

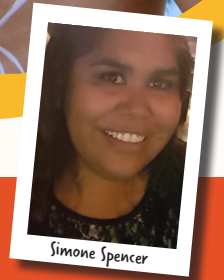


MDAS
MALLEE DISTRICT ABORIGINAL SERVICES

Swan Hill & Kerang

KOORI NEWS

MARCH 2023



From the CEO

This year seems to be going so fast and it's hard to believe it's April already.

The MDAS team has been working really hard for community, ensuring we are offering services and programs that our Mob need, across the Mallee from Kerang to Mildura.

We have hosted some successful events, including Harmony Day and our Community Health Day and it was great to see so many of you there. We are planning further events, including our annual NAIDOC Ball so keep your eye out for updates. The Swan Hill and Kerang MDAS teams have been focused on improving the programs they offer their communities and it is great to know Swan Hill now has a new doctor working in the Health Clinic. This will assist us in being able to provide you with quality health care options. MDAS Swan Hill has also recently welcomed a number of new staff and I am looking forward to seeing them grow into their roles.

Having an expanding workforce is exciting as it means MDAS is better able to offer you the services you need while also offering potential career pathways for our Mob. Thank you for your ongoing support of MDAS and our staff, we wish you a safe and happy school holidays. There are still lots of mozzies about so remember to protect yourselves and your family from bites that could make you sick - use spray and cover up.



*Healthy Mob - Journey to Healing
by Simone Spencer*

Healthy Mob

We are excited to launch our new 715 Health Check shirts featuring artwork inspired by local artist Simone Spencer.

Simone says her painting 'Healthy Mob - Journey to Healing' represents our Aboriginal people standing together throughout their health and wellbeing journey - healing together and standing strong - looking towards the horizon with determination and hope for better health in the future.

Simone is a proud Barkindji woman, with a great passion for culture, education, and empowering Aboriginal young people to become the next generation of leaders. Part of an artistic family, Simone has always enjoyed drawing and in the last few years she has extended her artistic skill, experimenting with digital applications.

"I would love to continue to share my art with people and to tell stories through my artwork and my creativity."

In The Community

"Self-determined, healthy, robust & culturally strong Aboriginal communities throughout the Mallee region"

715 Health Check Launch

MDAS are proud to have launched our latest 715 Health Check branding, inspired by the artwork 'Healthy Mob - Journey to Healing' by Simone Spencer. We have a range of t-shirts for the whole family and stay tuned for more great merchandise to come.

If you would like your free t-shirt all you have to do is come in and have your next health check.

Call MDAS Swan Hill (03) 5032 8600 or MDAS Kerang (03) 5412 6004 to make an appointment.



Cheree Lawson Anniversary

2023 marks the 10th anniversary of the death of Cheree Lawson who was killed in Dareton as a result of domestic violence.

MDAS joined members of Cheree's family, her friends & other service providers in a walk to remember Cheree. Together we walked side-by-side with community as a mark of respect and as a way of sending the message that domestic violence should have no place in our community.

Need Support?

Mallee Domestic Violence Service
Swan Hill: (03) 5033 1899 (24 hours)
Mildura: (03) 5021 2130 (24 hours)



Meet a member of our staff

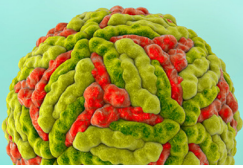
Kelly Haley

Senior Customer Service Officer

Kelly is a proud Wadi Wadi woman and has worked with the Swan Hill MDAS family for just over two and a half years. Kelly believes that working at MDAS has given her the chance to develop a closer relationship with her community and she really enjoys working with, and helping, her Mob. She feels that she has learnt a lot about both herself and her ancestry, through the Elders she has got to know through her role at MDAS. Kelly has four children and she also now has one grandchild and in her spare time she loves nothing more than to spend time with her family.

