HEALTHY CHOICES ARE “DEADLY CHOICES”

HAVE YOU GOT YOUR “DEADLY” FREE SHIRT YET? IT’S AS EASY AS GETTING A HEALTH CHECK – AND YOU GET A LOT MORE THAN A FREE SHIRT!

The Deadly Choices program is championed by National Rugby League stars to promote healthier life choices and has been launched at community events in Mildura, Swan Hill and Kerang. The partnership with the Institute for Urban Indigenous Health uses sport as a vehicle to bring our mob together and encourages people to be healthy role models for family, friends and broader community networks.

Contact MDAS Health Clinics to find out more.

CONGRATULATIONS AUNTY ESTHER, OAM!

Kerang elder Aunty Esther Kirby has been honored in the 2018 Queens Birthday Awards. Aunty Esther received an OAM for her services to the Aboriginal community, which includes as a former MDAS board member, on the Kerang Elders Committee as well as the Swan Hill Region advisory group and the Gannawarra Shire’s Bush Kinder Program. She also chairs the Kerang Local Education Consultative Group.

Thanks and congratulations Aunty Esther!
INTERNATIONAL SHOWCASE FOR MDAS PROGRAM

MDAS STAFF LEADING IN OUR COMMUNITY

MEL SHARES EXPERIENCE AND KNOWLEDGE

MDAS KERANG’S SENIOR ABORIGINAL HEALTH WORKER (AND MDAS BOARD-MEMBER) MELANIE LANE KNOWS MORE ABOUT CANCER CARE THAN MOST.

Not only is she a Senior Aboriginal Health Worker providing support to community members with a cancer diagnosis, Mel has had her own cancer journey. Mel had the entire top lobe removed from her left lung four years ago, but is now cancer-free.

Mel shares her insight and experiences on numerous committees and organisations, with the aim of ensuring better cancer care in future for Aboriginal people.

She recently presented at the Cancer Australia National Lung Cancer Summit as part of a panel looking at “Strengthening care along the cancer pathway”. Mel (second from right) is pictured with fellow panel-members, including an oncologist, lung cancer nurse, GP and radiation therapist.

Mel also sits on two working groups for Cancer Australia: the Lung Cancer Advisory Group and the Expert Working Group working towards Optimal Care Pathways for cancer in Aboriginal and Torres Strait Islander People.

Thanks Mel! And thanks to Cancer Australia for the photograph and their great work!
DEDICATED STAFF AND PROGRAMS FOCUSSING ON INDIVIDUAL CLIENT NEEDS ARE TURNING AROUND LIVES AT THE WIIMPATJA HEALING CENTRE, WEST OF MILDURA.

Wiimpatja is an alternative to traditional incarceration and focuses on healing and reconnecting to culture, as well as building the practical, work and life-skills of participants.

Participants work intensively with Elders and support workers to re-evaluate their decisions and lifestyles.

Wiimpatja includes alcohol and drugs programs, as well as working on health and personal skills, such as anger management. The programs also include training in practical skills, important for clients transitioning successfully back into mainstream life.

Recent certificate courses have included first aid, soil management and construction industry induction.

MDAS SWAN HILL UPGRADE COMPLETE

If you didn’t make it to our official opening, get along and have a look at the beautiful new MDAS Swan Hill offices. It’s easier to find your way to what you need, with a brand new entrance and reception area.

There’s improved access and more consulting rooms, new canopy walkways linking different MDAS service areas, improvements to facilities, and there’s been repairs to roofing and guttering.

All MDAS clients now come in to a single-entry point and the new layout provides more convenience for clients accessing different services.

MATERNAL AND CHILD HEALTH SERVICE AT SWAN HILL

FAMILIAR YOUNG FACES ARE NOW ADORNING THE WALLS OF MDAS AND ITS MATERNAL AND CHILD HEALTH SERVICE AT SWAN HILL, IN AN INITIATIVE AIMED AT GIVING THE SPACE A MORE FAMILY-FRIENDLY VIBE.

Photographs of local youngsters are on display to depict the developmental journey of a two-week-old infant to a six-year-old.

