



NJERNDANEWS



Community effort

It was yet another fun-packed edition of our Yarka Yakapna Corroboree, with people from across our community enjoying a great day out at Baroona Farm.

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Njernda
Aboriginal Corporation



PRESENTATION TO MEDICAL STUDENTS

Congratulations to all the Njernda Medical team, particularly Rebecca Tracey, who recently made a presentation to Medical students who attend our service from a range of universities.

Pictured here is a group of Monash University Year 2 students studying medicine, who spent a week in the Bendigo region getting a first experience of both clinical and rural health settings.

Bec was able to provide the students with a wonderful understanding of the difference that Aboriginal health offers and open the minds of medical students to consider Aboriginal health as their pathway.

We received some excellent feedback from those who attended.

Well done Bec and to the team for your care and commitment to Njernda and the Community.

Picture courtesy Monash Rural Health.



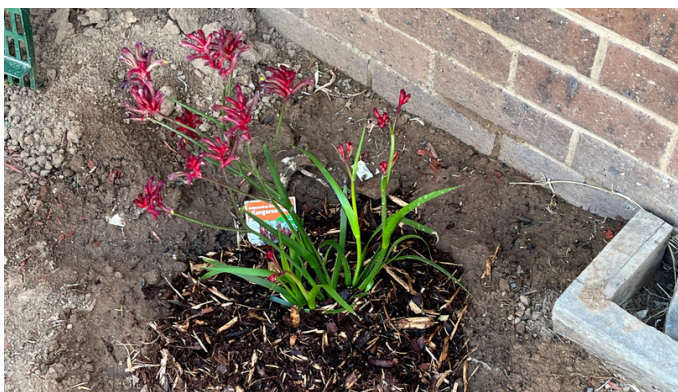
HEALING CENTRE GARDENS REFRESHED



Thank you to everyone involved in the overhaul of our garden at the Yakapna Healing Centre.

The ladies have been very busy putting in fresh fruit and vegetable plants for use by the community.

A fantastic project for this facility!





CARNIVAL OF FUN FOR YOUNG ATHLETES



During the school holidays our Warma teams attended the VACSAL football and netball carnival in Bendigo. We had:

- 4 Netball teams
- 3 Football teams
- 125 kids from Echuca/Moama community participated

A big shout out to our only team who made finals, the Warma under 12 girls' team, who unfortunately fell short.

Big thanks to all the staff, coaches, team mangers and volunteers.





CORROBOREE WRAP

We were fortunate to enjoy perfect weather for our latest Yarka Yakapna Corroboree at Baroona Farm during the school holidays.

As always, there was a terrific turnout from the community, enjoying the culture, fun and activities on offer.

A huge thank you to everyone involved in making this important event happen, from those who set up the site and coordinated events, to those who provided transport from Echuca.

The corroboree is such a fantastic way to celebrate the strength of our community and showcase our culture.





KANE'S TEAM CHARGING AHEAD



In this edition of Njernda News we are featuring yet another local business with a proud First Nations foundation - Atkinson Electrical!

Kane Atkinson is a proud Yorta Yorta man, dedicated to both his family and his community. Residing with his wife Marissa and their four daughters, Kane embodies the values of hard work, resilience, and cultural pride. His family is his driving force, inspiring him to create a better future for them and the broader community.

As the founder and owner of Atkinson Electrical, Kane has established a reputable business that specialises in both domestic and commercial electrical services. With a keen focus on renewable energy solutions, Atkinson Electrical is committed to promoting sustainability and efficiency in every project. Atkinson Electrical's expertise in the latest technologies allows Kane and his team to provide innovative solutions tailored to meet the unique needs of his clients, whether they are homeowners or businesses. Kane takes great pride in nurturing young talent within his community. Atkinson Electrical employs four Yorta Yorta young men, providing them with valuable training and mentorship in the electrical field. This commitment to local employment not only strengthens the community but also fosters cultural pride among the next generation. Atkinson Electrical aims to deliver high-quality workmanship while emphasizing community engagement and education. Kane is passionate about sharing knowledge on renewable energy practices, helping clients understand the benefits of sustainable living. His dedication to excellence and customer satisfaction has earned Atkinson Electrical a loyal clientele and a strong presence in the industry. Atkinson Electrical strives to make a positive impact, ensuring a brighter, more sustainable future for generations to come.