Japanese Encephalitis Virus (JEV) **VACCINES**

Call MDAS Reception to make a booking
Mildura 5018 4100 or Swan Hill 5032 8600



New Doctor Welcomed

Our Swan Hill and Kerang Health clinics are excited to welcome the services of a permanent General Practitioner (GP). Dr Hosni will be working in the clinics for two weeks each month. If you would like to book an appointment with Dr Hosni, call your local clinic at Swan Hill 5032 8600 or Kerang 5412 6004

Swan Hill have also added a number of new members to our team of dedicated staff in Reception, Family Services, Social & Emotional Wellbeing (SEWB) and Early Years.

CAMPING THESE HOLIDAYS? KEEP THE MOZZIES AWAY



MOZZIE VIRUSES

West Nile Virus
Murray Valley Encephalitis
Japanese Encephalitis
Ross River Virus
Barmah Forest Virus

WATCH FOR SYMPTOMS

Fever & Chills
Vomiting
Muscle Aches
Headaches
Tiredness



Stay inside when mozzies are bad



Use mozzie spray & mozzie coils



Wear long, loose fitting clothes



What's On

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APRIL 2023

Kerang Show & Shine/Harley Evo Fest

Sunday 16th April | 9am - 3pm

This year's event features two attractions - Holdens from every year and the inaugural Harley Davidson Evo Fest - a celebration of the engine that saved Harley Davidson.

Alexandra Park, Park Road, Kerang

Adults: \$10. Kids: Free



Kerang Community Market

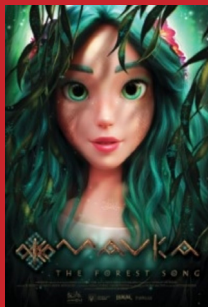
Saturday 22nd April | 9am - 12pm

Whether it is fresh produce, plants, crafts, bric-a-brac, jams, sauces and preserves, there is something available for all tastes.

showbiz cinemas



Argonuts
Until April 12



**Mavka:
The Forest Song**
Until April 12



**John Wick:
Chapter 4**
Until April 12



Air
Until April 12



**Dungeons &
Dragons**
Until April 12



Super Mario Bros.
Until April 17

The Swan Hill Regional Library

Visit the Swan Hill Rural City Council website for more events. Contact the library on 5036 2480 for bookings or information. Please note: Children under 12 must be supervised by an adult.

Creation Station

Mon - Sat during the school holidays

10am - 5:30pm (10am - 12pm Sat)

All ages. Children can draw, cut, paste, colour in, complete activity booklets and make all sorts of creations!

Sand Art

Wednesday 12th April | 1pm - 2pm

Ages 5+ Bookings Essential

Create a unique picture using coloured sand, sticky paper and your imagination!

Worry Monsters

Thursday 13th April | 2pm - 3pm

Ages 5+

Children will listen to the story Go Away, Worry Monster! before making their own sensory worry monster.

VR Pop-up Play

Monday 17th April | 1pm - 5pm

Ages 12+ Bookings Advised

Have some out-of-this-world fun with our PlayStation virtual reality headset!

Minecraft Monday

Monday 17th April | 1pm - 5pm

Ages 5+ Bookings Advised

Join us for an afternoon of 3D blocking fun!

String Art

Tuesday 18th April

10:30am - 11:30am

Ages 8+ Bookings Essential

Children will use simple woodworking and weaving techniques to make their own unique art piece!

Wigglebots

Tuesday 18th April | 2pm - 3pm

Ages 8+ Bookings Essential

Children will construct their Wigglebot using simple electronics to make it draw patterns as it wiggles across the page!

Pot-a-Plant

Friday 21st April | 2pm - 3pm

Ages 3+ Bookings essential

Decorate a pot with paint, fill it with potting mix and then plant it with seeds to grow some beautiful flowers.

Have something to share?

Email us at: media@mdas.org.au

Message us on Facebook: [@MalleeDistrictAboriginalServices](https://www.facebook.com/MalleeDistrictAboriginalServices)

Mildura

120 Madden Ave
Mildura VIC 3500
Ph: 03 5018 4100

Swan Hill

70 Nyah Rd
Swan Hill VIC 3585
Ph: 03 5032 8600

Kerang

9 Nolan St
Kerang VIC 3579
Ph: 03 5412 6004