MDAS Maternal and Child Health Nurse Robyn Howarth and Maternal and Child Health Assistant Nikita Morganson brought together a mix of children to represent each of the developmental stages of a new baby to a six-year-old and they were photographed by Lake Boga photographer Belinda Day.
GET INTO NAIDOC ACROSS OUR COMMUNITIES

WHAT IS NAIDOC WEEK?
NAIDOC WEEK CELEBRATES THE HISTORY, CULTURE AND ACHIEVEMENTS OF ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLES. NAIDOC IS CELEBRATED NOT ONLY IN INDIGENOUS COMMUNITIES BUT BY AUSTRALIANS FROM ALL WALKS OF LIFE.
The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.

WHAT DOES NAIDOC STAND FOR?
NAIDOC ORIGINALLY STOOD FOR ‘NATIONAL ABORIGINES AND ISLANDERS DAY OBSERVANCE COMMITTEE’.
This committee was once responsible for organising national activities during NAIDOC Week and its acronym has since become the name of the week itself.
Please check the MDAS website www.mdas.org.au for full and current details of NAIDOC events

GET INVOLVED!
Everyone is welcome to all events

SWAN HILL
Mon July 9 – March from Swan Hill Town Hall to MDAS; Flag Raising; Brunch at MDAS Community Hall
Also on: Basketball Day, Elders Luncheon

KERANG
Mon July 9 – Flag Raising (MDAS) and NAIDOC Community Barbecue

MILDURA
Sun July 8 – Mildura Community Corroboree (Jaycee Park)
Mon July 9 – Flag Raising, march, community celebration in Langtree Mall
Also on: Brunch (Mallee CMA/DELWP/Parks Vic); East End Family Day; Welcome Baby to Country; SFNL Indigenous Round; Elders Day; Basketball Day
NAIDOC 2017 THEME: BECAUSE OF HER, WE CAN!

NAIDOC WEEK 2018 WILL CELEBRATE THE INVALUABLE CONTRIBUTIONS THAT ABORIGINAL AND TORRES STRAIT ISLANDER WOMEN HAVE MADE – AND CONTINUE TO MAKE - TO OUR COMMUNITIES, OUR FAMILIES, OUR RICH HISTORY AND TO OUR NATION.

As pillars of our society, Aboriginal and Torres Strait Islander women have played – and continue to play - active and significant roles at the community, local, state and national levels.

As leaders, trailblazers, politicians, activists and social change advocates, Aboriginal and Torres Strait Islander women fought and continue to fight, for justice, equal rights, our rights to country, for law and justice, access to education, employment and to maintain and celebrate our culture, language, music and art.

They continue to influence as doctors, lawyers, teachers, electricians, chefs, nurses, architects, rangers, emergency and defence personnel, writers, volunteers, chief executive officers, actors, singer songwriters, journalists, entrepreneurs, media personalities, board members, accountants, academics, sporting icons and Olympians, the list goes on.

They are our mothers, our elders, our grandmothers, our aunties, our sisters and our daughters.

Sadly, Indigenous women’s role in our cultural, social and political survival has often been invisible, unsung or diminished.

For at least 65,000 years, Aboriginal and Torres Strait Islander women have carried our dreaming stories, songlines, languages and knowledge that have kept our culture strong and enriched us as the oldest continuing culture on the planet.

COMMUNITY OUT AND ABOUT FOR KERANG’S BIG DAY

IT WAS GREAT TO SEE COMMUNITY MEMBERS OUT ENJOYING THE RECENT KERANG COMMUNITY DAY.

The MDAS Kerang team was excited to see so many families, elders and community members at Atkinson Park and they’re planning more community engagement activities in coming months.

Check out our MDAS facebook page to see all the pictures from the day.

Pictured: Pictured are: (L-R) Pearl Dunn, Sharlee Towe, Glenda Nicholls, Marie Mah, Kylie Moreton, Harold Webster and Melanie Lane
LYNKON CHASING HOCKEY GOALS

SHOUT OUT TO LYNKON THORPE – HE’S ONE OF SUNRAYSIA’S BRIGHTEST YOUNG HOCKEY PLAYERS AND IS SETTING HIS SIGHTS ON REPRESENTATIVE HONORS THIS SEASON.

16-year-old Lynkon has had a hockey stick pretty much ever since he took up the sport in primary school and is this year focussed on seeing how far he can go.

Lynkon is sponsored by MDAS and Clontarf to help support a demanding travel schedule to try out, potentially in both South Australia and Victoria.

