



MDAS
MALLEE DISTRICT ABORIGINAL SERVICES

Koori NEWS

MARCH 2020



HEALING HANDS TRADITIONAL HEALERS PRACTICING IN THE MALLEE

TRADITIONAL HEALING PRACTICES AND WESTERN MEDICINE ARE COMING TOGETHER IN AN EXCITING NEW PARTNERSHIP AT OUR MDAS CLINICS IN MILDURA AND SWAN HILL.

For the first time Ngangkari Traditional healers from remote South Australia practiced at our clinics in February, and the service will continue every two months.

The partnership between MDAS and the Anangu Ngangkari Tjutaku Aboriginal Corporation (ANTAC) is the first ongoing collaboration of its kind in Victoria and an exciting breakthrough in health service delivery in the Mallee.

The 60,000-year-old traditional healing practices are handed down from generation to generation. Today there are 14 Ngangkari descendent healers, offering treatment through bush medicine, smoking ceremony and re-aligning the spirit.

The Ngangkari are highly-respected and sought-after for their expertise and for what they've achieved with people across Australia.

As health services, we usually focus primarily on the physical – but this partnership recognises there is a whole separate element to health and wellbeing, that is around the spirit.

ANTAC is the first organization of Aboriginal traditional healers in Australia – a not-for-profit social enterprise formed with a vision to support, maintain and practice the 60,000 year-old Aboriginal traditional medical knowledge system in the 21st century.

If you are interested in knowing more or making an appointment, please contact MDAS Health at Mildura or Swan Hill. The next visit is in April.

Pictured: Kiea, Milka, Ami, Zah, Lea, Madeline, Monica and Domenica, Debbie (second from right.)

Ngangkari traditional healers at work (Photo courtesy ABC)

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Room to care?

We're always on the lookout for new carers in our Foster Care team. Foster Care aims to give children and young people a safe and caring home environment when their family can't care for them. Check out the FAQs on our website, or call Glenn for more info: 0427814 227



BOOMERANG AWARD FOR SUSZANNA

WE LOVE THAT WE HAVE SO MANY DEDICATED MDAS STAFF WHO GO THAT EXTRA YARD...

So we have the BOOMERANG award, each month, to recognise our team members who best represent our MDAS values: Optimism, Community, Respect for Culture and Compassion!

This month, this amazing woman found the "Boomerang" on her desk!

Suszanna Aertssen - was nominated for outstanding commitment to the Swan Hill community. Susz is doing amazing work, educating community and young people around Deadly Choices, encouraging staff to get into the 10,000 step challenge, being an awesome Quit smoking advocate with positive outcomes and promoting upcoming events...as well as doing great work in keeping all staff aware and working collaboratively.

Well done and thank you, Suszanna.

Know someone who should be recognised? Nominate them by contacting Peta Cooper at MDAS Mildura.



MDAS SERVES UP NEW PARTNERSHIP

WE'RE EXCITED TO STEP UP TO THE PLATE WITH FOOD CHARITY SECONDBITE TO PROVIDE A BIT OF A HAND FOR PEOPLE WHO MIGHT BE STRUGGLING TO PUT HEALTHY FOOD ON THE TABLE.

Food insecurity is a lot bigger issue than many of us realise – and our Mildura partnership with SecondBite has already delivered more than 70 boxes of fruit, vegetables, bread and non-perishable items to community members.

People might be really struggling, but they often find it hard to put their hand up and ask for help because they mightn't want workmates,

friends or even family to know that they are having a hard time.

When we're out and about in the community, we sometimes become aware of a person or family who might be struggling – and it's great to be able to add their name to our list for a drop-off.

SecondBite sources useable fresh food donated by supermarkets, farmers and markets and redistributes the perishables that would otherwise go to landfill,

Pictured: Mildura Aboriginal Health Promotion and Chronic Care Worker Jock Peterson and outreach worker Kane Smith do pickups from the supermarket three times a week. Colleagues and volunteers then help them put together the boxes for distribution.

SYPHILIS OUT AND ABOUT – GET TESTED!

SYPHILIS IS OUT AND ABOUT – BUT OUR TESTING RATES ARE VERY LOW.

Which is a pity, because Syphilis is a highly-contagious STI, but it's easily prevented and treated.

Things to know about Syphilis:

- Use a condom for protection
- Testing is quick and easy
- Syphilis is easy to treat

So if you're wondering – make an appointment and check it out.

And don't forget...Your business is your business. MDAS is strictly confidential.

There's heaps of info at youngdeadlyfree.org.au

PLENTY TO DO WITH AGED CARE AND DISABILITY GROUPS

THERE'S NEVER A DULL MOMENT WITH OUR AGED CARE AND DISABILITY TEAMS – THERE'S ALWAYS SOMETHING HAPPENING WITH OUR ACTIVITY AND SOCIAL GROUPS.

Recently, there's been a bus trip and mosaic workshops at Swan Hill and Kerang and cooking classes and golf days at Mildura. The Mildura Elders have also been involved in planning a Bush Tucker garden in conjunction with Sunraysia Community Health Service and they teamed up with our Bringing Them Home program in Mildura for a morning tea to mark the anniversary of the Apology to the Stolen Generation.