Congratulations Kane and team!

TAKING CARE OF YOUR MENTAL HEALTH

Struggling with your mental health? There is some great help available, and we're highlighting this support during Mental Health Month this October.

There are several contacts available on this flyer, provided by the team at Gayaa Dhuwi Australia, or you can book in to speak to one of our GPs by calling 5481 0600.

'Gayaa' means happy, pleased, and proud, and 'Dhuwi' means Spirit, in the Yuwaalaray and Gamilaraay languages of north-west NSW. Gayaa Dhuwi (Proud Spirit) Australia's vision is Aboriginal and Torres Strait Islander leadership, excellence, and presence across all parts of the Australian mental health system and the achievement of the highest attainable standard of social and emotional wellbeing, mental health, and suicide prevention outcomes for Aboriginal and Torres Strait Islander peoples. There are some fantastic resources on their website, including contacts for culturally safe mental health services such as 13YARN.

Taking care of our mental health is important and recognising when you're feeling down can be a crucial step to getting the help you need.

The Gayaa Dhuwi website is at <https://www.gayaadhuwi.org.au/>

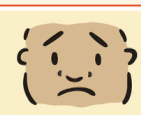
HOW ARE YOU COPING?

The three big feelings to look out for:



WORRIED

Can't get out of bed
Worried
Not sleeping or feeling tired
Drinking too much



EMPTY & SAD

Comfort eating
Wanting to be on your own
Feeling down or hopeless



IRRITABLE

Grumpy or arguing
Smoking more than usual
Feeling angry

The three big things to do:



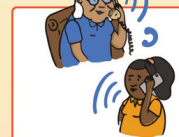
THINK ABOUT IT

Check yourself, 'How am I doing?'



LISTEN TO YOUR FRIENDS

If they say they have noticed changes in you



LOOK OUT FOR OTHERS

Ask them, 'R U OK?'

IF YOU NEED TO TALK TO SOMEONE

| | | | | | | |
|---|--|--|--|---|--|---|
| NACCHO Online list of Indigenous health services and contact details Google 'NACCHO' | YARNING SAFENSTRONG 24/7 free and confidential Victorian Aboriginal-operated counselling support 1800 959 565 | BEYOND BLUE Free confidential chat with a mental health professional 1300 224 636 | LIFELINE Free, confidential 24-hour crisis support telephone service 13 11 14 | KIDS HELPLINE Free, confidential support line for young people aged 5 to 25 1800 55 1800 | E-HEADSPACE Free, confidential online support for young people Google 'e-headspace' | 1800 RESPECT Free, confidential 24/7 support for assault, family violence and abuse 1800 737 732 |
|---|--|--|--|---|--|---|

If you need to talk to someone call 13YARN **13YARN**
gayaadhuwi.org.au

Gayaa Dhuwi (Proud Spirit) Australia
Aboriginal and Torres Strait Islander Leadership in Social and Emotional Wellbeing, Mental Health and Suicide Prevention

VICTORIA
State Government

Thunderstorm asthma can be life-threatening

- Avoid thunderstorms - go indoors before and during thunderstorms.
- Always carry your medication in grass pollen season
- Learn asthma first aid.
- For forecasts & alerts, get the VicEmergency app

Due for a health check?

If you attend a 20-minute appointment with the Aboriginal Health Worker, followed by a 40-minute appointment with the Doctor, you will receive a \$25 gift card!

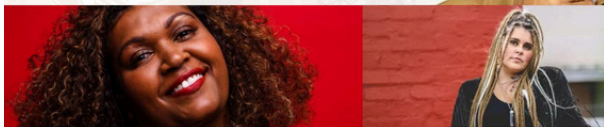
COMMUNITY NOTICEBOARD



**NJERnda 50TH ANNIVERSARY
GALA BALL
16TH NOVEMBER**

YOU ARE INVITED

DATE : 16TH NOVEMBER
VENUE: DHUNGALA EVENTS CENTER
TIME: 5:30 - 11:30



Njernda's 50th Anniversary Gala Ball will be a night of entertainment, culture, food, dance and more. Come and enjoy amazing First Nations artists such as Isaiah Firebrace, Madi Collville Walker and Emma Donovan. Come along to help us celebrate this special milestone in style.