Lynkon was a keen hockey player from primary school days, but it was a talk from former women’s Hockeyroos star Nova Peris about the Aboriginal players at the top level that inspired him to pursue the sport seriously.

KIDS GET INTO STORIES... AND HEALTH

BEAUTIFUL CHILDREN’S BOOKS ARE GOING HAND-IN-HAND WITH HEALTH AT SWAN HILL.

The Lions clubs at Lake Boga, Swan Hill and Nyah kindly donated funding to the Maternal and Child Health Service and Aboriginal Health Assistant Nikita Morganson was able to source a stock of great books, including some with Indigenous titles and artwork.

Children are now able to receive a new book with their regular health assessment – and both the kids and their mums and dads are loving them.

The Maternal and Child Health Services at Mildura and Swan Hill focus on a holistic approach to health and wellbeing for children under six and their families.

STAFF PROFILE SIMONE SPENCER

Simone Spencer is our new MDAS Community Engagement Officer. As well as overseeing the MDAS Volunteer Program, Mentoring program and Cultural Awareness Training, Simone’s role provides a cultural lens on MDAS policy, programs and services.

**I started work at MDAS...** In 2005 - I had just come home from uni at Bathurst and needed a job. I started in Family Preservation-Reunification and other roles. Before taking on this job I was the Coordinator of the MDAS Therapeutic Residential Unit working with at risk Indigenous young people aged 12-17yrs.

**My role is...** I have just started in this new role, so it is still evolving. But some of the duties include advising on ATSI issues at local, regional and State level; providing cultural advice to MDAS on policy, processes and systems; developing strategies to address issues impacting on our community; conducting presentations at internal and external forums; liaise with key stakeholders; assisting in cultural awareness training; and maintaining cultural reference groups with elders, youth and community.

**I love...** My Culture! As I get older my passion for culture is growing especially now that I have my own children to pass that knowledge on to. I believe ‘Culture is the key to Healing’. If we go back to the basics and rebuild cultural connection and identity it will help heal a lot of the issues our people face.

**When I’m not working...** I love spending time with my partner and two sons, travelling, or catching up with family and friends.

**I feel like I’m making a difference...** By creating better opportunities for other Indigenous people within my community; by working for MDAS to be more culturally sensitive and inclusive; by building the confidence of our community in MDAS by advocating and promoting all our great achievements; by creating change and more cultural inclusion from the wider mainstream community. By overcoming my feeling of being ‘shame’, speaking up and being a role model and mentor for Indigenous Youth within my community!
DID YOU KNOW?
Gambling losses in the Mallee are GROWING. We have a problem. And we need to talk about it.

ELECTRONIC GAMING MACHINE DATA 2016 – 2017

RURAL CITY OF MILDURA
On average $69,341 was lost on pokies each day in our community
Ranked 33 of 70 LGAs for poker machine losses in Victoria

RURAL CITY OF SWAN HILL
On average $20,382 was lost on pokies each day in our community
Ranked 51 of 70 LGAs for poker machine losses in Victoria

SHIRE OF GANNAWARRA
On average $5,225 was lost on pokies each day in our community
Ranked 65 of 70 LGAs for poker machine losses in Victoria

THANK YOU ROSS!
ONE OF OUR ORGANISATION AND COMMUNITY’S STRONG LEADERS, OUR DIRECTOR OF FAMILY SERVICES ROSS HAMPTON, WILL SOON ENJOY A CHANGE IN PACE.

Ross Hampton

Prior to joining MDAS two and a half years ago Ross was zone director with the NSW Aboriginal Land Council Western region and former CEO of Murdi Paaki Regional Housing. He had also worked as an Executive Director in Aboriginal Affairs and director at the State Aboriginal Housing Office.

As an organisation, we have benefitted greatly from Ross’s experience, generosity, leadership and mentoring, and we’re grateful for the knowledge he has shared with his team and the organisation.

We will still see Ross around MDAS providing part-time and special project work, but a national recruitment exercise will begin soon to find our new Director of Family Services.

Manager of Mildura Family Services Andy Charles, who has been one of those who has benefitted from Ross’s mentoring, will be acting in the Director’s role until a permanent appointment is made.

MDAS TRAINEESHIPS ARE MAKING FUTURES BRIGHTER

CONGRATULATIONS TONI MC CORMACK (MILDURA) AND ELVIE KELLY-BRITTEN (SWAN HILL) WHO ARE OUR NEW EARLY YEARS TRAINEES.

