have a yarn with Auntie Trish or the HR Team. Get all the details of all our jobs and apply on our website, [njernda.com.au](http://njernda.com.au)



## Talk to us!

As well as recruiting to available positions, our Njernda HR team is always looking to build our pool of talent. If you're looking for a flexible

**Part-Time or Casual Role**

or you have

**qualifications**

you think we can use at Njernda we would love to hear from you.

Have a yarn with us:  
E: [jobs@njernda.com.au](mailto:jobs@njernda.com.au)  
P: (03) 5480 6252

## CONTACT US:

Njernda Aboriginal Corporation  
51 - 55 Heygarth Street Echuca (Corporate Office)  
Phone: (03) 5480 6252  
[www.njernda.com.au](http://www.njernda.com.au)