Pictured: (below and anti-clockwise) Margaret Hayes-Hampton enjoying the golf days at Riverside; Aunty Iris Johnson with her culinary creation; Yvonne Jones at morning tea with Bringing Them Home program worker Ange Yates; and Aunty Elsa Kirby putting the finishing touches to her work at the Swan Hill Mosaic workshop where Elders made features for their gardens and homes and some made grave headstones for loved ones.



STUDY SUCCESS FOR SEWB TEAM

SO EXCITING TO HAVE SOME NEW STUDY GRADUATES IN OUR MIDST – THIS TIME FROM THE MILDURA SOCIAL AND EMOTIONAL WELLBEING TEAM.

Joanne Wright, Justine Bowden and Angela Yates recently completed their Certificate IV in Community Services – a massive achievement while working in busy roles supporting the community, caring for their children and families and their community commitments.

At MDAS we are working to grow our own success by investing in our

staff – it strengthens our workforce and skills, builds succession planning into our organisation...and it helps build stronger families and role models.

We currently have more than 100 staff studying national accredited training, from certificate to master's degree – so if you have a study or life goal, talk to People and Culture about how we can make it happen!

Pictured: Joanne Wright, Justine Bowden and Angela Yates with SEWB Manager Raelene Stephens and Team Leader Tiffany Griffin



THINKING ABOUT NAIDOC? IT'S NOT FAR AWAY

– and this year's theme "Always Was, Always Will Be" recognises that First Nations people have occupied and cared for this continent for over 65,000 years. We are spiritually and culturally connected to this country.

Stay tuned for details about an exciting opportunity to make your own mark in our NAIDOC art competition – and the chance to see your work on all of our Mallee NAIDOC gear this year!

Around MDAS



SAVE THE DATE JULY 5 - 12

NAIDOC WEEK

If you'd like to be involved in planning and organising the celebrations, please get in touch with John Jackson at MDAS Mildura, or John Mitchell at MDAS Swan Hill.

Watch the MDAS website and follow our Facebook page to keep up to date

DEADLY THIS MONTH

MEET RAYLENE HARRADINE FIRST PEOPLE'S ASSEMBLY OF VICTORIA

In November 2019, community members elected Raylene Harradine as one of three north west Victorian representatives on the First People's Assembly of Victoria. The assembly will set the ground rules for a treaty in Victoria. This is Raylene's maiden speech to the Assembly in December.



"I bring with me my ancestors and old people from which I am proud—my mother's country, the lands of the Wotjobaluk and the lands of the Yung Balug Dja Dja Wurrung, and my father's country, the lands of Ladji Ladji as well as my connections to Ngarrindjeri. Aboriginal First Nations, traditional owners, observe an intricate system of relationships and management and songlines, to not only survive but thrive on a continent that is in itself an intricate, complex environment.

Today marks a significant event in disrupting the dispossession that has occurred for over 200 years, not just for my people but for all the peoples and future generations across the north-west of Victoria who voted for me. I will undertake this role to ensure that our future generations are recognised as First Peoples of this vast country and that our children and their children's children are not only surviving but thriving in this country. I say this because I strongly believe that as a collective we can make a difference. I look forward to embarking on this journey with fellow members of the Assembly and our wider communities across Victoria. Finally, in closing, I want to reiterate and acknowledge the many Aboriginal committees across the north-west region. I will strive to listen to what our communities are saying, and in doing so will ensure that our voices are heard."

You can contact Raylene at rayleneh@firstpeoplesvic.org.au

OUR SERVICES

HEALTH

GP
Nurse
Aboriginal Health Workers
Outreach Workers
Chronic Disease Management
Maternal Child Health
Nurse Health Checks
Transport

SPECIALIST SERVICES

Nephrologist
Drug And Alcohol Worker
Psychologist
Maternal And Child Health Nurse
Dietician
Podiatrist
Cardiologist
Urologist
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

Local Justice Worker Program
Bringing Them Home Program
Drug & Alcohol Counselling
Gamblers Help
Koori Women's Diversion
Wiimpatja Healing Centre
Mental Health-AOD (Youth Specific)
Adult Mental Health
Gambling Community
Prevention Project
Psychiatrist

AGED AND DISABILITY

Commonwealth Home Support Programme (CHSP)
Home and Community Care Program for Younger People (HACC-PYP)

FAMILY AND COMMUNITY SERVICES

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
- 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

OPENING HOURS

Mon - Thur 9am - 5pm
Friday 9am - 4pm

MILDURA

120 Madden Avenue
5018 4100

SWAN HILL

70 Nyah Road
5032 8600

KERANG

9 Nolan Street
5450 3019

ROBINVALE

77 Perrin Street
5026 1848

TO HAVE ITEMS INCLUDED IN THE MDAS NEWSLETTER

Please contact Terry or Jacinta Gange, NewsAlert PR Mildura
0498 490 672 or email hello@newsalertpr.com.au

www.mdas.org.au