Both Elvie and Toni have been working on a casual basis but applied successfully for traineeships and have committed to obtaining their Certificate Three in Community Services through SuniTAFE.

The traineeships initiative is right in line with the MDAS commitment to developing a workforce of strong, healthy Aboriginal people and Toni and Elvie are being supported by MDAS Learning and Development Officer Kylie Henderson and SuniTAFE.

Both of our trainees are also mentored by the rest of the team to help them make the best of these opportunities. We wish them both all the best.

GAMBLING COMMUNITY FORUM
Swan Hill July 26, 2018 (Guest: Kevin Kropinyeri)
Mildura Early August (Guest: Brothers for Recovery)
Check MDAS website for latest details
Supper included
OUR SERVICES

HEALTH
GP
Nurse
Aboriginal Health Workers
Outreach workers
Chronic disease management
Maternal child health nurse
Health checks
Transport

SPECIALIST SERVICES
Psychiatrist
Nephrologist
Drug and Alcohol worker
Psychologist
Maternal and child health nurse
Dietician
Podiatrist
Cardiologist
Paediatrician
Optometrist
Cardiologist
Respiratory specialist
Audiologist
Physiotherapist
Personal trainers

CLINICS
Well women’s clinic
Immunisation clinic

TACKLING SMOKING AND
HEALTHY LIFESTYLES SERVICES
Quit Smoking Support
Boot camps
Community gym

SOCIAL EMOTIONAL
WELLBEING TEAM
Bringing them home program
Drug & Alcohol counselling
Gamblers Help
Koori Women’s Diversion
Wimpajpa Healing Centre
Mental Health-AOD (Youth specific)
Adult mental health
Gambling Community
Prevention Project

FAMILY AND
COMMUNITY SERVICES
AGED AND DISABILITY
Home and Community Care
Disability
Community Based Respite
National Jobs Creation Package

CHILDREN’S
PLACEMENT SERVICES
Aboriginal Children Specialist
Advice Support Service (ACSASS)
Home Based Care
Kinship Care
Aboriginal Family Led
Decision Making
Cultural Support Planning
Therapeutic Foster Care
Therapeutic Residential Care
Therapeutic Residential Case Management

FAMILY SERVICES
Integrated Family Services
Aboriginal Stronger Families
Family Preservation and Restoration
Parents Under Pressure
Youth Services
Koori Night Patrol
Soccer Club
Community Development Project
Youth Justice
Early School Leavers
Emerging Leaders Program
Family Violence
Meminar (Family Violence refuge)
Men’s Case Management
Time out Services
Men’s Behaviour Change Group
Koori Youth Connect

HOMELESSNESS
AND HOUSING SERVICES
Crisis Support
Transition Support
Aboriginal Tenants at Risk of Eviction
Koori Private Tenancy Worker
Community Housing

EARLY YEARS SERVICES
Maternity Services
Maternal and Child Health Services
Family Support Services
- In Home support
- Home Based Learning
- Cradle to Kinder
Early Intervention and Early Learning Services
- Supported Playgroups
- Circle of Security
- Collaborative Therapy
HIPPY (Home Interaction Program for Parents and Youngsters)
Koori Preschool Assistant Program

VIVID PARTNERSHIP

MDAS HAS FORMED A PARTNERSHIP AT KERANG WITH THE FABULOUS TEAM FROM VIVID (FORMERLY MURRAY HUMAN SERVICES).

Vivid is committed to creating a community in which people of all abilities thrive and it’s been great to have the Vivid crew doing some cleanup and maintenance work at the Kerang MDAS site.

NAIDOC CELEBRATIONS

Flag raising ceremonies, community events and activities for everyone during NAIDOC week July 8 - 15.

See pages 4 to 5 for details.

OPENING HOURS

MILDURA
120 Madden Avenue
5018 4100

SWAN HILL
70 Nyah Road
5032 8600

KERANG
9 Nolan Street
5450 3019

ROBINVALE
Lot 1 McLennan Drive
5026 1848

TO HAVE ITEMS INCLUDED IN THE MDAS NEWSLETTER
Please contact Terry or Jacinta Gange NewsAlert PR Mildura 0498 490 672 or email tjgange@bigpond.com

www.mdas.org.au