Get your tickets here using QR Code

Or using the link:
<https://events.humanitix.com/njernda-50th-anniversary-gala-ball>



Contact- Candace Williams:
candacew@njernda.com.au
0418852683



**NJERnda 50TH ANNIVERSARY
GALA BALL**

**SEEKING
VOLUNTEERS**

**WE ARE SEEKING VOLUNTEERS FOR
THE FOLLOWING ROLES AT THE GALA
BALL**

- Green Room and Entertainment
- Door and Ticketing
- Seating allocation and supporting community
- Decoration and set up

If you have an interest in Events and would like to be apart of this spacial night please email or call Candace Williams to share your expression of interest. This is a great opportunity to be involved and to gain experience. All volunteers will receive a gift and gift cards for their time.

Contact- Candace Williams:
candacew@njernda.com.au
0418852683

THE SOCIAL, EMOTIONAL & WELLBEING UNIT
(Dunya Woka)
To fish on Country



**NJERnda MEN'S
FISHING
GROUP**

VISION:
We would like to see this group grow and continue to be a safe space for generations of our Men

Njernda's Wellbeing Unit have been working on creating our own Men's Fishing Group.

We will gather on a Friday every fortnight to Yarn, laugh and try catch some fish.

The purpose of this group is to connect together as strong Aboriginal Men on our Country, something that we've been missing for some time.

Fishing equipment and other necessary items will be supplied by Njernda, participants are welcome to bring along their own gear.

Transport will be provided
Contact: Dylan Gordon
SEWB Support Worker
dylang@njernda.com.au
0418 731 523

When & Where?
We will be fishing around the back of our land at **BAROONA FARM** every second Friday at **10am-2pm**, all participants are welcome to make their way to Baroona, or transport will also be provided. Be sure to contact the day before if you need transport.

Our group will include a lunch and cold drinks.



Njernda

KW THE KOORI WAY



PROUDLY BROUGHT TO YOU BY THE KOORI WAY AND VAHS

**2025 FAMILY MIXED
NETBALL CARNIVAL**

IN PARTNERSHIP WITH NETBALL VICTORIA



SCAN HERE



SUNDAY 16 FEBRUARY 2025
STATE NETBALL AND HOCKEY CENTRE, PARKVILLE
FREE ISC UNIFORMS FOR EACH TEAM
REGISTRATIONS CLOSE FRIDAY 6 DECEMBER
TEAM T&CS AT THE REGISTRATION LINK



LESSONS LEARNED AT QUEENSLAND CONFERENCE

Koralynn and Molly from Berrimba recently attended the Early Childhood Australia Conference in beautiful Brisbane.

“We had an incredible time attending multiple workshops, presentations, and listening to some of the best keynote speakers, especially Aunty Denise Proud’s presentation (pictured).

“We were able to participate in a range of activities and felt so validated and refreshed coming home with new ideas and confidence in ourselves to deliver the best to our Berrimba children and families. Networking with all our Victorian Mob and meeting so many others was a highlight.

Thanks so much to Njernda and SNAICC for supporting us to attending these events, the knowledge and experience gained is greatly appreciated.”



WORK WITH US!

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 our HR Team. Get all the details of all our jobs and apply on our website HR Team.

Get all the details of all our jobs and apply on our website, njernda.com.au

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.



Want to support your community?

Orange Door Aboriginal Hub Practitioner

We are recruiting for a skilled practitioner to provide culturally safe and responsive support to Aboriginal children, women, and men.



- Ongoing, full time position
- Supportive culture
- Innovative, growing organisation

Applicants must identify as an Aboriginal and/or Torres Strait Islander Person.

See njernda.com.au to learn more!

More info:

Njernda

Aboriginal Corporation

W: njernda.com.au
 E: jobs@njernda.com.au
 P: (03) 5481 0610

CONTACT US:

Njernda Aboriginal Corporation
 51 - 55 Heygarth Street Echuca (Corporate Office)
 Phone: (03) 5481 0610
www.njernda.com.au

